



*Do You Have Unanswered  
Questions? .....This Book Is Full Of  
Information I Have Gathered Over The  
Last 10 Or So Years, And Will Get Your  
Critical Thinking Working Again.*



*Compiled By Lawrence Hooper.*

***For Legal Reasons I Must Stress That  
The Contents Of This Book Are For  
Educational Purposes Only And Are  
Based On My Opinions Only. They  
Cannot Replace Genuine Medical  
Advice Or Treatment. Even Though  
Most Of The Contents Are Based On  
M.D's, Naturopaths', Scientists,  
Physio's And Chiropractors Talks And  
Seminars'. If You Would Like Updated  
Chapters And More Info As I Compile  
It Just Email At:  
[foodforthought@gmx.co.uk](mailto:foodforthought@gmx.co.uk)***



BE A  
WARRIOR  
NOT A  
WORRIER.

"It's the *smallest*  
adventures that  
lead you to the  
*greatest*  
happiness."

*I Would Like To Take This Opportunity To Thank  
My Niece Charlotte For The Backing, Help And  
Information To Enable Us To Put This  
Publication Out There In The Public Domain, So  
I would Love To Dedicate This Work To Charlotte  
Who Was The Catalyst Who Started My Journey  
To Find The Truth, And Wish Her All The Love,  
Happiness And Health She And Her Family  
Deserve.  
Thank you.*

Life is very  
interesting. In the  
end, some of your  
greatest pains  
become your  
greatest strengths.  
Drew Barrymore

DO WHAT YOU CAN,  
WHERE YOU ARE,  
WITH WHAT YOU HAVE.

- Theodore Roosevelt

BEING CHALLENGED IN  
LIFE IS INEVITABLE,  
BEING DEFEATED IS  
OPTIONAL.

*If you are wondering why I have compiled this book its because I was fed up with people telling me that there were no cures for ailments that I, my family, colleagues and my friends were suffering with. And don't get me started on the cancer issue. Even my sister who is a nurse said that hospitals had swapped from “HEALTH CARE” to “HEALTH MANAGEMENT”. This made me sit up and think, there is obviously more money to be made managing disease than curing it as the money keeps coming in at a steady flow instead of a one off payment. It all started after my father had a stroke, I went with my family to the stroke meeting and was told that “SALT” causes strokes, so like a good little boy I cut salt out of my diet causing me to then endure Acid Reflux, headaches and aches and pains in the joints. I went for a Barium meal at Llandough Hospital and was told that I had Acid Reflux and that I would be prescribed “Omeprazole” for the rest of my life.  
( take a look what it says about Omeprazole )*

*The most frequent significant adverse effects occurring in at least 1% of patients include: Central nervous system: headache (7%), dizziness (2%) Respiratory: upper respiratory tract infection (2%), cough (1%) Gastrointestinal: abdominal pain (5%), diarrhoea (4%), nausea (4%), vomiting (3%), flatulence (3%), acid regurgitation (2%), constipation (2%) Neuromuscular and skeletal: back pain (1%), weakness (1%) Dermatologic: rash (2%) Other significant concerns related to adverse effects are: Recurrence of Clostridium difficile associated diarrhoea Osteoporosis-related fractures Hypomagnesaemia Concern has been expressed regarding vitamin B<sub>12</sub> and iron malabsorption, but effects seem to be clinically insignificant, especially when supplement therapy is provided.*



*Since their introduction, proton pump inhibitors (PPIs, especially omeprazole) have also been associated with several cases of acute interstitial nephritis, an inflammation of the kidneys that often occurs as an adverse drug reaction.*

*Long-term use of PPIs is strongly associated with the development of benign polyps from fundic glands (which is distinct from fundic gland polyposis); these polyps do not cause cancer and resolve when PPIs are discontinued. No association is seen between PPI use and cancer, but use of PPIs may mask gastric cancers or other serious gastric problems and physicians should be aware of this effect.*  
***( THESE ARE JUST SOME OF THE EFFECTS BUT TO SUM IT UP THEY ARE DETRIMENTAL TO YOUR HEALTH AS YOU CAN'T BREAK DOWN YOUR FOOD ENOUGH TO EXTRACT THE PROPER AMOUNT OF VITAMINS AND MINERALS THAT YOUR BODY REQUIRES TO MAINTAIN GOOD HEALTH .....But this is just my opinion!) I thought sod that I will sort this out myself. IT TOOK ME 3 WEEKS. A little bit of research is all it takes... I was sodium deficient!!! I listened to these misinformed idiots ( who are trained by the Pharmaceutical cartels ) and I had contributed to my own demise. So on and on I went looking one thing up after another, my wife's back pain, gone, my sisters breast cancer, gone, my friends and my asthma, gone, no more ventalin pump, my sons IBS almost done now, and the list goes on and on. I'm sorry to go on but I'm trying to explain where I am coming from, I will quickly tell you about my eldest son Jason, he had never been ill in his life until he had 2 sets of vaccines to go on 2 holidays, he ended up with an autoimmune problem called Ulcerative Colitis, his bowel swelled up so he went to hospital and seen a consultant ( who is an imbecile by the way )who prescribed him meds. Jason became even more ill and had terrible diarrhoea and his weight plummeted from 17 stone to Approx 7 to 8 Stones, from XXL t-shirts' to M, he had problems with his hair falling out,***

bad skin and nails and his shoe size dropped from a 10 to an 8 ( never heard of that before ) and so on....he was dying, my wife and I would cry ourselves to sleep....it was horrible. One day he rang me in work and said they had just gave him new meds and the doctor had stated that they could cause HIV, I was mortified and told him to go back to the hospital and get something different. They gave him a prescription for "MERCAPTOPURINE" they lied blatantly to my son and told him that there were "NO SIDE EFFECTS" let me tell you this.....there are side effects and they would have killed him no doubt about it. It is a CHEMOTHERAPY DRUG, and the side effects are devastating, when I Googled the drug I was livid. The side effects are devastating especially to a weakened immune system. My boy didn't have cancer, so why were they giving him chemo, it didn't make sense. I said I would come with him to find out what was happening, I had a lovely row at the hospital and gave this so called Consultant a few home truths.....1. Why are you giving my son Chemo? Answer: We need to suppress the immune system.2. Why, is this why cancer patients regularly die of Pneumonia? Answer: Urrgh! .....Well...Hmmm! Well we need to suppress it as its not working properly. 3. Isn't the immune system the only thing that repairs the body shouldn't you be boosting his immune system? Answer: Well Hmmm! its not as simple as that. 4. How long have you been doing this? Answer: Well about 25 years.....Why? 5. So you have a cure then? Answer: Well.....Hmmm! There's no magic pill. No. 6. So have been suppressing the immune system all that time? Answer: Well yes. 7. Don't you think you've gone down the wrong road? Answer: Well.....Hmmm! My Final question was. 8. Do you know the definition of Madness? Its doing the same thing over and over again, and expecting different results, and this is madness. You have people out in your waiting room with bowel cancer, colostomy bags and god knows how many are 6 foot under and your dishing out chemo, what's going on? He just got up and walked out, kept us waiting for 20 minutes and returned with another doctor and told my son to take the medication. My son said no I will go with

*what my father says, thank goodness I've always had a good close relationship with my children for them to put their trust in me.*

*So The consultant turned and scowled at me saying "What do YOU suggest?" I said give him to me for 3 months and see what I can do, if its impossible you can have him back, does that seem fair? He agreed as long as Jason was monitored by them.....It took me 6 weeks to turn him round. And guess what.... The consultant has never once asked what I did or ask to see me, is it ego, pride or greed, probably all 3. But who cares, they are still raising money for Crohns, IBS, Cancer, Alzheimer's and so on, and so on, the list goes on and on and on. People have told me I could make a lot of money, but I'm not interested, money and greed is what has caused this predicament in the first place so no! I wont profit from someone else's pain and misfortune, it wouldn't be morally right. The more I find out the more the plot thickens. Doctors kill thousands of people every day with properly prescribed drugs and we just give them a pass, we say nothing, why? We take it as the norm, why? Yet if someone else tries to help someone who is dying they go to prison even if they live! Its all twisted and wrong. But please realise I have no medical training these are only my thoughts and opinions set out in this book so always consult your doctor and teach them as well as they don't know any different, drugs are not the long term answer, so arm yourselves with research now, empower yourself and heal yourselves! You are responsible for your health – no one else can be given that responsibility, and just because someone wears a white coat and has certificates on the wall doesn't mean they know everything.....my local butcher has got the same and I don't ask him for advice either..*

## *Jason Before He Became Ill*



***KravMaga Instructor, Head Doorman, Body Guard and Super Fit .***



## **Jason Under The Consultant.**

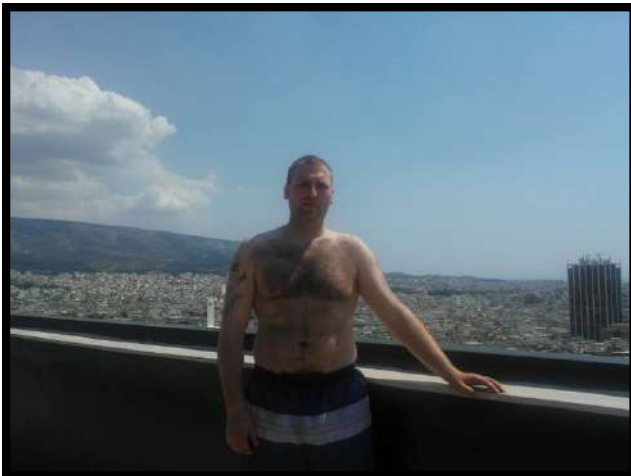


***Jason Went A lot Thinner  
Than These Photos, But  
He Didn't Like Having  
His Photo Taken, For  
Obvious Reasons. He  
Couldn't Hold Anything  
In.....***

***I Hate This Photo  
As Jason Is Going  
To A Funeral, A Bit  
To Close To Home.***

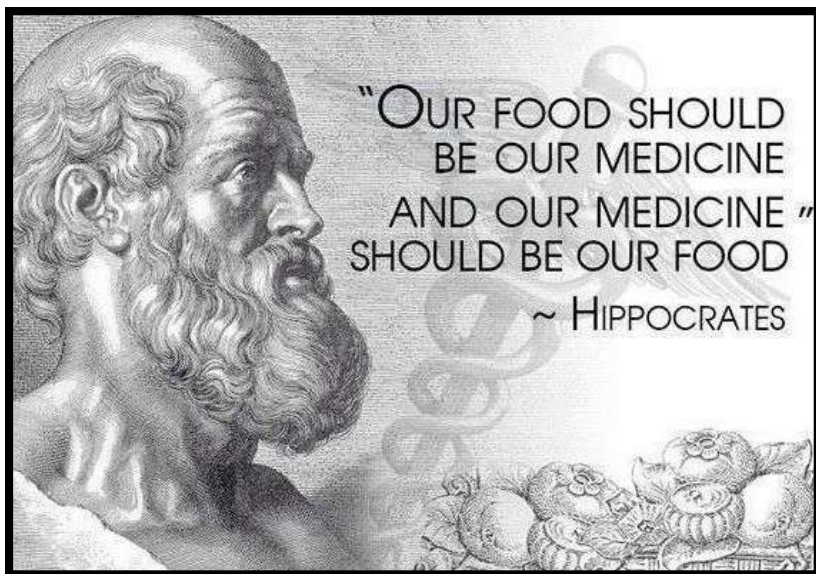


## *Jason In Vegas 2016..*



***Eating And Drinking  
Whatever He Likes,  
Living Life Too The  
Full, And Watching  
Guns'N'Roses Live In  
Vegas. Life Is Good.***





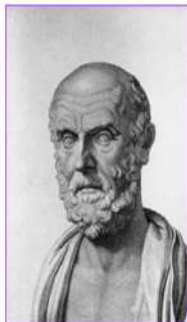
***Please Note I Am Not Taking A Dig At Doctors In This Work, On The Contrary I Respect Many Of Them. However There Are A Few Which..... Lets Say..... I Wouldn't Even Let Look At Me..... Let Alone Give Me Advice, Especially Oncologists' But That's Just My Opinion And So Are The Comments I Have Made. Just To Let You Know, I Am Not Medically Trained Whatsoever, These Are Just My Opinions And Thoughts, So Don't Believe Anything I Say. Just Critically Think.....Do The Research Yourself And Stop Relying On Others For Your Health. Pharmaceuticals Are Only A Short Term Solution..... And Remember, Treatment For One Illness With Pharmaceuticals Normally Means You Develop Something Else Down The Road, Which Needs To Be Balanced By More Pharmaceuticals Creating Even More Profit For Them And Less Health For You.....And As Someone Once Said "Good Health Is Not Good Business." So Wake Up.....And Take Note.***



## Hippocratic Oath -- Classical Version

I swear by Apollo Physician and Asclepius and Hygieia and Panacea and all the gods and goddesses, making them my witnesses, that I will fulfil according to my ability and judgment this oath and this covenant:

To hold him who has taught me this art as equal to my parents and to live my life in partnership with him, and if he is in need of money to give him a share of mine, and to regard his offspring as equal to my brothers in male lineage and to teach them this art - if they desire to learn it - without fee and covenant; to give a share of precepts and oral instruction and all the other learning to my sons and to the sons of him who has instructed me and to pupils who have signed the covenant and have taken an oath according to the medical law, but no one else.



Hippocrates, the father of medicine

I will apply dietetic measures for the benefit of the sick according to my ability and judgment; I will keep them from harm and injustice.

I will neither give a deadly drug to anybody who asked for it, nor will I make a suggestion to this effect. Similarly I will not give to a woman an abortive remedy. In purity and holiness I will guard my life and my art.

I will not use the knife, not even on sufferers from stone, but will withdraw in favor of such men as are engaged in this work.

Whatever houses I may visit, I will come for the benefit of the sick, remaining free of all intentional injustice, of all mischief and in particular of sexual relations with both female and male persons, be they free or slaves.

What I may see or hear in the course of the treatment or even outside of the treatment in regard to the life of men, which on no account one must spread abroad, I will keep to myself, holding such things shameful to be spoken about.

If I fulfil this oath and do not violate it, may it be granted to me to enjoy life and art, being honored with fame among all men for all time to come; if I transgress it and swear falsely, may the opposite of all this be my lot.

*Translation from the Greek by Ludwig Edelstein. From The Hippocratic Oath: Text, Translation, and Interpretation, by Ludwig Edelstein. Baltimore: Johns Hopkins Press, 1943*

**“Oh Boy.....Have They Forgotten!”**

## **THREATENED FUTURE OF NATURAL HEALTH**

*You may already be aware of this, or if not you may not want to hear it, but natural health products are soon to become a thing of the past if we sit back and do nothing. Please educate yourselves to the following information.*

*There are 2 EU Directives, one already has been brought in and the other due at the end of April 2011, both of which will greatly reduce the amount of natural health products (including supplements and medicinal herbs) that are available to us.*

### **The EU Supplements Directive, brought in January 2010**

*The EU implemented the European Food Supplements Directive on January 1st 2010. This Directive sets what it regards as the maximum permitted potencies for our Vitamin & Mineral Supplements. Despite this implementation, it has not yet been announced what these levels are although it is said that they will be a fraction of what they are now. Even though this has nothing directly to do with Codex, it is within the Codex guidelines, and they are forming the basis for the rest of the Codex guidelines and compliance to follow.*

**The EU Directive for Traditional Medicinal Herbal Products, brought in May 2011**

*The vague wording of this EU Directive fails to reassure or confirm exactly what products are going to be affected. However what is happening is that the EU Directive is slowly bringing in a ban of any herb that has medicinal properties that has not been approved. Despite much speculation and fear that even plants such as lavender will be unavailable, it is commonly felt that medicinal herbs will still be available but nobody is allowed to disclose any health claims related to the products.*

*Any item making health claims will need to be passed through the same testing as a pharmaceutical drug, and as natural health products and herbs work in a different way it is unlikely they will pass through.*

*This is all based on the Lisbon Treaty, which is based upon Napoleonic Law, ie. Guilty until proven Innocent, and this is the case not only for us but for our food, herbs, supplements and drugs (ie Illegal unless Approved). This means that many food supplements containing vitamins and minerals that have not been approved as safe and bio-available by the European Food Safety Authority will indeed be banned.*

## **CODEX ALIMENTARIUS**

*The Codex Alimentarius Commission is an inter-governmental body that has been around since the early 60s. The main job of the Codex Commission is “protecting consumer health, ensuring fair trade practices in the food trade, and promoting coordination of all international food standards work” However the truth is that Codex is influenced by Big Pharmaceutical, Big Chemical, Big Biotechnical, Big Medical and Big Agribusiness companies. It has become nothing to do with health, it has everything to do with money.*

*Codex Alimentarius are slowly bringing in 300 guidelines and changes to the law that effect our health and food. When it does (in the words of Dame Judi Dench)*

**"Governments will be free to replace the teachings of all ages with toxic lies. Timeless natural medicines, food and herbs with which we have evolved, culved from thousands of years of collective wisdom will be swept away, crushed under the myopic world of corporate greed"**

**Please Take Note Of The Following.**

Codex Guidelines include:

- \* All nutrient supplements would be classed similar to drugs, and illegal unless on the 'approved list', this potentially means that vitamins in beneficial potencies would be illegal, and anything not approved will be outlawed.
- \* Holistic remedies, most natural therapies and alternative remedies could also be banned. It is unclear whether Homeopathy is included in this ban due to the miniscule strengths of the remedies.
- \* Under Codex it would also become law that ALL foods, even organic, would have to be sprayed with pesticides.
- \* Genetically Modified foods will be freely available without specific labelling.
- \* Also, all natural herbs such as garlic, peppermint, in fact anything with a therapeutic property, could be banned from usual sale and controlled by the pharmaceutical companies!
- \* Professional people such as Health shop owners, Alternative Health product manufacturers and EVEN Doctors cannot let people know about the benefits of natural alternatives and remedies.
- \* FLUORIDE will be added to our tap water - fluoride makes us complacent and infertile and is known to cause cancer. Update - THIS IS ALREADY IN PLACE IN MANY PARTS OF THE U.K including the West Midlands, Newcastle, Manchester and Liverpool.

*This is already happening at Shop Holistic, they have been approached many times this year by Trading Standards and the Medical Regulatory Health Authority who are not only trying to stop them selling certain products but also telling them that they cannot let their customers know why they may benefit from using their products!*

**IT'S BLOODY CRIMINAL!**

*This not only would affect the UK, but would have a disastrous effect on developing countries who cannot afford to meet with the Codex Law so their own farming industries that feed them would collapse.*

### ***DISBELIEF?***

*Typical responses we often are met with are HOW CAN THEY DO THIS? or THEY CAN'T DO THAT - THE NATURAL HEALTH INDUSTRY IS TOO BIG, WORTH MILLIONS*

***WELL SOME OF THE CODEX PROPOSALS ALREADY EXIST AS LAW IN EUROPE!!***

*These huge companies deal in BILLIONS and TRILLIONS not millions, what's big to us is insignificant to them, although significant enough to make a difference to their pockets.*

*And these are the same companies that sell seeds to the THIRD WORLD that are GENETICALLY MODIFIED TO BE STERILE so they will never become self-sufficient in creating new crops themselves and will have to keep purchasing from them. You only have to search on Google for "Indian Farmer Suicides" to see the disastrous effects this is having, driving the farmers into such debt they can do nothing but take their life.*

*Let me ask you one thing - if you wanted to change world law would you hit the smaller industries or those that are bigger? Which would create the biggest effect? Who would have ever thought that a bank would go bankrupt??*

***Big is not unbreakable and we MUST remember this.***

*Please take some time to watch this video:*

*We Become Silent narrated by Dame Judi Dench and briefly starring Mel Gibson.*

***What about our MEPs and MPs, can't they do anything?***

*We can write to MEPs and we need to keep on at them. Despite responding as explained below, if enough people make contact with them, they would need to sit back and listen to us! It is disputed whether they actually have any power over this but surely being swamped with letters from their worried constituents would give them more power and support if we can get them to listen?*

### *Typical Responses*

*In our experience, all responses have been similar: "Don't worry this is not how its going to be" with an explanation that Codex Alimentarius is just a list of guidelines that countries can choose to adopt or not.*

*This is true for the moment,*

***BUT...***

*what you are not told (as they are probably not even aware of) is how it all works. Firstly we have already explained how the Codex Commission is very heavily influenced by the Big Corporations (Pharma, Agribusiness, Chemical, etc), meaning the guidelines will be influenced by the profits of these corporations. When you also learn that the Commission works alongside the World Health Organisation (WHO) and the World Trade Organisation (WTO) we can see that much of the advice that our government entrusts by these Organisations, especially the WHO, is influenced by financial gain and not our health.*



*After all, would they suggest that Swine Flu was nothing to worry about when their associated partners (who are their financiers) can made trillions of dollars profit by saying it IS something to worry about and sell millions of vaccines to the world Governments? Same goes for any vaccine, HPV being the most recent. In this way we sadly see that much of the Government's health advice is controlled and ultimately aimed at making profit for Big Pharmaceutical corporations (as the advice they trust is based on that of the WHO). Secondly, the WTO who settle disputes between trading countries ALWAYS rule in favour of a country that is 'Codex Compliant', regardless of the details of the case, enforcing heavy fees on the non-compliant countries.*

*Here is just one example of this in action:*

*The EU refuse to import GM meat from Canada & USA as it is not healthy for their inhabitants in their opinion. Good for the EU. However, USA & Canada state this is unfair and we are discriminating against Fair Trade, and the case goes to the WTO. As USA & Canada are Codex Compliant, the case is ruled in favour of them and the EU is charged 150 million Euros EVERY YEAR they do not import the GM meat. This figure is rising and the EU will eventually not afford this fee and have to concede to becoming Codex Compliant too. The aim is for the entire world to be Codex Compliant by 2012.*

*Protect your health and build up your immunity by:*

*1. EATING CORRECTLY (try the metabolic-typing test to find out what you need to eat for your individual type, just search Google for 'free metabolic typing test')*

*2. Build up your immunity by avoiding the harmful vaccines (do not be scared into having them!)*

*3. Take a high count (at least 1billion per capsule) multi-strain Probiotic*

*4. Get plenty of unprotected (but safe!) sunshine and take Vitamin D3 (NOT D2) and K2 supplements*

*5. Use a natural alternative to antibiotics such as Ionic Silver, Tea Tree, etc*

*6. Avoid chemicals not only in your foods, but in your cosmetics, toiletries and environment.*

*7. Take a good quality detoxing mineral such as Diatomaceous Earth or Zeolite.*

*Many Thanks To Shop Holistic Writing This*

*An Inspiration To Us All.*

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Sunday Nov 10 2013 3PM 3°C 12AM 3°C 5-Day Forecast

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### Milk of Magnesia disappears from British shelves as ingredients fall foul of EU meddlers

- Milk of Magnesia production stopped as it contained too much sulphate
- After being banned beloved medicine is now trading hands for £20 online

By DAILY MAIL REPORTER

PUBLISHED: 01:28, 1 July 2013 | UPDATED: 01:28, 1 July 2013

330 shares 75 comments

A beloved British medicine has disappeared from shelves after falling foul of EU rules.

Milk of Magnesia – used for generations to combat indigestion, ulcers and upset tummies – has been outlawed by the European Union because it contains a tiny bit too much sulphate.

Manufacture stopped in autumn last year, but the backlog of supplies was allowed to be sold.

Now stockpiles have dwindled and the product is selling for ten times its normal price on auction website eBay. Bottles of the



*These Are Two Examples Of What Is To Come. Its All Being Done Very Slowly So Nobody Really Notices. The EU Are Starting To Take Away Vitamin Rich Foods We've Had For Years...Why?*

# Vitamin-rich Marmite is banned in Denmark

YOU either love it or hate it – and health bosses in Denmark have decided they have no taste for Marmite.

The savoury spread has been taken off the shelves in Danish shops as part of a clampdown on foods fortified with vitamins and minerals.

Marmite is high in B vitamins and fortified with folic acid, which helps prevent spinal problems in unborn babies.

Danish authorities imposed the restrictions to protect customers from exceeding safe levels of nutrients in their diet.

And the spread – famous for being an acquired taste – is not the only food to fall foul of the authorities.

British hot drinks Horlicks and Ovaltine, along with Farley's Rusks – made by the US food giant Heinz – have also been sliced from the blacklist.

Yugenite, Marmite's Australian rival, has also gone and Kellogg's cereals fortified with B vitamins have been banned since 2004.

But nutritionist Dr Carina Morris, who said enriching foods 'smacks of the nanny state', was puzzled by the Marmite ban.

'B vitamins are water soluble. They're flushed out of your body every day and it's very difficult to overdose on them,' she said.

'Probably more of a concern is that Marmite is high in salt, but you only have a scraping of it, not whole teaspoonsful.'

The British Nutrition Foundation said some foods were fortified as a 'public health measure', which benefited certain groups in particular such as girls who often did not consume enough riboflavin (vitamin B2).

'There may be concern about fortified foods but they have a role to play in providing micro nutrients that may be lacking,' a BNF spokeswoman added.

Reaction to the Danish ban has been mixed with some Marmite fans on Twitter urging Britain to launch a tit-for-tat trade war and ban bacon, Lego and Carlsberg.



Not my mate: Marmite is on the list of banned foods, along with Ovaltine, Farley's Rusks and Horlicks

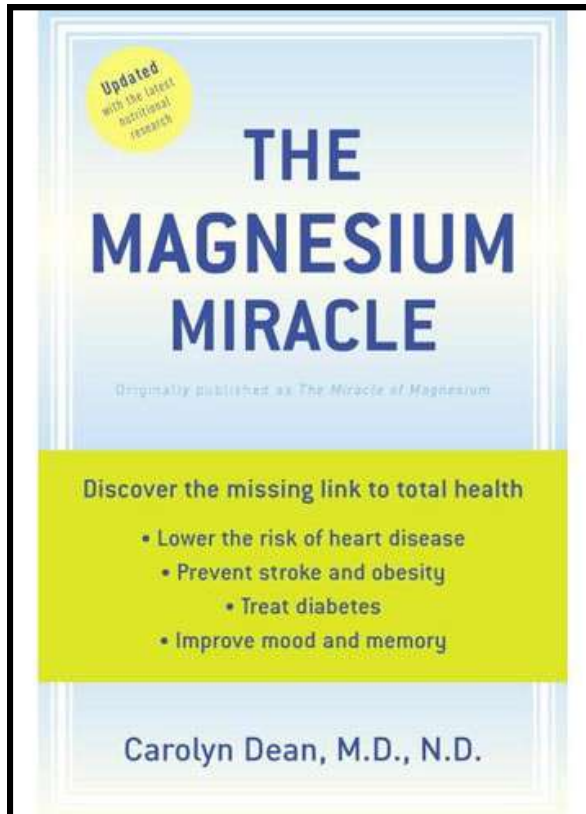
**Please Take Note**

***This Is Very Important For You And Your Family To Understand.***

***More And More Foods Today Are Being Fortified With Calcium. Yes! I Know, Before You Say Anything We Need Calcium, But Due To The Reduction Of Magnesium And Other Minerals In Our Soils It Has Caused An Imbalance Within Our Bodies Between The Calcium And Magnesium Levels Causing A lot Of Pain And Suffering In The Population As A Whole. This Is On A Mental And Physical Level. And Due To Our Stressful Life Styles And Acidic Diets We Are Becoming Sicker And Sicker. This Has Been Taken To The W.H.O A Few Times And Nothing Has Been Done! Which Means They Are Hiding The Facts From Us As Nothing Is Reported In The Mainstream Media.***

***“Something Is Very Very Wrong”***

***You Need To Read This Book. Your Health  
Could Depend On It.  
“You Wont Believe What's Going On”.  
Available On Amazon.***





# Magnesium Deficiency Symptoms

- Anxiety
- Weak Bones
- Low Energy
- Weakness
- Inability to Sleep
- PMS and Hormonal Imbalances
- Irritability
- Nervousness
- Headaches
- Abnormal Heart Rhythm
- Muscle Tension, Spasms, Cramps
- Fatigue

## MAGNESIUM THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

### Foods Highest In Magnesium

- Crude Rice Bran 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg



Mg



Did you know...refined grains  
remove 80-97 percent of magnesium?

### The Spark of Life

It creates energy in each and every cell by activating ATP the storage molecule and the fuel that drives each cell of your body.



Our bodies need the correct amount of magnesium in our diets for us to sleep properly. If it's too high or too low, we can suffer from sleep disturbance.

### Can Magnesium Deficiency Cause Cancer?

Researchers found that 46% of the patients admitted to an intensive care unit in a tertiary cancer center presented as deficient in magnesium.



In Egypt, the cancer rate was only about 10% of that in Europe and America. Among the rural population, it was practically non-existent. These cancer-free populations have an extremely high magnesium intake of 2.5 to 3g which is 10 times more than in most Western countries.

## MAGNESIUM RICH FOODS

## ↓ LOWER YOUR ↓ BLOOD PRESSURE

The dietary reference intakes for daily magnesium intake is **420mg/day**, yet between 68-75% of adults are deficient!

**68-75%**

OF ADULTS  
ARE DEFICIENT!

*Here are your top choices for magnesium rich foods.*



**Spinach & Green  
Leafy Vegetables**  
(1/2 cup boiled = 79mg)



**Halibut**  
(3oz = 91mg)



**Mackerel**  
(3oz = 83mg)



**Ground Beef**  
(3oz = 24mg)



**Pumpkin Seeds**  
(1oz = 73mg)



**Cashews**  
(1oz = 73mg)



**Almonds**  
(1oz = 75mg)



**Cocoa Powder**  
(2tbsp = 52mg)



**Acorn Squash**  
(1/2 cup = 44mg)



**Whole Grains,  
Like Quinoa**  
(1/2 cup = 59mg)

A good magnesium glycinate supplement is likely necessary (aim for 500-1000mg/day)

*Epsom Salt Bath*

Soak 2-3x/week  
in a bath with

**1%**  
SOLUTION

of magnesium bath salts



**As An Important Part Of The Feedback Process  
Lloyd Of Shop Holistic Asked To Me To Insert  
This Important Clarification For Your Attention.**

***"Epsom salts (magnesium sulphate) is also good for various things, just not as well absorbed for increasing magnesium levels as magnesium (chloride) flakes. I think this point should be clarified where possible.***

***We would not have known for sure how much more effective the chloride form was if we had not done so many hair mineral analysis tests. There were many people already bathing in Epsom salts and even taking oral magnesium supplements that were still deficient. Their magnesium levels only improved on subsequent tests after they started bathing in magnesium chloride flakes (or applying magnesium oil)"***  
***From Lloyd Of Shop Holistic.***

***I Agree With Lloyd As I Know And Seen The Health Benefits Of Magnesium Chloride. I Will Tell You The Story Of June Elworthy From Bristol. My Wife Tracey Was Walking Through A Subway In Cardiff And Came Across A Lady Leaning Against A Wall Crying Uncontrollably . Being A Kind Hearted Lady, My Wife Asked What Had Happened And If She Could Help, June Told Her That She Had Been Suffering From Severe Leg Cramps For The Last 8 Or So Years, And She Couldn't Take It Anymore. My Wife Always Carries Magnesium Oil With Her So Asked If It Would Be Ok To Rub Her Legs With The Oil, June Agreed, And The Cramps In Her Legs Went Away Almost Immediately. So Tracey Took June For A Tea And Explained What Was Going On And Left Her With A Bottle Of Magnesium Transdermal Oil. That Was A Year Ago, And No One Leg Cramp Since. I Now Have To Mention This Disclaimer. Please Note That Going Up To Woman In Dark Subways And Rubbing Their Legs With Oil Could Get You Arrested.....Especially If Your A Man!***

***Please Be Aware That It Costs Us To Make This Pure Oil And That We Give It Free To People In Pain Or The Elderly To Educate Them.... So If You Feel That You Would Not Use It....Give It To Someone Who Is In Pain And Really Needs It... "Just Pay It Forward" As The Saying Goes. The Magnesium Oil Is Much More Stronger Than You will Find In The Shops, Meaning That It Works!***

***Shops Are Not Allowed To Sell Natural Remedies At The Strengths' Needed To Work Due To The Codex Laws Imposed By The Pharmaceutical Cartels Through Lobbying The Governments, and Health Food Shops Have Been Legally Gagged.***

***Did You Know That People Are Curing There Cancers And Have Been For Years! But They Cannot Tell Anyone Due To The 1939 Cancer Act.***

***Also You Might Be Unaware that Due To Codex Laws In A Few Years You Will Need A Prescription For Vitamin C As It Is Classed As Beneficial To The Body, Then Along The Line Food Will Be Classed In The Same Category As It Is Beneficial To The Body As well. And What Did Henry Kissinger Say "Control The Oil And You Control The Governments.....Control The Food And You Control The People."***

***Stop Watching The Rubbish Peddled As Truth On TV And Do Some Research.***

***If You Need To Contact Myself With Any Questions, Please Feel Free To Use The Email Below:***

***[foodforthought@gmx.co.uk](mailto:foodforthought@gmx.co.uk)***

***This Is One Of The Leaflets We Would Hand Out With A Small Bottle Of Magnesium Oil.***

# BODILY FUNCTIONS



## **Regulates Calcium**

- Strong Bones and Teeth
- Helps Excrete Excess Calcium



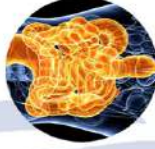
## **Regulates Heart Contractility**

- Blocks Calcium from Heart Muscle
- Heart has 20x Greater Concentration



## **Relaxes Skeletal Muscle**

- Helps Relieve Muscle Cramping and Pain



## **Cleans the Bowel**

- Unabsorbed Magnesium Causes Laxative Effect



## **Energy Production**

- Require by Over 300 Energy Producing Reactions



## **Relaxes Smooth Muscle**

- Relaxes Bronchioles and Arterioles
- Relaxes Uterine Muscle

# MAGNESIUM

# Magnesium Content of Foods

milligrams per 3.5 ounce serving

Kelp	760	Soybeans, cooked	88	Dandelion greens	36
Wheat bran	490	Spinach	88	Garlic	36
Wheatgerm	336	Brown rice	88	Raisins	35
Almonds	270	Lentil, dried	80	Green peas, fresh	35
Cashews	267	Figs, dried	71	Potato with skin	34
Nutritional yeast	231	Swiss chard	65	Crab	34
Buckwheat	229	Apricots, dried	62	Snap beans	32
Peanuts	206	Dates	58	Banana	33
Sesame, whole	181	Collard leaves	57	Sweet potato	31
Millet	162	Shrimp	51	Blackberry	30
Wheat	160	Sweet corn	48	Beets	25
Pecans	142	Avocado	45	Broccoli	24
English walnuts	131	Cheddar cheese	45	Carrot	23
Wild rice	129	Parsley	41	Celery	22
Rye	115	Prunes	40	Beef	21
Tofu	111	Sunflower seeds	38	Milk	13
Beet greens	106	Beans, cooked	37		
Coconut, dried	90	Barley	37		

Fact: For every molecule  
of sugar you consume  
it takes  
**FIFTY-FOUR**  
molecules of Magnesium  
for your body to process it

Food For Thought

## Magnesium Miracle Mineral

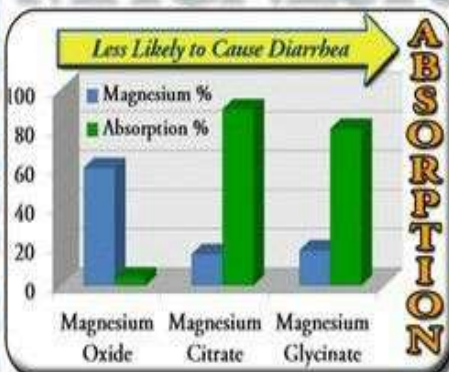
### Helps:

Chronic fatigue	Heart disease
Angina	High blood pressure
Circulation	Stress and anxiety
Depression	Poor sleep
Constipation	Muscle cramps
Migraines	Arthritis
Diabetes	Fibromyalgia
Nervous tension	Asthma
Muscular tightness	Mental confusion
IBS	PMS/Menopause
Adrenal fatigue	And more....





# MAGNESIUM



## SUPPLEMENTS

**Inorganic Bound** ●  
 Mg Oxide: Poor absorption, rapidly causes diarrhea. Avoid.

**Amino Acid Bound** ●  
 Mg Lactate: For heart health.  
 Mg Glycinate: Best tolerated, used for sensitive bowels.

**Krebs Cycle Bound** ●  
 Mg Citrate: Well absorbed, tolerated, cost effective.  
 Mg Malate: For fibromyalgia.

## BODILY FUNCTIONS



### Regulates Calcium

- Strong Bones and Teeth
- Help Excrete Excess Calcium
- ❖ Osteoporosis
- ❖ Kidney Stones



### Regulates Heart Contractility

- Blocks Calcium from Heart Muscle
- Heart has 20x Greater Concentration
- ❖ Heart Disease
- ❖ Heart Failure
- ❖ Mitral Valve Prolapse



### Relaxes Skeletal Muscle

- Helps Relieve Muscle Cramping and Pain
- ❖ Restless Legs
- ❖ Pain
- ❖ Muscle Cramping



### Cleans the Bowel

- Unabsorbed Magnesium Causes Laxative Effect
- ❖ Chronic Constipation
- ❖ Megacolon
- ❖ Colonoscopy Prep



### Energy Production

- Required by Over 300 Energy Producing Reactions
- ❖ Fibromyalgia
- ❖ Insomnia
- ❖ Chronic Fatigue
- ❖ Stress



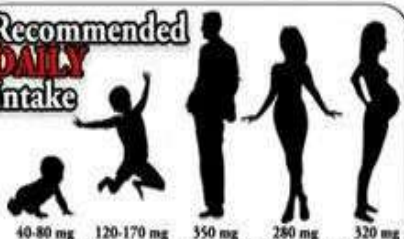
### Relaxes Smooth Muscle

- Relaxes Bronchioles and Arterioles
- Relaxes Uterine Muscle
- ❖ Hypertension
- ❖ PMS
- ❖ Migraines
- ❖ Asthma
- ❖ Angina
- ❖ Dysmenorrhea

Magnesium bound to **Krebs Cycle intermediates** feed directly in to energy production to combat stress, fatigue, and pain. They are well tolerated, absorbed and utilized.

**MAGNESIUM** Citrate, malate, fumarate, succinate.

## Recommended DAILY Intake



## Top 10 - HEALTHY Sources

- ALMONDS** 270 mg
- BUCKWHEAT** 229 mg
- PECANS** 142 mg
- WALNUTS** 131 mg
- BROWN RICE** 88 mg
- SWISS CHARD** 86 mg
- SPINACH** 79 mg
- QUINOA** 64 mg
- AVOCADO** 43 mg
- BEANS** 37 mg

\*mg per 100 g

Prepared with  
**YOUR BY:**  
 Health in Mind

WWW.ONTARIOHEALTH.ORG

**Take A Look At Part Of This Text I Received.**  
**[These Are Her Words And Answers]**

***#Hi Lawrence it's ##### - #####'s wife - he's given me your number as the best person to contact regarding magnesium. I recently had some blood tests done and have been told that I am magnesium deficient however the GPs don't treat this (working for GP's I find this frustrating) Apparently taking a tablet means the absorption rate is disrupted due to stomach acids etc so they have advised I try external applications - which they don't provide - where do I get this from please? ##### says you use it regularly. Sorry to bother you #####.***

***#I have been having arrhythmia and awaiting cardiology chest pains hypertension sleep problems bad skin headaches and because of endometriosis having issues there too but have put it all down to work related stress too little staff for the ratio of patients we see etc etc***

***#All Ds were normal along with Calcium K2 is part of the heavy metal test and all those levels were within range - thankfully. Take no meds apart from Steroids when my chest is bad my asthma is well controlled without meds***

***#Statins cause more trouble than benefit drying up joints and causing osteo issues***



## *[This Is The Information The Doctor Gave Her]*

### **CONDITIONS RELATED TO PROBLEMS OF MAGNESIUM**

In addition to symptoms of overt hypomagnesemia (clinically low serum magnesium), the following conditions represent possible indicators of chronic latent magnesium deficiency:<sup>3 4</sup>  
5 6

- Depression
- Chronic fatigue syndrome
- ADHD
- Epilepsy
- Parkinson's disease
- Sleep problems
- Migraine
- Cluster headaches
- Osteoporosis
- Premenstrual syndrome
- Chest pain (angina)
- Cardiac arrhythmias
- Coronary artery disease and atherosclerosis
- Hypertension
- Type II diabetes
- Asthma

### **WHAT'S THE DIFFERENCE BETWEEN MILD AND SEVERE MAGNESIUM DEFICIENCY?**

It is well known that low magnesium is difficult to detect in a clinical setting, so much so that magnesium deficiency itself is sometimes referred to as "asymptomatic" or "showing no outward signs".<sup>1</sup>

*Magnesium deficiency itself is sometimes referred to as "asymptomatic" or "showing no outward signs".*

In using these terms, researchers emphasize that conditions will often become severe before overt clinical signs are available – essentially issuing a warning to health practitioners to be on the

alert to signs of magnesium deficiency.

***These Are Some Of The Most Common Illnesses Around So The Big Question Is: What Are They Giving People To Combat These Conditions?***

## Why is Magnesium so important?

Magnesium is used by over 300 processes in the body and so is one of the most easily depleted. It is used up by stress, pollution and toxins that enter our bodies, as it is a chelator of heavy metals and toxins. It is also used due to the excessive amounts of freely available calcium in our diets from calcium rich foods and fortified products.

Magnesium levels are also externally depleted by stress and medications. It is estimated that over 70% of us are Magnesium deficient!

## What is the problem with Oral Magnesium Supplements?

Regardless of the form of oral magnesium supplementation, only a percentage actually gets absorbed into your system. Trying to ingest more oral supplements simply causes stomach upset. Transdermal magnesium can absorb far more magnesium than oral supplements as your skin is the largest organ of the body!

## What is Transdermal Magnesium Therapy?

Transdermal means through the skin. It is by far the most effective way to supplement the body with magnesium as it absorbs directly into the muscles where it is needed. Our bodies will only absorb as much as it needs, so there is almost no risk of overdoing it.



## Magnesium Chloride

Magnesium Chloride Hexahydrate is the form that our bodies use so it can get to work straight away without burdening the body with converting it into a form it can use. It is derived from the Dead Sea, which is known for its curative properties.

## What about Epsom Salts?

Epsom Salts are Magnesium Sulphate. The effect of bathing in an Epsom salt bath is more drawing (useful to help release toxins and drawing splinters etc.) and they also have a relaxing effect but the amount of Magnesium absorbed into the body from an Epsom salt bath is minimal.

## What is Magnesium Oil?

Magnesium Oil is a mix of Magnesium Chloride Hexahydrate with water (or hydrolat). It is not technically an oil, but does have an oily consistency.



### **Why choose Holistic Valley Magnesium Oil?**

As a small family company in the UK, we have been offering the Magnesium Flakes to our customers since 2011. We are now offering the convenience of magnesium oil due to others on the market being so over-priced and many are made with the addition of unnecessary chemicals, even though they claim to be natural!

We offer a regular magnesium oil made with purified water and also a range of magnesium oils made by diluting the magnesium flakes directly into natural hydrolats (floral water) which are the by-product of essential oil manufacture. By using hydrolats, there is no need for chemicals (dispersants or emulgators) added by other manufacturers.

Our range includes Pure (with de-ionized water), Relax (with Lavender hydrolat), For Her (with Rose hydrolat) and For Him (with Sandalwood hydrolat).



### **How to Supplement with Magnesium**

#### **Using Magnesium Flakes:**

Using in a bath (recommended): 500g-1Kg is added to a bathful of warm/hot water. A handful of sodium bicarbonate can also be added for additional synergistic effects. Soak in the bath for 15-20 minutes. Baths should be taken between 1-3 times per week, depending on the severity of deficiency. We usually generally recommend a month or so with 3 baths a week, a few months at 2 baths and after 4-6 months, a maintenance of 1 bath per week.

Using in a footbath: approx. 250g is added to a footbath/spa. Sodium bicarbonate can also be added. Soak the feet for 20 minutes. Initially, this should be done every day, then every other day.

#### **Using Magnesium Oil:**

Apply on a small, non-sensitive area first. As a significant amount of magnesium can be absorbed transdermally in a short space of time, if you don't like the slightly greasy feel that it has on your skin, simply wash it off after 15-20 minutes! If you experience tingling or itching, this may be a sign that you are very magnesium deficient, so build up slowly. As your magnesium levels increase, the sensation will diminish. This should be applied at least once per day. Rotate areas sprayed on to avoid reaction, e.g. arms one day, legs next day, torso next day.

Holistic Valley Magnesium Products are available from

**[www.ShopHolistic.com](http://www.ShopHolistic.com)**

**Customer Services: (029) 2085 2222**

**Unit 30, Venture Wales, Bedwas House Ind. Est., Caerphilly, CF83 8GF**

## **Did You Know?**

- 1. THC [Tetra Hydro Cannibinol] Was Discovered In 1964.***
- 2. They Have Had A Documented THC Cancer Cure Since 1974.***
- 3. The Brain Produces Its Own Form Of THC Called Anandahide.***
- 4. We Share 99% Of Our Genes With Mice And Have The Genes To Form A Tail.***
- 5. Cannabis Is Classed As An Aromatic Herb.***
- 6. Items That Reduce Brain Cells - Saturated Fat, Sugar, Nicotine, Opiates, Cocaine, Excess Alcohol, Chronic Stress.***
- 7. Items That Increase Brain Cells - Chocolate, Certain Tea, Blueberries, Moderate Alcohol, No Stress, Cannabinoids.***
- 8. 94% Of Prozac The Anti - Depressant Is Fluoride [Fluroxin].***
- 9. Charles Elliot Perkins A U.S Chemist In 1954 Found That The Nazis were Suppressing The German Population Using Fluoride.***
- 10. Over 100 Microbiologists Have Died Under Mysterious Circumstances Over The Last Couple Of Years.***
- 11. If You Suffer From Gaul Stones, Drink Olive Oil And Apple Juice Which Emulsifies The Stones.***
- 12. Adding Bioperine To Turmeric Increases Absorption By 400%.***



# PROPOLIS OINTMENT

Propolis is a **natural antibiotic** made by honeybees that is fast gaining in popularity in the application of home remedies!

It's a bee product that makes head turn and cause us to wow at the wonder of nature and marvel at the ability of the



## Properties of Propolis

Since ancient times, Propolis is used by man as a natural product with diverse healing properties.

Propolis, free of impurities (pieces of pure wax, small wood chips, residues and dead bees, etc.), and its preparations for its valuable chemical and biological composition have a wide range of medicinal properties. They have a pronounced anti-inflammatory, anti-microbial and anti-viral, anti-cancer, antibiotic, anti fungal, antiseptic healing properties. Propolis has strong analgesic properties, stimulates regeneration (recovery) processes, limits the development of scars and accelerates wound healing, inflammations, burns, improves blood and lymph circulation, dramatically reduces the permeability of the burn wound surface. Propolis is non-toxic, On the contrary, propolis increases the body's defences.

## Treatment with propolis

Propolis is increasingly used for the treatment of various diseases. There are many cases of successful use of propolis in a number of diseases whose treatment by other means was ineffective. Pronounced therapeutic effect is observed with propolis applied topically to the **inflammatory diseases of the ear, nose, throat and mucous membranes of the mouth, skin diseases, treatment of burns and difficult wounds.**

# **US Senate Document #264**

*(Excerpts from the 1936 Senate Document 264 pertaining to soil mineral depletion.)*

*In 1936 the United States Senate issued Document 264 with information regarding the minerals, or should I say lack of minerals in our food, and their relationship to good health.*

*They recognized that many diseases stem from the impoverished soil in America that no longer provides plants with the mineral elements essential to human nourishment and health. On this page all of the words in italics are mine, and everything else is excerpted from the US Senate document 264.*

*Or you can read*

## **The Entire U.S. Senate Document #264**

*"Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come from are brought into proper mineral balance?"*

*"The alarming fact is that foods-fruits and vegetables-grains now being raised on millions of acres of land that no longer contains enough of certain minerals, are starving us...no matter how much of them we eat!"*

*"This talk of minerals is novel and quite startling. In fact, a realization of the importance of minerals in food is so new that the textbooks on nutritional dietetics contain very little about it. Nevertheless it is something that concerns all of us, and the further we delve into it the more startling it becomes".*

*"Laboratory tests prove that the fruits, the vegetables, the grains, the eggs and even the milk and meats of today are not what they were a few generations ago. No man of today can eat enough fruits and vegetables to supply his system with the minerals he requires for perfect health..."*

*"No longer does a balanced and fully nourishing diet consist merely of so many calories or certain vitamins or a fixed proportion of starches, proteins, and carbohydrates. We now know that it must contain, in addition, something like a score of trace minerals".*

*"It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in these minerals, and that a marked deficiency in any one of the more important minerals actually results in DISEASE. Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, and shorten our lives".*

*"This discovery is one of the latest and most important contributions of science to the problem of human health".*

*"Dr. Northen asked himself how foods can be used intelligently in the treatment of disease, when they differed so widely in content. The answer seemed to be that they could not be used intelligently. In establishing the fact that serious deficiencies existed and in searching out the reasons therefore, he made an extensive study of the soil. It was he who first voiced the surprising fact that we must make soil building the basis of food building in order to accomplish human building. Bear in mind, says Dr. Northen, that minerals are vital to human metabolism and health-and that no plant or animal can appropriate to itself any mineral which is not present in the soil upon which it feeds."*

*"We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is important for the normal function of some special structure of the body. Disorder and disease result from any vitamin deficiency. It is not commonly realized, however, that vitamins control the body's appropriation of minerals, and that in the absence of minerals they have no function to perform.*

*Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless".*

*"Certainly our physical well being is more directly dependent upon the minerals we take in to our system than upon calories or vitamins or upon the precise proportions of starch, protein or carbohydrates we consume."*

*"So it goes, each mineral element playing a definite role in nutrition. A characteristic set of symptoms, just as specific as any vitamin deficiency disease, follows a deficiency in any one of them. It is alarming, therefore, to face the fact that we are starving for these precious health-giving substances."*

*"Sick soils mean sick plants, sick animals, and sick people. Physical, mental and moral fitness depends largely upon an ample supply and a proper proportion of minerals in our foods. Nerve function, nerve stability and nerve cell-building likewise depend upon trace minerals."*



*"Our soils which are seriously deficient in trace minerals, cannot produce plant life competent to maintain our needs, and with the continuous cropping and shipping away of those trace minerals and concentrates, the condition becomes worse".*

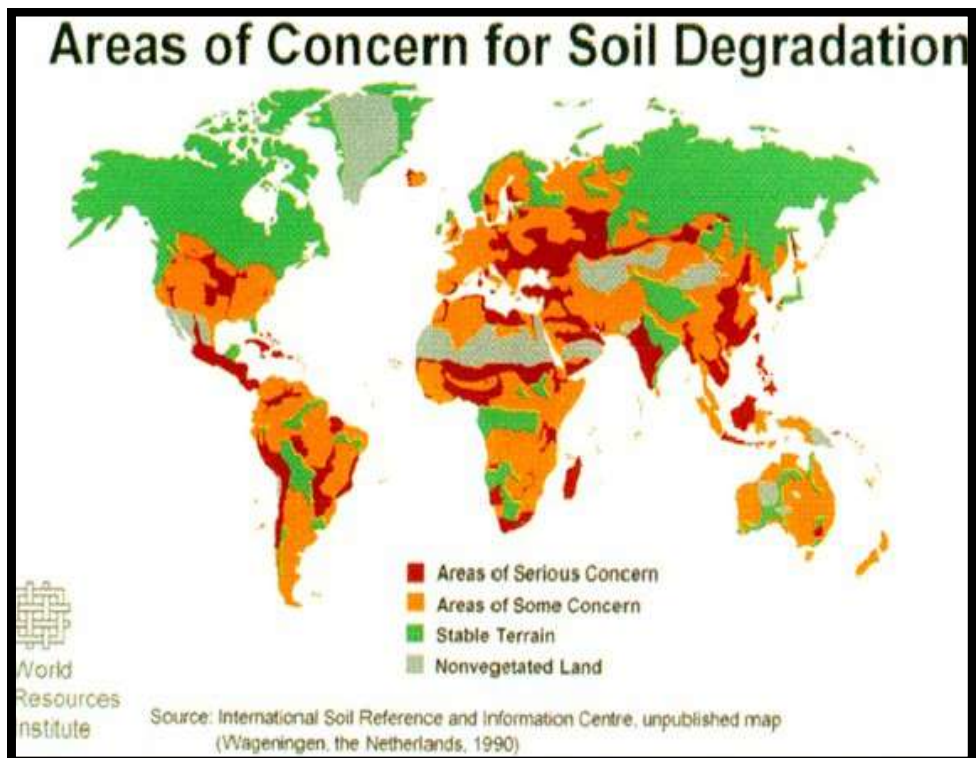
*"One sure way to end the American people's susceptibility to infection is to supply through food, a balanced ration of trace minerals. An organism supplied with a diet adequate to, or preferably in excess of, all mineral requirements may so utilize these elements as to produce immunity from infection quite beyond anything we are able to produce artificially by our present method of immunization. You can't make up the deficiency by using a patent medicine or drug."*

*Prevention of disease is easier, more practical, and more economical than cure. Disease preys most surely and most viciously on the undernourished and unfit plants, animals and human beings alike, and when the importance of these obscure mineral elements is fully realized, the chemistry of life will have to be rewritten. No man knows his mental or bodily capacity, how well he can feel or how long he can live, for we are all cripples and weaklings."*

*I hope that you can understand the implications of these things that were written over 60 years ago. Most people, and the society as a whole, have ignored the warnings that were given at that time, and now there has been an explosion of degenerative diseases. That was a time when something really could have been done to remedy the situation.*


*In reality the soil has become more depleted, and the life in the soil has been poisoned with chemical fertilizers and insecticides, giving us problems that are far worse than mineral depletion alone. Those poisons and chemicals don't just go away. The truth is, the chemical problem is in addition to the mineral depletion problem. And you also have to add the problems of the pollution of our environment to our dilemma. This are why that we need anti-oxidants in addition to mineral supplementation in our 21st century diets. If you want to live a long and healthy life, it is not an option now, it is a requirement.*

*I highly recommend you read the complete entire  
U.S. Senate Document #264*



Food (1951 - 1999)	Nutrient & Amount of Change (Percentage)						
	(Note: Negative Changes Are Highlighted)						
	Calcium	Iron	Vitamin A	Vitamin C	Thiamine	Riboflavin	Niacin
Apple	20.0	-55.3	-41.1	16.0	-75.0	-66.7	-30.0
Banana	-23.8	-41.7	-81.2	-13.0	0.0	-100.0	-1.4
Broccoli	-62.8	-33.9	-55.9	-10.1	-40.0	-42.9	-2.7
Onion	-37.5	-52.9	-100.0	-54.8	56.9	-41.2	135.3
Potato	-27.5	-58.6	-100.0	-57.4	-14.6	-50.0	44.9
Tomato	-55.7	-18.8	-43.4	-1.6	0.0	21.8	46.3

Review the chart and see for yourself where the nutrients are. You'll notice that there have been more losses than gains in nutrients across the chart. And only two areas showed no content change at all, and that's for Thiamine.

74th Congress } 2d Session }	SENATE	{ DOCUMENT No. 254 }
<p align="center"><b>MODERN MIRACLE MEN</b></p> <hr/> <p align="center">AN ARTICLE BY <b>REX BEACH</b></p> <p align="center">ENTITLED "MODERN MIRACLE MEN", RELATING TO PROPER FOOD MINERAL BALANCES BY DR. CHARLES NORTEN, REPRINTED FROM COSMOPOLITAN, JUNE 1936</p>		
<p align="center"></p>		
<p align="center">PRESENTED BY MR. FLETCHER</p> <p align="center">JUNE 1 (calendar day, JUNE 5), 1936.—Ordered to be printed</p>		
<p align="center">UNITED STATES GOVERNMENT PRINTING OFFICE WASHINGTON : 1936</p>		



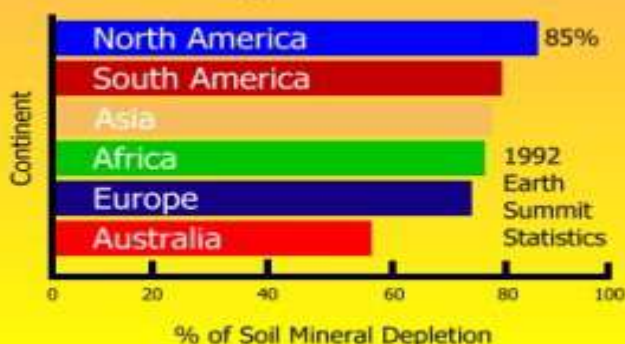
www.shutterstock.com 21432013

*Have You Heard Any  
Of This On Main  
Stream Media.....No!  
Well There's A  
Surprise .....They Have  
Had Years To Tell You  
This....But Hey! What  
The Hell....Footie's  
Live On TV  
Tonight After  
Eastenders....WOW!!!*

The Dalai Lama, when asked what surprised him most about humanity, answered "Man. Because he scarifies his health in order to make money. Then he scarifies money to recuperate his health. And he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."



### Soil Mineral Depletion: Past 100 Years



As soils are depleted,  
human health, vitality and  
intelligence go with them

Louis Bromfield



# 70 YEARS OF SOIL DEPLETION

The reduction in average mineral content  
of fruits and vegetables since 1940.

## MINERAL

SODIUM

POTASSIUM

MAGNESIUM

CALCIUM

IRON

COPPER

ZINC

## VEGETABLE

-49%

-16%

-24%

-46%

-27%

-76%

-59%

## FRUIT

-29%

-19%

-16%

-16%

-24%

-20%

-27%

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[facebook.com/Youngevity](https://www.facebook.com/Youngevity)



## **Did You Know?**

- 1. 86% Of Illness Is Caused By Stress And 14% By Diet And Accidents.***
- 2. The Medical Profession Is The No 1 Cause Of Death In The Western World***
- 3. Chemotherapy Is A Relic From WW1....It Is Mustard Gas Which Is Banned By The Geneva Convention.***
- 4. Fluoride Causes - Cancer, Thyroid Problems, Fluorosis, Dementia, Bone Disease, Lower I.Q. [Keep Brushing Folks]***
- 5. E.P.A Found That Fluoride Ingested At 1 Part/ Million Causes Dementia. [Alzheimer's Is On The Rise In The UK And A Fluoridation Program Is In Full Swing.***
- 6. Loraciden In Coconut Oil Gets Rid Of Yeast Overgrowth In Gut And Is Also Good For Asthma.***
- 7. More People Make Money From Cancer Than Die From It.***
- 8. Over 25,000 Pharmaceutical Products Are Marketed With No Therapeutic Value. [AOK Mag 4198]***
- 9. Mammography Only Picks Up 12 Year Old Cancers.***
- 10. Actor Woody Harrelson Was Arrested And Acquitted For Growing 4 Feral Hemp Plants In 1996.***
- 11. Shona Banda Cured Her Colitis With Hemp.***
- 12. 2 Year Old Cash Hyde Was Cured Of Brain Cancer With Hemp And Now Has A Foundation Named After Him.***

# MODERN MIRACLE MEN

*Dr. Charles Northern, Who Builds Health From The Ground Up This quiet, unballyhooed pioneer and genius in the field of nutrition demonstrates that countless human ills stem from the fact that impoverished soil of America no longer provides plant foods with the mineral elements essential to human nourishment and health! To overcome this alarming condition, he doctors sick soils and, by seeming miracles, raises truly healthy and health-giving fruits and vegetables.*

*(By Rex Beach)*

*Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought into proper mineral balance? The alarming fact is that foods -- fruit and vegetables and grains -- now being raised on millions of acres of land no longer contain enough of certain needed minerals, are starving us -- no matter how much of them we eat!*

*This talk about minerals is novel and quite startling. In fact, a realization of the importance of minerals in food is so new that the textbooks on nutritional dietetics contain very little about it. Nevertheless it is something that concerns all of us, and the further we delve into it the more startling it becomes.*

*You'd think, wouldn't you, that a carrot is a carrot--that one is about as good as another as far as nourishment is concerned? But it isn't; one carrot may look and taste like another and yet be lacking in the particular mineral element which our system requires and which carrots are supposed to contain. Laboratory tests prove that the fruits, the vegetables, the grains, the eggs and even the milk and the meats of today are not what they were a few generations ago. (Which doubtless explains why our forefathers [and foremothers] thrived on a selection of foods that would starve us!) No one of today can eat enough fruits and vegetables to supply their system with the mineral salts they require for perfect health, because their stomach isn't big enough to hold them! And we are running to big stomachs.*



*No longer does a balanced and fully nourishing diet consist merely of so many calories or certain vitamins or a fixed proportion of starches, proteins, and carbohydrates. We now know that it must contain, in addition, something like a score of mineral salts.*

*It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in these minerals, and that a marked deficiency in any one of the more important minerals actually results in disease. Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, shorten our lives.*

*This discovery is one of the latest and most important contributions of science to the problem of human health.*

*So far as the records go, the first man in this field of research, the first to demonstrate that most human foods of our day are poor in minerals and that their proportions are not balanced, was Dr. Charles Northen an Alabama physician now living in Orlando, Florida. His discoveries and achievements are of enormous importance to mankind.*

*Following a wide experience in general practice, Dr. Northen specialized in stomach diseases and nutritional disorder. Later, he moved to New York and made extensive studies along this line, in conjunction with a famous French scientist from Sorbonne. In the course of that work he convinced himself that there was little authentic, definite information on the chemistry of foods, and that no dependence could be placed on existing data.*

*He asked himself how foods could be used intelligently in the treatment of disease, when they differed so widely in content. The answer seemed to be that they could not be used intelligently. In establishing the fact that serious deficiencies existed and in searching out the reasons therefore, he made an extensive study of the soil. It was he who first voiced the surprising assertion that we must make soil building the basis of food building in order to accomplish human building.*

*"Bear in mind," says Dr. Northen, "that minerals are vital to human metabolism and health--and that no plant or animal can appropriate to itself any mineral which is not present in the soil upon which it feeds.*

*"When I first made this statement I was ridiculed, for up to that time people had paid little attention to food deficiencies and even less to soil deficiencies. Men eminent in medicine denied there was any such thing as vegetables and fruits that did not contain sufficient minerals for human needs. Eminent agricultural authorities insisted that all soil contained all necessary minerals. They reasoned that plants take what they need, and that it is the function of the human body to appropriate what it requires. Failure to do so, they said, was a symptom of disorder.*

*"Some of our respected authorities even claimed that the so-called secondary minerals played no part whatever in human health. It is only recently that such men as Dr. McCollum of Johns Hopkins, Dr. Mendel of Yale, Dr. Sherman of Columbia, Dr. Lipman of Rutgers, and Drs. H.G. Knight and Oswald Schreiner of the United States Department of Agriculture have agreed that these minerals are essential to plant, animal, and human feeding.*

*"We know that vitamins are complex substances which are indispensable to nutrition, and that each of them is of importance for the normal function of some special structure in the body. Disorder and disease result from any vitamin deficiency.*

*"It is not commonly realized, however, that vitamins control the body's appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless.*

*"Neither does the layman realize that there may be a pronounced difference in both foods and soils--to them one vegetable, one glass of milk, or one egg is about the same as another. Dirt is dirt, too, and they assume that by adding a little fertilizer to it, a satisfactory vegetable or fruit can be grown.*

*"The truth is that our foods vary enormously in value, and some of them aren't worth eating, as food. For example, vegetation grown in one part of the country may assay 1,100 parts, per billion, of iodine, as against 20 in that grown elsewhere. Processed milk has run anywhere from 362 parts, per million, of iodine and 127 of iron, down to nothing.*

*"Some of our lands, even unhappily for us, we have been systematically robbing the poor soils and the good soils alike of the very substances most necessary to health, growth, long life, and resistance to disease. Up to the time I began experimenting, almost nothing had been done to make good the theft.*

*"The more I studied nutritional problems and the effects of mineral deficiencies upon disease, the more plainly I saw that here lay the most direct approach to better health, and the more important it became in my mind to find a method of restoring those missing minerals to our foods.*

*"The subject interested me so profoundly that I retired from active medical practice and for a good many years now I have devoted myself to it. It's a fascinating subject, for it goes to the heart of human betterment."*

*The results obtained by Dr. Northen are outstanding. By putting back into foods the stuff that foods are made of, he has proved himself to be a real miracle man of medicine, for he has opened up the shortest and most rational route to better health.*

*He showed first that it should be done, and then that it could be done. He doubled and redoubled the natural mineral content of fruits and vegetables. He improved the quality of milk by increasing the iron and the iodine in it. He caused hens to lay eggs richer in the vital elements.*

*By scientific soil feeding, he raised better seed potatoes in Maine, better grapes in California, Better oranges in Florida, and better field crops in other States. (By "better" is meant not only an improvement in food value but also an increase in quantity and quality.)*

*Before going further into the results he has obtained, let's see just what is involved in this matter of "mineral deficiencies", what it may mean to our health, and how it may effect the growth and development, both mental and physical, of our children.*

*We know that rats, guinea pigs, and other animals can be fed into a diseased condition and out again by controlling only the minerals in their food.*

*A 10-year test with rats proved that by withholding calcium they can be bred down to a third the size of those fed with an adequate amount of that mineral. Their intelligence, too, can be controlled by mineral feeding as readily as can their size, their bony structure, and their general health.*

*Place a number of these little animals inside a maze after starving some of them in a certain mineral element. The starved ones will be unable to find their way out, whereas the others will have little or no difficulty in getting out. Their dispositions can be altered by mineral feeding. They can be made quarrelsome and belligerent; they can even be turned into cannibals and be made to devour each other.*

*A cage full of normal rats will live in amity. Restrict their calcium, and they will become irritable and draw apart from one another. Then they will begin to fight. Restore their calcium balance and they will grow more friendly; in time they will begin to sleep in a pile as before.*

*Many backward children are "stupid" merely because they are deficient in magnesia. We punish them for OUR failure to feed them properly.*

*Certainly our physical well-being is more directly dependent upon the minerals we take into our systems than upon the calories or vitamins or upon the precise proportions of starch, protein, or carbohydrates we consume.*

*It is now agreed that at least 16 mineral elements are indispensable for normal nutrition, and several more are always found in small amounts in the body, although their precise physiological role has not been determined. Of the 11 indispensable salts, calcium, phosphorous, and iron are perhaps the most important.*

*Calcium is the dominant nerve controller; it powerfully affects the cell formation of all living things and regulates nerve action. It governs contractability of the muscles and the rhythmic beat of the heart. It also coordinates the other mineral elements and corrects disturbances made by them. It works only in sunlight. Vitamin D is its buddy.*

*Dr. Sherman of Columbia asserts that 50 percent of the American people are starving for calcium. A recent article in the Journal of the American Medical Association stated that out of 4,000 cases in New York Hospital, only 2 were not suffering from a lack of calcium.*

*What does such a deficiency mean? How would it affect your health or mine? So many morbid conditions and actual diseases may result that it is almost hopeless to catalogue them. Included in the list are rickets, bony deformities, bad teeth, nervous disorders, reduced resistance to other diseases, fatigability, and behaviour disturbances such as incorrigibility, assaultiveness, no adaptability.*

*Here's one specific example: The soil around a certain Midwest City is poor in calcium. Three hundred children of this community were examined and nearly 90 percent had bad teeth, 69 percent showed affections of the nose and throat, swollen glands, enlarged or diseased tonsils. More than one-third had defective vision, round shoulders, bow legs, and anaemia.*

*Calcium and phosphorous appear to pull in double harness. A child requires as much per day as two grown men, but studies indicate a common deficiency of both in our food. Researches on farm animals point to a deficiency of one or the other as the cause of serious losses to the farmers, and when the soil is poor in phosphorous these animals become bone-chewers. Dr. McCollum says that when there are enough phosphates in the blood there can be no dental decay.*

*Iron is an essential constituent of the oxygen-carrying pigment of the blood: iron starvation results in anaemia, and yet iron cannot be assimilated unless some copper is contained in the diet. In Florida many cattle die from an obscure disease called "salt sickness." It has been found to arise from a lack of iron and copper in the soil and hence in the grass. A man may starve for want of these elements just as a beef "critter" starves.*

*If Iodine is not present in our foods the function of the thyroid gland is disturbed and goitre afflicts us. The human body requires only fourteen-thousandths of a milligram daily, yet we have a distinct "goitre belt" in the Great Lakes section, and in parts of the Northwest the soil is so poor in iodine that the disease is common.*

*So it goes, down through the list, each mineral element playing a definite role in nutrition. A characteristic set of symptoms, just as specific as any vitamin-deficiency disease, follows a deficiency in any one of them. It is alarming, therefore, to face the fact that we are starving for these precious, health-giving substances.*

*Very well, you say, if our foods are poor in the mineral salts they are supposed to contain, why not resort to dosing?*

*That is precisely what is being done, or attempted. However, those who should know assert that the human system cannot appropriate those elements to the best advantage in any but the food form. At best, only a part of them in the form of drugs can be utilized by the body, and certain dieticians go so far as to say it is a waste of effort to fool with them. Calcium, for instance, cannot be supplied in any form of medication with lasting effect.*

*But there is a more potent reason why the curing of diet deficiencies by drugging hasn't worked out so well. Consider those 16 indispensable elements and those others which presumably perform some obscure function as yet undetermined. Aside from calcium and phosphorous, they are needed only in infinitesimal quantities, and the activity of one may be dependent upon the presence of another. To determine the precise requirements of each individual case and to attempt to weigh it out on a druggist's scale would appear hopeless.*

*It is a problem and a serious one. But here is the hopeful side of the picture: Nature can and will solve it if she is encouraged to do so. The minerals in fruit and vegetables are colloidal; i.e. they are in a state of such extremely fine suspension that they can be assimilated by the human system: It is merely a question of giving back to nature the materials with which she works.*

*We must rebuild our soils: Put back the minerals we have taken out. That sounds difficult but it isn't. Neither is it expensive. Therein lies the short cut to better health and longer life.*

*When Dr. Northen first asserted that many foods were lacking in mineral content and that this deficiency was due solely to an absence of those elements in the soil, his findings were challenged and he was called a crank. But differences of opinion in the medical profession are not uncommon--it was only 60 years ago that the Medical Society of Boston passed a resolution condemning the use of bathtubs -- and he persisted in his assertions that inasmuch as foods did not contain what they were supposed to contain, no physician could with certainty prescribe a diet to overcome physical ills.*

*He showed that the textbooks are not dependable because many of the analyses in them were made many years ago, perhaps from products raised in virgin soils, whereas our soils have been constantly depleted. Soil analysis, he pointed out, reflect only the content of samples. One analysis may be entirely different from another made 10 miles away.*

*"And so what?" came the query.*

*Dr. Northen undertook to demonstrate that something could be done about it. By re-establishing a proper soil balance he actually grew crops that contained an ample amount of desired minerals.*

*This was incredible. It was contrary to the books and it upset everything connected with diet practice. The scoffers began to pay attention to him. Recently the Southern Medical Association, realizing the hopelessness of trying to remedy nutritional deficiencies without positive factors to work with, recommended a careful study to determine the real mineral content of foodstuffs and the variations due to soil depletion in different localities. These progressive medical men are awake to the importance of prevention.*

*Dr. Northen went even further and proved that crops grown in a properly mineralized soil were bigger and better; that seeds germinated quicker, grew more rapidly and made larger plants; that trees were healthier and put on more fruit of better quality.*

*By increasing the mineral content of citrus fruit he likewise improved its texture, its appearance and its flavour.*

*He experimented with a variety of growing things, and in every case the story was the same. By mineralizing the feed at poultry farms, he got more and better eggs; by balancing pasture soils, he produced richer milk. Persistently he hammered home to farmers, to doctors, and to the general public the thought that life depends upon the minerals.*



*His work led him into a careful study of the effects of climate, sunlight, ultraviolet and thermal rays upon plant, animal, and human hygiene. In consequence he moved to Florida. People familiar with his work consider him the most valuable man in the State. I met him by reason of the fact that I was harassed by certain soil problems on my Florida farm which had baffled the best chemists and fertilizer experts available.*

*He is an elderly, retiring man, with a warm smile and an engaging personality, He is a trifle shy until he opens up on his pet topic; then his diffidence disappears and he speaks with authority. His mind is a storehouse crammed with precise, scientific data about soil, and food chemistry, the complicated life processes of plants, animals, and human beings -- and the effect of malnutrition upon all three. He is perhaps as close to the secret of life as any man anywhere.*

*"Do you call yourself a soil or a food chemist?" I inquired.*

*"Neither. I'm an M.D. My work lies in the field of biochemistry and nutrition. I gave up medicine because this is a wider and more important work. Sick soils mean sick plants, sick animals, and sick people. Physical, mental, and moral fitness depends largely upon an ample supply and a proper proportion of the minerals in our foods. Nerve function, nerve stability, nerve-cell-building likewise depend thereon. I'm really a doctor of sick soils."*

*"Do you mean to imply that the vegetables I'm raising on my farm are sick?" I asked.*

*"Precisely! They're as weak and undernourished as anaemic children. They're not much good as food. Look at the pests and the disease that plague them. Insecticides cost farmers nearly as much as fertilizers these days.*

*"A healthy plant, however, grown in soil properly balanced, can and will resist most insect pests. That very characteristic makes it a better food product. You have tuberculosis and pneumonia germ in your system but you're strong enough to throw them off. Similarly, a really healthy plant will pretty nearly take care of itself in the battle against insects and blights --and will also give the human system what it requires."*

*"Good heavens! Do you realize what that means to agriculture?"*

*"Perfectly. Enormous saving. Better crops. Lowered living costs to the rest of us. But I'm not so much interested in agriculture as in health."*

*"It sounds beautifully theoretical and utterly impractical to me," I told the doctor, whereupon he gave me some of his case records.*

*For instance, in an orange grove infested with scale, when he restored the mineral balance to part of the soil, the trees growing in that part became clean while the rest remained diseased. By the same means he had grown healthy rosebushes between rows that were riddled by insects.*

*He had grown tomato and cucumber plants, both healthy and diseased, where the vines intertwined. The bugs ate up the diseased and refused to touch the healthy plants! He showed me interesting analysis of citrus fruit, the chemistry and the food value of which accurately reflected the soil treatment the trees had received.*

*There is no space here to go fully into Dr. Northen's work but it is of such importance as to rank with that of Burbank, the plant wizard, and with that of our famous physiologists and nutritional experts.*

*"Healthy plants mean healthy people", said he. "We can't raise a strong race on a weak soil. Why don't you try mending the deficiencies on your farm and growing more minerals into your crops?"*

*I did try and I succeeded. I was planting a large acreage of celery and under Dr. Northen's direction I fed minerals into certain blocks of the land in varying amounts. When the plants from this soil were mature I had them analyzed, along with celery from other parts of the State. It was the most careful and comprehensive study of the kind ever made, and it included over 250 separate chemical determinations. I was amazed to learn that my celery had more than twice the mineral content of the best grown elsewhere. Furthermore, it kept much better, with and without refrigeration, proving that the cell structure was sounder.*

*In 1927, Mr. W. W. Kincaid, a "gentleman farmer" of Niagara Falls, heard an address by Dr. Northen and was so impressed that he began extensive experiments in the mineral feeding of plants and animals. The results he has accomplished are conspicuous. He set himself the task of increasing the iodine in the milk from his dairy herd. He has succeeded in adding both iodine and iron so liberally that one glass of his milk contains all of these minerals that an adult person requires for a day.*

*Is this significant? Listen to these incredible figures taken from a bulletin of the South Carolina Food Research Commission: "In many sections three out of five persons have goitre and a recent estimate states that 30 million people in the United States suffer from it."*

*Foods rich in iodine are of the greatest importance to these sufferers.*

*Mr Kincaid took a brown Swiss heifer calf which was dropped in the stockyards, and by raising her on mineralized pasturage and a properly balanced diet made her the third all-time champion of her breed! In one season she gave 21,924 pounds of milk. He raised her butterfat production from 410 pounds in 1 year to 1,037 pounds. Results like these are of incalculable importance.*

*Others besides Mr. Kincaid are following the trail Dr. Northen blazed. Similar experiments with milk have been made in Illinois and nearly every fertilizer company is beginning to urge use of the rare mineral elements. As an example I quote from statements of a subsidiary of one of the leading copper companies:*

*Many States show a marked reduction in the productive capacity of the soil \* \* \* in many districts amounting to a 25 to 50 percent reduction in the last 50 years \* \* \*. Some areas show a tenfold variation in calcium. Some show a sixtyfold variation in phosphorus \* \* \*. Authorities \* \* \* see soil depletion, barren livestock, increased human death rate due to heart disease, deformities, arthritis, increased dental caries, all due to lack of essential minerals in plant food.*

*"It is neither a complicated nor an expensive undertaking to restore our soils to balance and thereby work a real miracle in the control of disease," says Dr. Northen. "As a matter of fact, it's a money-making move for the farmer, and any competent soil chemist can tell them how to proceed.*

*"First determine by analysis the precise chemistry of any given soil, then correct the deficiencies by putting down enough of the missing elements to restore its balance. The same care should be used as in prescribing for a sick patient, for proportions are of vital importance.*

*"In my early experiments I found it extremely difficult to get the variety of minerals needed in the form in which I wanted to use them but advancement in chemistry, and especially our ever-increasing knowledge of colloidal chemistry, has solved that difficulty. It is now possible, by use of minerals in colloidal form, to prescribe a cheap and effective system of soil correction which meets this vital need and one which fits in admirably with nature's plans.*

*"Soils seriously deficient in minerals cannot produce plant life competent to maintain our needs, and with the continuous cropping and shipping away of those concentrates, the condition becomes worse.*

***"Disease preys most surely and most viciously on the undernourishment and unfit plants, animals, and human beings alike, and when the importance of these obscure mineral elements is fully realized the chemistry of life will have to be rewritten. No one knows their mental or bodily capacity, how well they can feel or how long they can live, for we are all cripples and weaklings. It is a disgrace to science. Happily, that chemistry is being rewritten and we are on our way to better health by returning to the soil the things we have stolen from it.***

***"The public can help; it can hasten the change. How? By demanding quality in its food. By insisting that our doctors and our health departments establish scientific standards of nutritional value.***

***"The growers will quickly respond. They can put back those minerals almost overnight, and by doing so they can actually make money through bigger and better crops.***

***"It is simpler to cure sick soils than sick people -- which shall we choose?"***

***Very Interesting What Was Said Here I'm Sure You Will Agree. And If You Watch A Couple Of Documentaries On You Tube Called "Back To Eden" About A Gentleman Called Paul Gautschi, Who Has Planted A Garden In Wood Chips And Was Told It Couldn't Be Done By Academia, You Will See How To Grow And Remineralize The Soil. One Of The Most Earth Shattering Comments He Makes Is That In The 50's No One Carried A Water Bottle To Hydrate In California, As The Food Hydrated You As It Held The Proper Water And Mineral Balances. He Is Now Growing This Food And Listen To What The People Are Saying About The Taste And Smell Of The Food "Every Vegetable You Can Eat Raw And They Taste Sweet" Watch The Original 2011 Film At:***

***<http://www.backtoedenfilm.com/>***



**Back to Eden Garden - Complete Tour - L2Survive with Thatnub**

L2Survive

2 years ago • 265,282 views

This is the complete tour of Paul Gautschi's Back to Eden garden on one video. After you watch "Back to Eden", the documentary ...

***We Should All Learn Too Grow Our Own Wholesome Safe Food***



**KEEP  
CALM  
AND THINK  
OUTSIDE  
THE BOX**

## **Did You Know!**

- 1. Sodium Drives Nutrients Into Cells While Potassium Pulls Waste Out..***
- 2. A Lady In The US Went To The Mayo Clinic And Told The Doctor How She Beat Her Cancer Using The Gerson Therapy. The Doctor Said That's Amazing. But When She Explained To Him The Protocol, He Said, "Oh We Couldn't Sell That!" Which Just About Sums It All Up.***
- 3. This Is A Quote From Dr Dean Burke PhD, Who Worked For The National Cancer Institute For 34 Years. "They [ Meaning The American Cancer Society ] Lie Like Scoundrels.***
- 4. Dr John A Richardson MD [ Deceased ] Had A Cancer Clinic In San Francisco In The 1970's. He Met Dr Ernst T Krebs Junior, Who Explained To Him About Laetrile. So Dr Richardson Cautiously Introduced Laetrile Into His Practice As He Was Loosing To Many Of His Cancer Patients. He Went From A Low Success Rate To A High Success Rate Almost Overnight. The Hospital Administration Said That He Could Not Use Laetrile As It Was Not FDA Approved, Dr Richardson Said I Know But It Works. They Said "WE DONT CARE WHETHER IT WORKS OR NOT, ITS NOT AN APPROVED SUBSTANCE AND YOU ARE IN VIOLATION OF THE LAW."***
- 5. Oregano Essential Oil When Put Into A Nebuliser Helps With Lung Problems, Make Sure You Get Good Advice Before You Start As Oregano Oil Can Burn. So It Needs Dilution With A Good Carrier Oil.***
- 6. Burma Had No Cases Of Autism Till A Vaccination Program Was Introduced, It Then Became A Problem.***





## Mineral Deficiencies and Health What you need to know

# SIGNS OF NUTRITIONAL DEFICIENCIES

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### EYES

Bags or dark circles : allergies or food intolerances

### FACE SKIN

Red scaly skin of face and sides of nose : vitamin B2 deficiency  
Acne like forehead rash : Vitamin B6 deficiency

### GUMS

Bleeding gums : Vitamin C deficiency  
Gum disease : Co Q 10, folic acid and vitamin C deficiency

### LEGS

Tender calf muscles : Magnesium deficiency

### TONGUE

Sore fissured tongue : Vitamin B deficiency

Swollen tongue with lateral teeth indentations : Food intolerance  
Pale fissured tongue : Iron deficiency

### NAILS

Brittle nails : Magnesium deficiency  
Ridges : Zinc deficiency  
White spots : Mineral deficiency

### SKIN












Follicular hyperkeratosis : Vitamin A deficiency  
Uncommon bleeds : Vitamin C, K or platelet deficiency  
Yellow palms : excessive beta carotene intake  
Chicken skin at the back of the upper arms : Omega 3s deficiency

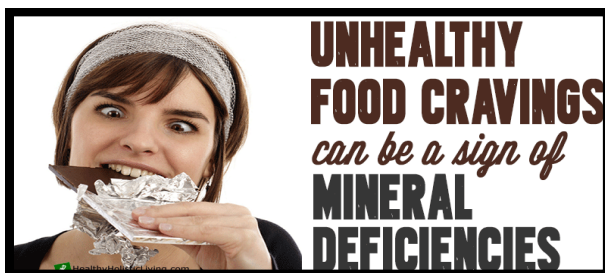
### THROAT

Thyroid swelling : iodine deficiency

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## ***Benefits Of Eating Proper Soil Mineralised Fruit And Vegetables.***

<b>Fruit</b>		<b>Benefit</b>				
apples		Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots		Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes		Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocados		Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smooths skin
bananas		Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans		Prevents constipation	Helps	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets		Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries		Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
broccoli		Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
cabbage		Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps
cantaloupe		Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system














If you're craving THIS...	Then Get more of THIS to stop your cravings...	And these healthy foods have THIS in it...
Chocolate	Magnesium	Raw nuts & seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, buts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Oily snacks & Fatty foods	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Sodas	calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Breads (Processed)	Nitrogen	High protein foods: fish, meat, nuts, beans
Pre-menstrual cravings	Zinc	Red meats, seafood, leafy vegetables, root vegetables
General Overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits & vegetables
Alcohol	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Coffee or tea	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peepers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea Salt, apple cider vinegar (on salad)
	Iron	Meat, fish & poultry, seaweed, greens, black cherries
	Green Tea	Promotes fat burning



## The Might of Minerals



MINERAL	HEALTH BENEFITS	DEFICIENCY SYMPTOMS	NATURAL SOURCES*	AMOUNT OF MINERALS IN THE VITALITY PACK* FOR WOMEN
Boron	Essential for hormones involved in bone metabolism, as well as maintaining normal, balanced levels of estrogen and testosterone.	<ul style="list-style-type: none"> <li>• Insomnia</li> <li>• Muscle cramps</li> <li>• Bone pain</li> </ul>	 <ul style="list-style-type: none"> <li>• Apples</li> <li>• Oranges</li> <li>• Almonds</li> <li>• Red grapes</li> <li>• Pears</li> </ul>	150 mcg
Calcium	Essential for bone/tooth formation, blood clotting, nerve transmission, muscle growth.	<ul style="list-style-type: none"> <li>• Muscle cramps</li> <li>• Nervousness</li> <li>• Arm/leg numbness</li> <li>• Tooth decay</li> </ul>	 <ul style="list-style-type: none"> <li>• Dairy products (milk, cheese, yogurt)</li> <li>• Sardines</li> <li>• Salmon</li> <li>• Dark leafy vegetables</li> <li>• Sesame seeds</li> </ul>	250 mg
Chromium	Important for glucose and insulin metabolism (energy).	<ul style="list-style-type: none"> <li>• Diabetic symptoms</li> </ul>	 <ul style="list-style-type: none"> <li>• Whole grains</li> <li>• Raw cane sugar</li> <li>• Shellfish</li> <li>• Chicken</li> </ul>	120 mcg
Magnesium	Crucial for energy, stronger bones, and formation of DNA and RNA.	<ul style="list-style-type: none"> <li>• Confusion</li> <li>• Disorientation</li> <li>• Rapid pulse</li> </ul>	 <ul style="list-style-type: none"> <li>• Green leafy vegetables</li> <li>• Bananas</li> <li>• Tomatoes</li> </ul>	400 mg
Iron	For oxygen delivery throughout the body, energy, and antioxidant protection.	<ul style="list-style-type: none"> <li>• Breathing difficulties</li> <li>• Brittle nails</li> <li>• Anemia (pale skin, fatigue)</li> </ul>	 <ul style="list-style-type: none"> <li>• Red meat</li> <li>• Prunes</li> <li>• Raisins</li> <li>• Walnuts</li> </ul>	9 mg
Zinc	For antioxidant protection, protein production, and a strong immune system.	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Prolonged wound healing</li> <li>• Stunted growth</li> </ul>	 <ul style="list-style-type: none"> <li>• Beef liver</li> <li>• Shellfish</li> <li>• Lima beans</li> </ul>	15 mg
Copper	For energy, antioxidant protection, and support of red blood cell formation.	<ul style="list-style-type: none"> <li>• Low energy</li> <li>• Baldness</li> <li>• Slow-healing sores</li> </ul>	 <ul style="list-style-type: none"> <li>• Beef liver</li> <li>• Shellfish</li> <li>• Almonds</li> <li>• Prunes</li> </ul>	3 mg
Selenium	For antioxidant protection and proper function of thyroid hormone.	<ul style="list-style-type: none"> <li>• Age spots</li> <li>• Immune problems</li> </ul>	 <ul style="list-style-type: none"> <li>• Wheat germ</li> <li>• Garlic</li> <li>• Seafood</li> <li>• Bran</li> </ul>	105 mcg
Manganese	For energy and antioxidant protection.	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Ear noises</li> </ul>	 <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Beets</li> <li>• Brussels sprouts</li> </ul>	2.5 mg
Iodine	For proper thyroid gland function and energy.	<ul style="list-style-type: none"> <li>• Dry hair</li> <li>• Irritability</li> </ul>	 <ul style="list-style-type: none"> <li>• Fish liver oils</li> <li>• Egg yolks</li> <li>• Citrus fruits</li> <li>• Garlic</li> </ul>	150 mcg
Molybdenum	For amino acid metabolism and detoxification system support.	None observed in healthy individuals.	 <ul style="list-style-type: none"> <li>• Buckwheat</li> <li>• Barley</li> <li>• Legumes</li> <li>• Sunflower seeds</li> </ul>	75 mg

\*Assuming fruits and vegetables are grown in nutrient-rich soil, picked when ripe, and eaten while fresh.

## **Remember This Chain....Its Important.**

*The soils have become depleted in minerals.*



*The plants become weak and sick due to mineral deficiency.*



*Instead of boosting soils, more and stronger pesticides are sprayed because plants are too weak to fight off pests.*



*Pesticides deplete soils of even more minerals.*



*More pesticides are sprayed to stop pests, plants get even more sicker due to lack of even more minerals.*



*Humans and animals eat the sick plants and also become sick as we all get our minerals from plants and can't utilise vitamins without minerals.*



*The pesticides are weatherproof so we are eating sick plants and meats with added pesticides.... Yum Yum.*



*And we are eating food that is too weak even to reproduce itself, seedless grapes, oranges etc.*



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Friendly And Professional Business For All Your  
Alternative Advice, Information And Products.  
A Proper Family None Corporate Honestly, Run  
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***Friday: 9.30am - 1pm***

***Saturday & Sunday: CLOSED***

***Send For A Free Catalogue:***



## *Jerrys Story.*

### *This Will Make Your Blood Boil!*

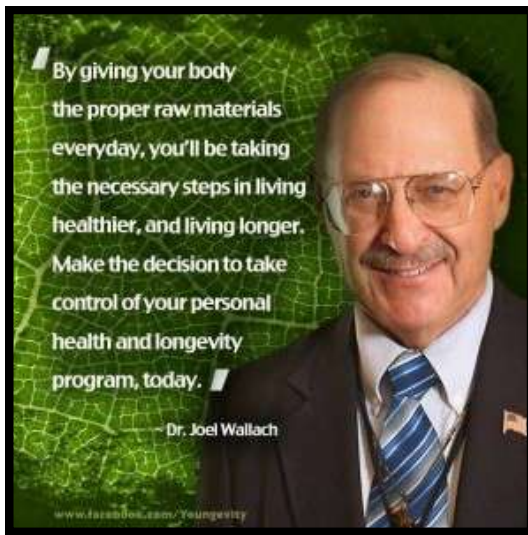
*For decades, muscular dystrophy has been associated with Jerry's kids. That is, Jerry Lewis surrounded by children during the annual Muscular Dystrophy Association's Labour Day Telethon. From 1966 to 2010, Jerry Lewis hosted this annual telethon to benefit those with muscular dystrophy. Muscular dystrophy (MD) represents a group of nine inherited muscle disorders. The telethon went on without Lewis from 2010 to 2014, ultimately ending in 2015. ....Why was this, because Jerry Lewis was;*

***OUSTED FOR TELLING THE PRODUCERS OF THE  
TELEFON THAT HE HAD BEEN CONTACTED BY A  
DR JOEL WALLACH, AND HE WAS TOLD THAT YOU  
CAN PREVENT AND CURE THE DISEASE AS ITS  
ONLY A SELENIUM AND SIMPLE MINERAL  
DEFFICIENCY AND IT HAS BEEN CURED IN FARM  
ANIMALS FOR DECADES!!!!***

***W...T...F...!!!***







***A year later, Lewis has been all but erased from the telethon's memory. This year's show, airing the Sunday night before Labor Day, has been further downsized, to just three hours, with no named host and a smattering of B-list guest stars (Carrie Underwood, Will.i.am, Khloe Kardashian). It is no longer called a telethon, but simply an "entertainment special," and there will be no tote board tallying the donations. In the press announcement of the event, Jerry Lewis's name is nowhere mentioned.***

***The story behind Lewis's departure remains untold. But a few things have become clear in the year since the awkward public breakup. Jerry Lewis was dumped by the MDA, the charity he had been identified with since the 1950s. He's still bitter about it. And the telethon is withering without him.***

***Excerpt Taken From Time Magazine.***



*So why do you think Jerry Lewis was ousted....pretty obvious really, the charity, the TV Network and so forth were making millions and millions every year and using the sick children to promote it, how far will people stoop, nobody will pay towards healthy children. Unfortunately "Good Health Is Not Good Business." as someone once said. A man of Mr Lewis's stature would only do the right thing in my opinion....and he paid the price for his beliefs, but as I said this is just my opinion. I have written to Mr Lewis at his Las Vegas Home to see if I can acquire any more information.*

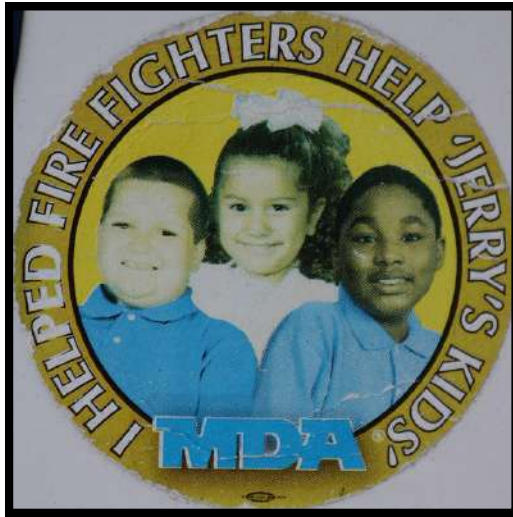


*As you can probably tell I have a lot of respect for this man, and will have even more if all this is confirmed. Have a Read about the amount of money he raised...I would be angry too.*



*For 60 years, Jerry Lewis has led the charge against an insidious children's disease that slowly kills muscle-controlling nerves, then takes the life. In those years, he said he has raised \$2.4 billion ("that's with a B, kid") for research and therapy and aid for those stricken with muscular dystrophy and other neuromuscular diseases. His track record of telethon fundraising is nothing short of astounding. "It will never be done again," he said. At 84, Lewis is worried for his children. The nation is still reeling from the Great Recession. Even with a mild recovery, some economists fear a "double dip," meaning another tumble into recession could be on the way. People are tighter with their donated dollars. In June, the Giving USA Foundation reported that philanthropy in America in 2009 fell 3.9 percent, the second-steepest drop ever. The Muscular Dystrophy Association telethon, held annually over Labor Day weekend, has seen an increase in donations in every year but a few, including 2009, when the \$60.5 million raised was almost \$5 million less than 2008's total. In Nevada, the MDA has contributed \$900,000 over five years to services for people suffering from the diseases, and the state has two MDA clinics that provide diagnostics and long-term clinical care.*

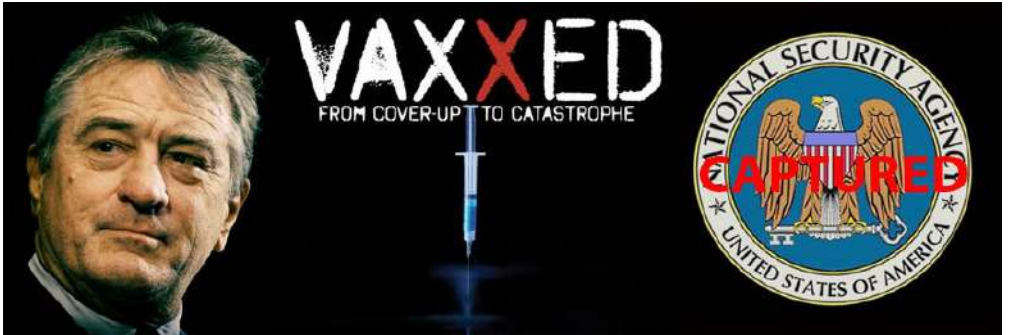
*Excerpt Taken From The Las Vegas Sun.*



*These are the 9 Muscular Dystrophy conditions that were helped by Jerry Lewis.*

- 1. Duchenne Muscular Dystrophy**
- 2. Becker Muscular Dystrophy**
- 3. Congenital Muscular Dystrophy**
- 4. Emery-Dreifuss Muscular Dystrophy**
- 5. Limb-Girdle Muscular Dystrophy**
- 6. Facioscapulohumeral Muscular Dystrophy**
- 7. Myotonic Muscular Dystrophy**
- 8. Oculopharyngeal Muscular Dystrophy**
- 9. Distal Muscular Dystrophy**





*Did you know that Robert Di Nero has a family member with Autism, so he sponsored a film about vaccinations causing Autism and opened up a can of worms. The powers that be have got to him, obviously through threats and intimidation and he withdrew the film from The Tribeca Film Festival.*



TRIBECA  
FILM  
FESTIVAL

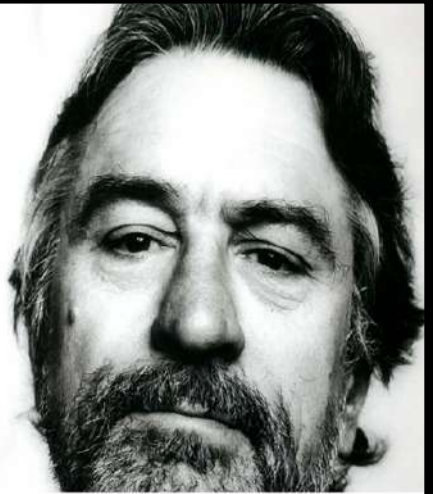


"My intent in screening this film was to provide an opportunity for conversation around an issue that is deeply personal to me and my family. But after reviewing it...we do not believe it contributes to or furthers the discussion I had hoped for."

- Robert De Niro, Tribeca Film Festival Co-founder

## ANOTHER CORPORATE COVER UP

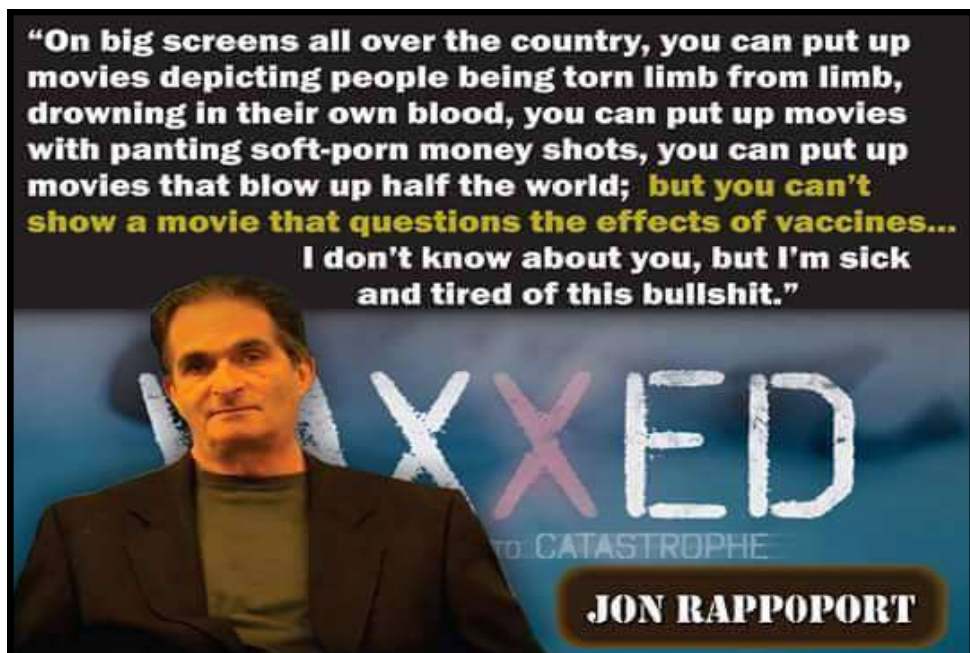
"A FILM NO ONE CAN SEE, BECAUSE IT  
EXPOSES LUNATICS AND DESTROYERS  
IN THE VACCINE INDUSTRY"



NYE  
NEWS

VAXXED: HOW DID THEY THREATEN ROBERT DE NIRO?

*This has caused shockwaves in the U.S. But has been hushed up here, I have only found 1 person who new about it....they've done a great job!*







*Please do your research before making any decision concerning YOUR children. Visit the website "Educate Before You Vaccinate" for good clear information. And don't be bullied. Its strange we now contract Swine and Bird Flu's, Mad Cow and Aids which all came from animals...I will let you into a secret...they culture the viruses in pigs kidneys, chicken embryos' cows tissue and monkey kidneys.... Oh! so that's how it jumped to humans, well I never.*



## **Did You Know?**

- 1. 143 proteins in the brain are negatively impacted with 3 hours of cell phone use over 8 months.**
- 2. Norway's victims of the swine flu vaccine which caused Narcolepsy got 1,000000 Kroner or more in compensation.**
- 3. In India 78% Of Polio Cases had been vaccinated against Polio!**
- 4. In 2008 a study found that leaving a fan on in a babies bedroom reduced the risk of Sudden infant death syndrome by 72%.**
- 5. Grief is now treated as a disease.**
- 6. Covering your soil with wood chips repairs and protects soils according to the "Back To Eden" film and I agree, it works great.**
- 7. Cuba conducts the same vaccination program as the U.K. But has hardly any cases of Autism the FACT is, now listen carefully, Cuba does not use Paracetamol as a drug, but in other countries doctors tell you to use Paracetamol [e.g. Calpol] to lower the child's fever, because vaccines cause an immune response i.e. inflammation and fever, now they have compromised the child's immune system to combat the virus that was deliberately put into the child, now the virus has free range to infect the brain and gut.....well done lads!**
- 8. Monsanto scientists, who make Genetically Modified Organisms [GMO's] refused to eat their own creations in their own canteens...so it must be good for us?.....right.**

## Vitamin D3.

*People need to know the value of Vitamin D3 when it comes to health. Its not a vitamin but a hormone which we would normally make from the sun. When the children of the wealthy developed problems such as rickets, they were sent abroad for a few years to the sun and giving high strength cod liver oil, which would normally solve the problem. I will give a more in depth description in the next few pages where I have included a very good read by Jeff T. Bowles.*

*Vitamin D3 is one of the most useful nutritional tools we have at our disposal for improving overall health. This vitamin is unique because cholecalciferol (Vitamin D3) is a vitamin derived from 7-dehydrocholesterol, however, Vitamin D3 acquires hormone-like actions when cholecalciferol (Vitamin D3) is converted to 1,25-dihydroxy Vitamin D3 (Calcitriol) by the liver and kidneys. As a hormone, Calcitriol controls phosphorus, calcium, and bone metabolism and neuromuscular function. Vitamin D3 is the only vitamin the body can manufacture from sunlight (UVB). Yet, with today's indoor living and the extensive use of sunscreens due to concern about skin cancer, we are now a society with millions of individuals deficient in life-sustaining bone building and immune modulating 1,25-dihydroxy Vitamin D3.*

*For more than a century, scientists have recognized that Vitamin D3 is involved in bone health. Research has continued to accumulate, documenting Calcitriol's role in the reduction of the risk of fractures to a significant degree. The latest research, however, shows that 1,25-dihydroxy Vitamin D3 deficiency is linked to a surprising number of other health conditions such as depression, back pain, cancer, both insulin resistance and pre-eclampsia during pregnancy, impaired immunity and macular degeneration.*

*As it becomes clear that Vitamin D3 plays a wide role in overall health, it's becoming equally clear that a large percentage of individuals are deficient in this important nutrient, which has hormone-like activity. The fear of skin cancer has stopped many individuals from obtaining beneficial amounts of sunlight. The skin uses the energy of UVB to convert 7-dehydrocholesterol into Vitamin D3. Even individuals, who venture out into the sun often and use suntan lotion, may be deficient in Vitamin D3. Furthermore, as we age, we are less equipped to produce sufficient quantities of this vital nutrient. One study found that age-related declines in kidney function may require older people to ingest more Vitamin D3 to maintain the same blood levels as younger people. The Recommended Daily Intake (RDI) of Vitamin D3 is set so low those mature individuals who consume this small amount (400 to 600 International Unites (I.U.'s)) are still likely to be deficient if they live north of the Tropic of Cancer or south of the Tropic of Capricorn. In fact, researchers have discovered that the RDI, which was considered adequate to prevent osteomalacia (a painful bone disease) or rickets, is not high enough to protect against the majority of diseases linked to 1,25-dihydroxy Vitamin D3 deficiency. For example, an analysis of the medical literature found that at least 1,000 to 2,000 IU of Vitamin D3 per day is necessary to reduce the risk of colorectal cancer and that lower doses of Vitamin D3 did not have the same protective effect. Researchers have called for higher doses. In an editorial in the March 2007 edition of the American Journal of Clinical Nutrition, a prominent group of researchers from leading institutions such as the University of Toronto, Brigham and Women's Hospital, Tufts University and University Hospital in Zurich, Switzerland, lashed out at the conventional media for its inaccurate reporting of Vitamin D supplementation.*

*The researchers wrote, “Almost every time the public media report that Vitamin D nutrition status is too low, or that higher Vitamin D intakes may improve measures of health, the advice that accompanies the report is outdated and thus misleading. Media reports to the public are typically accompanied by a paragraph that approximates the following: ‘Current recommendations from the Institute of Medicine call for 200 IU/day from birth through age 50 years, 400 IU for those aged 51–70 years, and 600 IU for those aged 70 years. Some experts say that optimal amounts are closer to 1,000 IU daily. Until more is known, it is wise not to overdo it.’ The only conclusion that the public can draw from this is to do nothing different from what they have done in the past.”*

*The researchers point out that supplemental intake of 400 IU per day barely raises blood concentrations of 25(OH)D, which is the circulating Vitamin D metabolite that serves as the most frequently measured indicator of Vitamin D status. To raise 25 (OH)D from 50 to 80 nmol/L requires an additional intake of 1,700 IU Vitamin D per day.*

*The researchers went on to write that, “The balance of the evidence leads to the conclusion that the public health is best served by a recommendation of higher daily intakes of Vitamin D. Relatively simple and low-cost changes, such as increased food fortification or increasing the amount of Vitamin D in Vitamin supplement products, may very well bring about rapid and important reductions in the morbidity associated with low Vitamin D status.”*

*One of the challenges is the outdated acceptable upper limit for Vitamin D3 consumption, which was set at 2,000 IU. However, researchers point out that more recent studies have shown that 10,000 IU is the safe upper limit. [Note I was on 50,000 iu]*

*Dr. R. Vieth, one of the foremost authorities on Vitamin D3 supplementation, has extensively studied Vitamin D, and lamented the low requirements for Vitamin D3 in a recent issue of the Journal of Nutrition: “Inappropriately low UL [upper limit] values, or guidance values, for Vitamin D have hindered objective clinical research on Vitamin D nutrition; they have hindered our understanding of its role in disease prevention, and restricted the amount of Vitamin D in multivitamins and foods to doses (that are) too low to benefit public health.” When examining the medical literature, it becomes clear that Vitamin D3 affects human health in an astonishing number of ways and that not obtaining enough of this important nutrient can leave the door open to developing a number of health conditions such as:*

### **Depression.**

*Vitamin D3 deficiency is common in older adults and has been implicated in psychiatric and neurologic disorders. For example, in one study of 80 older adults (40 with mild Alzheimer’s disease and 40 no demented persons), Vitamin D3 deficiency was associated with low mood and with impairment on two of four measures of cognitive performance.*

### **Back Pain.**

*Musculoskeletal disorders have been linked to Vitamin D3 deficiency in a number of studies. One of the newest studies explored the role that low Vitamin D3 levels play in the development of chronic low back pain in women. Sixty female patients in Egypt complaining of low back pain lasting more than three months were studied. Researchers measured levels of Vitamin D3 in the women with low back pain and compared those levels to those of 20 matched healthy controls.*

## **Bone Health.**

*One of the best known and long-established benefits of Vitamin D3 is its ability to improve bone health and the health of the musculoskeletal system. It is well documented that Vitamin D3 deficiency causes osteopenia, precipitates and exacerbates osteoporosis, causes a painful bone disease known as osteomalacia, and exacerbates muscle weakness, which increases the risk of falls and fractures. Vitamin D3 insufficiency may alter the regulatory mechanisms of parathyroid hormone (PTH) and cause a secondary hyperparathyroidism that increases the risk of osteoporosis and fractures.<sup>8</sup>*

## **Cognitive Enhancement.**

*Scientists are developing a greater appreciation for Vitamin D3's ability to improve cognition. In a recent study, Vitamin D3 deficient subjects scored worse on mental function tests compared to individuals who had higher levels of the Vitamin.<sup>9</sup> The researchers wrote, "In conclusion, the positive, significant correlation between serum 25(OH)D concentration and MMSE [mental state examination scores] in these patients suggests a potential role for Vitamin D in cognitive function of older adults."*

## **Mu-Talented Nutrient.**

*Vitamin D3 deficiency has been linked to a host of other conditions such as high blood pressure, fibromyalgia, diabetes, multiple sclerosis, rheumatoid arthritis, and an increased risk of pre-eclampsia and insulin resistance during pregnancy. Most recently, low Vitamin D3 levels have been linked to an increased prevalence of early age-related macular degeneration.*



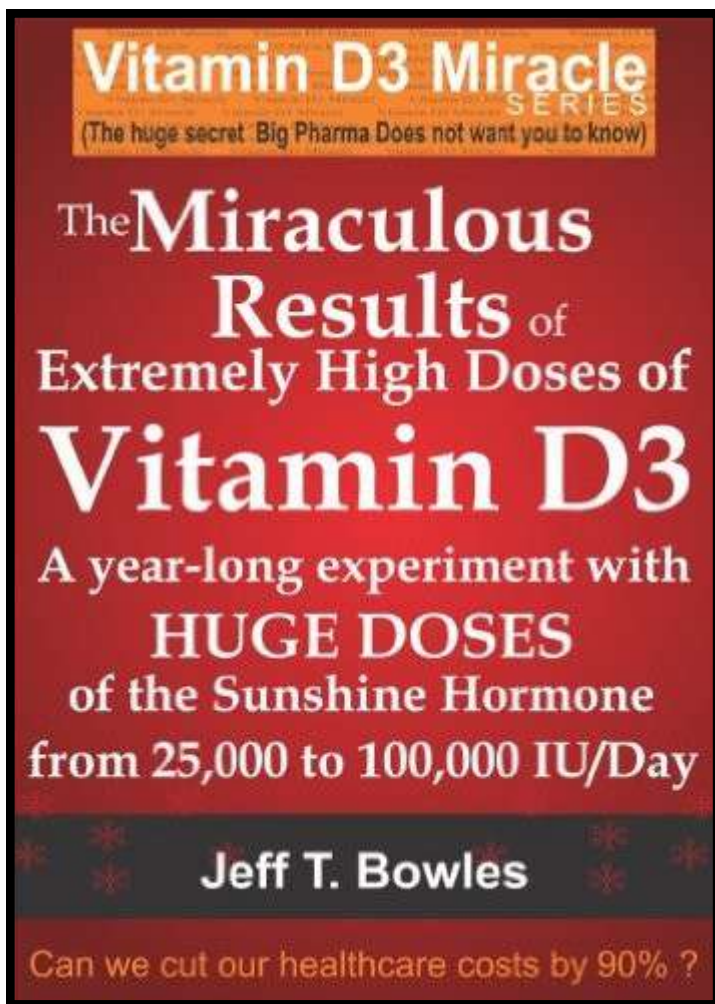
### **Proper Dosage.**

*In many patients, even after consuming 2,000 to 4,000 IU of Vitamin D3 per day, their test results indicate that their Vitamin D3 levels had not increased. These patients needed to consume 8,000 IU of Vitamin D3 per day to achieve proper blood levels of the Vitamin. Patients should, therefore, have their physicians test their serum 1,25-dihydroxy D3 levels to determine the proper level of supplementation required. Testing is very important due to the fact that, in a small number of patients, Vitamin D3 supplementation can raise calcium levels to an excessively high level. It is especially true in African American patients. Testing for 1,25-dihydroxy Vitamin D3, PTH and calcium blood levels should therefore become a part of every woman's regular blood work.*

### **Conclusion.**

*A growing number of researchers who have widely studied Vitamin D3 are almost begging the general public to consume more of this important nutrient. Due to Vitamin D3's high safety profile in doses up to 10,000 IU per day and because of the wide role it plays in our health, consuming 2,000 to 4,000 IU per day of this nutrient at times of the year when sunlight is scarce is a prudent way to improve overall health.*

**A Recommended Read.**

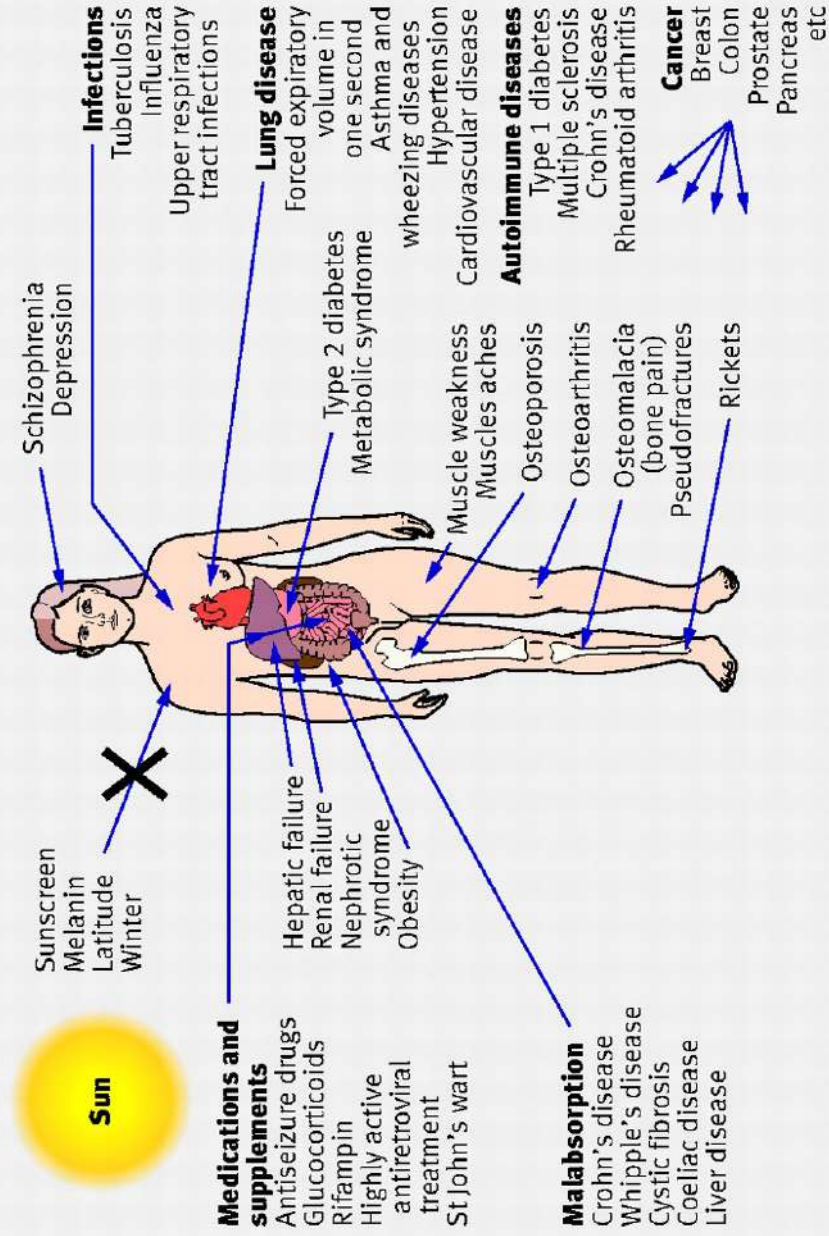


*An excellent read, can be purchased through Shop Holistic. read some of these reviews on the next pages, and I have to say, that when I tried this experiment all my joint aches went and my mood was uplifted.*

## Causes

## Vitamin D deficiency

## Consequences



## Top Customer Reviews

*This book has helped me more than any health book I have ever read. For the last year I have had unbearable Arthritic pains resulting in swollen hands, fingers and wrists and pains in every joint and muscle. I could not sleep but was tired out all the time. I also have Crohn's disease which I have managed with a diet for over 50 years. Two weeks ago a friend sent me an article on this book. It made sense. I had a blood test and it came back as being Adequate. I live in UK. Measurements are different in US. I thought that perhaps I didn't need extra Vit D. I emailed Jeff who is extremely approachable and helpful and it appears that on the US scale my vitamin D levels were below even the reference range!! This is really criminal. Immediately I started taking 4000 iu Vit D and also Vit k2.. After 4 days I felt much better. On day 5 I took 12000iu and the pain dramatically decreased. I upped the dose to 16000 and again the same. I am now on 20000 and I have never felt so well and have only been taking it for just over a week. My energy is slowly increasing and I am now looking forward. I will write another review when I am further down the line to see if it helps with Crohn's. I feel the research of this man has saved me.*

### 7 MONTHS DOWN THE LINE

*I have now been on Vit D3 & K2 for the last 7 months. My severe Arthritis has disappeared and my Crohn's disease is being cured. I had not eaten bread for years and years so I decided to try some. I have been eating it for a month with no ill effects. If I did this before Vit.D I had debilitating pain. The depression I suffered from for years has gone. This is a big thing for me. I feel fantastic. In fact I feel better than I have done in my whole life. I only wish I had had Jeff Bowles book years ago.*

*By Maggie on 23 Jun. 2013.*

*This book has changed my life. Before a friend gave me an article written by Jeff Bowles about vitamin D3 I was incapacitated with Arthritis, had difficulty moving and couldn't even bear the weight of the bedclothes on my body. I had been a real sceptic but as I was so ill and my pain was increasing I thought 'I have nothing to lose' I really didn't care whether I lived or died so fear of an overdose wasn't an issue. I could hardly believe it. Within a week I could feel a big difference on only 5000iu. I quickly upped the dosage. That was 5 months ago and now I am taking 30000iu per day of D3 along with Vitamin K2. I am in my late seventies and am now on holiday having taken a plane journey of 12000 miles. In the whole of my life I have never felt so well. I only wish I had found out about this book and its author sooner. Why some people have been so negative is beyond me. I do not know Jeff Bowles from Adam apart from a couple of emails but I have found him to be extremely helpful and caring. I can only think the people with the adverse criticism had not taken Vitamin D because if they had and followed the instructions in this book they would have been helped. And does it really matter if some part of the book was repeated. This really works!! This has been proved by the many people who have taken it and found relief. I am delighted to find the book is now in a hard copy. I shall buy it to refer to as I feel comfortable with a book in my hand. Thank you Jeff Bowles.*

*By kathylye on 12 Dec. 2013*

*For six years the boxes I checked were growing in number. From arthritis to vertigo and dozens of other conditions in between my health questionnaires began to resemble a medical dictionary of ailments. I saw osteopaths, rheumatologists, gynaecologists, psychologists, then at long last an endocrinologist, who performed a simple blood test that revealed I was extremely deficient in vitamin D. All of those years spent chasing answers for the cause of my debilitating muscle and bone aches, tendinitis, fatigue, insomnia, high cholesterol and blood sugar results, plus unexplained weight gain just might be due to this deficiency. I have been prescribed 60,000iU of dekristol (d3) per week for 3 months and didn't question the dose. After reading your book I decided to take an additional over the counter d3 dose of 5000iU each day as well as the weekly dose. I also take vitamin k2, cod liver oil and a vitamin b complex. I am going to use a uvb lamp. I was just diagnosed 5 days ago but I have had two good night's sleep, Achilles pain and tendon pain in hands has diminished, I feel energised and happier. I'm not a dairy fan but have increased calcium intake. I would not have done this had I not discovered your studies and references. It makes sense to me. Docs have pumped me full of potentially addictive painkillers, stomach damaging anti-inflammatory drugs, anti-seizure drugs and appetite suppressants as well as cortisone injections and steroids to try to control (not cure) my health problems. I took them without question and in desperation took them all. They caused short and long term damage to me, so experimenting with vitamin d3 seems like a walk in the park in comparison - but with REAL results in a short space of time.*

*By Susannah Carr on 14 Oct. 2013.*

*[Last Time I looked There Were 214 Comments]*

# Vitamin D not the Flu Shots!!!

*They New About Vitamin D Years Ago, Below And On The next Page Are Adverts About Schlitz Beer Made In Milwaukee USA, Which Contained Vitamin D, It Was Called "The Sunshine Beer" And You Guessed It, It Was Taken Off The Market, Probably Because It Was Good For You!*





Health with Enjoyment...

**Schlitz**

the beer with *Sunshine*

**VITAMIN-D**

THAT feeling of radiant health enjoyed on a breeze-swept deck—that sense of bracing invigoration and fresh vitality—are captured for you in each sparkling, foam-capped glass of SCHLITZ, the beer with SUNSHINE VITAMIN D\*.

It gives you the cooling tang that soothes heat-frayed nerves and awakens jaded spirits. It gives you SUNSHINE VITAMIN D—that priceless source of vigor and refreshment that lives long after you set down your empty glass.

Modern living; clothing; hours spent indoors or in the shade—rob us of sunshine benefits even in mid-summer. SCHLITZ in brown bottles or cans gives you the SUNSHINE VITAMIN D so important to health and vigor—plus the old-time SCHLITZ flavor and bouquet mellowed to ripe perfection under PRECISE ENZYME CONTROL—and at no increase in price.

Beer is good for you—but SCHLITZ, the beer with SUNSHINE VITAMIN D, is extra good for you. Drink it daily—for health with enjoyment. Jos. Schlitz Brewing Company, Milwaukee, Wis.

\*Each 12-ounce bottle or can of SCHLITZ contains 100 U. S. P. X. Units of Sunshine Vitamin D. SCHLITZ brewer's yeast contains 100-vitamin D which is activated directly by the ultra-violet rays of the sun to form Vitamin D. (Patented by U. S. Letters Patent.)

Copyright 1936, J.S.B. Co.



The Beer That Made Milwaukee Famous

## KEEP SUNNY SUMMER HEALTH



## DRINK SCHLITZ ALL WINTER



**T**O help retain the peak of sunny summer health—to help maintain rugged resistance to winter colds and sickness—drink SCHLITZ, with SUNSHINE VITAMIN D.

As the summer sun heads south; as days grow shorter and stormier—we get less and less of sunshine's benefits. Likewise, our ordinary foods are lacking in Sunshine Vitamin D, so essential to robust vitality.

SCHLITZ, with SUNSHINE VITAMIN D\*, gives you the sunny source of health you need the

whole year around. Beer is good for you—but SCHLITZ, with SUNSHINE VITAMIN D, is extra good for you. It has all the old-time SCHLITZ FLAVOR AND BOUQUET brewed to mellow ripe perfection under PRECISE ENZYME CONTROL, with new health benefits . . . and at no increase in price.

Drink SCHLITZ regularly—every day—for health with enjoyment. Jos. Schlitz Brewing Company, Milwaukee, Wisconsin.

\* Each 12-ounce bottle or can of SCHLITZ contains 100 U.S.P. XI Units of Sunshine Vitamin D. SCHLITZ brewer's yeast contains pro-vitamin D which is activated directly by the ultra-violet rays of the sun to form Vitamin D. (Protected by U. S. Letters Patent.)

# Schlitz

WITH SUNSHINE VITAMIN-D



Copyright 1935, J.S.B. Co.

**The Beer That Made Milwaukee Famous**

**Vitamin D3 - A Different Opinion .**  
**My Niece Charlotte Found This On The Internet.**

*Almost every expert recommends it. And everyone's taking it. But what if we've been using it wrong? What if our vitamin D supplements aren't really helping us at all?*

*If your car's oil light went on once a week...and every time you checked the oil, it was running low...what would you do?*

*Shrug? Top up the oil tank (again)? Do your best to forget about it?*

*Or would you try to figure out the cause? Why that oil light kept coming on? Why your oil was running low?*

*If you're smart, you take your car to the mechanic. Where you learn that low oil is just a symptom. There, the mechanic looks for the real problem.*

*Why, then, don't we take the same approach with our health? With our supplements?*

*Why's that vitamin D low?*

*Research over the last few years has indicated that a large percent of the world's population is low in vitamin D. However, the response to this is kind of strange.*

*Healthcare practitioners typically test a patient's vitamin D levels and notice that they're low.*

*Then s/he prescribes a vitamin D supplement.*

*The patient comes in again a few months later and vitamin D is still low.*

*So the doctor increases the supplement.*

*Interestingly, very few professionals ever ask: Why is this person's "vitamin D tank" leaking in the first place?*

*The answer might surprise you.*

*D is for deficiency*

*In the past decade, Vitamin D has emerged as something of a miracle supplement, studied more than any other vitamin in the 21st century.*

*Hundreds of research studies suggest that vitamin D can help prevent everything from osteoporosis to autoimmune disorders, cardiovascular disease, cancer, and much more.*

*It affects recovery and body composition, and the influence of our genes. Some have even suggested that vitamin D deficiency might cause obesity.*

*Meanwhile, statistics suggest that between 40-50% of otherwise healthy adults and children don't have enough vitamin D.*

*In fact, the past few years have seen a worldwide increase in rickets, a vitamin D deficiency usually seen in malnourished children — even in industrialized countries!*

*The good news: Health care providers are aware of this research and the risks associated with low vitamin D levels.*

*What's potentially more troubling is their response.*

*Many doctors routinely prescribe high levels of vitamin D supplements, with doses ranging from 2000-10,000 IU (International Units) per day, up to 50,000 IU per week, and sometimes more.*

*Vitamin D obviously supports human health. But why aren't we addressing the underlying reasons that our D levels are so routinely low?*

*And how safe is long-term, high dose vitamin D supplementation, really?*

*Are we over-D-dosing ourselves?*

*What is vitamin D and how is it made?*

*The term "vitamin D" refers to a group of fat-soluble compounds that serve as pre-hormones, or hormone precursors, to the active form of vitamin D, called Calcitriol.*

*Among the more well known forms of vitamin D is vitamin D3 (cholecalciferol), found in fish, egg yolks, and cheese, and synthesized in the skin of humans and animals.*

*Another common form, vitamin D2 (ergocalciferol), is synthesized by plants, such as mushrooms, and is the form most often used to fortify foods such as milk.*

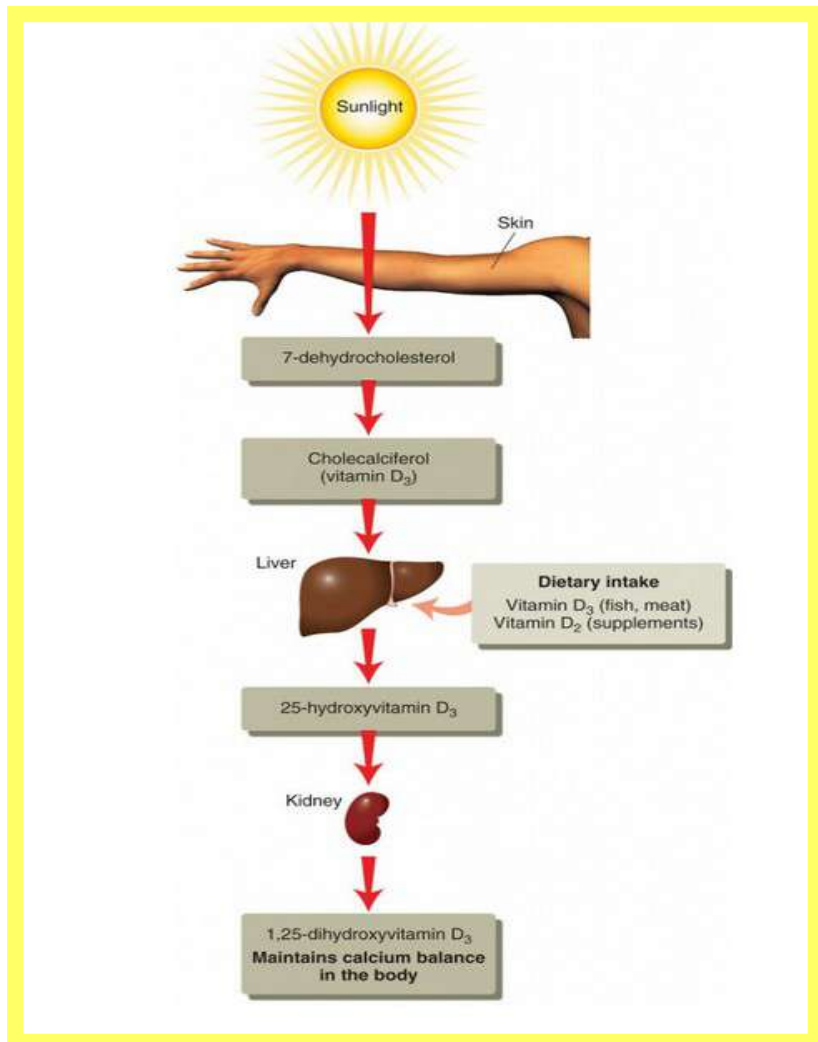
*We make vitamin D in our skin when we get out in the sun — more precisely, when our skin is exposed to ultraviolet-B radiation (UVB).*

*This initial form of vitamin D, called 7-dehydrocholesterol, then travels to the liver, where it is converted into another slightly more active form of vitamin D called 25-hydroxyvitamin D.*

*This is the form of the vitamin that doctors are testing when looking for deficiency.*

***When vitamin D leaves the liver, it travels to the kidneys where it is converted once more into the highly metabolically active form of vitamin D called Calcitriol, or 1,25 Dihydroxyvitamin D.***

***This is no longer considered a vitamin but rather, a steroid hormone. (You may be familiar with other steroid hormones such as oestrogen, testosterone, and cortisol).***



## *Vitamin D's role in the body*

*As the name of vitamin D's active form, Calcitriol, suggests, this micronutrient helps regulate calcium and other minerals in our bodies. Calcitriol increases calcium absorption from food in our digestive tract.*

*If we need more calcium, our kidneys can produce more of the active form of vitamin D, which raises our calcium levels by increasing the amount we absorb from our food.*

*Before the recent interest in vitamin D, it was thought that only a few select organs of our body had receptors for vitamin D, called Vitamin D Receptors, or VDRs.*

*However, recent research suggests that nearly every cell of our body has receptors for vitamin D, indicating a much more potent role for this vitamin than we previously recognized.*

*This new information has helped us discover that vitamin D also influences our immune system and helps in cell differentiation, blood pressure regulation, insulin secretion, and more.*

*This brings us back to our original question: What does a vitamin D deficiency mean? What does it signal — in a broader sense — about what might have gone wrong in our bodily processes?*

## *The D-efficiency debate*

*25-hydroxyvitamin D, the form of vitamin D largely produced by the liver, is generally accepted as the most reliable marker to assess one's vitamin D status.*

*However, that's where the agreement ends. Scientists can't even agree on the optimal reference range for vitamin D.*



*True vitamin D deficiency — the kind that will cause bone abnormalities such as Rickets and Osteomalacia — occurs at levels below 25 ng/mL in blood.*

*Some researchers believe a more optimal range is anywhere between 50 – 80 ng/mL. But there's no universal consensus.*

*In 2010, the National Institute of Health (US) set the Recommended Dietary Allowance for vitamin D at 600 IUs daily for infants, children, and adults up to 70 years of age. This is an increase from their previous recommendation of 200 IUs daily.*

*While this increase may seem substantial, some people claim that it doesn't go far enough and could be “disastrous” to health.*

*We'll consider that later in this article.*

*Sunny days... or not?*

*According to the National Institutes of Health Office of Dietary Supplements, we can easily meet our body's requirements for vitamin D simply by getting enough sunshine.*

*Exposing 30% of our unprotected skin (i.e. non-sunscreen coated, unclothed skin) for five to thirty minutes between the hours of 10 a.m. and 3 p.m., three times a week, should do it.*

*But given the number of us suffering from sub-optimal levels of vitamin D — even in latitudes with high sun exposure — you have to wonder if that recommendation is accurate.*

*And for those of us who live north of the 49th parallel — well, let's just say that we won't be exposing 30% of our unprotected skin very often in the winter.*

*If your levels are low, should you supplement?*

*It's clear that vitamin D plays a number of important roles in the body and that vitamin D deficiency can hurt you.*

*Some studies suggest that the lower one's vitamin D level, the higher the risk of all-cause mortality.*

*On the other hand, studies also indicate that the risk of overall mortality actually rises once vitamin D levels exceed ~40 ng/mL.*

*And overall, we just don't have solid scientific evidence about the long-term safety of high dose vitamin D supplementation.*

*Perhaps, before we start swallowing too many pills, we need to evaluate what we are doing. After all, medical science has been wrong before.*

*To get a better understanding of the issues, let's explore some important relationships between vitamin D and other key nutrients.*

### *Vitamin D and Calcium*

*One potential risk of excessively high dose vitamin D is toxicity causing hypocalcaemia, or high levels of calcium in the blood.*

*It works to kill rats. One form of rodenticide is essentially a toxic dose of vitamin D — enough to cause the soft tissues to calcify and kill the animal.*

*However, hypocalcaemia rarely appears without supra-physiological doses of vitamin D, which in humans would be somewhere in the range of 30,000-40,000 IUs daily.*

*Most people who supplement with vitamin D don't take anywhere near that amount.*

*Still, that doesn't necessarily mean the dose they are taking is safe.*

*Calcium levels in the body are so tightly regulated that abnormalities won't always show up in blood serum tests. But they may appear in other ways.*

*One of these is hypercalcuria — otherwise known as calcium kidney stones.*

*Hypercalcuria occurs when the body tries to rid itself of excess calcium by excreting it, via the kidneys. Based on this relationship, some researchers suggest that high levels of vitamin D supplementation may lead to kidney stones.*

*Indeed, one study demonstrated that nursing home residents taking 5,000 IU of vitamin D for six months showed an increased urinary calcium/creatinine ratio, suggesting that excess calcium was coming out in the urine — likely because there was too much in their bodies.*

*On the other hand, another recent study found that among subject with vitamin D levels ranging from 20 – 100 ng/mL, there was no difference in the occurrence of kidney stones.*

*So the verdict isn't clear.*

*But kidney stones are not the only risk of too much calcium.*

*If the body can't regulate calcium levels, the mineral may deposit itself throughout the soft tissues of the body, including the arteries. And unfortunately, some studies suggest that this is a real possibility when vitamin D levels become too high.*

*Three studies in particular have demonstrated increased arterial calcification in animal models with a range of vitamin D intake.*

*And other studies suggest that too much vitamin D could also hurt human cardiovascular function.*

*You know, the mere possibility that high-dose vitamin D supplementation could increase calcium levels in the soft tissues of the body (e.g. the arteries) should raise serious questions about the practice of supplementing this way.*

*Especially considering the prevalence of heart disease in our society.*

*So by now, you may be ready to toss your vitamin D supplement in the garbage.*

*But before you do, again: We really need to consider why our vitamin D levels seem so inadequate that we're tempted to supplement in the first place.*

*Recall: Vitamin D and calcium exist in a delicate balance.*

*So maybe, just maybe, vitamin D levels are low because calcium levels are already too high.*

*And through a negative feedback loop, the body suppresses vitamin D production and/or conversion to minimize further increases in calcium.*

*Why might our calcium levels be too high? Possibilities include magnesium deficiency, pH imbalance, protein deficiency, liver dysfunction, and more.*

*In other words — maybe the oil is low because there is an underlying problem, not just because the car guzzles oil.*

*Let's take a closer look at some possible interactions.*

### *Vitamin D and vitamin K*

*The “K” in vitamin K comes from the German koagulation. Coagulation refers to the process of blood clot formation. This should hint to you that vitamin K plays a crucial role in the body's blood clotting pathway.*

*Put simply, vitamin K allows the body to use calcium to perform its clotting function.*

*If vitamin K is low, the body can't use calcium in this way, and therefore, cannot clot.*

*Besides its role in clotting, Vitamin K also helps to form and maintain our bones and teeth.*

*It does so by activating a specific protein called osteocalcin that helps the body use calcium and deposit it where it belongs.*

*In other words, there is a very potent calcium-vitamin K connection in that vitamin K helps the body use calcium properly. And if we're deficient in vitamin K, calcium levels can build up and deposit themselves in our soft tissues.*

*People who are low in vitamin K are more likely to suffer from atherosclerosis, or calcification of the arteries.*

*And those with a high vitamin K intake (especially vitamin K2) seem to have less calcification of their arteries.*

*In fact, research in rats has shown that supplementing with vitamin K2 (but not K1) not only inhibits arterial calcification, it can also remove 30-50% of the calcium that has already been deposited.*

*Unfortunately, this magic effect has not been shown in humans as yet.*

*Hopefully by now, you can see the delicate dance that's going on. Vitamin D increases calcium levels in the body. Vitamin K helps the body use calcium.*

*So if one were to supplement with high-dose vitamin D in the presence of vitamin K deficiency, the long-term results could be disastrous.*

### *Vitamin D and magnesium*

*Magnesium is an important mineral involved in over 300 different processes in the body, including the ability to make and use ATP, the body's main form of energy.*

*Not only does magnesium play an important role in proper Vitamin D activity and function, but crucially, it also helps to maintain calcium balance.*

*At least half of the population fails to meet the Recommended Dietary Allowance for magnesium. This may be because soil levels of magnesium have fallen considerably in the past 50 years, making it harder to meet our needs.*

*Because magnesium is used in vitamin D metabolism, some researchers theorize that supplementing with high levels of vitamin D could cause an even greater magnesium deficiency in an already deficient population.*

*Interestingly, a relatively recent study demonstrated a strong correlation between magnesium and vitamin D deficiency.*

*This study showed that magnesium supplementation, taken along with vitamin D supplementation, was more effective at correcting a vitamin D deficiency than vitamin D supplementation alone.*

*Simply by increasing magnesium intake, we may decrease mortality related to vitamin D deficiency — without taking any extra vitamin D.*

*But beyond vitamin D's relationship to magnesium is magnesium's relationship to calcium. And in some ways, these two minerals have opposite effects.*

*For example, calcium stimulates muscle contraction while magnesium promotes muscle relaxation. Calcium boosts platelet activation and clotting, while magnesium inhibits them.*



*Contrary to popular belief, the individual level of either of these minerals may be less important than the balance between the two.*

*Too much calcium together with a magnesium deficiency could cause problems like increased calcium deposits in the arteries. Meanwhile, bumping up magnesium can prevent calcification of the arteries.*

*But what if you're low in magnesium and decide to supplement with vitamin D?*

*There could be many negative consequences, including — you guessed it — calcium deposits in the arteries.*

### *Vitamin D and Vitamin A*

*Besides its delicate interactions with calcium and vitamin K, vitamin D also relates to vitamin A in our bodies.*

*The term “vitamin A” refers to another group of fat-soluble compounds which aid growth and development, reproduction, immune system function, eyesight, skin health, and gene expression.*

*Because fat-soluble vitamins can be stored in the body, they can reach toxic levels.*

*And here's something interesting: It turns out that vitamin A can prevent vitamin D toxicity, and vice versa.*

*What this means is that if you're deficient in vitamin A, high doses of vitamin D could cause problems.*

***And the lower your vitamin A status, the more toxic excess vitamin D becomes.***

***Meanwhile, some studies suggest that increasing vitamin A can reduce the calcium build-up that tends to go along with higher levels of vitamin D.***

***It could also protect against the pathological calcification effects of too much vitamin D supplementation.***



***Here's the bottom line — it's about balance***

***By now, the point should be clear: In the presence of other deficiencies, we should be careful about supplementing with high doses of vitamin D.***

***With studies suggesting that up to 35% of our population may be sub-clinically deficient in vitamin K, and a body of mounting evidence exploring the synergistic interplay between vitamin K and vitamin D with calcium homeostasis, bone formation, and arterial calcification, we need to take this warning seriously.***

***In fact, one study suggests that vitamin D supplementation may actually contribute to vitamin K deficiency (and in turn to bone loss and calcification of soft tissues).***

*The researchers recommended supplementing vitamins A and K simultaneously with vitamin D to improve the therapeutic effect of vitamin D while decreasing potential unwanted side effects of vitamin D taken alone.*

*The most worrisome of these is the effect of too much vitamin D on calcification of the cardiovascular system.*

*Cardiovascular disease is already the number one killer in industrialized nations. We don't need to add to the risks of developing it.*

*Take D with care*

*As much as we think we know about the human body, we still have more to learn.*

*For instance, just when we thought we had human anatomy all figured out, a “new” ligament appeared in the knee.  
(Of course, it had been there all along.)*

*And when it comes to human physiology and biochemistry, as well as the role that nutrition and individual nutrients play in our bodies, we know even less.*

*The point of this article is not to frighten you away from vitamin D supplements.*

*Vitamin D deficiency is a real phenomenon and a real risk to health, so we need to ensure that we're getting enough of this important nutrient.*

*At the same time, we also need to:*

- *question the possible long-term consequences of high dose vitamin D supplementation in isolation;*
  - *consider the role of other key nutrients that work together with vitamin D; and*
- always look for the underlying cause of any deficiency symptoms.*

*What should you do?*

*1. Get enough vitamin D... but not too much.*

*Doses of around 1,000 IUs per day — even as high as 2,000 IUs a day in the winter months when you're not exposed to much sunlight — are likely safe. Especially when other key nutrients are included, such as vitamin K, vitamin A, and magnesium. You can ensure you are getting enough of these by taking a quality multi-vitamin.*

*Avoid vitamin over-dosing. While it's clear that the previous recommendation of 200 IUs a day is probably too low, until more conclusive research on long term high-dose vitamin D supplementation has been completed, you should avoid taking too much.*

*Get outside. Yeah, it's not a perfect system, especially in winter months. But sunlight is still the best way for our bodies to make and regulate vitamin D.*

*2. Support vitamin D's work*

*Remember that other nutrients act together with vitamin D. Consume a wide variety of minimally processed foods to help get vitamin D's nutritional colleagues such as magnesium, vitamin A, and vitamin K.*

*Eat your greens and fermented foods. Dark leafy greens — such as kale, spinach, or Swiss chard — are good sources of vitamin K1. They're also high in dietary magnesium. Fermented veggies such as sauerkraut along with eggs, meats (especially organ meats such as liver) and fermented/aged cheeses are good sources of vitamin K2.*

*Eat the rainbow. The carotenoid form of vitamin A is found in colourful fruits and veggies. Eggs, butter, full-fat dairy (such as cheese) and organ meats are also great sources of the active retinol form of vitamin A.*

*Keep your intestinal flora happy and healthy. Vitamin K conversion happens in the GI tract. So eat plenty of fermented foods and prebiotic fibre, consider a Probiotic supplement, and avoid antibiotics unless absolutely necessary (research has found that broad-spectrum antibiotics can reduce K production by up to 75%).*

*Review all medications and supplements with your doctor and/or pharmacist. Many medications, such as corticosteroids like Prednisone, weight loss drugs like Orlistat, cholesterol-blocking drugs like Statins, and/or high blood pressure drugs like thiazide diuretics can disrupt the delicate balance of vitamin and mineral regulation in the body. Make sure you know all the side effects and interactions of any medications (or “healthy” supplements) you are taking.*

*Eat, move, and live...better.*

***When my niece Charlotte told me about this vitamin A concept of understanding I wasn't fully on board, as I had tried high dose Vitamin D supplementation before with no side effects, I felt better, No clicking in the joints and so on, but on reflection I was making a grave mistake.....I wasn't using the K2 at first, and now I will add the Vitamin A and unify my regime for the next time that I do the supplementation. On reflection it all seems to make sense to me and I will adapt and tweak any supplemental regime to improve the effects accordingly.***

***But always start low and the raise levels a little at a time to get the correct ratio for you.***

***The levels we are told to use are much to low to benefit our bodies so experiment to find out what is the right level and path for you.***

***I found my optimum level....Now find***

***Yours.***

***Good Luck.***

## **Did You Know!**

- 1. Over 8 Million People Die Every Year Of Cancer.**
- 2. A Malignant Cancer Spreads Its Cells Around The Body.**
- 3. A Benign Cancer Doesn't Spread Cells.**
- 4. There Has Only Been 3 Available Therapies In The last 100 Years, Surgery, Radiotherapy And Chemotherapy. [2 Cause Cancer]**
- 5. Abraham Flexner Was The Author Of The Carnegie Foundation Report On Medical Education Which Resulted In Pushing Out Imperial Medicine [Non Patentable ] In Favour Of Allopathic Medicine [Patentable] So It Went From Plant Mineral Based Medicine To Petrochemical Drug Based Medicine, And The Price Of Radium Shot Up 1000% More Or Less Overnight. [ Naughty, Naughty}**
- 6. Drug Companies Oversee Their Own Tests And Results And Control The Publications.**
- 7. Drug Corporations Don't Want You To Get Better As Their Market Profit Would Decline.**
- 8. Nothing From Nature Can Be Patented.....So No Profit.**
- 9. NOTHING FROM NATURE WILL EVER BE APPROVED FOR US, AS THEY CANT MAKE AN UNPROVEN CANCER CURE AS THEY WILL NOT SPEND THE MONEY TO TEST SOMETHING THAT THEY CANNOT PUT A PATENT TOO.....PERIOD! The Drug Corporations' Would Never Allow It.**



## **Cholesterol Myths & Truths**

**MYTH:** *People with high cholesterol are more prone to heart attacks.*

**TRUTH:** *Young and middle-aged men with cholesterol levels over 350 are slightly more at risk for heart attacks. Those who have cholesterol levels just below 350 are at no greater risk than those whose cholesterol is very low. For elderly men and for women of all ages, high cholesterol is associated with a longer lifespan.*

**MYTH:** *Cholesterol & saturated fat clog arteries.*

**TRUTH:** *There is very little cholesterol or saturated fat in the arterial plaque or clogs. Most of the material is a calcium deposit akin to lime and most of the fatty acids are unsaturated.*

**MYTH:** *Eating saturated fat and cholesterol-rich foods will cause cholesterol levels to rise and make people more susceptible to heart disease.*

**TRUTH:** *Many studies show no relationship between diet and cholesterol levels; there is no evidence that saturated fat and cholesterol-rich food contribute to heart disease. As Americans have cut back on saturated fat and cholesterol-rich foods, rates of heart disease have gone up.*

**MYTH:** *Cholesterol-lowering drugs have saved many lives.*

**TRUTH:** *In the two most recent trials, involving over 10,000 subjects, cholesterol-lowering did not result in any improvement in outcome.*

**MYTH:** *Countries that have a high consumption of animal fat and cholesterol have higher rates of heart disease.*

**TRUTH:** *There are many exceptions to this observation, such as France and Spain. Furthermore, an association (called a “risk factor”) is not the same as a cause. In wealthy countries where people eat a lot of animal foods, many other factors exist that can contribute to heart disease.*

# **If It Isn't Cholesterol, What Causes Heart Disease?**

*Many scientists have put forth valid theories for the epidemic of heart disease in western societies. They include:*

**DEFICIENCY OF VITAMINS a and d:** *Back in the 1930s, Weston A. Price, DDS, observed that rates of heart attack rose during periods of the year when levels of these fat-soluble vitamins in local butter went down.*

**DEFICIENCIES OF VITAMINS B6, B12 and FOLIC ACID:** *Kilmer McCully, MD, PhD, demonstrated that these deficiencies lead to elevated levels of homocysteine, a marker for heart disease.*

**TRANS FATTY ACIDS:** *Fred Kummerow, PhD, and many others have linked heart disease to the replacement of saturated fats with trans fatty acids; saturated fats actually protect against heart disease in many ways.*

**MINERAL DEFICIENCIES:** *Deficiencies of magnesium, copper and vanadium have been linked to heart disease.*

**MILK PASTEURIZATION:** *J.C. Annand, a British researcher, observed an increase in heart disease in districts that implemented pasteurization compared to those where milk was still sold unpasteurized.*

**STRESS:** *Heart attacks often occur after a period of stress, which depletes the body of many nutrients.*

*Unfortunately, little research money is available for researchers to study these theories; most research on heart disease is funded through the National Heart, Lung, and Blood Institute, which is firmly committed to the flawed hypothesis that cholesterol and saturated fat cause heart disease.*

## **Some Dangers of Statin Drugs**

*Modern cholesterol-lowering drugs act by inhibiting an enzyme (HMG-CoA reductase) needed for the formation of cholesterol in the liver. These HMG-CoA reductase inhibitors, called statins, are sold as Lipitor, Mevacor, Pravacol, Zocor, etc.*

**WEAKNESS and MUSCLE WASTING:** *This is the most common side effect of statin drugs, occurring in as many as one in three users. Muscle aches and pains, back pain, heel pain, weakness and slurring of speech result from statin interference with the production of Coenzyme Q10 (Co-Q10), needed for the muscles to function. These side effects are more common in active people and may not show up until three years after commencement of treatment.*

**HEART FAILURE:** *Rates of heart failure have doubled since advent of Statin drugs. The heart is a muscle that depends on a plentiful supply of Co-Q10.*

**POLYNEUROPATHY:** *Tingling and pain in the hands and feet as well as difficulty walking occur frequently in those taking Statins, conditions often blamed on “old age” rather than on the drug.*

**COGNITIVE IMPAIRMENT:** *Many patients have reported memory loss and brain fog, including total global amnesia (episodes of complete memory loss). The implications for pilots and those driving cars and trucks are profound.*

**CANCER:** *In every study with rodents to date, Statins have caused cancer. Most human trials are not carried out long enough to detect any increase in cancer rates, but in one trial, breast cancer rates of those taking a Statin were 1500 percent higher than those of controls.*

**DEPRESSION:** *Numerous studies have linked low cholesterol with depression.*

## **The Many Vital Roles of Cholesterol**

- *Cholesterol is produced by almost every cell in the body.*
- *Cholesterol in cell membranes makes cells waterproof so there can be a different chemistry on the inside and the outside of the cell.*
- *Cholesterol is nature's repair substance, used to repair wounds, including tears and irritations in the arteries.*
- *Many important hormones are made of cholesterol, including hormones that regulate mineral metabolism and blood sugar, hormones that help us deal with stress, and all the sex hormones, such as testosterone, estrogen and progesterone.*
- *Cholesterol is vital to the function of the brain and nervous system.*
- *Cholesterol protects us against depression; it plays a role in the utilization of serotonin, the body's "feel-good" chemical.*
- *The bile salts, needed for the digestion of fats, are made from cholesterol.*
- *Cholesterol is the precursor of vitamin D, which is formed by the action of ultra-violet (UV-B) light on cholesterol in the skin.*
- *Cholesterol is a powerful antioxidant that protects us against free radicals and therefore against cancer.*
- *Cholesterol, especially LDL-cholesterol (the so-called bad cholesterol), helps fight infection.*

## **How to Avoid Heart Disease**

- *Don't worry about your cholesterol—the stress of unnecessary worry can contribute to heart disease.*
- *Do not take cholesterol-lowering drugs—they contribute to heart failure.*
- *Avoid processed food, especially foods containing processed vegetable oils and trans fats.*
- *Eat the meat, fat and organ meats of grass-fed animals.*
- *Eat plenty of wild-caught seafood.*
- *Do not consume protein powders, lean meat, egg whites without the yolks or skim milk. High-protein diets lacking the nutrients supplied by animal fats can deplete vitamin A, leading to heart disease.*
- *Eat liver at least once a week to ensure adequate levels of vitamin B12, vitamin B6, folic acid, iron and copper.*
- *Take cod liver oil and consume plenty of butter from grass-fed cows to ensure adequate levels of vitamins A, D and K.*
- *Maintain a healthy weight—neither too heavy nor too thin.*
- *Engage in moderate exercise outdoors.*
- *Do not smoke; avoid exposure to environmental toxins.*

***Here's A Little Exercise For You.....Go To Your Local Chemist And Try And Find A Cure For Something. All You Will Find Are Treatments Which Means The Condition Will Return Later And Pain Management.....I Hate That Word Management.....We Went From A Society With Health Care To A Society With Health Management As There Is More Money In On Going Treatments Than A Single One Off Cure! That's Why The Medical Authorities Manage Diseases And Not Cure Them.....Its Only The People With Good Immune Systems That Flourish....But This Is Only My Opinion..***



## **Did You Know!**

- 1. Dr Charles Brush, President Kennedys Personal Physician And Close Friend Admitted Publicly That Essiac Worked On Cancer.***
- 2. Harold Hoxsey Was Arrested More Than Any Other Man In History “FOR CURING PEOPLE OF CANCER”. He Was Arrested 100 Times In 2 Years.***
- 3. On July 3rd 1946 A Renowned ABC News Correspondent Raymond Graham Swing Announced Publicly On Radio That America For The First Time In History Has A Cancer Cure.....He Was Sacked 2 Weeks Later.... I Wonder Why!***
- 4. When Doctors Cure Any Disease With Anything Non Pharmaceutical, They Are Labelled A “Quack” Its A Trigger Word To Disconcert The General Public To Avoid The Treatments' Offered By The Doctors Who Are Just Trying To Honour Their Hippocratic Oath And Help Their Patients.***
- 5. YOU NEED TO REALISE THIS.....  
A RECOGNISED CANCER CURE-OR ANY  
CURE IN FACT, MUST BE AN EXPENSIVE  
PHARMACEUTICAL “CURE” THAT IS  
CONTROLLED BY THE  
PHARMACEUTICAL CARTELS, THE BMA  
AND THE AMA ..... PERIOD!***



## **Salt: A Calm And Structured Argument.**

*When doctors say salt is bad for you, explain to them that the only salt that's bad for you is the processed white death in a bottle called table salt as its only got three minerals left and is high in sodium that raises blood pressure and synthetic iodine which the body has trouble breaking down so contributes to thyroid problems. My Father in law was put on a low sodium diet after he had a stroke, which I was totally against, this caused him to become incoherent and dizzy and he had a bad fall, when he was in hospital we asked what caused the problem and the doctor said ..... Now wait for this.....*

**HES LOW IN SALT!!!!!! .... WTF!**

*So if salt is so bad answer me this:*

- 1. Why do they put you on a saline drip when you go into hospital?*
- 2. Why do they give soldiers salt tablets when they go jungle training?*
- 3. Why is your blood and tears salty?*
- 4. Why is semen salty?*
- 5. Why is your sweat salty and your dog keeps licking you?*
- 6. Why is the brain surrounded by salt water?*
- 7. Why is your spinal fluid salt water?*
- 8. Why do ALL your cells contain salt water?*
- 9. Why is your saliva salty?*
- 10. Why are cows and horses given salt licks to stop cribbing?*
- 11. Why did Mayor Giuliani of New York declare a war on salt, and then announce 1,300 people died from heat stroke?*
- 12. Where did we get the term "worth his salt"?*
- 13. Why is it said that the word salary is from the Latin word sal [salarium] meaning salt?*
- 14. Why do you think Latin is not taught to the lower classes in schools anymore, when the medical and law societies use Latin terms, words and phrases?*

*Now take a look at this snippet taken off Wikipedia.*

### **Salarium**

*Similarly, the Latin word salarium linked employment, salt, and soldiers, but the exact link is not very clear. This link goes back to the Roman historian Pliny the Elder, who stated as an aside in his Natural History's discussion of sea water, that "In Rome. . .the soldier's pay was originally salt and the word salary derives from it..". More modern sources maintain instead that although Roman soldiers were typically paid in coin, the word salarium is derived from the word Sal (salt) because at some point a soldier's salary may have been an allowance for the purchase of salt or the price of having soldiers conquer salt supplies and guard the Salt Roads (Via Salaria) that led to Rome. Some people even claim that the word soldier itself comes from the Latin Sal dare (to give salt), but mainstream sources disagree, noting that the word soldier more likely derives from the gold solidus, with which soldiers were known to have been paid.*

*I hope I got you thinking, but remember this is just my personnel opinion and you need to do your own research, then form your own opinions and not the opinion of others, the best salts are Celtic Sea Salt and Himalayan Pink Salt, which is explained in the next section. Also remember that Magnesium is also a salt which helps with a host of medical problems.*

## **Truths About Salt.**

***Salt is vital to nerve cells' communication.***

***To absorption of food particles through the intestinal tract.***

***For clearance of lungs from mucus plugs and sticky phlegm in asthma and cystic fibrosis.***

***Salt prevents muscle cramps.***

***Salt is absolutely vital for making the structure of bones firm.***

***Osteoporosis is the result of salt and water shortage in the body.***

***Salt is vital for the absorption of minerals.***

***Low salt intake and high fluid intake will produce general muscle weakness and cause a leaky bladder.***

***Low salt intake may cause Hypochlorhydria or Achlorhydria, low or no hydrochloric acid in the stomach.***

***Zinc, Magnesium, Manganese, Selenium, Copper, Chromium, and Molybdenum MUST pass through acid in the stomach before they can be absorbed.***

***A LOW SALT DIET WILL EVENTUALLY CAUSE MINERAL DEFICIENCY IN THE BODY.***

***Water and salt are vital for prevention and early correction of neurological disorders.***

***The brain is 85% water encased in salt water.***

***Transport in nerves depends on freely flowing micro stream waterways.***

***Dehydration is responsible for loss of essential amino acids and minerals, ultimately the cause of brain and nerve damage.***

***The associated Achlorhydria causes Zinc, Magnesium, Manganese, Selenium and other mineral depletion.***

***Multiple Sclerosis, Amyotrophic Lateral Sclerosis, Parkinson's Disease and Alzheimer's Disease strongly reflect some of these mineral and amino acid deficiencies.***

## Dehydration Reveals Itself In 4 Major Ways.

1. **Perceptive Feelings.**
2. **Water Rationing Programs.**
3. **Crisis Calls For Water.**
4. **Disease Complications.**

*Asthma is a state of dehydration in the body when the lungs partially shut down to prevent water from leaving the body through evaporation, when drought management is implemented due to chronic dehydration, it causes indirect thirst signals, such as Asthma, Allergies, Hypertension, Old Age Diabetes, Autoimmune Diseases. If you see someone having an Asthma attack, put a couple of grains of salt on their tongue, and after a couple of seconds when the attack subsides give them a drink of water with a little salt in it, I drink salted water every day called "Sole Drink" which is mentioned later in this book. And I haven't had asthma since I started, as salt is the **WATER MANAGER** of the Body. Which is probably why respiratory devices use saline vapours. And Himalayan salt pipes as shown above.*

Himalayan Salt Inhaler  
Provides Natural  
Relief For  
Respiratory Problems



### USE HIMALAYAN SALT TO BALANCE BODY CHEMISTRY

#### How to Make Sole (So-Lay)

- Add 2-3 inches Himalayan salt to glass jar
- Cover with water
- Soak overnight
- Add one teaspoon of sole to 8 oz (or more) of spring water
- Drink on an empty stomach every morning before enjoying breakfast.



# **Benefits of Pink (Himalayan) Salt**

*The Himalayan mountain range stretches across Asia passing through China, Nepal, Myanmar, Pakistan, Bhutan, Afghanistan, and India. Most people associate the Himalayans with Mount Everest, the highest peak on this planet, but here is something new to think about- salt.*

*Once upon a time (a couple of hundreds of millions of years ago) crystallized sea salt beds, now deep within the Himalayans, were covered by lava. Aside from being kept in a pristine environment that has been surrounded by snow and ice year round, the lava is thought to have protected the salt from modern-day pollution leading to the belief that Himalayan Pink salt is the purest salt to be found on earth. It is now hand-mined from the mountains and brought to the culinary market.*

## **Why Pink?**

*The many hues of pink, red and white are an indication of this salt's rich and varying mineral and energy-rich iron content.*

## **Benefits**

*In the same manner that vitamins and minerals are perfectly packaged in fruits and vegetables, because this salt was formed naturally the minerals within the sodium work in synergy.*

*(Synergy is the interaction of multiple elements in a system to produce an effect different from or greater than the sum of their individual effects.)*

*Iodine- Natural salts are rich in iodine, so it doesn't need to be artificially added in.*



***Less sodium consumed per serving- Himalayan salt is made of the same components as table salt but since the crystal structure is larger than refined salt, and by volume- this salt therefore has LESS sodium per 1/4 t. serving- because the sea salt crystals or flakes take up less room on a teaspoon than highly refined tiny table salt grains.***

***Packs a hearty 80+ minerals and elements- Himalayan salts are mineral packed crystals which formed naturally within the earth made up of 85.62% sodium chloride and 14.38% other trace minerals including: sulphate, magnesium, calcium, potassium, bicarbonate, bromide, borate, and strontium, (in descending order of quantity).***



# SALT

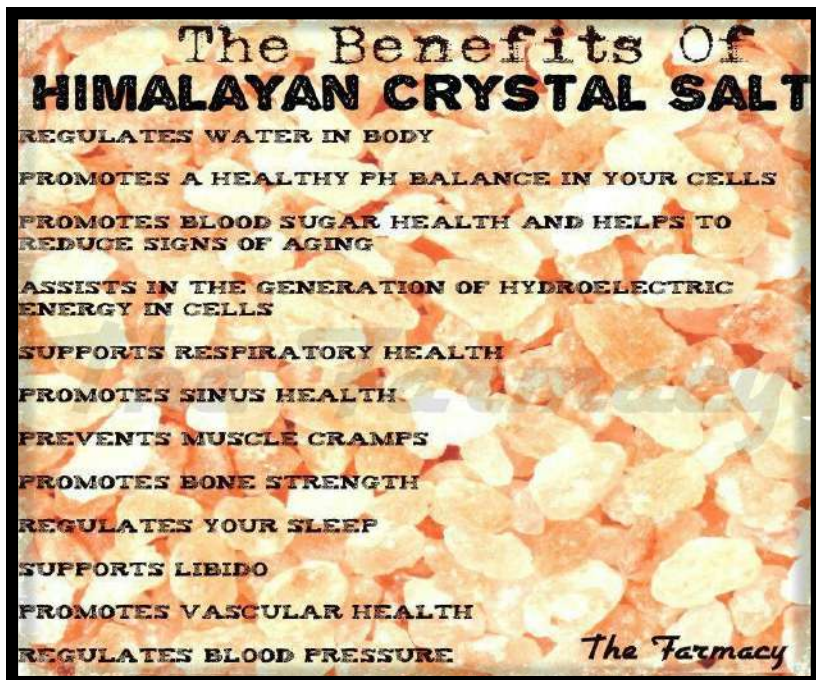
COMMON TABLE	HIMALAYAN PINK
<ul style="list-style-type: none"><li>• "Purified," a process that involves re-crystallization at over 1,200°F which strips away natural minerals</li><li>• The refining process involves the use of aluminum, ferro cyanide, &amp; bleach</li><li>• 97.5% sodium chloride, 2.5% additives</li><li>• Depleted of its natural minerals</li><li>• Includes anti-caking compounds</li><li>• Sometimes fluoridated in non-US countries</li></ul>	<ul style="list-style-type: none"><li>• Contains 84 essential minerals required by the human body</li><li>• 85% sodium chloride, 15% trace minerals</li><li>• Promotes a healthy pH balance of the cells</li><li>• Helps regulate blood sugar levels</li><li>• Helps regulate the body's natural sleep cycle</li></ul>

[www.bodyunburdened.com](http://www.bodyunburdened.com)



*Because of these minerals Himalayan pink salt can:*

- *Create an electrolyte balance*
  - *Increases hydration*
- *Regulate water content both inside and outside of cells*
- *Balance pH (alkaline/acidity) and help to reduce acid reflux*
  - *Prevent muscle cramping*
- *Aid in proper metabolism functioning*
  - *Strengthen bones*
  - *Lower blood pressure*
- *Help the intestines absorb nutrients*
  - *Prevent goitres*
  - *Improve circulation*
- *Dissolve and eliminate sediment to remove toxins*



**The Benefits Of  
HIMALAYAN CRYSTAL SALT**

REGULATES WATER IN BODY

PROMOTES A HEALTHY PH BALANCE IN YOUR CELLS

PROMOTES BLOOD SUGAR HEALTH AND HELPS TO  
REDUCE SIGNS OF AGING

ASSISTS IN THE GENERATION OF HYDROELECTRIC  
ENERGY IN CELLS

SUPPORTS RESPIRATORY HEALTH

PROMOTES SINUS HEALTH

PREVENTS MUSCLE CRAMPS

PROMOTES BONE STRENGTH

REGULATES YOUR SLEEP

SUPPORTS LIBIDO

PROMOTES VASCULAR HEALTH

REGULATES BLOOD PRESSURE

*The Pharmacy*



*It is even said to support libido, reduce the signs of aging, and detoxify the body from heavy metals.*

### **Pink Salt vs. Sea Salt**

*Even though pink salts come from the mountains, they are technically sea salts as well. All salt comes from a salted body of water—namely, an ocean or salt-water lake. However, Himalayan salt is said to be the purest form of sea salt.*

### **Why Table Salt is Inferior**

*Commercial refined salt is not only stripped of all its minerals, besides sodium and chloride, but is also chemically cleaned, bleached and heated at unnecessary high temperatures.*

*In addition, it is treated with anti-caking agents which prevent salt from mixing with water in the salt container.*

*These agents also prevent dissolving within our system leading to build up and then deposit in organs and tissue, causing severe health problems, high blood pressure being one of them.*

*Finally, the iodine that is added into salt is usually synthetic which is difficult for your body to process properly. Shockingly under U.S. law, up to 2% of table salt can be additives.*

## **The Many Uses of Pink Salt**

**Cooking and curing** – use pre-ground salt or grinders like any other salt.

**Salt Slabs** – used as serving platters, the slabs will impart an enhanced salt taste and mineral content. **Chilled:** decorate with fruits, sushi, vegetables or cheese. **Frozen:** present cold desserts and even sorbets. **Heated:** use the slabs to sear vegetables, shrimp, fish fillets or thinly sliced beef or even to fry an egg. The dense salt blocks conduct heat beautifully with near perfect heat distribution.

**Best of all,** Himalayan salt is naturally anti-microbial, so clean up requires just a quick scrub or rinse.

**Decoration** – use the salts in containers, as décor crystals and sprinkled on food for presentation.

**Bathing** - throw in the tub for a detoxifying Himalayan salt bath. The replenishing nutrients stimulate circulation and soothe sore muscles. Naturally rich in 80+ nourishing and skin-replenishing minerals, bathing with pink bath salt is a healing and therapeutic experience for mind and body.

**Potpourri Holders and Essential Oil Diffuser** – many on-line sites sell beautiful home décor featuring the pink salt as crystal rocks.

**Air purification** – crystal rock lamps for air purification are also found and sold on-line.

*Hopefully now you will not be as shocked when you reach for the salt shaker and find pink crystals staring back at you!*

*If you eat meat, brining should be in your bag of tools. Brining makes meat very juicy and succulent! Here's is an extremely simple recipe for it.*

*Basic low sodium brine for pork and poultry.  
(Brine will work for up to 8 lbs. of protein.)*


### *Ingredients*


- *1 gallon water*
- *3 ounces sea salt*
- *3 ounces sugar (optional)*
- *1 Tbsp. citrus zest (lemon, lime or orange – optional)*

### *Instructions*


- *Add the salt, sugar and other aromatics to a pot and bring the water to a simmer until the salt and sugar have dissolved.*
- *Remove the pot from the heat and chill before using the brine.*
  - *Let your protein brine for 6 hours.*
- *Drain the protein, and let it rest and air dry in fridge for 2 hours.*
  - *Roast, broil or grill as you would!*


## *Now Have A Look On YouTube:*


GB≡


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4:32 HD




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3:47




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3:56




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**"Your Body's Many Cries For Water" Dr. Batmanghelidj, M.D.**  
by CaricoVideos  
1 year ago • 29,794 views  
"Your Body's Many Cries For Water" Dr. Batmanghelidj, M.D. As a result of extensive research into the role of water in the body, Dr.

17:53



**Water, Natural salt (Not sodium) first, then diet and exercise in that order!**  
by Luke Morrison  
3 years ago • 129,052 views  
4 False Assumptions of 20th Century Medicine - Caffeine's Effect on the Body - Artificial Sweetener's Effect on the Body - Modern ...

2:10:13



**Dr Batmanghelidj Interview Part 1**  
by USAKANGENWATER  
3 years ago • 4,152 views  
<http://www.usakangenwater.com> Ron Gessner 717-333-3999  
<https://www.facebook.com/usa.team.kangen.Change.Your.Water>

9:26

## **Did You Know?**

- 1. Bug Bites Are Effecting Us More Nowadays, Not Because They Are Getting Stronger But Because Our Bodies Defence Systems Are Getting Weaker And Less Resilient.**
- 2. There Is No Blood Brain Barrier In The Nasal Passages, So Now Those Nasal Vaccines They Are Administering To Our Children Go Straight To The Brain. Well Done!**
- 3. Very Important To Know This, They Are Putting Human Cells From Aborted Foetuses' into Certain Vaccines Which Can Change Your DNA And RNA. Technically Speaking, This Is Cannibalism.....Don't Believe It ....Then Look At The Photo Below.**
- 4. Research Confirms That Sweating Detoxifies You Of Dangerous Metals And Petrochemicals i.e. BPA And Phthalates. [But Put Lost Minerals Back]**
- 5. African Blacks, Filipinos, Japanese, Greeks, Taiwanese, Eskimos And Arabs Have Trouble Digesting Milk. [Try Raw Milk It May Be Better For You]**



***There's Your Cancer  
Causing Chemical  
Formaldehyde which  
They Use To Embalm  
Bodies.....Good Stuff***

***You Didn't Believe It Did You.....But It's True!***



# **Cannabis Medicine**

*From the very first medical texts, the Pen Tsau of ancient China, Cannabis was referred to as a superior Herb. When Zoroaster made a compilation of the top 100 healing Herbs, Cannabis was placed No. 1. Much of the knowledge of Cannabis as a medicine in Britain was lost with the witch-hunts of the dark ages. The use of Cannabis as a medicine was popularized in the west when Irish doctor William O'Shaunanesey returned to Britain in 1841 with a potent Cannabis extract, the use of which he had studied in India.*



*Dr William O'Shaunanesey*

*Cannabis medicines became very popular in Victorian Britain. Queen Victoria's personal physician, Dr Reynolds, stated in a Lancet article that '.. when pure and administered carefully, Cannabis is one of the most valuable medicines we possess.'*



*With the invention of the Hypodermic syringe, Cannabis medicines being unsuitable for injection, began to fall out of favour. However with thousands of people suffering with the side effects of pharmaceutical drugs, there is an increasing interest in Cannabis medicines in the treatment of many ailments.*

*Cannabis flowers exude a resin that contains a powerful group of chemical compounds called Cannabinoids. Tetrahydrocannabinol (aka THC) is just one of sixty or so Cannabinoids, however it is one of the most potent and most researched of the Cannabinoids. THC is a powerful anti-oxidant and has been clinically proven to eliminate Cancer from the body, it is a powerful anti- spasmotic making it very helpful with people with MS, it is a powerful anti –inflammatory and analgesic making it useful for people with any sort of physical pain, especially arthritis. THC is also a powerful anti fungal, anti-viral and anti-parasitic making it useful in the treatment of Candida, fungal infections and the elimination of parasites. THC being a powerful antiemetic also has applications in the treatment of nausea from the use of pharmaceutical drugs and the side effects of chemotherapy.*



*Picture Of The THC [Tetrahydrocannabinol]*



*Another important thing to remember about fresh raw Cannabis is that the THC within it is then known as THC Acid, and it is only when it is dried or heated that it becomes a psychoactive drug. In its fresh raw state, Cannabis is, as researcher Dr Courtney puts it, 'a dietary essential that helps all 210 cell types to function more effectively'. As THC Acid is non-psychoactive one can take a far higher dose, well over 60 times the amount that you could of dried Cannabis, before there is the possibility of a psychoactive effect. Perhaps one of the greatest advantages of Cannabis medicines is their incredible safety. In thousands of years of recorded medical use, there is no credible evidence to indicate that Cannabis has been responsible for one single death. Compare that to the thousands of people dying every year from the side effects of pharmaceutical drugs, and you soon realize the popularity of Cannabis medicines.*

## Top 10 Health Benefits of Cannabis

1. Inhibits Tumor Growth
2. Effective Treatment for Seizures
3. Effective Treatment for Migranes
4. Effective Treatment for Glaucoma
5. Alleviates PMS Symptoms
6. Effective Treatment for ADD and ADHD
7. Helps with symptoms of IBS and Chron's
8. Helps to prevent Alzheimer's
9. Aids with the management of MS
10. Reduces stress and promotes relaxation





# Ford's <sup>'GROWN FROM THE SOIL'</sup> HEMP CAR

One of Henry Ford's first cars ran entirely on **Hemp ethanol**. The body was also constructed from **Hemp plastic**, which was 10x stronger than steel.

Of course - Hemp was then outlawed in the US in 1937 due to the potential damaging effect it would have on many powerful industries at the time, including the oil, plastics & paper industry.

Imagine where we would be today had these power hungry tyrants not suppressed the amazing bio-technologies of Hemp?



Why use up the forests which were centuries in the making and the mines which required ages to lay down, if we can get the equivalent of forest and mineral products in the annual growth of the hemp fields? - Henry Ford



*Once you start looking into this subject you will hopefully come to the conclusion that you have nothing to fear when it comes to beating most cancers. I would recommend watching the following documentaries:*

*Ty Bollinger - Search For The Cures.*

*Ty Bollinger - Quest For The Cures.*

*Rick Simpson - Run From The Cure.*

*Chasing The Answer To Cancer.*

*The Beautiful Truth.*

*Black Salve.*

*Corrie Yelland.*

*Cash Hyde.*

*When Healing Becomes A Crime.*

*My Dance With Cancer.*

*Pink Ribbons.*

*There are thousands of documentaries, and websites dealing with this subject, but people don't look anything up until it effects them...and there is so much information out there that they don't know where to start, so they opt for the cut, slash and burn quick option. If only all these pink, tutu wearing imbeciles would take a few minutes a day just to look up a few things, maybe something would get done...but sadly they are misinformed by the media which uses the trigger words like COULD, MIGHT, MAY and HOPE, to keep them hanging on feeding the machine that keeps you from the cures.*

*Let me enlighten you with a few truths:*

*1. Cancer feeds on fermenting sugar and breathes hydrogen. Too much oxygen obliterates cancer cells.*

*2. Cancer can be caused by toxic environments, i.e. stress or chemicals, which impedes the immune system.*

3. You can read this one for yourself its disgusting that we are not taught this in school....and funny how they banned oxygen therapy bars isn't it.....!



**Dr. Otto Heinrich Warburg**

**1931 Nobel Prize Winner**

**The Root Cause of Cancer**



Dr. Otto Warburg discovered the root cause of cancer in 1923 and he received the Nobel Prize for doing so in 1931. Dr. Warburg was director of the Kaiser Wilhelm Institute (now Max Planck Institute) for cell physiology at Berlin. He investigated the metabolism of tumors and the respiration of cells, particularly cancer cells. Below are some direct quotes by Dr. Warburg during medical lectures where he was the keynote speaker:

"Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water splits into  $H^+$  and  $OH^-$  ions, if there is an excess of  $H^+$ , it is acidic; if there is an excess of  $OH^-$  ions, then it is alkaline."

In his work *The Metabolism of Tumours* he demonstrated that all forms of cancer are characterized by two basic conditions: acidosis and hypoxia (lack of oxygen). Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other.

"All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen - a rule without exception." – Dr. Otto Warburg

"Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous." – Dr. Otto Warburg.

Dr. Warburg has made it clear that the prime cause of cancer is oxygen deficiency (brought about by Toxemia). Dr Warburg discovered that cancer cells are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen.

*4. Chemo and Radiation cause secondary cancers which are more aggressive than the first cancer as your immune system has been compromised by the first treatment..*

*5. People who die from pneumonia or another illness caused by the depletion of the immune system by chemo and radiation are statistically classed as being cured as their death was not the result of the cancer.....!*

*6. Rick Simpson was arrested and charged after curing people of stage 4 cancer free of charge under the 1939 Cancer Act. When he told the Canadian Cancer Society he had cured these people with no side effects, they replied by letter..... "We The Canadian Cancer Society Do Not Endorse Home Remedies, Good Luck In The Future."*

*7. Rick Simpson has offered out the Medical Society to prove who has the better treatment to be used on hopeless cases. Guess what? They refused.*

*8. Corrie Yelland combated and won her terminal Cancer and she was a mess. 3 year old Cash Hyde cured his brain Tumour after his family was told there was no hope. Hollywood Actress Suzanne Sommers beat her Breast cancer with Mistletoe.*

*9. In the bible the wise men offered Jesus Gold, Frankincense and Myrrh, which are essential oils that treat cancer, and it is said he cured the sick and made the lame walk....You never know.*

*10. MS sufferers have always smoked Hemp as it is anti-spasmodic.*

*11. lots of actors and actresses are against Big Pharma, such as, Rob Schneider, Jim Carey, Margot Hemingway, Robert De Niro, Woody Harrelson And Dame Judy Dench to name but a few.*

***Now Consider What You Have Been Reading!***

## **Did You Know!**

- 1. 90% Of Vitamins Are Synthetic.***
- 2. The 4 Most Fat Soluble Vitamins Are A, D, E, And K.***
- 3. An Infected In Growing Toenail Can Cause Swollen Painful Knees.***
- 4. 27 Harvard And Chinese Studies Have Found That Fluoride May Adversely Effect Cognitive Development In Children.***
- 5. Hitler Was A Meth And Cocaine User According To His Historical Medical Records.***
- 6. On BBC World News, 9 Polio Vaccinators' Were Shot Dead In Keno, Nigeria As They Refused To Leave The Country.***
- 7. Donald Trump Has Warned That Flu Shots Are One Of The Biggest Scams In History.***
- 8. The First Symptom Of Alzheimer's Disease Is The Loss Of Your Sense Of Smell.***
- 9. Our Bodies Are Made Up Of 100 Trillion Cells, 600 Muscles, 206 Bones And 22 Internal Organs.***
- 10. It Is Important To Realise That Our Intake Of Minerals Are Responsible For Our Good Health. As Dr.Charles Northern And Dr. Bernard Spur Stated In Their Book, Know Your Nutrition, "It Is Not Commonly Known, That In The Absence Of Minerals, Vitamins Have No Function. Lacking Vitamins, Our System Can Make Use Of The Minerals, But Lacking Minerals, Vitamins Are Useless."***
- 11. If You Are Lacking In Minerals Your Body Will Compensate By Utilizing Heavy Metals.***
- 12. Woman Get The Menopause.....Men Get Andropause.***



# **Jason Vale And Laetrile B17**

**Taken From The True Democracy Party. Net**

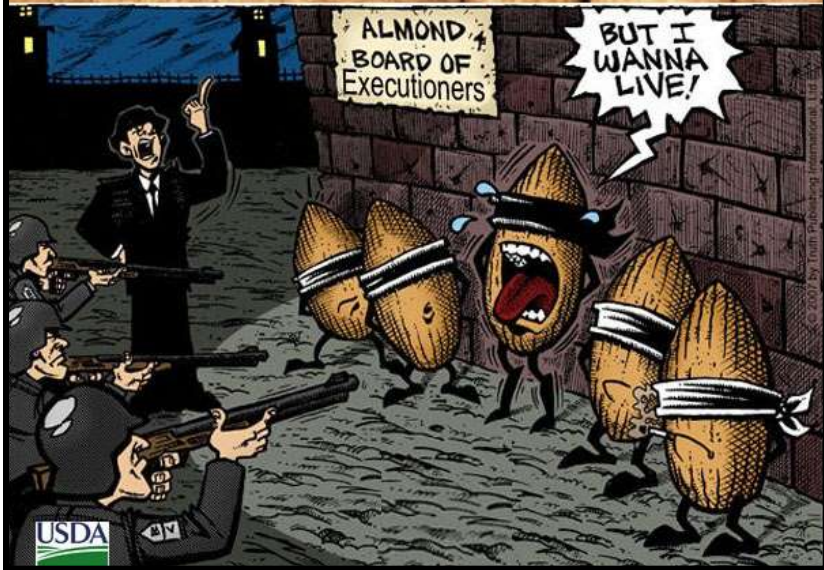
***Apricot seeds and Laetrile (vitamin B 17) have been proven to cure cancer, so why are the people who expose this holistic, alternative cancer treatment being imprisoned while the medical industry and Big Pharma make billions of dollars on treatments that only have a 3% cure rate? This conspiracy goes deep, involving such names as John D. Rockefeller and Adolph Hitler as well as businesses such as I. G. Farben, Bristol Meyers, and Standard Oil. Jason Vale served time in a federal prison for selling apricot seeds online while advertising them as a cure for cancer. The Food and Drug Administration notified Vale to refrain from selling these items based on alleged false promises that they could prevent or cure cancer. Despite these warnings, Vale continued to sell Amygdalin products, better known as Laetrile, apricot kernels' and vitamin B 17. In 1998, undercover FDA investigators purchased a starter package from Vale's company, Christian Brothers Contracting Corporation and was later convicted of selling unapproved new drugs.***

***Vale was released from prison in 2008.***

***The main ingredient in apricot seeds that cures cancer is called laetrile, more commonly known as vitamin B 17. Dr. Ernst Krebb, Jr. was the first person to use laetrile in treatments upon his discovery of vitamin B 17 in 1952. Dr. Krebb's work in cancer treatment involved the search for missing diet nutrients because he believed that cancer was a metabolic reaction to a poor diet.***

***Trivia: Laetrile (B-17) is found in over 1,200 plants and most commonly in the fruit seeds of apricots, peaches, plums, and apples.***

# Ooh, Scary! USDA Wants to Protect Us from Raw Almonds



*Jason Vale Being Interviewed By Fox News While In Prison.*

*According to an article on Laetrile Therapy, “Krebs, Jr. and his research group found that Amygdalin has its powerful cancer killer capabilities because it contains cyanide that destroys cancer cells. Not all cyanide compounds are poisonous. Humans constantly eat produce with cyanide—about 1,200 kinds of foods have it. Detoxification of cyanide can take place in all tissues of the body, but principally in the liver. The dosage levels and toxicity of Amygdalin (Laetrile) in laboratory animals and humans is well established and documented. No evidence of acute or accumulative toxicity was observed in any animals given doses in excess of 100 times the maximum intravenous dose usually given in humans.” According to wiki, Amygdalin was promoted in a modified form called Laetrile as a cancer cure by Ernst T. Krebs Jr. under the name “Vitamin B17”, but studies have found it to be ineffective. It is also not a vitamin, and can cause cyanide poisoning. The promotion of laetrile to treat cancer has been described in the scientific literature as a canonical example of quackery, with Irving Lerner of the University of Minnesota describing it as “the slickest, most sophisticated, and certainly the most remunerative cancer quack promotion in medical history.” Through proven research, a Himalayan tribe known as the Hunza does not have any cases of cancer when consuming their native diet which includes an exceptionally high consumption of apricots. Upon converting to a western diet, the Hunza are equally as susceptible to cancer as anyone else. On a daily basis, it is estimated that the Hunza consume an average individual ration of between 250 and 3,000 milligrams of vitamin B17 while their western counterparts receive approximately 2 milligrams. While the medical community should be rejoicing the holistic cure to anything, their elation is constantly suppressed by Big Pharma, who is more interested in repeat customers than it is in curing any particular disease. They will go to any limit in justifying why holistic remedies are a “scam” but will create numerous drugs with a plethora of side effects resulting in lawsuits from the loved ones whom these drugs have killed.*



*Jason Vale On YouTube*

.....

**“ The fact that these great medical teaching universities and teaching centers are so great is because they’ve had a lot of money given to them ... if you follow the money you’ll find out that most of it came from the pharmaceutical industry.”**

.....

G. Edward Griffin  
Author, Lecturer & Filmmaker



The TRUTH About  
**CANCER**  
educate • expose • eradicate

*The scare campaign that is being used on apricot seeds, laetrile and B17 is that they contain “deadly “cyanide, despite their short term memory lapse of how vitamin B12 also contains cyanide.*

*The theory behind the relationship between laetrile and cyanide is as follows:*

*When the laetrile compound molecule comes across a cancer cell, it is broken down into 2 molecules of glucose, 1 molecule of hydrogen cyanide and 1 molecule of benzaldehyde. In the early days of laetrile research it was assumed that the hydrogen cyanide molecule was the major cancer cell killing molecule, but now it is known that it is the benzaldehyde molecule that is by far the major reason the cancer cell is killed.*

*In order to maintain the illusion that cancer can only be treated with surgery, chemotherapy or radiation therapy while being able to pillage the unassuming patient for thousands of dollars, the medical industry and Big Pharma continues to ignore alternative medicine and proven cancer cures.*

*A key part of the great deception is that Big Pharma and its puppets want to convince the general public that there will never be a cure for cancer!! One tactic Big Pharma and its puppets use are to convince the general public that cancer is caused by DNA damage and that a cure for cancer is 50 years away!! A cure for cancer will always be 50 years away!!*

*Here are three of the flaws with their DNA claim:*

*First, if you can safely target and kill cancer cells (as Dr. Kelley did by letting the immune system kill the cancer cells), what difference does it make that the cancer cells have DNA damage?  
The cancer cells are dead!*

*As another example, a natural molecule called laetrile (a molecule found in apple seeds, apricot seeds, etc.) can target and kill cancer cells. Dr. Philip Binzel, M.D., and Dr. John Richardson, M.D. both used liquid laetrile to cure cancer.*

*In the 1920s Johanna Brandt had a 100% cure rate using purple grapes (i.e. the Brandt Grape Cure). Her treatment was ignored by the medical community long before chemotherapy was introduced. It is now known that purple grapes have at least 12 molecules that can safely kill cancer cells.*

*Many people have been cured of cancer by drinking a quart of carrot juice every day and having a healthier diet. And so on.*

*Second, did you know that cancer cells can be reverted into normal cells? This would be impossible with today's technology if DNA damage caused cancer, but it is true and it is another evidence that cancer is not caused by DNA damage.*

*Dr. Royal Rife, a microbiologist, was reverting cancer cells into normal cells in the 1930s, long before the discovery of DNA. Dr. Rife also had a 100% cure rate. The AMA (American Medical Association) wanted his cure shut down and offered to buy him out. Dr. Rife refused their "offer," so the FDA came in and shut him down. Rife's technology has now been replicated using modern electronics (Beware: Most of the brands of "Rife Machines" are totally ineffective for cancer, but a few are highly effective.).*

*Third, while it is true that cancer cells have DNA damage, that is not what causes cancer. The real cause of cancer was discovered in 1890 by William Russell (1852-1940). Also, Dr. Rife, in the 1930s, knew exactly what caused cancer and this knowledge led him to his 100% cure rate. Both of these discoveries were made long before the discovery of DNA.*

*Now you know why orthodox medicine has a 3% cure rate for cancer instead of a 90% cure rate! In fact, 3% is the worldwide cure rate for cancer because the pharmaceutical industry is a worldwide entity. Only one country in the world has “Freedom of Choice in Medicine” (Ecuador).*

*The first time I was introduced to the subject of Laetrile or vitamin therapy in the control of cancer, was when I was on a short fishing trip with Dr. John Richardson, a physician in San Francisco, who as you probably know, is in the forefront of the legal battle to establish the physician’s right to use laetrile or vitamin therapy or anything he wishes to use, in the treatment of his patients. Because he was using laetrile last year he was arrested by the FDA, and he is taking this case to the courts. I think he stands an excellent chance of winning but, of course, that remains yet to be seen. The whole purpose, the initial trigger behind the formation of the Committee for Freedom of Choice in Cancer Therapy was to rally nationwide support behind not only Dr. Richardson but other physicians who hopefully would have the courage to join with him and challenge the establishment, if you will, the bureaucracy, in the right for a physician to have freedom of choice in this regard. At Any rate, I have known John for quite a while, and we were on this fishing trip up in Oregon. If you ever have the chance to meet this man you will recognize immediately that he is a very intense person. I was trying to enjoy the babbling stream, the fresh air, the green trees, the blue sky and he brought his brief case with him. I can assure you that his brief case was not loaded with fishing gear. He brought papers and manuscripts, books and charts and statistics, and he kept talking to me about a control for cancer that he had discovered and he was using it on his patients and low and behold he was saving lives of men and women who previously he would have had to tell that they were terminal and there was nothing more he could do.*



*He kept telling me about this and I had really no particular interest in it. I was glad to hear it but I had about as much interest in learning the technical medical details as you or I might have in listening to an engineer talking about internal stresses in girder bridges. You know, these are things of great fascination to the engineer or the physician, but to the layperson it was not too interesting.*

*“Do you mean to tell me that there are people in the medical profession or in government or anywhere in the world who are so low and so crass, so mean, as to deliberately withhold a control for cancer?”*

*Finally he began to tell me about the fact that “they” were suppressing this. “They” wouldn’t let him use it, “they” were harassing him. I thought all of a sudden, good grief, John. Why he is becoming paranoid and I turned to him, and I remember very distinctly, I said, “Wait a minute, who are “they” John? Do you mean to tell me that there are people in the medical profession or in government or anywhere in the world who are so low and so crass, so mean, as to deliberately withhold a control for cancer?” And I didn’t realize it at the time, but with the asking of that question my curiosity was already aroused and I was launched even then on an investigative research project that was to take me two or two and a half years, and it led me to the discovery of one of the most amazing stories of the twentieth century.*

*This is a story in which the science of cancer therapy is not nearly as complicated as the politics of cancer therapy. This evening I am forced, because of the limitation of time, to assume that you are familiar with the science of Vitamin B-17 or laetrile. Now I realize that this may not be a safe assumption for many of you because I’m sure not all of you have seen our film “World Without Cancer”*

*If you have not seen the film, or if you are not familiar with the scientific question, all I can do is to tell you to do so as soon as possible.*

*But just so we start off on a common footing let me give you in a sentence or two a summary description of what the science of cancer therapy involves. Our research has led us to the realization that cancer is simply a deficiency disease, like scurvy, pellagra and pernicious anaemia. It is caused by the lack of an essential food compound in modern man's diet. It is not caused by a virus or some mysterious toxin. It is caused by the lack of something. And the ultimate solution for the control of cancer, therefore, simply is to restore this essential food element to our daily intake. Now that, in a nutshell, is what this science is all about.*

*This substance is known by several names as you already have been told in the introductory remarks this evening. It is known as Amygdalin when it is found in nature. As such, under the name of Amygdalin, it has been listed in the Standard Pharmathera for over a hundred years. It is identified and known for all this time, listed as a non-toxic. It has been used experimentally on a wide variety of ailments in every country of the world. It is particularly well known in Asia, but also definitely known in the United States and Europe. When it is described by nutritionists, it usually is referred to as nitrolosides. In its purified and concentrated form used specifically for cancer therapy, the form developed by Dr. Ernest T. Crebb, Jr., it is known as Laetrile. I think the best way to describe this substance is simply to call it what it really is. It is a vitamin and it is vitamin B-17. That is how it will be known in the future — Vitamin B-17, because it is found in that grouping of vitamins known as the B-complex, of which there are some twenty-four fractions. It is found in that grouping of vitamins when it is found in natural foods.*

*And since it was the seventh one to be isolated and identified, it is properly known as Vitamin B-17, and one last thing, just to give you a little more information about it, it is found in over 1,200 edible plants around the world, most of which you wouldn't dream of eating: grasses, Johnson grass, Tunis grass, arrow grass, and things like that.*

*It is also found in the foods of primitive man, primitive cultures which even today are noted for their lack of cancer. There are many cultures in the world including the Akkadians(?) on the Black Sea, the Hunzakut of Northwest Pakistan, the Hopi and Navaho Native Americans, the traditional Eskimo, and groups like this in Africa, Latin America and all around the world which traditionally are cancer free, or relatively cancer free. And in every case, ladies and gentlemen, when you examine the natural diets of these cancer free populations you always find that the degree to which they are free of cancer is the same degree to which their foods are rich in vitamin B-17. There are no exceptions to that statement.*

*Now the science of cancer therapy, as I have mentioned, is an open and shut case. We could, in the film "World Without Cancer" and in other studies, go into the laboratories and experiments that have been conducted. We could explain the theory behind it, we could analyze the case histories of men and women who have been literally brought back from the edge of the grave, almost hopeless cases and all of that. That is an open and shut case. There is really no longer, or should no longer be any controversy about it. The controversy now centres around the politics and it is to that subject that I would like to address the remainder of my remarks this evening. So to repeat, the purpose of this presentation is not to discuss the science of cancer therapy, but to review at least the highlights of the politics of cancer therapy, and to answer to the best of my ability that very interesting question, "Who are "they" John?"*

*Now the politics of cancer therapy can be understood only in light of two grim and shocking realities and here they are. These are the two blocks into which my remarks will be divided: One, the scientific basis for the opposition against laetrile or B-17 has been blatantly dishonest — and we'll prove that. And the second reality is that the hidden source of this scientific corruption is a financial political interlock that constitutes the largest and most powerful cartel the world has ever known.*

*“The scientific basis for the opposition against laetrile or vitamin B-17 has been blatantly dishonest. And yet, most physicians, if you ask them if laetrile works, they will say no, it does not. It's a fraud; it's quackery. And if you ask them how they know that, they say well, it has been analyzed by reputable sources and that is the verdict of official scientific investigation. And you say “Well, who says so?” Well, they don't rightly remember.”*

*Let's begin then with reality number one. The scientific basis for the opposition against laetrile or vitamin B-17 has been blatantly dishonest. Not one physician out of a thousand has ever had a chance to use laetrile or vitamin B-17 himself. And yet, most physicians, if you ask them if laetrile works, they will say no, it does not. It's a fraud; it's quackery. And if you ask them how they know that, they say well, it has been analyzed by reputable sources and that is the verdict of official scientific investigation. And you say “Well, who says so?” Well, they don't rightly remember. Most of them think they have read about it in the American Medical Association Journal or a publication put out by the American Cancer Society or a statement made by the FDA officials or something like that. So you go to these prestigious organizations and you ask them where they got their information and again you find that the people involved in the American Cancer Society, the American Medical Association and the FDA have not tested laetrile themselves.*

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# WORLD WITHOUT CANCER

New edition  
Revised and  
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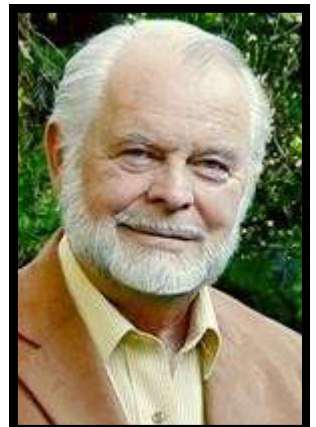
Actual  
Laetrile  
crystal



## The Story of Vitamin B<sub>17</sub>

by G. Edward Griffin

*I Highly Recommend Watching The  
Documentary  
“A World Without Cancer”  
Or Read The Book By G. Edward Griffin.*



*They are, almost all of them, referring to an original research project that was conducted in the State of California in 1953. It is known as the California Report and it was published by the Cancer Advisory Commission of the California Medical Association.*

*So, now let's take a look at the California Report since this is the mainspring of 99% of the scientific and legal opposition to laetrile today. It is a very interesting experience to take a look at that California Report. It was written by two men, Dr. E. M. McDonald the Committee Chairman, and Dr. Henry Garland, the Committee Secretary. The Cancer Committee consisted of seven other prominent physicians but they had no part of the writing of that report. It was written only by McDonald and Garland. None of these men, ladies and gentlemen, including McDonald and Garland has ever used laetrile. All they had done was to summarize and interpret the written records of medical people who had done various phases, different kinds of experimentation of laetrile. They read these reports submitted to them, and then summarized them and issued their own report, which was to tell us what they found.*

*Now let's just stop for a second and ask ourselves, what kind of people were these individuals? What about their scientific judgments? Are they men whom you can trust? Well, you may not remember them by name, but McDonald and Garland were the two physicians who at that time were making headlines all across the country by claiming publicly and vociferously that there was absolutely no connection between cigarette smoking in particular and lung cancer. Now, for instance, Dr. Garland gave a speech in 1964 entitled "Smoking and Health". This was delivered before the Commonwealth Club in California in San Francisco on July 9, 1964, and here is what he said in part: "A current widely held hypothesis is that cigarette smoking is related to cancer. The hypothesis is not proven. Cigarettes are regarded by many as one of the better tranquilizers.*

*It is likely that obesity is a greater hazard to American health than cigarettes,” so says Dr. Garland. And then, Dr. McDonald was even more specific; here is a photocopy of an article, a feature article taken from “U.S. News and World Report” dated August 3, 1957, entitled “Here’s Another View, Tobacco May Be Harmless”.*

*And in this article here is a picture of Dr. McDonald sitting there very happy with a cigarette in his hand, smoke coming up, and underneath the caption, they quote Dr McDonald as saying, “The total evidence fails to establish a cause and effect relationship between smoking and cancer.” And then in the article itself, he describes smoking as a harmless past time up to 24 cigarettes per day and then he says: “One could modify an old slogan, a pack a day keeps lung cancer away.” Now, these are the two guys who wrote the California Report. It is interesting that if people had generally followed the medical advice of these two men there would have been additional millions of deaths from lung cancer in the United States today.*

*Now, as an interesting sidelight to all of this, Dr. McDonald died a few years later. He was incinerated in a fire started by his cigarette while he was asleep. Dr. Garland who had boasted that he was living proof that smoking was safe because he had been a chain smoker ever since he was a boy, he said, “Here I am, perfectly healthy, that’s proof that you don’t have to worry about smoking.” He, of course died of lung cancer.*

*“McDonald and Garland falsified their summary of the laetrile experiments”*

*Now, but more important than this, ladies and gentlemen, is that McDonald and Garland, more important than their scientific ineptitude, is that they falsified their summary of the laetrile experiments and I mean exactly that when I use the word falsified, there is no other explanation for it.*



*The reason I can say that is because ten years later, almost by a fluke, the original documents that McDonald and Garland used to analyze and upon which they based their summary were published and made part of the public record.*

*Ten years later, and for the first time, we were able to go to the original references and see what these experiments really did say. We didn't have to rely any longer on just the word of McDonald and Garland as to what they said. In 1963, the State of California Department of Public Health revised its original California Report, updated it, added a few more things to it and reprinted the whole thing, including those original studies in this book entitled, "Report by Cancer Advisory Council on Treatment of Cancer with Beta-cyanogenic Glucosides" or laetrile, and low and behold, when you go to the appendix and look at those old ten year old reports you find that McDonald and Garland had lied. For instance, in the original California Report of 1953, McDonald and Garland conspicuously quoted excerpts from one physician who said that he was unable to obtain cyanide from the laetrile. Now for those of you who are not familiar with the chemistry involved here you should know that at this point, at least, that cyanide is an essential part of the anti-cancer action of laetrile or vitamin B-17. Now don't let that scare you because I know we have a cultural antipathy towards cyanide in any form because somehow or another we know that they kill people with cyanide in the gas chamber and it is poisonous. Indeed, when taken in the gaseous form and when taken to excessive quantities, but cyanide in trace amounts as you will see, when you get into the scientific question in trace amounts, is not only safe but very essential for health. In fact, many doctors have not thought about the fact that cyanocobaltin [ vitamin B-12 ] has a cyanide radical in the molecule. Also, the fact that cyanide is in the vitamin B-17 is about the same as saying well golly, we dare not eat any table salt because table salt is sodium chloride and you all know that chlorine gas is deadly.*

*All right vitamin B-17 is hydrocyanic acid. It does contain a cyanide radical. And the fact that McDonald and Garland had said that they couldn't get any cyanide out of it when they tried to chemically break it down was used as powerful evidence indicating that the entire theory behind vitamin B-17 was a fraud.*

*Okay, we now go to Appendix IV, where we find a curious document labelled as the AMA lab Report No. 72W13371. It is dated January 14, 1953. And in this report it says, "After refluxing for three hours, the odour of hydrogen cyanide could be detected." Then it says, "the hydrogen cyanide was distilled into sodium hydroxide and determined by the Prussian Blue technique." They had obtained cyanide from it. So that was what you might call an unfair statement to indicate that they had not succeeded in doing so.*

*Now, the other misleading factor about this report is that McDonald and Garland had said in their original report that the biopsies of the cancer tissue taken from the cancer patients who had been treated with vitamin B-17 showed absolutely no trace whatsoever of positive chemical action on those tumours'. That the men who did the examinations had examined them carefully and were absolutely unable to find any trace of beneficial affect.*

*That was not true.*

*I refer you now to Appendix III. Here is a laboratory report entitled, "Autopsy-Findings in Patients Treated by Laetrile". It is dated September 10, 1952. First one comes from a Dr. J. L. Zandell, M. D., and here is what he says, now remember this is what was submitted to McDonald and Garland, he said: "Following are the impressions gained from reviewing the slides on autopsy cases, Serial No. M-1 to M-6.*

*These slides were reviewed with the idea of detecting possible hystologic changes which might be interpreted as due to chemotherapeutic agents or laetrile,” and then he describes them, “Case M-1,” he says, after describing what he observed under the microscope in very technical terms, “this might represent a chemical affect” and then for Case M-3, he describes changes and then he concludes, “I would consider this as a possible result of chemical affect.”*

*He then summarizes, “Two cases showed moderate changes which might be considered as chemotherapeutic toxic cellular changes.” Then in the same appendix, there is the report of John W. Budd, M.D., dated December 15, 1952, he describes Case M-11, he says: “Spontaneous changes could produce all the evidence of degeneration seen here but an interpretation of chemotherapeutic affect might be entertained”. And, then Case M-6, he says, “The marked desmoplastic reaction is probably induced in part by therapy, I would suspect irradiation”. Now forgetting what he suspects caused it, he did observe chemotherapeutic changes. See, these guys were so programmed against vitamin B-17, that what they were really saying is that, “Oh, I don’t believe that laetrile can work to that any beneficial effect that we see has to be caused by radiation or prior treatment with drugs or spontaneous remission or something else.” But the fact is plain that they did report four separate cases of positive action against the cancer cell. And so when you go back to the original California Report which I have here as it was published in “California Medicine” which is the monthly publication of the California Medical Association, and you read this, McDonald and Garland had said the unanimous opinion of these consultants was that in no instance could any recognizable affect of the chemotherapeutic agent be observed in the histology of these various neoplasm's, no evidence of the cyanotoxic changes was observed by any of the consultants.*

*That, ladies and gentlemen, is a lie and this is the document, the California Report, which is the bedrock of the entire scientific and legal case against laetrile. Well, it's really worse than that. It is worse than just those outright lies in the report. For one thing, the doses in these experiments were much too small. Today it is common to use as much as two or three grams of Vitamin B-17 in a single injection and generally it takes somewhere between 30 and 40 grams total over the course of a week to ten days before the average cancer patient is able to report tangible signs of progress. Thirty to forty grams total.*

*In the California Medical Association experiments, the maximum dose was two grams. That was the total dosage. Two grams divided over twelve injections with a maximum single injection of less than 1/10th of that used today. Five patients received only two injections and five received only one so it was not at all surprising that they were not able to get significant results from Vitamin B-17. What is surprising is that the examination of those tumours' showed any beneficial affect at all. That is really surprising considering the extremely low dosages they used in that experiment.*

*Well, since the California Report there have been other less publicized studies. There was one at Stanford University, one at the National Cancer Institute, one at the University of California at Berkeley, one at Diablo Laboratories at Berkeley and one at McGill University for the Canadian Medical Association.*

*Now I've read all of these. It takes a certain amount of tenacity to get through all of the gobbledygook in these things, but here is what you'd find.*

*Some of these studies admitted openly that there was anticancer activity but they've all attributed it to other causes. They said well, since the theory is wrong with laetrile, we know that it can't be the laetrile doing these things, so it must have been a spontaneous remission or the delayed benefits radiation or something like that. Most of these patients had already had other treatments before they started on laetrile so they explained them away with other causes. Some of these studies were toxicity studies only, which means that they were just checking to see just how much of the material they could give the poor little rats before they got sick or died. They weren't checking for anti-cancer affect at all but just toxicity levels.*

*All of those studies involved transplanted tumours rather than spontaneous tumours, and they were transplanted on mice rather than humans and some of them involved tumours in laboratory dishes that could be incubated that were weren't even attached to living creatures at all. You don't have to be a scientist to realize that transplanted tumours are different than spontaneous ones. Mice are different than human beings and certainly tumours in a dish react differently than tumours on a living creature. Now in almost all of these cases, ladies and gentlemen, the criterion used for whether or not the laetrile was effective was the question of how much the tumour was reduced in size. The tumour reduction was the criterion. Now that may sound very plausible at first. We tend to think of cancer as being a tumour, and if we cure cancer we would like to see that tumour disappeared, but the fact of the matter is that most tumours are a mixture of benign and malignant tissues and some tumours have very little real cancer in them, mostly benign tissues, the attempt of body apparently, to seal off the malignant tissues.*

*Now, I'm sure you've all known of cases where the person has gone in for surgery and had a rather large tumour removed and then they were told by their physician they were very fortunate because that tumour was benign and had no cancer tissue in it at all or very little, or they weren't able to find any at all. There probably was some in there but it was so small they couldn't find it. Now it's obvious that tumours that are made up of non-cancerous tissues, are not going to shrink when you kill all the cancer cells and this is especially true with transplanted tumours. The only ones that will work in a transplant, as you know the body has rejection mechanisms, the only ones they can generally get to stick, you might say, or to stay, or survive, are those which generally have two or three percent cancer tissue in them. So in these cases, what I'm saying is that even if the Vitamin B-17 were 100% effective the reduction of tumour size would be only two or three percent at the most. So naturally, that criterion did not produce positive results and in some cases in these experiments, the materials used may not have even been laetrile in the beginning.*

*Now that is a tremendous handicap, ladies and gentlemen, against a laboratory experiment or a pseudo scientific experiment. Now I say that not lightly, when I say that laetrile may not even have been used. For instance, this is an article that I found in the "Bio-Medical News" of July 1971, entitled "Laetrile's Value as Cancer Cure Still Unsubstantiated". In the article here is what it says: "Dr. Dean Burke, Head of the National Cancer Institute's Chemistry Laboratory of Bio-Chemistry, and highly respected by his colleagues as a biochemist, alleges that the animals were treated at inadequate concentrations with a drug of questionable origin and chemical authenticity."*

*Dr. Bayard Morrison, assistant to Dr. Carl G. Baker, Director of NCI, who considers laetrile worthless, and while unconvinced the drug has value, nevertheless, agrees with Dr. Burke that “inadequate concentrations of the drug were used.”*

*Dr. Morrison told Bio-Chemical News: “We cannot say that laetrile is no good without further proof.” Well, at least there is one scientist, although he is biased against vitamin B-17 — he has never worked with it himself — naturally, he would have no reason to think that it would work, but at least he had the honesty to admit that so-called evidence against B-17 so far was totally inadequate, and it was impossible to say that it does not work without further testing.*

*Well, the latest test of these long series, then I’ll wind this part up, was conducted at Sloan-Kettering. Sloan-Kettering Cancer Institute, as you know, is very well known around the country for its cancer work. At last it looked as though the establishment was going to get in on laetrile and everybody was very excited over the fact that they were finally doing some tests. Of course, those of us who had been watching what had happened in the past were not as enthused as some of my more naive compatriots, but anyway, we watched with great interest and we received, I won’t say smuggled out of Sloan-Kettering, but through unofficial channels we got a copy of their report.*

*This is a Sloan-Kettering Report dated June 13, 1973. The experiments were conducted by Dr. Hiya Mitsugu Sugura. He lists all of his laboratory experiments on mice and so forth and here’s what he says in part: “The results clearly show that Amygdalin significantly inhibits the appearance of lung metastasis in mice bearing spontaneous mammary tumours.”*

*Now that is significant. Let me just stop.*



*These were spontaneous mammary tumours. They weren't transplants. These were the hard ones to get and so he said that they significantly inhibited the appearance of lung metastasis or spreading of cancer in mice bearing spontaneous mammary tumours and increases significantly the inhibition of the growth of the primary tumours. Laetrile also seemed to prevent slightly the appearance of new tumours and then he said the improvement of health and appearance of the treated animals in comparison to those in the controlled group is always a common observation.*

*Now that was the internal report of Dr. Sugiura at Sloan-Kettering and this was given to us in about September of 1973. We were told that in November, Sloan-Kettering was going to send a representative to an international cancer convention or conference in Baden-Baden, Germany, and make public what they had found and were referring to in this report. They did so. On November 1973 a Sloan-Kettering representative stood up in Baden-Baden and before the whole world, before cancer experts from many of the nations of the world, and described the results of this test and, of course, many pro-laetrile people were ecstatic with joy. At last, they said, a breakthrough had come. I was less than ecstatic. I am paranoid if you remember, and I wasn't ready to say that the battle was over. There is nothing worse or less humble than a person quoting himself, but I am going to do that now. I wrote an article for "The Committee For Freedom of Choice in Cancer Therapy" that was sent out in October 1973, and this was before the Sloan-Kettering announcement if you remember. So we wrote this article for "The Committee for Freedom of Choice", and bear in mind, one month before the public announcement at Baden-Baden. I'm going to read to you just a part of it. "Sloan-Kettering is, of course, the epitome of the orthodox medical establishment.*

*With untold millions of dollars channelled through its facilities in the war on cancer it would be embarrassing to say the least, merely to end up serving the function of confirming what a handful of independent researchers without a penny of tax money to support them, have been saying for over twenty years. A triumph by free enterprise of such magnitude simply must not be acknowledged by the establishment, which is so deeply committed to government subsidies, government programs, and government controls.”*

*Then, I had a lot of other unkind things to say about Sloan-Kettering. I conclude it by saying this, “We can look forward to the prospects of B-17 mass produced either under the name of amygdalin or in conjunction with some man-made compound under an entirely different name, and then distributed through existing channels of prescription drugs. There will be little or no price competition in such distribution and although the actual price will not seem unreasonable considering the benefits derived there will be an overly ample profit margin for the manufacturers. Above all, however, it will not be regarded as a nutritional factor or as a vitamin and thus the general prestige and sales market for drugs will not be endangered. The present drive of establishment medicine against vitamins consequently can continue without hindrance. All of this is part of the anticipated scenario, which begins with the tests of Sloan-Kettering.” Will it turn out this way? Of course, only time will tell. “Sloan-Kettering was very upset by this kind of talk about conspiracies, and drug profits and people deliberately holding back controls...” Perhaps even this prediction, if read by enough people, could set into motion a series of events that could cause it not to come to pass. As a matter of fact, that is the very prediction that is being made. It is axiomatic that deception cannot be successful if the person to be deceived is warned in advance by making it clear before hand what is expected. It is this author’s hope either to thwart the deceivers altogether or at least to force them to seek an alternative course which either will be less harmful or more obvious.*

*Well, I honestly believe that we might have done some good in forcing them into an alternate course, one which was certainly more obvious. I was approached by a person who had an inside track into Sloan-Kettering, very close to the top people there. He told me that Sloan-Kettering was very upset by the harsh tones, by this kind of talk about conspiracies, and drug profits and people deliberately holding back controls, and so forth. He said to me, the people at Sloan-Kettering are receiving pressure from above to get out of this entire laetrile thing entirely, that they were told to forget it, drop it, and he said they're good men. They want to help you, they want to be on your side but you are just making it hard for them by calling Sloan-Kettering the establishment and so forth. Tone it down so they can come closer to your position without losing face! What an incredible statement that was. Because you realize that these are men who are charged with the very serious responsibility of finding a control or cure for cancer as soon as possible. Millions of people are suffering and dying from this disease and they are worried about saving face and doing it so that it is politically expedient. They are worried about who criticizes whom and what terms they use. They are worried about their jobs. They are worried about pressure from above instead of calling a spade a spade and saying, "look this stuff works." Well, we didn't tone it down because I didn't think they would have the guts to go through with it. I didn't think, I was hoping I was wrong, but I didn't think that they would be able to stand up to this pressure from above that we will be discussing later on, and they didn't. This is the January 10, 1974 copy of the Los Angeles Times. There was an article there heading "A Controversial Drug", and in it said Dr. Robert A. Goode, President and Director of the Sloan-Kettering Institute of Cancer Research, "at this moment there is no evidence that laetrile has any affect on cancer." That's two months after their report at Baden-Baden, Germany.*

*Two months after they announced to the world, to all the experts in the world that laetrile was effective. Now two months later, they reversed their position and said, "At this moment there is no evidence that laetrile has any affect on cancer." And with regard to that report of Dr. Sugura, he said, "A premature leak last fall, of test information from the laboratory, had given thousands of cancer victims false hope that laetrile might work." Premature leak meaning their own public announcement at an international forum. These, of course, are lies. Lies spoken by highly respected scientists who are leaders in the fight against cancer. And it is certainly no exaggeration to say that the so-called scientific basis for the opposition against vitamin B-17 has been blatantly dishonest. Which is our reality number one. Why, why did these men lie? Why have the scientific facts been distorted? Why are they manoeuvring to cover their tracks? That leads to reality number two. Reality number two is a financial political interlock that constitutes the largest, most powerful cartel this world has ever known. Now, ladies and gentlemen, this is going to be new to many of you, I believe. It certainly was new to me. Two years ago, I used to think I was pretty hot stuff. I knew a lot about conspiracies and world politics. I had spent a lot of my time reading about these subjects. I didn't know anything about what I am going to tell you. I hadn't even the slightest inkling of it. The information that follows is taken primarily from government hearings that transpired between 1928 and 1946. All there. Some of those hearings are dusty and yellowed but they are there. These are hearings that were conducted into such topics as Nazi propaganda, munitions industry, cartels, national defence, patents, lobbies, banking and currency, the court records of the Nuremberg Trials, and are loaded with information in dozens of standard reference volumes in any library. In other words, what I am saying is that while the information I am going to give you now is not widely known, it is not secret either. It is simply a matter of public record for anyone who wants to take the trouble to dig it out. Now here is that story.*

*There came into being after World War I, a cartel centred in Germany, but it existed all over the world. It was known as I. G. Farben. I. G. stands for Interessen Gemeinschaft, which is German for “Community of Interests” or a cartel, if you want to say cartel. [or Interessengemeinschaft — “Association of Common Interests”]*

*Farben is the German word for dyes. Now that’s a deceptively innocently sounding word because it conceals the whole field of chemistry including all industrial and commercial chemicals, but including especially munitions and drugs. Historically, when Farben started into the chemistry industry, it was primarily with dyestuffs and so the word Farben was sort of a historical carryover of its origins. But the word Farben today is used to define or cover the entire field of chemistry especially munitions and drugs. This cartel is known as I. G. Farben today. For those of you who travel in Europe you can see the I. G. Farben all over.*

*Now to define a cartel. There is sometimes a fuzzy understanding of what that word means. A cartel comes into existence when two or more companies or group of companies cross national lines, sign a contractual agreement to reduce competition between them. Let’s imagine that I own a giant corporation in America, and you owned one in Europe and we come together and say look, why should we cut each other’s throats over prices on our products. I’ll specialize in automobiles, you specialize in tractors. Let’s agree not to compete. You don’t produce automobiles, and I won’t produce tractors and we’ll get along fine. That’s an agreement we seek, and if we both sign it, we both agree to it, we now become a cartel. Cartels are formed with large companies agreeing not to compete on price, not to compete on products divided up world markets by saying you can have Latin America, I take North America.*

*They really do these things by cartel agreements. And the end result then, is not a single company, a still separate company, but as they add more and more agreements not to compete in this field or that field, finally they begin to act more as a single company, and they provide a unified front to the consumer. The consumer has fewer and fewer choices. You may have noticed for instance, that while your local gas stations may compete price wise with gas wars as they used to back in the good old days, the gasoline companies themselves do not. There is no competition between Shell, Texaco and Standard Oil.*

*This is also true in the entire chemical field. Not only petroleum, but all of chemistry. DuPont does not compete with any of the other chemical companies. Baer Aspirin does not compete with the others and so forth. They may compete with advertising and say well, look my aspirin is better quality then the other guy's aspirin, but that is the extent of the competition. So the point is that cartels simply are contractual agreements to reduce or eliminate competition. The end result of this is higher prices to the consumer, and less product selection.*



*“John D. Rockefeller was quoted many, many times in all of his biographies as saying, “Competition is a sin.” Rockefeller built his entire empire on that concept...”*

John D. Rockefeller, whose Standard Oil fortune financed the vast philanthropies in his name, and John D. Rockefeller, Jr., who took over his father's financial empire and philanthropies (1921). Rockefeller Archive Center

*It is important to keep this in mind because most people think that cartels are monopolies. This is what I was taught in school. That monopolies are the product of free enterprise capitalistic system. Competition brought about monopolies and of course, just the opposite is true. Monopolies are not the result of competition but the escape from competition.*

*Old John D. Rockefeller was quoted many, many times in all of his biographies as saying, "Competition is a sin." Rockefeller built his entire empire on that concept. Competition was a sin. Free enterprise was a sin. Why compete? Why cut each other's throat? He took the strongest of his competitors and brought them with him. He made them partners in his ventures. The weaker competitors he brought in as stockholders. The ones who wouldn't cooperate he crushed. That's the building of monopoly, not competition. It is important to know also before moving on to the other aspects of I. G. Farben, that this was the controlling, creating force behind Adolf Hitler and the Nazi Regime. This is a thoroughly documented fact that is again not widely known, but is certainly no secret. Hitler was simply one of many political figures in pre-Nazi Germany and it was the policy of Farben to finance all parties, have liaisons with all political parties. The same operation was conducted there that often is used in local politics in this country where contractors will contribute large sums to all parties for city council. All of them get the same amount of money, so regardless of who wins, they've got a friend on the city council. I. G. Farben was doing this in National Politics in Germany. But, at the crucial time in German history there was a decision made in the highest levels in Farben to throw the entire weight of this gigantic enterprise behind Hitler. They withdrew their support of the other candidates. They donated millions upon millions of Deutsche Marks to Hitler.*



*He became a figure overnight. All of the newspapers in Germany which were owned by Farben or heavily beholden to Farben because of advertising or investments, all of a sudden, all of them turned their editorial policies over to Hitler and created the image of a great popular candidate and Hitler was made by I. G. Farben. This all came out of the records of the Nuremberg Trials and no other place. It was brought out, for instance not at the Nuremberg Trials, but at a Senate Hearing, that a man by the name of I. V. Lee, who was well known in the United States at that time a public relations expert, was hired by old John D. Rockefeller to improve his public image. I. V. Lee was the man who told Rockefeller to start giving away a little bit of his money in conspicuous ways so as to begin to look like a philanthropist. Lee told him to give away money, especially for public buildings where his name could be in the cement outside in the front, like a hospital or library, so that thousands of people passing by everyday would see the Rockefeller library, the Rockefeller hospitals, etc. Just pennies to Rockefeller by comparison, but look at the good public relations it would be. I. V. Lee is the guy who told Rockefeller to carry shiny dimes with him, rolls of shiny dimes whenever he made public appearances and when the newsmen were there, he was to throw these shiny dimes out into the audience and the children would scamper around to get the dimes and, of course this would be different news so the photographers would take pictures, and they did, and it worked beautifully. The newspapers all across the country were always showing pictures of Rockefeller throwing out the shiny dimes. And through this kind of technique the image of Rockefeller gradually was changed from a miserly, old, mean man to a philanthropist who loved children. This was I. V. Lee's brainstorm.*

*I. V. Lee testified that he was hired by I. G. Farben to go to Germany and interview Adolf Hitler, Goering and the rest of the Nazi regime to analyze their potential for public relations and to make suggestions on how they could put a favourable public image before the German and American people. I. V. Lee was hired by I. G. Farben to do this. There is no question when you get into the records that the Nazi regime was created by Farben. Now this again is a little bit different then is in the history books. "Hitler was always a puppet of the big industrialists. He was put forth as a façade, an excuse for controlling the economy..." We are told that, in Nazi Germany, the big industrialists made a big mistake by cooperating with Hitler and they wound up being controlled by Hitler. That's what you read. The truth of the matter is that Hitler was always a puppet of the big industrialists. He was put forth as a façade, an excuse for controlling the economy. The economy of Germany was rigidly controlled and the people were told that it was controlled by the Fascist government, when in reality it was the cartel that was making the decisions and was using the government as a tool for enforcing on the economy all the regulations and controls which it, the cartel, had decided it wanted. These controls did several things. They eliminated all the competition against the cartel. They squeezed out the little guy. They squeezed out the small businessman. They destroyed him completely, and secondly, they regimented the entire German population. These were decisions made by the cartel. Okay, back to the cartel itself. It was operative in 93 countries, in all of the continents of the world and, ladies and gentlemen, if you were to look at the list of corporations that it had interlocking agreements or cartel agreements with, it would take you all day just to read the list. There were in fact, over 2,000 companies in the world with interlocking agreements with I. G. Farben. Farben owned or controlled outright all of the heavy industry of Germany. You think immediately of the Krupp Steel Works. E. G. Krupp was one of the Board members of I. G. Farben.*

*This is how it worked, it was all part of one big happy family.  
Through all of Germany, most of Europe, and much in the  
United States.*

*I would like to read to you now just a few companies, which were clearly in the orbit of ownership or control sphere, which were good old American companies. The Baer Company, by the way, Professor Baer was one of the founders of I. G. Farben. Baer Company, American I. G. Chemical Corporation, Agfa Ansco Corporation, Sterling Drugs, Winthrop Chemical, Metts Labs, J. T. Baker Chemicals, Hoffman-LaRoche, Jensen Salisbury Labs, Taylor Chemicals, Oxilite Chemical, Alba Pharmaceutical, Bristol Meyers Drug Inc., Vegets Inc., Sentower Co., Groselle Chemical, General Dye Stuff, American Magnesium, Life Savers Corp, Vicks Chemical, United Drugs, Cooke labs, Rexall-Liggett Drug Stores, General Analine and Film Corp, GAF, Ethical Drugs, and many, many more. It would take too long to read the complete list. Some of these you recognize that GAF are in themselves giant holding companies, which control as many as a hundred other large companies underneath them. These were all (part of) I. G. Farben. Now Germany discovered, at the end of World War I, when it lost, that never again would it find itself in a position of fighting a war without petroleum gasoline. The leaders of Germany felt that one of the reasons they lost the war was because they didn't have an internal supply of gasoline. And so, after the war, they put their top chemists in I. G. Farben to work to find a way of producing gasoline out of the soil of Germany, and they came up with what is known as the hydrogenation process. You might keep this in mind when sitting in a gas line. They discovered a way of making high-grade gasoline out of low-grade coal. They called it the hydrogenation process, and they sent a communiqué to Standard Oil of New Jersey and invited them to send a representative to their Baldish plant to see what they had invented.*

*Up until this time, I. G. Farben was dealing primarily in the field of chemicals, drugs and munitions. It had not gotten into the area of petroleum. Standard Oil of New Jersey pretty well had that field locked up and so here was a chance they saw of merging these two giant cartels into a super giant cartel, but they had to have something to barter with.*

*“The Baldish can make high-grade motor oil fuel from lignite and other low quality coal in amounts up to half the weight of the coal. This means the absolute independence of Europe on the matter of gasoline supplies...”*

*So Standard Oil of New Jersey sent a representative, Frank Howard, a Vice President, to the Baldish plant in Germany. And what Mr. Howard saw there made the eyes bulge right out of his head. He sent a letter back to the President of Standard Oil who was at that time, Mr. Walter Tegal, and here in part is what he said in that letter: “Based upon my observations and discussions today, I think that this matter is the most important which has ever faced our company. The Baldish can make high-grade motor oil fuel from lignite and other low quality coal in amounts up to half the weight of the coal. This means the absolute independence of Europe on the matter of gasoline supplies. Straight price competition is all that is left.” You could almost see the tears going down his cheek, “my word; we are going to have to compete on price. Straight price competition is all that is left. I shall not attempt to cover any details. I think this will be evident of my state of mind.” It was turmoil right? That was March 1926. You know that Germany fought all of World War II on gasoline that was produced from coal. It was very feasible technology even today. They haven’t forgotten. Now, as a result of this, I. G. Farben and Standard Oil did get together on this. They decided they did not want to compete on price so the inevitable happened. After three year’s negotiations, the two cartels were married, a phrase or term, which they themselves used.*

*They married on November 9, 1929, the cartels formed a super cartel and the agreement they signed contained three primary provisions. They are:*

*Standard Oil received one-half ownership of the hydrogenation rights everywhere in the world, except in Germany. They weren't going to have to compete against that.*

*I. G. Farben received 546,000 shares of Standard Oil stock, which was valued at \$30 million dollars. Now that was 1929. You can imagine what \$30 million dollars would be worth today. And*

*...*

*Both cartels agreed never to compete with each other forever more.*

*They said that anytime I. G. Farben wanted to go into a field relating to petroleum they would do so jointly with Standard Oil and anytime that Standard Oil wanted to go into the field of chemicals or drugs or anything like that it would do so jointly with I. G. Farben. But above all, they must never compete and so they were married and out of that came literally, the largest and most powerful cartel the world has ever known, even though most people have never heard about it.*

*Now, as the Nazis prepared for war, it became obvious that a certain group of their cartel members would be on one side and another group would be on the other side. Now they had no particular loyalties to Germany or to the United States or to England or to any of the other countries that would be involved in the war. Their primary loyalty was to the cartel. That was their mother, their father, their protector and that was their life.*

*So they began to make arrangements to conceal their interconnect ownership in these various countries so that when the war came the countries involved wouldn't confiscate their properties. So what they did was to create a maze of ownership through Swiss Banks. It was called the Stuttgart circle and it was a brilliant maze. It took years to unravel it. Each company was bought out by another company and the Board of Directors were members of another company and you had to be a Houdini Magician to figure out what led to where. For example, all of the American holdings of I. G. Farben were eventually brought together in the General Analine and Film Corporation. Prior to that it had been under the general heading of American I. G. Well, that "I. G." that didn't sound good, that stood for Interessen Gemeinschaft, so they had to get rid of that. They changed the name from American I. G. to General Analine and Film Corporation. You "Sweet Adeline".*

*That's how it was known on the stock market. And then they got rid of all the German names on the Board of Directors like Schmidt, and replaced them with names like Tegal, good old American names, and then General Analine and Film was sold to a Swiss company, I. G. Chemy.*

*I. G. Chemy was owned by Swiss people, all Swiss ownership, mostly members of certain banks in Switzerland, and then you dig into that, oh, these are the banks which were set up by I. G. Farben, and you finally get back to it that all this was camouflaged merely to conceal the fact that nothing had changed at all except names and trails.*  
*It was still all owned by I. G. Farben.*

*"Frankfurt was levelled from a series of heavy bombing raids, but miraculously in the centre of this rubble there was a tall building left standing with nary a scratch. That was the international headquarters of I. G. Farben..."*

*At the end of World War II, when occupation forces moved into Frankfurt Germany, Frankfurt was levelled from a series of heavy bombing raids, but miraculously in the centre of this rubble there was a tall building left standing with nary a scratch.*

*That was the international headquarters of I. G. Farben. Somehow or another, the bombardiers had been instructed to miss that building and they did and we were told, at the time; well, we would need an office building for our occupational headquarters when they moved into Frankfurt and they selected that building. Of course, the truth of the matter is, that the Secretary of War at that time was a Rockefeller financial agent who had helped finance the building of that building in Frankfurt. That's the fact of the matter. The Rockefeller interests in the United States at that time dominated the Federal Government. They had surrounded President Roosevelt and Secretary of War, Secretary of State, and all of the top policy decision levels who were held by people who were within the Rockefeller or Standard Oil sphere of influence which was exactly the American arm of this cartel, and they were protecting their own interests over there.*

*As an aside, Ford Motor Company had plants in Germany and in Nazi occupied France, which were producing for the Nazis all during the war. IT & T had a large share of ownership in the Faseltd Plant in Germany, which was producing fighter planes in Nazi Germany. So you see, these people weren't Americans, or Germans, they were cartelists. They were prepared to make profits from both sides of the war. They were willing to bomb factories and buildings but they wanted to preserve their share. The same reason, for instance, that the Standard Oil refineries and oil tanks were never bombed in North Vietnam while other things were. Those little paddle wheels took a terrific beating in the rice paddies but not the Standard Oil refineries for some reason. But anyway, getting back to the main track here.*



*When we moved in and took over the Frankfurt headquarters of I. G. Farben, we inherited all these documents in the filing cabinets. They had destroyed many of them but, of course, many of them remained. Some of these wound up being read into the Congressional hearings, to which I have referred to earlier. One of those captured documents read as follows: "After the first war we came more and more to camouflage our foreign companies in such a way that the participation of I. G. in these firms was not shown. In the course of time the system became more and more perfect for a variety of reasons. It is of the utmost importance that the officials heading the agent firms, which are particularly well qualified to serve as cloaks, should be citizens of the country where they reside."*

*So, who owns these companies? The Securities and Exchange Commission began investigations of I. G. Farben in 1938 and they spun their wheels quite a bit, but one of the interesting things that came out of these hearings was the testimony of Walter Tegal who was, if you recall, the President of Standard Oil. Walter Tegal was also on the Board of American I. G., naturally so was Edsel Ford but that is beside the point.*

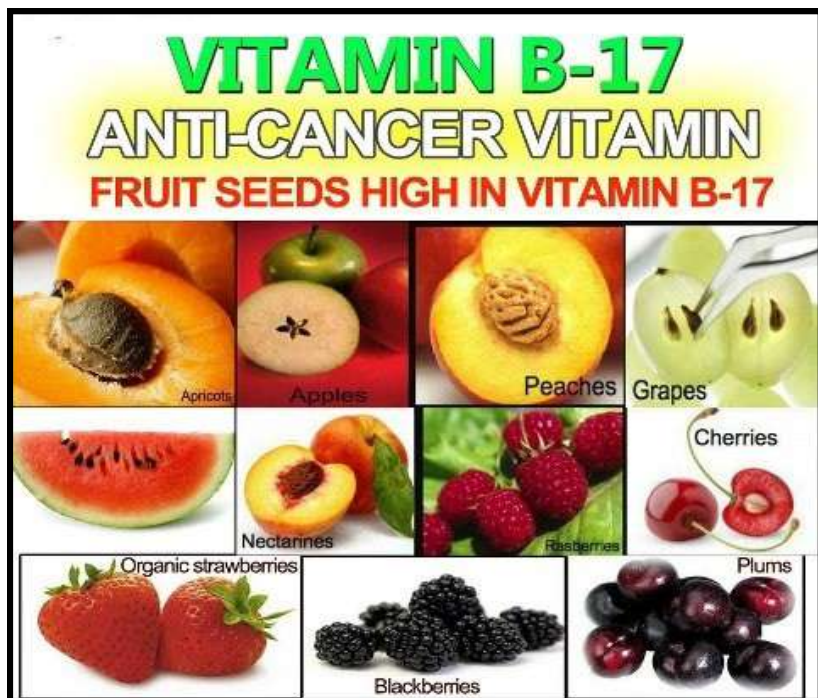
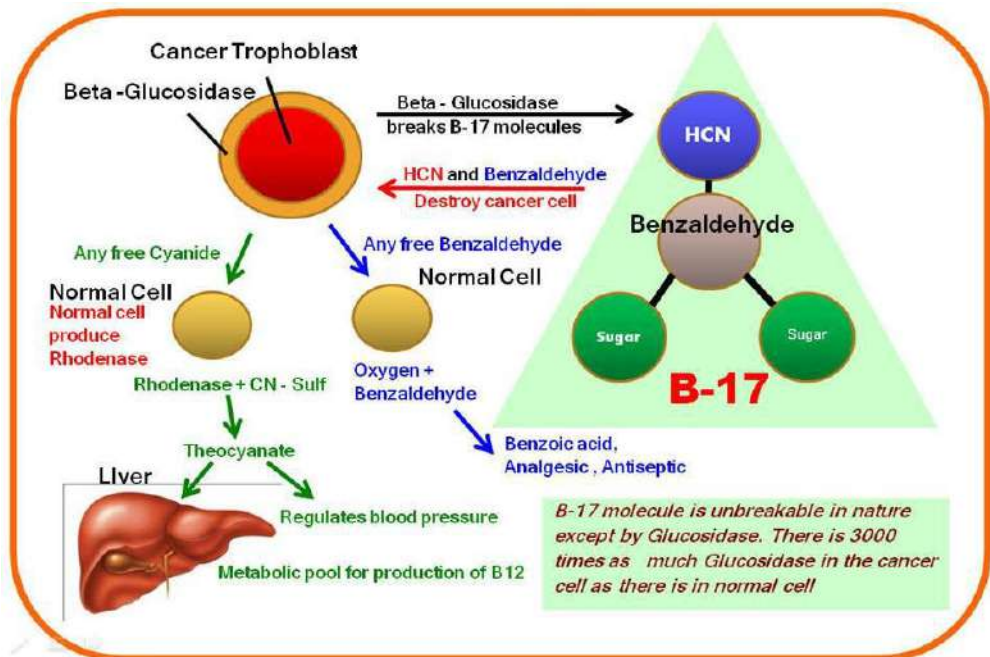
*Walter Tegal, a member of the Board of Directors of American I. G., President of Standard Oil, was called to the witness stand. He was asked if he knew who owned American I. G., the major stockholder of American I. G., the company on which he served as Board Member and he said, "I don't know." He didn't know who owned it! He didn't know how many shares of American I. G. were owned by I. G. Chemy or the Swiss firm. He didn't know who owned I. G. Chemy. In fact, it was pointed out to him that over 500 shares of American I. G. were issued in his name, in Walter Tegal's name. Who owned those shares? He said, "I don't know." He didn't know anything. Or, so he said.*

*The facts came out later, of course, that he was lying. He was acting as the confidential agent of the I. G. Rockefeller cartel, which is why he was President of Standard Oil. You don't think people like that get to be president of these multi-national companies because they are able to be super executives because of deals like this. Not that they are sloppy executives, because they are good executives, but the primary quality for being the head of these super national organizations is being on the inside and be willing and able to transact confidential deals like this.*

*The cartel prospered through, and by World War II and with the sale of General Analine and Film in 1962 — I should explain something about that — in spite of all the camouflage it was generally accepted that still, General Analine and Film was indeed owned by nationals of Germany, which was at that time a foreign power and an enemy power. General Analine, and Film was put in receivership operated by the alien property custodians.*

*In other words, it was put in receivership by the Federal Government. At the end of the war it became a problem of what to do with General Analine and Film. It was the resolve of Congress not to give it back to German nationals.*

*So after many years of haggling, it was decided to sell it at public auction under the direction of Attorney General, Robert Kennedy. It was put on the block in 1962 and was sold to the highest bidder, and the whole thing smelled to high heavens. The highest bidder constituted a consortium of investment firms on Wall Street, all of which were within the Rockefeller sphere of influence. They were all Rockefeller Wall Street firms. They dominated the entire transaction and so what happened is that Rockefeller merely recovered what was his all along and nothing had changed. Except, the American people were told that General Analine and Film had been put up for sale and was no longer within the sphere of the cartel. But it remained where it had always been.*





**THE BITTER ALMOND TREE WAS BANNED IN AMERICA  
IN 1995 BECAUSE IT'S THE HIGHEST SOURCE OF B17  
WHICH PREVENTS & TREATS CANCER.**

***Shop Holistic Was Raided Recently By  
Trading Standards Guess What They  
Confiscated.....You Got It.....All Their  
Apricot Kernels + Their Vitamin D3.***

**"A study was done which shows the majority of oncologists who refer patients for chemotherapy for lung cancer would not themselves take chemotherapy for lung cancer. And in fact if the chemotherapy involved cis-platen, something like 75% of them said they wouldn't take it. But what do these people do all day long? They're sending people for cis-platen."**

**Dr Ralph Moss, Ph.D.**



**"After presenting a rather effective lecture on cancer...the windshield was shot out of my car on the road back to San Francisco. The next night the glass window in the tail gate was shot out (300 miles removed from the first shooting). The police said, 'maybe someone is trying to tell you something'. The late Arthur Harris, M.D. was threatened by two men with assassination if he continued to use laetrile. Since that time we have de-centralised the work so that, if any two of us are shot out of the saddle, it will have only a slight negative effect on the program."**

**Ernst T. Krebs**



## **Did You Know!**

- 1. US Gulf War Servicemen Were Given An Oral Bug Repellent.**
- 2. Semen Has Immune Suppressing Qualities [Prostaglandins'] To Suppress The Woman's Immune System, Semen In The Bloodstream Contributes To HIV.**
- 3. Chlorophyll Helps Your Cells Absorb The Sunshine.**
- 4. Cancer Research UK Was Originally Called The Imperial Cancer Research Fund (ICRF) Was Founded In 1902 As The Cancer Research Fund, Changing Its Name To The Imperial Cancer Research Fund Two Years Later. [ Now This Just May Be Me, But They Have Had 115 Years To Find A Cure, Now Come On, Are They Taking The P##s, Save Your Money As They Aren't Looking For S##t, And When They Are Contacted About Cures They Fob You Off, But That's Just My Opinion]**
- 5. The Cancer Research UK Motto Is "We'll Beat Cancer Together".....When Guys, When? And What The Hell Is Going On?**

### **Meet The Research Team.**



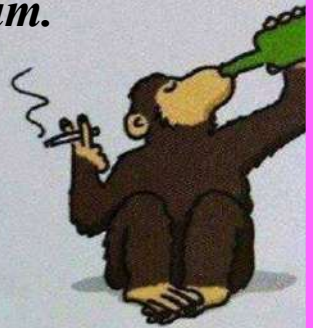
**Hear  
no evil**



**See  
no evil**



**Speak  
no evil**



**Give  
no fucks**

# **GOVERNMENTS KNOW THAT CANNABIS CURES CANCERS!**

***www.ncbi.nlm.nih.gov/pubmed/17952650***

***Sounds far fetched doesn't it, but copy and paste the  
above link into your browser and it takes you to  
pubmed.gov. This is what you get:***

The screenshot shows the PubMed website interface. At the top, there's a navigation bar with 'NCBI', 'Resources', and 'How to'. Below that, the 'PubMed' logo and a search bar are visible. The main content area displays the search results for the query 'Cannabinoids and gliomas'. The first result is highlighted, showing the title 'Cannabinoids and gliomas.' followed by the authors 'Velasco S<sup>1</sup>, Camarero A, Blazquez C, Lorente M, Aguado T, Haro A, Sanchez C, Galve-Roperth I, Guzmán M.' and the journal 'Vol 36(1) 2007 Aug;36(1):69-7. Epub 2007 Jun 28.' The abstract text is visible, discussing the effects of cannabinoids on tumor cells. On the right side, there are links for 'Full text links' (SpringerLink), 'Save items' (Add to Favorites), and 'Similar articles' (Down-regulation of tissue inhibitor of metalloproteinases-1, Hypothesis: cannabinoid therapy for the treatment of gliomas?, Antitumor effects of ajulemic acid (CT3), a synthetic non-psyche, The endocannabinoid system as a target for the development).

***Shocking isn't it, Google Corrie Yelland, she beat  
her terminal anal and skin cancer, her story will be  
on the next page, also I know about people who  
have used Cannabinoids to beat lots of illnesses.***



***Corrie Yelland now does  
talks all over the world  
promoting Rick Simpson  
and Hemp Oil.***

## **Corrie Yelland's Story: Beating Anal and Skin Cancer with Cannabis Oil.**

*Hi, My name's Corrie (Yelland). I'm 55 years old. In May of 2007, I had a heart attack and subsequently had a double bypass. As a result of the heart surgery, for 4 plus years, I have been plagued with chronic debilitating pain from a malignant sternum and post sternotomy neuralgia/syndrome. I was ingesting copious amounts of various pain killers 24/7. They barely touched the pain. I spent my days in agony, waiting for evening so I could try to sleep. I took sleeping pills nightly in a futile attempt to escape the hell I was going through and failed miserably. Within 2 hours of taking the pills, I would awake in agony.*

*Fast forward to July of 2011. Already coping with 2 spots of skin cancer on my collar bone, I was stunned when I was diagnosed with Anal Canal Cancer. (This is the same cancer that took Farrah Fawcett's life.) Following 2 surgeries, the doctor told me they did not get all the cancer and I would have to endure a regime of radiation treatments. I started researching what this would entail, and attended a intake meeting at the Cancer Clinic. I was informed that "this is the worst area of the body to radiate", the radiation beam would hit both my coccyx and pubic bone potentially causing permanent damage." They would try not to hit my spine.*

*Additionally, I would suffer 2nd and 3rd degree burns vaginally, rectally, across my buttocks, as well as my entire "nether regions", and there was a "good possibility" both my vagina and rectum would fuse shut from the burns and subsequent scarring.*



*The list of both short and long term side effects was endless and horrendous, but you get the gist. I told the doctor, I needed time to think about it. His response was hostile, as he told me I had 2-4 months, possibly 6. He murmured something about a "death wish" and walked out. One day someone sent me Rick Simpson's video, Run From The Cure. It took me days to get around to watching it, but when I did I was blown away. Here was this man, a seemingly super straight small town Nova Scotian, talking about these amazing results he had seen with in himself and other people taking Cannabis and curing themselves of a myriad of diseases including end stage cancers. After hearing what Rick had to say, and watching the testimonials in the video, I was feeling some hope for the first time. For 2 weeks I did nothing but research cannabis as a medicine. I was stunned by the sheer number of studies on Pub Med indicating that cannabis indeed has the capacity to heal. I started using cannabis 2 months ago as per Rick Simpson's protocol from his video. (He recommends starting out small, and slowly upping the dose so ones' body becomes accustomed to it, without being high constantly. As a person who hasn't smoked pot since my late teens, early 20's, the non high aspect appealed to me). I had huge hopes to cure my cancer, and embarked on my fight to live.*



*As well as ingesting the cannabis oil, I topically applied it to 2 spots of skin cancer on my collar bone. Within 48 hours, there were visible changes. In just over a week, the 2 spots were completely gone. Elated, I continued ingesting the oil, in hopes it would work on the other cancer attacking my body. Nothing prepared me for what happened next. About 2 weeks into my regime, the pain in my sternum, as well as the nerve pain had become almost non existent.*



*You have to understand, I had resigned myself to a life sentence of pain and agony. It had been 4 years of pain that was with me 24/7 and never, in my wildest dreams, did I imagine I would be pain free ever again. I was able to stand up straight, the jolting pain so intense that it would cause me to cry out, ceased completely. I started to sleep through the night and stopped taking sleeping pills. I saw one of my doctors a couple of weeks ago and was thrilled to hear he believes there is a decrease in both the size and number of tumours. I know in my heart it is only a matter of time before I will be completely cured.*

*sceptical of my friends comment on the visible changes in me. I have evolved from a pain wracked, hunched over, shuffling along individual, to a vibrant, high energy person. Even my complexion has improved. Before I started using cannabis, I typically took 10 - 15 Tylenol 3 a day, along with a smorgasbord of other drugs. Now, in a 24 hour period, a half a Tylenol 3 is all I need. I think it's understandable when I say I get very emotional when I think of how far I've come. Not only has cannabis changed my life, it is SAVING my life. When researching, I met a woman in Texas diagnosed with the same cancer that I have. Diagnosed at the same time, we felt fortunate to have found each other, as we were identical in every aspect. I. E. same age, same diagnostic procedure, same stage of the cancer with radiation recommended as treatment. She chose to have the radiation. I'm very sad to tell you she died 2 weeks ago, as a result of infection from radiation burns. She left behind a husband and 12 year old daughter.*



*The above was written (March 2012) I continued ingesting the oil on a daily basis, slowly, ever so slowly increasing the amount I was taking. As well, I began filling gelatine capsules with a mixture of the cannabis oil and olive oil and inserting them rectally . I thought to myself, if the oil worked being applied directly to skin cancers, wounds etc. why wouldn't it work there? Get it closer to the source, get it closer to the problem area. At the end of May, I saw the doctor who first discovered my cancer. I was in the operating room for a non related problem. At the time, I was told he could no longer manually or visually detect any cancer. Elated, for the first time I dared to hope, that maybe, just MAYBE the cannabis oil was working.*

*Because the cancer was not this particular doctor's area of expertise, I was hesitant to become too excited. I was no longer taking any pain killers and found myself thinking that if all the cannabis did was to hold it at bay, I would consider myself lucky. On September 20, 2012, I saw my specialist/surgeon, whom I had not seen for approximately 6 months. He examined me once, then a second time, and then a third time. My heart was pounding so loudly I could hear the whooshing in my ears. And then the news I had only dared to hope for. "It's gone! I can't find anything at all. If it wasn't for the scar tissue I would never have known you had ever had cancer." I was shaking, looking at him in disbelief. Tears streaming down my face, I hugged him mumbling, "thank you, thank you." He looked at me, "No, Thank YOU! You're the one that did this. You DID it Corrie! You pulled it off, you pulled it off! No doctor, CANNABIS OIL and I pulled it off! I received confirmation that the cancer is well and truly 100% confirmed to be gone.*







*Well I'm sure you will agree that that was an amazing story. But what you need to realise is that this lady was an absolute mess, listen to her radio interviews and talks, there are things she hasn't mentioned about her illness, I felt sick and I was cringing, And the other thing I was shocked about is she thanked her doctor.....for what, he was suggesting that they were going to fuse her vagina and anus shut, and I agree "Rick Simpson Run From The Cure" was the film that really opened my eyes. Like I tell everyone, take what steps are needed for you as an individual, its your right to be able to make a choice to care for yourself. I have a great respect for people who get up off their backsides and do, whether they succeed or not, I makes no difference, as long as they try.*

# Corrie Yelland's Medical Documentation.

## Investigation Results

Printed on: 29-Oct-2012 01:34PM

Page 1

Patient: [REDACTED] Report No: 12-284-[REDACTED]  
PHN: 90-[REDACTED] Phone: (254)-[REDACTED] Report by: VIHA  
Age: 55 Sex: F Patient ID: 50-[REDACTED]  
DOB: [REDACTED]  
Collected on: 10-Oct-2012 10:28AM Reported on: 16-Oct-2012 01:39PM  
Ordered by: [REDACTED]  
Copy To: [REDACTED] VIHA VIHA RECONCILIATION

Royal Jubilee Hospital

Case Number: VS-[REDACTED]

### Clinical History

Perianal dysplastic skin.  
Biopsy of skin/anal canal.

### DIAGNOSIS

- A. Anal margin #1, biopsy:  
Negative for high grade dysplasia or carcinoma.
- B. Perianal, right side, biopsy:  
Negative for high grade dysplasia or carcinoma (see Comment).

Electronically Signed By: Dr. [REDACTED]  
Date Reported: 16-Oct-2012

### Comment

- B. Immunostains are confirmatory.

### Gross Description

A. Anal canal biopsy, margin, #1:  
The specimen container is labeled with the patient's name and "anal margin #1".  
Received is a thin strip of skin 2.3 x 0.3 cm in surface dimensions.  
It is excised to a depth of 0.8 cm.  
The skin surface is mottled beige brown throughout.  
No distinct lesions are identified.  
The excision margin is inked black.  
Submitted as is in one cassette.

B. Skin, perianal, right side:  
The specimen container is labeled with the patient's name and "perianal R side".  
Number of pieces: 1 punch  
Dimension: diameter 0.4 cm x length 0.5 cm  
Subcutaneous fat: Absent  
Submitted in one cassette(s), complete.

### Source of Specimen

- A. Anal canal biopsy, margin, #1  
B. Skin, perianal, right side

### FINAL RESULT

Prepared by PLEXIA Electronic Medical Records Inc.

www.plexia.ca

# Corrie Yelland's Medical Documentation.

01/21/2011 12:00 PM 250 [REDACTED]

VGH Health Recs

0003/0003



Name: [REDACTED]  
MRN: [REDACTED]  
ENC#: [REDACTED]  
DOB: [REDACTED]  
GENDER: Female  
PHN: [REDACTED]

## Histopathology Report

Royal Jubilee Hospital

Case Number: VS17 [REDACTED]

### Source of Specimen

A: Anal canal biopsy

Collection Date and Time: 29-Jun-2011 13:20

Received Date and Time: 30-Jun-2011 07:19

### Clinical History

Cs anal canal. Possible perianal cancer.

### DIAGNOSIS

A: Anal canal biopsy:

Squamous cell carcinoma in situ  
Margins focally involved.

Electronically Signed By: Dr. [REDACTED] 250 [REDACTED]

Date Reported: 05-Jul-2011

### Microscopic Description

Almost the entire lesion is covered by squamous cell carcinoma in situ with human papilloma virus features. There is no invasion. In 3 of the slices lesion focally involves the cauterized margin of excision but most of the margin is narrowly clear.

### Gross Description

A: Anal canal biopsy:

The specimen is labeled with the patient's name and "possible perianal cancer". Please note, the specimen was initially received fresh. Received is an ellipse of skin that is not oriented. It is 2.6 x 2.3 x 0.5 cm in depth. Occupying almost the entire surface is a polypoid pale scaly lesion that extends to a height of 0.2 cm. It is within less than 0.1 cm of the margin at several points. The excision margin is inked black. The specimen is then serially cross sectioned and completely submitted in five cassettes.

END OF REPORT

PLLoc: Victoria General - Acute Care

Print Date: 11-Jul-2011

Print Time: 12:25

Discharge Date: 29-Jun-2011

EHR Printed Copy

Page 1 of 1



# Corrie Yelland's Medical Documentation.

9/24/2012 3:32 PM FROM: [REDACTED] TO: 1-250- [REDACTED] PAGE: 001 OF 001

Dr. [REDACTED]  
General Surgery  
MS [REDACTED]  
Victoria, BC [REDACTED]  
P: 250- [REDACTED]  
F: 250- [REDACTED]

- NOT FOR THIRD PARTY RELEASE -

Dr. [REDACTED]  
Family Medicine - CCFP  
MSP [REDACTED]  
Victoria, BC [REDACTED]  
P: 250- [REDACTED] 250- [REDACTED]

Corrie [REDACTED]

[REDACTED] Corrie [REDACTED]  
Victoria, BC, CAN  
[REDACTED]

date of birth : [REDACTED]  
home phone : [REDACTED]  
work phone : [REDACTED]  
other phone : [REDACTED]

sex : Female

PHN [REDACTED]

September 20, 2012

Dear [REDACTED],

Thank you very much for having me see Ms. [REDACTED] in the office today. It has been over a year since I saw her. Ms. [REDACTED] had a squamous cell carcinoma which we excised. This has healed up very nicely. She tells me she has been cannabis oils for her cancer treatment. She declined radiotherapy. She feels she is healed up completely.

She is otherwise eating and drinking well, her weight is stable and she has no other issues or concerns.

On examination today she has the scar area where we excised the tissue and no other abnormalities. She does have a bit of hemorrhoidal tissue which is not unexpected. There is no evidence of any heaping up, ulcerated or wart like growths. On proctosigmoidoscopy the higher mucosa all looks normal.

My impression is she has probably healed up very nicely. My recommendation is we do random biopsies of the area to make sure there is no recurrence there. If I hadn't known she had previous squamous cell carcinoma of the area I would have said the tissue looks normal. Thank you very much for having her see me. We have arranged for her to have random biopsies of the anal canal under general anaesthetic.

Sincerely,

Dictated but not read

Dr. [REDACTED] MD, CM, FRCSC

Chart  
Appointment  
Telephone  
File  
[REDACTED]

Entered [REDACTED] Sep 24, 2012

## **Did You Know!**

- 1. Some People Are Mis-Diagnosed With Parkinson's Disease, When It Is Trapped Nerves In The Neck Causing The Same Symptoms. I Was Diagnosed With Parkinson's Approximately 15 Years Ago, They Were Totally Wrong, A Chiropractor Told Me The Top Two Joints In My Neck Were Out [ Axis And Atlas ] Which Had Pinched A Nerve.....All Symptoms' Went After Just 4 Visits.***
- 2. If Your Knee Joints Keep Clicking, Take Manganese And Magnesium.***
- 3. After Every War Soldiers Suffer With Mental Problems, But Why Do They Keep Labelling It Differently. WWI = Shell Shock. WWII = Combat Stress Reaction. Vietnam = Battle Fatigue. Gulf War = Gulf War Syndrome. Conflicts Today = PTSD.***
- 4. Very Low Cholesterol Levels Are Associated With Violence. According To Golomb And Colleagues In Their Study Of 79,777 Patients, Violent Criminals Had A Much Lower Level Of Cholesterol Than Non-Violent Individuals. Low Cholesterol Is Also Associated With Higher Rates Of Suicide. In A Study Of Monkeys, Low Cholesterol Was Also Linked To Aggressive Behaviours.***
- 5. They Can't Make Artificial Blood. You Can Get An Artificial Hip, Knee, Elbow, Even Ankle, And There Are Machines That Can Replace Your Heart And Lungs, But There Is No Way To Make Synthetic Blood Substitutes In The Laboratory.***

## Farrah Fawcett's Cancer Has Returned

FRIDAY MAY 18, 2007 06:00 PM EDT

By Mike Fleeman



Farrah Fawcett, who was declared cancer-free in February, discovered this week the cancer has returned, PEOPLE has confirmed.

"She was completely devastated at first," says her close friend Craig Nevius, who produced the *Chasing Farrah* reality show. "And then, as is her way – as was the case the last time – she became much stronger and started dealing with it, and she's beginning to make a plan."

Fawcett got the news after a routine three-month checkup in which doctors discovered a malignant polyp, smaller than a pea, says

*When I was a child, Farrah Fawcett Majors was my pinup girl right along side Jacklyn Smith when they were in Charlie's Angels. I was gutted when she died. And as Corrie Yelland stated, it was the same type of cancer she had. What a waste of a beautiful lady. But as they said above her cancer came back. Rubbish they never got rid of it in the first place. Unfortunately we live in a world where symptomatic medicine is practiced so they treat the symptoms, not the cause, its tragic.*

If people stop getting cancer, we stop making profits. So, we need to make sure everyone focuses on 'the cure', not the cause.



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user card

**Meet Dennis Hill**  
**Biochemist**  
**Works in the Cancer Industry**  
Papers written by Dennis explaining How it works are available on Site  
[www.cannabisnationradio.com/dennis-hill](http://www.cannabisnationradio.com/dennis-hill)



**Killed His Own Cancer**  
**With Cannabis Oil**  
**CannabisNationRadio.com**  
It's Time for an Honest Conversation about Marijuana  
Interview Recorded Live 4/27/12



**Will you**  
**Courageously**  
**Support the Cure?**



**CANCER WAS CURED  
THOUSANDS OF  
YEARS AGO**



**QUIT BEING A PINK ASS**

## Cancer-Fighting Foods



Green Tea



Blackberries



Raspberries



Blueberries



Lemons



Apples



Kale



Green leafy-  
vegetables



Turmeric



Cinnamon



Artichokes



Garlic



Tomato



Olive Oil



Dark Chocolate



Pomegranate



Ginger



Cauliflower



Brussel sprout



Avocado



Nuts & Seeds



Broccoli



Mushrooms



Ginseng

**CANCER  
is curable  
NOW**

[www.maxawareness.com](http://www.maxawareness.com)

*This appeared in the paper just after the hospital tried to prescribe my sister Chemotherapy for her breast cancer. Weird how life works out isn't it, this was the push my sister needed to look outside the box that she had enclosed herself in due to working in the "Health" Service for the best part of her life.*

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**Whistleblower outed by hospital bosses in cancer drugs cover-up: Health chiefs try to discredit and reveal name of professor**

- Professor revealed patients were needlessly put through chemotherapy
- Had wished to remain anonymous after disclosing 'macabre experiment'
- Royal Wolverhampton NHS Trust named whistleblower in a statement
- Failed to discredit him by stating restrictions had been put on his ability to practice

By PAUL BENTLEY AND KATHERINE FAULKNER FOR THE DAILY MAIL  
PUBLISHED: 23:22, 14 October 2015 | UPDATED: 01:30, 15 October 2015

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**DON'T MISS**

OMG indeed! Buxton Lauren Goodger proves she's kept her curves as she parades newly slim figure in eye-popping silver bodcon

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An NHS whistleblower who revealed patients were needlessly put through the agony of chemotherapy has been outed by his bosses.

The professor wished to remain anonymous after disclosing the 'macabre experiment' carried out by colleagues.

But health chiefs tried to discredit him yesterday in a statement described as 'obscene victimisation'.

The whistleblower had previously been gagged from warning the public about his concerns by bosses at the Royal Wolverhampton NHS Trust.

The chemotherapy was administered in defiance of strict guidelines by oncologists Dr Margaret King, left, and Dr Mark Churn, right, to patients with colorectal cancer

He was also subjected to racist abuse, which became the focus of a criminal investigation.

Obsessed fan who showered Disney star Jake T. Austin with tweets for FIVE YEARS is now dating him Danielle Caesar's persistence paid off

Jennifer Ellison hit 14st after her sugar addiction saw her drinking EIGHT cans of Coke a day - and she needed medical help when she went cold turkey on TV

PICTURED: Cold Feet stars reunite for first time in 13 years as the cast attend script read-through ahead of show's highly-anticipated return Long-time coming!

Yo-yo dieter Frankie Essex displays fuller figure as she slips into skimpy orange bikini during winter break in sunny Lanzarote Has piled on the pounds

Juicing is so 2015... This year it's all about SOUPING! Make like Gwyneth and try one of these splendidly healthy soup recipes SPONSORED

I can't say he's going to be alive! Maisie Williams reveals there will be a 'great twist' concerning Jon Snow on Game Of Thrones Fame may be overrated

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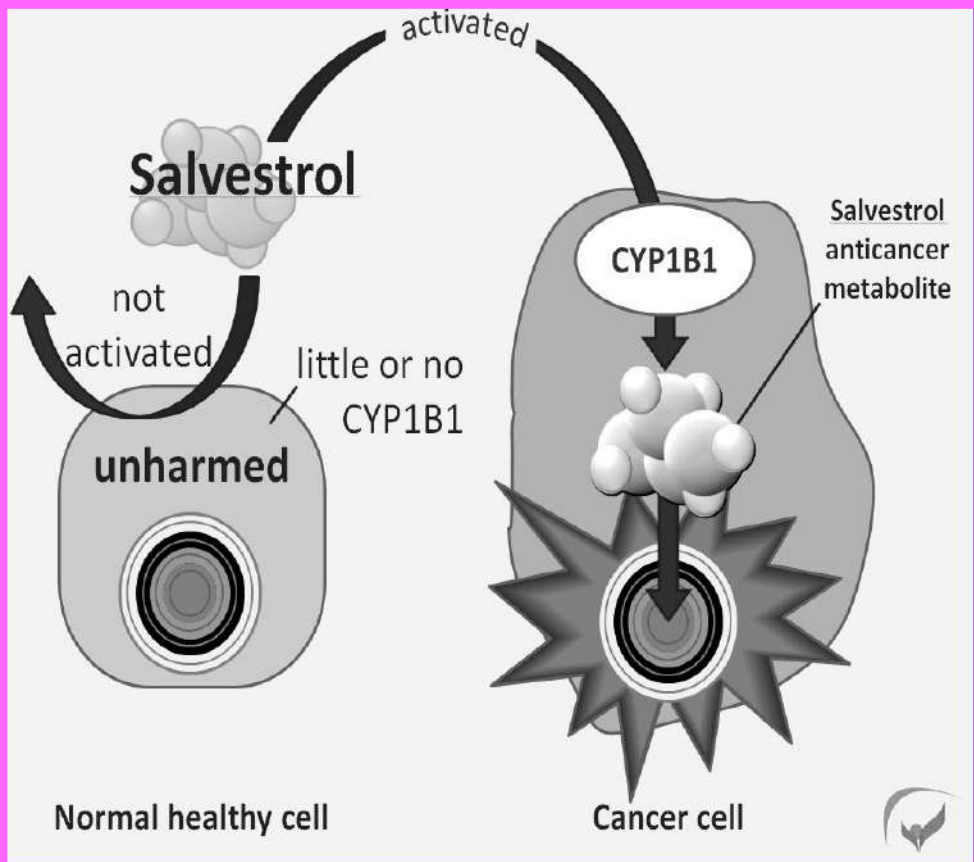
Shop now>

***Please Take Note This Is Very Important.  
An Education From David Icke.***

***Scientists were looking for a bio marker for cancer cells, so that drugs would only attack and kill cancer cells and not the healthy cells as chemotherapy does. But as it turns out an English Professor Dan Burke had already established that cancer cells have a bio marker called CYP1B1, it is an enzyme that only appears in cancer cells and not in healthy ones. He then teamed up with another scientist, Professor Potter From Leicester University who came up with a substance which is found in many fruits and vegetables called SALVESTROLS. And they found this: The CYP1B1 enzyme which is only found in cancer cells, interacts with the SALVESTROLS only found in fruit and veg and turns it into a cancer killing agent. So we have had a natural cancer killing response system as long as we eat plenty of fruit and vegetables with the SALVESTROLS in them. When we get a cancer cell, the CYP1B1 enzyme within the cancer cell reacts with the SALVESTROLS causing a chemical reaction which kills the cancer cells and doesn't harm normal cells. You get SALVESTROLS in organically grown fruit and veg susceptible to fungal attack, as the fruit and veg produce the SALVESTROLS to fight off the fungal attack. Why SALVESTROLS react with cancer cells is that cancer is a form of fungal attack on the body, which is the reason why some people use bicarbonate of soda in cancer protocols as it destroys fungus. Well in the 1950's chemical farming was introduced, from the 1950's we have had an epidemic of cancer in the western world. So what is the effect of this, because they have been using anti fungicides' on fruit and veg, they've been killing the fungus artificially, which means the fruit And veg no longer need to produce the SALVESTROLS as the fungus is being killed artificially and externally.***



***But they know what they are doing as the most used fungicides in the world also neutralize the effect of CYP1B1 the enzyme in cancer cells, so you can eat all the SALVESTROLS you like, but if your body has accumulated the fungicide poison through eating these foods, it wouldn't matter anyway, as the SALVESTROLS wouldn't be activated as a cancer killing agent as the enzyme in the cancer cell has been neutralised. Accident.....I Think Not! Probably why they are trying to ban organically grown food.***



## ***Now This Is The Thought Of The Day.***

***If Nurses Wear Two Sets Of Gloves When Handling  
Chemotherapy Drugs On Patients To Stop Themselves From  
Becoming Sick. What Makes Everyone Think That Injecting  
That Crap Into People Will Make Them Well! I Makes No  
Sense Too Me.***

***And In The Hippocratic Oath Doesn't It State, And I Quote,  
"I Will Administer No Poison."***

### **What's in the Kit?**

- ◆ 2 x Caution Spill Signs
- ◆ 1 x Procedure Form
- ◆ 1 x Chemo Gown
- ◆ 1 x Pair Safegard Overshoes
- ◆ 1 x Safety Glasses
- ◆ 1 x Hairnet
- ◆ 1 x Respirator Mask
- ◆ Chemosafe Purple Gloves
  - Medium x 2 pairs
  - Large x 2 pairs
- ◆ 2 x Chemosorb Pads
- ◆ 4 x Towelettes
- ◆ 1 x Purple Cytotoxic Waste Bag
- ◆ 1 x White Waste Bag
- ◆ 2 x Cable Ties
- ◆ 1 x Plastic Scoop & Scraper
- ◆ 1 x Bottle of Water 150mL
- ◆ 1 x Incident Report Form



***Right Take A Look At These.  
Above Is A Chemo Accident  
Pack.***

***And To The Right Is An Actual  
Chemo Dermal Spill. This Stuff  
Must Be Good For You Right!***



## **Did You Know!**

- 1. Some Drugs That Treat Restless Leg Syndrome Have A Side Effect Of Compulsive Gambling. Dopaminergic Agents That Treat A Variety Of Conditions, Including Restless Leg Syndrome, Can Cause Otherwise Ordinary People To Become Gambling Addicts. Physicians Do Not Always Warn Patients About This Potential Side Effect, And Patients And Their Families Do Not Associate It With Drug Therapy. No One Clearly Understands Why This Happens.***
- 2. Your Brain Sees The World Upside Down. When The Rods And Cones Of Your Retina Send An Image To The Brain—Say You're Looking At A Tree—The Image That Gets Transmitted To The Brain Is Upside Down. The Brain Automatically Rotates The Image In Its Visual Cortex. Babies Learn To Do This Early On. It's So Automatic, You Do Not Know You're Doing It.***
- 3. There Are Many Differences Between Men And Women That We Don't Entirely Understand. For Instance, Women Have Smaller-Diameter Coronary Arteries Surrounding The Exterior Of Their Heart In Relation To The Size Of The Heart; Men Have Larger-Diameter Arteries. If A Female Heart Was Transplanted Into A Male Patient, The Arteries Over Time Would Grow To Be The Larger-Diameter Type. Men Also Have Larger-Diameter Strands Of Hair. Women Blink About Twice As Much As Men Do And Have A Keener Sense Of Smell. Men Burn Fat More Quickly (About 50 Calories A Day More).***

*According to repeated nationwide surveys,*

# More Doctors Smoke **CAMELS** than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camel!

You'll enjoy Camels for the same reasons so many doctors enjoy them. Camels have cool, cool mildness, pack after pack, and a flavor unmatched by any other cigarette.

Make this sensible test: Smoke only Camels for 30 days and see how well Camels please your taste, how well they suit your throat as your steady smoke. You'll see how enjoyable a cigarette can be!



THE DOCTORS' CHOICE IS AMERICA'S CHOICE!



MARJORIE H. STONE, M.D.: "I prefer Camels. They agree with me throat and taste wonderful."



NEIL RAVITCH, M.D.: "I get more pleasure from Camels than from any other brand."



ARTHUR BELLAMY, M.D.: "Camels suit my taste and throat. I've smoked 'em for years!"



*For 30 days, test Camels in your "T-Zone" (T for Throat, T for Taste).*

***Do You Remember When Doctors Recommended That  
Smoking Was Good For You!  
Trust Your Instincts, Not A Stranger.***

# **Dani's Personal Breast Health Protocol.**

*This is the protocol Dani followed to reverse the health of her breasts, with which she saw huge improvements in only 3 months. Everyone is different, so things may work differently for each person.*

*It is mostly important to listen to your own body and your own intuition. If it feels wrong don't do it, if it feels right do it!*

*This protocol can be used alongside conventional treatment to build up the immunity and possibly reduce side effects.*

## **1. Check Nutritional Imbalances.**

- *Hair mineral tests and kinesiologyt to determine any deficiencies or toxicities.*
- *Ketogenic Diet [75% fat, 20% protein, 5% carbs] with intermittent fasting [eating only between 1pm and 7pm] - the idea with the ketogenic diet is that it trains the body to burn fat for energy, producing ketones which the body can use instead of glucose [which is why it is so low carb]. Cancer cells cannot use ketones for energy but thrive on glucose. It is a very extreme diet, most will do well on just cutting all sugars and grains out and including as many vegetables as possible, and 2-3 portions of fruit including dark coloured berries.*
- *Paint a dropper full of Nascent Iodine on the breasts every morning [Lugol's Iodine can be used as an alternative but is more likely to cause irritation]. If the stain is still present in the morning, skip using it that day as your body hasn't used it all yet.*

- *Magnesium Chloride baths with Sodium Bicarbonate [1kg of Magnesium flakes with a handful of Bicarbonate, soak for 20 minutes 2-3 times per week.*

•

*In addition, Dani muscle tested for the following supportive supplements each week [so took them as needed week by week, rarely she needed all of them every day, but she always needed the top 3.*

- *Krill Oil.*
- *Zell Immunokomplex [formulated for those who are immuno-compromised]*
- *Vitamin E.*
- *Boron.*

## *2. Include Anti Cancer Herbs, Foods And Remedies.*

*Danni muscle tested on these every week so not to over burden her body.*

- *Curcumin Extract 45x potency.*
- *50,000 iu Vitamin D3 [D3 Extreme]*
- *High dose K2 [Super K2]*
- *Selenium.*
- *Plenty cruciferous green vegetables', dark berries ect.*
- *Apricot Kernels' every day [muscle tested every week for number to have each day. It tended to increase +1 each week] It is important not to exceed the amount your body tests for as the kernels' break down into cyanide within the body!*
- *Ionic Silver 2-3 sprays per day.*

### **3. Address Toxicities And Reduce/Remove Sources Of Toxins.**

*Dani basically followed the advice on the prevention sheet, most of which she was all ready doing, and had already followed detox protocols over the past 12 years.*

### **4. Clear Exit Pathways.**

- *Essiac Tea every bedtime.*
- *Lymph massage around the breasts and neuro-lymphatic points on outer legs every other night [detailed in the book “Breast Care Manual” by Brian Butler].*
- *Reflexology - a regular therapy such as reflexology will assist with the toxin drainage.*
- *Coffee Enemas once per week to keep the liver detoxed and to help flush the gallbladder, as a lot of toxins will be released from the healing process.*

### **5. Correct Energetic Disturbances.**

- *Regular Earthing, centering and grounding.*
- *Reduced electrical appliance use and Wi-Fi/ mobile phone use.*
- *Meditation and visualisation.*

### **6. Deal With Emotional Baggage.**

*It is important the emotions are not neglected, being mindful with tasks, not worrying and letting go of stress as much as possible, dealing with things but not getting too attached.  
[writing lists of tasks helps]*



- *Lots of EFT [as on emofree.com] - personal peace programme.*
- *Positive thinking and gratitude.*
- *Writing a daily journal.*

*Dani would especially recommend learning simple muscle testing to assess your bodies needs each week, without which she would have just been overdoing it! A tutorial is here:*

*<http://www.youtube.com/watch?v=8oMRxxPGpfE>*

*There are lots of other natural approaches so do some research, and do what feels right for you. Dani is happy to give some advice.*

*Website: <https://www.holisticdani.co.uk>*

*Email: [info@holisticdani.co.uk](mailto:info@holisticdani.co.uk)*



*Also It Is Worth Mentioning That Dani And Her Husband Lloyd Have Started A You Tube Channel Titled The Holistic Show, So Have A Look At That And Maybe Suggest Some Holistic Topics You Would Wish To Learn About.*

## *The Cancer Business.*

*I'm going to show a few products and items that should get you to realise that Cancer is big..... no huge for sales and marketing and all is not what it seems. Take a look at these pictures and these are only a minute fraction. Also a lot, but not all, of companies who promote cancer awareness use **CANCER CAUSING CHEMICALS IN THEIR PRODUCTS.***



**Johnson and Johnson  
Admits:  
Their Baby  
Products  
Contain  
Cancer-Causing  
Formaldehyde**



### Breast Cancer Awareness Promotional Items





**Breast Cancer  
Awareness  
Beauty Products**

*Shop for the Cure!*

EmbracingBeauty.com



Beauty With A Purpose


**Avon Pink Ribbon 2016**

**Together We Can Make a Difference**

[www.YourAvon.com/DianneHernandez](http://www.YourAvon.com/DianneHernandez)







Shouldn't companies  
that claim to be  
"fighting" breast cancer...

stop using chemicals that  
cause that very disease?



[SafeCosmetics.org](http://SafeCosmetics.org)



PREVENTION STARTS HERE.

[BreastCancerFund.org](http://BreastCancerFund.org)



*A portion of the proceeds  
from these product goes  
to help fight Breast Cancer*



*Yes.....They Are Stun Guns. Just Goes To Show How Crazy All  
This Is.*









*Yes, These Are Vibrators. How Low Can They Go?*

**A CRUCIAL CATCH**  
ANNUAL SCREENING SAVES LIVES

STEELERS  
Football  
A CRUCIAL CATCH

12

## KFC – Buckets for the Cure™

KFC and Susan G. Komen for the Cure® are teaming up this spring to raise funds and spread breast cancer awareness and educational messaging via a major national campaign which will reach thousands of communities served by nearly 5000 KFC restaurants.

Participating KFC franchise locations will be selling specially designed pink buckets of grilled and Original Recipe chicken. KFC has pledged 50 cents to Komen for every pink bucket ordered by its restaurant operators during the promotion period, with a minimum donation of \$1 million and a goal to raise more than \$8 million. Twenty-five percent of the funds raised will be earmarked to Komen's 120-plus domestic Affiliates for breast cancer programs in their communities. The remainder of the funds will support Komen's national research and community programs.

The lids of these special pink buckets will have a call to action to get involved. Names of breast cancer survivors and those who have lost their battle with breast cancer will be listed on the sides of the bucket. The pink buckets will be available through May 30, or while supplies last.



**EACH BUCKET MAKES A DIFFERENCE**

[bucketsforthe cure.com](http://bucketsforthe cure.com)





***This Baby Grow More Or Less Sums It Up....They Are Certainly Crawling For A Cure As They Are Not Running For One, The Reason Being Is They Are Collecting So Much Money Its Obscene, And What Bugs Me Is It Mostly Goes To Pharmaceutical Corporations, Not Natural Health Organisations, And Everyone Is Kept Dangling On A String With The Same Words Being Used Over And Over Again By The Media Such As, MAY, SHOULD, COULD, BREAKTHROUGH MIGHT, MAYBE, PROBABLY, HORIZON, WOULD And The Three Big Ones, HOPE, HOPEFULLY And POTENTIALLY. Its The Same Script Over And Over. People Are Beating Cancer All Over The World. But Companies, Clinics, Shops And Doctors Are Being Gagged, Shut Down, Raided, Harassed Or Arrested And Jailed. Google David Noakes And GcMAF [ A Little Piece On The Next Page] Or Rick Simpson “Run From The Cure”. Both Arrested And Closed Down. Now Here Are My Words The Media Should Use, NO, PHARMACEUTICAL, CURE, EVER, SCREWING, YOU, ALL, BIGTIME, NEVER, MILLION, YEARS And The Three Big Ones, WERE, ALL, SCREWED.***



## **Big Pharma & the Cancer Scam.**

**"You are nothing more than a Revenue Stream!"**

**David Noakes**

***Taken From The AV8 Website.***

***In the spring of 2009, David Noakes listened to presentation in Ghent, Belgium on Codex Alimentarius by some guy called Ian R Crane. During the course of his presentation, Ian stated there was a little-known cure for cancer called GcMAF. After the talk David went home and put it into Google. In those days it was just 32 research papers by scientists; all of which claimed that GcMAF had produced remarkable results. David was horrified that, after 20 years, no one was making this remarkable product available to the general public. He resolved to stop fighting the EU, and attack cancer. With his four scientists and 7 doctors he has now supplied 9,000 patients, and 350 independent doctors and clinics. GcMAF is a human protein all healthy people make that has 21 brilliant effects in the body including the most powerful 7 attacks on cancer known to man. Needless to say, it has no side effects. David's little company, Immuno Biotech Ltd, has now also written 31 research papers, peer reviewed and published in prestigious scientific journals. His results are truly astonishing! Needless to say, David and Immuno Biotech Ltd have been under sustained attack from Big Pharma. The problem is that this protein, which is a human body part and a Human Right for all of us, is inexpensive, effective and a threat to, for example, the poison of chemotherapy, which costs £40,000 a round.***

***Its the fact it works that makes it a target.***



# Drug hope for Crohn's patients

A NEW drug could bring relief for the 250,000 Britons who have the serious bowel disorder Crohn's disease.

Vedolizumab is the first to work directly in the gut lining, targeting the inflammation that causes chronic symptoms such as diarrhoea, bleeding and fatigue.

In trials, 40 per cent of patients were free of symptoms for at least a year – with healing of the gut lining in some cases.

Vedolizumab is the biggest advance since drugs known as anti-TNFs were developed in the 1990s. Researchers at Barts Health NHS Trust say the new treatment, a course of which costs about £12,000 a year, brings 'additional options'.

*Here We Go, HOPE For Crohns, And A Cheap Drug That MAY Help For Diabetes. Keywords All the Time, And Look At The Price £12,000 A Year.... For Now That Is, But Will Rise When They Can Establish The Drug. And Notice That They Are Recommending A Cancer Drug For Diabetes, Are They Making This Stuff Up As They Go Along. My Son Jason Was Prescribed Chemo For IBS And The Side Effects Are Criminal.*

# Cheap cancer drug may help to combat diabetes

By **Giles Sheldrick**

A CANCER drug could prove to be a vital weapon in the fight against diabetes, scientists said last night.

Aflibercept – which is marketed as Eylea or Zaltrap – is a commonly prescribed drug which blocks the growth of blood vessels into tumours.

The cheap drug is currently used to treat metastatic colorectal cancer and a form of macular degeneration – an eye condition.

Now studies by US scientists on mice have identified a previously unexpected link between a low-oxygen condition called hypoxia and the ability of cells in the liver to respond to insulin.

Researchers at Stanford University in California believe they have identified a link between the restoration of oxygen to tissues when blood circulation is inadequate and blood glucose levels. Their work has led to renewed



Aflibercept is also known as Eylea

hope of developing a range of fresh diabetes therapies.

Dr Calvin Kuo said: "We were surprised to find this drug currently used in patients for cancer treatment had beneficial effects on diabetes in laboratory mice and could potentially in humans.

"Anecdotally, there have been reports that diabetic patients who have been prescribed vascular endothelial growth factor inhibitors to treat their cancer are better able to control their diabetes." The study, published

in the journal Nature Medicine, found one protein induced by hypoxia, HIF-2alpha, enhances the ability of cells to respond to insulin.

Dr Kuo added: "Much work remains to translate these mouse studies to human patients."

Scientists found the treatment of normal and diabetic mice with a variety of drugs – including aflibercept – causes the regression of blood vessels and increases the number of hypoxic cells in the liver.

This makes them better at tolerating increases in blood glucose levels.

Last week, the Daily Express revealed how British-led research had shown how the effects of Alzheimer's could be reversed by a drug used to fight diabetes.

The Lancaster University study of Liraglutide could be a "game-changing" drug. The Alzheimer's Society is now backing a £5million clinical trial.

**"Modern medicine is not a science and modern clinicians and medical researchers are not scientists. Modern clinicians may use scientific techniques but in the way that they treat their patients they are still quacks... Medicine is no longer an independent profession. Doctors have become nothing more than a link connecting the pharmaceutical industry to the consumer."**

**Dr. Vernon Coleman**



# METRO

## Mass flu vaccination for 700,000 children

MORE than 700,000 schoolchildren will be vaccinated against flu this month in a bid to cut complications that can be caused by the virus. The mass vaccination – the largest of its kind for two decades – will see children between five and 17 given a nasal spray which is said to offer greater protection than the injection given to adults. The programme is being piloted in parts of England before being extended nationwide.

Two time Nobel Prize winner Dr. Linus Pauling declared, "**Nearly all disease can be traced to a nutritional deficiency**".





# Introducing the next stage of cancer.

**Carbonated Water:** Drinking carbonated water may pose a problem if it is the only beverage you drink and you do not get enough calcium in your diet through other foods and drinks.

**High Fructose Corn Syrup:** Contains mercury. Major cause of heart disease, obesity, cancer, dementia, liver failure, tooth decay and more.

**Caramel Color:** California added the compound 4-methylimidazole, also known as 4-MI or 4-MEI, to its list of known carcinogens in 2011. In order to meet the requirements of California law — and avoid cancer warning labels on cans — soda manufacturers have come up with a solution: switch to a new, low 4-MI formulation of caramel coloring.

**Natural Flavor:** A trade secret. But hey, don't worry, it's natural. Had it been artificial, the label would have read artificial flavor.

**Phosphoric Acid:** Nearly as damaging to teeth as battery acid.

**Sodium Citrate & Citric Acid:** Derived from corn. It is used as a strong acid, a tart flavoring, and an antioxidant.



**Caffeine:** Mildly addictive, one possible reason that makers of soft drinks add it to their products. Increases the risk of miscarriages (and possibly birth defects) and inhibits fetal growth, it should be avoided by women who are pregnant or considering becoming pregnant. It also may make it harder to get pregnant.

**Potassium Sorbate:** Prolonged use of the preservative could lead to allergic reactions, nausea, diarrhea and nutrient loss in food.

**Aspartame:** A chemical combination of two amino acids and methanol, was initially thought to be the perfect artificial sweetener, but it might cause cancer or neurological problems such as dizziness or hallucinations.

**Acetosulfame Potassium:** Two rat studies suggest that the additive might cause cancer. Large doses of acetacetamide, a breakdown product, have been shown to affect the thyroid in rats, rabbits, and dogs.

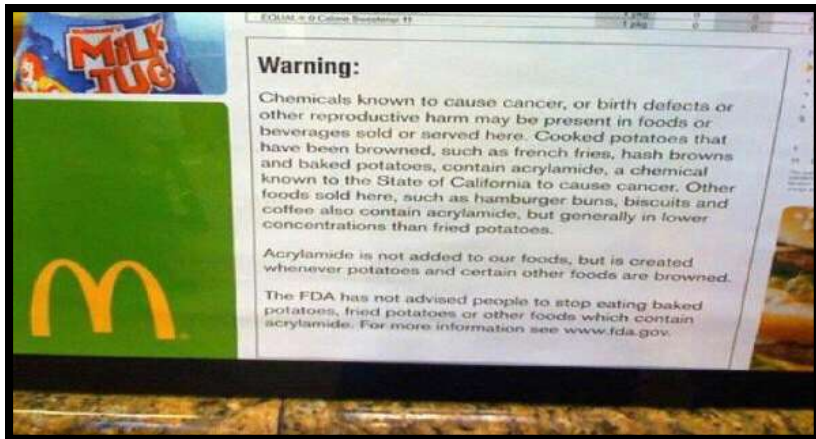
**Sucralose:** A synthetic chemical made by chemically reacting sugar (sucrose) with chlorine.

Bold denotes possible GMOs and/or carcinogens



labelgmoshellywood@gmail.com

\*beginning next year, new Pepsi bottles will be made from corn husks and grass.



***The Public Are Really Going To Have To Watch What Their Children Are Eating And Drinking Nowadays, Look At This Menu From A Californian MacDonald's. Yes It Has A Cancer Warning, As California Has Legislation In That All Products Must Show Warnings If Any Cancer Causing Chemicals Are Used In The Manufacturing Processes. [Now Take Note]***



## **Did You Know!**

- 1. *The Fingernails On The Longest Fingers Grow Faster Than The Fingernails On The Shortest Fingers. Nobody Knows Why. The Fastest-Growing Fingernail You Have Is The Middle Finger Of Your Dominant Hand.***
- 2. *Human Hair Is Tough. It's The Reason It Clogs Drains. While Human Hair Can Be Burnt, It Is Not Much Affected By Water, Cold, Heat, Climate Changes, Wear And Tear, Or Natural Decay. It Even Resists Many Kinds Of Acids And Chemicals.***
- 3. *Heart Attacks Occur More Often On Monday Than Any Other Day Of The Week. This Finding Comes From A European 10-Year Study Which Found Monday's Heart Attack Death Toll Is 20% Higher Than Other Days Of The Week. The Reasons Are Not Clear, But Some People Consider It's The Stress Of Work Re-entry That Causes The Attacks.***
- 4. *You Cannot Tickle Yourself, Its A Medical Mystery.***
- 5. *Multiple Sclerosis (MS) Occurs Much Less Frequently In Tropical And Semitropical Areas Than In Cold Parts Of The World. You Can Even Map It Out By Latitudes. No One Knows Exactly Why Cold Weather And MS Go Together. One Theory Advanced In The China Study Holds That It May Have To Do With The Consumption Of Dairy Products, Which Is More Common In Colder Than Hotter Parts Of The World. Others Suggest It May Be That MS Is Genetic. My Theory Is A Lack Of Vitamin D From Proper Sunlight Would Contribute To The Symptoms Of MS As Well.***

This is the **story** of the  
**commercialization** of the  
**breast cancer movement**  
and  
the **exploitation**  
of **human generosity**,  
**hope** and **trust**.



"Resoundingly pops the shiny pink balloon  
of the breast cancer movement."

— Variety

# Pink Ribbons, Inc.



**It's time to take our ribbon back!**



THE NATIONAL FILM BOARD OF CANADA PRESENTS "PINK RIBBONS, INC." DIRECTED BY LEA POOL  
PRODUCED BY RAVIDA DIN EDITOR PATRICIA KEARNS & NANCY GUERIN AND LEA POOL PRODUCTION DESIGNER DANIEL JODIN SYLVAIN DUAUX NATHALIE MOLIAVKO-VISOTZKY  
COSTUME DESIGNER DANA SUTEU KHINTIRIAN EXECUTIVE PRODUCERS FRANCIS GELINAS PRODUCED BY NANCY GUERIN PRODUCED BY RAVIDA DIN BASED ON THE BOOK BY FRANK PHILIPPE AND THE FILM BY SAMANTHA KING





"There is not one, but many cures for cancer available. But they are all being systematically suppressed by the American Cancer Society, the National Cancer Institute, and the major oncoloty centers. They have too much of an interest in the status quo"

-Dr. Robert Atkins M.D. Best selling author and medical specialist.



"Everyone should know that most cancer research is largely a fraud and that the major cancer research organisations are derelict in their duties to the people who support them." -

Linus Pauling PhD



## **Far Infrared Saunas [FIRS]**

*I would recommend one of these saunas for your health and wellbeing and especially to be included in any cancer protocol as it can help in mimicking the bodies immune system, spend approximately 15 minutes in the sauna then have a cold shower or bath 3 or 4 times a day to see a practicable benefit.*

*Along with a Bellicon Rebounder this is the best way to detoxify your lymphatic system. They come at various prices but make sure you buy a good one. They are completely portable and fold away, and all you do is wipe them down with a cloth when you finish. All Health shops should really sell these.*



### infrared heat

#### Health Benefits

- remove toxins from body
- relieve muscle and joint pains \*
- ease joint stiffness \*
- boost immune system functions
- burn up to 600 calories pre-session \*\*
- increase overall blood flow \*
- improve metabolism by increase fluid circulation \*
- improve skin texture
- reduce stress and fatigue

### why use

#### Infrared Heat

- better detoxification over traditional steam
- better and deeper tissue penetration
- safe for all ages
- softer radiant heat source
- more gentle on the skin
- faster warm up time
- less moisture build-up
- less maintenance
- low energy usage

## **FIR Sauna Info**

*Article from Dr. Myhill November 2014 issue – WDDTY  
- Getting rid of pesticides and VOCS (Volatile organic compounds)*

*The best method is through “heating systems”. The source of heat does not matter very much – exercise, hot baths, saunas and sunshine should all be effective. But many patients, especially my severe ME/CFS patients, are intolerant of heat. This is where far infrared (FIR) saunas are helpful. FIR heat penetrates several centimetres into the skin and subcutaneous tissues to mobilize chemicals without initially increasing core temperature. This way the heat is much better tolerated. Indeed it is likely that FIR has other benefits over and above simple heating- perhaps this is part of why we love to lie in the sun, as sunshine addiction seems very common. It also seems to give us a feeling of wellbeing and energy!*

*The idea behind FIR saunas is that toxic chemicals that have been dumped by the body in fat, including subcutaneous fat, are shaken up and “boiled off” through the skin where they dissolve on the lipid layer on the skin surface. Showering off these chemicals is as important as the sauna as, otherwise, they would simply be reabsorbed.*

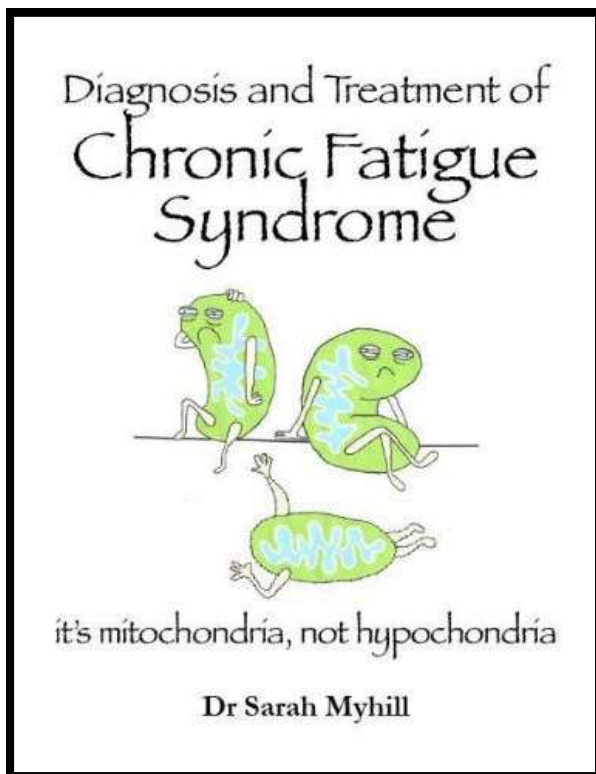
*It is not necessary to sweat for FIR sauna to be effective-most chemicals come out in the first 5-10 minutes - so little and often can get the best results.*

*If there is excessive sweating, then rehydration should include minerals and salt (about 1g multi minerals and 2g salt in one litre of water). Sweat is essentially blood without cells and large molecules-but with all minerals present.*

*Roughly speaking, 50 FIR saunas will cut the total toxic load in half. As chemicals are removed exponentially, a further 50 saunas will reduced the total load to 25 per cent of the total and so on. But it's never possible to get rid of every last toxic molecule. You will end up in a state of equilibrium with the environment- which of course, is always polluted.*

*I have done fat biopsies, DNA adducts and /or gene studies on patients before and after FIR saunas. Levels of pesticides and VOCS come down reliably well. It may be that other techniques work just as well, such as exercise (though not for my ME/CFS patients), traditional saunas (again not tolerated by my ME/CFS patients), and hot Epsom salt baths (500 g Epsom salts in 15 gallons of water) where you soak for 30 minutes and, as the toxic chemicals are removed, magnesium and sulphate are absorbed, so providing valuable detox raw materials. Although these techniques all should work in theory, I do not yet have data to support such a conclusion.*

*Dr. Sarah Myhill is a British GP and author who has spent many years studying the causes of disease, especially the relationship between mitochondrial malfunction and fatigue. Her book **The Diagnosis and Treatment of Chronic Fatigue Syndrome** is available to buy on Amazon.*



*Source: What doctors don't tell you Magazine, issue November 2014, page 67.*



**The following are 3 extracts from Dr. Sherry A. Rogers, M.D. book**  
**"Detoxify or Die"**

*"At the far end of the infrared spectrum are the longest and most healing rays, the far infrared (FIR) spectrum, spanning from 1,000 to 4 microns. Between 4-14 microns in the FIR (far infrared) spectrum, fall most of the rays that are the safest and most vital to health and healing. They are responsible for photosynthesis, without which there would be no life on each".*

*Far infrared wavelengths lower lactic acid (the acid that accumulates and causes pain in muscles when you have overdone during exercising), stimulate endorphins or happy hormones of the brain, and kill organisms like bacteria and parasites. More important, they penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation, and attract calcium to cell membranes where it is needed for healing".*

*"the far infrared sauna is far safer and infinitely more tolerable, because it uses a heat energy that penetrates tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into the sweat. This activating penetration allows for a much lower overall temperature to be used, one that is enjoyable and not torture."*

*According to a 20 year study from Finland, taking a sauna between 4 to 7 times a week reduces the chances of experiencing cardiac death by 63%. The same study also reports cardio benefits by remaining in the sauna for at least 19 minutes.*

*JAMA Internal Medicine 2015 April. Laukkanen T, Khan H, Zaccardi F, Laukkanen*

*Dr Oz discusses the benefits of far infrared saunas on the Oprah Winfrey Show ; <https://www.youtube.com/watch?v=F2xGguNN2Vc>*

*An article from the Japanese Association of Medical Sciences highlighting the safeness and possible therapeutic effects of far infrared therapies on various conditions:*

*[https://www.med.or.jp/english/journal/pdf/2009\\_03/191\\_193.pdf](https://www.med.or.jp/english/journal/pdf/2009_03/191_193.pdf)*

# **Studies For FIR,s.**

*by Peter Owens BA honours copyright 2013*

## **Vascular health**

*The far infrared therapy was pioneered by NASA and deployed in space shuttles in the 1980's to maintain the cardiovascular fitness of astronauts on space journeys. When exposed to zero gravity for long periods, the body and muscles particularly the heart muscle quickly become deconditioned. The far infrared heat was deployed in space to counteract this.*

*A 20 year study from Scandinavia involving over 2000 men was recently published in the Journal JAMA internal medicine. The study reported men who take a sauna between 4 to 7 times a week may be 63% less likely to experience a sudden cardiac death compared to those who have just one sauna per week. The study also reported those who stayed in the sauna for 19 minutes or more were less likely to die than those who stayed in it for just 11 minutes.*

*In a study from Japan, questionnaires were sent to 542 users of self-heating FIR radiant bed linin containing bio ceramic materials. The majority of users reported improvements in health. Previous studies of FIR had detected a growth promoting effect in rats, a blood circulatory effect in humans and sleep modulatory effects in both rats and humans. Taking into account the information, the authors concluded that FIR can have a significant positive biological impact on living organisms. They reported that this was triggered by increases in the temperature of body tissues and 'greater motility of body fluids' caused by decreases in the size of water molecules or clusters of water molecules.*

*The vaso-dilating and warming effects of FIR radiant ceramic discs were highlighted in a study at Osaka City Perinatal Centre, Japan. The authors demonstrated that ceramic disc attached to the breast skin had the capacity to increase blood flow and enhance lactation in a large proportion of puerperal women with lactation problems.*

## Pain relief

*A number of websites comment on the words of the late Peter Vincente PHD, a pain expert from America. 'Through new clinical research we have found that heat activates complex neurological vascular and metabolic mechanisms to mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions'.*

*A study in the USA involving 371 patients over a 6 month period reported low level heat therapy more effective than over the counter analgesics in the treatment of lower back pain. The study reported that heat therapy brought more pain relief on the first day of treatment and effects lasted more than 48 hrs after treatment.*

*A 2012 study from Taiwan highlighted the analgesic effects of far-infrared heat pads on pain induced by knee surgery. During the post-operative period, FIR heat pads were applied to accupoints on the body for 5 consecutive days. The analgesic effect was measured by serum concentration levels of interleukin-6(IL-6) and endothelin (ET-1) both markers of pain. The study consisted of 41 participants who were divided into a control group and an intervention group. The authors reported that the FIR pads significantly lowered serum levels of IL-6 and ET-1, the indicators of pain on the intervention group.*

*A small study from Kagoshima Hospital Japan concluded that far infrared sauna therapy is effective for the treatment of fibromyalgia syndrome. Within the study 13 patients had frequent FIR sauna therapy for 10 weeks. All patients reported significant reduction in pain. Pain reduction was experienced after the 1<sup>st</sup> session and continued throughout the observation period.*

*A 2005 study published in psychotherapy and psychosomatics indicated far infrared sauna therapy brought significant pain reduction in patients with chronic pain. A follow up study 2 years later also reported the group which had fir sauna therapy were healthier and more active in their jobs.*

*A recent 2009 study in clinical rheumatology reported infrared sauna therapy to be beneficial to rheumatoid arthritis sufferers. The four week study showed reductions in stiffness and fatigue with no adverse effects.*

## **Detoxification**

*In a recent study (2012) published in Scientific World Journal, Canadian researchers evaluated the presence and elimination of phthalate compounds from the body. Phthalate compounds are chemicals found in everyday consumer packaging and have been linked to a number of health issues. The study analysed sweat, blood and urine of 20 individuals (10 healthy and 10 with health issues) for phthalate compounds and metabolites. The chemical was found in all of the participants sweat but not always in the blood and urine. The authors concluded that inducing perspiration would be a useful method for eliminating potentially toxic phthalate compounds. And that sweat analysis may be helpful in establishing the existence of accrued phthalates toxins in the body (9) In a similar study involving 120 various compounds including toxic elements, the same authors reported that many toxic elements appeared to be preferentially excreted through sweat. The authors presumed the toxins were stored in tissues.*

*BPA is a toxin associated with various households products. It came under the spotlight in the 90's for its possible seepage from plastic water bottles and food containers and having an adverse effect on human health and cells. In a recent study by Canadian researchers, the toxin showed up in the sweat of 16 out of 20 participants. The toxin, however, didn't show up in the blood and urine of all of these 16 positive participants. Again the authors highlighted the potential of sweat analysis and induced perspiration for the testing and elimination of this toxic compound.*

## **Immunity**

*An Australian study demonstrated benefits of sauna therapy to the immune system. Of a study group of 50 participants, 25 had regular sauna therapy, 25 didn't. Over a 6 month period, the sauna group had significantly less colds than the non-sauna group. The incidence of colds was 50% less during the last 3 months of the study in the sauna group.*

## *Slimming / Weight loss*

*A recent study from South America demonstrated that the application of far infrared heat to the body has the propensity to bring about longer term slimming results and weight-loss, not only the temporary results often associated with sweating or 'fluid reduction'. In this particular study, clothing containing bio-ceramic particles was worn daily by an intervention group to emit far-infrared rays. The study showed a reduction in body measurement in the intervention group compared to the placebo group over a 30 day period. The authors postulated that the far infrared heat reduced body measurements by increasing microcirculation, peripheral blood flow and improving general health.*

*Earlier studies by Insoue et al have cited that FIR brings a greater motility of fluids within the body and that this is caused by reductions in the sizes of water molecule. A number of FIR advocates and websites relate this process to FIR having a propensity to 'break up fat clusters' or even emulsify fats.*

*Yinka Thomas an expert who has been researching cellulite for over 10 years claims cellulites' dimpling of skin is caused by fatty tissue being invaded by toxins. If the far infrared ray has the capacity to decouple toxins from water molecules as is often claimed, this would be highly beneficial in the fight against cellulite. A number of medical sources report an American study found significantly higher levels of toxins in sweat derived from a fir sauna as opposed to that from a conventional sauna. Medical doctors (MD's) that practice environmental medicine often prescribe far infrared sauna therapy to patients that have a toxic overload, notably those with impaired sweating capabilities. Tests have demonstrated the efficacy of this.*

*A 2003 Japanese study noted that in obese patients the body weight and body fat significantly decreased after 2 weeks of sauna therapy.*

## **Chronic fatigue**

*Experts have reported elevated levels of oxidative stress and free radicals in CFS/ME (this subsequently impairs cellular energy production (ATP) and mitochondrial function). Studies have demonstrated that regular fir sauna therapy can reduce oxidative stress. Fir saunas have been shown to lower levels of urinary prostaglandin, a marker of oxidative stress.*

## **Cancer.**

*In a lab experiment cancer cells began to produce immune building T cells when exposed to temperatures of plus 41C over a 6 hour period. A study from Newcastle demonstrated tumour cells are more vulnerable to heat than healthy cells and could even be killed by high temperatures of 42-43C.*

*All References Can Be Found On The FIR Zone Website At:*

*<https://www.firzone.co.uk/shop/>*

*Many Thanks To FIRZONE For Allowing Me To Use The Info On Their Website.*







**I Received This Email The Other Day:**

**Warwick University Press Release - May 2018**

*New research from Warwick and Manchester Universities shows that a higher body temperature speeds the body's response to fighting infections and tumours.*

*The study demonstrated that a slight rise in temperature and inflammation, such as a fever, speeds up a cellular 'clock' in which proteins switch genes on and off to respond to infections and tumours.*

*The discovery could lead to more effective and fast-working drugs which target a key inflammation protein found to be critical for temperature response.*

### **The immune system**

*The team of mathematicians and biologists, found that the hotter the body temperature, the more the body speeds up a key defence system that fights against tumours, wounds or infections.*

*They found that inflammatory signals activate 'Nuclear Factor kappa B' (NF- $\kappa$ B) proteins to start a 'clock' ticking, in which NF- $\kappa$ B proteins move backwards and forwards into and out of the cell nucleus, where they switch genes on and off.*

*The process allows cells to respond to a tumour, wound or infection. When NF- $\kappa$ B is uncontrolled, it is associated with inflammatory diseases such as Crohns disease, psoriasis and rheumatoid arthritis.*

### *Increases in body temperature*

*It was found that at a body temperature of 34 degrees, the NF-kB clock slows down, while at a higher temperature than the normal 37-degree body temperature (such as in fever, 40 degrees), the NF-kB clock speeds up.*

*Dr Claire Harper from the University of Manchester, said: "The change in timing was very large, changing from ticking every 120 minutes at 34 degrees to every 80 minutes at 40 degrees."*

*The researchers calculated how temperature increases make the cycle speed up.*

*They predicted that a protein called A20, which is essential to avoid inflammatory disease, might be critically involved in this process. The team then removed A20 from cells and found that the NF-kB clock lost its sensitivity to increases in temperature.*

*Professor David Rand from the University of Warwick, said: "The lower body temperature during sleep might provide a fascinating explanation into how shift work, jet lag or sleep disorders cause increased inflammatory disease."*

### *Temperature and health.*

*Professor Mike White, lead biologist from Manchester University, said: "We have known for some time that influenza and cold epidemics tend to be worse in the winter when temperatures are cooler.*

*"Also, mice living at higher temperatures suffer less from inflammation and cancer. These changes may now be explained by altered immune responses at different temperatures."*

**Press release:**

**University of Warwick**

**[https://warwick.ac.uk/newsandevents/pressreleases/hotter\\_bodies\\_fight/](https://warwick.ac.uk/newsandevents/pressreleases/hotter_bodies_fight/)**

***The published study can be viewed on the journal “Proceedings of the National Academy of Sciences” May 2018***

***<http://www.pnas.org/content/early/2018/05/09/1803609115>***

***Very Interesting Stuff I'm Sure You Will Agree, I  
Use Mine About Once Or Twice A Week And I Can  
Tell You Now It Helps With Pain And  
Inflammation, And After Shovelling Snow Last  
Year, What A Treat Defrosting Myself In My  
Firzone.***

## **Far infrared therapy** from

**Portable  
Sauna**

**Dome  
Sauna**

# **FIRZONE**



**£189**

**£469**

**£209**

**Sauna  
Blanket**

Japanese studies have shown that Far Infrared Saunas are beneficial for arthritis, fibromyalgia, chronic fatigue, diabetes, insomnia, stress, psoriasis, chronic pain and can aid detoxification, weight loss, and fitness. The thermal energy penetrates deeply into the body, inducing perspiration at reduced air temperatures

**Leading suppliers of far infrared products for health and wellbeing**

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## **The Bellicon Rebounder.**

*As far as I am aware NASA was looking for a way for astronauts to gently exercise when they returned to Earth after long stints in space as due to zero gravity bones and muscle become weak and strenuous high impact exercise could be harmful. They found that the Bellicon Rebounder was the best way to strengthen bone, muscle and even the cell structure of the body. It exercises every cell in the body using the pressure of gravity to push oxygen in and out of the cells. Also it gives you a burn in the thighs that indicates that your lymphatic system is being worked. It is the only exerciser I know of to detoxify the lymph system, and we are not told that we have more lymph fluid in our bodies than blood, but there is nothing to pump it around, only movement will do it. The Bellicon is the Rolls Royce of rebounders and the only one I would recommend as its strong and quiet and will last you a long-time. You can also purchase handles if you want to hold onto something while you exercise*



*And also I have to tell you this, while dropping my 78 year old mother at a day centre she introduced me to a lady who was 98 called Gwyneth, she was still driving, lived alone, great skin, no glasses, no walking frame and looked bloody fantastic, so good in fact I thought she was one of the staff.*

*I asked her what her secret was, she replied "I never eat processed food, I grow my own, I don't drink the tap water, I don't go into hospitals as I make my own remedies, skin creams, soaps and toothpastes and I love my rebounding"*

*At the time I didn't know about rebounding. I looked at her, then at my mother, wow my mother was in a wheelchair, she had osteoporosis from all the steroids she had been prescribed for the Hepatitis she had suffered, which was due to the over prescription of Valium, an anti depressant, she was blind from the calcium supplements she had been prescribed for the Osteoporosis which was also causing mini strokes as it was blocking a main artery in the neck, she was on pharmaceuticals to counteract other pharmaceuticals and she starting her trip down the Dementia road. I'm telling you now this was a real eye opener, Gwyneth was still a babysitting at her age, looking after her great grandchildren. Gwyneth, if your still out there we think your great.*

## **Have You Tried Eco Eggs Yet.**

***We Highly Recommend Eco Eggs To Cut Down On Your Toxic Load Intake And Output Of Chemicals, Just Leave In The Machines With No Mess. Available On Ebay And Works Out cheaper Than Normal Detergent And The Dryer Eggs Cut Down The Drying Time Too.***

WASH CLEVER	DRY CLEVER	LIVE CLEVER
 <ul style="list-style-type: none"><li>✓ Laundry from 3p per wash</li><li>✓ Long lasting</li><li>✓ No harsh chemicals</li><li>✓ Hypoallergenic</li><li>✓ Eco-friendly</li><li>✓ Money-saving</li><li>✓ Easy to use</li></ul>	 <ul style="list-style-type: none"><li>✓ Reduces tumble drying time by 28%</li><li>✓ Fragrances your clothes</li><li>✓ Hypoallergenic</li><li>✓ Eco-friendly</li><li>✓ Money-saving</li><li>✓ Re-fills available</li></ul>	 <ul style="list-style-type: none"><li>✓ Innovative household solutions</li><li>✓ Hypoallergenic</li><li>✓ Eco-friendly</li><li>✓ Money saving</li><li>✓ No harsh chemicals</li></ul>

 Our Fragrance Free Laundry Egg has won the top GOLD AWARD for BEST BABY SKINCARE PRODUCT by Prima Baby & Pregnancy Magazine!

Have you converted to the Laundry Egg yet?





**If you don't  
fight for  
what you  
want, don't  
cry for what  
you lost**

***Did You Know It Is Illegal To Tell Anyone About  
Or Provide A Cure For Cancer Or Any Other  
Illness. That Is Not Provided By Pharmaceutical  
Drug Companies And Doctors.***

***Welcome To The Medicines Act Of 1968 And The  
1939 Cancer Act.***

***Don't Believe Me.....Then Look It Up For  
Yourself!***



[Article](#)
[Talk](#)



This November is the Wikipedia Asian Month. Come join us.

## Cancer Act 1939

From Wikipedia, the free encyclopedia  
 (Redirected from 1939 Cancer Act)

The **Cancer Act 1939** is an Act of Parliament of the United Kingdom passed in 1939 to make further provision for the treatment of cancer, to authorise the Minister of Health to lend money to the National Radium Trust, to prohibit certain advertisements relating to cancer, and for purposes connected with the matters aforesaid. The Act does not apply in Northern Ireland.

As of December 2014, the sole remaining provision is in respect of advertising to treat or cure cancer, all other provisions having been repealed or subsumed into other legislation.

Contents	<span>[</span> hide <span>]</span>
<span>1</span>	Advertising
<span>2</span>	Prosecutions under the Act
<span>3</span>	References
<span>4</span>	External links

### Advertising

The Acts most notable provision is a clause prohibiting taking any part in publication, except under specified conditions, of advertisements that "offer to treat any person for cancer, or to prescribe any remedy therefor, or to give any advice in connection with the treatment thereof". Prosecutions do take place, but are rare.<sup>[1]</sup>

The expression "advertisement" includes any notice, circular, label, wrapper or other document, and any announcement made orally or by any means of producing or transmitting sounds

The Act provides for exceptions in making material available to registered medical and nursing personnel and pharmacists, and for

### Cancer Act 1939

Act of Parliament



**Long title** An Act to make further provision for the treatment of cancer, to authorise the Minister of Health to lend money to the National Radium Trust, to prohibit certain advertisements relating to cancer, and for purposes connected with the matters aforesaid.

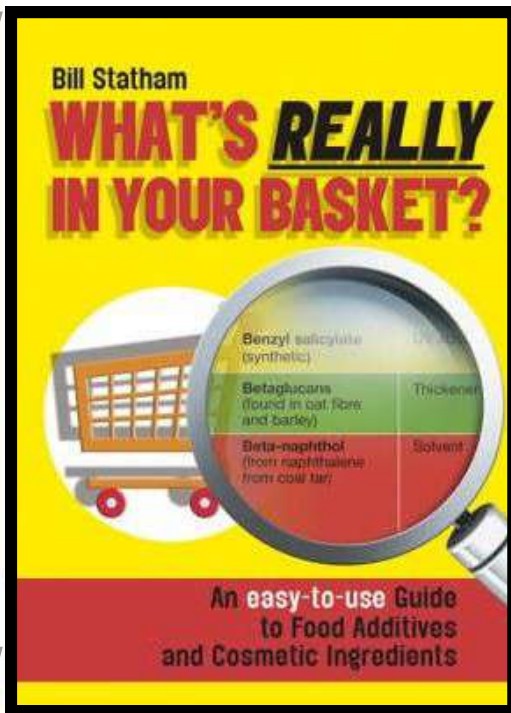
Territorial extent	Dates
<b>Royal assent</b>	29 March 1939

## **Did You Know!**

- 1. Sodium Drives Nutrients Into Cells While Potassium Pulls Waste Out..***
- 2. A Lady In The US Went To The Mayo Clinic And Told The Doctor How she Beat Her Cancer Using The Gerson Therapy. The Doctor Said That's Amazing. But When She Explained To Him The Protocol, He Said, " Oh We Couldn't Sell That!" Which Just About Sums It All Up.***
- 3. This Is A Quote From Dr Dean Burke PhD, Who Worked For The National Cancer Institute For 34 Years. " They [ Meaning The American Cancer Society ] Lie Like Scoundrels. So-***
- 4. Dr John A Richardson MD [ Deceased ] Had A Cancer Clinic In San Francisco in the 1970's. He Met Dr Ernst T Krebs Junior, Who Explained To Him About Laetrile. So Dr Richardson Cautiously Introduced Laetrile Into His Practice As He Was Loosing To Many Of His Cancer Patients. He Went From A Low Success Rate To A High Success Rate Almost Overnight. The Hospital Administration Said That He Could Not Use Laetrile As It Was Not FDA Approved, Dr Richardson Said I Know But It Works. They Said "WE DONT CARE WHETHER IT WORKS OR NOT, ITS NOT AN APPROVED SUBSTANCE AND YOU ARE IN VIOLATION OF THE LAW."***
- 5. Oregano Essential Oil When Put Into A Nebuliser Helps With Lung Problems, Make Sure You Get Good Advice Before You Start As Oregano Oil Can Burn. So It Needs Diluted With A Good Carrier Oil.***
- 6. Burma Had No Cases Of Autism Till A Vaccination Program Was Introduced, It Then Became A Problem.***

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***ALERT***



***ALERT***

***ALERT***

***ALERT***

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***Find Out What Can Cause Problems In Your Body And More Importantly Your Children.***

***Easy To Follow Using A Tri-Colour System.***

***Now Shock Your Family And Friends.[Limited Stock]***

***RRP: £5.95.***

***Our Price: £4.00.***

## **Organic Sulphur Protocol by Patrick McGean**

*The purpose of this protocol is to get massive amounts of oxygen inside the cells. By doing this the cells are given energy (both cancer cells and non-cancerous cells), to make them healthy, and to kill microbes inside the cancer cells (which can revert the cancer cells into normal cells). Then, a lot of other good things happen.*

*Organs are made exclusively of cells, thus to make the cells healthy is to make the organs healthy.*

*This protocol also deals with pain and inflammation and many other aspects which are important to a cancer patient.*

*This protocol is needed by all cancer patients and it can supplement all other natural medicine treatments and in many cases it can be used by itself. But other treatments may provide specific functions for specific situations, when needed.*

*For example, because of the media virtually all cancer patients who seek out natural medicine have been sent home to die by orthodox medicine (after chemotherapy, radiation, etc.) and may need several different protocols to deal with their serious or critical condition. For a newly diagnosed cancer patient, this protocol may be all they need, but most likely they will use several simple protocols. But for advanced cancer patients, who may be weak, etc. they may need additional protocols (e.g. Collect-Budwig, High RF Frequency Protocol, etc.) to deal with their fast-spreading cancer, weak immune system, lactic acid, etc.*

*This protocol should be taken seriously and should be followed to the letter to make sure it is done right.*

*The benefits of this protocol will astonish the patient and family.*

***Safety Notice #1:*** *Do not take Organic Sulphur if you are taking high doses of aspirin or any type of blood thinner.*

***Safety Notice #2:*** *This protocol is synergistic with chemotherapy and makes chemotherapy more effective and less damaging. However, if you are on any other type of prescription drug, do not use Organic Sulphur until after you talk to your pharmacist and physician about using high doses of Organic Sulphur (2 or 3 Tablespoons' of the crystals a day) with your prescription drugs. That is what pharmacists get paid to do.*

***Safety Notice #3:*** *Do not drink any form of tap water with this protocol, as tap water contains chlorine which can neutralize MSM. Use the hot water faucet if you are going to drink tap water or if you are going to use cold water, make sure it sits for at least an hour before using.*

### *1) Organic Sulphur*

*This is the main item for this protocol.*

#### *Sourcing Organic Sulphur*

*Note that this part of the protocol is not MSM or Methyl-Sulfonyl-Methane. This protocol includes only a package that states: "Organic Sulphur" and it must come from a reputable vendor.*

*Some vendors of MSM sell a product which is identical to the "Organic Sulphur," but we are not able to monitor all of the MSM vendors so we only recommend "Organic Sulphur."*

*Many MSM products are not true organic sulphur because they are tainted with chemicals (e.g. preservatives). Even the powder and crystal MSM products may not be true organic sulphur because they contain chemicals. It is **REQUIRED** that the label says “Organic Sulphur” and it is purchased from an approved vendor. No exceptions.*

*Having said all of this, true organic sulphur is frequently referred to as “MSM.” This creates confusion. That is why it is best to buy it from a reputable vendor and for the package to say “Organic Sulphur” on the label. Remember, the difference between true “organic sulphur” and inferior MSM (especially with added chemicals) is so important it could mean the difference between life and death when using this protocol.*

### *Organic Sulphur Water*

*“Organic Sulphur Water” is made by putting 16 Tablespoons' of true organic sulphur into a gallon jug of purified water (which has zero chlorine in it). I would not use distilled water as a person should not take too much distilled water as it might leech minerals out of the body. Use “purified water” or “spring water”, for example. The key is that it does not have chlorine in it.*

*If you use tap water, either use the tap water from the “hot” faucet or let the water sit for at least an hour before putting any organic sulphur in it. This will get the chlorine out of the water.*

*With 16 Tablespoons' per gallon, if a person took 1/8th of the entire gallon every day (i.e. 16 ounces from the gallon jug) they would be taking the equivalent of 2 Tablespoons' of MSM crystals every day.*

*However, from a safety standpoint, if a cancer patient took the entire gallon of “Organic Sulphur Water” (i.e. 16 Tablespoons' of Organic Sulphur crystals) every day, it would still be safe to drink, though a person should “build-up” to these doses. The LD-50 of MSM is 2,000 grams a day so it is virtually impossible to overdose on MSM. It is almost as safe to drink as water.*

### *What Can Organic Sulphur Do?*

*True organic sulphur can deal with pain, it can deal with inflammation and above all it can get massive amounts of oxygen inside the cancer cells. This can kill the microbes inside the cancer cells which in turn can revert the cancer cells into normal cells.*

*MSM or Organic Sulphur can also take the “trash” out of the cell every 12 hours. It can also get rid of heavy metals, which is important for many cancer patients and most patients with brain disorders. This also means that cancer patients with brain fog may benefit from this treatment, depending on what is causing the brain fog.*

*All of this provides energy to the cancer cells and non-cancerous cells. As mentioned, it deals with inflammation and pain. When you energize the cells in an organ you also energize the organ (organs are made up exclusively of cells), and by energizing the organs you energize the immune system. And so on.*

*Air is 21 percent oxygen. Water is 89 percent oxygen. The oxygen from air gets to the lungs, heart and muscles. However, it is the oxygen from water that needs to get inside the cells both to make the cells healthy, to give them energy and to kill microbes inside the cells. True organic sulphur is what grabs the oxygen from the water and transports the oxygen inside the cells. This produces a surge of oxygen into the cancer cells.*



***True organic sulphur is important in the treatment of cancer, brain disorders and many other health conditions. Every part of the human body (including the brain) is made of cells. Getting sulphur and oxygen inside these cells is critical for all aspects of health. So remember to drink water with MSM. This is automatic if you take “MSM Water” instead of MSM by itself.***

***Organic sulphur comes in one pound bags. It is more cost-effective to buy two pounds (i.e. two bags) at a time. Here is an approved vendor of true “organic sulphur”:***

***H2O Air Water America***

## ***2) ZERO Intake of Chlorinated Water***

***At NO time, and under NO circumstances, should you drink any water or any other liquid with chlorine in it. I would not even take a shower within two hours of taking the organic sulphur. Chlorine in water will damage the effectiveness of true organic sulphur. Both fluorine and chlorine block oxygen uptake in the body. It is necessary to guarantee you are not consuming any chlorine and hopefully no fluorine. THIS SECTION APPLIES TO ALL DAY, NOT JUST WHEN MAKING THE TRUE ORGANIC SULFUR WATER. There are a couple of ways to insure you are not taking chlorinated water.***

- 1. Drink your water solely from the “hot water” side of your faucet, even if the water is cold. The water that comes from the hot water tank, even if it is cold, has had its chlorine dissolved. It is also important to not take the water from the “hot water” side of the faucet until it has run for a few seconds to make sure no cold water (from the cold water side) is still in the pipes.***
- 2. Squeeze the juice from one or two lemons in the tap water and let it sit for at least 20minutes. This will also make sure the chlorine is dissolved.***

## *More Information on Chlorinated Water*

*There is a growing use of chloramine in the US. Chloramine does not boil out of the water as regular chlorinated water does. It takes about 13 times longer to boil the half-life of chloramine out of the water than it does for chlorine. The use of vitamin C does neutralize chloramine and chlorine. Both types of disinfectants are best removed by vitamin C. Individuals should contact their municipal water source to find if chloramine is being used. If so, Vitamin C should be added to any protocol using MSM/Organic Sulphur.*

### *3) Drink Enough Non-Chlorinated Water*

*For each pound (U.S. pound) take half that number in ounces of non-chlorinated water.*

*For example, if the patient weighs 200 pounds, they should drink at least 100 ounces of non-chlorinated water to aid this protocol.*

*Drinking this water should be spread out during the day.*

### *4) Get Out In The Sun For 30 Minutes a Day*

*Ultraviolet light from the sun is important for this protocol. As a minimum the face and bare arms should be in the sunlight for half-an-hour each day. Cloudy days, except for when there are very thick clouds, counts for this time.*

*For those who cannot get out in the sun, due to health or weather, they can use an Ultraviolet A lamp indoors. Do not use an Ultraviolet B or Ultraviolet C lamp.*

*Ultraviolet lamps are available where-ever party (i.e. a teen-age party) products are sold. They are also sold on the Internet. Sometimes they can be purchased at hardware stores.*

*A person can lay on the floor or bed and have a light next to their naked leg, either on the side or above the leg. All of the black light should be beside or above flesh. Block the UV light from shining on your face because of concerns that dental amalgam will be released. Use the leg or arm or body, as long as it is below the neck. And if necessary, place a piece of cardboard to block any UV light from reaching your mouth.*

*Also, I am concerned about dehydration if the person uses an ultraviolet A lamp (at the ICRF we researched ultraviolet light so we understand the safety issues). Put a damp cloth on the skin, after the use of the ultraviolet lamp, for a few minutes.*

#### *5) Take an Epson Salt Bath Every Other Day*

*Epson salt contains magnesium. This is important for all cancer patients, but is especially important for this protocol.*

*Put one cup of Epson Salt in bath water and take a hot bath. This bath is taken on alternative days with the next bath to be discussed.*

#### *6) Take a Baking Soda Bath Every Other Day*

*Baking soda is alkalizing. On alternative days (when not taking an Epson Salt Bath), take a baking soda bath.*

*Put one cup of Baking Soda in bath water and take a hot bath. This bath is taken on alternative days.*

### **7) Take 1/2 Teaspoon of “Real Salt” Daily**

*“Real Salt” is a specific brand of salt and it is loaded with a vast number of natural minerals which are important for oxygen transports and many other purposes. Magnesium is critical for cancer patients, but many other minerals help the body and the immune system.*

*See this website to purchase the product (the dose is 1/2 Teaspoon a day):*

**Real Salt Vendor**

### **8) 5 Percent Lugol's Iodine**

*The Food and Drug Administration has limited certain concentrations and volumes of iodine from being available to the general public.*

*The chemical reactions created by 5% Lugol's Iodine is important in this protocol. The dose is one drop for every 150 pounds of weight. For example, if you weigh 160 pounds, take two drops a day.*

# NATURAL CURES

[www.livelovefruit.com](http://www.livelovefruit.com)

## **STROKES: TEA**

Prevents buildup of fatty deposits on artery walls. Drink caffeine free herbal teas like dandelion root.

## **HEADACHES: CAYENNE**

Capsaicin in cayenne peppers relieves headaches by depleting Substance P (a neurotransmitter that helps send pain signals)

## **HAY FEVER: NETTLE TEA**

Reduces mucus and inflammation from allergens

## **INSOMNIA: CHAMOMILE**

Soothes and relaxes the mind & body

## **HIGH BLOOD PRESSURE: CELERY**

Celery contains phthalides which help lower blood pressure

## **ASTHMA: RED ONIONS**

Eating onions helps ease constriction of bronchial tubes

## **CLOGGED ARTERIES: AVOCADOS**

Mono-unsaturated fat in avocados lower cholesterol



LIVE LOVE FRUIT



## **UPSET STOMACH:**

### **BANANAS & GINGER**

Bananas settle an upset stomach and ginger relieves nausea & morning sickness

## **BLADDER INFECTIONS: CRANBERRIES**

Substances in cranberries prevent bacteria from adhering to walls of bladder

## **STRONG BONES: PINEAPPLE**

High in manganese to prevent bone fractures & osteoporosis

## **COUGH: MULLEIN TEA**

Loosens trapped mucus and soothes sore throats

## **BREAST CANCER: CABBAGE & PLANT FIBER**

Help maintain healthy estrogen levels

## **BLOOD SUGAR IMBALANCE: BROCCOLI**

Chromium in broccoli helps regulate insulin & blood sugar

## **MEMORY PROBLEMS: BLUEBERRIES**

Antioxidants in blueberries help strengthen neuronal connections in the brain

## **ULCERS: CABBAGE**

Cabbage contains ample fiber which helps heal both types of ulcers

## **ARTHRITIS: TURMERIC**

A potent anti-inflammatory that eliminates pain & inflammation

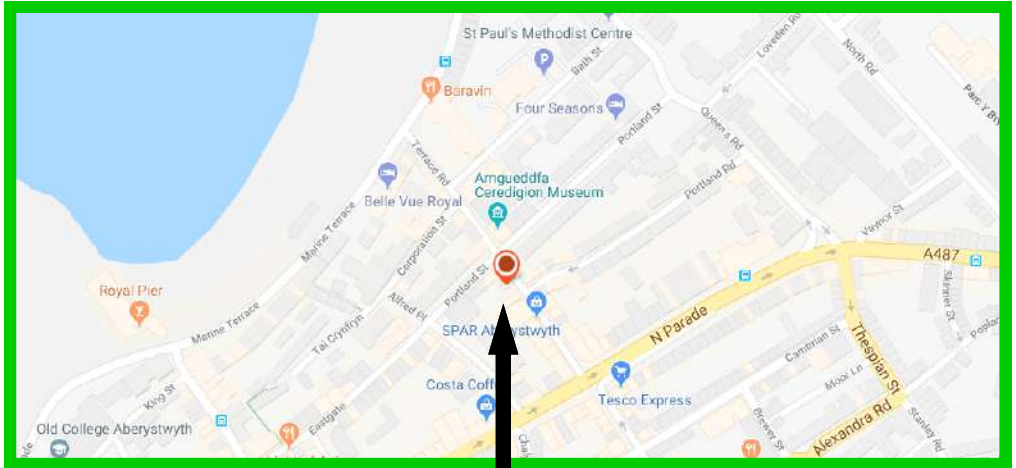
***This Is A Shout Out For People In The Aberystwyth Area.***

***Met a gentleman who owns a health shop in Aberystwyth just off the sea front, and I will tell this, I was very impressed, an ex chemist that bought a health shop, that tells you something. A mine of information, I spent about an hour just talking to him wonderful gentleman. Any problems your having and cant find something to help, give him a visit. He blew me away with his knowledge.***



***The Health Shop first opened in 1977 and as well as stocking foods to cater for problems like diabetes and gluten intolerance it also specialises in a variety of quality tablets in a form that can be readily absorbed for a wide range of ailments including a section on mineral therapy. Advice is also given on the best tablets to take for the customer's ailment as well as dietary recommendations. Also advice is given for wellbeing in general and immune system fortification. There is a telephone ordering system for items not listed on the website.***

## *Where To Find Shop And Contact Details.*



***Windsor Health Centre***

### ***Opening Times.***

***Monday 9:30 am – 5:30 pm***  
***Tuesday 9:30 am – 5:30 pm***  
***Wednesday 9:30 am – 5:30 pm***  
***Thursday 9:30 am – 5:30 pm***  
***Friday 9:30 am – 5:30 pm***  
***Saturday 9:30 am – 5:30 pm***  
***Sunday Closed***

**Name: Mike Lawrence.**

**Address: Windsor Health Centre 42, Terrace Road,  
,Aberystwyth, Ceredigion,  
Wales. SY23 2AE.**

**Phone: 01970 636635**

**Website: [www.windsorhealthcentre.co.uk](http://www.windsorhealthcentre.co.uk)**



***I Thought Fluoride Was Good For Us!***

# TEA BONE RISK

JUST four cups of some supermarket own-brand teas per day could increase the risk of bone and teeth problems due to high fluoride levels, experts say.

Economy range teas at Asda, Tesco, Morrisons and Sainsbury's had an average of 6mg per litre, or four cups, a University of Derby study found. But brand name teas fell below the 4mg recommended limit.

Excess fluoride can lead to the mottling of tooth enamel and pain and damage to bones and joints.

***So Why Are Fast Food Chains Still Operating If They Are Messing Up Our Children?***

# Prescriptions for statins triple to 58m in ten years

**PRESCRIPTIONS** for statins have trebled in a decade, with 58million doled out last year. The NHS spends £100million a year handing the pills to seven million Britons, official figures show.

And that is set to rise further after next week, where it is thought the health watchdog will urge GPs to offer more patients statins to prevent heart attacks and strokes. NICE will publish guidance a week from tomorrow which is likely to tell doctors anyone with a 10 per cent risk of developing heart disease over the next decade should be prescribed the medication. Experts believe the 10p-a-day drugs will be offered to up to five million additional patients as a result, taking the total to 12million.

Many top doctors remain sceptical about their benefits and point out that they could debilitate muscle pain. They warn many patients see them as magic pills that let them gorge on junk food, wrongly assuming they will be protected from the ill effects. A consensus of six panels of 12 experts drawing up NICE guidelines had disagreements to form which make figures from the Health and Social Care Information Centre show 58 million statin prescriptions were handed out in 2013, up from 18.5million in 2012 and 18million in

By **Sophie Borland**  
Health Correspondent

2003. Dr Aseem Malhotra, a cardiologist and consultant at the Westminster Medical College, said: "For most patients taking these pills will not reduce their death rate. What is the point?"

Then you have to add in the potential for side effects and what might happen to their quality of life.

'Think they are a magic pill'

Chaud, of the British Medical Association, who stopped taking statins after suffering debilitating muscle pain, said: "People at high risk, those who have had a stroke or heart attack. But to prescribe these drugs to those at low risk promotes a real concern we are over-medicalising and over-staining Britain."

Statin definitely have side effects - that is what I have seen after 30 years of prescribing them as a GP. To say otherwise is just not true."

The cost in prescriptions is partly due to an incentive scheme for GPs, the Quality and Outcomes Framework. It means they can earn extra money for prescribing statins

to patients at high risk of heart attacks and strokes. Family doctors are urged to identify patients who may need the drugs when they come in for their NHS health check - a three-yearly health MOT for those aged 40 to 74.

At present, doctors are advised to offer the drugs to anyone with a 10 per cent risk of developing heart disease over the next decade.

But next week's guidelines are expected to lower this threshold to 10 per cent risk. Maureen Tubel, of the British Heart Foundation, said: "The prescription of cholesterol-lowering medications has been increasing steadily for many years now."

This reflects the efforts that have been made to better identify people at high risk of developing cardiovascular disease through initiatives such as the NHS Health Checks programme. Statins are one of the most studied medicines available today. They have been proven to be safe and effective and are vital in helping reduce people's risk of heart attack and stroke."

Across the NHS last year, a total of 12 million prescriptions were handed out, up by nearly two-thirds during the last decade.

+ [sborland@dailymail.co.uk](mailto:sborland@dailymail.co.uk)

## Junk food link to Crohn's rise

CASES of Crohn's disease have more than quadrupled in ten years, with experts saying junk food could be a factor. A total of 19,405 Britons aged 19 to 29 were admitted to hospital with the bowel condition in 2012/13, up from 4,937 a decade ago. Dr Sally Mitton told BBC Newsbeat: "If you have a lot of junk food before your diagnosis it actually makes it more likely you will develop Crohn's." Children prescribed a lot of antibiotics were also at risk.

***Antibiotics Kill All Your Gut Bacteria!***

***Together With Vaccines, Poor Food And Lowering Cholesterol, Do You Think The Rise In Alzheimer's is Due Too This?***

## *What Is Ozone*

*Over the past few years domestic ozonator have increased in popularity due to a more rational and truthful approach to the many health benefits that ozone has to offer.*

*Ozone is a triatomic molecule (O<sub>3</sub>), consisting of three oxygen atoms. It is an allotrope of oxygen that is much less stable than the diatomic (O<sub>2</sub>, regular oxygen). It is a gas made from air and high voltage.*

*The injection of ozone into water produces tiny ozone bubbles, which saturate water.*

*Ozone is one of the strongest and most effective natural germicides.*

*An ozonator isn't just used for sterilizing water and oil; it can be used for sterilizing food too. Put the produce in a zip lock bag with the outlet tube inside and run the machine for 30 seconds whilst shaking the bag.*

*Ozonating fresh perishable foods like meat, poultry, seafood, vegetables, fruits and flowers increases shelf life and decreases shrinkage.*

*When I bought one of these generators I specifically wanted it to ozonate water for my son to drink as it added extra oxygen molecules which would help to eradicate anaerobic bacteria in the gut, and I also used it to clean fruit and veg before my son ate it. They say ozone kills all pathogens and cleans the food of the pesticides, but to my knowledge Kangen water seems to be the better but more expensive option to clean the pesticides, and also it is said that ozone removes everything from water except Fluoride.*



*This is the generator that I purchased, they are pretty inexpensive unless you opt for the professional ones with the extra oxygen cylinder which are in the £1,000's, mine cost approx £30 and is still going strong after a year and a half of daily use.*

*It is simple to use and comes with 2 pipes and aeration stones. Around the world now people are starting to use ozone generators to clean their swimming pools as there are no harsh chemicals being used. I suggest you watch some informational videos on the generators and ozone therapies to start you on the road.*

*I love mine, and my wife used the ozonated water to treat her athletes feet as it kills the bad bacteria on the feet and stops the itching, and also sometimes we have ozone baths, but that is rare.*

# *Have you heard of omega-3 and its amazing health benefits?*

*After reading this, you'll understand why this fat is one you will not want to reduce. Omega-3 fatty acids are a form of polyunsaturated fat that the body derives from food. They are also known as essential fatty acids (EFAs) because they have an important effect on our health. Omega-3 can be found in fish, seafood, tofu, almonds, and walnuts, and in some oils, such as flaxseed oil.*

*Omega-3 is very important for our health and it has many benefits. We will focus on some of them:*

*Helps fight depression and anxiety. Depression is one of the most common mental disorders, together with anxiety. Studies have found that people who consume omega-3 are often less likely to be depressed and when people who suffer from depression start taking it, their symptoms diminish.*

*Can improve bone and joint health. There are some common disorders that affect the skeletal system, such as osteoporosis and arthritis. Research has shown that omega-3 may increase the amount of calcium in bones, improving bone strength. It may also reduce joint pain in people suffering from arthritis.*

*May improve sleep. Studies show that diseases such as diabetes, obesity and depression can be linked to sleep deprivation. Sleeping problems are associated with low levels of omega-3, so supplementing with this essential fatty acid may improve the length and quality of sleep.*

*Helps prevent cancer. The power of omega-3 has been considered to help reduce the risk of some types of cancers. Research has shown that people who consume higher amounts of omega-3 could have up to a 55% lower risk of suffering from colon cancer. It is thought to reduce risk of breast cancer in women and prostate cancer in men, too.*

*Could reduce risk factors for heart disease. Years ago, studies found that people who usually eat fish had lower rates of heart disease. Consuming omega-3 could help reduce triglycerides, as well as blood pressure levels. Another advantage of this fatty acid is that it may keep blood platelets from clumping together, preventing blood clots. It is also said to reduce inflammation.*

*May improve mental disorders and Alzheimer's disease. Studies show that people suffering from psychiatric disorders have low omega-3 levels. It may reduce relapses and the frequency of mood swings in patients with schizophrenia and bipolar disorder. Other studies have shown that consuming higher doses of omega-3 could reduce mental decline and risks of Alzheimer's disease.*

*Could increase brain health in pregnancy and early life. Omega-3 is very important for brain growth and development in children. Consuming omega-3 during pregnancy could have great benefits for the child, such as less behavioural problems, better communication and social skills, higher intelligence and lower risk of ADHD and autism.*

*As we've seen, the amount of advantages coming from omega-3 are many and varied and it benefits children, adults and older people. This essential fatty acid should be without doubt a must in our diet.*

*Sources:*

*<https://medlineplus.gov/ency/imagepages/19302.htm>*

*<http://www.eufic.org/article/es/artid/acidos-grasos-omega-3/>*

*<https://authoritynutrition.com/17-health-benefits-of-omega-3/>*

*<http://www.webmd.com/healthy-aging/omega-3-fatty-acids-fact-sheet>*

## **7 Reasons To Supplement With Selenium**

*Do you know about the benefits of selenium?*

*Selenium is a mineral that can be found naturally in the soil and in some foods such as sunflower seeds, garlic, Brazil nuts and eggs. It can also be found in varying quantities in seafood. Selenium is commonly found in food, but many people lack this mineral, even though we only need a small amount of it. It's been estimated that 0.5 to 1 billion people suffer from selenium deficiency.*

*In this post we're going to explain the main reasons why you should supplement with selenium:*

- *Improves the immune system. According to studies, it boosts immunity. Selenium has proved to be needed for the correct functioning of the immune system and it could be important when fighting the development of viruses.*
- *Fights viral and bacterial infections. According to research by Advances in Nutrition, it could be beneficial for both viral and bacterial infections. It may also be good to prevent infectious diseases: it seems that individuals suffering from HIV often have low selenium levels. Some studies have also found that in HIV-infected individuals a selenium deficiency can lead to AIDS. Other studies have shown that taking selenium supplements could improve white blood cell in these individuals.*



- *Decreases risk of cancer. Because selenium may boost the immune system it could help fight cancer. It is thought that it may stimulate the immune system to eliminate early cancer. According to Dr. Mercola, in 2016 a meta-analysis of 69 studies found that selenium could help decrease the risk of some types of cancer, such as breast, lung, oesophageal, gastric and prostate. Research has found that low selenium levels may increase cancer risk.*
- *Improves blood flow and decreases chance of heart disease. Studies say that selenium could help prevent coronary heart disease. It could also be beneficial for our heart health because it may be able to fight inflammation and improve blood flow.*
- *Selenium is a good antioxidant and it helps fight oxidative stress, meaning that it protects our cells. It may be able to protect us from free radicals and it seems that its anti-aging power is even stronger when combined with vitamin E.*
- *Regulates thyroid health and asthma. Selenium could have important benefits in our thyroid function, since it contains more selenium than any other organ in our body. Studies have also shown that it may be useful to treat chronic asthma because it seems that people suffering from it have lower levels of selenium.*

- *Boosts fertility. Selenium has been found to have a positive effect on male fertility because it's required for sperm motility and it improves blood flow. Some studies have shown that it could also be beneficial for women since it may reduce the risk to miscarriage.*

*Supplementing with selenium has many advantages to our health and we should include it in our diet taking the right amounts and eating selenium rich food.*

*Sources:*

*<http://articles.mercola.com/sites/articles/archive/2016/04/25/selenium-disease-prevention-benefits.aspx>  
<https://draxe.com/selenium-benefits/>*

## **Top Brain Foods.**

**Almond and Peanut butters:** *high in protein and Vitamin B3 and folate.*

**Asparagus:** *good source of fibre, packed with copper, B6 B2 and Pantothenic acid [B5] A,C,E, potassium, choline, selenium, zinc, iron and protein.*

**Broccoli:** *High in potassium, vitamins A, C, B6 and K.*

**Coconut Oil:** *rich in medium chain triglycerides, renews brain cells and restores nerve function.*

**Cod Liver Oil:** *An age old staple for sources D vitamins and A, and omega-3 fats.*

**Flax Seed:** *Magnesium, fibre and protein.*

**Full Fat Greek Yoghurt:** *A good source of calcium.*

**Kale:** *Vitamins A and E, C and folate, minerals and fatty acids.*

**Mussels:** *High in vitamin B12.*

**Pumpkin Seeds:** *High in zinc.*

**Spinach:** *My favourite, rich in magnesium, vitamin E and folate, boosts blood flow to the brain and the formation of new neural networks and connections.*

# **What Are Lentils.**

## **Nutrition Overview**

*Lentils are high in fibre, and complex carbohydrates, while low in fat and calories. Their high protein content makes lentils a perfect option for those looking to boost their protein intake. They are naturally gluten-free, making them a delicious staple in a gluten-free kitchen. Their exceptionally low glycemic index (low GI) values and resistant starch content make them suitable for a diabetic diet.*

## **Protein**

*Did you know? When combined with a whole grain, lentils provide the same quality protein as meat!*

*Lentils are good source of protein. A ½ cup serving of dry lentils provides about 26 grams of protein. With such high protein content, you are sure to be fuelled up all day long.*

## **Fibre**

*Did you know? Just 100 grams of dry green lentils packs in 80% of your days' worth of fibre!*

*Lentils are an excellent source of fibre. In addition to gut mobility, dietary fibre is well known for many health benefits. Notably, high intake of fibre is associated with lower blood cholesterol levels and protection against developing colon cancer and Type 2 diabetes.*

## **Potassium**

*Did you know? Just 100 grams of dry split red lentils has more potassium than a large banana!*

*We are so driven to reduce salt that sometimes we forget to look at the other half of the equation: getting enough potassium.*

*Potassium can counteract the damaging effect of sodium and has been shown to lower blood pressure.*

### **Folate**

***Did you know? Out of all plant-based foods, lentils contain the most folate!***

***Lentils are an excellent source of folate. A type of B-vitamin, folate helps support red blood cell formation and proper nerve functions. Folate also plays an important role in lowering artery-damaging homocysteine. In addition, the water-soluble vitamin may help prevent anaemia and protect against developing heart disease, cancer, and dementia. Folate is particularly important for women of childbearing age, as it is needed to support increasing maternal blood volume.***

### **Iron**

***Did you know? Just 100 grams of lentils provides 45% of your daily iron needs!***

***Iron plays an integral role in the formation of haemoglobin in blood and myoglobin in the muscles, both of which carry oxygen to the cells. That is why fatigue and tiredness are usually the first symptoms people notice when they are low in iron. For vegetarians, getting enough iron particularly challenging. Regularly including lentils in your diet can help boost your iron intake.***

### **Manganese**

***Did you know? Just 100 grams of red lentils provides 100% of your daily manganese needs!***

***Lentils are a very good source of manganese. This mineral is stored mainly in our bones and in major organs including the liver, kidney, and pancreas. Manganese plays a role in maintaining normal blood sugar level, and helps protect against free-radical damage.***

## *Split Red Lentils*

### **Nutrition Facts**

Serving size 1/2 Cup (125 mL)  
Cooked

Amount per serving

**Calories 150**

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 25g 9%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 3mg 15%

Potassium 273mg 6%

Folate 55mcg DFE 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## *Green Lentils*

### **Nutrition Facts**

Serving size 1/2 Cup (125 mL)  
Cooked

Amount per serving

**Calories 140**

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 23g 8%

Dietary Fiber 9g 32%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 2mg 10%

Potassium 252mg 6%

Folate 39mcg DFE 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*On the next page is a recipe for my “Cold Buster Soup”  
Its lovely, so why not give it a try, it take a couple of minutes to  
prepare and just 28 minutes to cook.*

## **Lawrence's Cold Buster Soup.**

**1 Organic Parsnip.**

**2 Organic Carrots.**

**$\frac{1}{2}$  Of An Organic Small Swede.**

**1 Organic Onion.**

**1 Handful Of Sliced Organic Spring Greens.**

**1 Organic Potato.**

**$\frac{3}{4}$  Cup Of Organic Lentils.**

**2 To 3 Organic Stock Cubes.**

**$\frac{1}{4}$  Of A Tin Of Corned Beef Or 6 Cubes Of Cooked Beef If You Prefer Or Just Leave The Meat Out.**

**4 to 5 Twists Of Organic Cracked Black Pepper.**

**1 Shake Of Organic Ground Cumin.**

**1 Shake Of Organic Ground Turmeric.**

**2 Shakes Of Organic Cayenne Pepper.**

**2 Shakes Of Himalayan Pink Salt.**

**1 And  $\frac{3}{4}$  Pints Of Filtered Water.**

**If You Like Garlic You Can Add 1 Clove But It's Not Necessary.**

**Peel And Cut Up All The Vegetables And Put Everything In Your Soup Maker.**

**Set Dial For 28 Minutes On Chunky.**

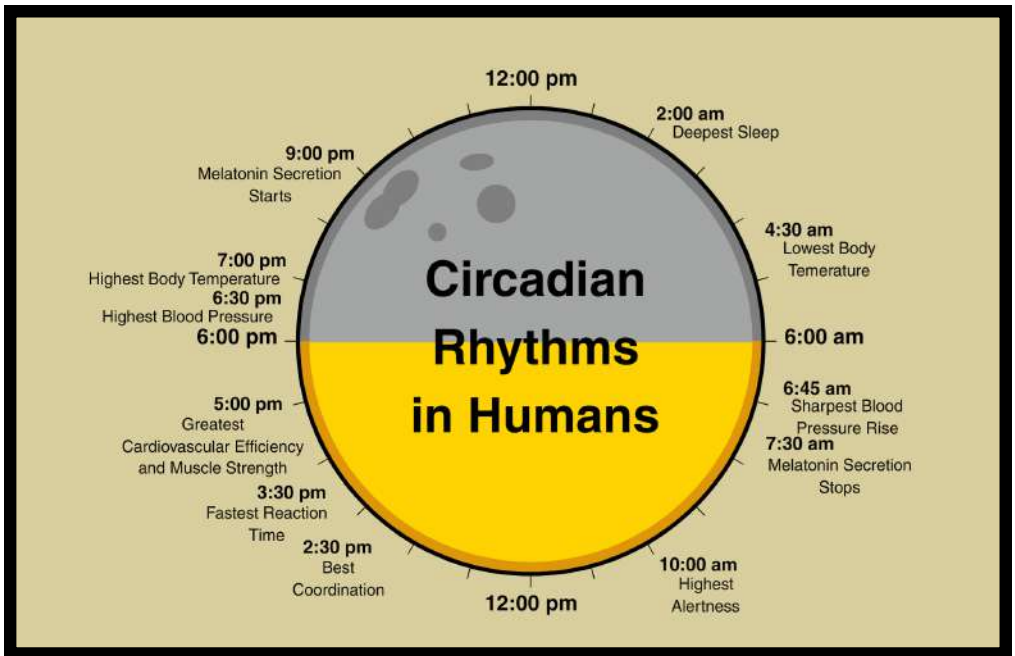
**When Cooked Blend For 5 Seconds.**

**Simple Superb And Healthy.....**



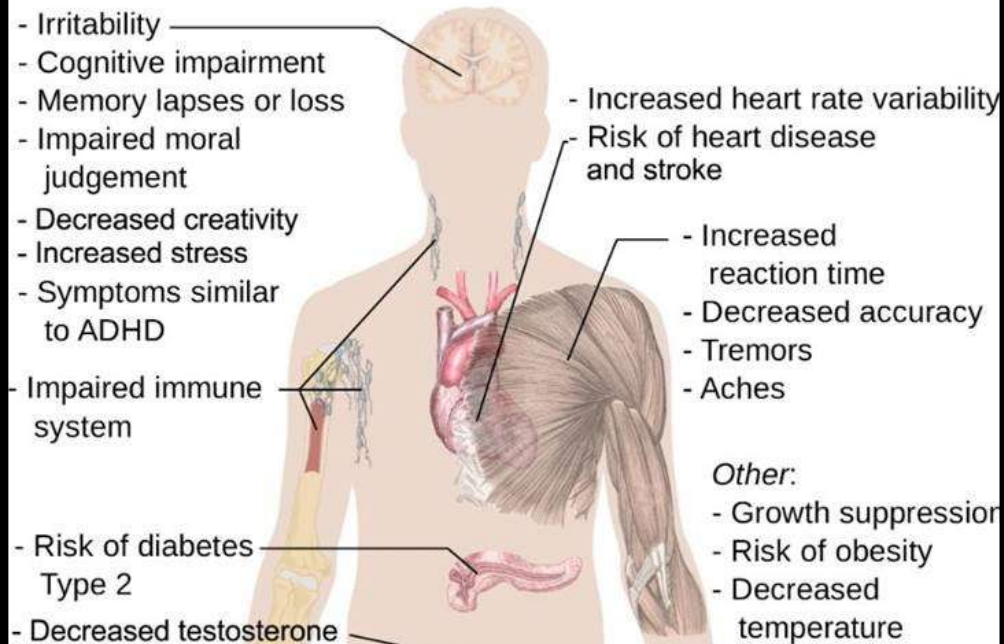


## ***Circadian Rhythm.***



***This Works Using The Sun And The Moon Which Helps The Body Repair Itself Using Light And Darkness. Using Blackout Blinds And Curtains Helps To Enhance The Melatonin Production During Night Sleep Which Helps The Body Repair, Which Is Why Night Workers Who Sleep During The Day Have A Host Of Medical Problems Including Depression As The Circadian Rhythm Is Disturbed. Above Is How The Circadian Rhythm, Or Body Clock Works. The Study Of Circadian Rhythms Is Called Chronobiology. The Melatonin Is Produced During The Ours Of Darkness When The Body Is “Fasting” In Sleep Mode As Most Of The Body Shuts Down. We Wake In The Morning And “Break The Fast” As We Eat At Breakfast.***

# SIDE EFFECTS FROM MISSING SLEEP



## Top 10 Health Benefits of a Good Night's Sleep

1. Sleep Keeps Your Heart Healthy.
2. Sleep May Prevent Cancer.
3. Sleep Reduces Stress.
4. Sleep Reduces Inflammation.
5. Sleep Makes You More Alert.
6. Sleep Bolsters Your Memory.
7. Sleep May Help You Lose Weight.
8. Naps Make You Smarter.
9. Sleep May Reduce Your Risk for Depression.
10. Sleep Helps the Body Make Repairs.

## Melatonin in Immune System:

- Immunological effect is thought to result from melatonin acting on high affinity receptors (MT<sub>1</sub> and MT<sub>2</sub>).
- Melatonin may enhance cytokine production.
- Melatonin might be useful fighting infectious disease including viral, such as HIV and bacterial infections , and cancer.
- Endogenous melatonin in human lymphocytes has been related to interleukin-2 (IL-2) production.

## Melatonin: Background

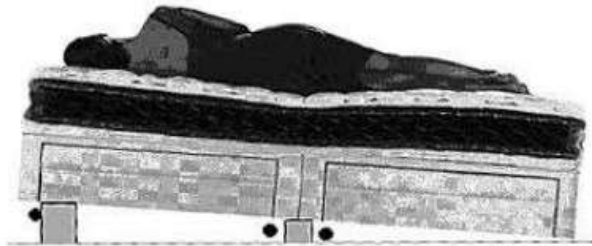
- Biosynthesized from tryptophan, converted to serotonin and ultimately to melatonin.
- Primary site of melatonin production: pineal gland
  - Some production occurs in the retina, bone marrow, bile and GI tract
- Secretion of melatonin from the pineal gland is highest during pediatric years and decreases with age.
- It is believed to be responsible for regulating sleep-wake cycles by helping adjust the patient's circadian cycle.
- Release coincides with darkness and is suppressed by daylight; it typically begins around 9 pm and lasts until about 4 am.
- Although the exact mechanism of action is unknown, it is thought that synthetic melatonin copies the effects of natural melatonin in the brain.
- Exogenous melatonin maximally advances delayed rhythms when administered before endogenous melatonin levels begin to increase in the evening.
- It decreases nocturnal core body temp, which helps facilitate sleep.

*In Other Words Get Some Good Restful Sleep.*

## **INCLINED BED THERAPY (IBT)**

### **What is Inclined Bed Therapy?**

- ◆ Fletcher came up with a design of an inclined bed to take advantage of the benefits of gravity while allowing individuals to rest in a position that is still comfortable to utilize the force of gravity to improve the circulation of the body while asleep.



## **INCLINED BED THERAPY (IBT)**

### **Benefits of Inclined Bed Therapy**

- |                          |                          |
|--------------------------|--------------------------|
| ◆ Parkinson's Disease    | ◆ Gastric reflux         |
| ◆ Multiple Sclerosis     | ◆ Edema                  |
| ◆ Cerebral Palsy         | ◆ Optic nerve damage     |
| ◆ Spinal cord injury     | ◆ Bladder infections     |
| ◆ Short term memory loss | ◆ Scoliosis of the spine |
| ◆ Heart conditions       | ◆ Leg ulcer              |
| ◆ Blood pressure         | ◆ Diabetes complications |
| ◆ Respiratory problems   | ◆ Sleep apnea            |
| ◆ Psoriasis              | ◆ Insomnia               |
| ◆ Thrombosis             | ◆ Snoring                |
| ◆ Varicose veins         |                          |



# WOMAN'S Realm

March 3, 1998



**Penny is now pain-free**

## Keep your

### How angling your bed can improve your health

she wouldn't have believed them. However, today 54-year-old Penny is a firm believer in the practice.

Penny, a divorcee from Paignton, Devon, with three

grown-up children, has had psoriasis since the age of 18. When she was in her early 30s, she developed psoriatic arthropathy, a painful arthritic condition.

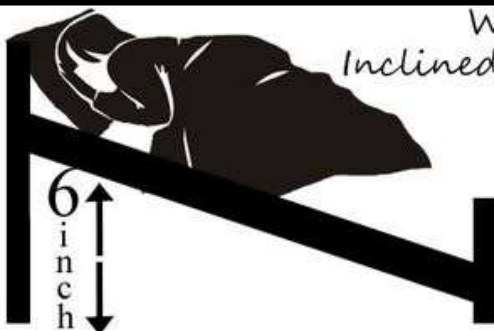
'As time progressed, the

pain and stiffness grew worse,' remembers Penny, who runs a guest house. 'I took painkillers and anti-inflammatory drugs which took the edge off the pain, but they upset my stomach, so I preferred to do without them if I could. Then, about eight years ago, my condition deteriorated considerably.

'I also work as an auxiliary nurse, which can be quite physical, and it got to the point where I was so stiff, I thought I'd have to give

**T**hree years ago, if anyone had suggested to Penny Meredith that something as simple as propping up the head of her bed could radically improve her quality of life,

***We All Hopefully Know That Putting An Extra Pillow Under Your Head Helps With A Stuffy Head Cold Allowing You To Breathe Better As The Blood Pressure Is lowered At The Head Relaxing The Sinus. So Why Not Take It A Step Further And Raise The Bed 6 inches, Works Really Well Helping The Venous Blood Flow System.***



Welcome to the  
Inclined Bed Therapy Group

**HAVE YOU GOT**



# Tilt your bed for a really healing sleep...



Vital steps: Roger Kirk can now stand up to MS

**S**IMPLY raising the head of your bed by 6in, so that you sleep at an angle, could improve your health dramatically, according to an inventor who has spent four years researching and proving his theory.

It is based on the idea that by sleeping in a completely flat position, we are ignoring the very force that powers our vital functions — gravity.

Andrew Fletcher, an engineer from Paignton in Devon, worked out that by lying flat, the circulation and the metabolic rate is slowed right down. By raising

By **DEBORAH DOOLEY**

the head of the bed, and continuing gravity's natural pull, fluids are drained down through the body.

He says: 'Putting the body at an angle of at least five degrees simply allows it to work as it was designed to.'

The inventor, his wife and two children have been sleeping on angled beds for two and half years. During this time, Andrew discovered that while the heart and circulation rate drops, the metabolic

rate increases, producing additional warmth, particularly in the feet and hands.

Over the last three years, he has conducted trials involving around 400 volunteers, with ailments ranging from spinal cord injuries to varicose veins.

The results are said to have been 'astounding' with almost all volunteers having achieved improvement in their symptoms.

One 12-year-old girl with cerebral palsy, who had been in a wheelchair all her life, is now, after 18 months of 'angled bed therapy', taking her pet terrier for walks. Great Ormond Street Hospital, in London, has asked her parents for details of the trials.

A new, angled bed range, The Naturesway Sleep System, has been launched and is available through Oasis Concepts Ltd.

Roger Kirk, a former design engineer, has had MS for 33 years and has been wheelchair-bound for eight. Roger, 51, who lives in Stoke Gabriel, Devon, was approached by Andrew Fletcher in October 1995.

'My first night sleeping at an angle was uncomfortable and I woke with a headache', he says. 'But within a week, I was feeling quite different. The muscle and joint pains which normally plague me were greatly lessened and I felt more relaxed.'

**Is a tilting bed the cure for your ills?**

01803 524117

ANSWER

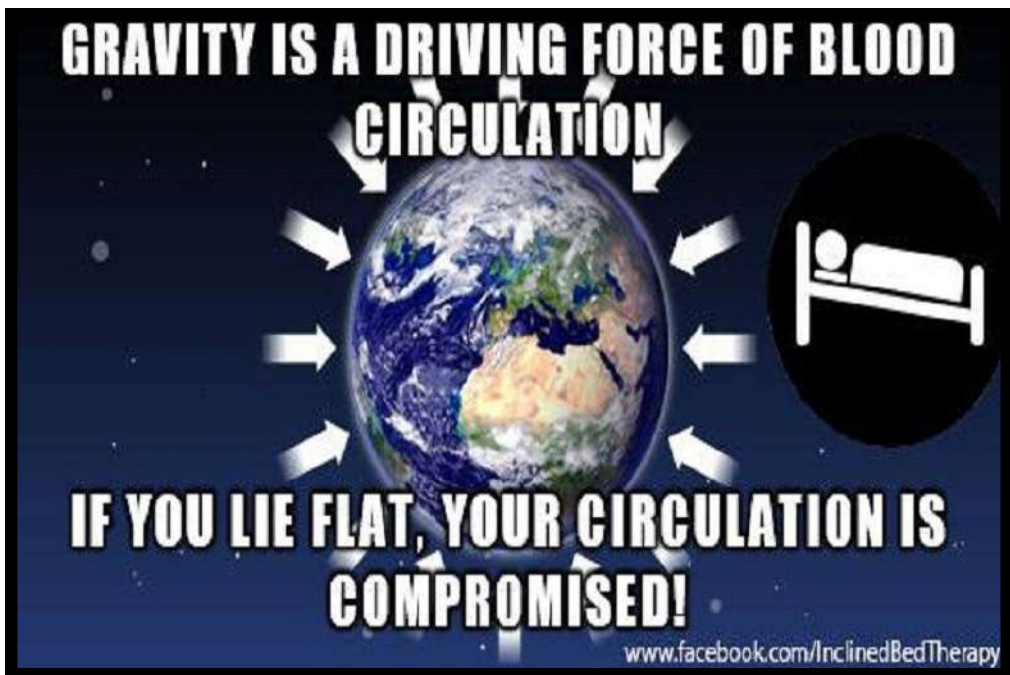
However, Andrew Fletcher says: 'I am confident that angled sleep will alleviate all kinds of health problems.'

■ **FOR further information send a large SAE to: Andrew Fletcher, 26 Berry Drive, Paignton, Devon TQ3 3QW.**

**T**HE high point came on October 12 this year, when I took two steps — without even thinking.

The Multiple Sclerosis Resource Centre has published a report based on the angled bed survey, which says: 'There is good reason for further investigation.'

But Dr Derek Gay, who has been researching the effects of MS on the brain for the last ten years, says: 'The biochemistry and physiology of the human body is extremely sophisticated and isn't likely to be influenced by crude factors such as gravity.'



*They Found That Plants And Trees Use Gravity To Move Nutrients, Salts Sap And Chlorophyll Around The Plant Using A Gravitational System Called “Translocation”, They Say That This Is The Same In Humans With Blood Flow. But I Need To Do More Research, I Will Tell You All More As I Find It Out. It Looks Good With Varicose Veins, And Lungs, Seen Some Good Results There. And This Is Probably Why They Raise Patients In Hospitals. My Mother Had Osteo Issues And She Never Laid Flat As That Was When The Pain Would Start.*

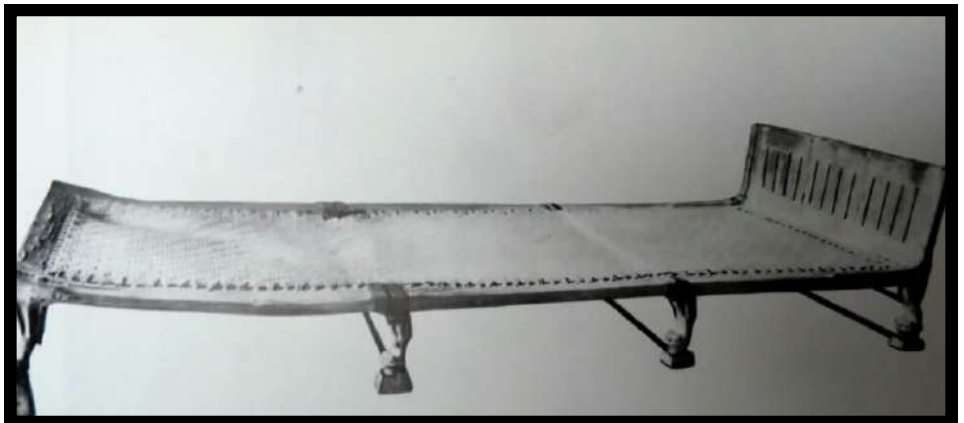
*Also Take A Look At The Next Few Pictures, You Will Be Shocked As The Egyptians Made Beds On A Slope, So What Did They Know Or Realise.*





*Egyptian Raised Beds, But What Would They  
Know?*

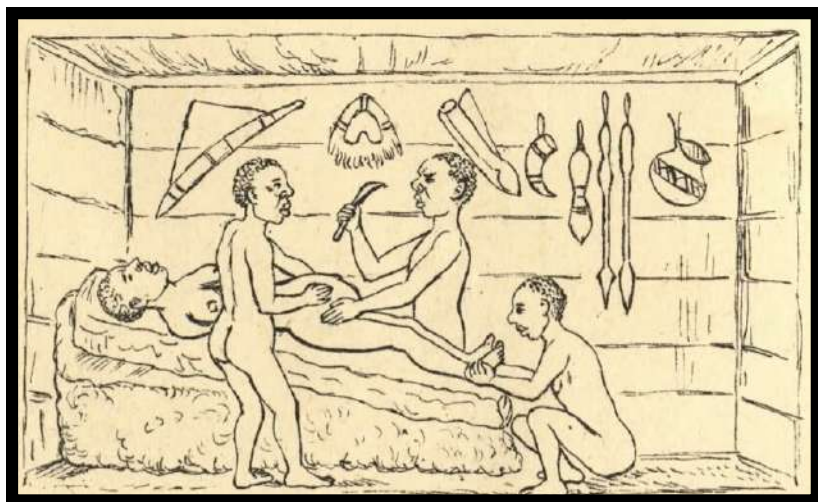
*Oh! Yes, They Built Things That We Cant Today  
Even Though We Are More Technologically  
Advanced, That's Weird, Did We All De evolve.*





***13th Century Paintings. Take A Good Look, All The Patients Are Raised And So Is The Baby.***





# Inclined Bed Therapy – Can Lying In A Bed Tilted Up At The Head End Really Help MS?

By Andrew K Fletcher

**Mechanical engineer Andrew K Fletcher has come up with the idea that people with MS should raise the head end of their beds by 4-8 inches to help the blood flow better and so improve symptoms. But can it really make any difference? Some people with MS say it can.**

**F**or the past 17 years I have been working on a theory about how circulation and head posture – both night-time sleeping posture and daytime sitting posture – can compromise blood flow. I believe this is a very important and frequently overlooked factor in MS.

For several years my theory was largely ignored – with the exception of a growing number of open-minded people who inclined their beds at the head end and experienced significant improvements.

Then, last year, everything changed when attention focused on Italian vascular surgeon Professor Paolo Zamboni's paper about poor drainage of blood from the brain. I thought Zamboni's paper was fascinating.

Zamboni and others have observed that narrowing or twisting in a vein can restrict adequate circulation and increase pressure in veins, causing blood reflux or backflow to the brain. In my opinion he is probably right about this.

However, I think it is wrong to talk about blood drainage from the brain without considering the blood's journey around other parts of the body. Blood flow is by nature circular – hence it is called circulation.



Andrew Fletcher

But what exactly causes veins to narrow or twist in the first place? And does this affect other body parts? My theory is that what causes veins to narrow, bulge and twist is mostly poor posture.

### Poor Posture To Blame

Humans have evolved to stand upright. All the vessels in the body run predominantly vertically from head to toe and we need to be upright for the blood and lymph to flow freely to keep our muscles and nerves functioning and properly restored.

As well as the heart pumping blood around the body, gravity has an important role to play in

circulation too. Everyone knows that gravity moves things downwards. Surprisingly, gravity can also help in the upward movement of body fluids and help circulate them.

We all breathe and perspire and we lose evaporated water constantly. Water loss through evaporation concentrates salts and sugars in our blood, meaning remaining fluids are denser and heavier.

Gravity acts on these denser fluids, drawing them down to the kidneys where they are filtered and excreted from the bladder. The blood that passes through the kidneys is filtered of excess salts



and is pulled back up the body by the pressurised outflow from the heart and the tension applied to the blood from the downward flowing solids which push on the blood in front and pull on all of the blood behind.

## The Problem With Lying Flat

The problem with lying flat at night is that gravity can no longer help in the process of moving dissolved salts, sugars and minerals towards the kidneys to assist the blood flow, so we rely entirely on our hearts to maintain circulation.

Without gravity's assistance the heart, being a pump, has to exert pressure on veins causing them to narrow, bulge and twist, giving rise to varicose veins in susceptible people, and in certain people CCSA.

I believe Inclined Bed Therapy may help stop the vicious circle outlined above thus helping people with MS. It may be working in the following ways:

- Myelin damage may be repaired: closing up the gaps for signals to cross, de-myelinated areas may be bypassed and signals to and from the brain connected via other routes.
- Improved circulation may increase the electrical signal output to jump the damaged areas of myelin. Finally the damaged myelin may become re-hydrated and become functional again.

Inclined bed therapy is by no means a quick fix or indeed an overnight cure. It is a slow process so please be patient. Some symptoms take a long time to respond but some symptoms can improve quickly - you should find you have higher energy levels and no longer feel cold or have cold hands and feet in bed.

Will Inclined Bed Therapy work for everyone with MS? To answer this we would need to conduct a proper controlled study and this will

need to be funded. Certainly there are and will be more exceptions to improvement and some people found their condition has not responded in the short term.

Given the alternatives, what do you have to lose by placing your bed on an incline and testing this theory for yourself?

## Research Into Inclined Bed Therapy (IBT)

The first pilot study into IBT was conducted in 1995 when the first person with MS - Roger Kirk - tested IBT. In 1997 a survey was carried out into inclined bed therapy with help from the MRC. The survey was of 9 people with MS and four people with other conditions, who slept in raised beds for several months. Overall the survey reported that people who slept in inclined beds believed there were benefits, many of them substantial, to be gained from them. This report can be found under the "My Research" tab at: <http://www.andrewfletcher.com>

In 1999 a second, larger internet based study was conducted and ran for just over a year centring the previous pilot study results to be both reliable and repeatable. These results can be found at the bottom of the above site.

## Cases

Jean Harrison, 46, was diagnosed with relapsing remitting MS in 1988 and has been inclining her bed since then. From Ohio in the USA, she works as an IT support worker/systems administrator. Jean has been married to Steven for 25 years and has two daughters.

I started with a 6 inch incline using square plastic milk crates with some heavy books placed on top. I have since learned to use strong PVC pipes under the legs.



Jean Harrison

The pipe can be cut to varying lengths. I experimented with 8" and currently have only a 4" rise. I used 6" for around 10 years.

My husband Steve didn't like Inclined Bed Therapy at first but has adapted. Now he realises he can't sleep easily in a flat posture! Using a foot board has helped keep us from getting too far down in the bed. Sheets that are flannel or other textures help with the sliding down problem. Our newer mattress with the pillow top also makes it easier to stay on the correct place on the bed instead of waking up slumped down at the bottom.

At my annual visit to see the neurologist I've had MRIs and there is no sign that I'm progressing negatively. The doctor reminds me that MS isn't supposed to get better (but I appear to be).



Jean in her raised bed

## New Therapies



Christian Høg with his wife Ane and children Magnus and Encke

Christian Høg, 40, is a computer programmer who lives in Denmark with his wife Ane and two children, Magnus, 2, and Encke, 8. Christian was diagnosed with relapsing remitting MS in June 2009. He is on Avonex.

I always wondered why my MS symptoms always presented themselves in the morning when I woke up. I asked the question on thisms.com and I immediately got the answer "Try Inclined Bed Therapy," so I did!

At first my wife wasn't too thrilled with the idea but she quickly discovered that it didn't matter to her. I started with the bed raising in November 2009. I raised the bed with some wooden blocks, to which I added extra boards as needed. Initially I raised the bed about 10 cm. After about a month I added another 2 cm, and then finally the last 3 cm. We are now on 15 cm. [6"]

The first morning I noticed that the dizziness I used to have in the



Christian in his raised bed.

mornings was gone! I was able to stand up and walk straight right away without holding on to walls. The Lhermitte's sign (electric-type shocks in the neck) is almost gone. Only when I'm tired can I feel some of the symptoms.

My vision has improved, I'm not so tired any more and I have no need for a nap during the day. My left leg is not so annoying, all the weird skin sensations on my legs are gone and I'm not feeling so awful during the day any longer. I really feel that doing the iBT is making me well again - something

that I thought could never happen.

### Raising Your Bed

The aim is to raise your bed at the head end by 6 inches (15cm) without compromising its safety. Many people go up in steps, raising the bed by 4" initially then moving to 6" after about a month. You can either do-it-yourself, or with the help of a handyman.

There are also many products available online or in stores. Bed Raisers, also known as Risers or Elephant Feet, cost around £12.99 to £60 for a set. They can be bought from such places as:

- [www.betterlifehealthcare.com](http://www.betterlifehealthcare.com)
- [www.brighterlife-healthcare.com](http://www.brighterlife-healthcare.com)
- [www.scottssoftwood.co.uk](http://www.scottssoftwood.co.uk)
- [www.iamson.co.uk](http://www.iamson.co.uk)
- ebay

and many other online outlets which can be found on a Google search.

You may also be able to get these free from an Occupation Therapist at your local Social Services.

#### Info Box

<http://www.inclinedbedtherapy.com>



One of the many bed lifts available

## Link Between Posture And MS Relapses

The first results of a survey looking at posture and MS appear to show a clear connection between different postures and MS relapses or worsening of symptoms. The survey was carried out by Andrew Fletcher (see previous article on bed-raising).

In the survey most MS relapses or deteriorations (18%) were found to happen in the morning on waking or on getting up from bed in the morning (17%). The lowest

number (1%) took place at night while trying to get out of bed. More than 100 people have already taken part in the survey.

Findings have been forwarded to Prof Paolo Zamboni, and Dr Franz Schelling – an Austrian doctor with an interest in CCSVI who trained in radiology and neurology and

has spent much of his career treating patients with MS.

Dr Schelling said the discrepancy between the 1% deteriorations noticed at night while trying to get out of bed and the 17% upon getting up from bed in the morning, as well as 18% upon waking in the morning were "remarkable". He said he would be interested to learn more about the effects of raising the beds of patients with MS at different angles and how bed raising affected stenosis (narrowing of veins) found in CCSVI.

Andrew Fletcher said he was hoping to involve a university in publishing a peer reviewed paper based on the survey results. He also hopes to double the number of those taking part in the survey from 100 to 200.

You can take part in Andrew's survey by going to the thisisms website at [www.thisisms.com/ftopicp-118378.html#118378](http://www.thisisms.com/ftopicp-118378.html#118378)



**Herald Express**



**Taking it easy... with a purpose**  
■ Turn to page 13

## Here is the latest snooze!

Head up it's 'miracle' sleep cure!

**PILLOW** talk by Torbay MP Adrian Sanders may bring Government recognition for an alternative way of sleeping.

Mr Sanders is fighting to get the Government backing for the Naturesway Sleep System, established by former engineer Andrew Fletcher, of Paignton.

Mr Fletcher's invention is based on the theory that by raising the head of a bed six inches, the symptoms of MS and spinal cord injuries can be eased.

by **DEBBIE SPERRY**

Mr Sanders has been very impressed by stories from MS sufferers about how the system has changed their lives.

And, he says, putting the idea into practice could save the NHS a considerable amount of money.

One person who advocates the Naturesway Sleep System is Penny Meredith, owner of the Durdle D'O' guest house, Paignton.

She said: "I used to have terrible



attacks and would have to immerse my hands in hot water for an hour or more every morning until they began to move.

"But now I'm brilliant, I've no pain

whatsoever, it's been miraculous."

Andrew's system is also being featured in the London International Inventions Fair at the Barbican Centre from November 27 to 30.

■ **Pictured: Andrew Fletcher (left) and Adrian Sanders share some pillow talk with Penny Meredith.**





**WORLD EXPRESS, PHOTO COURTESY OF NIM 17**

**Andrew's dream of success turns into reality ...**

HELD within Andrew Fletcher's grasp is the key to solving a problem that has plagued mankind for centuries. It is the discovery that by raising the head of a bed an individual can improve circulation, reduce blood pressure, and prevent the onset of heart disease.

He has awarded a patent for his invention. That's right, a patent. And he's already been named a "Top 100" inventor by *Time* magazine.

After four years of working on his project, Mr. Fletcher's bed is about to be made by a major hospital chain and to be sold commercially.

Andrew says, "At last! The grating reception line just outside my door has been put to rest. I can now go back to work."

Andrew Fletcher, 28, Barry Drive, Paignton, Devon, England.

Wednesday, Thursday, March 27, 1991

## Simple solution to circulation problem

# Bay inventor's bedroom secret

"IN time it will be looked back on as the greatest discovery of the 20th century."

This is the dramatic claim of a Paignton engineer who believes he has found a revolutionary way of improving human health.

People suffering with multiple sclerosis, nerve damage, arthritis and various other ailments have all benefited from this new discovery, claims Paignton's Andrew Fletcher.

There is even medical evidence to prove his research has done away with old death, he says.

Mr. Fletcher, of Barry Drive, Paignton, Devon, believes that by raising the head of a person's bed by only six inches gravity's effect on the flow of blood during sleep may improve the body's health immeasurably.

"A man who'd suffered from MS for 31 years asked me the meaning, and within weeks his symptoms had stopped and sensitivity was returning to his skin," said Mr. Fletcher.

"I wanted to take it further, so I contacted other MS sufferers - and they had the same results."

"Then I even visited one of our friends who'd been a neck break, and now they're having some amazing results."

"Let's face it, we as a species were never designed to sleep lying flat. We're designed to live upright. It's how we bodies are constructed."

Mr. Fletcher made his discovery while researching how water can flow to raise water to their tops and therefore above the level of gravity.

Britain's 17th-century law of physics dictates that water in a column will only rise 32 feet under atmospheric pressure.



● Andrew Fletcher with one of the raised beds at Penny Meredith's Paignton guest house

In 1957 Mr. Fletcher says he discovered this "law". He added a solution of salt to the top of a 75-foot plastic tube hanging over his house's Outcragg cliff, with both ends placed in water-filled containers, and was able to raise the water to the 75-foot cliff.

Mr. Fletcher suggests that by elevating the human body during sleep we spend one-third of our lives doing it right, with a natural supply of salt, improve circulation, and therefore the body's overall health.

His theories have spread far and wide - with beneficiaries as far afield as Germany, California and Canada.

Close to home, though, Mr. Fletcher has two supporters.

Penny Meredith, a retired nurse and arthritis sufferer who runs the Durdle Door guest house in Paignton, has been so impressed by the effect of the treatment she has chosen to raise all the beds in her home.

People will now be able to stay at her house and benefit from the Paignton facility.

There is also a major local manufacturer that is interested in the plans to market it later this year.

THE BI-MONTHLY NEWSPAPER OF THE MOTORCYCLE ACTION GROUP MAILED TO 16,000 RIDERS, ISSUE 98 APRIL/MAY 98

**Deadline Magnews 99 - May 10  
Magnews 99 out June 10**

## NEW SLANT ON SPINAL INJURIES

**S**leeping on a hard bed could bring hope to millions of spinal chord injuries, suffering from paralysis, according to plumbing engineer Andrew Fletcher. The revolutionary concept is so simple as it is revolutionary: just changing the effect of gravity in relieving nerve growth and regeneration.

Fletcher claims to have performed tests of paralysis victims who have experienced swelling and muscle pain and a reduction in other symptoms after sleeping in beds raised six inches at the head end.

The research has also proved the much higher about the complexity of the nervous system - as the gravity inside the growth of nerve tissue. Fletcher studied American research on fish and frog which spend their whole lives oriented in the

same way with respect to the earth. In experiments where optic nerves were severed the nervous system was in a good state after a period of some restoring signs.

Case histories of human experiences in which nerves and muscles have been replaced with the downward sloping system include one instance of a veteran suffering from Multiple Sclerosis who recovered his sight, suddenly to have been drinking alcohol and even now drives without the use of spectacles. Other examples of the efficacy of the treatment include one of a top athlete tennis player who previously claimed not to be able to play tennis, but who now plays a title with a par and has recently returned to his tennis.

Fletcher suggests that nerve growth occurs around a part of circulation which is

assisted by a more upright posture. A further dimension to his research which comes to this is that of other humans. Cases of Myelomeningitis are apparently more common in those who are paraplegic, and the legs and body generally remain more erect. This inspiration for Fletcher's research came partly from the days of plumbing and from the observation of how the water in which they transport fluids, to support their legs and bodies.

It should be stressed that no claims of total recovery are being made, and the medical profession should be fully aware of the recovery possibilities of new nerve cells. Anyone wishing to know more might like to send a large 54p to Andrew Fletcher, Case Developer Ltd 28 Barry Drive, Paignton, Devon, TQ9 3DW Tel/Fax 01803 534117

Magnews 98 April/May 98

## Gravity and the circulation: "open" vs. "closed" systems.

Hicks JW<sup>1</sup>, Badeer HS.

### Author information

### Abstract

The elementary principles of liquid dynamics are described by the equations of Bernoulli and Poiseuille. Bernoulli's equation deals with nonviscous liquids under steady streamline flow. Pressures in such flows are related to gravity and/or acceleration. Changes in elevation affect the gravitational potential energy of the liquid and the velocity of flow determines the kinetic energy. The sum of these three factors represented in the Bernoulli equation remains constant, but the variables are interconvertible. In contrast, the Poiseuille equation describes the pressures related to viscous resistance only, and the energy of flow is dissipated as heat. A combination of the two equations describes the flow in tubes more realistically than either equation alone. In "open" systems gravity hinders uphill flow and causes downhill flow, in which the liquid acts as a falling body. In contrast, in "closed" systems, like the circulation, gravity does not hinder uphill flow nor does it cause downhill flow, because gravity acts equally on the ascending and descending limbs of the circuit. Furthermore, in closed systems, the liquid cannot "fall" by gravity from higher levels of gravitational potential to lower levels of potential. Flow, up or down, must be induced by some source of energy against the resistance of the circuit. In the case of the circulation, the pumping action of the heart supplies the needed energy gradients. Flow in collapsible tubes, like veins, obeys the same basic laws of liquid dynamics except that transmural pressures near zero or below zero reduce markedly the cross-sectional area of the tube, which increases the viscous resistance to flow. (ABSTRACT TRUNCATED AT 250 WORDS)



WORLD JOURNAL OF ENTREPRENEURSHIP RESEARCH, Vol. 1, No. 1, 2003 11

AN. GUYTON, Ind., tool-maker from South Dayton claims he is on the verge of a breakthrough in the treatment of multiple sclerosis—using six milk blocks of steel.

Left: Flintheart, whose team was successful in identifying opportunities, is trying to ensure IBM's R&D challenges are fun enough to do, not just solve.

Although his power that he is living, Law, brought the teacher's party around 1980. "I know!"



"You are invited to go, people, to anywhere I will venture will get you the best of it."

Quantities with temperature climates, such as the UK, have a higher incidence of MS and the condition is more common in northern latitudes such as Scotland.



**Do Animals Know More Than Humans?**  
**They Are All Mostly Facing Up Hill.**





***If Your Posh And Lazy Like Me, You Can Purchase A Pack Of 4 Bed Raisers For Approximately £10 To £15 Or If Your A Clever Tight Wad You Can Use Blocks, [NOT LEGO] Books Or Make Some Out Of Wood, Just Make Sure It Is Measured To 6 Inches. I Highly Recommend Visiting Andrews Website Below For More Information And Questions. And Please Send Him Any Feedback Of What You Cure For His Research. Many Thanks.***



***Andrew K Fletcher***





## *Overview of the Venous System*

*Veins return blood to the heart from all the organs of the body. The large veins parallel the large arteries and often share the same name, but the pathways of the venous system are more difficult to trace than those of the arteries. Many unnamed small veins form irregular networks and connect with the large veins. Many veins, particularly those in the arms and legs, have one-way valves. Each valve consists of two flaps (cusps or leaflets) with edges that meet. Blood, as it moves toward the heart, pushes the cusps open like a pair of one-way swinging doors. If gravity or muscle contractions try to pull the blood backward or if blood begins to back up in a vein, the cusps are pushed closed, preventing backward flow. Thus, valves help the return of blood to the heart—by opening when the blood flows toward the heart and closing when blood might flow backward because of gravity.*

*The body has*

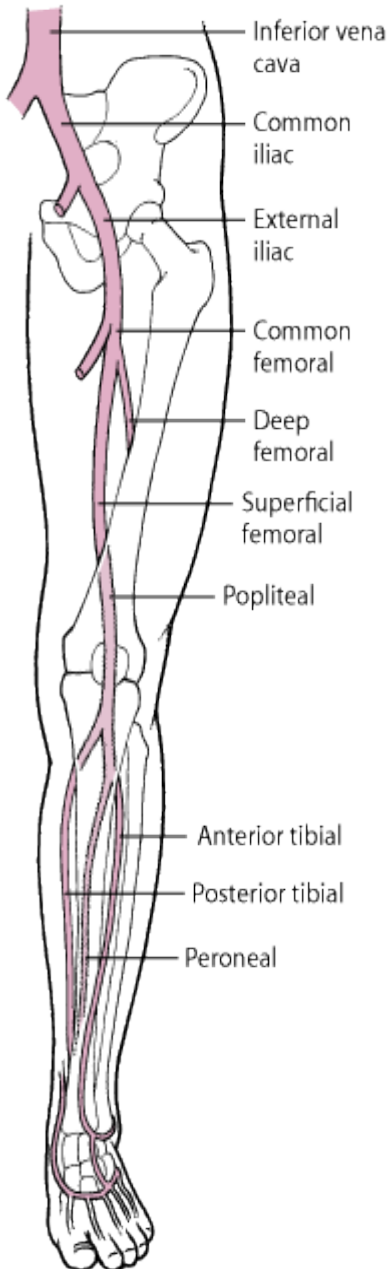
*Superficial veins, located in the fatty layer under the skin*

*Deep veins, located in the muscles and along the bones*

*Short veins, called connecting veins, link the superficial and deep veins.*



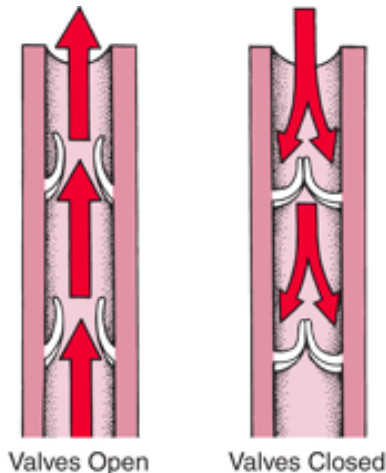
## **Deep Veins of the Legs**



***The deep veins play a significant role in propelling blood toward the heart. The one-way valves in deep veins prevent blood from flowing backward, and the muscles surrounding the deep veins compress them, helping force the blood toward the heart, just as squeezing a toothpaste tube ejects toothpaste. The powerful calf muscles are particularly important, forcefully compressing the deep veins in the legs with every step. The deep veins carry 90% or more of the blood from the legs toward the heart.***

## ***One-Way Valves in the Veins***

***One-way valves consist of two flaps (cusps or leaflets) with edges that meet. These valves help veins return blood to the heart. As blood moves toward the heart, it pushes the cusps open like a pair of one-way swinging doors (shown on the left). If gravity momentarily pulls the blood backward or if blood begins to back up in a vein, the cusps are immediately pushed closed, preventing backward flow (shown on the right).***



***Superficial veins have the same type of valves as deep veins, but they are not surrounded by muscle. Thus, blood in the superficial veins is not forced toward the heart by the squeezing action of muscles, and it flows more slowly than blood in the deep veins. Much of the blood that flows through the superficial veins is diverted into the deep veins through the many connecting veins between the deep and superficial veins. Valves in the connecting veins allow blood to flow from the superficial veins into the deep veins but not vice versa.***

## **Problems With the Veins**

*The main problems that affect the veins include the following:*

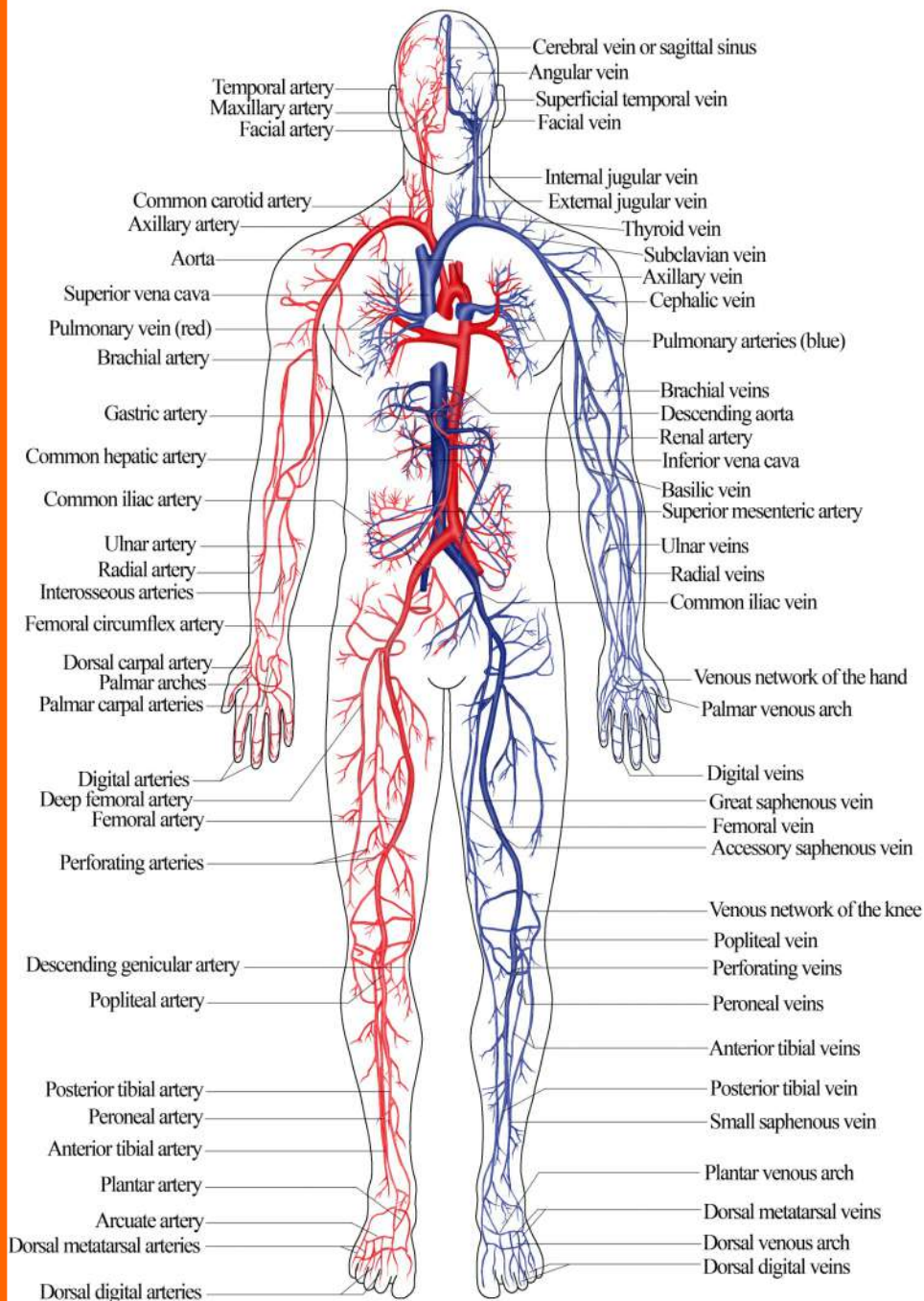
*Abnormal connections between the arteries and veins called arteriovenous fistulas or arteriovenous malformations, which may be present at birth or develop later in life*

*Inflammation of a superficial vein due to a blood clot (thrombophlebitis)*

*Blood clotting within a deep vein (thrombosis)*

*Defects that lead to swelling (distention) of the vein (varicose veins)*

*The veins in the legs are particularly at risk of blood clotting or swelling of the vein because when a person is standing, blood must flow upward from the leg veins, against gravity, to reach the heart.*

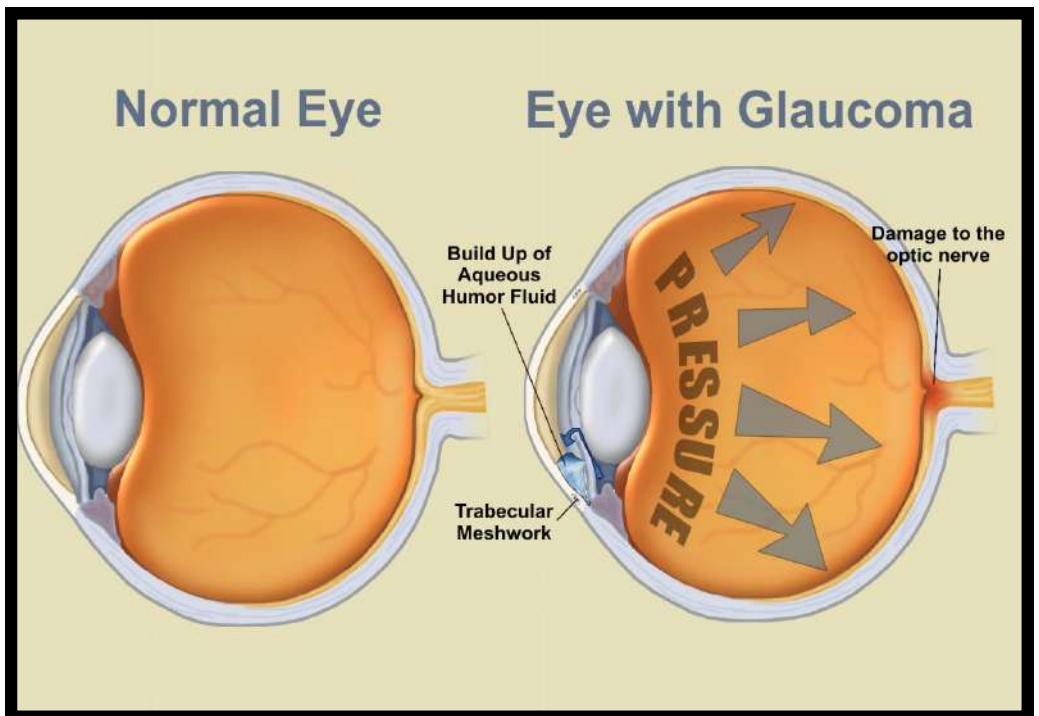


## **Glaucoma.**

*Just to let you all know, that last year [2017], I was diagnosed with Glaucoma by my Optician, a condition which can lead to blindness caused by pressure at the back of the eye. It can also be a symptom of Diabetes which I do not have. [Been tested twice]*

*Anyway, I was pressure tested last year and my readings were 24 and 26, anything 22 and over is bad news and my field of vision test read at approximately 62% which is rubbish to say the least.*

*I went to hospital and had the tests, and was told I had Onset Glaucoma, so I started taking Vitamin C as it is an anti oxidant and helps with eye health. I went for more hospital tests and was told I only had Glaucoma in the one eye which the optometrist had never seen before and stated "This is strange!"*



*So I then raised my bed 6 inches at the head end to see if I could relieve the pressure behind the eyes as it states on Andrew K Fletchers website.*

*[I had just found out about the subject]*

*I was called back to the hospital for more tests and when they had finished they just said that they would be in touch.*

*A couple of weeks later I received a letter saying my next couple of appointments were all cancelled.....that was it! No reason given at all!*

*So being a little curious, I booked an appointment with my Optician for the 14 March 2017, had the usual tests, and guess what, my eye pressures had dropped to 14 and 16 and my field of vision test was 100%, that's 100% mind you, and with my glasses on, I could read all of the eye chart, even the small letters at the bottom, and the smallest print on the cards, I was so chuffed that I burst out laughing and told the optician what I had done. She then told me that studies had found that wearing tight collars or ties can contribute to Glaucoma so tilting the bed to relieve head pressure is quite feasible. Anyway, in the words of The A Teams Colonel John Hannibal Smith, "I love it when a plan comes together".*



*Raise Your  
Beds Today  
People!*



## ***Fulvic Mineral Supplement.***

*Contains rare earths, trace minerals, amino acids, phytonutrients, and countless other elements that gave the original life forms their power. Fulvic Minerals are the ultimate product to remedy a world where natural good health is commonly compromised. Fulvic Acid is the most complex compound known to man. A healthy body requires minerals and many people notice the difference Fulvic makes in days. Designed by nature not by a chemist.*

*Ancient Purity pioneers in Fulvic Acid Minerals We've seen outstanding results over the years with Fulvic, it has been our best seller and is in our opinion the most important natural health supplement. After 2 years of research our lab has discovered a new extraction technique, which is exclusive to us. This new method has allowed us to achieve almost double the content of Fulvic Minerals in the liquid unmatched in the industry. The new method allows us to first extract the mineral content along with some fulvic acid. Then add back into the extraction additional Fulvic Acid which by the new process we isolate from the raw source material - this creates a product that is far more stable and will not come out of solution when placed in water. It also increases the Fulvic Acid to levels up to 18%, it also causes the product to become very dark and concentrated with fulvic acid. It has the exact same mineral profile just much higher Fulvic Acid content, it is also solely water extracted. Through our research and surveys with customers on Fulvic we have decided also to now say you can take 7-15 drops, 7 drops before was always a very effective dose but we have seen outstanding results by going higher. Remember if you want your Fulvic to last longer 7 drops will still give you all you need.*

## **The Power of Fulvic Minerals**

- *Feeds the body the minerals missing in modern soil and foods.*
- *Stimulates and balances cells, creating optimum growth and replication conditions.*
- *May increase energy levels.*
- *The ultimate detoxifier.*
- *Intensifies the metabolism of proteins, RNA, and DNA.*
- *Boosts concentration and mental clarity.*
- *Fulvic Acids act as specific cell sensitizing agents and enhance the permeability of the cell membrane.*
- *Magnifies the effect of herbal teas and tinctures.*
- *Helps repair, regenerate and restore cells (including skin and nails).*
- *Can maintain optimum alkalinity (pH) levels.*
- *Enhances availability of nutrients, making them more readily absorbable.*
- *Increases the activity of several enzymes including alkaline phosphates, transaminase and invertase.*
- *One of the finest natural electrolytes known to man.*
- *Helps balance hormones along with the thyroid and thymus glands.*
- *May give a sense of well-being and a feeling of comfort in the body*

*The new leader in natural health supplements.*

*Fulvic acid has been discovered to be one of the most important natural miracles related to life itself. It is an acid created in extremely small amounts by the action of millions of beneficial microbes, working on decaying plant matter in a soil environment with adequate oxygen. Fulvic acid is part of the humic structure in rich composting soil. Fulvic acids contain a vast amount of naturally occurring bio-chemicals, supercharged antioxidants, free-radical scavengers, super oxide dismutases ("SOD"), nutrients, enzymes, hormones, amino acids, natural antibiotics, natural antivirals, and natural fungicides. It is of low molecular weight and is biologically very active. Because of its low molecular weight, it has the necessity and ability to readily bond minerals and elements into its molecular structure causing them to dissolve and become mobilized fulvic complexes. Fulvic acid from humic (or humate) deposits usually carries 60 or more minerals and trace elements dissolved into its molecular complexes. These are then in ideal natural form to be absorbed and interact with living cells. Plants roots and cells readily absorb high amounts of fulvic acid, and maintain it in their structure. In fact it has been discovered that these fulvic acid complexes are absolutely essential for plants to be healthy. Fulvic acid is still not well known or understood by most of the scientific or medical community.*

*Fulvic acids have not been able to be synthesized by chemists, and are unable to be clearly defined because of their extremely complex nature. This perplexity warrants little opportunity for science or medicine to exploit fulvic acid, or profit from new patents. Accumulating claims of encouraging health benefits by the public have been simply remarkable. Many of these health assertions have also shown that they could be disease preventative in nature and dramatically increase longevity. This demonstrates that fulvic acid could potentially pose a substantial long range threat to the future of pharmaceutical companies, medical doctors, and health professionals. It is good news for the public and the alternative health industry. Yet until now, fulvic acid has been entirely overlooked or misunderstood by the majority of alternative health concerns as well. However it has been extensively proven in China and India for many years. Learning about Fulvic and using it as part of your health regime is in our opinion the most powerful and effective choice in natural health.*

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## **Transportation of Nutrients**

*Fulvic acid readily complexes with minerals and metals making them available to plant roots and easily absorbable through cell walls. It makes minerals such as iron, that are not usually very mobile, easily transported through plant structures. Fulvic acids also dissolve and transport vitamins, coenzymes, auxins, hormones, and natural antibiotics that are generally found throughout the soil, making them available. These substances are effective in stimulating even more vigorous and healthy growth. These substances are produced by certain bacteria, fungi, and actinomycetes in decomposing vegetation in the soil. It has been determined that all known vitamins can be present in healthy soil. Plants manufacture many of their own vitamins, yet these from the soil further supplement the plant. Upon ingestion these nutrients are easily absorbed by animals and humans, due to the fact that they are in the perfect natural plant form as nature intends. Fulvic acid can often transport many times its weight in dissolved minerals and elements.*

## **The Ultimate Detoxifier.**

*An important aspect of Fulvic / humic substances is related to their sorptive interaction with environmental chemicals, either before or after they reach concentrations toxic to living organisms. The toxic herbicide known as “Paraquat” is rapidly detoxified by humic substances (fulvic acids). Fulvic acids have a special function with respect to the demise of organic compounds applied to soil as pesticides. It has been established that fulvic acid is vital in helping to form new species of metal ions, binding with organic pollutants such as pesticides and herbicides, and catalyzing the breakdown of toxic pollutants. Radioactive substances react rapidly with fulvic acid, and only a brief time is required for equilibrium to be reached. All radioactive elements are capable of reacting with fulvic acid and thus forming organo-metal complexes of different adsorptive stability and solubility.*

## **Enhances Nutrients**

*Fulvic acid enhances the availability of nutrients and makes them more readily absorbable. It also allows minerals to regenerate and prolongs the residence time of essential nutrients. It prepares nutrients to react with cells. It allows nutrients to inter-react with one another, breaking them down into the simplest ionic forms chelated by the fulvic acid electrol.*



## **Fulvic Minerals reaches the cells.**

*Fulvic Acid can balance and energise cell life. Its biological properties work upon contact and with the very first application it begins a healing and restorative process. Acting as a free radical "scavenger", Fulvic Acid supplies vital electrolytes, enhances and transports nutrients, catalyzes enzyme reactions, increases assimilation, stimulates metabolism, and chelates and changes inorganic minerals into organically complex minerals. It modifies the damage of toxic compounds such as heavy metals and free radicals and it increases the permeability for digestive, circulatory and cell membranes.*

## **Further support from Fulvic**

*Fulvic Acid appears to cause the genetic mechanism of plants to function at a higher level. It has been concluded that any means by which plant cells are exposed to Fulvic Acid can improve growth. Oxygen is absorbed more intensely in the presence of Fulvic Acid - it aids it in penetrating roots and then quickly transports it to the shoots of plants. Fulvic Acid relieves oxygen deficiency and increases the vital activity of cells.*

*Fulvic Acids change the pattern of the metabolism of carbohydrates, resulting in an accumulation of soluble sugars. These soluble sugars increase the pressure of osmosis inside the cell wall and enable plants to withstand wilting. Fulvic Acid enhances growth and may stimulate the immune system.*

## **Increases Assimilation.**

*Fulvic acid metal organic complexes are of a low molecular weight and because of this they are also of low molecular size, and are capable of a high degree of penetration into cells. Fulvic acid complexes and chelates are able to readily pass through semi-permeable membranes such as cell walls. Yet it is important to note that it has also been determined that fulvic acids not only have the ability to transport nutrients through cell membranes, they also have the ability to sensitize cell membranes and various physiological the membranes and various physiological functions as well.*



## **Fulvic for Animals**

*Early studies with livestock animals were conducted by Dr Charles S. Hansen, D.V.M. in the state of California from the early 1960s through to 1967 on an experimental basis.*

*Dr Hansen's tests included a blend of fulvic acid and humic acid used as a feed additive. He also used Fulvic Acid alone as a treatment for specific ailments in livestock.*

*Dairy Cows: After 2 months on the supplement subjects had no bacterial or viral infections. A herd of over 300, after 3 months on the supplement, increased butterfat production by 15%. A herd on the supplement cut back on high protein rations with no decrease in production. All cows on the supplement experienced more complete digestion. Cows with bacterial infection (mastitis) treated with 1 pint of fulvic acid solution recovered to full production in 12 to 24 hours. In contrast, the recovery rate when using antibiotics to treat mastitis was only 50-70% after 2-3 weeks.*

*Pigs: Animals on the supplement experienced better and more complete digestion. The free choice supplement in 36-hrs acted as an excellent vermifuge (deworming agent). The supplement completely eliminated a form of bloody diarrhoea in hogs.*

*Mink: Animals on the supplement experienced more complete digestion. When on the supplement they were less vicious. Supplemented animals ceased fur chewing. It successfully eliminated most diseases common to mink herds.*

*Poultry: Supplementing feed acted as a vermifuge. Pullets (young hens) given the supplement were free of most diseases. Pullets on the supplement experienced more complete digestion of other feeds in diet. Pullets on the supplement produced eggs of superior shell hardness and quality.*



*Who said aspartame causes cancer? The FDA themselves! In the 8/1/1985 Congressional Record FDA toxicologist, Dr. Adrian Gross, told Congress "that at least one of G.D.Searle's studies has established beyond any reasonable doubt that aspartame is capable of inducing brain tumours in experimental animals and that this predisposition of it is of extremely high significance. In view of these indications that the cancer causing potential of aspartame is a matter that had been established way beyond any reasonable doubt, one can ask: What is the reason for the apparent refusal by the FDA to invoke for this food additive the so-called Delaney Amendment to the Food, Drug and Cosmetic Act?"*

*The Delaney Amendment made it illegal to allow any residue of cancer-causing chemicals in foods. Dr Gross concluded:*

*"Given the cancer-causing potential of aspartame, how would the FDA justify its position that it views a certain amount of aspartame as constituting an allowable daily intake or safe level of it? Is that position in effect not equivalent to setting a tolerance for this food additive and thus a violation of that law? And if the FDA elects to violate the law, who is left to protect the health of the public?"*

*Congressional Record SID835:131 (8/1/85)*

*So, the FDA violated the law! Dr. Morando Soffritti of the Ramazzini Institute performed three multi-year award winning aspartame studies on thousands of rats, and all showed aspartame is a "multipotential carcinogen." When the first study was released in 2005, neurosurgeon Russell Blaylock, M.D. reviewed it and declared:*

*"The new study released in the European Journal of Oncology by Morando Soffritti and co-workers should terrify mothers and all those consuming aspartame sweetened products. This was a carefully done study, which clearly demonstrated a statistically significant increase in several types of lymphomas and leukaemia's in rats. Both of these malignancies have increased significantly in this country since the widespread use of aspartame."*

*"This study confirmed the previous study by Dr. Trocho and co-workers, which also found the formaldehyde breakdown product of aspartame to be damaging to cellular DNA and that this damage was accumulative. The type of damage was a duplicate of that associated with cancers. Along with this most recent study, this means that drinking a single diet cola sweetened with aspartame every day could increase the chances of tumours. Next a Harvard study said to be "the strongest and longest." verified aspartame causes cancer. But as soon as they released this statement Harvard turned around and apologized saying it was "weak science." Guess who bullied/bribed Harvard? But it was too late, Harvard had already released the information, the cat was out of the bag showing the risk of developing a lymphoma or leukaemia."*

***With all this evidence why believe the lies of the FDA? It was Dr. Adrian Gross, lead FDA scientist and toxicologist who originally asked that G. D. Searle be indicted for fraud but both US Prosecutors Sam Skinner and William Conlon hired on with the defence team and the statute of limitations expired. The FDA set up a Board of Inquiry who revoked the petition for approval. Note their main concern was the brain tumours and brain cancer. Aspartame breaks down to diketopiperazine, a brain tumour agent, so how can the FDA say it doesn't cause cancer besides the fact they already admitted it does. One of the reasons Dr. Adrian Gross wanted them indicted is because as the rats developed brain tumours G. D. Searle would remove the tumours and put the rats back in the study and if they died Searle would resurrect them on paper.***

***Obviously Searle would never sign up humans for a study of aspartame and cancer where it could be known. So their studies were done in 6 other countries in 1983/84 where they sacrificed people in poor villages but refused to publish the fatal results. In a notarized affidavit the translator, Norma Vera said: "There was the recurring description of tumours, astrocytomas and gliomas." Searle never published these results, then closed up their Florida office and went back to Illinois.***

***In 1985 Searle sold NutraSweet to Monsanto.***  
***In The Journal of Advancement in Medicine, Volume 4, Winter 1991 article Does Aspartame cause Human Brain Cancer***

***<http://www.dorway.com/betty/brainc.txt>***  
***Dr. H. J. Roberts said:***

***"The increasing frequency of primary brain lymphoma of B cell derivation - including reticulum cell sarcoma, microglioma and histiocytic lymphoma - also requires explanation because this subset was previously rare. Eby et al all reported a nearly threefold rise in its incidence among immunologically normal persons in the 1982-184 SEER data, which they could not explain..."***

***Dr. Roberts also said that "Hockberg and Miller reported a tripling of incidence of this tumour in non-immuno suppressed persons during the 5 year interval between 1980 and 1984." In 1996 Dr. John Olney made world news over the Aspartame brain tumour association. Increasing Brain Tumour Rates: Is There a Link to Aspartame? J. Neuropath Exp Neurol, Vol 55, Nov & Dec issues. Dr. Olney discusses the aspartame molecule acquires mutagenic activity when nitro sated and this provides a clue to a possible mechanism by which aspartame could cause brain tumours. He says: "Nitrosation of aspartame or its diketopiperazine breakdown product could result in a nitrosourea-like molecule, and nitrosoureas are THE MOST EFFECTIVE AGENTS KNOWN for producing MALIGNANT BRAIN TUMORS in experimental animals. Some nitrosoureas have broad spectrum carcinogenicity and can induce cancer in both the CNS and several other organs, but other members of this family, particularly alkylated nitrosoureas are organo-specific for the CNS. These agents can act by a direct and relatively rapid mechanism to induce brain tumours, when administered systemically to adult rats.***



*In addition, they are particularly potent in acting by a delayed mechanism involving in utero exposure of the foetus and resulting in a high incidence of malignant brain tumours which do not manifest until adulthood. The malignant tumours induced by either the direct or delayed mechanism are not typically of the childhood type (i.e. medulloblastoma) but rather are predominantly adult tumours (e. g. astrocytomas, glioblastomas, mixed gliomas, oligo-dendrogliomas). Thus, it may be significant that the recent surge in human brain tumour rates involved these various adult types of tumours, whereas childhood medulloblastoma was the singular tumour type that showed no increase." Neurochemist Dr. Peter Nunn and Geoffrey Pilkington did a study at Kings College around 2000 having to do with aspartame and brain tumours which is as yet unpublished. We were able to get a piece of stationery from this study which had this statement: "When we exposed human brain tumour cells to nitrosated DKP the cells became more motile and their rate of proliferation was significantly elevated. While it is somewhat early to speculate, it is possible that the aspartame breakdown product may be capable of enhancing the rate of malignant progression of pre-existing (and possibly clinically silent, undiagnosed) tumours in the brain." Because I published the statement I believe the study was never published. This agrees with Dr. John Olney who founded the field of neuroscience called Excitotoxicity and tried to prevent aspartame's approval with Attorney James Turner. He is one of the most renowned neuroscientists in the world. His CV can be read on <http://www.dorway.com>*

***Going back to the original FDA investigation there was a Task Force headed by Dr. Adrian Gross. The original test results presented to FDA for aspartame approval were doctored to conceal the rat cancers the poison caused according to examining FDA scientists in an FDA Task Force Report which found deceipts "***

***1. 1. Excising masses (removing tumours) from live animals in some cases without histologic examination of the masses, in others without reporting them to the FDA." (Schmidt 1976c, page 4 of US Senate 1976b). Searle's representatives, when caught and questioned about these actions, stated that "these masses were in the head and neck areas and prevented the animals from feeding." (Buzzard 1976a) [In other words, the cancers were so big they could not eat!]***

***2. G. D. Searle told the FDA 12 lots of DKP were manufactured and tested in one study, yet only seven batches were actually made. (Gross 1985, page S10835) Diketopiperazine is a brain tumour agent which breaks down from the aspartame molecule.***

***3. In the aspartame (DKP) 115 week rat study the written observations of the pathology report was changed by the supervising pathologist, Dr. Rudolph Stejskal even though he was not physically present during the autopsies and could not have verified the observations of the pathologist who did perform the autopsies. The pathologist who did perform some of the autopsies had no formal training for such procedures.***

***(Gross 1985, page S10837 of Congressional Record 1985b)***

3. *"Contrary to protocol, slides were not prepared of the (unusual lesions from the aspartame (DKP) study tissue for microscopic examination...  
(Gross 1985, page S10837 of Congressional Record 1985b)*

*FDA Toxicologist and Task Force member, Dr Adrian Gross stated (Wilson 1985): "They (G.D. Searle) lied and they didn't submit the real nature of their observations because had they done that it is more likely that a great number of these studies would have been rejected simply for adequacy. What Searle did, they took great pains to camouflage these shortcomings of the study. As I say filter and just present to the FDA what they wished the FDA to know and they did other terrible things for instance animals would develop tumours while they were under study. Well they would remove these tumours from the animals."*

*An FDA Toxicologist explained why their experiments were invalidated: "It is highly unlikely the FDA Investigative teams found all of the problems with G. D. Searle's studies. G. D. Searle seemed so intent on covering up their misconduct, that it is quite likely that they were able to hide many of the problems from the FDA. On Jan 10, 1977 in a 33 page letter, FDA Chief Counsel Richard Merrill recommended to U.S. Attorney Sam Skinner that a grand jury investigate Searle for "apparent violations of the Federal, Food, Drug and Cosmetic Act, 21 U.S.C. 331 (e), and the False Reports to the Government Act, 18 U.S.C. 1001, for 'their wilful and knowing failure to make reports to the Food and Drug Administration required by the Act, 21 U.S.C. 355 (i), and for concealing material facts and making false statements in reports of animal studies conducted to establish the safety of aspartame.'" The FDA called special attention to studies investigating the effect of NutraSweet on monkeys and hamsters.*

*Since everything was all a matter of public record the manufacturer was in deep, er, difficulty, and had to creatively avoid an indictment. Both U.S. Prosecutors, Sam Skinner and William Conlon were hired by the defence lawyers, Sidley and Austin, and the statute of limitations expired. When the district attorney gets a job with the godfather, expect acquittal. Dr. Jacqueline Verrett, another FDA toxicologist also testified to Congress. Here is her testimony in 1987 after aspartame approval and she admits aspartame remains on the market without ever being proven safe. [http://www.wnho.net/j\\_verrett\\_testimony.pdf](http://www.wnho.net/j_verrett_testimony.pdf) In Dr. Verrett's book, "Eating May Be Dangerous To Your Health" she admits until consumers push FDA to the wall no changes will be made and it should be closed down and a more consumer oriented agency should be set up. The FDA for years has lied and denied.*

*Dr. Bill Deagle in a conversation on his radio show:*

*"Aspartame because of its ubiquitous nature in food is more dangerous than depleted uranium."*

*Dr. Deagle also has repeatedly said and written:*

*"I called Dr John Olney while the director of Neuropathology of Washington State Medical School, when applying for a Neuropathology Residency to do research on Multiple Sclerosis and Brain Cancers, as well as other motor disorders... Dr Olney said after introduction and receipt of my application..."*

***"Dr Bill Deagle, I have been doing research on Aspartame for the FDA. I found that identical changes in scanning electron microscopy of brains of laboratory animals exposed to this peptide, as the early changes in brain cancer, such as Multicentric Astroglomas. I predict at 10 to 20 % increase in brain cancers, and other neurological diseases such as ALS amyotrophic lateral sclerosis, dementias, and neurodegenerative diseases, as well as peripheral neuropathy and cardiac conduction bundle abnormalities." I said, "Wow, when the FDA has your preliminary data, what are they saying?" Dr Olney said, "I don't know what their response will be but there is no doubt that this neurotoxin, and genotoxin should never be approved." I was amazed that my questions on a Neuropathology Residency turned so quickly to his work on Aspartame. He seemed unimpressed that his data and findings would be accepted by the FDA and PTB. I was in shock, that public health, foetal development, brain aging and disease take a back seat to Big Geno Pharma, makers of the most dangerous GMO food, Aspartame.***

***"Report on the Genesis of Aspartame from E.Coli with a cassette of genes in an unstable plasmid.:***

***When working with employees of the Augusta Georgia aspartame plant as a physician in Georgia in 1987 and 1988, I received a briefing by the plant communications director to physicians at the Augusta Regional Hospital. We were told not to report to media any unusual illnesses including neuropathy, organic brain diseases, transverse myelitis, cardiac conduction problems or cancers for employees we would see in our practices or the emergency department.***

*Then, I was given a plant production report verbally about the E.Coli was genetically engineered to make the peptide by a high velocity gene gun coated with Gold ions as a genetically non-connected unstable plasmid of genes to make this peptide. Centrifuges would take the E.Coli peptide slurry and separate by multiple stages the final tripeptide. The said that had take precautions to make sure the E.Coli would not come in contact with workers or leave the plant by accident or in product they produced. Plasmids can survive extreme environments, but stable outside the cell in the extracellular space and can enter gut bacteria or host of any mammals or other host, then producing uncontrolled production of this Glutamate agonist neurotoxin. Having worked under Dr Robert Brown PhD in the early 70s, who was a bioweaponer at US facilities, I was aware that proper precautions were in no way present at the Aspartame Peptide GMO E.Coli facility in Georgia in 1987 and 1988."*

*Dr Bill Deagle MD AAEM ACAM A4M So why is aspartame even on the market since the FDA revoked the petition for approval. Because G. D. Searle hired Don Rumsfeld to see that it was approved, and G. D. Searle filed suit when the FDA Commissioner, Dr. Jere Goyan, was about to sign the revoked petition into law. Rumsfeld said he would call in his markers and get it on the market and this is also in the congressional record on my web site, [www.mpwhi.com](http://www.mpwhi.com) President Reagan owed Rumsfeld a favor and the day after he took office someone from the Transition Team called Dr. Goyan at 3:00 AM and fired him. His wife who was not married to him at the time was with him and told me about it and sent me a letter.*

May 2013

To whom it may concern,

I am a nutritional therapist, author and natural health consultant and I have also served as executive director of the National Health Federation.

It has come to my attention and great concern that many children and people are consuming some very dangerous substances such as neurotoxins (substances poisonous to the brain) in their everyday diets. I would like to try to get the message across to everyone to read the labels of their foods and drinks so they know exactly what they are feeding themselves and their children.

In particular, I am currently trying to raise awareness about the many dangers in consuming artificial sweeteners as I have been approached by many concerned parents regarding the amount of products containing artificial sweeteners given to their children while they are in school/playgroup, and that their children are given no alternatives than those artificially sweetened.

This has led me to launch an awareness campaign called SOS - Sweeteners Outta Schools (our children are sweet enough!) - I feel that it is essential to stop educational and childcare establishments giving products containing these harmful ingredients to our children as we do not have any control over what they consume while in your care.

I have attached some information regarding the dangers of these toxic substances in particular regarding Aspartame, the most dangerous and yet most widely used neurotoxin which is particularly in products aimed at children. This product has been linked to behavioural problems and disturbances, ADHD, sleep problems, childhood obesity, lack of energy, poor concentration and many other common childhood problems, as well as more serious conditions when consumed in the long term such as cancer, tumours, diabetes and seizures.

There is so much bad publicity about sugar - so much so that consumers are completely scared away from sugared products, and quite rightly so, but corporate mass marketing has taken advantage of this and pointed everyone in the direction of artificially sweetened products rather than naturally healthy products such as milk, fresh water and organic reduced-sugar squashes.

I do hope you will join me in sharing this important message with all relevant people including parents, teachers and catering staff. If you would like an image of the leaflet I have included for printing and distribution, please let me know or I am able to supply leaflets to you at cost of printing.

Thank you for your time.

Yours sincerely

Danielle Bryant  
Nutritional Therapist, Author & Natural Health Consultant



*Address*

*Date*

Dear [Head Teacher]

It has come to my attention that my child/ren are being given drinks/foods containing artificial sweeteners whilst in your care. Please accept this letter as formal notification that I do not give consent for my child to be given any products containing artificial sweeteners and flavour enhancers.

I know that you care for our children, and always endeavour to do what you feel is best for them, so it appears that you may not realise the dangers of these substances. Therefore I have attached a letter from a nutritional therapist who is running a campaign called SOS – Sweeteners Outta Schools (our children are sweet enough!) including some information regarding the dangers of these toxic substances in particular regarding Aspartame.

I would be very grateful if naturally healthy products such as milk, bottled water and organic reduced-sugar squashes or fruit juices are offered as an alternative for those who do not wish to consume the harmful additives.

I would also like to see others being educated on the dangers of these substances in your establishment either by leaflet distribution or posters, so that other parents and children are able to make informed decisions about the products they consume.

Thank you for your time.

Yours sincerely

*Name*

## **ARE OUR CHILDREN BEING INNOCENTLY POISONED?**

*We have often heard that certain food additives are bad for our health but has much of this information actually made a difference to how we feed our children?*

*I would like to draw your attention in particular to deadly chemicals that are widely available in unlimited amounts in products – including products that are specifically aimed at children, and more importantly are very widely used by playgroups, parents, schools and nurseries under the false belief that it is actually good for children. These chemicals are called neurotoxins (they are toxic to the brain). Neurotoxins include artificial sweeteners such as Sucralose (Splenda),*

*Saccharin, Acesulfame K and the worst of all, Aspartame; and flavour enhancers such as Monosodium Glutamate (MSG) or E621. But for now I will focus upon artificial sweeteners.*

*There is to date NO artificial sweetener that is actually proven to be safe to consume. In fact many have been proven to cause tumours and cancer with prolonged usage. The dangers of small amounts of these additives used in controlled amounts may be considered safe by the FDA (Food & Drug Administration), but the fact that sweeteners are now included in the ingredients of so many foods including health foods and drinks means that it will accumulate in our system and build up to levels that are harmful, especially to children, pregnant and nursing Mums and those with compromised immunity.*

*Sucralose has been linked to obesity, aborted pregnancies, anaemia, increased sugar cravings, digestive problems/conditions, migraines and seizures. Acesulfame K has been linked to kidney tumours, although is usually not found on its own but part of a toxic sweetener blend.*

*However the most dangerous sweetener of all and the one I will concentrate on is Aspartame.*

*To first understand why Aspartame is on the market and in our foods, it is necessary to understand who it got there in the first place. It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing an anti-ulcer drug.*

*Aspartame was approved for dry goods in 1981 and for carbonated beverages in 1983. It was originally approved for dry goods on July 26, 1974, but objections filed by neuroscience researcher Dr John W. Olney and Consumer attorney James Turner in August 1974 as well as investigations of G.D. Searle's research practices caused the U.S. Food and Drug Administration (FDA) to put approval of aspartame on hold (December 5, 1974). On January 21, 1981, the day after Ronald Reagan's inauguration, Donald Rumsfeld, the CEO of Searle and the main financier to Ronald Reagan's election campaign, re-applied to the FDA for approval to use aspartame as a food sweetener. Reagan's new FDA commissioner, Arthur Hayes Hull, Jr., saw that it became approved. In 1985, Monsanto purchased G.D. Searle and made Searle Pharmaceuticals and The NutraSweet Company separate subsidiaries.*

*Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death and are detailed in the following pages. With the backing of such a large and powerful (and corrupt) corporation such as Monsanto, there is very little we can do to take this dangerous substance off the market. However what we can do is spread awareness to people so they can decide whether to keep buying and feeding this to themselves and their families.*

*The more these items are left on the shelf of supermarkets, maybe the message will get through that we do not want to have this poison in our food chain.*

*We feel it is imperative that products containing sweetener and especially aspartame are not given to our children by establishments such as schools, nurseries and playgroups where the parents have no control over what is given to their children during the times when they are there.*

### **INGREDIENTS OF ASPARTAME:**

**Phenylalanine** (50% of aspartame) - Phenylalanine is an amino acid normally found in the brain.

*Persons with the genetic disorder phenylketonuria (PKU) cannot metabolize phenylalanine. This leads to dangerously high levels of phenylalanine in the brain (sometimes lethal). It has been shown that ingesting aspartame, especially along with carbohydrates, can lead to excess levels of phenylalanine in the brain even in persons who do not have PKU.*

*Many people who have eaten large amounts of aspartame over a long period of time and do not have PKU have been shown to have excessive levels of phenylalanine in the blood. Excessive levels of phenylalanine in the brain can cause the levels of serotonin in the brain to decrease, leading to emotional disorders such as depression. It was shown in human testing that phenylalanine levels of the blood were increased significantly in human subjects who chronically used aspartame.*

**Aspartic Acid** (40% of Aspartame) - Dr. Russell L. Blaylock, a professor of neurosurgery at the Medical University of Mississippi, recently published a book thoroughly detailing the damage that is caused by the ingestion of excessive aspartic acid from aspartame. Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid (about 99 percent of mono-sodium glutamate (MSG) is glutamic acid) in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.

**Methanol** (aka wood alcohol/poison) (10% of aspartame) - Methanol/wood alcohol is a deadly poison. It is the poison that has caused some "skid row" alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when the methyl group of aspartame encounter the enzyme chymotrypsin. The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86 Fahrenheit (30 Centigrade). This would occur when aspartame-containing product is improperly stored or when it is heated (e.g., as part of a "food" product such as Jelly).

Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Therefore, tests of aspartame or methanol on animals do not accurately reflect the danger for humans. As pointed out by Dr. Woodrow C. Monte, director of the food science and nutrition laboratory at Arizona State University, "There are no human or mammalian studies to evaluate the possible mutagenic, teratogenic or carcinogenic effects of chronic administration of methyl alcohol."

**Diketopiperazine (DKP)** - DKP is a by-product of aspartame metabolism. DKP has been implicated in the occurrence of brain tumours. Olney noticed that DKP, when nitrosated in the gut, produced a compound that was similar to N-nitrosourea, a powerful brain tumour causing chemical. Some authors have said that DKP is produced after aspartame ingestion. I am not sure if that is correct. It is definitely true that DKP is formed in liquid aspartame-containing products during prolonged storage. G.D. Searle conducted animal experiments on the safety of DKP. The FDA found numerous experimental errors occurred, including "clerical errors, mixed-up animals, animals not getting drugs they were supposed to get, pathological specimens lost because of improper handling," and many other errors.

*These sloppy laboratory procedures may explain why both the test and control animals had sixteen times more brain tumours than would be expected in experiments of this length. In an ironic twist, shortly after these experimental errors were discovered, the FDA used guidelines recommended by G.D. Searle to develop the industry-wide FDA standards for good laboratory practices.*

*Ref: <http://aspartame.mercola.com/>*

### **SYMPTOMS CAUSED BY ASPARTAME CONSUMPTION**

*Aspartame accounts for over 75% of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death.*

*According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame: Brain tumours, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.*

*Here are the 92 the FDA agreed were symptoms for aspartame. However, there are many more in Dr. Roberts medical text (Aspartame Disease: An Ignored Epidemic, H. J. Roberts, M.D. ):*

**Headache**  
**Dizziness or Problems with Balance**  
**Change in Mood Quality or Level**  
**Vomiting and Nausea**  
**Abdominal Pain and Cramps**  
**Change in Vision**  
**Diarrhoea**  
**Seizures and Convulsions**  
**Memory Loss**  
**Fatigue, weakness**  
**Other neurological**  
**Rash**  
**Sleep problems**  
**Hives**  
**Change in Heart Rate**  
**Itching**  
**Change in Sensation (Numbness, Tingling)**  
**Grand Mal**  
**Local Swelling**  
**Change in Activity Level**  
**Difficulty Breathing**  
**Oral Sensory Changes**  
**Change in Menstrual Pattern**  
**Other Skin**  
**Other Localized Pain and Tenderness**  
**Other Urogenital Change in Body Temperature**  
**Difficulty Swallowing**  
**Other Metabolic Joint and**

**Speech Impairment**  
**Other Gastrointestinal**  
**Chest Pain**  
**Other Musculo-Skeletal**  
**Fainting**  
**Sore Throat**  
**Other Cardiovascular**  
**Change in Taste Difficulty with Urination**  
**Other Respiratory**  
**Oedema**  
**Change in Hearing**  
**Abdominal Swelling**  
**Change in Saliva Output**  
**Change in Urine Volume**  
**Change in Perspiration Pattern**  
**Change in smell**  
**Eye Irritation**  
**Unspecified**  
**Muscle Tremors**  
**Petit Mal**  
**Change in Appetite**  
**Change in Body Weight**  
**Nocturnal**  
**Change in Thirst or Water Intake**  
**Unconsciousness and Coma**  
**Wheezing**  
**Constipation**  
**Other Extremity Pain**  
**Problems with Bleeding**  
**Unsteady Gait**  
**Coughing Blood**

**Glucose Disorders**  
**Blood Pressure Changes**  
**Changes in Skin and Nail Coloration**  
**Change in hair or nails**  
**Excessive phlegm Production**  
**Sinus Problems Simple**  
**Hallucinations**  
**Any Lumps Present**  
**Shortness of Breath on Exertion**  
**Evidence of Blood in Stool or Vomit**  
**Dysmenorrhoea**  
**Dental Problems**  
**DEATH**  
**Other Blood and Lymphatic**  
**Eczema**  
**Complex Partial Seizures**  
**Swollen Lymph Nodes**  
**Hematuria**  
**Shortness of Breath Due to Position**  
**Difficulties with Pregnancy (Children Only)**  
**Developmental Retardation**  
**Change in Breast Size or Tenderness**  
**Anaemia**  
**Change in Sexual Function**  
**Shock**  
**Conjunctivitis**  
**Dilating Eyes**  
**Febrile**

*Additives by law must be inert or non-reactive and if inert it would not produce a list of 92 documented symptoms from 4 types of seizures to coma and death. Neither would it necessitate a 1038 page medical text. (Aspartame Disease: An Ignored Epidemic, H. J. Roberts, M.D.) or would consumers using this product need to be detoxed. "What To Do If You Have Used Aspartame" by neurosurgeon Russell Blaylock, M.D.*

*Ref: [http://www.wnho.net/fda\\_92\\_symptoms\\_on\\_aspartame.htm](http://www.wnho.net/fda_92_symptoms_on_aspartame.htm)  
 Based upon a chapter in *Holistic Well-being: A Paradigm Shift* by Danielle Bryant.*



# **THE NOT-SO-SWEET TRUTH ABOUT SWEETENERS**

*Many people today use artificial sweeteners in their tea or coffee. They do this because the ads they see on TV tell them that sugar is bad for their health. This is absolutely true. Sugar is toxic to us, but, what most people use as a replacement for sugar is much more deadly.*

## **ASPARTAME**

*Aspartame is an extremely toxic chemical that is produced by a chemical company called Monsanto. It is being marketed around the world as a sugar substitute and is found in most diet soft drinks, such as Diet Coke and Diet Pepsi. It is also found in artificial sweeteners such as NutraSweet, Equal, and Spoonful; and it is used in many other products as a sugar replacement.*

*Aspartame is marketed as a diet product, but it is not a diet product at all. In fact, it will cause you to GAIN weight because it makes you crave carbohydrates. This is only a very small part of what Aspartame does. It is a toxic chemical that changes the brain's chemistry. It can and does cause severe seizures. This chemical changes the dopamine level in the brain, and it is particularly deadly for anyone suffering from Parkinson's diseases.*

*Aspartame is extremely poisonous, and here is why. One of the toxic ingredients of Aspartame is wood alcohol. When the temperature of Aspartame exceeds 86 degrees F, the wood alcohol in the Aspartame is converted to formaldehyde, and then to formic acid, which in turn causes metabolic acidosis. Formaldehyde is grouped in the same class of poisons as Cyanide and Arsenic which are very deadly toxins. The only difference is... Formaldehyde kills quietly, and it takes a little longer. And, in the process of killing people, it causes all kinds of neurological problems.*

*There are 92 documented symptoms of Aspartame Poisoning leading to coma and death.*

*The majority of these symptoms are neurological, because the Aspartame attacks and destroys the nervous system. It is linked to Lupus, which has become almost as rampant as Multiple Sclerosis, especially with Diet Coke and Diet Pepsi drinkers. When someone develops Lupus as a result of using Aspartame, they usually do not know that the Aspartame is the culprit. They then continue to use Aspartame, which aggravates the Lupus to such a degree that it sometimes becomes life threatening. When people finally get off the Aspartame, the severity of the Lupus decreases. It is generally believed that once you develop Lupus, you will have it for the rest of your life, but this is not so. Lupus can be defeated with some very special treatment. Aspartame Poisoning is also very often diagnosed as Multiple Sclerosis. The methanol toxicity mimics Multiple Sclerosis, and therefore, people are being diagnosed with Multiple Sclerosis when in fact they do not have it. Multiple Sclerosis is not a death sentence, where Methanol Toxicity usually is. When those who suffer from Aspartame Poisoning stop using Aspartame, most of the symptoms of Multiple Sclerosis disappear. There are many cases where someone's vision has returned, and even their hearing has returned. We have a very serious problem here. More and more people who are heavy Diet Coke and Diet Pepsi drinkers are being diagnosed with MS. This also applies to other diseases. If you are using Aspartame and you suffer from Fibromyalgia symptoms such as spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss, you probably do not have Fibromyalgia, you very likely have Aspartame Poisoning. It is believed that the phenylalanine in the Aspartame breaks down the seizure threshold and depletes Serotonin, which causes manic depression, panic attacks, rage, and violence. According to the Conference of the American College of Physicians, "We are talking about a plague of neurological diseases caused by this deadly poison".*

*Aspartame is especially deadly for diabetics. There are many cases where physicians believe they have a patient with retinopathy, when in fact, the problem is caused by Aspartame. The Aspartame keeps the blood sugar level out of control, causing many patients to go into a coma and even die.*

*Two prominent Doctors, Dr. Blaylock and Dr. H. J. Roberts, have written books on Aspartame Poisoning. Dr. Blaylock's book is entitled: "EXCITOTOXINS: THE TASTE THAT KILLS". Dr. H.J. Roberts, diabetic specialist and world expert on Aspartame Poisoning, has written a book entitled "DEFENSE AGAINST ALZHEIMER'S DISEASE". Dr. Roberts realized what was happening when Aspartame was first marketed and used. He said that his diabetic patients who used Aspartame presented memory loss, confusion, and severe vision loss". The methanol in the Aspartame converts to Formaldehyde in the retina of the eye, and causes people to go blind.*

*Memory loss is due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it goes past the blood brain barrier and deteriorates the neurons of the brain. Dr. Roberts tells how Aspartame Poisoning is escalating Alzheimer's disease.*

*Women of 30 years of age are being admitted that have developed Alzheimer's disease as a result of using Aspartame.*

*Aspartame Disease is partially the cause of what is behind some of the mystery of the Desert Storm health problems (Gulf War Syndrome). The burning tongue and other problems discussed in over 60 cases can be directly related to the consumption of an Aspartame product. Several thousand pallets of diet drinks were shipped to the Desert Storm troops. (Remember that heat can liberate the methanol from the Aspartame at 86 degrees F). These diet drinks sat on pallets in the 120-degree F. Arabian sun for weeks at a time. The service men and women drank them all day long, and all of their symptoms are identical to Aspartame Poisoning.*

*According to Dr. Roberts, another serious problem is that consuming Aspartame during pregnancy can cause birth defects. When the Aspartame attacks the nervous system it does not allow the unborn child to develop properly. Aspartame consumption has also been shown to lead to cancer. In the original lab tests on Aspartame, animals that were given Aspartame developed brain tumours. The phenylalanine breaks down into DXP, which is a brain tumour agent. How serious is this Aspartame Poisoning? A mother who had a child on NutraSweet was told to get her child off the product. The child was having grand mal seizures every day. The mother spoke to her doctor, who called the ADA, who told the doctor not to take the child off the NutraSweet. They are still trying to convince the mother that the Aspartame is causing the seizures. Every time you take a grand mal seizure victim off of Aspartame, the seizures stop. I assure you that MONSANTO, the creator of Aspartame, knows exactly how deadly their product is. They fund the American Diabetes Association, the American Dietetic Association, Congress, and the Conference of the American College of Physicians. They have the contacts and the power to keep their product on the market. Public health means nothing to these people, it's all about making money.*

## **SPLENDA & ACESULFAME-K**

*The dangers of aspartame are now becoming more widely known, but the risks of using SPLENDA are not documented – until now. Splenda may not penetrate the blood brain barrier as aspartame does, but Splenda CAN adversely affect the body in several ways because it IS a chemical substance and not natural sugar.*

*The same patterns with aspartame (NutraSweet/Equal) are repeating with Sucralose (Splenda).*

*Their claims of product safety and research results are identical to those used by The NutraSweet Company. Maybe now, consumers can prevent damage to human health sooner than with NutraSweet, which has damaged the health and lives of millions of innocent consumers since it was placed in the public food supply in 1982.*

*Has the FDA repeated the aspartame approval process for Sucralose, allowing a product with proven carcinogens to flood our food supply? Only time will tell, as it has with aspartame. Yet at the cost of human lives.*

*People may think Johnson & Johnson's Splenda, made from Sucralose, has come to the rescue as the newest chemical sugar replacement "made from real sugar." People don't want to hear that it may be just as dangerous as aspartame.*

*New chemical sweeteners (like Splenda) and the sweetener blends (aspartame, Sucralose and Acesulfame K blended together in one product) may be causing users to show signs of weight gain, disruption of sleep patterns, sexual dysfunction, increases in cancer, MS, Lupus, diabetes, and a list of epidemic degenerative diseases. The corporations continue to stand tough in their denial of any connection to chemical sweetener additives.*

## **The Chlorine In Splenda**

*Chlorine is commonly found in nature, but almost always in combination with other building block elements. Chlorine's structure makes it very reactive and because it is so reactive, it is very useful to chemists, engineers and others involved in making things humans use every day.*

*The inventors of Splenda admit around fifteen percent (15%) of Sucralose is absorbed by the body, but they cannot guarantee us (out of this fifteen percent) what amount of chlorine stays in the body and what percent flushes out. So, do you feel lucky today as you sprinkle that yellow packet of powder in your tea? You will be alarmed once you realize how chlorine, this common chemical we've trusted as a "purifier", is actually affecting our health in more ways than you know. Hopefully, this chapter will make you hesitate before you let your toddler take another sip of your diet cola.*

### *What Are Sweetener Blends?*

*I've written about how artificial sweeteners like Sucralose (found in Splenda) and aspartame (found in NutraSweet) can have a negative impact on your health. Now the sweetener industry has gone a step further in their quest to copy real sugar's sweet flavour. They are mixing Splenda and NutraSweet and other artificial sweeteners together! Mixtures of any artificial sweeteners are called "sweetener blends."*

*Instead of one harmful chemical coursing through your body, you now have two or three (or more) interacting with each other, and in ways we may not know yet. If one substance is hazardous, do you think adding toxins to it will make it better? It is just one more potent "alien" mixture with unknown interactions that your poor body will try to use, excrete, or store. Its mix n' match chemistry at the expense of your health.*

### *The Unsafe Sweeteners Out There*

*Artificial sweeteners: This category of non-nutritive, high-intensity sugar substitutes includes ASPARTAME, ACESULFAME-K, NEOTAME, SUCRALOSE, and ALITAME. The two sweeteners that have recently undergone current and pending FDA approval are SUCRALOSE and ALITAME, respectively.*

*Cyclamate lost its FDA approval in 1970, but is currently up for re-approval. Numerous new sweeteners are currently in various stages of development and approval.*

## **Stevia and Other Safe Alternative Sweeteners**

*Sugar and the quest for weight loss represent an enormous growth opportunity for the food and beverage manufacturers worldwide. And as everyone in the industry knows, the average human prefers taste to nutrition. Let's see how we can reverse this trend. The two safest choices of sweeteners to date are Xylitol and Stevia. Saccharin is yet undecided so we best avoid it in case! According to FDA documents, saccharin has never caused cancer. Years ago, saccharin was sold in tiny pin-sized pellets, and merely two or three were enough to add sweetness to coffee or iced tea.*

## **The Real Scoop On Sugar**

*Everyone needs to know that there is a difference between sugars natural sugar, refined sugar, and corn syrup. Sugar is like a two-sided coin: heads – if natural, it can be useful to the body, and tails – if altered by man, it can be harmful to the body. How do you know the difference, and where can you buy the right kind of sugar products! Here's the scoop...artificial sweeteners are not the solution.*

## **Are Your Kids Depressed and Aggressive?**

*If you have kids, you'll be the first one to notice health and behavioural changes in your children. Children are reacting to artificial sweeteners in harmful ways, but this aspect of the sweetener wars has gone unnoticed in the mainstream health community.*



*The sweetener corporations market to children by placing soft drink machines in public elementary schools, and by influencing doctors that diet sweeteners don't cause abnormal behaviour and emotional stress in children. When you have exhausted all the other reasons for your child's poor health or mental/emotional problems, then diet chemicals could be the culprit.*

*The rising numbers of mental disorders have gone unexplained until now. A diet of chemical foods means a diet of malnutrition, and when the body is starved of nutrients, it becomes mentally and physically stressed. Don't raise your children on diet chemicals search for healthy alternatives.*

## **Products Containing Sweeteners**

*Aspartame was originally approved for use in 100 different products. Since that initial hearing, there have been two more hearings to try to ban this product, but to no avail. This list of 100 has now expanded to where there are over 5,000 products containing this chemical, and the patent has expired. Also, Aspartame is now available in over 90 countries around the world. As of May 2004, the list of over 3,000 products containing Splenda was thirty-four pages in length. Some products are not labelled sugar-free, and some products also contain aspartame.*

*The best advise is to read ALL the labels on anything you buy for you or for your children's safety.*

*The list includes a variety of foods and food products, pharmaceuticals and children's medications, vitamin supplements, protein powders, protein bars, weight loss products, liquid and powdered drinks, popcorn, gums and mints, toothpaste, and water.*

## **Knowledge is Power.**

*As an educated consumer, you have the awareness to choose what you and your family will ingest. Unnatural artificial sweeteners may affect your health. Why take the chance?*

*So, very importantly, if it says “Sugar Free” on the label, you know that it contains a sweetener.*

### **DO NOT USE ANY OF THESE PRODUCTS.**

*Young people drink a lot of Diet Coke and Diet Pepsi, and because of this, they are the most susceptible to Aspartame Poisoning.*

*Please let your children know about the toxins in these drinks. A large number of adults use NutraSweet, Equal, or Spoonful. They also need to be warned of the dangers in those products.*

*So I ask that you help to get the word out about this. Copy or scan this article and distribute it to everyone you know. There are a lot of people out there who must be warned, PLEASE let them know this information.*

*For more info, search on Google for “Aspartame” “Splenda Dangers” or just “Artificial Sweeteners”. You will be surprised by what you will find!*

*The same can be said for ALL chemical additives. The two things to remember are this:*

*1. Our bodies are NATURAL and ORGANIC so we cannot put anything UNNATURAL (artificially created) into them and expect it to be processed without damage, stress and strain on our system. Natural needs Natural.*

*2. All artificially manufactured products – be it sweeteners, preservatives, pesticides, herbicides, Genetically Modified, whatever – have all been manufactured by a chemical manufacturing corporation. All these corporations have proven to be more concerned with their money than with our health. (In fact many are connected to pharmaceutical corporations and therefore can make money off us when we are ill!)*

*So my advice is eat NATURALLY, ORGANICALLY whenever possible – you will find you eat less as you will gain more nutritional value from your foods and it therefore doesn't cost more to eat organically in the end. Use WHOLEFOODS – most meals and products you buy can be made quite easily using pure whole foods. If you make something yourself you know exactly what has gone into it! And always choose unrefined, wholegrain, etc – the less processing the better as processing kills the nutrients in the food making them nothing but ballast – dead, empty calories.*

*By*

*Nutritional Therapist & Author, Danielle Bryant BSYA (N.Th.)  
NCFE BSYA (Hom.) AHCP (Reg)*



## 2% Methanol Was Deadly! Now Methylated Spirits In NEW Zealand contains No Methanol

ERMA New Zealand, **10 January 2007**

Methylated spirits from June 2007 will no longer contain the poisonous substance methanol

"due to concerns raised for years by coroners, medical practitioners, social workers and the public about damage to the health, and in extreme cases death from methylated Spirits" containing 2% Methanol.

**Aspartame/951, "Equal" contains Methanol**

Methylated spirits in New Zealand contained only 2% methanol – no more

This proved to be too  
**dangerous**

**Methanol is too dangerous to have in Cleaning Fluid but The FSA allows it in Equal?**

Was 2% Methanol –  
Now 0%

This Equal contains  
2.3% Methanol



***Now Look Closely Methanol Is Classed To Dangerous To Clean With But Its Ok For A Sweetener To Produce It In Your Body.....Madness! Take A Look At The Ld's On The Next Page.***

**One teaspoon of Methanol  
killed a 70 kg woman**

Minimal Lethal Dose of Methanol (70 Kg Female)

Species	Dose: Grams/Kg	Grams to Kill
Rat <sup>(1)</sup>	9.0	630
Dog <sup>(1)</sup>	9.0	630
Rabbit <sup>(1)</sup>	7.0	490
Monkey <sup>(1)</sup>	6.0	420
Man <sup>(104)</sup>	0.09	6

**1 shot methanol to kill Man  
100 shots to kill a Rat**



**This is why Aspartame  
was declared safe**

**It was only tested on  
animals**



**Humans have lost the use  
of their Bomb Disposal Unit  
for protection when  
Methanol turns into Deadly  
Formaldehyde**



**READ THE LABELS!**

**Do you KNOW exactly  
what you & your family  
are eating & drinking?**

**Aspartame accounts for over  
75% of the adverse reactions  
to food additives reported to  
the Food & Drug  
Administration. Many of  
these 92 reactions are very  
serious including SEIZURES,  
ADHD, ADD, OBESITY,  
TUMOURS & CANCER.**

**Many trusted brands &  
products contain  
a toxic poison called  
ASPARTAME!**

**Do you STILL want to risk giving  
this to your children?  
ALWAYS READ THE LABELS of the food  
& drink you buy!  
EDUCATE YOURSELF on what you &  
your family are consuming!**

**Also beware of other insufficiently  
tested sweeteners such as  
SUCRALOSE, SACCHARIN &  
ACESULFAME K**



**SWEETENERS  
OUTTA  
SCHOOLS  
OUR CHILDREN  
ARE SWEET ENOUGH!**

**Join our  
campaign to get  
sweetened  
products out of  
schools!**

**WATCH OUT FOR:  
\*Contains a source of phenylalanine**

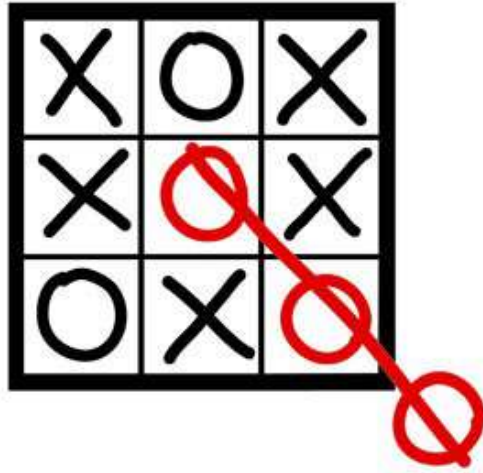
**PLEASE COPY & SHARE THIS INFORMATION - copyright-free leaflet  
by South Wales Awakening**

**For more information or to download pre-written letters for you to send to local  
schools, nurseries, diet clubs, playgroups, etc please see our website:**

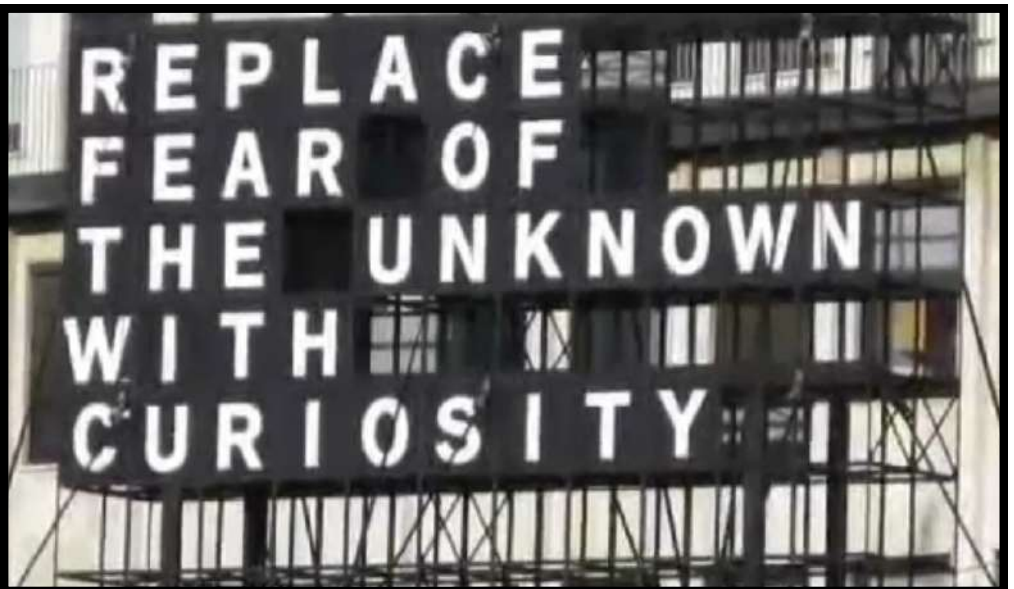
**[www.southwalesawakening.co.uk](http://www.southwalesawakening.co.uk)**



**THINK  
OUTSIDE  
THE BOX**



*I Have Decided To Include Info Cards From  
Seminars As They Have Some Good Information On  
Them.*







## Your Body Can't Get Enough Real Fat!

**FACT: Your Body Can't Live without Fat.**

\*The human brain is 60% fat.

\*Fat maintains the integrity of the nervous system, your brain's "communication center" with the rest of your body.

\*Fat is needed by all the cells in your body:  
Nerve cells, eye cells, brain cells and even heart cells need fat to survive.

\*Your body needs fat in order to properly absorb and use crucial vitamins such as A, D, E, F, K and Beta-Carotene



## Your Body Can't Get Enough Real Fat!

**FACT: EFA's DO NOT MAKE YOU FAT**

**FACT: EFA's help boost your metabolism**

1. EFA's are not made by the body, and must be included in our daily diet.
2. EFA's are 2 kinds: Omega 6 (Linoleic Acid) and Omega 3 (Alpha-Linoleic Acid)
3. Food and Oil processing destroys virtually all EFA's.



## Your Body Can't Get Enough Real Fat!

4. EFA deficiency, esp. Omega-3's is by far the most severe of the many nutritional deficiencies in our diet.
5. EFA's are the most biologically active nutrients in the body, and are especially needed the most in the brain and all cell membranes.
6. The health consequences of EFA deficiency are enormous, and are only just beginning to be documented. Deficiencies in other good fats, and consumption of trans fats, compound the problem.

### Omega-3's

Concentrated in the  
GREEN LEAVES  
of plants

Stored inside the body  
in Cell Membranes

Provides energy &  
Speeds the up the  
body

Gets us ready for  
activities

### Omega-6's

Concentrated in  
the SEEDS of  
plants

Stored inside in the  
body in body fat

Hibernation –  
preparing for  
winter

Gets us ready for  
times of survival

Weight Gain

## **Essential Fats Come in Families "Parent Fatty Acids"**

### **Omega-3's**

**Alpha-linolenic  
acid**

**Green leafy  
vegetables &  
Seeds of flax,  
chia, perilla,  
walnuts & fish**

### **Omega-6's**

**linoleic acid**

**Plentiful in  
Seeds & Grains**

*American Chiropractor; Oct. 2008*

## **Ideal Balance of Fats & EFA's**

**Omega-3's should comprise 1-1.5%  
of calories consumed**

**Omega-6's should comprise of 2-3%  
of calories consumed**

**20%-30% of the calories in our diet  
should be from fat**

**Sufficient intake of saturated and  
monounsaturated fats is necessary for  
EFA's to function properly**

**The average American's 6 to 3 ratio is 25 to 1.  
It should be 2 to 1.**

# Queen Elizabeth Grows a Royal Vegetable Garden



Bonnie Alter  
[Living / Lawn & Garden](#)  
June 15, 2009



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SUMMER IN A MASON JAR:  
3 SIMPLE RECIPES AND  
TIPS FOR GETTING



*Do You Think These People Know About The Lack Of Nutrition In The Food!*

## Obamas to Plant Vegetable Garden at White House

By MARIAN BURROS  
Published: March 19, 2009

WASHINGTON — [Michelle Obama](#) will begin digging up a patch of the South Lawn on Friday to plant a vegetable garden, the first at the White House since [Eleanor Roosevelt](#)'s victory garden in World War II. There will be no beets — the president does not like them — but arugula will make the cut.

[Enlarge This Image](#)



While the organic garden will provide food for the first family's meals and formal dinners, its most important role, Mrs. Obama said, will be to educate children about healthful,

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# UK & US Government Hypocrisy

- UK - MHRA approved "Sativex"
  - Whole plant extract
  - CO<sup>2</sup>/ethanol tincture
- US - Patent no. 6630507, "cannabinoids as antioxidants and neuroprotectants for limiting neurological damage following stroke or physical trauma, or in the treatment of neurodegenerative diseases, such as Alzheimer's, Parkinson's and dementia."



## Proven Medicinal Value

### Peer-reviewed scientific research

British Medicinal Cannabis Register  
International Association for Cannabinoid Medicines

ADD/ADHD, Addiction, Aging, AIDS, Alcoholism, Allergy, ALS, Alzheimer's, Anorexia, Anxiety, Appetite, Arthritis, Asthma, Artherosclerosis, Asperger's, Autism, Back pain, Bacterial infection, Bipolar disorder, Bladder problems, Brain injury, Bulimia, Cancer, Chemotherapy, CMT, COPD, Crohn's, Cruetzfeldt-Jacob disease, Cough, Cystic Fibrosis, Cystitis, Depression, Dermatitis, Diabetes, Dystonia, Eczema, Ehlers-Danlos syndrome, Encephalitis, Encephalomyelitis, Epilepsy, Fertility, Fibromyalgia, Fungal infection, Glaucoma, HIV, Hepatitis, High blood pressure, Huntingdon's disease, Hypertension, IBS, Inflammation, Migraine, Morning sickness, Multiple Sclerosis (MS), Muscular Dystrophy, Myalgic Encephalomyelitis (ME), Nausea, Neurodegenerative disease, Neuropathic pain, Nutrition, OCD, Obesity, Osteoporosis, PTSD, Pain, Parkinson's, Pruritis, Psoriasis, Psychosis, Restless leg syndrome, Schizophrenia, Sickle cell disease, Sleep disorder, Spasticity, Spinal injury, Stroke, Tinnitus, Tourette's syndrome, Ulcerative colitis, Wilson's disease



# Is Cannabis Safe?

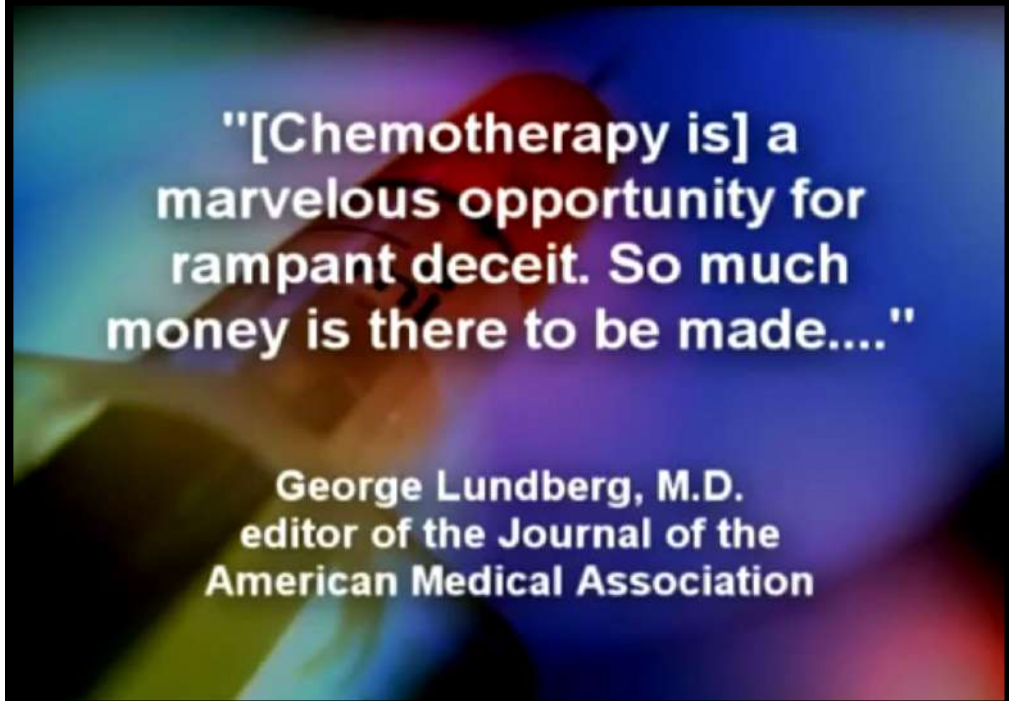
- Deaths worldwide ever = ZERO
- Therapeutic ratio
  - Alcohol 1:20
  - Aspirin 1:35
  - Cannabis >1:20000
- Hospital admissions 2009
  - Alcohol > 1 million
  - Peanuts ~ 3000
  - Cannabis ~ 750
- Psychosis risk
  - Alcohol 2% causal (Korsakoff's)
  - Tobacco 80-90% correlation
  - Cannabis 0.003% - 0.013% correlation
- Lung damage
  - Dr Donald Tashkin, UCLA, 2006
    - "no association and even a suggestion of some protective effect"



## Taxing the UK Cannabis Market

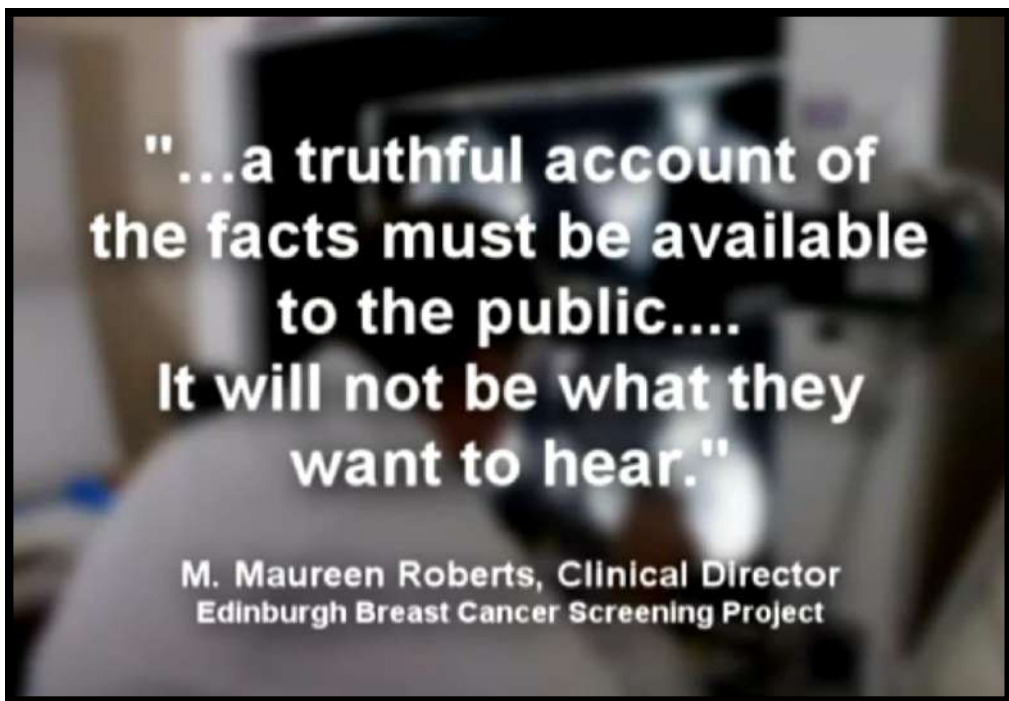
- 3 million regular (daily - monthly) users
- 300,000 growers
- £500 million criminal justice costs
- £6 billion market gifted to organised crime
- No protection for children - only ID required is a £20 note
- Health risks 100s x less than alcohol or tobacco
- Cannabis farms destroy property, theft of electricity, human trafficking, disruption of neighbourhoods
- Tax & Regulate – control, new jobs, adults only, safety
- £6.7 billion per annum net gain





**"[Chemotherapy is] a  
marvelous opportunity for  
rampant deceit. So much  
money is there to be made...."**


**George Lundberg, M.D.  
editor of the Journal of the  
American Medical Association**



**"...a truthful account of  
the facts must be available  
to the public....  
It will not be what they  
want to hear."**

**M. Maureen Roberts, Clinical Director  
Edinburgh Breast Cancer Screening Project**





# **Prostate cancer**

**Rejected conventional  
treatments and adopted a  
100% plant-based diet**

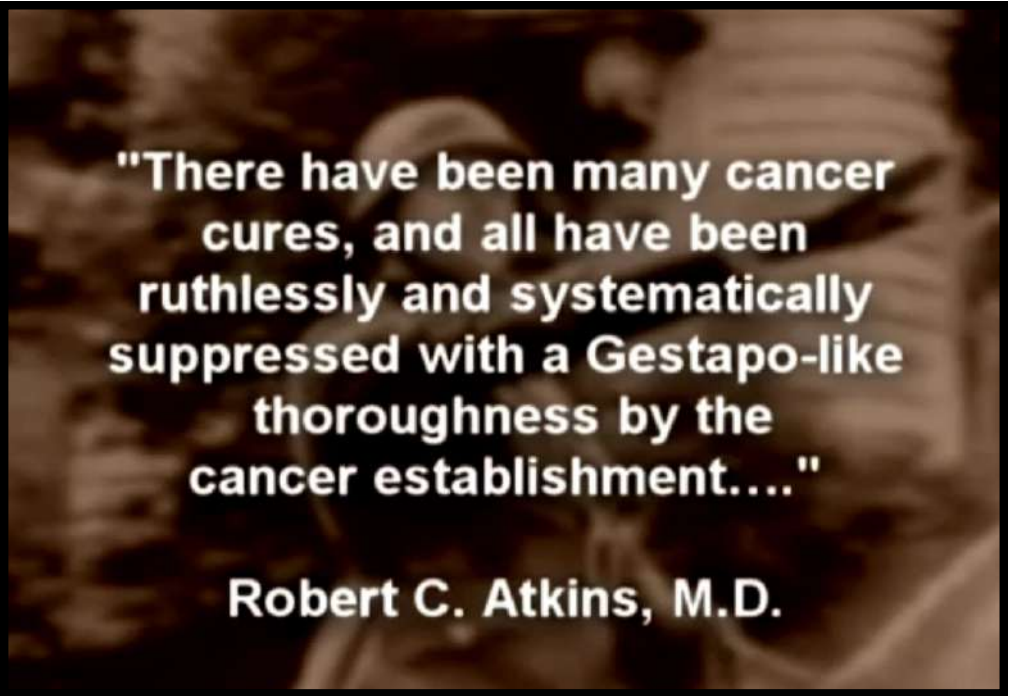
**All alive 19 years later**

American College of Nutrition, 12(3), 1993, pp. 209-26



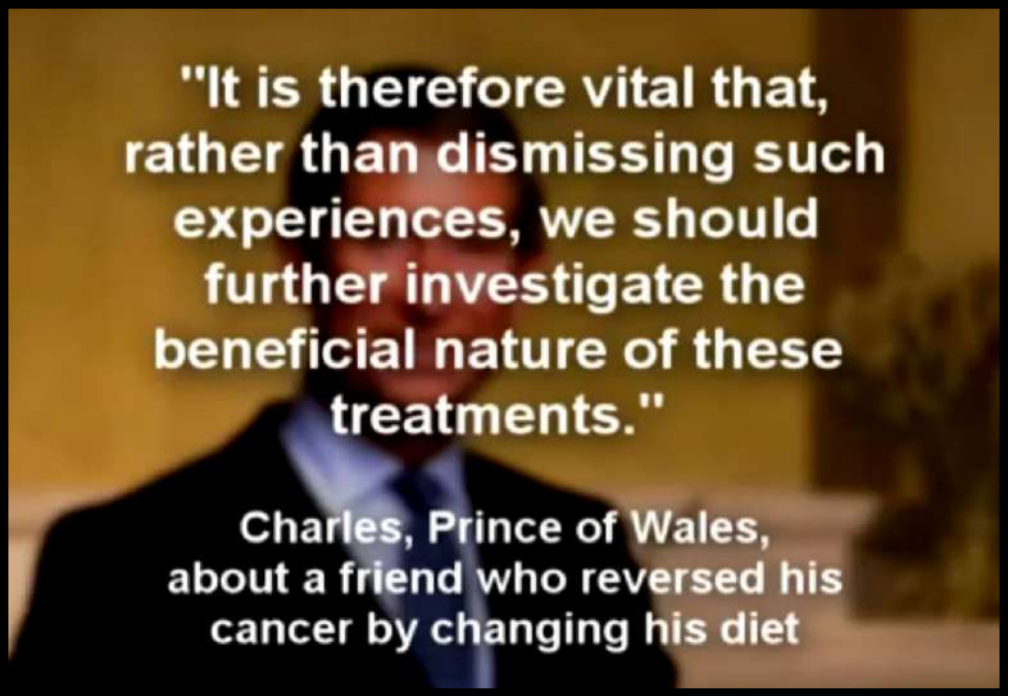
**"It is now illegal to  
find a cure for cancer."**

**Pat McGrady, Jr.**



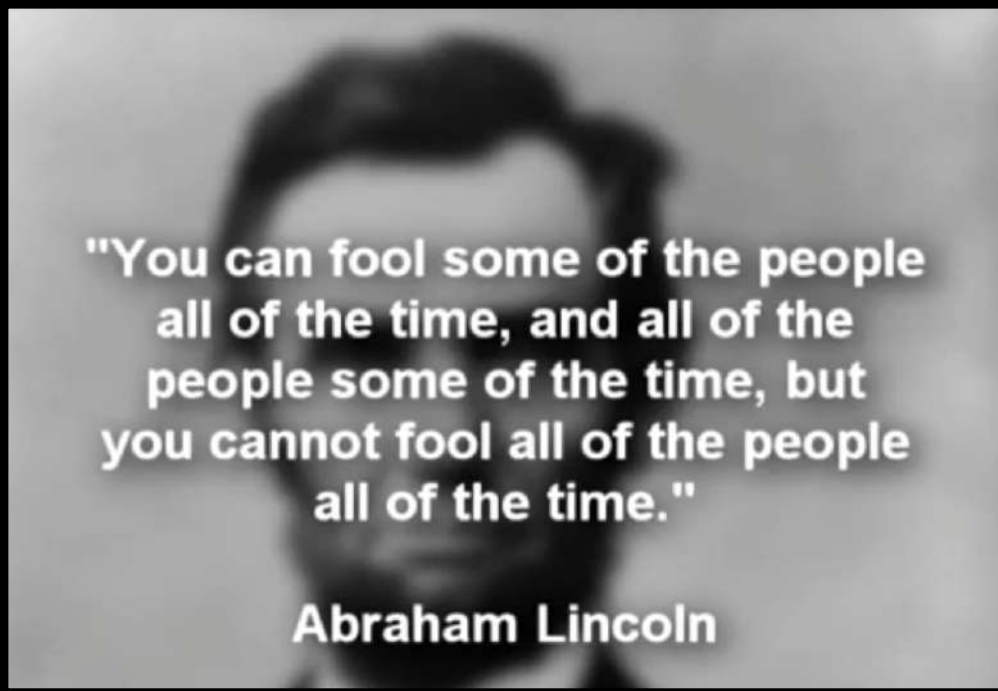
**"There have been many cancer cures, and all have been ruthlessly and systematically suppressed with a Gestapo-like thoroughness by the cancer establishment...."**

**Robert C. Atkins, M.D.**



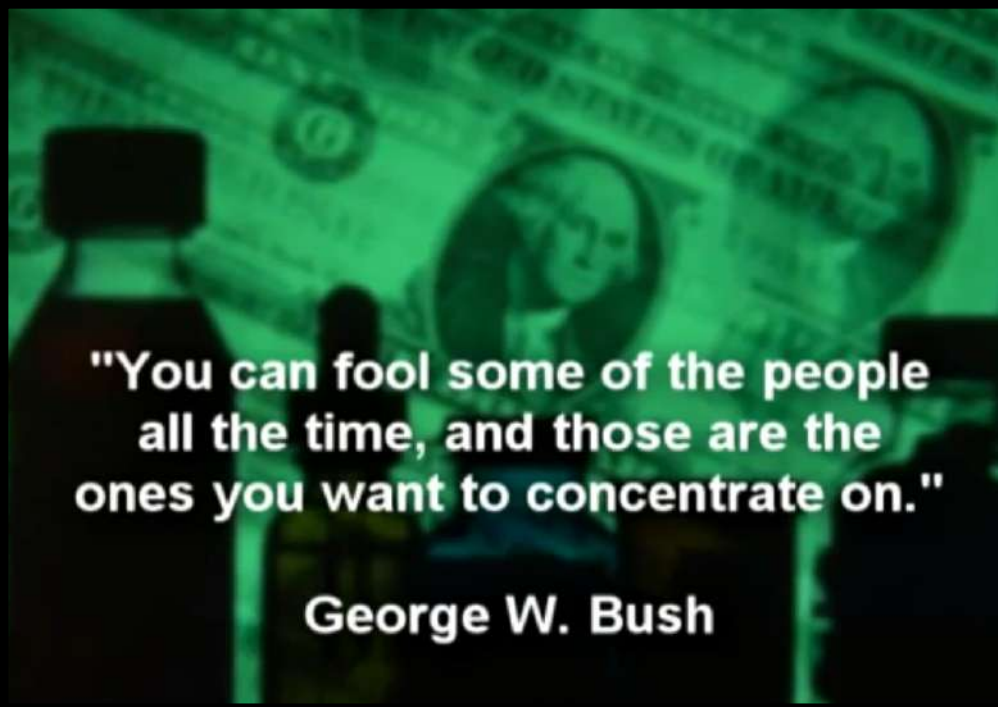
**"It is therefore vital that, rather than dismissing such experiences, we should further investigate the beneficial nature of these treatments."**

**Charles, Prince of Wales,  
about a friend who reversed his  
cancer by changing his diet**



**"You can fool some of the people  
all of the time, and all of the  
people some of the time, but  
you cannot fool all of the people  
all of the time."**

**Abraham Lincoln**



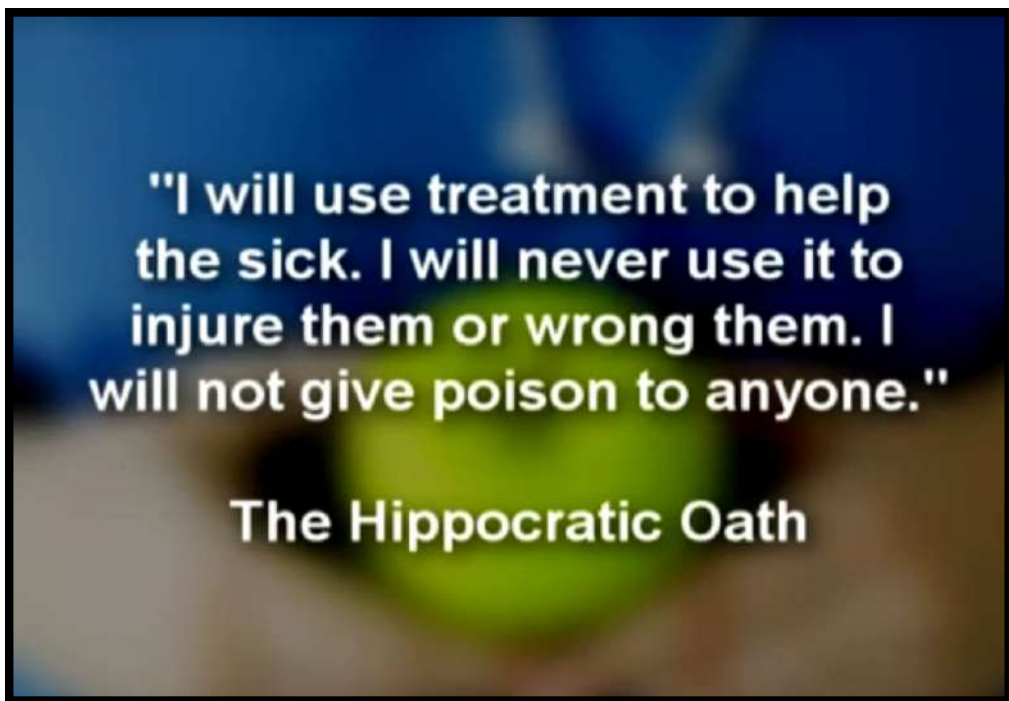
**"You can fool some of the people  
all the time, and those are the  
ones you want to concentrate on."**

**George W. Bush**



**"Remember there are  
worse things than  
death. One of them is  
chemotherapy."**

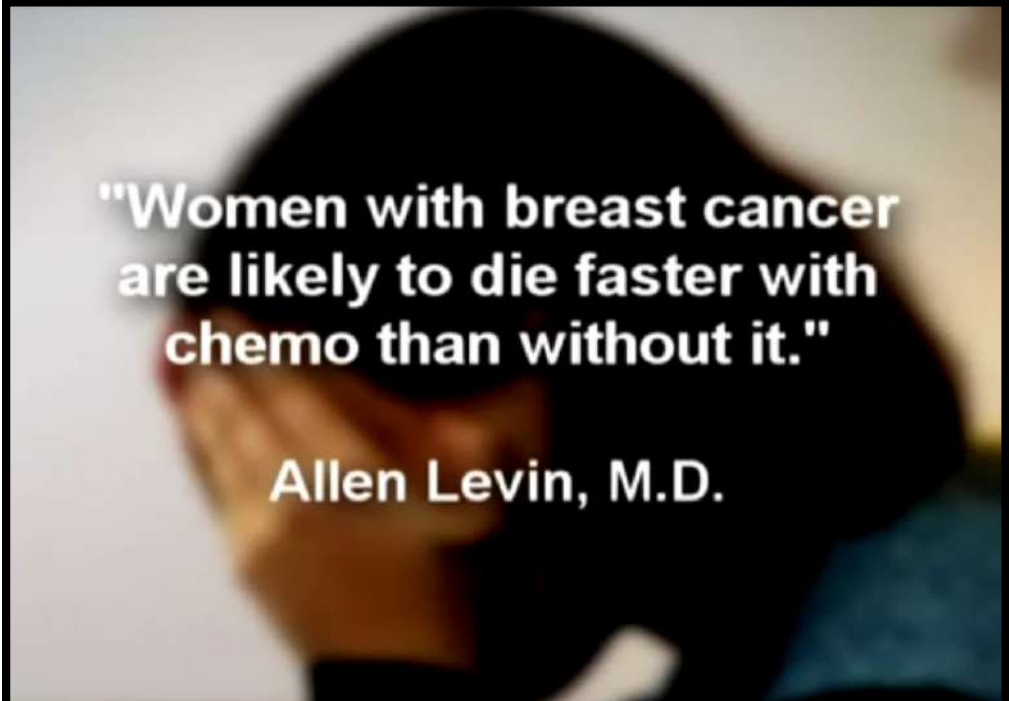
**Charles Huggins, M.D.  
Nobel Prize winner**



**"I will use treatment to help  
the sick. I will never use it to  
injure them or wrong them. I  
will not give poison to anyone."**


**The Hippocratic Oath**





**"Women with breast cancer  
are likely to die faster with  
chemo than without it."**

**Allen Levin, M.D.**



**"...an estimated 4,000 to  
9,000 women died not  
from their cancer, but  
from the treatment."**

**Discover Magazine expose on  
bone marrow transplant surgery**

## Epidemiological evidence for an association between use of wireless phones and tumor diseases

Lennart Hardell<sup>a,\*</sup>, Michael Carlberg<sup>a</sup>, Kjell Hansson Mild<sup>b</sup>

<sup>a</sup> Department of Oncology, University Hospital, SE-701 85 Örebro, Sweden

<sup>b</sup> Department of Radiation Physics, Umeå University, SE-901 87 Umeå, Sweden

Received 7 November 2008; accepted 30 January 2009

### Abstract

During recent years there has been increasing public concern on potential cancer risks from microwave emissions from wireless phones. We evaluated the scientific evidence for long-term mobile phone use and the association with certain tumors in case-control studies, mostly from the Hardell group in Sweden and the Interphone study group. Regarding brain tumors the meta-analysis yielded for glioma odds ratio (OR) = 1.0, 95% confidence interval (CI) = 0.9–1.1. OR increased to 1.3, 95% CI = 1.1–1.6 with 10 year latency period, with highest risk for bilateral exposure (same side as the tumor localisation), OR = 1.9, 95% CI = 1.4–2.4, lower for contralateral exposure (opposite side) OR = 1.2.

***They Know Mobile Phones Can Cause Cancer, They Even Tell In The Instructions for Your Mobile Not To Keep It Next To Your Ear Or Body, And How Many Women Do You See Keeping Phones In Their Bra's. So Put One Of These on Your Wireless Devices.***



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**PROTECT**

YOURSELF AGAINST THE HARMFUL EFFECTS  
OF MOBILE PHONE HEAT & RADIATION

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SHIELDS OVER  
**99.95%**  
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emitted  
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Proven to  
reduce your  
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radiation  
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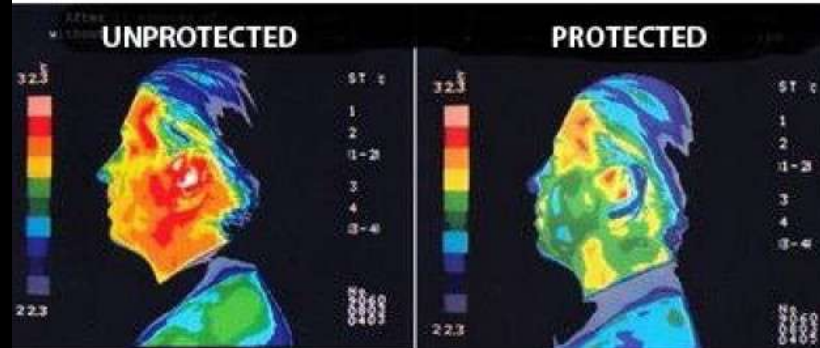
CELL PHONE  
EMF HARMONIZER & HEAT REDUCER



• REDUCES up to  
**80%** of your  
mobile's heat  
radiation.

• SHIELDS up to  
**99.95%** of  
radiation  
emitted from  
your mobile  
phone.

Attaches easily  
to the back  
of your phone!

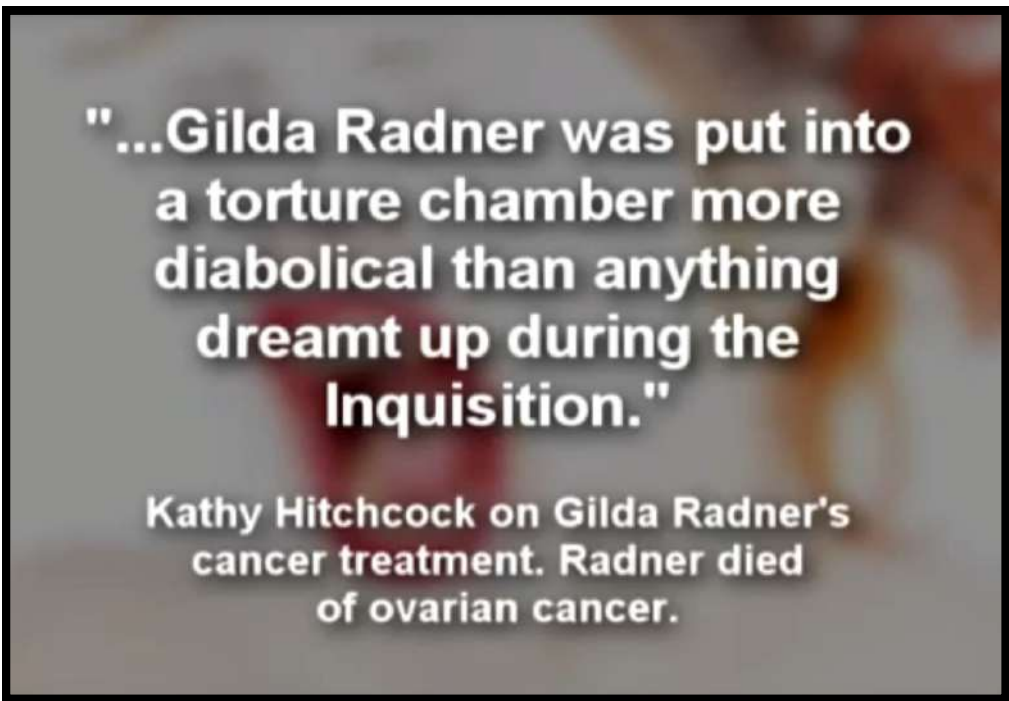







**"Bottled death."**

Vice President Hubert Humphrey  
describing chemotherapy before  
he died of bladder cancer.



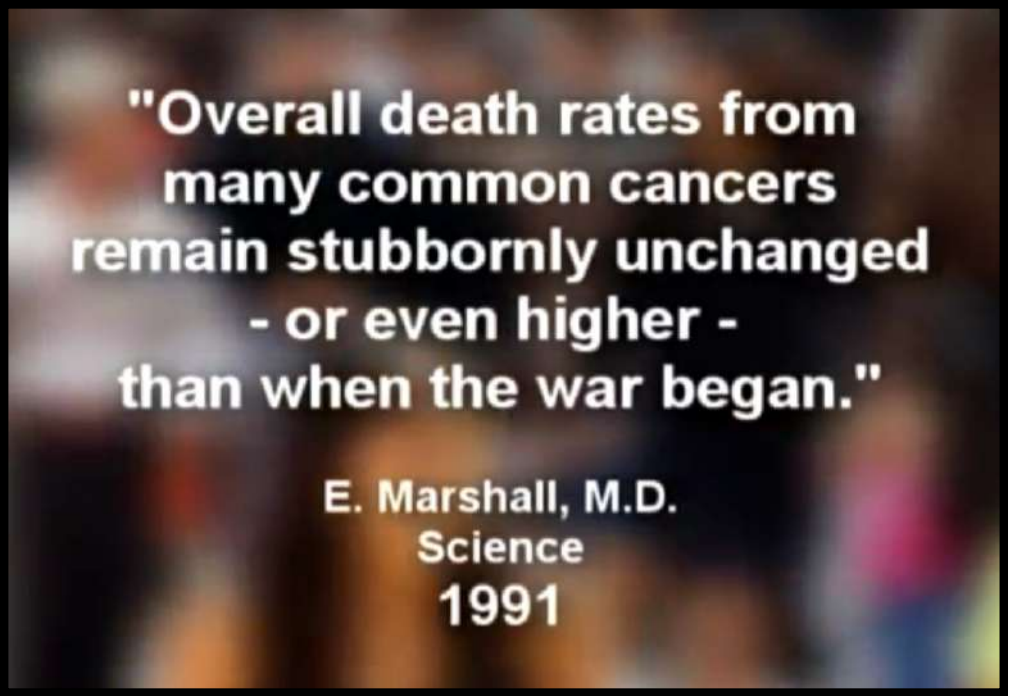
**"...Gilda Radner was put into  
a torture chamber more  
diabolical than anything  
dreamt up during the  
Inquisition."**

Kathy Hitchcock on Gilda Radner's  
cancer treatment. Radner died  
of ovarian cancer.



**"We are going to  
lick cancer by 2015."**

**Congressman Benjamin Cardin  
2006**



**"Overall death rates from  
many common cancers  
remain stubbornly unchanged  
- or even higher -  
than when the war began."**

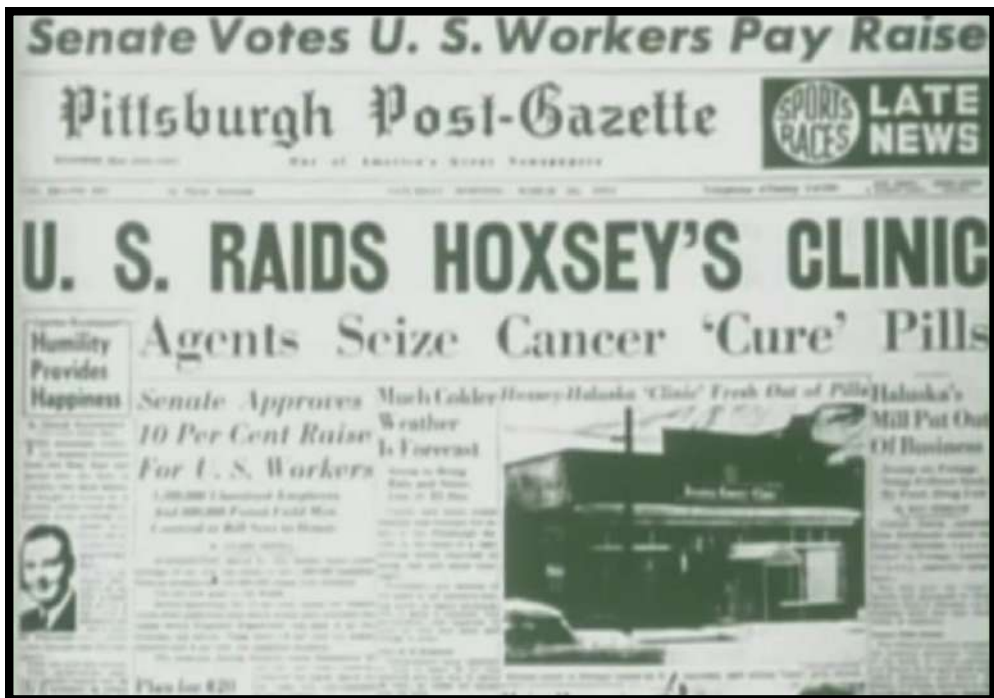
**E. Marshall, M.D.  
Science  
1991**

**"Evidence has steadily  
accrued that  
[cancer therapy]  
is essentially a failure."**

**N.J. Temple, M.D.  
Journal of the Royal Society of Medicine  
1991**

**"Surgery, radiation  
therapy, and  
chemotherapy...  
seldom produce a cure."**

**American Cancer Society  
Cancer Facts & Figures  
2007**





# COUNTERTHINK RACE FOR THE CURE



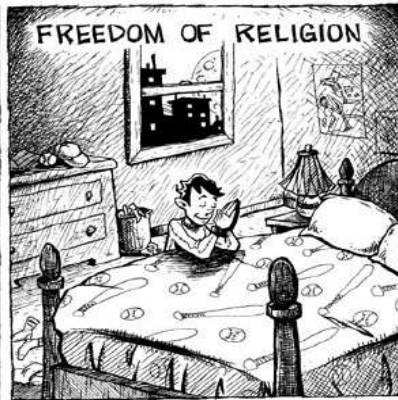
## COUNTERTHINK

### FREEDOM OF SPEECH



ART - DAN BERGER

### FREEDOM OF RELIGION



CONCEPT - MIKE ADAMS

### "FREEDOM" OF HEALTH



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"We would not purposely add Arsenic to the water supply. We would not purposely add Lead. But we do add Fluoride. The fact is that Fluoride is more toxic than Lead and just slightly less toxic than Arsenic."

Dr. John Yiamouyianni

### **Fluoride Side Effects.**

***Numbs The Brain, Causes Cancers, Kidney Disease, Thyroid Issues, Bone Disease, Arthritis, Immune Deficiencies', Lowers IQ, Dental Fluorosis, Calcification Of The Pineal Gland. Skeletal Fluorosis, And Much More.***

"In point of fact, fluoride causes more human cancer deaths, and causes it faster, than any other chemical."

Dean Burke, Former Chief Chemist Emeritus,  
US National Cancer Institute.

## Fact:

Fluoride used in ALL fluoridation practices is poison

There's no evidence to show these poisons  
prevent tooth decay

Fluoride rots and harms teeth

All of this is well known and documented

Fluoride is found in 25% of major  
tranquilizers and is often called  
"The Chemical Labotomy"

"Fluoridation is the greatest case of scientific  
fraud of this century if not, of all time"

Dr. Robert Carton, Ph.D –former US EPA scientist



Natural occurring Fluoride is NOT used in ANY fluoride practices. Only toxic waste is used.

There is no data or scientific findings that show sodium fluoride, fluorosilic acid and sodium silicofluoride prevent tooth decay.

"Airborne fluorides have caused more worldwide damage to domestic animals than any other air pollutant."

US Department of Agriculture

"Certainly there has been more litigation on alleged damage to agriculture by fluoride than all other pollutants combined."

Dr. Leonard Weinstein

"...The reason Ugandan youths have 3 times better teeth than American youths is because they do not consume as many acid foods, have no fluoride in their drinking water, have regular meals rather than sipping on acid drinks all day, have more calcium and phosphate in their diet, and have fewer dentists to "work on" their teeth."

Dr. Gerard F. Judd

Normal  
Teeth



Moderate  
Fluorosis



"Here in Toronto we've been fluoridating for 36 years. Yet Vancouver – which has never fluoridated – has a cavity rate lower than Toronto's."

Dr. Hardy Limeback, B.Sc. Ph.D – 1999

Rous Water councillors told ...

# APPROVE FLUORIDE OR ELSE!



CR STUART GEORGE



CR PHILLIP SILVER



CR VANESSA EXINS



CR RICHARD STAPLES



CR PATRICK MORRISSEY



CR COL SULLIVAN

*The Above News Article Sums it Up.*



"In point of fact, fluoride causes more human cancer death, and causes it faster than any other chemical."

Dr. Dean Burk PhD  
(34 years at the national cancer institute)

## DHA's Effect of Neurotransmitters

It is known that a deficiency in omega-3 oils affects serotonergic and dopaminergic neuro-transmission, and that if restored before weaning (discontinuation of nursing), these defects can be repaired in the brain. *J Neurochem, May 2004*

Serotonin and Dopamine play a significant role in these neuro-psychiatric disorders:

Hostility/ Aggression	Borderline Psychotic Personality
Schizophrenia	Major Depression
Suicide	Bipolar Disorder



## DHA's Effect of Neurotransmitters

DHA deficiency causes disruption of monoamine neurotransmission (dopamine, norepinephrine, serotonin) as well as acetylcholine and glutamate neurotransmission, all of which are related to impulse and anger control. *Lipids, July 1998*



## Omega-3's Effect on Depression & Suicide Risk

While both EPA and DHA have been associated with improvements in major depression, only DHA stimulates neurite outgrowth and synaptic development and repair, that is, brain plasticity. *J Nutr Biochem, Sept. 2005*

# DHA Omega-3 Oils

Studies have shown that deficiencies in omega-3 essential fatty acids are directly linked to increased levels of depression, suicidal tendencies, aggression, hostility, and violence (*Prog Neuropsychopharmacol Biol Psychiatr* 08;32).

A low level of omega-3's accurately predicts the risk of suicidal behavior among depressed patients (*Am J Psychiatry* 06;163).

## Omega-3's Effect on Depression & Suicide Risk

A number of studies have found a close correlation between omega-3's in the diet and behavior:

1. Depression
2. Suicide Risk
3. Aggression
4. Anger
5. Anxiety

## Omega-3's vs. Omega-6's

From all the vegetable oils that have replaced butter and lard, from other fats in our diet, from the processed and packaged foods that use vegetable oils as a convenient and inexpensive fat, from the process of partial hydrogenation, which specifically eliminates omega-3's, turning them into 6's as well as trans fats, from the fact that our livestock are no longer fed grass and other greens but are fed grains, which are much richer in the omega-6's.

## **Hydrogenated Oils to look for on Food Labels**

<b>Hydrogenated Vegetable Oil</b>	<b>Partially Hydrogenated Vegetable Oil</b>
<b>Vegetable Shortening</b>	<b>Margarine</b>
<b>Trans Fats</b>	<b>Trans Fatty Acids</b>

**"Trans Fatty Acids don't have to be included in the nutritional information provided on the food label unless a specific trans fat claim has been made, such as 'low trans fats'," UK Food Standard Agency.**

***Cut Carb Cravings Using Chromium  
Picolinate For 2 Months.***



### What does it mean to be light deprived?

- Depressed Mood
- Low Energy
- Irritability
- Difficulty Concentrating
- Carbohydrate Cravings
- Social Withdrawal
- Reduced Libido
- Trouble Sleeping

### What does it mean to be light deprived?

Bright light therapy involves the regular (usually daily) exposure to a bright light source. Treatments typically involve an artificial light source of accepted therapeutic intensity (2,500 lux), with exposure duration of a set period and distance from the light source.

### How Do I use the Litebook?

- The Litebook should be positioned approximately 12-24 inches from your face, and should be offset at a 30 to 45 degree angle, like sunlight coming in a window.
- The Litebook's light beam must be directed at your eyes, and your eyes must be open to achieve benefit.
- The Litebook's light beam is very bright - like the sun - in order to provide the benefit you seek. Do not stare at The Litebook.
- Typically, you will recognize when you've received sufficient light— feelings of heightened alertness, energy and mood.





### How long do I need to use The Litebook?

Light therapy usage varies with the individual. For instance, usage times for winter blues are typically 15-60 minutes per day. Ideal exposure time is the morning, as early as possible. Additional sessions are indicated mid-day and early evening, as required.

### Illuminating the Tiny Pine Cone in Your Head

When we are exposed to less light, the pineal gland produces more melatonin, the pituitary produces less TSH, and the thyroid slows down.

The result is sluggishness, poor mood, weight gain, less interest in sex, a tendency to oversleep, and a number of other effects controlled by the endocrine system. Overall, you could say that with less light there is also less delight.

## Diseases Related to Lack of Sunlight

Breast Cancer	Colon Cancer
Diabetes	High Blood Pressure
Heart Disease	Multiple Sclerosis
Ovarian Cancer	Osteomalacia
Osteoporosis	Prostate Cancer
Psoriasis	Rickets
Seasonal Affective Disorder	Tooth Decay
Tuberculosis	

Sunlight, Zane Kime

### Study: Vitamin D Shines as Cancer Fighter

Vitamin D seems important for preventing and treating many types of cancer: prostate, lung, skin and colon.

Dr. Edward Giovannucci, a Harvard University professor of medicine and nutrition, laid out his case in a recent lecture at a major cancer research meeting.

**His research found that vitamin D prevented 30 deaths for each one caused by skin cancer.**

Detroit News, May 22, 2005

## Sunlight & Darker Skinned Races

The darker the skin the higher the blood pressure even when stress and other factors were taken into consideration.

In this book's chapter on skin cancer, it is noted that sunlight apparently has an inhibiting effect on deep-seated cancers. Again we would expect to find more cancer among darker-skinned people living in the United States. In consulting the vital statistics we find this to be true: 20% more dark-skinned people die of cancer than do their lighter skinned contemporaries.

Sunlight, Zane Kime

## Sunlight & Darker Skinned Races

Sunlight seems to play an important role in preventing and curing infections, even those as severe as tuberculosis. Again we see a much higher rate of infections in darker-skinned people.

Their incidence of death from influenza and pneumonia is almost double that of lighter-skinned people, and nearly five times as great in case of tuberculosis.

Sunlight will lower elevated blood sugar levels. There are twice as many deaths from diabetes among dark-skinned people.

Sunlight, Zane Kime

## Sunlight & Blood Pressure

The Russians are using sunlight to lower blood pressure at their health resorts and are getting excellent results.

There appears to be a sensitivity factor to the effect of the sun, based upon need. Patients with high blood pressure have a drop in blood pressure 2.5 times that of patients with normal pressures. Correspondingly, patients with low blood pressure were only one-half as responsive to sunlight.

Sunlight, Zane Kime

## Sunlight & Blood Pressure

Unknown to most persons, the sun has a dramatic effect on blood pressure. In a study done on average human subjects, the blood pressure dropped on an average of 6 mm Hg systolic and 8 mm Hg diastolic after a single sunlight treatment. In individuals with high blood pressure, the effect was more striking. **Some patients had the systolic pressure drop as much as 40 mm Hg and the diastolic by 20 mm Hg. This effect lasted up to five or six days.**

Sunlight, Zane Kime



## COUNTERTHINK



**FACT: FLUORIDE IS SO TOXIC THAT IT IS CONSIDERED HAZARDOUS WASTE BY THE EPA.**  
CONCEPT-MIKE ADAMS ART-DAN BERGER [WWW.NATURALNEWS.COM](http://WWW.NATURALNEWS.COM)

## COUNTERTHINK



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## Cholesterol & Vitamin D

Both the vitamin D precursor 7-dehydrocholesterol and cholesterol are derived from a substance called squalene. There is evidence that, whereas squalene in the skin is converted to vitamin D in the presence of sunlight, in the absence of sunlight it is converted into cholesterol.

This would explain the high levels of cholesterol measured in populations at high latitudes and a seasonal variation of blood cholesterol which also has been reported: **it seems cholesterol levels go up in winter, just as vitamin D levels fall and this is related to the amount of sunlight available.**

Sunlight, Zane Kime

## Cholesterol & Vitamin D

The human body can manufacture its own cholesterol from fats, oils, sugar, and even protein. Biochemists classify cholesterol as a member of the steroid "family." This family is a group of substances that are similar in their molecular structure, but very different in their effects on the body. Members of this family include cortisone, sex hormones, vitamin D, and cholesterol.

It is important to note that cholesterol and vitamin D are related, for when a precursor of cholesterol (7-dehydrocholesterol) is exposed to sunlight, it will easily be changed to vitamin D and thereby made harmless to the body.

Sunlight, Zane Kime



Figure 9: Patient 12 years old on arrival at Leysin. Extensive tuberculosis of the spine, paraplegia and atrophy of the muscles. Precarious general condition.



Figure 10: The same patient. Complete cure with full correction of the spine after 18 months of heliotherapy, without the use of a plaster of Paris jacket.

The Healing Sun, Richard Hobday

## Sunlight and Skin Types

1

The most sensitive skin belongs to people of Celtic extraction: with red hair and blue or green eyes, or dark hair with green eyes. Typically their skin hardly tans at all and burns very easily, but with careful exposure they can increase their tolerance to sunlight. Someone with this type of skin who is unused to direct sunlight will burn after 20 minutes of British midsummer sunshine.

2

This is a very common skin type in people of northern European ancestry. Type 2s have pale skin, blond or red hair, blue or hazel eyes and may also have freckles. They tend to tan slowly and with difficulty, as they burn easily. Someone with this type of skin who is unused to direct sunlight will burn after 30 minutes of midsummer sunshine in the UK.



## Sunlight and Skin Types

**3** People from China, Japan or the Mediterranean tan much more easily. But they can also burn. Their skin color ranges from olive to brown and they usually have dark hair and eyes. Their skin may become pale if they stay out of the sun for long periods. Someone with this type of skin who is unused to sunlight will burn after 50 minutes of direct midsummer sunshine in the UK.

**4** The majority of white people have fair skin and are blond or brunette. Their skin will tan given time, but will also burn if the process is rushed. Eye color is a good indicator of sensitivity. Pale-skinned dark-eyed people tend to tan more readily than those with blue, grey or green eyes - who are at greater risk of burning. Someone with this type of skin who is unused to direct sunlight will burn after 30 minutes of midsummer sunshine.

## Sunlight and Skin Types

**5** People from India, South America and Arabia tan well and rarely burn. They have dark skin and hair and brown or black eyes. However, someone with this type of skin who is unused to sunlight will burn after about 70 minutes of direct midsummer sunshine in the UK.

**6** Most people with brown to black Afro-Caribbean skin and hair can spend long periods in the sun with little risk of burning. Sunlight does not readily penetrate or damage dark skin, because the high melanin content filters out most of its ultraviolet component.

## Flu Shot Disappointments

U.S. Researchers attempting to quantify the number of lives that have been saved by influenza vaccines have come up with a disappointing number: something close to zero.

Early predictions were that flu vaccines would save the lives of about half of those vaccinated. However, "Based on U.S. mortality rates from 1968 to 2001, the study by the National Institute of Allergy and Infectious Diseases found no correlation between increasing vaccination rates after 1980 and declining death rates in any age group."<sup>1</sup> Some researchers are now suggesting the earlier studies were flawed, and also that the elderly may not be getting much of a benefit because many fail to produce antibodies in response to the vaccination. Natural immunity development may be responsible for the earlier perceived benefits of inoculations. Details are in the *Archives of Internal Medicine*.<sup>2</sup>

1. Reuters World Report, Feb. 14, 2005.

2. *Arch Intern Med* 2005;165:265-272.

***When I Took My Mother For A flu Jab Many Years Ago, The Nurse Couldn't Even Tell Us The Ingredients, That Was The Last Time We Went For The Annual Flu Jab.***

## Why Flu Drugs Don't Work

Over the past 40 years, the drug industry has produced four major antiviral drugs to combat flu – Amantadine in 1996, Rimantadine in 1993, Zanamivir in 1999, and Oseltamivir marketed as Tamiflu, also in 1999 – and resistance to all four is regularly reported. (Lancet, 2000; J Infect Chemother, 2003)

## **Roche, Gilead Sciences resolve Tamiflu conflict**

November 16, 2005

By Julie Schmidt, USA TODAY



Tamiflu, an antiviral, lessens flu symptoms and also may prevent the flu. While never tested in humans against the H5N1 avian flu strain now circulating, Tamiflu is considered the best available defense because of the lack of avian flu vaccines.

## **ARE FLU SHOTS WORTH THE RISK??**

Perhaps the most insidious of all problems with flu shots is their **MERCURY CONTENT**.

A flu shot contains 25 micrograms of mercury.  
**One microgram is considered TOXIC.**

Mercury is a brain toxin, already indicted as a causative agent in dementia and Alzheimer's syndrome.

## ARE FLU SHOTS WORTH THE RISK??

Statistics show that if you have had 5 consecutive flu shots between 1970 and 1980, you have **10 TIMES the odds of getting Alzheimer's disease** as a person who has had 2 flu shots or less!!

\* Hugh Fudenberg, MD, the world's leading immunologist – 850 papers published in peer reviewed journals

### **BBC NEWS** WORLD EDITION

#### **Exxon-Mobil Employees Given Fake Flu Shots**

Oct 28 12:46 PM US/Eastern

[Email this story](#)

**AP** Associated Press

BAYTOWN, Texas

Fake flu shots were given out last week at a health fair at Exxon Mobil Corp.'s Baytown complex and an investigation was under way, authorities said.

Exxon Mobil spokeswoman Treacy A. Roberts said Thursday that the FBI told the company that what was administered "definitely not the flu vaccine."

It doesn't appear that the fake shots were harmful, but steps were being taken to ensure workers' safety, U.S. Attorney Chuck Rosenberg said in a statement Thursday.

## **Elite Set to Make Big Bucks Off Pandemic Fears**

The Bush administration plan, however, has called for billions to be spent on building stockpiles of antiviral drugs, primarily Tamiflu, although neither has been proven to be effective against avian flu in humans.

**American Free Press,  
November 14, 2005**



## Elite Set to Make Big Bucks Off Pandemic Fears

Tamiflu is produced by Hoffman-LaRouche, the pharmaceutical giant based in Basel, Switzerland. The patent, however, is owned by Gilead Sciences, Inc. of Foster City, Calif., and is protected until 2016. \_\_\_\_\_ was chairman of Gilead before he became \_\_\_\_\_ in January 2001.

***WHO IS THIS CHAIRMAN??***

**Donald Rumsfeld**



## Iodine Patch Test

**Step 1:** Go to the pharmacy and purchase **Tincture of Iodine** - the original, orange-colored solution, not the clear solution.

**Step 2:** Before going to bed, use the painting stick in the bottle of iodine to paint a 3 inch by 3 inch square patch of iodine onto the underside of the forearm or on the inner thigh or abdomen.

**Step 3:** In the morning, upon rising, note the color and check off a follows:

- No color left at all
- Grayish colored
- Pale Yellow
- Bright yellow-orange (just like when you applied it)

If there is **NO** color remaining on your skin, the test is complete. You are iodine deficient.

## Barnes Thyroid Test

- This simple test uncovers the hidden hypothyroid patient
- Take temperature for 5 consecutive days in A.M.
- Shake down thermometer and position the clock the night before. Don't get up or expend any energy before recording your temperature. Place thermometer in armpit next to skin for exactly 10 minutes.
- Normal is 97.8 – 98.2°

# COUNTERTHINK

CONCEPT- MIKE ADAMS ART- DAN BERGER



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## THE MIRACLES OF MODERN TECHNOLOGY...

SO YOU DON'T HAVE TO USE YOUR LEGS.



CONCEPT- MIKE ADAMS

SO YOU DON'T HAVE TO USE YOUR HANDS.



ART- DAN BERGER

SO YOU DON'T HAVE TO USE YOUR BRAIN.



www.NATURALNEWS.COM





**In Loma Linda, California, researchers studied a group of Seventh-day Adventists who rank among America's longevity all-stars. From 1976 to 1988 the National Institutes of Health funded a study of 34,000 California Adventists to see whether their health-orientated lifestyle affected their life expectancy.**

**The Adventists' habit of consuming beans, soy milk, tomatoes, fruits, whole wheat bread, nuts water and avoiding unclean meat reduced the risk of heart disease and cancer. In the end the study reached a stunning conclusion: The average Adventist lived 4 to 10 years longer than the average Californian.**

*National Geographic,  
November 2005*

## **Germ theory delusions collapse as new science reveals healthy people carry 10,000 different germ strains at all times**

Tuesday, June 19, 2012

(NaturalNews) The human body is essentially a "germ" factory, but this is not necessarily a bad thing. A new study published as a series of reports in the journals *Nature* and *Public Library of Science (PLOS)* debunks the widely believed germ theory, or the belief that all germs are "bad," by showing that the average, healthy human body harbors more than 10,000 species of microbes that together maintain microbial balance and promote vibrant health.



**Germ theory delusions collapse as new science reveals healthy people carry 10,000 different germ strains at all times**

Tuesday, June 19, 2012

**The researchers learned that as much as 3% of a person's total body mass is composed of various microbes, which for the average adult translates into several pounds of microbiome, the name given to the "trillions of individual germs" that live within the body.**

**And this collective microbiome basically ups the total number of human genes from about 22,000 to roughly eight million.**

## **What Factors Lead to Compromised Gut Bacteria?**

<b>Antibiotics</b>	<b>Chlorinated and fluoridated water</b>
<b>Antibacterial soap</b>	<b>Agricultural chemicals</b>
<b>Pollution</b>	<b>Processed food and Sweetened Drinks</b>

May 3, 2012

**Mercola.com**  
Take Control of Your Health

## Symptoms of Digestive Dysfunction

Altered Sense of taste & smell

Bad Breath

Coated Tongue

Tooth Decay

Difficulty Swallowing

Heartburn

Stomach ache

Bloating & Gas

Abdominal Pain

Diarrhea/Constipation

Hemorrhoids &

A Host of Mental conditions

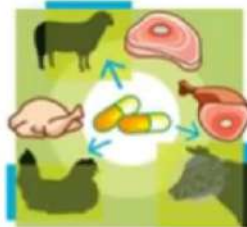


Dan Gleason, D.C.

## Are Antibiotics Contributing to Obesity, Diabetes and Stroke?

Posted By [Dr. Mercola](#) | December 14 2011 | 16,630 views

According to [data analyzed by journalist Maryn McKenna for Wired](#), the states with the highest levels of antibiotic overuse are one in the same as those that have the worst health status in the United States, including the highest rates of obesity, asthma, heart disease, heart attack, diabetes and stroke.



**Mercola.com**  
Take Control of Your Health

**About 70% of all the antibiotics produced are used in agriculture -- not necessarily to fight disease, but rather to *promote weight gain*.**

**Farmers commonly give healthy livestock continuous low-doses of antibiotics because it makes them gain more weight, faster -- because the antibiotics "change the composition of the gut flora to favor growth."**

## This Commonly Used Drug Found to Promote Obesity

November 24 2011 | 53,527 views |



Antibiotics may **permanently** alter your gut bacteria and interfere with important hunger hormones secreted by your stomach, leading to increased appetite and body fat.

Antibiotics may lead to increases in ghrelin, the hunger hormone, and leptin, which controls the way your body stores fat.

*They Do Pump Cattle With Antibiotics To Fatten Them Up So, This Would Make Sense.*

## Abnormal Gut Flora Fosters Abnormal Brain Development

Separate research also found the probiotic *Lactobacillus rhamnosus* had a marked effect on GABA levels in certain brain regions and lowered the stress-induced hormone corticosterone, resulting in reduced anxiety- and depression-related behavior.



May 3, 2012





## PROBIOTICS

*GOOD BUGS*

**Kefir  
(especially  
homemade)**

**Live Active  
Cultured  
Yogurt**

**Miso**

**Raw  
Sauerkraut**

**Tempeh**



Dan Gleason, D.C.

## Prebiotics

*Good Bugs*



<b>Onion</b>	<b>Chicory Root</b>
<b>Dandelion Greens</b>	<b>Tomato</b>
<b>Garlic</b>	<b>Maple Syrup</b>
<b>Mushrooms</b>	<b>Banana</b>
<b>Artichoke</b>	<b>Barley</b>
<b>Rye</b>	<b>Asparagus</b>
<b>Leeks</b>	<b>Oats</b>

Dan Gleason, D.C.

## "Is Delivery by Cesarean Section a Risk Factor for Food Allergy?"

Babies born to mothers with allergies, were significantly more likely to develop allergies if they were delivered by C-section rather than vaginal birth.



Researchers suspect a vaginal delivery exposes the baby to protective microbes that colonize the baby's gut.

Eggesbo, Journal of Allergy and Clinical Immunology, August, 2003.

## How Your Gut Flora Influences Your Health

June 27 2012 205,586 views

[Mercola.com](http://Mercola.com)  
Natural Science of Your Health

Communities of vaginal microbes change during pregnancy in preparation for birth, delivering beneficial microbes to the newborn.

The good bacteria is stripped from the vaginal tract when the mother receives antibiotics for Strep B at delivery.

*At the time of delivery, the vagina is dominated by a pair of bacterial species, Lactobacillus and Prevotella.*

The gut flora your child acquires during vaginal birth is dependent on the mother's gut flora.

So if mother's microflora is abnormal, the child's will be as well.



## The Illegal Cure Ronald Reagan used for his Cancer



FOURWINDS10.COM

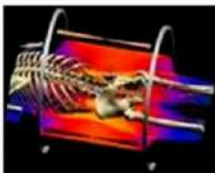
**President Reagan got rid of his colon cancer the German way**

When President Ronald Reagan got cancer during his presidency, the great German doctor Hans Nieper, M.D, treated him. It would have been front page news if it hadn't been hushed up at the time.

**Just imagine if the American public knew a sitting president preferred German cancer treatments!**

***This Is Why I Promote Purchasing A FIR Sauna.***

### The German Cancer Cure: "Cooking" Cancer Cells to Death



Surprisingly, cancer can't take the heat. But your body's healthy cells can handle a temporary fever just fine (105-107 degrees). Fever is one of the tools your immune system uses to kill disease.

**Ironically, it was a German-American doctor in Philadelphia, Peter Busch, M.D., who discovered that fever can cure cancer. He found out by pure chance in 1868!**

## **The German Cancer Cure: "Cooking" Cancer Cells to Death**

**"The fever therapy lasts about six hours, and cancer patients receive the therapy once a week. It not only "cooks" the tumor to death but also kills cancer cells that have spread elsewhere in the body."**

**This is as simple as sitting in a hot car for 15 minutes a day. Keep your self well hydrated and park the car in the Sun.**



***Hyperthermia to Treat Cancer. Hyperthermia usually is taken to mean a body temperature that is higher than normal. High body temperatures are often caused by illnesses, such as fever or heat stroke. But hyperthermia can also refer to heat treatment – the carefully controlled use of heat for medical purposes.***

***3 May 2016***

***Hyperthermia to Treat Cancer - American Cancer Society***



***Dr Hans Alfred Nieper  
The Man Who Treated  
President  
Ronald Reagan's  
Cancer.***



***It Tells You Something When A President Of One  
Of The Richest Countries, With The So Called  
Best Medical System In The World, Which Is  
Supposedly Fighting A War On Cancer, Goes To A  
Foreign Country To Sort His Cancer Out.  
Smells Of Double Standards And Corruption To  
Me, What Do You Think?***

***Now Take A Step Back, Pause, Take A Deep  
Breathe, And Think A Minute About What You  
Have Just Read.....They Knew In 1868  
About Killing Cancer Cells Using Heat, But Even  
Earlier Than That Hippocrates Stated***

***“Give Me The Power To Produce Fever And I’ll  
Cure All Disease”,***

***Which Is One Of The Reasons I Advise  
Purchasing A Far Infrared Sauna. And Remember  
Red Indian Sweat Lodges Where  
“Purification Ceremonies” Were Held.  
The Clues Are All There.***

## FDA approves first GMO Flu Vaccine containing Reprogrammed Insect Virus



By Jonathan Benson  
Global Research, June 07, 2013  
[worldtruth.tv](http://worldtruth.tv)

**A new vaccine for influenza has hit the market, and it is the first ever to contain genetically-modified (GM) proteins derived from insect cells.**

**According to reports, the U.S. Food and Drug Administration (FDA) recently approved the vaccine, known as Flublok, which contains recombinant DNA technology and an insect virus known as baculovirus that is purported to help facilitate the more rapid production of vaccines.**

## FDA approves first GMO Flu Vaccine containing Reprogrammed Insect Virus

**Flublok is produced by extracting cells from the fall armyworm, a type of caterpillar, and genetically altering them to produce large amounts of hemagglutinin, a flu virus protein that enables the flu virus itself to enter the body quickly.**



By Jonathan Benson  
Global Research, June 07, 2013  
[worldtruth.tv](http://worldtruth.tv)

## SIDE EFFECTS

- Guillain-Barre
- Respiratory Infections
- Headaches
- Allergic Reactions
- Myalgia
- Rhinorrhea
- Altered Immunocompetence

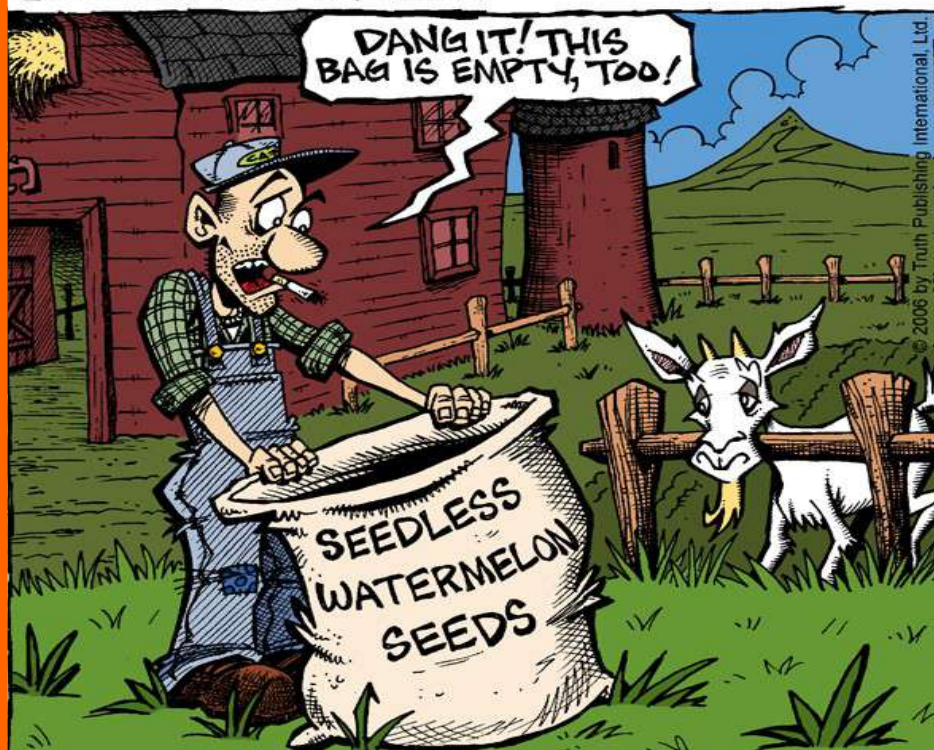


# COUNTER THINK



FACT: SAN FRANCISCO BANNED PLASTIC BAGS, BUT NOT THE TOXIC FOOD PRODUCTS CARRIED IN THEM. [WWW.HONESTFOODGUIDE.ORG](http://WWW.HONESTFOODGUIDE.ORG)

# COUNTER THINK



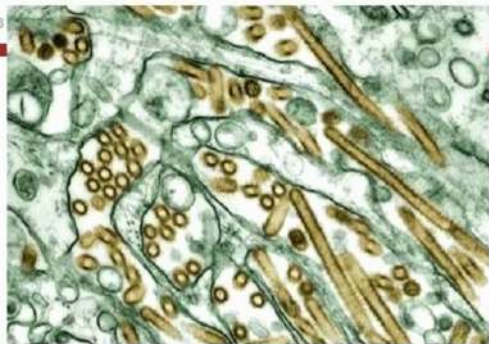
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CONCEPT-MIKE ADAMS ART-DAN BERGER [WWW.NATURALNEWS.COM](http://WWW.NATURALNEWS.COM)

## 'Appalling irresponsibility': Senior scientists attack Chinese researchers for creating new strains of influenza virus in veterinary laboratory

Experts warn of danger that the new viral strains created by mixing bird-flu virus with human influenza could escape from the laboratory to cause a global pandemic killing millions of people.

STEVE CONNOR • THURSDAY 02 MAY 2013



## Lab-Altered H5N1 Flu More Infectious to Humans than Birds



Over a year ago, Japanese researchers created a genetically-altered version of the H5N1 avian influenza virus to explore the risk of human-to-human transmission. They reported in the journal *Nature* in early 2012 that the mutated pathogen could be transmitted among mammals through the air in aerosol droplets -- for example, from sneezing.

**VOA** Voice of America

Jessica Berman  
April 26, 2013



# Magnesium



**Magnesium is the single mineral most wiped out by the consumption of phosphoric acid.**

**Taking calcium supplements is the fastest way to deplete magnesium.**

**Too much milk can put a young athlete into a magnesium crisis.**

**Geriatric patients taking calcium will deplete their magnesium so far some will perish.**

**80% of diuretic users lose magnesium on a daily basis.**

Minerals for the Genetic Code; Charles Walters

# Magnesium



## Deficiency Symptoms:

<b>Bad Foot Odor</b>	<b>Muscular Weakness</b>
<b>Bowels get Blocked</b>	<b>Kidney's can't Work</b>
<b>Poor Sleep</b>	<b>Back Pain</b>
<b>Migraine Headache</b>	<b>High Blood Pressure</b>
<b>Heart Palpitations</b>	<b>Organ Calcification</b>

Minerals for the Genetic Code; Charles Walters



## Calcium Deficiency Symptoms

Nosebleeds	Tics & Twitches
Fevers	Cold Sores
Growing Pains	Stuttering
Tourette's	

U.S. dairy industry petitions FDA to approve aspartame as hidden, unlabeled additive in milk, yogurt, eggnog and cream



Monday, February 25, 2013  
by Mike Adams, the Health Ranger

The International Dairy Foods Association (IDFA) and the National Milk Producers Federation (NMPF) have filed a petition with the FDA asking the FDA to alter the definition of "milk" to secretly include chemical sweeteners such as aspartame and sucralose.



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

## Frequently Asked Questions about Mercury and Thimerosal

Unborn babies (developing fetus) are more sensitive to the effects of many chemicals, including mercury. Premature babies are also more vulnerable because they tend to be very small and their brain is not as developed as that of a full-term baby.

Children may be at higher risk of mercury exposure than are adults because they may be inherently more sensitive than adults since their nervous systems are still developing.



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

## How can mercury affect children?

Very young children are more sensitive to mercury than adults. Mercury in the mother's body passes to the fetus and can pass to a nursing infant through breast milk. However the benefits of breastfeeding may be greater than the possible adverse effects of mercury in breast milk.



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

## How can mercury affect children?

**If a pregnant woman ingests mercury at high levels, harmful effects that may be passed from the mother to the developing fetus include brain damage, mental retardation, lack of coordination, blindness, seizures, and an inability to speak. Children poisoned by mercury may develop nervous and digestive problems and kidney damage.**

### The Flu Shot is Safe for Pregnant Women

Flu shots are a safe way to protect the mother and her unborn child from serious illness and complications of flu. The flu shot has been given to millions of pregnant women over many years. Flu shots have not been shown to cause harm to pregnant women or their babies. It is very important for pregnant women to get the flu shot.

<http://www.cdc.gov/flu/protect/vaccine/thimerosal.htm>



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

### **Do the 2012-2013 seasonal flu vaccines contain thimerosal?**

The Food and Drug Administration (FDA) has approved several formulations of the seasonal flu vaccine, including multi-dose vials and single-dose units. (See [Table of Approved Influenza Vaccines for the U.S. 2012-2013 Season](#).) Since seasonal influenza vaccine is produced in large quantities for annual immunization campaigns, some of the vaccine is produced in multi-dose vials, and contains thimerosal to safeguard against possible contamination of the vial once it is opened.

safe?

- Is thimerosal in vaccines linked to autism?

## What is thimerosal?

Thimerosal is a mercury-based preservative that has been used for decades in the United States in multi-dose vials (vials containing more than one dose) of some vaccines to prevent the growth of germs, bacteria and fungi, that can contaminate them.



## Vaccine Whistleblower Site Blacklisted by Facebook and Web of Trust



Mar 29th, 2013 | By [Jeffrey John Aufderheide](#) |



**Vac**truth**.com**  
Your child. Your choice.

VacTruth.com has recently published articles on SIDS, a child dying shortly after being vaccinated, Bill Gates, autism, and vaccine failures. This information is being classified as "abusive" and "malicious" by Facebook.com, ultimately censoring important information from you and other parents.



**Real Corn has:**  
**7 times more Manganese**  
**437 times more Calcium**  
**56 Times more Magnesium**

**Organic Corn: 14 ppm of Manganese**

**GMO CORN: 2 ppm**

**Organic Corn: 6130 ppm of Calcium**

**GMO CORN: 14 ppm**

**Organic Corn: 113 ppm of Magnesium**

**GMO CORN: 2 ppm**

Comparison of GMO and non-GMO corn - the real statistics will astound you!

Sunday, May 05, 2013 by Lance Devon

**NaturalNews**.com



New study reveals how glyphosate in Monsanto's Roundup inhibits natural detoxification in human cells

Friday, May 24, 2013 by: Lance Devon

Natural News.com

**In a new peer reviewed study, this sinister chemical, glyphosate, has been proven to inhibit the human cell's ability to detoxify altogether. Glyphosate, found in Monsanto's Roundup, is being deemed by publishers of the new study "one of the most dangerous chemicals" being unleashed into the environment today.**



Natural News.com

Sunday, May 05, 2013 by: Lance Devon

## **GMO Corn contains alarming glyphosate levels**

To break it down, American EPA standards allow glyphosate in water of up to .7ppm. European tests indicate that animals begin experiencing liver damage at .0001 ppm of glyphosate in water.

Putting these two statistics together, America's water levels contain glyphosate that is 7,000 times greater than the amount required for animal liver damage!

**GMO corn takes that statistic up yet another notch. GMO corn contains 13 ppm of glyphosate, or the equivalent of 130,000 times more toxicity than EPA water standards!**



## *Vitamin D3.*

Dr. Bruce Hollis

### Summary

- The current AI (200 IU/d) for vitamin D during lactation is irrelevant to the mother and her nursing infant.
- The vitamin D requirement during lactation is likely the greatest for any physiological human condition and may exceed 6,000 IU/d.

## The Truth About Vitamin D Toxicity

- Is vitamin D toxic? Not if we take the same amount nature intended when we go out in the sun.
- **Vieth R. Vitamin D supplementation, 25-hydroxyvitamin D concentration, and safety. Am J Clin Nutr. 1999;69:842-56.**
- **Vieth** attempted to dispel unwarranted fears in medical community of physiological doses of vitamin D in 1999 with his exhaustive and well-written review.

## Dr. Eisenstein's Daily Minimum Recommendation for Vitamin D

1. **Pregnant and nursing mothers-** -10,000IU
2. **Children and Adolescents-** 2,000-3000IU
3. **Adults** 5,000-10,000IU
4. **Adults with Chronic Illness** 10,000IU
5. **Adults with Colds and flu** -50,000IU 3-5 days or 1,000IU per lb. per day
6. **Children with Colds and Flu**

The 25(OH)D blood test can determine your levels 100IU of Vitamin D will raise your blood levels approximately 1ng/ml

Normal Blood levels should be in the range of 60-80ng/ml  
Blood levels for chronic conditions 80-100ng/ml

## Most Americans are lacking Vitamin D

*Archives of Internal Medicine, April 2009*

- Three-quarters of U.S. teens and adults are deficient in vitamin D, the so-called "sunshine vitamin" whose deficits are increasingly blamed for everything from cancer and heart disease to diabetes, according to new research.
- **Between 1988 and 1994, 45 percent of 18,883 people** (who were examined as part of the federal government's National Health and Nutrition Examination Survey) **had 30 nanograms per milliliter or more of**
- **Vitamin D.**
- **A decade later, just 23 percent of 13,369 of those surveyed had at least that amount.**

Lack of vitamin D is linked to rickets (soft, weak bones) in children and thinning bones in the elderly, but scientists also believe it may play a role in heart disease, diabetes and cancer.

## Vitamin D

- Less Cavities in Children
- It's Not Just For Bones
  - Less Flu and colds
  - Less Back Pain
- Less Falls in Seniors
  - Less Cancer
  - Live Longer
- More Than Just Rickets
  - Less Autism

## Probiotics

- Less Heartburn
- Less Arthritis
- Less Asthma
- Less Hay Fever
- Less Colds and Flu
- Less Infections
- Less Digestive Issues
  - Less Autism
- Health Maintenance
- Less Dental Cavities
- Less Colon Cancer

## Vitamin D Flu and Common Cold

Dr. John Cannell MD, who captains the Vitamin D Council, recently authored a paper which shows **the winter increase in colds and flu is attributed to low seasonal vitamin D levels.**  
[Epidemiological Infection 134: 1129-40, Dec. 2006]

**Dr. Cannell suggests high-dose vitamin D (50,000 IU – 1.25 milligrams)** be consumed for 3 days at the first sign of a cold or the flu.

So far, Dr. Cannell is receiving many reports of how quickly high-dose vitamin D overpowers the common cold.

## Low Vitamin D Levels Linked to Colds

- Archives of Internal Medicine, Feb. 23, 2009; vol 169: pp 384-390.
- People with low blood levels of vitamin D were more likely to have had a recent cold.

Vitamin D may protect people -- especially those with asthma and other chronic lung conditions -- from colds and other respiratory tract infections, according to the largest study to date to look at the link.

At least 50 percent of people in the new study, which included nearly 19,000 people 12 and older, had levels that suggested less-than-optimal protection against respiratory tract infections

## Vitamin D is a Flu Fighter

- American Journal of Nutrition March 2010
- A little over three years ago, a San Francisco-area psychiatrist ( Dr. John Cannell) and several colleagues in other fields floated a provocative [hypothesis](#): that a deficiency in vitamin D — the sunshine vitamin — might render people vulnerable to infections, including the flu. Now Japanese researchers offer tangible support for that idea. They show that vitamin D supplementation dramatically cut the incidence of seasonal flu among the children they followed.

## More Evidence that Vitamin D is Protective against H1N1

- Dr. Norris Glick September 17, 2009
- Central Wisconsin Center is a long-term care facility for people with developmental disabilities, home for approx. 275 people with approx. 800 staff. Serum 25-OHD has been monitored in virtually all residents for several years and patients supplemented with vitamin D.
- In June, 2009, at the time of the well-publicized Wisconsin spike in H1N1 cases, two residents developed influenza-like illness (ILI) and had positive tests for H1N1: one was a long-term resident; the other, a child, was transferred to us with what was later proven to be H1N1
- So, it is rather remarkable that only two residents of 275 developed ILI, one of which did not develop it here, while 103 of 800 staff members had ILI. It appears that the spread of H1N1 was not from staff-to-resident but from resident-to-staff (most obvious in the imported case) and between staff, implying that staff were susceptible and our residents protected.



## Facts suggesting that Vitamin D was protective against the Flu of 1918:

- The mass of deaths in the Northern hemisphere occurred when Vitamin D levels were low (fall and winter).
- While infection rates were similar for sailors and troops on infected troop transport ships, the sailors had 1/4 the mortality of the troops. One has to assume the 25(OH)D of sailors aboard 1918 troop transport ships was higher than the troops inside.
- Underground coal miners in North America had the highest mortality of any occupation.
- Open air hospitals in North America allegedly had lower mortalities than regular hospitals.
- Mortality for sailors at sea was markedly lower than sailors ashore, despite the crowded conditions on board.
- In the Western Front, the 1918 flu disappeared in August (when 25(OH)D levels reach their peak) only to return in September, when 25(OH)D levels fall rapidly.

**There is a consistently strong inverse correlations with solar UVB for 15 types of cancers.**

- Anticancer Res. 2012 Jan ;32(1):223-36. PMID: [22213311](#)
- [Dr. William B Grant](#)
- Abstract:
- Background: This paper reviews ecological studies of the ultraviolet-B (UVB)-vitamin D-cancer hypothesis based on geographical variation of cancer incidence and/or mortality rates.
- MATERIALS AND METHODS: The review is based largely on three ecological studies of cancer rates from the United States; one each from Australia, China, France, Japan, and Spain; and eight multicounty, multifactorial studies of cancer incidence rates from more than 100 countries.
- RESULTS: This review consistently found strong inverse correlations with solar UVB for 15 types of cancer: bladder, breast, cervical, colon, endometrial, esophageal, gastric, lung, ovarian, pancreatic, rectal, renal, and vulvar cancer; and Hodgkin's and non-Hodgkin's lymphoma. Weaker evidence exists for nine other types of cancer: brain, gallbladder, laryngeal, oral/pharyngeal, prostate and thyroid cancer; leukemia; melanoma; and multiple myeloma.
- CONCLUSION: The evidence for the UVB-vitamin D-cancer hypothesis is very strong in general and for many types of cancer in particular.

***I Have To Tell You This About My Mother In Law, Who Had Skin Cancer On The Nose. When She Went To The Hospital To See The Consultant, He Told Her She Had Developed The Cancer From Spending To Much Time In The Sun, My Mother In Law Said She Never Goes Out, As She Is Agoraphobic, So He Replied...Now What For This....."It Must Have Been When You Were Playing Outside When Your Were A Little Girl!" Its A Farce Really, She's Over 70 And There Trying To Tell Her She Caught Cancer From Playing Outside 60 Years Ago, Really, The FACT Is She Doesn't Get Enough Sunshine To Produce Enough Vitamin D3 To Fight Cancer. WOW!!!***



## 58,000 Cases of Cancer Can Be Prevented

- According to research from the newly published study by Cedric F. Garland, Dr. P.H., FACE, Department
- of Family and Preventive Medicine and Moores Cancer Center of the University of California, San Diego
- (UCSD),
- "It is projected that raising the minimum year-around serum 25(OH)D level to 40-60 ng/ml (100-150 nmol/L) would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year, and three quarters of deaths from these diseases, in the US and Canada."

## Low Vitamin D May Be Root Cause of Cancer

In studying the preventive effects of vitamin D, researchers at the Moores Cancer Center at the University of California, San Diego, have proposed a new model of cancer development that hinges on a loss of cancer cells' ability to stick together. The model, dubbed DINOMIT, differs substantially from the current model of cancer development, which suggests genetic mutations as the earliest driving forces behind cancer.

"The first event in cancer is loss of communication among cells due to, among other things, low vitamin D and calcium levels," said epidemiologist Cedric Garland, DrPH, professor of family and preventive medicine at the UC San Diego School of Medicine, who led the work. "In this new model, we propose that this loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy cell turnover, allowing more aggressive cancer cells to take over."

Reporting online May 22, 2009 in the *Annals of Epidemiology*, Garland suggests that such cellular disruption could account for the earliest stages of many cancers. He said that previous theories linking vitamin D to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2,500 laboratory studies.

# Vitamin D Increases Telomerase Activity

- Telomeres are regions at the end of a chromosome, which protect the end of it from deterioration, the longer the better. The telomere regions reduce the degradation of genes near the ends of chromosomes by allowing for the shortening of chromosome ends, which necessarily occurs during chromosome replication. Over time, due to numerous cell divisions over your lifetime, the telomeres become shorter.

- Over time, due to numerous cell divisions over your lifetime, the telomeres become shorter.

Telomerase deficiency is associated with aging, death, obesity, cardiovascular disease, depression and diabetes.

- In October, scientists at the Georgia Health Sciences University, led by Dr. Zhu, reported on the effect of vitamin D on telomerase activity in obese African Americans. They gave 60,000 IU per month for four months to one group and placebo to another group.

The authors found that vitamin D increased telomerase activity by 19%. The authors wrote, "Our data suggest that vitamin D may improve telomere maintenance and prevent cell senescence."

That is, vitamin D is the repair and maintenance man of the human body. When you think about it, of all the things vitamin D does, it usually works by repairing and maintaining the human body.

- Zhu H, Guo D, Li K, Pedersen-White J, Stallmann-Jorgensen IS, Huang Y, Parikh S, Liu K, Dong Y. Increased telomerase activity and vitamin D supplementation in overweight African Americans. *Int J Obes (Lond)*. 2011 Oct 11.

# Lack of Vitamin D may Worsen Chronic Pain

October 16, 2007

Getting enough vitamin D may help control chronic pain.

Researchers from Mayo Comprehensive Pain Rehabilitation Center in Rochester, Minn. report about one in four patients who have chronic pain also have inadequate blood levels of vitamin D, which might contribute to their pain. Patients who did not have enough vitamin D also needed higher doses of morphine for a longer period of time.

# Lack of Vitamin D may Worsen Chronic Pain

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Researchers from Mayo Comprehensive Pain Rehabilitation Center in *Rochester, Minn.* report about one in four patients who have chronic pain also have inadequate blood levels of vitamin D, which might contribute to their pain. Patients who did not have enough vitamin D also needed higher doses of morphine for a longer period of time.

In patients with a vitamin D deficiency, the morphine dose was nearly twice that of the group with adequate levels of vitamin D. They also used the pain medication for an average of 71.1 months, compared to 43.8 months, and had lower levels of physical functioning as well as a poorer view of their overall health.

SOURCE: American Society of Anesthesiologists 2007 Annual Meeting in San Francisco, California, October 13-17, 2007

## Low vitamin D linked to asthma exacerbations

Children with asthma and on treatment with inhaled corticosteroids who had insufficient blood levels of vitamin D had an increased risk of asthma exacerbations during 4 years of follow-up in a study with 305 children.

The results suggest that boosting blood vitamin D levels might improve responsiveness to inhaled corticosteroids in asthmatic children, Dr. Augusto A. Litonjua said while presenting a poster at the annual meeting of the American Academy of Allergy, Asthma, and Immunology.

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## REVEALED: Cancer industry profits 'locked in' by nagalase molecule injected into humans via vaccines... spurs tumor growth... explains aggressive vaccine push

Monday, July 27, 2015 by: Julie Wilson staff writer  
Tags: nagalase, SchM&P, cancer industry profits

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(NaturalNews) One of the world's most lucrative industries, spending on cancer drugs reached an all-time high last year, as it was valued at more than \$100 billion.

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***You Need To Understand That The Nagalase Molecule, When Injected Into Humans Via Vaccines, Spurs On Tumour Growth And Puts Your Natural Virus Fighter “The Macrophage” To Sleep.***

## What is a Macrophage?



Print PDF



Tweet

By Dr Ananya Mandal, MD

Macrophages are important cells of the immune system that are formed in response to an infection or accumulating damaged or dead cells. Macrophages are large, specialized cells that recognize, engulf and destroy target cells. The term macrophage is formed by the combination of the Greek terms "makro" meaning big and "phagein" meaning eat.

### Formation of macrophages

Macrophages are formed through differentiation of monocytes, one of the major groups of white blood cells of the immune system.

When there is tissue damage or infection, the monocytes leave the blood stream and enter the affected tissue or organ and undergo a series of changes to become macrophages. These macrophages can modify themselves to form different structures in order to fight various different microbes and invaders. In this way, macrophages provide a first line of defence in protecting the host from infection.

## **Macrophages - Your Awesome Killing Machine**

*Macrophages are big and smart white blood cells that chase, capture, engulf, and digest intruders. They trap and phagocytize (literally, “eat”) their enemies. They can multiply rapidly when necessary. However, they’re naturally indolent and need to be activated by Vitamin D. Here’s how it works. When a macrophage isn’t swimming in the blood stream, it can slowly “walk” through tissues using self-generated stumpy little (one micron) “legs” (about ten of them sprout at a time). The macrophage ambles over to and snuggles up alongside a pathogen, quickly identifies it as foe, sprays it with membrane-frying free radical-laden beams, grabs, engulfs, smothers, kills, and digests them. If the pathogen is further away, or trying to escape, the macrophage chases after it, extrudes a cluster of long thin sticky spaghetti-like tentacles that wrap around and ensnare the pathogen, clutching it in an unbreakable strangle hold. It is totally amazing that this complex and truly violent scenario is unfolding in you and me billions of times per minute.*

## **Macrophages And Oxidative Bursts**

*A powerful weapon possessed by a macrophage weapon is the “oxidative burst” (also widely known as the “respiratory burst”). An enzyme (called NADPH oxidase) stationed in the Macrophage’s outer membrane sprays out a beam of highly reactive free electrons, like bullets from a machine gun.*

*The NADPH gun emits a particle beam that blast tumour cells and microbes to smithereens. The electrons in the beam emerge one at a time, but they really don’t want to be “free,” so—as fast as they possibly can—they snatch another electron to form a stable pair (we are talking nanoseconds here). A chain reaction of electron-snatchings triggered by the oxidative burst literally vaporizes molecules in the outer wall of a pathogen, ripping holes in it.*





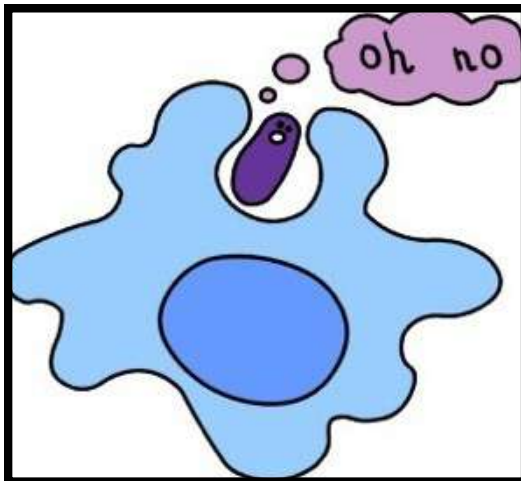
*Now the membrane that held the victim together literally falls apart, spilling out its contents. Without an intact outer membrane, a pathogen can't survive for very long. Oxidative bursts don't happen all of the time. That would be a waste of firepower. The "trigger" that turns it on is the perceived proximity of a pathogen. When a macrophage comes into immediate contact with "enemy," then—and only then—does it turn on the electron death beam. There are lots of oxygen (O<sub>2</sub>) molecules everywhere in our bodies. When released, most of the electrons in the death ray beam crash into one of these omnipresent oxygen molecules, from which they quickly grab the electron they need to make a stable pair. The oxygen molecule now is missing one of its electrons, and is thus transformed into the violently corrosive free radical known as "superoxide" (O<sub>2</sub><sup>-</sup>). Now superoxide is the one wanting an electron, and it will destroy anything in its path to get one. That "anything" would be the virus, bacterium, or cancer cell our macrophage has grabbed with its pseudo pod. Suddenly the invader finds itself with a huge hole in its outer membrane. It'll die soon.*



*Only activated macrophages are going to deliver oxidative bursts that are potent enough to be effective. If the immune system has been compromised by pathogens and put macrophages to sleep, the oxidative burst degenerates into a piddly potato gun that's not going to hurt anybody. Firepower—or lack thereof—is what we are talking about here. Activated macrophages fire the atomic equivalent of millions of rounds a second and never have to pause to reload.*

## **Phagocytosis And Phagolysosome Formation**

*Once the macrophages have ensnared their victim, the engulfing process ensues. The outer membranes of the macrophage, nearest the microbe or cancer cell, simply merge into one another so that the victim is completely surrounded and encapsulated in what is called a phagolysosome. (“Phago ” means “eat,” “lyso” means “digest,” and “some” means “cell” or “body.”) Amoeba-like, the macrophage has reshaped itself such that the phagolysosome lies deep inside. Then the membrane that makes up the wall surrounding the phagolysosome shoots more death rays at its captured prey (just to make sure it is dead), and proceeds to digest it with an array of corrosive enzymes.*



***Opsonins: Super Glue “binding enhancers” that help macrophages latch onto enemies***

***To help them grab and hold their victims, macrophages send signals to nearby lymphocytes, instructing them to spray a thin coating of sticky proteins onto potential prey. Then, when the macrophages long thin arms make contact with the pathogen this “super glue” coating hardens, making it impossible for the it to shake loose.***

***Typically, a macrophage sends out a cluster of (say twenty or so) sticky pseudo pods that surround the pathogen, encasing it in a mesh like affair, not unlike a large fish net, in which the pathogen becomes ensnared. Like a fly in flypaper, the pathogen is both stuck in it and to it, so there is no way to get loose. Then it is gradually surrounded and engulfed, ending up snugly inside the macrophage as a phagolysosome, in which it spends its last few moments as a life form before being digested down into its component parts by various free radicals and enzymes. The sticky proteins are called “binding enhancers” or “opsonins.”***

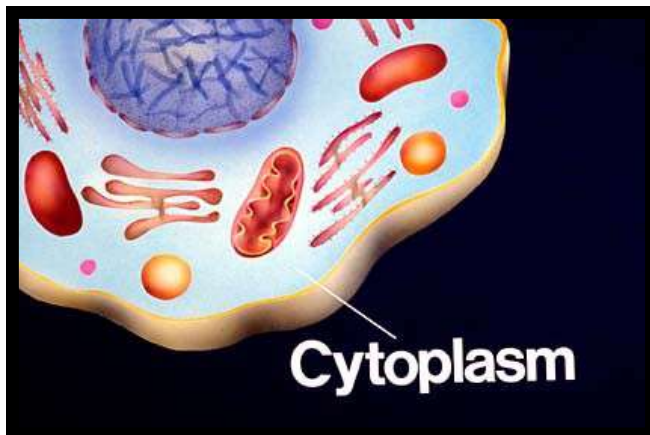
***The gluing process is called “opsonisation.”***

***Interestingly, when a macrophage grabs an pathogen this way, it wants its fellow immune cells to know prey is nearby, so—like an isolated soldier who has stumbled upon a group of enemy troops and is calling for backup— it sends out protein signals telling nearby macrophages to make more of the receptors that specialize in grabbing specifically that kind of enemy. There’s safety in numbers.***

***Technically this is called “up regulating expression of complement receptors on neighbouring phagocytes.”***

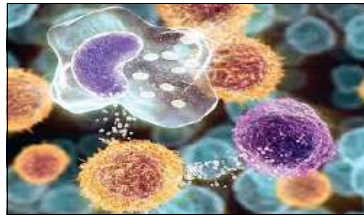
## **Macrophages Phagolysosome Execution (And Dismantling) Chamber**

*If, somehow, a pathogen has survived the oxidative burst and phagocytosis, it will not survive the death chamber. Once eaten, internalized, and embedded in the macrophage's cytoplasm, the enemy is imprisoned in a round cyst-like bubble inside the macrophage (called a phagolysosome) into which are squirted all sorts of digestive enzymes and many more rounds of oxidative burst, just for good measure. Pretty things do not happen inside of phagolysosomes. If the cancer cell or microbe is not already dead, the phagolysosome "death chamber" will certainly polish it off. ("Phago" means "to eat." "Lyso" means "to dissolve." "Some" means "sack" or "bag.") Once the dismembering process is complete, the phagolysosome slides over and makes contact with the outer cell membrane, merges with it, then disgorges the now harmless breakdown products (nucleic acids, fatty acids, amino acids, etc.) out into the extracellular fluid. They are then taken up by nearby cells and recycled into new body parts. The ecologically-minded among us should find the efficiency of this process commendable. Nothing is wasted. Scary toxic bad guys are killed, dismantled, and transformed into spare parts for the good guys: us.*



# Macrophages – Communicating With The Immune System

*Immune cells—macrophages and lymphocytes— carry on a constant blather, like a huge town hall meeting room where everybody is talking at once. However, since the talking is a release of “messenger molecules” and the listening is done by protein receptors, immune cells can actually listen while they are talking!! This simultaneous talking and listening makes for a far faster exchange of messages. here is so much activity, what with the constant molecular chatter coupled with a madhouse of cellular scrambling to grab and kill enemy cells as rapidly as possible, that the casual observer might get the impression of chaos. But there are no wasted efforts here, like a Beethoven symphony, everything is extremely well-organized and perfectly coordinated.*



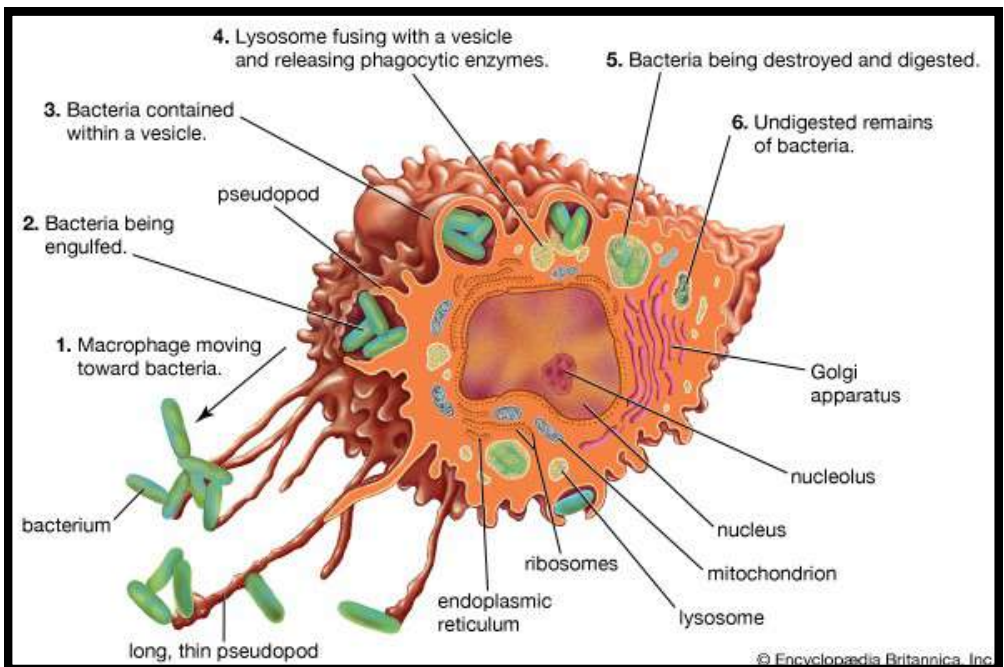
*The chemical chatter among macrophages and other immune cells is extremely rapid and efficient. Macrophages release clouds of messenger molecules (cytokines, interferon's, leukotrienes, and other small molecules)—at rates of up to thousands of molecules per second per cell. Each molecule carries a specific request or command. Like “Bring me this,” or “We need some of that over there,” or “Kill everything that looks like this.” “We need an inflammatory response over here.” Or “We don’t need to do that anymore.” They discuss what the enemy looks like and how aggressive he is. They tell each other how hard to work. They label targets for other cells to identify and kill. They talk about where the enemy is hiding. They discuss current enemy strategy and how best to out manoeuvre it.*

## **Exponential self-cloning: the ultimate weapon.**

*Last, but definitely not least, macrophage — if outgunned — play the population card: they multiply rapidly. When they find themselves in an area of high pathogen density, they don't have to call up the draft to get more troops; they simply clone themselves, which they can do on very short notice.*

*More macrophages automatically translates into more of all the other weapons enumerated above. But, again, this multiplication process occurs only in activated macrophages.*

**Without Vitamin D, macrophages languish but in the presence of Vitamin D, their activity level increases exponentially.**



## **Did You Know?**

- 1. Tommy Chong Of Cheech And Chong Fame Cured His Prostate Cancer With Hemp And Announced It On CNN News. He Later Died Under Dubious Circumstances.***
- 2. 60 - 80% Of Medicines Used To Contain Hemp.***
- 3. P.H Means Potential Hydrogen.***
- 4. We Draw Magnesium From Muscle And Calcium From Bones If We Are Too Acidic.***
- 5. Coffee Dehydrates You And Makes You Acidic When You Drink it, But Doesn't When Used As An Enema.***
- 6. Depression Is Helped By Supplementing With Magnesium, B Vitamins, Zinc, Potassium And Calcium.***
- 7. Asthma And Hay Fever Is Helped By Supplementing With Magnesium, Manganese And Essential Fatty Acids.***
- 8. Aspirin Kills Red Blood Cells.***
- 9. Warfarin Used To Thin The Blood Is A Rat Poison.***
- 10. Statins Increase The Risk Of Alzheimer's By Over 50%.***
- 11. Cholesterol Below 220 Is Bad.***
- 12. A.M.A. States That 106,000 Patients Die From Prescribed Drugs, 80,000 Die From Infections And 12,000 Die In Surgery. [AMA Journal Of Medicine July 26th 2000]***
- 13. Governments Knew Of Soil Depletion In 1936***
- 14. High Blood Pressure, Get Calcium And Magnesium Supplements.***





*I have to tell you this story, about twenty or so years ago I had a small car crash. Unbeknown to me I had dislocated my neck, the Atlas and Axis bones were out of joint, I kept going to the doctors who just gave me one prescription after another for Translax Gel, Ibuprofen and then Tramadol. My neck was getting worse every day, I couldn't sleep, sit and watch T.V, I couldn't turn my neck, I was aggressive and short tempered all the time, well you get the picture. I was in work one night and my colleague Julian asked what was wrong with me, and his advice was to see a chiropractor, namely Gordon King at the above premises, as he had sorted out Julian's wife a couple of months previous, and you could not be a Chiropractor in Europe until you were assessed by him, and also he taught at Cardiff University, so I thought what the hell, the pain was so bad I was becoming post suicidal. I walked in and Gordon explained what was wrong with me before we even shook hands and correctly told me what my symptoms were. He adjusted my neck, spine and shoulders and gave my life back to me, that night I slept like a baby for eleven hours, the first proper nights sleep for three years, I owe that Kiwi son of a bitch my life [I called him that the first time he snapped my neck, sort of an in joke between us] Anyway I, and my wife went for treatment for about 6 weeks to get it perfect.*

*Anyway, just my luck that the day before my last visit a car swerves into my lane and hits my car head on, I went to the hospital and was told I had severe whiplash and would be off work for 3 to 4 weeks, they put a neck brace on me and prescribed strong painkillers and ibuprofen. Bugger! I was back where I started.....or so I thought, so I rang Ely Chiropractics to cancel my appointment that day, but Gordon said come on down and let me have a look. So apprehensively, I went in on the promise that he wouldn't touch my neck as the pain was excruciating.*

*I walked in the office, he laughed and said “ Lay on the table and take that silly contraption off your neck you poof!” I laughed and said “Don't you dare touch my bloody neck or I will kill you!” He held my head and neck, told me to wiggle my fingers, he snapped it to the left then the right, stretched my neck massaged it, then turned me over and adjusted my spine...WOW! NO PAIN WHATSOEVER. He explained to me that whiplash is only a type of trapped gas causing pressure and inflammation in the muscle, I was dumbstruck, I now realised why Allopathic M.D's and the Pharmaceutical Industry have been attacking Chiropractors for years.....ITS DRUG FREE MEDICINE and a threat to their financial business interests. M.D's practice SYMPTOMATIC medicine, in other words they treat your symptoms' but not the cause, the pain and inflammation in my neck was a symptom, but Gordon treated the cause which was the build of gas in the muscle causing the pain and inflammation. This was a real eye opener and another step on my journey of discovery.*

*Gordon King retired some years ago but the practice has been taken over by a great couple, namely Karran and Chris Garlick who through Ely Chiropractics offer other options as shown on the next pages along with their Bio..*

## About Us

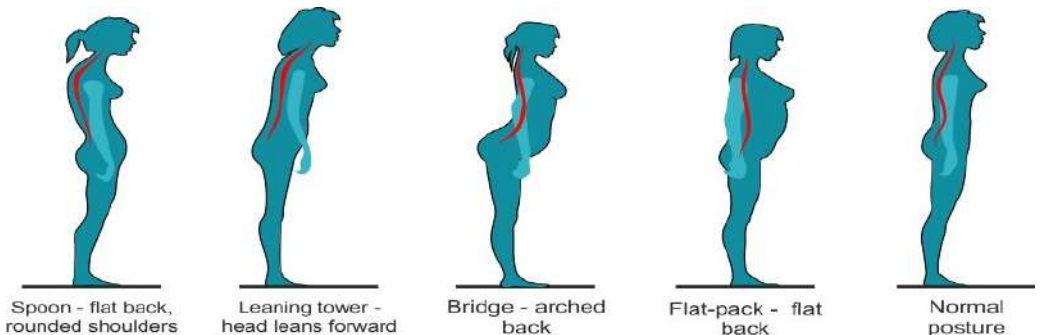
***Karran Garlick BSc (Hons) Chiro. D.C, GCC Registered, BCA Member, R.N is a highly experienced chiropractor who worked within the NHS for many years before taking over the Elybridge Chiropractic Clinic in 2005***

***Chris Garlick FHT (Member of the Federation of Holistic Therapists), IIHHT is Karran's husband and provides a range of holistic therapies and massages.***

***Chiropractice is concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system that effect general health. By restoring normal function to the musculoskeletal system chiropractors can play a major part in relieving disorders and any accompanying pain or discomfort arising from accidents, stress, lack of exercise, poor posture, trapped nerves, illness and everyday wear and tear that can affect all of us.***

***We also specialise in paediatric care for babies and children. Correcting imbalances during pregnancy can ensure that both mother to be and the unborn child have the best opportunity to have a healthy pregnancy and birth.***

***Holistic therapies provided by a highly experienced qualified therapist can promote good health and strengthen immunity.***



## **Treatments**

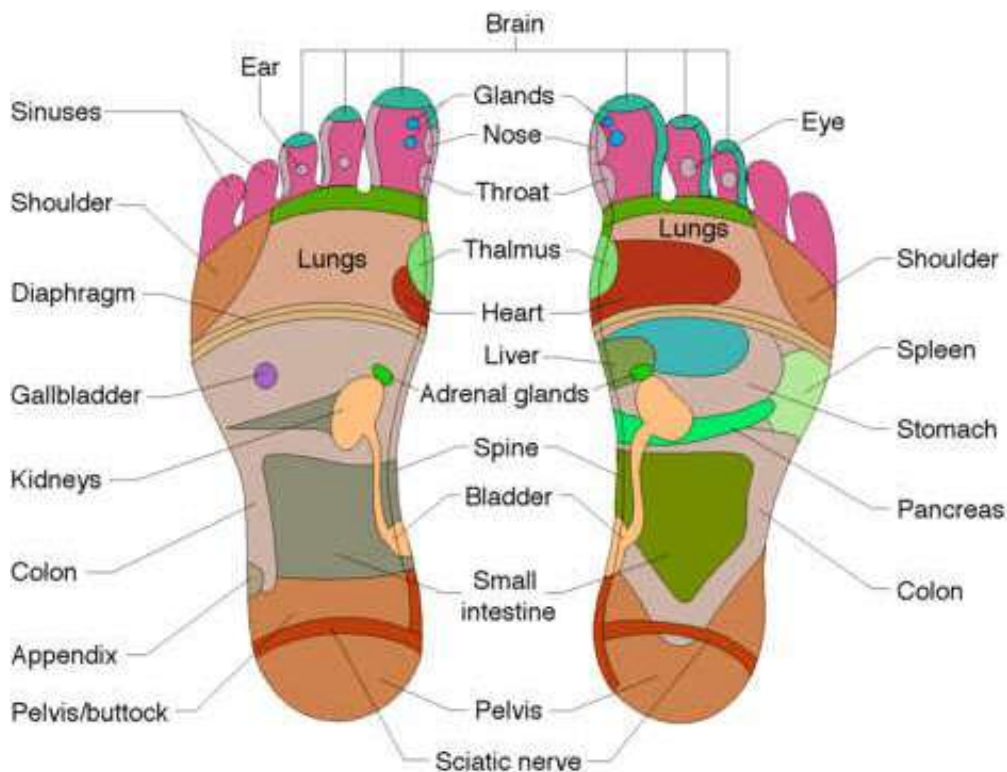
*At Elybridge Chiropractic Clinic we offer a wide range of treatments to encourage optimum health in people of all ages. Treatments are personalised for each client following a health questionnaire.*

*Treatments we offer include: Chiropractic, Paediatric Care, Swedish massage, Reflexology, Aromatherapy, Sports Massage.*

**Swedish Massage** *increases the oxygen flow in the blood and releases toxins from the muscles. Swedish massage shortens recovery time from muscular strain by flushing body tissues of lactic and uric acid, and other metabolic wastes. Aside from increasing circulation to the heart without increasing heart load, it stretches ligaments and tendons making them more supple and pliable. Through particular techniques, Swedish Massage is also known to stimulate the skin and nervous system to reduce emotional and physical stress and is suggested in a regular program for stress management. Other benefits include aid with correct posture, improve muscle tone, reduces pain by releasing endorphins and regular massage can help to strengthen immunity.*

**Aromatherapy** *can be defined as the art and science of utilising naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. Essential oils are powerful tools to promote self-healing. They can be sedating or stimulating, some relieve pain and muscle tension, and most oils are antibacterial. Aromatherapy combines them with the healing power of touch. This holistic treatment benefits the body, mind, emotions and spirit. Aromatherapy is particularly effective for stress, anxiety, and psychosomatic induced problems, muscular and rheumatic pains, digestive disorders and women's problems, such as PMS, menopausal complaints and postnatal depression.*

**Reflexology** is based on the belief that there are reflex areas on the feet (and hands) corresponding to all the parts of the body including major organs. It is believed that applying pressure to specific areas on the feet, hands and ears can affect internal organs and body systems, and therefore promote good health. The therapist stimulates and works these organs and systems through the reflexes areas on the hands and feet, applying pressure to the feet with thumb and fingers. Pressure is applied to clear out congestion and restore normal functioning and health.



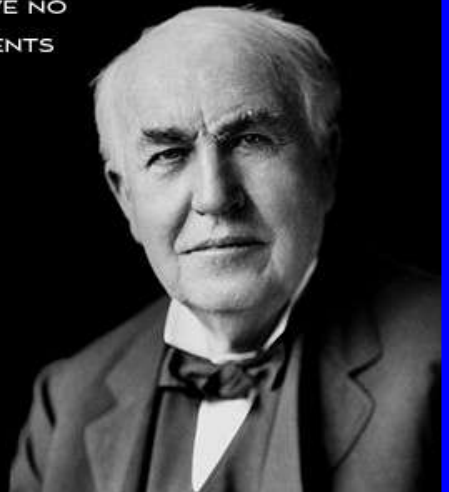
***The Chart Above Shows The Reflexology Points Of The Feet.***

**Sports Massage** is the application of Massage and Stretch techniques to the muscle and connective tissues of the body to enhance athletic performance and maximise the performance of the athlete. Sporting activities involve muscle activity as the primary motive force and many sporting injuries are can be due to direct muscular trauma or can originate from muscle dysfunction. Sports Massage increases range of movement, increases flexibility and relieves muscle soreness. It assists in injury prevention and promotes faster recovery from both training and injury.

*So If You Have Any Problems Give Them A Call As  
We Recommend Them.*

THE DOCTOR OF THE FUTURE WILL GIVE NO  
MEDICINE BUT WILL INTEREST HIS PATIENTS  
IN THE CARE OF THE HUMAN FRAME,  
IN DIET AND THE CAUSE AND  
PREVENTION OF DISEASE.

~ THOMAS EDISON



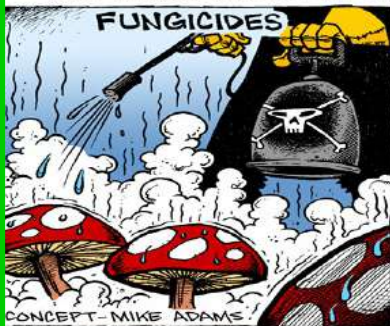


# COUNTER THINK



# COUNTER THINK

"THE MANY 'CIDES OF MODERN FOOD PRODUCTION"

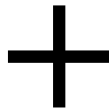


## **Did You Know?**

1. *Asparagus has a root system that can go 15ft down into the soil which explains why they can contain a good mineral source in April if they grown correctly.*
2. *If you are having memory problems, dry skin, especially on the elbows, and thinning of the eyebrows, you may be Iodine deficient.*
3. *Arginine, Citrulline or sulphur helps with Coronary & Cardiovascular Health, Immune Function, Blood Flow & Physical Performance as it improves Nitric Oxide levels in the blood just like Viagra does.  
[Nice to know]*
4. *Periodontal (Gum) Disease, which is a disease of the gums can be treated quite easily by using a water pick and a few drops of food grade 3% Hydrogen Peroxide as it kills the bacteria in the teeth and gums, your gums will bleed like crazy for the first 7 days then they will start growing back around your teeth.*


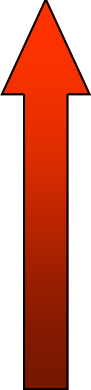


***Water Pick.***





***Hydrogen Peroxide.***


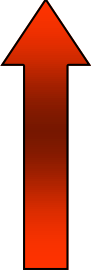
## *Simple Explanation Of Metabolism.*



*Quite a few people have asked me why they find it so hard to lose that last amount of weight when they diet, as they seem to hit a brick wall, well here's why in my opinion.*



*Your metabolism and your food intake should be on the same level normally, but when somebody wants to lose a little weight, they obviously reduce their food intake.*



*The Metabolism will keep on burning your food intake but will say, "hey something is wrong here there is a lack of food, I need to conserve energy and start storing fat to live through this period of faming."*

*So the metabolic rate gradually slows down, slowly but steadily, so that you do not starve, it cant help this, its evolution which has taught your body ways to protect you in times of famine, you become sluggish and crave carbohydrates for quick boosts of energy.*



*Then that one fatal day your metabolism drops below your food intake and the body starts gaining weight, you get depressed and then go back to slimming clubs who rip you off again making you buy their products which are packed with carbs.*



*Your sitting there reading this..... going what on earth is he going on about, well think about this. The worlds population is the sickest it has ever been in recorded history., and the most obese. Obviously because of the lack of mineral and vitamin nutrition in our food. But it is also the lack of good fat as well. Britain was at its healthiest during WWII, when we didn't have a lot of sugar and processed carbohydrates, and we were all eating fat, remember granny talking about her dripping sandwiches'.*

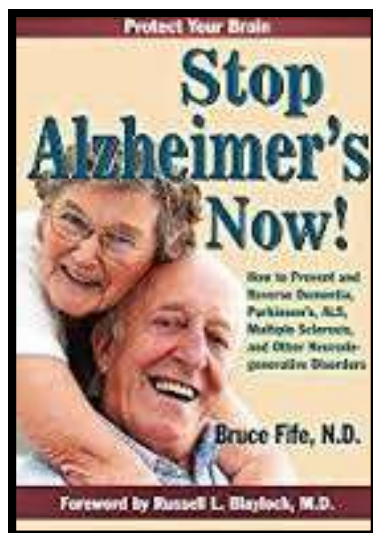
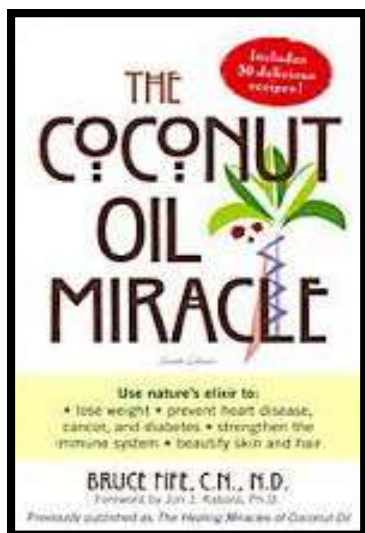
*This is why “The Atkins Diet” worked so well.*

*I personally don't like the Atkins Diet myself, but the concept is sound, high fat, low Carb. My wife Tracey done this diet before we got married and the weight fell off, 3 stone in 2 weeks, but she didn't look healthy when she was purging the carbs and I couldn't sleep in the same bed with her as her breath absolutely stunk, it was humming, really.*

*But if you have a teaspoon of coconut oil with every meal and in hot beverages it keeps the metabolic rate high and the weight starts coming off steadily, as the body thinks the time of famine has ceased allowing the fat to be released from the tissues for energy burning. Read the books by Dr Bruce Fife on coconut oils or watch his talks, there good. And going back to the Atkins Diet, my father-in-law had a history of Angina attacks, when he did the Atkins they stopped and never had another for the rest of his life, also his blood sugars balanced and he came off his insulin, and the same happened with my friend Bob, he came off his insulin too, but two people doesn't make it a study, it may just be coincidence.*

*But you need to realise that people who diet and exercise will normally keep their weight down but up to 95% of people generally put all the weight back on after they finish dieting.*

### ***“ Eat Little But Often”***





## **What are Trayner Pinhole Glasses?**

*Trayner pinhole glasses consist of conventional spectacle frames with the lenses replaced by opaque screens containing lots of small holes. Looking through the pinholes immediately makes blurred vision sharper. This can help people learn to focus where they had previously needed glasses.*

### ***How do Trayner pinhole glasses Work?***

*When the eye receives a blurred image it moves the focus, looking for a sharper image. If this is not found the eye is left unfocused. With the Trayner pinholes the image is slightly clearer so the eye can learn to focus again exercising the focusing muscles. With regular practice the eyes are able to see more without glasses.*

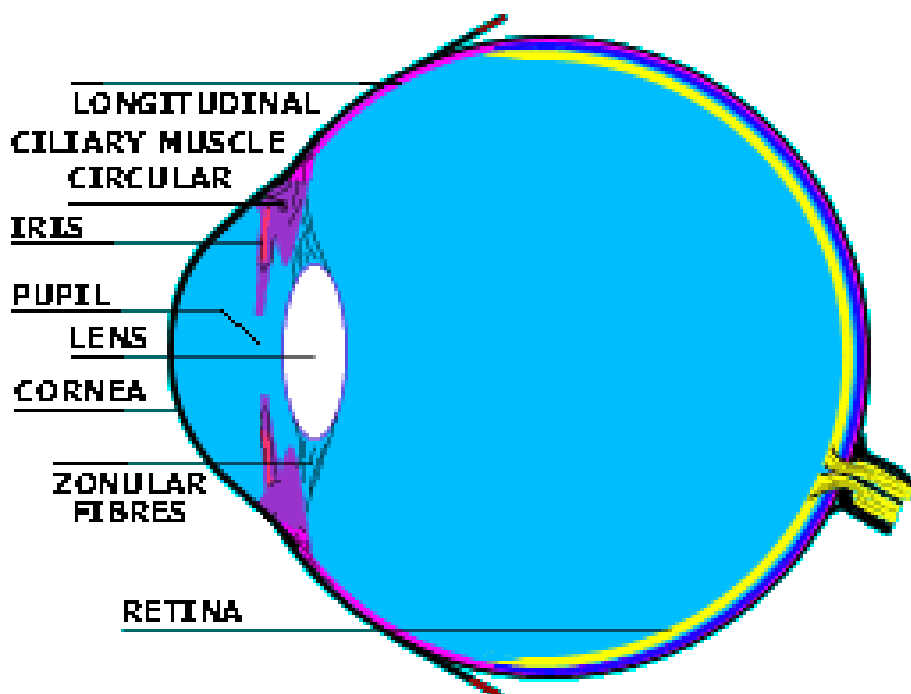
*I personally used these and found very strange but good they improved my eyesight and changed my prescription but my sister pinched them off me.*





## ***Introducing the Human Eye***

*The purpose of the eye is to form a clear image of the object being viewed on the retina, and then to pass this to the brain for processing. The human eye, like a camera, does this with lenses. The cornea, the clear window at the front of the eye, does most of the focusing work. The light passes through the pupil which controls the amount of light entering the eye and is then focused further by the lens inside the eye. This lens is flexible and can be made fatter or thinner to give more or less focusing power to view near and far objects. To bring a distant object into focus the circular ciliary muscle relaxes against the wall of the eye, pulling the suspensory ligament to stretch the lens into a flatter, thinner form. For close focusing the ciliary muscle contracts, slackening the suspensory ligament and allowing the lens to return to a fatter, more rounded shape.*



## **Eye Exercise**

*Here are some eye exercises you can use to complement your Trayner glasses.*

*Start with 5 minutes a day, later you may wish to increase to 5 minutes twice a day. These exercises are best done without glasses or contact lenses.*

*1. Palming - Cup your hands and place them gently over your closed eyes. Total darkness is very therapeutic and relaxing for the eyes. Palming may be done at any time during the day to revive tired eyes. Whilst palming your eyes perform the following exercise: Keeping your head still, look down as far as you can, then return your eyes to the centre. Continue by looking to the right as far as possible, up as high as you can and then to the left, returning the eyes to the centre after each movement. Repeat this 10 times.*

*2. Tromboning - Focus on an object, e.g. a pen tip, held at arm's length. Slowly (take at least 5 seconds) bring it in until it touches your nose, focusing on it all the time. Move in and out 10 times.*

*3. This is similar to exercise 1. This time focus on a pen or other object held in your hand. Hold this directly in front of you and move it slowly as far down as you can continue to see it. Focus on it all the time, wiggle it if necessary to help you see it. Repeat for the other directions, focusing on the object on the outward movement only. Repeat 10 times.*

## **Eye Nutrition**

*A healthy well-balanced diet is of great importance if you wish to maintain or improve your vision. Base your diet on whole foods, eating plenty of fresh fruit, vegetables, nuts and dairy products and keep tea, coffee and refined sugars to an absolute minimum. You will then be well on your way to improving not only your vision, but your health in general as well. Certain vitamins and minerals are of particular importance to your eyes:- **Vitamin A** is helpful for many types of eye problem including poor vision in dim light or at night. Good food sources are: fish liver oil, liver, carrots, egg, cheese, butter, margarine, milk, green vegetables, yellow and orange fruits and vegetables. **B complex** is required by the eyes to keep them healthy. A deficiency of B2 can lead to bloodshot, burning or gritty feeling eyes, cataracts and sensitivity to bright lights. Good food sources are, brewer's yeast, yeast extract, wheat germ, wholegrain cereals. **Vitamin C** has been found to be helpful in the prevention of cataracts and glaucoma. High concentrations of vitamin C are found in healthy eyes. good food sources are: citrus fruits, other fruits including tomatoes, green vegetables, potatoes. **Vitamin E** is needed to prevent cataracts. It helps to keep the blood vessels and retina healthy. Good food sources are: wheat germ, vegetable oils, wholegrain bread and cereals, green vegetables. **Selenium** helps to prevent cataracts and to slow the ageing of the eye. Good food sources are: fish and shellfish, sesame and sunflower seeds, wholegrain cereals. **Zinc** is required in a high concentration for the retina to function properly. Zinc is also required to release vitamin A from the liver for use by the eyes. Good food sources are: shellfish, liver, red meats, eggs, sardines, nuts and seeds.*

## **What is Myopia?**

*You have myopia if you can focus close to without help but you need glasses for driving, Watching TV or to read a blackboard. Your eyeballs are longer than normal so you cannot focus far away.*

## **Why do I have Myopia?**

*Some families are more prone to myopia than others. If you have a family history of myopia and you do a lot of close work (like reading in bed) then your eyes will change their shape and grow longer. They will get better at close work but will no longer be able to focus in the distance. Doing close work using your prescription distance glasses will tend to make myopia get worse.*

## **What can I do about Myopia?**

*Use Trayner pinhole glasses (without your prescription lenses) to help you to focus farther away than you normally can for half an hour or more each evening before bed. For some this will be watching TV for others reading a book held farther away than you can usually focus. This will help to leave your eyes relaxed overnight. If you can use weaker than normal prescription glasses most of the day (ask for a reading prescription) your eyes will remain more relaxed more of the time, speeding their recovery.*

**ALWAYS WEAR YOUR PRESCRIPTION DISTANCE GLASSES  
WHILE DRIVING!**

# **Presbyopia ( Small Print Problems )**

## **What is Presbyopia?**

*From about forty years old it gets more difficult to focus close to.  
This is Presbyopia.*

## **Why do I have Presbyopia?**

*The flexible lens inside the eye gets stiffer all through our lives.  
After 40 the muscle which controls the lens finds it harder to keep  
up with the stiffening lens and close focusing gets more difficult.*

## **What can I do about Presbyopia?**

*To build up the focusing muscle in the eye use Trayner pinhole  
glasses to help you read in good light for fifteen minutes a day.*

---

## **What Is Hyperopia (Long Sight)**

### **What is Long Sight?**

*If you have needed help to focus close to since you were young but  
can see better far away then you have Long Sight.*

### **Why do I have Hyperopia?**

*Hyperopia is normally inherited.*

### **What can I do about Hyperopia?**

*Use Trayner pinhole glasses while you are reading. Start with 5 to  
10 minutes a day and gradually build up to an hour or more. Over  
time this can help to change the shape of the eye reducing the long  
sight.*

# *Astigmatism*

## *What is astigmatism?*

*Astigmatism is a condition where parts of the eye curve more sharply in one direction than they do in another. This means the eye cannot form a sharp image at any distance. It is usually treated with special lenses with some 'cylinder curve.'*

## *Why do I have astigmatism?*

*There is usually a family tendency towards having astigmatism although it often develops at the same time as myopia as the eyeball changes shape.*

## *What can I do about astigmatism?*

*It is difficult to do anything about astigmatism on its own but if it developed with myopia it will usually improve as the myopia is reduced.*





## **Unbalanced Eyes and Eyestrain**

*Some people have eyes that focus differently to each other. If the eyes cannot work together the world will be perceived without any depth. If the imbalance is mild the only symptom may be a tendency to get headaches or eyestrain when reading. This is basically a sign that the brain is having difficulty merging the images from the two eyes together, one is sharp the other fuzzy. The brain tenses the muscles around the outside of the eyes as it tries to steady them to get better images. The muscles start to ache after a while. Use Trayner pinhole glasses to encourage the eyes to work together.*

*In some cases the imbalance is sufficient for one eye to be long-sighted and the other short-sighted; The eyes have become specialised. The brain uses one eye for the distance and the other for close work. In these cases it is necessary to exercise the eyes individually. Use Trayner pinhole glasses to help bring the eyes back into balance.*

### **SALES OFFICE**

**Trayner Pinhole Glasses, Unit 18, Crossways,  
Cornwood, Ivybridge, Devon, PL21 9QW, UK**

### **HEAD OFFICE**

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**INTERNATIONAL: +44 (0)5603 459247**

## **Did You Know?**

- 1. People Find It Hard To Properly Digest Milk As We Lack A Certain Enzyme Called “Lactase” After The Age Of Approximately 6.***
- 2. If You Did Drink Raw Milk, Its Great For Your Gut Flora, But It Is Banned.***
- 3. If You Feed Calves Pasteurised Milk, They Do Not Thrive.***
- 4. We Have 2 Kg Of Bacteria In Our Stomach And Intestine.***
- 5. In The U.S. There Is An Act Passed By Congress Called “The Dark Act” Which Prevents Consumers Knowing Which Foods Contain GMO As Companies Are Not Required To Label The Packaging.***
- 6. “RigVir” Is A Documented Cancer Cure Endorsed In Latvia, It Is A Cancer Killing Virus. [Quest For The Cures]***
- 7. We Are Told That Polio Was Eradicated In India Due To Vaccinations, But They Renamed Polio To “Non Polio Encephalitis” Which Strangely Enough Appeared After Polio, But Has The Exact Same Systems. I Didn't Know Your Can Cure A Disease By Just Changing Its Name....Wonderful!***
- 8. Asthma Is A Deficiency Of Salt, Water And EFA's.***
- 9. High Blood Pressure Is Generally Due To A Calcium, Magnesium Deficiency.***
- 10. The Difference Between Veins And Arteries Is That Arteries Have Muscles Which Contract And Release To Help Blood Flow.***

## **What is Phosphorus?**

*Phosphorus is an exceptionally important mineral which is barely mentioned, when compared with other minerals that we need to survive. The most prolific mineral in our bodies is calcium, with phosphorus coming a close second. Phosphorus makes up 1% of an adult's body. Phosphorus and calcium work closely together, making strong teeth and bones. Nearly 85% of our body's phosphorus is found in our bones and teeth, with smaller amounts found in cells and tissue. Phosphorus helps our bodies perform 100s of tasks, such as filtering waste and helping keep cells and tissue healthy.*

*Our bodies absorb less phosphorus when our calcium levels are too high and vice versa. We also need vitamin D for phosphorus absorption.*

### ***Helps Absorb and Balance Vitamins and Minerals***

*Phosphorus helps us balance use of vitamins, especially vitamins B and D, and also helps use utilise minerals such as iodine, magnesium and zinc. It is essential for the successful utilisation of nutrients from the food we eat, especially those containing phosphorus.*

### ***Energy Creation***

*Phosphorus enables the metabolism of carbs and fats which boosts our energy levels. It's also a vital ingredient to the production of adenosine triphosphate (ATP), which is the molecule used to carry energy.*

## ***Kidneys and Phosphorus***

***One of the functions of our kidneys is to remove excess phosphorus from our blood stream, keeping phosphorus levels balanced.***

### ***Other Important Functions of Phosphorus***

- ***Filters out waste in the kidneys***
- ***Produces DNA and RNA — the body's genetic building blocks***
  - ***Assists in muscle contraction***
  - ***Maintains a regular heartbeat***
  - ***Supports nerve function***
- ***Reduces muscle pain after exercise***
  - ***Helps balance hormones***

### ***Symptoms of Phosphorus Deficiency***

- ***Loss of appetite***
- ***Weight change***
- ***Anxiety and depression***
- ***Low energy levels***
- ***Numbness, tingling or burning in fingers and/or toes***
  - ***Bone pain***
- ***Joint pain/inflammation/stiffness***
  - ***Excessive fatigue***

***Dental cavities***

***You Get 600mg Of Phosphorus Per Serving In Osteo FX.***



# COUNTERTHINK

IF BUMPER STICKERS REFLECTED  
THE WAY PEOPLE REALLY THINK



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## **13+ Health Benefits of Apple Cider Vinegar**

*While the uses for white vinegar are plentiful, apple cider vinegar has arguably even more applications. Its wide-ranging benefits (rivalling the number of uses for tea tree oil and other nifty natural helpers) include everything from curing hiccups to alleviating cold symptoms, and some people have turned to apple cider vinegar to help with health concerns including diabetes, cancer, heart problems, high cholesterol, and weight issues. Read on for more reasons to keep apple cider vinegar handy in your pantry.*

### **Apple cider vinegar helps tummy troubles**

*For an upset stomach, sip some apple cider vinegar mixed with water. If a bacterial infection is at the root of your diarrhoea, apple cider vinegar could help contain the problem, thanks to its antibiotic properties. What's more, some folk remedy experts contend that apple cider vinegar contains pectin, which can help soothe intestinal spasms. Try mixing one or two tablespoons into water, or clear juice like apple juice.*

### **Apple cider vinegar cures hiccups**

*Take a teaspoonful of apple cider vinegar; its sour taste could stop a hiccup in its tracks. One teen took the hiccup remedy further and created a lollipop that includes apple cider vinegar, which she says "cancels out the message to hiccup" by over stimulating the nerves in the throat responsible for the spasms.*



## **Apple cider vinegar soothes a sore throat**

*As soon as you feel the prickle of a sore throat, employ germ-busting apple cider vinegar to help head off the infection at the pass. Turns out, most germs can't survive in the acidic environment vinegar creates. Just mix 1/4 cup apple cider vinegar with 1/4 cup warm water and gargle every hour or so.*

## **Apple cider vinegar could lower cholesterol**

*More research is needed to definitively link apple cider vinegar and its capability to lower cholesterol in humans, but one 2006 study found that the acetic acid in the vinegar lowered bad cholesterol in rats. Also, a Japanese study found that half an ounce of apple cider vinegar a day lowered cholesterol in people who participated in the panel.*

## **Apple cider vinegar prevents indigestion**

*Sip before eating, especially if you know you're going to indulge in foods that will make you sorry later. Try this folk remedy: add 1 teaspoon of honey and 1 teaspoon apple cider vinegar to a glass of warm water and drink it 30 minutes before you dine.*

## **Apple cider vinegar clears a stuffy nose**

*Next time you're stuffed up from a cold, grab the apple cider vinegar. It contains potassium, which thins mucus; and the acetic acid in it prevents germ growth, which could contribute to nasal congestion. Mix a teaspoon of apple cider vinegar in a glass of water and drink to help sinus drainage.*

## **Apple cider vinegar aids in weight loss**

*Apple cider vinegar can help you lose weight. Here's why: The acetic acid suppresses your appetite, increases your metabolism, and reduces water retention. Scientists also theorize that apple cider vinegar interferes with the body's digestion of starch, which means fewer calories enter the bloodstream.*

## **Apple cider vinegar gets rid of dandruff**

*On his website, Dr. Mehmet Oz recommends apple cider vinegar as a dandruff treatment. The acidity of apple cider vinegar changes the pH of your scalp, making it harder for yeast to grow. Mix 1/4 cup apple cider vinegar with 1/4 cup water in a spray bottle, and spritz on your scalp. Wrap your head in a towel and let sit for 15 minutes to an hour, then wash your hair as usual. Do this twice a week for best results.*

## **Apple cider vinegar clears acne**

*Apple cider vinegar makes a great natural toner that can act as a natural home remedy for acne and leave skin looking healthier. Its antibacterial properties help keep acne under control, and the malic and lactic acids found in apple cider vinegar soften and exfoliate skin, reduce red spots, and balance the pH of your skin.*

## **Apple cider vinegar boosts energy**

*Exercise and sometimes extreme stress cause lactic acid to build up in the body, causing fatigue. Interestingly, the amino acids contained in apple cider vinegar act as an antidote. What's more, apple cider vinegar contains potassium and enzymes that may relieve that tired feeling. Next time you're beat, add a tablespoon or two of apple cider vinegar to a glass of chilled vegetable drink or to a glass of water to boost your energy.*

## **Apple cider vinegar cuts down on night-time leg cramps**

*Leg cramps can often be a sign that you're low in potassium.*

*Since apple cider vinegar is high in it, one home remedy suggests mixing 2 tablespoons apple cider vinegar and one teaspoon honey to a glass of warm water and drink to relieve night-time leg cramps. Of course, by the time you walk to the kitchen to put the drink together, your cramp is likely to be history—but maybe that's the point.*

## **Apple cider vinegar banishes bad breath**

*If proper brushing and mouthwash doesn't do the trick, try the home remedy of using apple cider vinegar to control bad breath. Gargle with it, or drink a teaspoon (diluted with water if you prefer) to kill odour-causing bacteria.*

## **Apple cider vinegar whitens teeth**

*Gargle with apple cider vinegar in the morning. The vinegar helps remove stains, whiten teeth, and kill bacteria in your mouth and gums. Brush as usual after you gargle. You can also brush your teeth with baking soda once a week to help remove stains and whiten your teeth; use it just as you would toothpaste. You can also use salt as an alternative toothpaste.*

*If your gums start to feel raw, switch to brushing with salt every other day.*

## **Apple cider vinegar fades bruises**

*Apple cider vinegar has anti-inflammatory properties; dabbing or laying an apple cider vinegar compress on a bruise can help fade the discoloration.*

## **Apple cider vinegar helps control blood sugar**

*A few swigs of apple cider vinegar could help keep your blood sugar levels balanced, according to several studies that have shown a link between the two. One study of people with type 2 diabetes who weren't taking insulin found that taking two tablespoons of apple cider vinegar before bed resulted in lower glucose levels by morning. Another study at the Arizona State University found that insulin resistant people who drank a mixture of apple cider vinegar and water before eating a high carbohydrate meal had lower blood sugar afterward. Scientists think the antiglycemic effect of the acid is the key.*



*Apple Cider Vinegar has been used in cuisine and medicine since people started farming apples. Hippocrates, referred to as 'the father of modern medicine', is known to have prescribed vinegar during the 4th century BC. It is referred to in many religious and historical texts as a remedy for many ailments. The expression "an apple a day keeps the doctor away" has a lot of well known facts to back it up, as apples are well known to be extremely good for us, containing all manner of beneficial nutrients, including pectin, vitamins, fibre and minerals, many people consider Apple Cider Vinegar to be the ultimate form of the apple, with many more of its wondrous benefits unlocked during the fermentation process.*

## *What is raw milk?*

*Raw milk is milk that has not been pasteurized or homogenized.*

*Distribution of raw milk is illegal in Scotland. While it is legal in England, Wales, and Northern Ireland, the only registered producers are in England and Wales.*

*About 200 producers sell raw, or "green top" milk direct to consumers, either at the farm, at a farmers' market, or through a delivery service. The bottle must display the warning "this product has not been heat-treated and may contain organisms harmful to health", and the dairy must conform to higher hygiene standards than dairies producing only pasteurised milk.*

*As it is only legal to supply unpasteurised milk direct to consumers, it is illegal to be sold on the High Street, via shops or supermarkets*

*It is claimed that only raw milk has the following health benefits*

*"Raw milk contains multiple, redundant systems of bioactive components that can reduce or eliminate populations of pathogenic bacteria. One of our customers has a child who had a lump caused by bad bacteria that antibiotics wouldn't clear up. Their consultant suggested raw milk, as part of the child's diet, and within three months, the infection had gone"*

*"Raw milk consists of important enzymes that aid in assimilating the nutrients present in milk. Possibly the most important is lactase enzyme that helps digest lactose milk sugar. We have lots of customers who thought they couldn't have dairy as they are lactose intolerant, really enjoying milk again. Maybe it's a case that they are pasteurized milk intolerant?"*

***"Raw milk serves as one of the best sources for calcium consumption."***

***"One of the major raw milk drinking advantages is that it contains the beneficial bacteria both in terms of gut health and fighting infection, which otherwise get destroyed, when the milk undergoes pasteurisation process."***

***"The British journal The Lancet reported that resistance to tuberculosis increased in children fed raw milk instead of pasteurised."***

***"Drinking raw milk could reduce children's risk of suffering allergy-related conditions such as eczema and hay fever. This seems to be the main medical reason for people wanting raw milk today. Milk straight from the cow is full of bacteria. These all get killed by pasteurization, resulting in pasteurized milk containing lots of dead bacteria. Is it true that as these dead bacteria decompose and breakdown in pasteurized milk they release histamine that can cause eczema? We have lots of customers that have told us that within three weeks of having our raw milk, their eczema has gone."***





**Real Milk comes from real cows.**

*The source of most commercial milk is the modern Holstein, bred to produce huge quantities of milk—three times as much as the old-fashioned cow. She needs special feed and antibiotics to keep her well. Her milk contains high levels of growth hormone from her pituitary gland, even when she is spared the indignities of genetically engineered Bovine Growth Hormone to push her to the udder limits of milk production.*

*Please note, there are farmers who produce excellent “Real Milk” using older lines of Holsteins and Holstein crosses (Holsteins who can survive on grass are “old-fashioned”). It is the modern commercial Holstein, bred only for quantity, not quality, and pumped full of hormones and antibiotics, that should be avoided. Know your supplier! Ask questions!*

*Join A Campaign for Real Milk: Buy only milk from old-fashioned breeds of cows, such as but not limited to Jerseys, Guernsey's, Red Devon's, Brown Swiss, Milking Shorthorns, Dutch Belted, or older genetic lines of Holsteins, or from goats or sheep. (Or, depending on what part of the world you live in, from llamas, camels, mares, donkeys, water buffalo, or reindeer!)*

**Real Milk comes from real cows that eat real feed.**

*Real feed for cows is green grass in Spring, Summer and Fall; stored dry hay, silage, hay and root vegetables in Winter. It is not soy meal, cottonseed meal or other commercial feeds, nor is it bakery waste, chicken manure or citrus peel cake, laced with pesticides. Vital nutrients like vitamins A and D, and Price's “Activator X” (a fat-soluble catalyst that promotes optimum mineral assimilation, now believed to be vitamin K2) are greatest in milk from cows eating green grass, especially rapidly growing green grass in the spring and fall.*

*Vitamins A and D are greatly diminished, and Activator X disappears, when milk cows are fed commercial feed. Soy meal has the wrong protein profile for the dairy cow, resulting in a short burst of high milk production followed by premature death. Most milk (even most milk labelled “organic”) comes from dairy cows that are kept in confinement their entire lives and never see green grass! Join A Campaign for Real Milk: Buy only milk products from herds allowed to graze on green pasture.*

*Real Milk is not pasteurized.*

*Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer. Calves fed pasteurized milk do poorly and many die before maturity. Raw milk sours naturally but pasteurized milk turns putrid; processors must remove slime and pus from pasteurized milk by a process of centrifugal clarification. Inspection of dairy herds for disease is not required for pasteurized milk. Pasteurization was instituted in the 1920s to combat TB, infant diarrhoea, undulant fever and other diseases caused by poor animal nutrition and dirty production methods. But times have changed and modern stainless steel tanks, milking machines, refrigerated trucks and inspection methods make pasteurization absolutely unnecessary for public protection. And pasteurization does not always kill the bacteria for Johne's disease suspected of causing Cohn's disease in humans with which most confinement cows are infected.*

*Much commercial milk is now ultra-pasteurized to get rid of heat-resistant bacteria and give it a longer shelf life.*

*Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds. Clean raw milk from certified healthy cows is available commercially in several states and may be bought directly from the farm in many more.*

*(Sources are listed on [www.realmilk.com](http://www.realmilk.com).)*

*Join A Campaign for Real Milk: Demand access in all states to clean, raw milk. Boycott processed milk!*

*Real Milk is not homogenized.*

*Homogenization is a process that breaks down butterfat globules so they do not rise to the top. Homogenized milk has been linked to heart disease. Join A Campaign for Real Milk: Use only milk with “Cream on the Top.”*

*Real Milk contains butterfat, and lots of it!*

*Average butterfat content from old-fashioned cows at the turn of the century was over 4% (or more than 50% of calories). Today butterfat comprises less than 3% (or less than 35% of calories). Worse, consumers have been duped into believing that low-fat and skim milk products are good for them. Only by marketing low-fat and skim milk as a health food can the modern dairy industry get rid of its excess poor-quality, low-fat milk from modern high-production herds. Butterfat contains vitamins A and D needed for assimilation of calcium and protein in the water fraction of the milk. Without them protein and calcium are more difficult to utilize and possibly toxic. Butterfat is rich in short- and medium chain fatty acids which protect against disease and stimulate the immune system. It contains glyco-sphingolipids which prevent intestinal distress and conjugated linoleic acid which has strong anticancer properties.*

*Join A Campaign for Real Milk: Buy only full-fat milk products.*

*Real Milk contains no additives.*

*Powdered skim milk, a source of dangerous oxidized cholesterol and neurotoxic amino acids, is added to 1% and 2% milk. Low-fat yogurts and sour creams contain mucopolysaccharide slime to give them body. Pale butter from hay-fed cows contains colourings to make it look like vitamin-rich butter from grass-fed cows. Bioengineered enzymes are used in large-scale cheese production. Many mass produced cheeses contain additives and colourings and imitation cheese products contain vegetable oils.*

*Join A Campaign for Real Milk: Boycott counterfeits.*

*Real Milk can save family farms.*

*Pasteurization laws favour large, industrialized dairy operations and squeeze out small farmers. When farmers have the right to sell unprocessed milk to consumers, they can make a decent living, even with small herds.*

*Why a Campaign for Real Milk?*

*Back in the 1970s, a couple of blokes were sitting in an English pub, bemoaning the consolidation of the brewing industry in England and the decline of British beer and ale. A commodity that represented the soul of Britain—carefully brewed ales from countless small-scale manufacturers, each with a distinctive colour and taste—had been edged out by the insipid canned beers of a few large monopolistic breweries. What was needed, they decided, was a return to traditional brewing methods. They launched A Campaign for Real Ale, which soon became the force that turned back the mega-brewers and reinstated varied and delicious ales to English tables and pubs.*

*Back in the 20s, Americans could buy fresh raw whole milk, real clabber and buttermilk, luscious naturally yellow butter, fresh farm cheeses and cream in various colours and thicknesses. Today's milk is accused of causing everything from allergies to heart disease to cancer, but when Americans could buy Real Milk, these diseases were rare. In fact, a supply of high-quality dairy products was considered vital to American security and the economic well being of the nation. What's needed today is a return to humane, non-toxic, pasture-based dairying and small-scale traditional processing, in short . . . A Campaign for Real Milk.*

### *Real Milk—Nature's Perfect Food*

*Galen, Hippocrates, Pliny, Varro, Marcellus Empiricus, Bacchis and Anthimus, leading physicians of their day, all used raw milk in the treatment of disease. During the 1920s, Dr. J. E. Crewe of the Mayo Foundation used a diet of raw milk to cure TB, oedema, heart failure, high blood pressure, prostate disease, urinary tract infections, diabetes, kidney disease, chronic fatigue and obesity. Today, in Germany, successful raw milk therapy is provided in many hospitals. Studies show that children fed raw milk have more resistance to TB than children fed pasteurized milk (Lancet, p 1142, 5/8/37); that raw milk is very effective in preventing scurvy and protecting against flu, diphtheria and pneumonia (Am J Dis Child, Nov 1917); that raw milk prevents tooth decay, even in children who eat a lot of sugar (Lancet, p 1142, 5/8/37); that raw milk is better than pasteurized milk in promoting growth and calcium absorption (Ohio Agricultural Experiment Station Bulletin 518, p 8, 1/33); that a substance present in raw cream (but not in pasteurized cream) prevents joint stiffness and the pain of arthritis (Annual Review of Biochemistry, 18:435, 1944); and that children who drink raw milk have fewer allergic skin problems and far less asthma than children who drink pasteurized milk (Lancet 2001 358(9288):1129-33).*

*I don't know about you....but I found this quite worrying! I have now come to the conclusion that proper Minerals, Vitamins and Fats are being slowly taken away from us.*

*I have since found out that Raw Natural Milk can be found in farmers markets but they are not allowed to advertise the fact.....Why?*

*I bought milk from a farm in Bridgend for my niece to give to her 3 boys, and guess what, their eczema cleared up! I was shocked and the kids couldn't get enough of the milk they said "It was lush".*

*My niece was making strawberry milkshakes for them with real strawberries.*

*On my visit to Gelli Farm and had a look around, and I tell you this I was impressed, and the milk tasted fantastic.*

*On the next couple of pages are some photos that I took at Gelli Farm.*

*So give the milk a try, its tasty and creamy, its no dearer than the crap that is sold in supermarkets, but best of all its beneficial to you and the ones you care about.*

**SO SUPPORT YOUR LOCAL FARMERS**  
**AND IF REQUIRED FIGHT FOR THEM.**



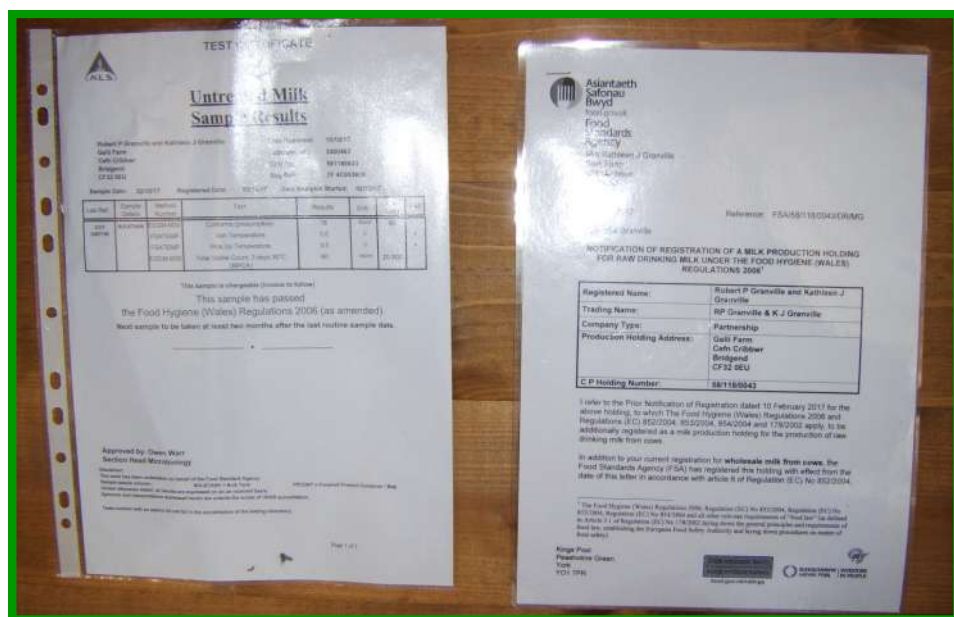


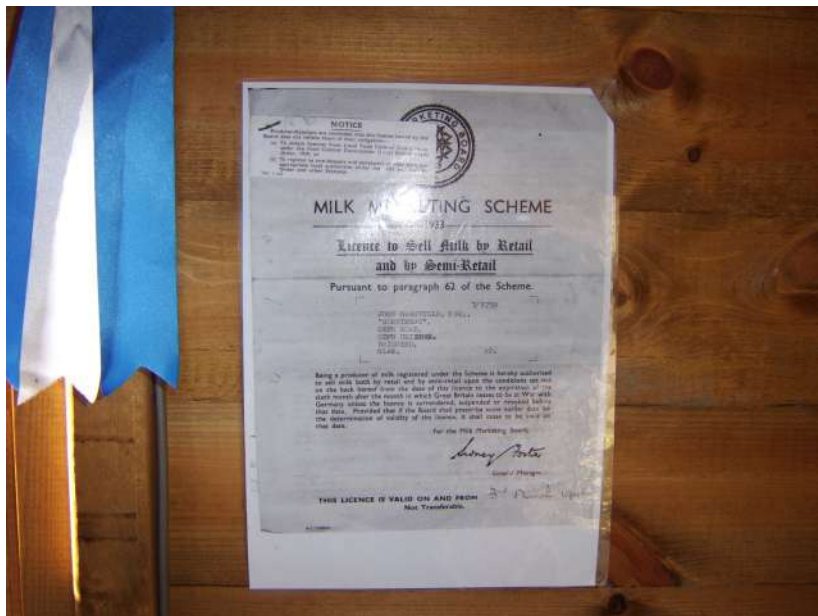
***This Is The Shed Where The Raw Milk Is Dispensed And Purchased At The Main Gate. The Farm Provides 2 Or 4 Pint Plastic Bottles Or You Can Bring Your Own. The Machine Is Coin Operated.***





## *The Livestock Awards, And The Test Results For The Milk From The Food Standards Agency.*





*The Licence To Sell The Milk, And Picture Of The Pedigree Ayrshire Cows Waiting To Be Milked.*





## *The Gelli Farm Story.*

# *Our Story*

The Granville family first started supplying fresh milk to the local area in 1946. About 20 years ago, we ceased the milk round and began to sell to supermarkets. However in order to seek a fairer price and wanting to share our delicious milk, we decided to open our farmgate to the public in the summer of 2017. Gelli Farm is a dairy farm, milking pedigree Ayrshire cows in Bridgend, South Wales. The farm is run by Robert and Kath Granville and their daughters - Mary-Jayne, Kate and Beth.

The brown and white Ayrshire cows originate in Scotland and are one of the oldest native dairy breeds. They are known for their friendly nature and good quality milk which is high in protein and butterfat. Our ladies don't only produce delicious milk but they are also an excellent example of their breed. We regularly exhibit at agricultural shows around Wales, with many successes over the years.

Our farm is run very traditionally, where one of our main aims is to care for the environment. The cows graze out on our luscious green fields for eight months of the year. They come into our warm and comfortable sheds during the colder months to be fed on our home-grown forage. The cows' happiness and welfare are at the very heart of Gelli Farm - each cow has a name and a family tree that can be traced over 10 generations. We strive for the very best conditions for them - happy cows equals tasty milk.

We hope you enjoy our produce you buy from us, continue to visit the farm and fill up a milk bottle at the first raw milk vending machine in Wales!



## *An Explanation Of Raw Milk.*

# WHAT IS RAW MILK?

## THE TOP 10....

**Raw milk is milk that has not been pasteurized or homogenized (this means the cream sits on top). Our milk is simply cooled and voila! It's ready to drink. No heavy processing and no food miles. The milk from our vending machine is never more than 48hrs old. We hope you enjoy the difference!**

### Ten facts about raw milk:

1. As we do not heat treat our milk, there are still live natural enzymes in the milk. These enzymes act like a toolkit for the stomach, making it easier to absorb and utilise all of the nutrients available in the milk.
2. In order to make use of calcium, your body needs soluble vitamin D. Whole raw milk is full fat-soluble vitamin D.
3. Milk drunk straight from the farm has not had excessive aeration and pumping. The fat soluble vitamins are conserved and the flavour remains fresh.
4. As a living food, raw milk is rich in beneficial bacteria. These bacteria are critical to your health. They're responsible for stimulating and training your immune system and potentially improving it.
5. There are many ways to consume raw milk including butter, cheese and cream. By contrast, raw milk will turn into a probiotic-rich, yogurt-like food when left. This is due to its naturally occurring beneficial lactic-acid producing bacteria.
6. Probiotics in raw milk can kill off or balance bad bacteria in your gut, which can dramatically affect the health of your skin.
7. Raw milk needs no added thickeners or shelf-stabilizers and also doesn't contain added sugar or flavours.
8. The best-tasting whey protein comes from raw milk. Whey protein is fantastic for anyone who's looking to burn fat and build or retain lean muscle.
9. Many people think that raw milk has a superior flavour and texture to pasteurized, homogenized milk. They often use words like "fresh", "real", "alive" and "rich" to describe it.
10. Consuming milk produced by local farmers using sustainable methods has far less of an environmental impact than drinking milk produced in farms hundreds of miles away.



# COUNTER THINK



# COUNTER THINK

# "HARDENED CRIMINALS"





## **Did You Know?**

- 1. 50,000 Tons Of UK food Is Irradiated Every Day Before It Gets To The Shelves.**
- 2. If You Don't Eat Living Food Your Dying.**
- 3. The Best Way To Lower Bad Cholesterol is To Eat More Good Cholesterol.**
- 4. The Myelin Sheath Which Covers Your Brain Is 100% Cholesterol, If You Lower Cholesterol With Statins It Rots And Goes Rancid.**
- 5. Your Brain Is Connected To Your Stomach.**
- 6. Mental Stress Causes Stomach Problems.**
- 7. Physical Stress Causes Mental Problems.**
- 8. Our Bodies Are Electric, Resonance Or Vibrations Effect Our Wellbeing. [Royal Rife]**
- 9. All Atoms Vibrate At An Individual Frequency, Everything, Including Us Are Made Up Of Atoms, So We Vibrate At A Frequency In Tandem To The Shuman Resonance Of The Planet. That Is Why Some People Are More Susceptible to EMF Than Others.**
- 10. EMF In Mobile Phones Can Contribute Hugely To Brain Tumours As It Penetrates The Blood Brain Barrier And Slowly Heats Up The Cells.**
- 11. If You Read The Small Print For Your Mobile Phone, It Says Not To Hold It Next To Your Ear, Or Body! [ Now Its In The Warning You Cant Sue]**
- 12. Using Your Lap Top On Your Lap With No Protection Can Cause In Sterility.**

## **Organic Sulphur.**

*When Rockefeller decided he needed to increase his profits and control the world's usage of fertilizer, he convinced the farmers that the petro-chemical fertilizers would enable them to spend more time farming instead of spreading manure.*

*What he never told them was that the petro-chemical fertilizers would kill all the sulphur in the soil that the manure facilitated and by doing so, the people would be deprived of the essential nutrient that the manure provided and illness would abound.*

*So, the 21 reasons to add organic sulphur to your daily regiment are as follows:*

*1. Organic sulphur is not a drug or prescription medicine, but rather a nutrient that the body is deprived of.*

*2. It increases enzyme production within the glands of the body, substantially increasing resistance to illness.*

*3. It increases flexibility in the tissues within the body and increases blood circulation.*

*4. It reduces muscle and joint inflammation, promotes healing in the muscles and joints and prevents them from becoming sore. To the degree there is soreness, recovery and return to normality is quickened. Athletes, in particular, benefit from this as the intake of OS dramatically increases their recovery time.*

- 5. It eliminates "free radicals" in the body. Allergies to pollens and certain foods can be eliminated or reduced by its use.*
- 6. It promotes healthy, increased growth of hair and fingernails.*
- 7. Because of the oxygenation of the cells and tissues that the OS facilitates, the body is kept in a constant aerobic environment making it so that cancer cells cannot survive or exist.*
- 8. Studies have shown it can help reverse symptoms of osteoporosis, Alzheimer's disease and Parkinson's disease.*
- 9. It aids in healthy skin production and the reduction of "wrinkles". It is one of the main ingredients in moisturizing creams.*
- 10. It helps the body properly regulate insulin production. Adequate OS in the diet may reduce the amount of insulin injections.*
- 11. It helps alleviate chronic headaches and migraines. Increased circulation in the brain cells promotes proper blood circulation within the brain. Less pressure and pain result, reducing tendencies for headaches.*
- 12. It helps alleviate emphysema by providing the body with material to manufacture new, healthy cells on lung walls.*
- 13. Because of the ability to make cell walls more permeable. OS causes the body to rapidly release and reduce alcohol "hangover" toxins, removing them as waste from the body. The process quickens recovery time from a "hangover", often as quickly as 20 minutes.*

**Google Patrick McGean And The Sulphur Study For More Info.**

***14. It helps in reducing and often eliminating diverticulitis. Parasites living in the intestines are unable to remain attached to the walls due to the slippery coating that the OS produces. Because of this, hatching parasitic worms are flushed out as well because they cannot attach to the walls.***

***15. It reduces hypoglycaemia in the body because it has made it easier for the body to introduce blood sugar through more permeable cell walls. Less insulin is demanded for the process, resulting in less overuse of the pancreas. Within several months of constant usage, OS can reduce or eliminate hypoglycaemia entirely.***

***16. It helps alleviate PMS. Glandular production is enhanced by OS to have more "normal" levels of production. Acid, enzyme, and hormonal levels are more evenly balanced facilitating reduction of cramps, headaches, and nausea associated with the monthly cycle.***

***17. It helps promote better kidney function more efficiently. Water retention problems associated with poor kidney function can be alleviated.***

***18. It can help alleviate eye problems. Dissolve 1 teaspoon of the sulphur crystals in 4 ounces of water and use as eye drops as frequently as you like.***

***19. OS delivers the essential omega-3 throughout the body and also allows the body to produce vitamin B-12.***

***20. It has amazingly reversed countless cases of asthma and 18 cases of autism that we know about so far.***

***21. Last and certainly not least, it eliminates the continued need for Viagra or Cialis by reversing erectile dysfunction.***

## **Red Clover For Hot Flushes.**

***Red Clover concentrated extract seems to be the best way to combat hot flushes. It takes about 2 months to fully saturate your system and controls the intensity of the flushes. The one pictured is by Herbal Authority which is the one my wife uses, I've talked to lots of people who have used this and have had good results.***





"H..has your hot flush gone yet,  
c..can we close the window  
now?"



# **Blue Magic Cool Gel Pads**



## ***Features***

- ***Reacts to increased temperature***
  - ***No refrigeration required***

***Perfect for humid nights and hot days***

## ***Information***

***Blue Magic Cool Gel Pads are a simple and effective way of easing discomfort caused by fevers, humidity, hot flushes and night sweats. The gel automatically reacts to your body heat by instantly cooling down so there's no need to freeze or refrigerate it! A natural, lasting and relaxing solution to discomfort. We recommend these highly, they are simple and cheap, great for headaches, or use on the bottom of the bed for hot summer nights, when your feet are cool the rest of the body stays cool. We bought ours at The Range Store for £7.99 but they sell them on Amazon and Coopers Of Stortford as well.***

## ***Specification***

- ***Height: 40cm***
- ***Width: 30cm***

## **Did You Know?**

1. *Trayner pin hole glasses help develop the muscles in the eye to help your eyesight.*
2. *When a woman has her period it balances the hormones.*
3. *Power walking forces minerals into the long bone.*
4. *To remineralise the bones you need to supplement with calcium[ from the diet i.e. green vegetables'] boron, Manganese, silica and magnesium.*
5. *Aloe Vera added to smoothies adds over 200 phytonutrients to the smoothie.*
6. *Good natural EFA,s [essential fatty acids] are Flax Seed Oil and Coconut Oil.*
7. *When you are ill chlorophyll helps you repair your body, good sources are celery, cucumber and cabbage.*
8. *Never buy any Aloe Vera advertised as a colon cleanse. Something in the processing of the plant causes a problem in the bowel which could lead to bowel cancer.*
9. *Have you noticed that nearly everyone in hospital that has died, normally has a bottle of Lucozade on the bedside table, must do them a power of good.....right!*
10. *The E.U. Are trying to ban Marmite, Ovaltine and Farley's Rusk's as they say they have to many vitamins, they have banned them in Denmark already.*

## **Suggested Remedies For Deficiencies'**

**RESTLESS LEGS: Magnesium, Iron, Folic Acid.**

**BAD BREATH: Probiotics, Iron.**

**ACHING JOINTS: Magnesium, Potassium, Sodium, Vit B1, Vit D.**

**MOUTH ULCERS: Iron, Folic Acid, Vit B6, Vit B12.**

**PMS/PMT: Magnesium, Oestrogen.**

**LOSS OF TASTE: Zinc.**

**COLD HANDS AND FEET: Iron And Sometimes Vit D.**

**LOW MOOD: Vit B Complex, Vit D, Magnesium.**

**INSOMNIA: Magnesium And Sometimes Vit D.**

**LOW LIBDO: Vit D In Winter.**

**CRACKED LIPS: Iron, Vit C.**

**DANDRUFF: Biotin, EFA's.**

**THIN HAIR: Iron, Vit C.**

**ACNE: Zinc.**

**GREASY NOSE: Vit B2, B6 Zinc.**

**STRESS: Magnesium, Zinc, EFA's.**

**PSORIASIS: Vit D, Vit B Complex, EFA's, Zinc.**

**DEPRESSION: Vit B Complex, Vit D, Magnesium, EFA's.**

**ITCHY DRY SKIN: Omega 6 Oil.**

**WHITE SPOTS ON NAILS: Zinc, Iron.**

**BRITTLE NAILS: Iron, And Maybe Silica.**

**TIREDDNESS: Vit B Complex, Magnesium, Iron.**

**HEADACHES: Magnesium, Vit B6, B12.**

***Print This Out And Keep It In Your Wallet Or Purse, Maybe You Can Help Someone.***



## Now Try Thinking For Once And See If That Light Will Come On!

EXCLUSIVE by DOMINIC HERBERT  
and DAVID PAUL

WHEN doctors told Allan Taylor he had incurable cancer, he decided he wasn't just going to give up and die.

Instead the 78-year-old grandfather determinedly searched the internet for help. And when he found what he was looking for, he began an intensive alternative diet to try to cure his sickness.

It included powdered grain, curry spices, apricot seeds and selenium tablets.

Now, four months later, retired oil rig engineer Allan has had the "all-clear" from doctors.

"I got a letter on April 30 and I was told there was no point having any more chemotherapy; it wouldn't cure me and neither would an operation," he says.

"They said if they cut out the cancer it would just pop up somewhere else. But I was determined to stay positive and decided to find my own cure."

"On August 6 I got a letter from North Tees hospital to say a scan had shown my cancer had gone and the abnormality was no longer visible. I'm all clear."

Allan's ordeal began when he noticed a two-inch lump in his abdomen last February. He was sent for a scan and told he had colon cancer.

A surgeon removed a nine-inch section of his colon last September. He then began a three-month course of chemo, to April this year he was told

# I cured MYSELF of incurable cancer

### WITH A LITTLE HELP FROM THIS LOT!



**ORGANIC APRICOT KERNELS**  
Thought to break down cancer cells, in regions where they are eaten daily cancer is believed to

**CURCUMIN TABLETS**  
Believed the turmeric spice they contain slows cancer cell's ability to grow

**BARLEY GRASS POWDER**  
Thought to raise the alkaline level of the blood, reducing acid. Cancer lowers acid

**SELENIUM TABLETS**  
A natural food supplement believed to help the body's ability to fight disease

**VITAMIN C TABLETS**  
Vitamin C helps fight most cancers, Allan took up to 24 tablets a day

the cancer had spread to his small intestine. "I just went on the internet and tapped in 'colon cancer cure', he says.

"I examined all the evidence and took advice from my local health food store."

Allan, from Middlesbrough,

decided to radically alter his diet, replacing red meat and dairy products with 10 portions of raw fruit and veg each day.

But he believes that one of the crucial ingredients in curing his cancer was a teaspoon of powdered barley grass in hot

water every morning and night.

"There is no question in my mind that my diet saved my life," he says. "And all it cost was £30 a week."

All clear: Allan is now cancer-free

**"That'll Ding  
Dang Do For Me  
Max!"**



**"How Dare You.... How  
Very Dare You.... Only  
Doctors Can Cure  
Cancer Paddy, My  
Mum Told Me!"**

## Allan's Healing Regiment

- *I stopped eating red meat, processed meats, bacon, and soups with any meat content.*
- *I also cut out all dairy products*
- *I removed all refined sugars because sugar feeds cancer.*
- *I began to buy organic vegetables (whenever possible)*
- *I ate 10 varied portions of vegetables every day in their raw form because cooking destroys the essential food enzymes.*
- *I power-walked twice per day for a half an hour each time. My aim was to increase the oxygen levels in my blood so that the cancer cells would die. I also purchased a treadmill so I could exercise when the weather was not so good.*
- *I stopped drinking tap water because it is acidic, and bought bottled water from a market that had a pH of 7.4. This is based on the work of Nobel prize winner Dr Otto Warburg, who discovered that when you increase the alkalinity in the body then your oxygen levels will increase as well causing the cancer cells to die.*

*Twice a day- morning and evening, I drank a heaping teaspoon of Barley Grass Powder in a mug of warm water. This also helps the body to maintain an alkaline state, thus protecting against further cancer development.*

*Morning and night I took a 200mcg tablet of Selenium to support my immune system. Chemo may kill cancer cells, but it also destroys our immune system which is vital for keeping cancers at bay. We all have cancer cells floating around our bodies, and as long as our immune system stays healthy, the cancer cells will be killed.*

*I took high doses of Vitamin C which can also cause diarrhoea, so I used Loperamide tablets from my doctor to counteract that side effect. The recommended dosage for vitamin C dosage was 1000mg/ day, but I started taking three 1000 mg tablets every morning, noon and tea time for a total of 9 tablets per day. Then I built myself up to taking eight tablets taken three times each day, making it a total of 24 / 1000 mg tablets (or 24,000mg). Note from CCAR: liposomal C does not cause diarrhoea and is highly absorbable so you can take much less. Standard form vitamin C only absorbs at about 20%, and the rest is discarded by the body. To reach the dose that Allan took after accounting for the loss that naturally occurs in the digestive system, you would need to take about 4,000-5000 mg of Liposomal Vitamin C, taken in divided doses throughout the day. Read more about vitamin C therapy*

*I also took Curcumin X4000, a brand name with published studies showing that it has 23 times better absorption rates than the standard Curcumin extracts. According to cancer researcher, Bharat Aggarwal, a professor of cancer medicine at the Anderson Cancer Centre at the University of Texas, the incidence of the top four cancers in the US that include colon, breast, prostate and lung, are as much as 10 times lower in India where significant amounts of Turmeric are consumed daily. Prof Aggarwal says “We have not found a single cancer on which Curcumin does not work in suppressing the formation of tumours’.” Curcumin acts as an antioxidant, killing off the body’s free radicals. It also blocks cancers from setting up their own blood vessels. I decided to add this therapy to my daily intake of natural compounds. I started with three capsules, one with each meal, building up to four capsules with each meal making a total of 12 capsules daily. Read about turmeric / Curcumin for cancer. The final, but perhaps the most significant item on my healing plan was to eat Bitter Raw Apricot Kernels. I read that in Northern Pakistan there lives a group of people called the Hunzakuts, who are vegetarians and are one of the rare cultures of the world that are cancer-free. They eat about 40 apricots each day, and they always eat the kernels along with the fruits. There are four substances found within the kernels, two are glucose; one is benzaldehyde, and the other is hydrogen cyanide- the last 2 being poisonous. However the cyanide and the benzaldehyde are bonded within the other molecular formations, so they will not cause you harm. Cancer cells are not normal, and they contain an enzyme that healthy cells do not, which is beta-glucosidase. This enzyme is the unlocking enzyme for the cyanide and the benzaldehyde molecules, and releases them both directly at the site of cancer causing the cells to self-destruct. After learning how the substances enter the cancer cells and destroys them. I started eating 8 kernels each day and then built myself up to eating 54, (I ate 18 kernels at each meal time). I had no side effects from eating the kernels or the Curcumin.*

*Read more about apricot kernels.*

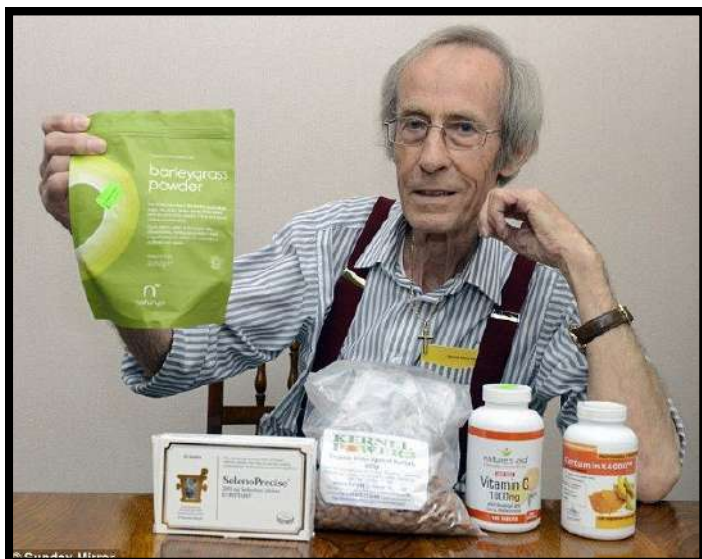
*The results– I felt on top of the world, and I believed that I was cured even before I got the results of my scans that were taken 8 weeks later that didn’t detect any sign of cancer. So within two months of being on this natural regime, it brought me a cure, not death. My wife and I were over the moon, and my oncologist shook my hand. I continue to have follow-up scans to prove that I remain cancer-free, and I also go back to the hospital for trainee doctors to poke and prod me!*



*I still follow a modified version of my healing regime, which I reckon set me back about £32 (\$48.00) a week while I was taking my full therapies, but now costs me only pennies. I continue to eat about 24 apricot kernels every day, I take three Curcumin x 4000, and I still eat a good plate of varied raw fruit and vegetables every day. I also continued to power-walk, and drink the bottled water.*

*I really think that anybody can do what I did, and only wish that I had a better understanding of these natural therapies when my own daughter was so ill. At the time, we thought that we were living in a country that had the finest health care that anyone could have wished for...and if the National Health Service could not cure my daughter, then who could? Had I known then what I know now, perhaps she would still be with us today.*

*I did try to make contact with the organization Cancer Research UK, but was told that they were not interested in my story. I emailed them and was told that I would get a reply within 5 days, but none has ever materialized. Two newspapers did reports about my story, and as a result I have been invited to talk on US radio. I would like to spread the word that there is another way through cancer. I'd like people to know how full of energy I am. I may have a scar on my stomach, but I feel like I am 21 years old again! I continue to keep busy by taking my two grandchildren to and from school every day, I recently laid my own carpet, repaired the car, fitted a new kitchen, painted the house inside and out, and am outside chopping down trees in my garden.*



# *Alkalinity = Cellular Oxygenation.*

*Since Allan mentioned pH, I will explain how to test it and why it is important.*

*Alkaline and Acid Ash – pH refers to “potential of hydrogen” and is a measurement of whether your body is in an acidic, balanced or alkaline state. The pH scale runs from 1-14, with 7 being in the middle (or neutral). Anything lower than 7 would be within the acidic range, anything above 7 is within the alkaline range. Acidic foods will add hydrogen molecules to the body, therefore making your body more acidic, alkaline foods will remove hydrogen molecules from the body, thus making you more alkaline.*

*When you ingest foods and liquids, the end product after digestion and assimilation of nutrients will result in either an acid or alkaline-forming effect. These end products are often referred to as an acid-ash or alkaline-ash, thus all foods and beverages can then be considered either alkaline or acidic based on the ash that is created following digestion.*

*Using the Acid/ Alkaline Food Chart- Most of the foods that people are eating today fall into the acid-forming category. One way to alter your pH score would be to stop your consumption of the standard, so called normal diet and start eating a diet rich in fresh organic fruits and vegetables, and by juicing a variety of raw leafy greens such as kale, chard, spinach, watercress, and wheatgrass, along with other vegetables and fruits. In addition to juicing you can drink plenty of spring water with fresh squeezed lemon or lime juice which will also leave behind an alkaline ash following digestion. Make it your goal to eat 80% alkaline foods, with only 20% acidic.*

*Use the food chart to help guide your choices.*

## Alkaline Forming Foods

VEGETABLES	FRUITS	PROTEIN
alfalfa	apples	almonds
arugula	apricots	chestnuts
asparagus	avocado	lentils
beets	bananas	tempeh
bell pepper	blackberries	pumpkin seed
broccoli	blueberries	sesame seed
brussel sprouts	cantaloupe	sprouted seeds
cabbage	cherries	sunflower seeds
carrots	citrus	duck eggs
cauliflower	currant	quail eggs
celery	dewberry	
chlorella	grapefruit	<b>GRAINS</b>
collard greens	grapes	japonica rice
cucumbers	honeydew	oats
dandelion greens	kiwifruit	quinoa
dulse	lemons	wild rice
edible flowers	limes	
eggplant	loganberry	<b>FATS &amp; OILS</b>
endive	mango	avocado oil
fermented veggies	nectarine	cashews
garlic	orange	coconut oil
ginger root	papaya	cod liver oil
kale	passionfruit	flax oil
kambucha	peach	hemp seed oil
kelp	pear	olive oil
kohlrabi	persimmon	primrose oil
lettuces	pineapple	tahini
lotus root	raisins	
mushrooms	raspberries	<b>OTHER</b>
mustard greens	strawberries	apple cider vinegar
okra	tangerine	umeboshi vinegar
olives	watermelon	rice syrup
onions		sake
parsley	<b>SEASONINGS</b>	soy sauce
parsnip	all herbs	spices
peppers	chili pepper	baking soda
potatos	cinnamon	unsulfured molasses
pumpkin	ginger	banchi tea
rutabaga	ki sweet	dandelion tea
sea vegetables	miso	ginger tea
seaweed	mustard	ginseng tea
spirulina	sea salt	green tea
sprouts	stevia	herbal tea
squash	tamari	mu tea
sweet potatoes		kombucha
taro root		mineral water
turnip greens		grain coffee
watercress		

## Acid Forming Foods

DAIRY	ANIMAL PROTEIN	OTHER
butter	beef	alcohol
cheese	chicken	artificial sweeteners
cottage cheese	eggs (poached)	balsamic vinegar
cow milk	goose	beer
cream	lamb	black tea
goat milk	mutton	chutney
goat/sheep cheese	organs	cocoa (processed)
ice cream	pork	coffee
milk	turkey	curry
	veal	fried foods
<b>FATS &amp; OILS</b>	fish	gelatin
almond oil	lobster	honey
canola oil	shell fish	maple syrup
chestnut oil	bear	nutmeg
corn oil	boar	soft drinks
cottonseed oil	elk	sugar
grape seed oil	pheasant	table salt
palm kernel oil	rabbit	vanilla
pumpkin seed oil	venison	white vinegar
safflower oil	wild duck	yeast
sesame oil		
sunflower oil	<b>BEANS &amp; LEGUMES</b>	
lard	aduki beans	<b>GRAINS</b>
	black beans	amaranth
<b>FRUITS</b>	black-eyed peas	barley
coconut	fava beans	barley groats
cranberry	garbanzo beans	brown rice
dates	green peas	buckwheat
dry fruit	kidney beans	corn
figs	lima beans	farina
guava	navy beans	hops
jam	pinto beans	kamut
jelly	red beans	kasha
plum	soy cheese	maize
pomegranate	soy milk	malt
prune	soybean	millet
rhubarb	tofu	oat bran
	white beans	rye
<b>VEGETABLES</b>		seitan
chard	<b>NUTS &amp; BUTTERS</b>	semolina
snow peas	brazil nuts	spelt
spinach	hazelnuts	wheat
string beans	peanuts	white rice
tomatoes	pecans	
wax beans	pine nuts	
zucchini	walnuts	



## **Curcumin X4000.**

*Curcumin is the active compound in turmeric, a bright yellow ancient spice, and a traditional remedy that has been used for health, as well as for condiment and flavouring, based on records dating back to more than 2000 years.*

*The herbal compound Curcumin has a mechanism of action as a natural COX-2 inhibitor (COX-2 is an inflammatory enzyme). Inhibitors of this type have shown to have the capability to help relieve common everyday inflammations triggered by a host of lifestyle factors. Curcumin also has well-established properties that compare to supplemental vitamins C and E, in their own abilities to antioxidise against free radicals. Research suggests that these two important properties in Curcumin, used as a regular dietary addition, may help to support a healthy digestive system, particular liver health, the gallbladder, anti-inflammatory processes, and eye health. Each capsule of CurcuminX4000™ contains 200mg of highly effective Curcumin Phytosome, which in a recent study showed an increase in utilization up to 20-45X compared to ordinary Curcumin 95%. Curcumin (from Turmeric) has been used in the diet for thousands of years for its antibacterial, anti-viral, anti-inflammatory & anti-fungal properties. However, due to its inherent poor absorbency, high doses of ordinary Curcumin 95% have been needed to achieve the dramatic effects show in worldwide studies. Now Curcumin X4000™ has a unique high utilization formulation to avoid the need for high doses.*



## **Naturya Organic** **Barleygrass Powder**

***Naturya Organic Barleygrass Powder 200g is a great source of vitamins and minerals, including iron, calcium, and vitamins B1, B2, B6, C and E. It is not as sweet as Wheatgrass but has a pleasant flavour, with all the benefits of concentrated grass goodness. Barleygrass powder is also a very rich source of fibre and has been shown to help lower overall cholesterol levels. Consumption of Barleygrass is believed to help cause a significant reduction in LDL (bad cholesterol) and a rise in HDL (good cholesterol).***

- ***Organic.***
- ***Bursting with nutrients.***
- ***Rich source of vitamins & minerals.***
- ***Ideal in juice, water & smoothies.***
- ***Suitable over salads.***
- ***High in fibre.***

***Naturya Organic Barleygrass Powder is organically grown in rich soil in unpolluted outdoor pastures and treated to and hours of sunlight. The Barleygrass shoots are bursting with nutrients by the time they're cut and ground into a fine green powder packed with essential minerals.***



## **Bitter Apricot Kernels.** **[B17 Laetrile]**



***This Is The Supplemental  
Pill Form Found On  
Amazon Look At The  
Success Stories On  
YouTube.***

***Apricot kernels are, like most nuts and seeds, are very nutritious. Among the nutrients they contain is one called amygdalin, which is also known as vitamin B17. This attacks cancer cells, and thus can help prevent cancer from breaking out in our bodies. Amygdalin (vitamin B17) is contained in many hundreds of foods, but ones that are particularly rich in amygdalin have disappeared to a large extent from our Western diet [Not By Accident In My Opinion]. Peoples throughout the world who still eat a traditional diet, have been found to be largely free from cancer. These diets are rich in foods containing amygdalin. Apart from apricot kernels, examples of other amygdalin rich foods are bitter almonds (amygdalin tastes bitter - sweet almonds do not contain it, and apricot kernels that are not bitter do not contain it). Other foods containing amygdalin are apple pips, grape seeds, millet, broad beans, most berries, cassava and many other seeds, beans, pulses and grains - but not ones that have been highly hybridised (African orange pips contain some amygdalin, but American ones don't, wheat is low in amygdalin). There are many ways you can fight cancer. One is to build up the immune system so that it is very strong. Another is to supplement with antioxidants which fight carcinogens in the body. However, amygdalin seems to be unique in the way that it directly attacks cancer cells.***



*Amygdalin was first extracted and named over one hundred years ago and has been listed in pharmacological dictionaries since that time as being non-toxic. However it does have a poison locked away in it - one of its constituents is cyanide. But, locked into the compound amygdalin, it is chemically inert and harmless to normal living tissue. In the same way common salt (sodium chloride) is safe to eat, [Not The Processed Table Salt However] and in fact is necessary to the body. But this also has locked away in it a poison - chlorine. Of course if you ate too much salt at one time you would be ill. This is true of any substance, and would equally apply to apricot kernels. However, amygdalin is less toxic than salt, and less toxic than sugar.*

*We are told that our bodies are creating cancer cells all the time. Normally the immune system can deal with them. However at times of stress or in a particularly weak part of the body, or under extreme or regular exposure to carcinogens, then the multiplication of cancer cells may become too great for the immune system to handle. Amygdalin comes alongside the immune system and attacks the cancer cells directly. The cancer cells have within them an enzyme which unlocks the poison in the amygdalin, and in this way the cancer cells are destroyed. Normal, healthy cells do not have this enzyme. In fact they have a different enzyme which unlocks the amygdalin in a different way and releases nutrients and also a neutralising agent which would neutralise any of the poison it came into contact with. Researchers at Imperial College London have been experimenting using cyanide to kill cancer cells, and state that any poison that escaped into the bloodstream would be quickly neutralised by the liver. [See reports in UK national newspapers of 7th September 2000].*

*Amygdalin is sometimes referred to as Vitamin B17 and is found in nitriloside rich fruits and plants. In its extracted, pure, concentrated form it is known as laetrile. Laetrile is used as the main therapy, but supported by other non-toxic therapies and good nutrition, in treating cancer sufferers in some clinics.*

*For prevention, however, Dr Ernst T Krebs Jr., the biochemist who first produced laetrile [concentrated amygdalin] in the 1950s, recommended that if a person would eat ten to twelve apricot kernels a day for life, then barring the equivalent of Chernobyl, he is likely to be cancer free. [Don't You Think This Should At Least Be Mentioned By The Cancer Research]. At the beginning of the 21st century it is expected that one in eight women in the UK will get breast cancer and one in nine men prostate cancer. If other types of cancer are added in, then no family is likely to be free. Therefore the suggestion that eating 10 - 12 kernels per day for life is likely to prevent cancer - is very good news indeed. [Ask Yourself....How Are They Predicting This Unless It Is Planned!]*

- *NB the kernels should be chewed, or ground and sprinkled on food or in fruit juice, and only five or six (1½ teaspoons ground kernels) taken at one time/in one hour.*
- *Please also note apricot kernels may lower blood pressure.*

*Most of this information comes from World Without Cancer by G. Edward Griffin (American Media, California, 1974 and 1997). For testimonies of cancer sufferers treated with laetrile and nutrition therapy read Alive and Well (American Media, California, 1994) by Philip E Binzel, Jr., M.D.*

## **Selenium.**

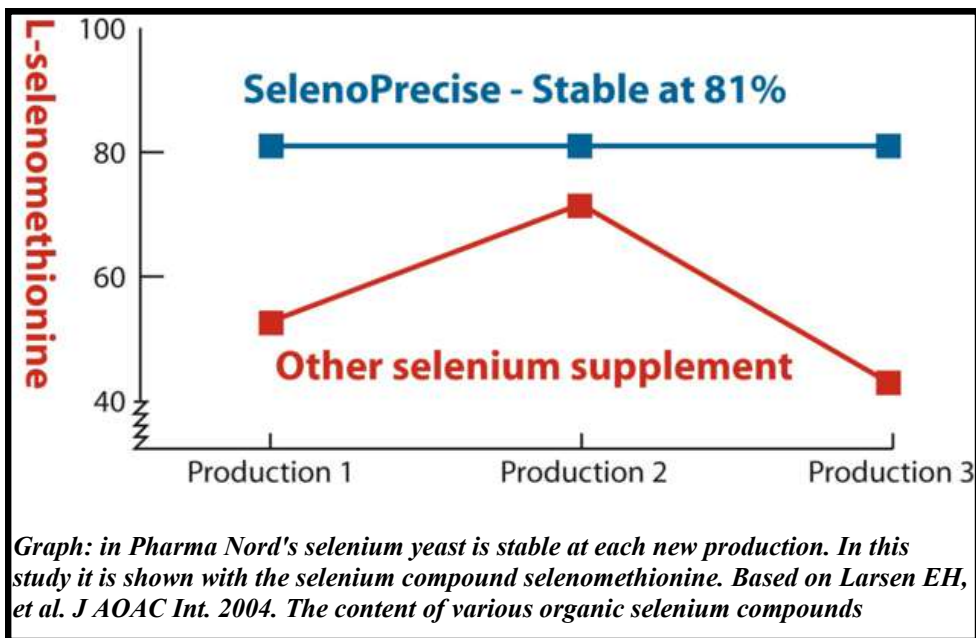


***SelenoPrecise Forte is the strong version of Pharma Nord's patented selenium yeast. It consists of small, round white tablets each containing 200 micrograms of selenium in the form of high-absorbable organic selenomethionine and more than 30 other organically bound selenium compounds. The preparation is unique in the sense that it emulates the various selenium compounds we get from selenium rich food and is able to document a very high level of bio-availability and a stable quality:***

- ***89% of the selenium content is absorbed in the body***  
***15 laboratories in 12 different countries have measured a 67% L-selenomethionine content in SelenoPrecise***

### ***Scientifically Documented.***

***More than 40 scientific studies have been published having dealt with the quality, the stable 81% selenium content, the high level of bio-availability, and the safety of SelenoPrecise. This is what makes the preparation an extremely well documented selenium source. Also, it is the main reason why SelenoPrecise is used in scientific studies and research projects worldwide.***



### Why so many different selenium sources?

*SelenoPrecise contains many different selenium sources because each type of selenium has different functions in the human body. By supplying a wide spectrum of selenium types it is possible to emulate the natural variety of selenium types found in food containing selenium. This, scientists believe, has the best effect on our health.*

### What is selenium?

*Selenium is an essential trace element that supports an array of selenoproteins and selenium-dependent enzymes that are important for human health and well-being. One of these enzymes is glutathione peroxidase (Gsh-Px), which has several important functions in the body. In addition, selenium support a normal thyroid function. The thyroid function helps the metabolism in balance. Furthermore selenium supports biological processes as:*

- *a normal immune system*
- *production of normal sperm cells*
- *cell protection and the maintenance of normal hair and nails*

*Most of the selenium in the body is found in two forms:*

*Selenomethionine (that is embedded in different proteins instead of methionine) and selenocysteine.*

*We get selenomethionine from the diet exclusively because the body is unable to synthesize it. The body is, however, able to convert selenomethionine to selenocysteine, which we are also able to get from the diet in the form of se-methylselenocysteine.*

*In situations where we get too little dietary selenium, the body is able to use selenium that is stored in the body, simply by converting selenomethionine that is bound in different proteins. SelenoPrecise contains both of these main selenium sources (selenomethionine and selenocysteine) plus several other selenium compounds.*

*The ability of selenium to bind to heavy metals.*

*In the body, selenium binds to different heavy metals and forms insoluble compounds that are eventually discharged from the body. This process consumes some of the available selenium, leaving less for other important selenium-dependent processes\*. Studies show that selenium binds mercury in a 1:1 ratio.*

*\* Schrauzer GN Selenium and selenium-antagonistic elements in nutritional cancer prevention. Crit Rev Biotechnol. 2009;29(1):10-7.*

## *Where is selenium found?*

*Selenium is found in such things as fish, nuts, whole-grain. People who do not consume these food items regularly may benefit from taking a selenium supplement for the sake of getting sufficient amounts of the nutrient. The recommended daily allowance (RDA) for selenium is around 50-70 µg (differs from country to country), where men generally need a little more than women.*

## *Organically bound selenium has higher absorption.*

*Selenium in the agricultural soil is inorganic. Once it gets absorbed by plants (and ends up in animals) it gets converted to organic selenium. The selenium we get from our diet can be bound to amino acids such as methionine and cysteine. In contrast, selenium in supplements can either be organic or inorganic. It is known that organic selenium compounds have an easier time getting absorbed in the body and incorporated in the different selenium-dependent enzymes and selenoproteins. Also, organic selenium compounds are not reduced when ingested together with vitamin like it is seen with inorganic selenium.*

## *The selenium content in agricultural soil differs.*

*In countries where the agricultural soil is rich in selenium the population has a correspondingly high selenium intake. In the United States where there is a high selenium content in the soil (especially in the northern regions), the average selenium intake is around 60-220 µg daily. The diet in low-selenium countries such as Denmark, in contrast, provides as little as 45-50 µg selenium per day.*



## **Vitamin C 1000mg.**



*Natures Aid Vitamin C contributes to the normal function of the immune system and increases iron absorption. In my opinion you can use very high doses of Vitamin C as it only causes Diarrhoea. It has never caused any harm to myself as I have been taking high doses off and on for 8 years.*

- *Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise*
- *Vitamin C contributes to normal collagen formation for the normal function of -*
- *blood vessels*
- *bones*
- *cartilage*
- *gums*
- *skin*
- *teeth*
- *Vitamin C contributes to normal energy-yielding metabolism*
- *functioning of the nervous system*
- *psychological function*
- *function of the immune system*
- *Vitamin C contributes to the protection of cells from oxidative stress*
- *reduction of tiredness and fatigue*
- *regeneration of the reduced form of vitamin E*
- *Vitamin C increases iron absorption*

*Suitable for vegetarians and vegans*

## PHARMACIES VS. HEALTH FOOD STORES



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ART BY DAN BERGER. CONCEPT BY MIKE ADAMS.

NATURALNEWS.COM

## COUNTERTHINK



CONCEPT-MIKE ADAMS ART-DAN BERGER WWW.NATURALNEWS.COM

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## **Did You Know?**

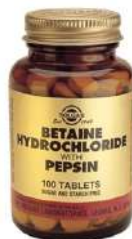
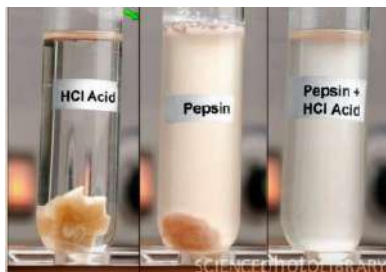
- 1. Jamaica has the highest rate of arthritis, Israel has the lowest rate of arthritis, Jamaica has the lowest rate of the mineral Boron in the diet, while Israel has the highest rate of Boron in the diet.**
- 2. Alkalisising the body by eating water melon can alleviate gout and arthritis as the body will utilise the acid build up at the joints as a quick fix to balance the blood PH, I've seen this work a few times.**
- 3. Tomatoes properly grown never burn or blister in the hot sun, as there is a phytonutrient which protects its skin, when we eat them it is transferred to us.**
- 4. Years ago people didn't carry water bottles to hydrate, most of the hydration was due to the water content in our food.**
- 5. When food is stuffed with proper minerals, it tastes sweet and satisfies you, now our food is bitter in taste, this is because our food today has hardly any mineral content, which could explain why people are obese, you would have to eat more food to satisfy the bodies mineral requirement. [Some big people are starving]**
- 6. As minerals depleted in our foods, a whole new business erupted in the form of food condiments i.e. sauces which are high in sugar.**
- 7. The Allopathic doctrine on disease seems to be designed to encourage it, rather than cure it.**
- 8. Sulphur, which is hardly in our diet anymore, piggybacks oxygen around the body.**

## **Acid Reflux Or GERD.**

*Please note if you are put on a low sodium diet your going to get the above [or collapse]. Please understand that the above is caused by too weak an acid not too strong or too much acid. If you are deficient in Calcium, dehydrated or on a salt restricted diet, you will have weak a stomach acid, which causes too much Gastrin to be secreted. Too much Gastrin relaxes the oesophageal sphincter, allowing the weak acid to bubble up into your throat.*

### **How your stomach produces Gastric Juice.**

*You Eat - The food makes your stomach expand - Your expanding stomach causes Gastrin to be secreted by stomach cells - Gastrin then makes the stomach secrete Hydrochloric Acid and Pepsinogen - HCL + Pepsinogen make Pepsin[Protease] - Pepsin [Protease] digests Protein.*



*This picture shows pieces of chicken in the various processes in the stomach.*

*Taking an HCl or other digestive enzyme supplement like Betain Hydro Chloride by Solgar will help restore proper digestion and ph levels in the stomach. Drinking Kefir or taking a good Probiotic can help to restore and rebalance your body's beneficial bacteria levels. Increasing healing fats like fermented cod liver oil and coconut oil will decrease inflammation, clean your system and promote good digestion.*

*Also Google Sole Drink made from pink salt, drink this 15 minutes before breakfast, aids strengthening of stomach acid and hydrates the body which is how I eradicated my reflux and binned my prescription drugs.*

**Please Remember this:**

***HCL = H + CL = HYDROCHLORIC ACID***

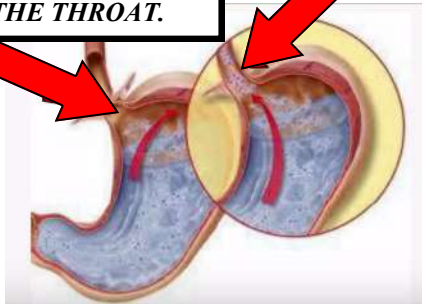
***CL = CHLORIDE***

***H = HYDROGEN FROM H<sub>2</sub>O***

***NaCL = SALT [SODIUM]***

***ESOPHAGEAL SPHINCTER  
TAUGHT DUE TO STRONG  
STOMACH ACID. NOW ACID  
INHIBITED FROM ESCAPING  
UP INTO THE THROAT.***

***ESOPHAGEAL SPHINCTER  
RELAXED DUE TO  
GASTRIN BEING OVER  
PRODUCED - ACID  
BUBBLES UP INTO THROAT.***



***GASTRIC CHIEF CELLS IN THE  
STOMACH NEED CALCIUM TO SECRETE  
HCL.***

***IF YOU ARE DEFICIENT IN CALCIUM,  
SODIUM OR ARE DE-HYDRATED THE  
MAKING OF STRONG ACID WILL BE  
IMPAIRED AND IF YOU WEAKEN YOUR  
ACID WITH ANT - ACIDS I GUARANTEE  
YOU WILL DEVELOPE WORSE  
ILLNESSES DOWN THE LINE AS YOU WILL  
BE UNABLE TO BREAK DOWN YOUR FOOD  
TO EXTRACT ENOUGH NUTRIENTS FOR  
YOUR BODIES NEEDS!!!***





*In times of stress or excitement we often feel something in our stomachs, hmmm...*

*Stress puts us into fight or flight mode. This means that our body releases stress hormones, so we can act quickly in the advent of danger. Our body reacts by: -*

- *Diverting blood away from the digestive tract*
- *Increasing our heart rate to pump blood to the brain, heart, lungs and muscles*
- *Increasing our respiration rate to supply our muscles with oxygen*
- *Increasing perspiration to cool down our body*
- *Increasing blood sugar levels*
- *Constricting blood vessels*



### **Gut Peristalsis**

*In times of stress, the digestive tract can shut down completely, leading to constipation or diarrhoea. Constipation prevents the body from performing its normal detoxification process which in turn can lead to problems such as bloating, pain or weight gain. Having diarrhoea means that ingested food doesn't stay long enough in our systems for its nutrients to be assimilated, which can cause nutrient deficiencies.*

### **Heartburn**

*Another response to stress can cause the sphincter to go into spasm. The sphincter prevents stomach acid from entering the oesophagus. A non-functioning sphincter means heartburn. The stomach acid literally burns the lining of the oesophagus.*

### **Body's Immunity**

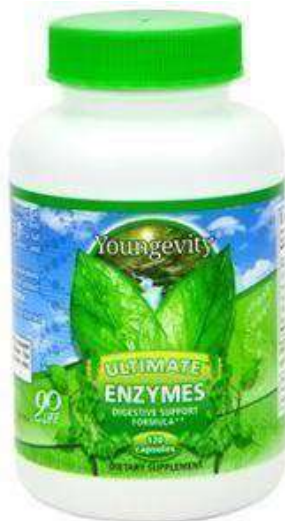
*Most people are surprised to hear that our digestive system houses between 60% to 80% of our body's immunity. Our good gut bacteria help us to fight off infections and keep our brain and bodies functioning optimally. Unfortunately, the resulting chemical reaction from stress, kills a large percentage of our good gut bacteria. This leads to a lowered immune system and inflammation.*

## **Digestive Metabolism**

*When you are stressed, the body produces cortisol and insulin. These hormones instruct the body to store weight and fat, rather than build muscle. It is therefore exceptionally important to enjoy your food, eating it slowly and in a relaxed manner.*

*Part of the mindfulness way of living, encourages mindful eating, allowing us to savour the foods we eat, in a peaceful and tranquil environment.*

**Support your digestive health with Ultimate Enzymes**



*Ultimate Enzymes® is formulated to support the digestive process. Featuring Betaine HCl and other important enzymes to support digestive health. Ultimate Enzymes® supports good health by helping the body break down carbohydrates proteins and fats; by promoting the absorption of those nutrients; and by supporting the excretion of waste.*

## **Heli Cobacter Pylori And Gastritis.**

**Please be aware I am not a doctor, so please discuss this with a Naturopathic Doctor if possible. This is just my opinion based on my research alone, and is what I would do for myself.**

**To my Knowledge Heli Cobacter Pylori Is a bad bacteria which infects the mucus protective coating of the stomach and Gastritis is an inflammation of the stomach [“itis” means inflammation e.g. arthritis which is inflammation of the joints, tendonitis, inflammation of the tendons and so forth] so it is my understanding that there is an overgrowth of bad bacteria in the gut, normally caused by weak stomach acid [strong stomach acid keeps the overgrowth of bad bacteria to a minimum] Simply put - you need to reduce the inflammation in the gut, increase the strength of your stomach acid, repair your gut flora and reline your stomach wall lining.**

**1. To reduce inflammation there is a natural anti-inflammatory called “Curamin” or “X4000” is similar, there quite dear but does not affect your immune system like Ibuprofen does as they only contain Curcumin and Turmeric, if you want to really do it naturally mill “Cannabis Indica Bud” and put it into capsules, it’s the best anti-inflammatory and immune booster on the planet used for thousands of years.**

***2. To Increase stomach acid you can buy Betaine Hydrochloride Caplets by Solgar. [BE CAREFUL THEY ARE STRONG, SO START ON HALF A TABLET] Or go on YouTube and tap in “Sole Drink” a 0.06 solution of ionized Pink Salt when mixed with filtered water, which you drink 15 minutes before breakfast as maintenance for your acid. Also take a good “Calcium and Magnesium Supplement [See My Leaflets On Good Salt And Magnesium]***

***3. To repair gut flora a good Probiotic is needed such as “Mega 8” by Quest containing a blend of 30 billion lactobacilli bacteria including; L. fermentum L. gasseri L. bulgaricus L. paraplantarum L. plantarum L. casei L. rhamnosus and L. Acidophilus all known as “your good bacteria” Or the cheap way is to make your own “Kefir” drink which is quite effective as I used it on my eldest son, it shows you what to do on YouTube.***

***4. Repair the lining of your stomach by introducing good fats “no hydrogenized vegetable fats or margarine”. A couple of spoonfuls of coconut oil a day are good, cook with good old fashion beef dripping and lard, [That’s how Grandma could eat anything] and use grass fed butter.***

***Please Remember – If Your Stomach Acid Is Weak You Cannot Break Down Your Food Properly To Extract The Nutrients [Minerals And Vitamins]. Therefore You Will Become More Unwell! The Causes Of Weak Stomach Acid Are Low Calcium, Low Salt [Don’t Use White Table Salt] Or Being Dehydrated. [Not Enough Hydrogen]***

## 1 A good basic diet



**3 Your liver is a large and major organ for detoxifying your body** - Avoid acetaminophen pain killers such as Tylenol and minimize alcohol consumption and corn syrup.



## 4 Probiotics



## 5 Garlic



## 6 Supplement magnesium, enzymes, and vitamins C and D3



**7** Draining toxins from **lymph nodes** with body weight bearing exercising such as walking, running, or rebounding on a mini-trampoline.



# **Why all the Hype about the Ketogenic Diet for Cancer?**

*By Dr. Charles Majors*

*From social media to YouTube, losing weight to reversing cancer... it seems everyone is talking about the ketogenic diet (also popularly known as Low Carb High Fat or LCHF).*

*But what is a ketogenic diet? What are the benefits of a ketogenic diet? What can a ketogenic diet do for cancer patients... or is it all just hype?*

*A ketogenic diet for cancer (or for weight loss or health reasons) involves maintaining a fasting state of ketosis. Ketones (which the body produces once it's in ketosis) are not only fuel for the cells, they are signaling molecules as well. They signal the body to do some amazing things.*

## ***Benefits of a Ketogenic Diet for Cancer***

*Here are just a few of the health benefits of a ketogenic diet for cancer:*

- 1. It helps the body begin expressing new restorative/healing genes*
- 2. It can bring down inflammation (the underlying cause of almost all disease)*
- 3. It stimulates the immune system*
- 4. It can stop or slow down degenerative diseases*



## **Rising Rates of Cancer & Other Diseases**

*You may wonder why there seems to be so much sickness, cancer, and disease now as compared to the past?*

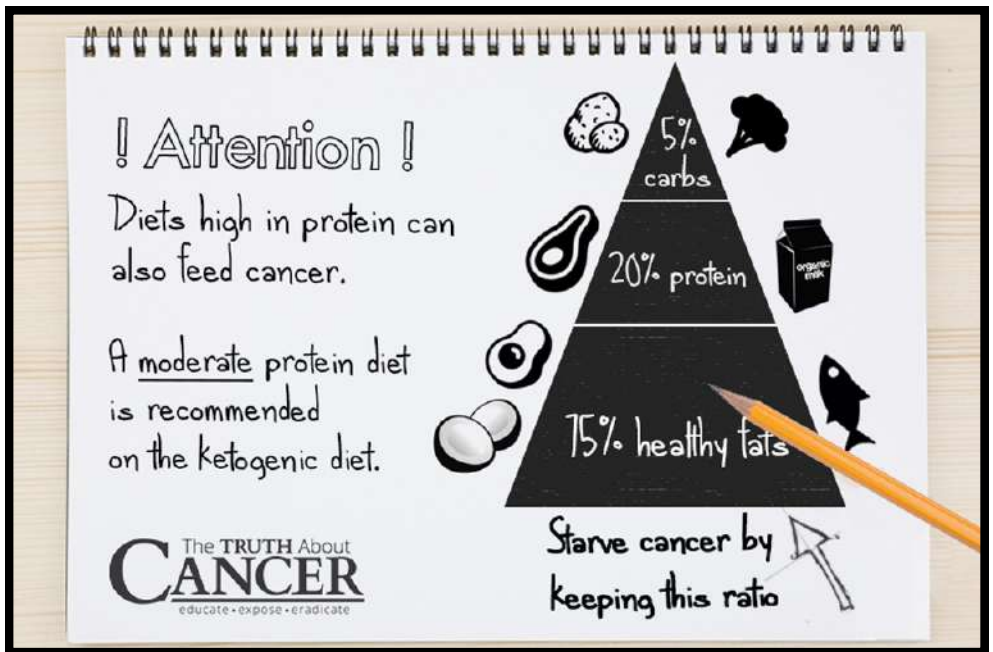
*The human body has always gone through times of fasting, which created a ketosis state. This state of ketosis helped to heal, regenerate, and repair the cells, slow down degenerative diseases, and increase longevity.*

*Today, however, most people have moved away from eating a lot of healthy fats, moderate protein, and minimal carbohydrates. Instead, they consume diets mainly comprised of carbohydrates (sugar), lots of proteins (that can turn to sugar), and eat low to no healthy fats!*

*We've become SUGAR burners and not FAT burners and are always using carbohydrate metabolism for energy. This dietary issue is one of the main reasons you are seeing so many degenerative diseases, cancer, heart disease, diabetes, strokes, Alzheimer's, etc. The scary thing is the statistics are getting worse with no slowing down in sight!*

## **What is a Ketogenic Diet?**

*The ketogenic diet involves the removal of most carbohydrates from the diet, particularly sugar or anything that turns to sugar. These carbohydrates are replaced with LOTS of healthy fats and moderate amounts of healthy, high-quality protein.*



## **Ketogenic Diet Macros (Macronutrient breakdown)**

*The ratio I recommend is about 75% healthy fats, 23% protein, and 2% carbohydrates.*

*(Too much protein can also turn to sugar in the body.)*

*Healthy cells have the ability to adapt from using glucose for fuel to using ketone bodies because their mitochondria are not damaged. Cancer cells have damaged mitochondria. Therefore cancer cells aren't able to use ketones for fuel and can only use sugar as their fuel source, or whatever turns to sugar.*

### ***What are Ketone Bodies?***

*Ketone bodies are three different water soluble biochemical's that are produced as by-products when fatty acids are broken down by the liver to be used for energy.*

## **By the way, cancer cells HATE ketones!**

*As you may know, cancer cells feed on glucose (sugar) as their primary fuel for energy. Without it they become weaker and more sensitive. All carbohydrates turn into glucose (sugar) inside your body within seconds. Cancer cells cannot use ketones for their energy source so they have a hard time surviving if not supplied with a constant source of glucose.*

## **How to Start a Ketogenic Diet**

*To start the ketogenic diet you will need to purchase a glucose and ketone meter. With just a small needle prick of the finger you will know your blood ketone level.*

- 1. Begin by doing a water-only fast for three days.  
(This will help you to get into ketosis faster)*
- 2. Once you begin the diet, consider Intermittent Fasting.  
(This will hold you in ketosis longer). Then once in ketosis consistently you can stop intermittent fasting if you choose*
- 3. Monitor your blood glucose – try to maintain a level of  
70 mg/dl (3.9 mmol/L)*
- 4. Monitor blood ketones – try to get up to 3.6*
- 5. Engage in high intensity exercise daily, and especially after  
your biggest meal of the day*

## ***Additional Supplements for Your Ketogenic Diet***

*You may wish to consider adding the following ketogenic supplements on a daily basis: MCT (medium-chain triglyceride) oil – the use of MCT oil allows you to increase the number of carbs you can eat while staying in ketosis. It is recommend that you take one tablespoon before your workouts, one tablespoon in a morning shake, and one tablespoon with every meal.*

*Berberine – assists with glucose metabolism*

*ALA – helps facilitate ketosis, enhances insulin sensitivity*

*Fenugreek – enhances insulin sensitivity; helps control blood glucose*

### ***Research into Cancer and Ketones***

*If you want to read some studies about the benefits of a ketogenic diet, here are three you can check out:*

- 1. The calorically restricted ketogenic diet, an effective alternative therapy for malignant brain cancer*
- 2. The inhibition of malignant cell growth by ketone bodies*
- 3. Is there a role for carbohydrate restriction in the treatment and prevention of cancer*

*Important Note: Not all cancer patients benefit from a ketogenic diet. Make sure you work with a qualified doctor familiar with ketogenic diets to see if you might benefit from a ketogenic diet for cancer or if you need to vary up the way you get into ketosis. For example, if you were diagnosed with colon cancer, doing too much meat may be VERY harmful for you. Or if you have gallbladder cancer or have had your gallbladder removed, consuming high amounts of healthy fats may create more problems. Always work with a qualified healthcare practitioner who can monitor your results.*

## **Did You Know?**

- 1. The Glands In The Endocrine System And The Hormones They Secrete Regulate Our Mood, Growth And Development, Tissue Function, Metabolism And Sexual Function.***
- 2. A Short Lemon And Watermelon Fast Is A Great Detoxifier, And Will Help Eliminate Allergies.***
- 3. An Antibody Is A Protein Produced In Response To An Invading Cell, Or Antigen. Each Antibody Destroys A Specific Type Of Antigen While Cloning Itself For Further Resistance.***
- 4. One Of The Causes Of Irritable Bowel Syndrome Is Food Sensitivities. Common Offenders Are Wheat And Dairy And Vaccines.***
- 5. A Good Lung Detox Protocol Is Chlorophyll, Wheatgrass, And Dark Green Veg. 10 Parts Water To 1 Part Veg. 1 To 6 Glasses A Day.***
- 6. Good Detox Juices Are Watermelon, Cranberry, Cherry, Red Raspberry And Strawberry.***
- 7. Olive Oil Is Composed Of Monounsaturated Fatty Acids Which Have a Protective Effect Against Breast cancer.***
- 8. Cayenne Pepper Stimulates Circulation And Quickens Digestion.***
- 9. Basil can Help Calm The Stomach And Help Balance The Body.***
- 10. Laughter Is A Form Of Internal Jogging, Moving Organs And Enhances Respiration.***



# 6 FOODS THAT FIGHT PAIN

## CHERRIES



Cherry extract is ten times more effective than aspirin at relieving inflammation. Only two tablespoons of the concentrated juice need to be taken daily for effective results. Sweet cherries have also been found to be effective.

## GINGER



Ginger reduces pain-causing prostaglandin levels in the body and has been widely used in India to treat pain and inflammation. A study by Indian researchers found that when people who were suffering from muscular pain were given ginger, they all experienced improvement. The recommended dosage of ginger is between 500 and 1,000 milligrams per day.

## FLAX SEEDS AND FLAX OIL



Freshly-ground flax seeds and cold-pressed flax oil, contain plentiful amounts of fatty acids known as Omega-3s. Do not cook with flax oil otherwise it will have the opposite effect-irritating the body's tissues and causing pain.

## CELERY AND CELERY SEEDS



There are more than 20 anti-inflammatory compounds in celery and celery seeds, including a substance called apigenin, which is powerful in its anti-inflammatory action. Add celery seeds to soups, stews or as a salt substitute in many recipes.

## TURMERIC



Turmeric (*curcuma longa*) is the yellow spice commonly used in Indian curries. In research it has been shown to be a more effective anti-inflammatory than steroid medications when dealing with acute inflammation. Its main therapeutic ingredient is curcumin. Research shows that curcumin suppresses pain through a similar mechanism as drugs like COX-1 and COX-2 inhibitors (without the harmful side effects).

## RAW WALNUTS AND WALNUT OIL



Raw walnuts and walnut oil also contain the same powerful Omega-3 fatty acids that fight pain and inflammation in the body.



# 10 HERBS THAT HEAL

## COUGHING? ADD ROSEMARY



The eucalyptol in this aromatic herb is study proven to loosen chest congestion, making phlegm easier to expel. Plus, rosemary is rich in anti-inflammatory tannins, which soothe a sore throat.

### GOES WELL WITH



WHITE BEANS POTATOES POLENTA APPLES

## MENSTRUAL CRAMPS? ADD OREGANO



Enjoying 2 tsp of fresh oregano daily during menstruation reduces or eliminates cramps. That's because this herb's thymol and carvacrol, relax uterine muscles to prevent painful contractions.

### GOES WELL WITH



MUSHROOMS TOMATOES OLIVES SQUASH

## UPSET GI TRACT? ADD DILL



Indian scientists found that dill's limonene works as well as prescription antibiotics at killing harmful intestinal bacteria such as E. coli.

### GOES WELL WITH



CUCUMBERS BEETS CARROTS GREENS

## CONGESTED? ADD CAYENNE



The fiery capsaicin in cayenne deactivates substance P, a neurotransmitter linked to inflammation. The result is less sinus congestion and pressure.

### GOES WELL WITH



LEAFY GREENS BEANS SOUPS RICE

## FEELING TIRED? ADD CILANTRO



The carboxylic acid in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.

### GOES WELL WITH



AVOCADOS CORN BLACK BEANS CURRIES

## CRAMPY TUMMY? ADD MINT



Peppermint contains menthol, a natural plant compound that relaxes pain-inducing intestinal spasms.

This reduces belly discomfort by 40 percent.

### GOES WELL WITH



EGGPLANT TOMATOES MELON GREEN PEAS

## ACHY JOINTS? ADD CURRY POWDER



The curcumin in curry inhibits the body's production of prostaglandin E2, an inflammatory compound that over-sensitizes nerves. This blunts joint and muscle pain as effectively as prescription medications.

### GOES WELL WITH



LENTILS RICE CAULIFLOWER SPINACH

## BLOATED? ADD PARSLEY



Thanks to its stores of apicol and myristicin, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.

### GOES WELL WITH



PASTA TOMATOES GRAINS ONIONS

## FEELING DOWN? ADD BASIL



The eugenol and rosmarinic acid in basil boost the brain's production of dopamine and serotonin. According to Indian researches, this could lead to sunnier moods in as little as three days.

### GOES WELL WITH



TOMATOES PIZZA PASTA OLIVES

## HAVING NAUSEA? ADD GINGER



Ginger's gingerol and shogaol calm digestive tract spasms to reduce nausea better than motion-sickness drugs.

### GOES WELL WITH



POTATOES MISO SOUP RICE PEARS

# 16 BENEFITS OF CAYENNE



## ANTI-IRRITANT PROPERTIES



Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

## ANTI-COLD AND FLU AGENT



Cayenne pepper aids in breaking up and moving congested mucus. Once mucus begins to leave the body, relief from flu symptoms generally follows.

## ANTI-FUNGAL PROPERTIES



The results of one study indicated that cayenne pepper could effectively prevent the formation of the fungal pathogens *phomopsis* and *collectotrichum*.



## MIGRAINE HEADACHE PREVENTION



This may be related to the pepper's ability to stimulate a pain response in a different area of the body, thus reverting the brain's attention to the new site. Following this initial pain reaction, the nerve fibers have a depleted substance P (the nerve's pain chemical), and the perception of pain is lessened.

## DETOX SUPPORT



Cayenne is a known circulatory stimulant. It also increases the pulse of our lymphatic and digestive rhythms. By heating the body, the natural process of detoxification is streamlined. Cayenne also causes us to sweat, another important process of detoxification. Combined with lemon juice and honey, cayenne tea is an excellent morning beverage for total body detox.

## DIGESTIVE AID



Cayenne is a well-known digestive aid. It stimulates the digestive tract, increasing the flow of enzyme production and gastric juices. This aids the body's ability to metabolize food (and toxins). Cayenne pepper is also helpful for relieving intestinal gas. It stimulates intestinal peristaltic motion, aiding in both assimilation and elimination.

## ANTI-INFLAMMATORY PROPERTIES



Cayenne's anti-inflammatory properties makes it a great herb for arthritis, diabetes, psoriasis and herpes-related nerve damage.

## HELPS PRODUCE SALIVA



Cayenne stimulates the production of saliva, an important key to excellent digestion and maintaining optimal oral health.

## USEFUL FOR BLOOD CLOTS



Cayenne pepper also helps reduce atherosclerosis, encourages fibrinolytic activity and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.

## JOINT-PAIN RELIEVER



Extremely high in a substance called capsaicin, cayenne pepper acts to cause temporary pain on the skin, which sends chemical messengers from the skin into the joint, offering relief for joint pain.

## ANTI-ALLERGEN



Cayenne is an anti-inflammatory agent and may even help relieve allergies. Basket of Cayenne Peppers.

## ANTI-BACTERIAL PROPERTIES



Cayenne is an excellent preservative and has been used traditionally to prevent food contamination from bacteria.

## POSSIBLE ANTI-CANCER AGENT



Cayenne pepper may help prevent lung cancer in smokers. This may be again related to cayenne's high quantity of capsaicin, a substance that might help stop the formation of tobacco-induced lung tumors. Other studies have also shown a similar reaction in cayenne's ability to inhibit liver tumors.

## SUPPORT WEIGHT LOSS



Scientists found that participants who took cayenne pepper for breakfast were found to have less appetite, leading to less caloric intake throughout the day. Cayenne is also a great metabolic-booster, aiding the body in burning excess amounts of fats.

## IMPROVES HEART HEALTH



Cayenne helps to keep blood pressure levels normalized. It also aids the body of LDL cholesterol and triglycerides.

## REMEDY FOR TOOTHACHE



Cayenne is an excellent agent against tooth and gum diseases.



# 9 Herbs to treat and prevent Diabetes

## GYMNEMA SYLVESTRE



This plant's Hindi name translates as "sugar destroyer," and the plant is said to reduce the ability to detect sweetness. It's regarded as one of the most powerful herbs for blood-sugar control. It may work by boosting the activity of enzymes that help cells use glucose or by stimulating the production of insulin. Though it hasn't been studied extensively, it's not known to cause serious side effects.

## BITTER MELON



The aptly named bitter melon is thought to help cells use glucose more effectively and block sugar absorption in the intestine. When Philippine researchers had men and women take bitter melon in capsule form for three months, they had slight, but consistently, lower blood sugar than those taking a placebo. Gastrointestinal problems are possible side effects.

## PRICKLY PEAR CACTUS



The ripe fruit of this cactus has been shown in some small studies to lower blood sugar levels. You may be able to find the fruit in your grocery store, but if not, look for it as a juice or powder at health food stores. The fruit may possibly lower blood sugar because it contains components that work similarly to insulin. The fruit is also high in fiber.

## BILBERRY



This relative of the blueberry contains powerful antioxidants in its fruit and leaves. These anti-oxidants, called anthocyanidins, seem to help prevent damage to tiny blood vessels that can result in nerve pain and retinopathy (damage to the eye's retina). Animal studies have also suggested that bilberry may lower blood sugar.

## GINSENG



Known for its immune-boosting and disease-fighting benefits, this Chinese herb has several positive diabetes studies behind it. Ginseng slows carbohydrate absorption, increases cells' ability to use glucose and increases insulin secretion from the pancreas. Ginseng lower blood glucose 15 to 20 percent compared to placebo pills.

## FENUGREEK



These seeds, used in Indian cooking, have been found to lower blood sugar, increase insulin sensitivity, and reduce high cholesterol, according to several animal and human studies. The effect may be partly due to the seed's high fiber content. The seeds also contain an amino acid that appears to boost the release of insulin. In one of the largest studies on fenugreek, 60 people who took 25 grams daily showed significant improvements in blood sugar control and post-meal spikes.

## CHAMOMILE AND CHAMOMILE TEA



Chamomile tea has shown some evidence of being able to lower blood sugar and thus prevent the progression of type II Diabetes and prevent some of the damage associated with high blood sugar levels.

Drinking this tea with or shortly after meals might help keep your blood sugar levels under control.

## TULSI LEAF TEA - HOLY BASIL TEA



Tulsi, also known as holy basil, is a species of basil that is in many ways a distant cousin of the familiar sweet basil plant used in western cooking. Tulsi has powerful medicinal properties, is used to treat type II Diabetes, as well as a number of other conditions. Tulsi seems to be able to lower blood sugar, much like chamomile, reduces stress and anxiety, and protect the body against damage caused by stress.

## CINNAMON



Cinnamon is a popular spice and flavoring which has shown considerable evidence of lowering blood sugar. If you have or are at risk for type II Diabetes, or if you want to moderate your blood sugar levels for other reasons, such as avoiding the instabilities in mood associated with a sugar crash, it cannot hurt to include cinnamon as a flavoring in your meals. You can also add cinnamon sticks to herbal teas, or cinnamon powder. Make sure to use pure cinnamon and not cinnamon sugar, as the last thing you want is to add more sugar to your diet. Cinnamon as a spice is naturally slightly sweet, even though it contains no sugar!

# 9 REASONS TO EAT APPLES

## AN APPLE A DAY KEEPS THE DOCTOR AWAY. WHY?

Apples have properties that no other fruits have and their benefits have been proven overtime. You will be able to get the benefits of these properties individually with other fruits, but an apple combines everything and makes it simpler.

## CONTAIN VITAMIN C



Vitamin C helps greatly your immune system. A lot of people who lack Vitamin C in their diet have poor healing, bruise easily and have bleeding gums.

## PREVENT HEART DISEASES



The reason it can prevent both coronary heart disease and cardiovascular disease is because apples are rich in flavonoid. Flavonoids are also known for their antioxidant effects.

## LOW IN CALORIES



A regular size apple has between 70-100 calories. Eating an apple when craving for candy or chocolate can make the desire disappear since apple in itself contains sugar, but gives you only 1/4 of the calories.

## PREVENT CANCERS



Apples target multiple cancers such as colon cancer, prostate cancer and breast cancer in women.

## CONTAIN PHENOLS



Apples contain phenols, which have a double effect on cholesterol. It reduces bad cholesterol and increases good cholesterol. They prevent LDL cholesterol from turning into oxidized LDL, a very dangerous form of bad cholesterol which can be deadly.

## PROTECT FROM BRAIN DISEASE



Protects our brains from brain disease. Apples have substances called phytonutrients which prevents neurodegenerative diseases like Alzheimer's and Parkinsonism.

## HEALTHIER LUNGS



People who eat 5 apples or more per week has lower respiratory problems, including asthma.

## PREVENT TOOTH DECAY



Tooth decay is an infection that seriously damages the structure of our teeth, which is caused primarily because of bacteria. The juice of the apples has properties that can kill up to 80% of bacteria.

## TASTE GREAT!



Apples taste great and also come in many flavors and colors. Their taste can vary greatly, but still give us all the apple benefits. Variety is an important element to maintaining our health.

# SUPER ENEMY FOODS

## HYDROGENATED OILS

Hydrogenated oils take much longer to spoil than other oils used in food manufacturing. This means food with hydrogenated oils have a longer shelf life. In recent years, hydrogenated oils have been linked to a long list of health concerns.

## FEW EXAMPLES ON WHERE TO FIND AND AVOID HYDROGENATED OILS



BUTTER AND MARGARINE



FROZEN MEAT



FROZEN FISH



PROCESSED FOOD



FAST FOOD



INSTANT NOODLES



PACKAGED SNACKS



ENERGY BARS



BISCUITS AND CRACKERS



DOGHNOUTS

## SIDE EFFECTS: HIGH BLOOD PRESSURE

Hydrogenated oils are much thicker in consistency than other oils, which in turn makes the blood thicker when consumed, therefore the heart has to work harder to pump thicker blood through the body, which contributes to high blood pressure, a chief side effect of hydrogenated oils.

## SIDE EFFECTS: HIGH CHOLESTEROL

The nickel used in the hydrogenation process can cause scarring of the artery's internal walls. This scarring can contribute to high cholesterol as the body produces cholesterol in an attempt to heal the artery walls.

## SIDE EFFECTS: CANCER

Cell walls serve as the cell's defense mechanism. Cell walls are normally made up of essential fatty acids (EFAs) or healthy oils that allow nutrients to flow in while letting waste product flow out. With hydrogenated oils replacing healthy ones, the cell walls must use hydrogenated oil to form its defense. The process of healthy nutrients flowing in and waste flowing out gets altered and the reverse begins. As a result, the cells can either mutate or die, which can lead to the cells becoming cancerous.





# 5 BENEFITS OF A FRUIT BREAKFAST

1. Between the hours of 7 and 11 am the body is doing the heaviest detoxification, so eating fruits (especially during this time) ensures healing energy is used for detoxification rather wasted on digesting heavy fatty foods.
2. Fruit for breakfast is the perfect way to "break the overnight fast" as it gently wakes the digestive system & metabolism up from a semi-slumber, all without the harsh adrenal of a coffee or fatty meal.

3. Fruit for breakfast promotes nice fluffy floaters or in other words - large satisfying bowel movements! The fruit fiber cleans the colon like a broom, leaving you feeling light, refreshed and ready to go.

4. If you eat enough fruit for breakfast you will not require a coffee as the natural fruit sugars keep the brain sharp and energised.

5. People who eat fruit only for breakfast have been shown to be leaner, healthier and more productive during their day.



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# 7 REASONS TO GIVE UP SUGAR

## CONSIDER THE FOLLOWING



**LOW FAT FRUIT YOGURT**  
125ml: **4 tsp of sugar**



**WHEATIES**  
3-4 tsp of sugar



**2 SLICES WHITE BREAD**  
6 tsp of sugar



**1 GLAZED DONUT**  
6 tsp of sugar



**12 ounce Pepsi**  
10 tsp of sugar

**That is a total of 29 teaspoons of sugar! It is easy to see why sugar consumption is on the rise when we look at how many foods have added sugar in them.**

## SUGAR IS NOT FOOD

It is empty calories with little nutritional value and actually causes our body to steal vitamins from other vital organs in attempt to process the sugar, leaving us undernourished.

## SUGAR MAKES YOU FAT

It is filled with calories that are stored in our fat tissues.



## SUGAR MAKES YOU NERVOUS

There is a clear link between excess sugar and disorders like anxiety, depression, and schizophrenia, because of extreme levels of insulin and adrenalin.

## SUGAR CAUSES DIABETES, KIDNEY AND HEART PROBLEMS

Excess sugar can damage the pancreas's ability to function properly.



## SUGAR KILLS YOUR TEETH

Sugar increases the bacteria in our mouth that erodes enamel. The biggest crime is that many popular toothpastes contain sugar which is not required to be put on the label.

## SUGAR SUPPRESSES THE IMMUNE SYSTEM

Sugar interferes with the body by overtaxing its defenses.

## SUGAR CAUSES WRINKLES

A high-sugar diet damages collagen.



# FOLIC ACID BENEFITS, SOURCES & DEFICIENCY

Folate or folic acid, commonly known as vitamin B-12, plays a vital role in many bodily functions, including cell repair and maintenance, DNA synthesis, amino acid metabolism, and the formation of leukocytes and erythrocytes. It prevents obesity and various cancers, including colon cancer, as well as preventing heart disease.

**RDA: 400 mg | Water-soluble Vitamin**

## FOOD SOURCES OF FOLIC ACID

Good dietary sources of folate include: green leafy vegetables like spinach and broccoli, bananas, strawberries, oranges, tomatoes, asparagus, legumes, yeast, cereals, mushrooms.

### BENEFICIAL FOR

- ✓ Fetal development
- ✓ Production of red blood cells
- ✓ Thwarting heart disease
- ✓ Helps in depression
- ✓ Helps keep brain young



### FOLIC ACID DEFICIENCY

Folate deficiency can be diagnosed with a blood test. Pregnant women usually have such blood tests during prenatal checkups. Complications include Anemia and low levels of white blood cells and platelets in severe cases.

# CALCIUM BENEFITS, SOURCES & DEFICIENCY

PREV

Calcium is the most abundant mineral in the human body. 99% of the body's calcium is stored in bones and teeth for structural support. Adequate calcium intake may help lower high blood pressure, may help protect against colon cancer and prevent osteoporosis.

**RDA: 1000 mg | Minerals**

## FOOD SOURCES OF CALCIUM

Kale, broccoli, parsley, soya milk, calcium-set tofu, oranges, figs, almonds, chickpeas

### BENEFICIAL FOR

- ✓ Promotes strong bones
- ✓ Lowers blood pressure
- ✓ Reduces risk of colon cancer
- ✓ Reduces symptoms of PMS



### CALCIUM DEFICIENCY

One of the first signs of a deficiency is a nervous affliction called tetany, which is characterised by muscle cramps, numbness and tingling in the arms and legs. Another deficiency ailment is osteoporosis, in which the bones become porous and fragile because calcium is withdrawn from the bones and other areas faster than it is deposited in them. Moderate cases of calcium deficiency may lead to cramps, joint pains, heart palpitations...



# 7 REASONS TO DRINK WATER AND LEMON

Start the day out with a cup of warm water and the juice of half a lemon.

It's so simple and the benefits are just too good to ignore!

## BOOSTS YOUR IMMUNE SYSTEM



Lemons are high in Vitamin C and potassium. Vitamin C is great for fighting colds and potassium stimulates brain & nerve function and helps control blood pressure.

## BALANCES PH



Lemons are an incredibly alkaline food, believe it or not. Yes, they are acidic on their own, but inside our bodies they're alkaline (the citric acid does not create acidity in the body once metabolized). As you wellness warriors know, an alkaline body is really the key to good health.

## HELPS WITH WEIGHT LOSS



Lemons are high in pectin fiber, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet lose weight faster. And, my experience is that when I start the day off right, it's easier to make the best choices for myself the rest of the day.

## AIDS DIGESTION



The warm water serves to stimulate the gastrointestinal tract and peristalsis—the waves of muscle contractions within the intestinal walls that keep things moving. Lemons and limes are also high in minerals and vitamins and help loosen ama, or toxins, in the digestive tract.

## CLEAR SKIN



The vitamin C helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps keep skin clear as well.

## NATURAL DIURETIC



Lemon juice helps flush out unwanted materials because lemons increase the rate of urination in the body. Toxins are, therefore, released at a faster rate which helps keep your urinary tract healthy.

## HYDRATES THE LYMPH SYSTEM

This cup of goodness helps start the day on a hydrated note, which helps prevent dehydration and adrenal fatigue. When your body is dehydrated, or deeply dehydrated (adrenal fatigue) it can't perform all of its proper functions, which leads to toxic buildup, stress, constipation, and so on. Your adrenals happen to be two small glands that sit on top of your kidneys, and along with your thyroid, create energy. They also secrete important hormones, including aldosterone. Aldosterone is a hormone secreted by your adrenals that regulates water levels and the concentration of minerals, like sodium, in your body, helping you stay hydrated. Your adrenals are also responsible for regulating your stress response. So, the bottom line is that you really don't want to mess with a deep state of dehydration!







# 5 HERBS FOR MUSCLE GROWTH

While long recognized for their medicinal properties and their ability to heighten culinary pleasure, herbs can provide other benefits as well, such as helping the body build muscle. Certain herbs work to promote chemical reactions vital to promoting muscle growth and vitality. Adding these herbs to your workout regimen can provide an advantage in meeting fitness goals.

## AMALAKI



A moderate-sized deciduous tree, the Amalaki grows in the subtropical region of India and can be recognized for its reddish wood and gray bark. Herbalists utilize all parts of the tree in herbal preparations to promote overall health, with some of its many benefits including increased energy, improved liver function, reduced stomach acid, and healthier skin and hair. Amalaki, sometimes known simply as amla, also enhances protein synthesis, which strengthens muscles, promotes lean muscle mass, and improves muscle tone.

## ASHWAGANDHA



A member of the Solanaceae plant family, ashwagandha is a small evergreen shrub found in Africa, India, and the Middle East. Herbalists classify ashwagandha as an adaptogenic herb, meaning it enhances the body's resistance to stress. Ashwagandha also demonstrates strong antioxidant effects, helping boost energy, improve endurance, and reduce muscle recovery time. These benefits aid athletes in training harder for longer periods of time, resulting in increased muscle mass.

## FENUGREEK



Native to Europe and Asia, fenugreek often finds its way into baked goods due to its maple-like flavor and scent. Athletes, though, favor fenugreek for its nutritional value, since it includes the amino acids tryptophan and 4-hydroxyisoleucine, not to mention choline, niacin, potassium, and ascorbic acid. Thanks to its unique nutritional profile, fenugreek promotes strong muscle tissue and performance.

## FLAX SEED



The herb flax seed delivers roughly 25 to 30 grams of protein for every 100 grams, making it a valuable ally in building muscle. Aside from its impressive protein content, flax seed also contains such healthy nutrients as vitamin E, calcium, iron, magnesium, potassium and zinc. Flax seed comes packed with alpha linolenic acid, an essential fatty acid that enhances insulin sensitivity in muscles. As a result of its nutritional properties, flax seed gives athletes increased energy, faster recovery times, and improved oxygen utilization.

## RHODIOLA



Also known as golden root or roseroot, rhodiola rosea belongs to the Crassulaceae plant family and grows in dry, sandy areas of Europe and Asia. When ingested, rhodiola increases enzymes, RNA, and proteins critical to muscle recovery, making it a superb addition to post-workout routines. Rhodiola also stimulates muscle protein synthesis and anabolic activity. However, some rhodiola users have reported side effects, including increased blood pressure.





# VITAMIN D BENEFITS, SOURCES & DEFICIENCY

Vitamin D improves immune function for everybody and prevents colds, flu and pneumonia. We get most of our vitamin D from sunlight on our skin. The vitamin is made by our body under the skin in reaction to summer sunlight. Vitamin D makes a healthy babies with strong immune systems, it also reduces the risk of premature birth.

**Vegan and Vegetarians** usually obtain vitamin D from the action of sunlight on the skin or by taking fortified foods such as soya milk, margarine and vitamin supplements which are made from yeast or other fungi. Fortified vegan products contain D2 (ergocalciferol). Foods with naturally occurring vitamin D usually contain animal derived vitamin D3 (cholecalciferol).

## FOOD SOURCES OF VITAMIN D

Salmon (especially wild-caught), Mackerel (especially wild-caught), Mushrooms, Tuna canned in water, Sardines canned in oil, Milk or yogurt fortified with vitamin D, Egg yolks, Cheese



**RDA: 600 mg | Fat-soluble Vitamin**

## BENEFICIAL FOR

- ✓ Reduces influenza infections
- ✓ Improves heart function
- ✓ Speeds wound healing
- ✓ Lower risk of fractures

## VITAMIN D DEFICIENCY

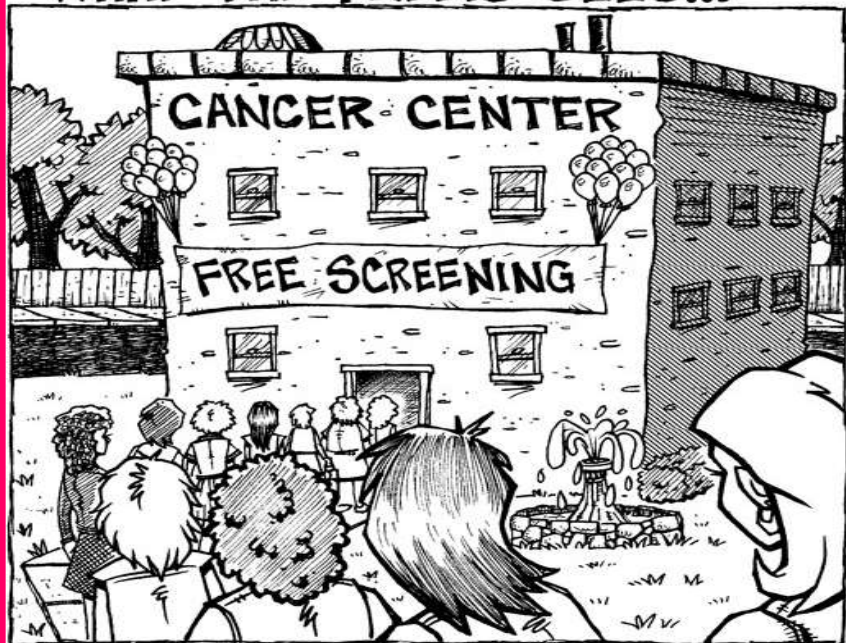
A lack of vitamin D can lead to bone deformities such as rickets in children and bone pain and tenderness as a result of a condition called osteomalacia in adults. Symptoms of deficiency include Osteoporosis, Depression, Obesity, Backache, Multiple sclerosis, Cancer, Hypertension and Diabetes.

***Fruit Fusion By Summit Seems A Good Item To Use For Drinking Alkaline Lemon And Lime Water, Bought 2 For £7.00 Each From The Range. Seem Strong And Easy To Use And They Are BPA Free As well.***

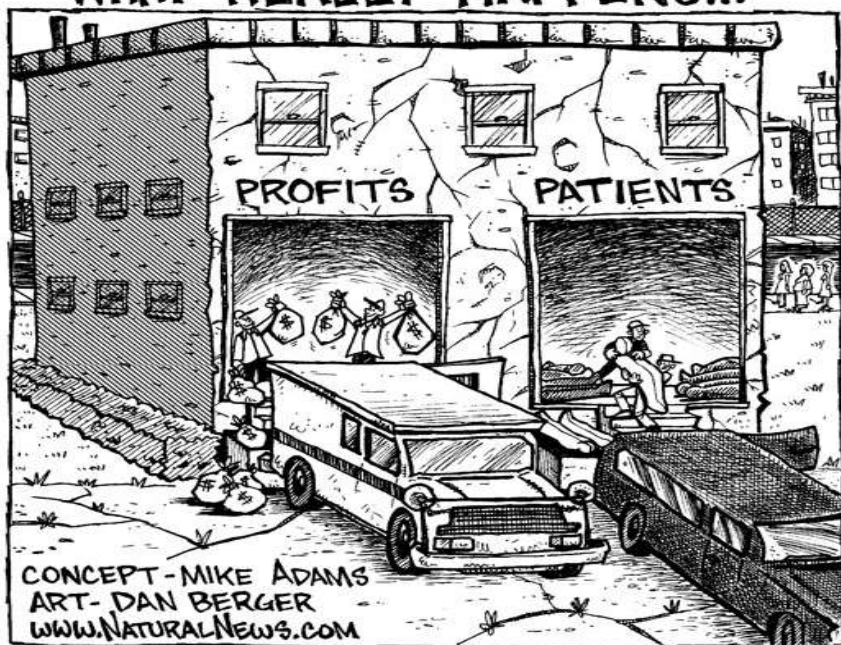




## WHAT THE PUBLIC SEES...



## WHAT REALLY HAPPENS...



CONCEPT-MIKE ADAMS  
ART-DAN BERGER  
[WWW.NATURALNEWS.COM](http://WWW.NATURALNEWS.COM)

## **Did You Know?**

1. ***Babies Acquire Their Immune System Through Their Mothers Milk [Colostrum]***
2. ***Jason Vale The U.S Arm Wrestler Was Imprisoned After Curing His Cancer, For Selling His Cure On The Internet.....Apricot Kernels And Apple Seeds. [ Contain B17]***
3. ***M.S.G. And Aspartame Is An Excito - Toxin, Which Ate Holes In The Brains Of Rats When Tested.***
4. ***Aspartame Was Refused Numerous Times To Enter The Food Chain Due To Health Concerns But Was Passed After Donald Rumsfeld Was Appointed Vice President. He Was A Director Of G.D Searle Which Makes It.***
5. ***If You Add Bladderwrack Seaweed To Bread Instead Of The Processed Salt They Add. The Bread Stays Fresher For Longer And Is Healthier.....But It Cuts Profits.***
6. ***Iodine Used To Be Added To Bread [Good For The Thyroid Gland]***
7. ***Bromine Is Now Added [Bad For The Thyroid Gland]***
8. ***Potato Chips Were Pulled From Supermarkets In China Because They Contained Bromine, As Its Banned In China.***
9. ***Vitamin D3 Is A Hormone Not A Vitamin.***
10. ***UK Recommends 400iu's Of Vitamin D3 Per Day This Is Based On A Deficient Northern Hemisphere Population, It wont even touch you!***

## **Calcium Information**

*Calcium eases insomnia and helps regulate the passage of nutrients through cell walls. Without calcium, your muscles wouldn't contract correctly, your blood wouldn't clot and your nerves wouldn't carry messages.*

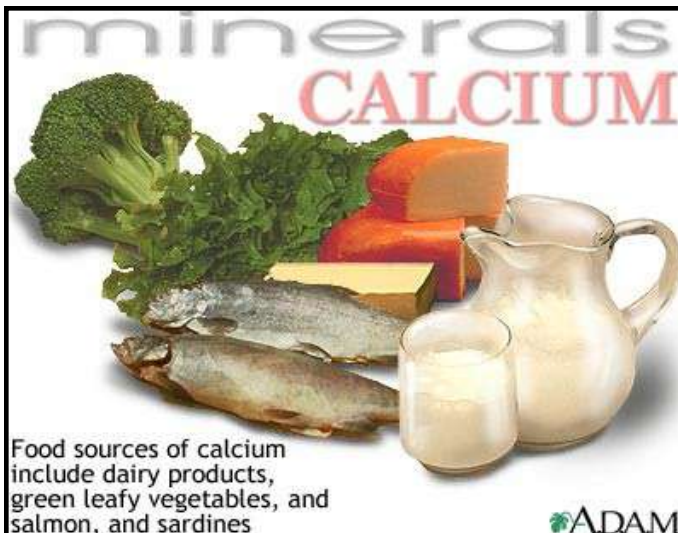
*If you don't get enough calcium from the food you eat, your body automatically takes the calcium needed from your bones. If your body continues to tear down more bone than it replaces over a period of years in order to get sufficient calcium, your bones will become weak and break easily.*

*Deficiency may result in muscle spasms and cramps in the short term and osteoporosis.*

### **Daily Amount Needed**

*Adults need 1000 mg/day.*

*Children need 800 to 1300 mg/day.*



## Sources Of Calcium:

Amaranth leaves

Bok Choy

Brussels Sprouts

Butternut squash

Celery

Chinese Broccoli

French Beans

Kale

Okra

Parsnip

Spirulina

Swiss Chard

Turnip

Almonds

Amaranth

Brazil Nuts

Filberts/Hazelnuts

Oats

Pistachios

Sesame Seeds

Wheat - Durum

Wheat - Hard White

Edamame

Navy Beans

Soy Beans

White Beans

Winged Beans

Cheddar

Cheese

Cottage Cheese

Cream Cheese

Cows Milk

Eggs

Caviar

Perch

Pollock

Sardines

Goat Milk

Goat Cheese

Soy Beans

Yogurt

Sour Cream

Low fat Yogurt

Mulberries

Orange

Pomegranate

Prickly Pears

Blackberries

Blackcurrants

Dates

Grapefruit

## ***How Colloidal Silver Benefits Work***

***According to a report written by Richard Davies and Samuel Etris of The Silver Institute in a 1996, there are three primary ways that colloidal silver can help heal the body:***

***Catalytic Oxidation: Silver naturally holds onto oxygen molecules, which readily react with the sulfhydryl (H) groups that surround bacterial and viruses. In turn, this helps block the life-preserving cellular process known as cellular respiration, which is defined as “the set of metabolic reactions and processes that take place in the cells of organisms to convert biochemical energy from nutrients into adenosine triphosphate (ATP), and then release waste products.”***

- 1. Reaction with Bacterial Cell Membranes: Silver ions can attach to bacteria cell membranes directly and produce the same respiration-blocking effect.***
- 2. Binding with DNA: Shown to literally enter bacteria DNA, up to 12% of silver has been detected in Pseudomonas aeruginosa. According to one source, “While it remains unclear exactly how the silver binds to the DNA without destroying the hydrogen bonds holding the lattice together, it nevertheless prevents the DNA from unwinding, an essential step for cellular replication to occur.”***

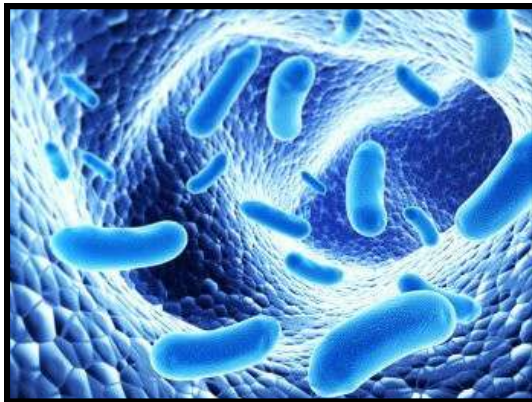
## **Top 8 Proven Colloidal Silver Benefits**

*By having a direct effect on cellular respiration, colloidal silver benefits the body in numerous ways. There are, however, eight proven healing properties that I consider to be particularly supported by the medical literature.*

### **1. Antibacterial**

*First, colloidal silver's ability to control antibiotic-resistant superbugs is astonishing. While employed at UCLA Medical School in the 1980s, Larry C. Ford, MD, documented over 650 different disease-causing pathogens that were destroyed in minutes when exposed to small amounts of silver.*

*Colloidal silver, unlike its modern prescription antibiotic counterpart, simply doesn't create resistance or immunity in the organisms that are killed by it. This point cannot be emphasized enough, especially in light of the Centres for Disease Control and Prevention (CDC) recently reporting that more than 2 million people in the U.S. suffer illness every year as a result of antibiotic-resistant infections and 23,000 die from these infections.*





## **2. Wound Care/Skin Health**

***Robert O. Becker, MD, says that colloidal silver stimulates healing in the skin and other soft tissues. (8) In a research article produced by Pharmacognosy Communications in 2012, it was specifically recommended that certain colloidal silver preparations should be considered for topical use to treat burns, thrush, periodontitis and other conditions.***

***For instance, you can treat ringworm (Tinea capitis) at home with colloidal silver because it's a potent anti-fungal. Caused by a fungus that lives on the top layer of the skin, ringworm presents as round, scaly patches. It's contagious and spread by skin contact and by contaminated materials, such as clothing.***

***Colloidal silver benefits many skins conditions such as psoriasis and eczema as well. It's soothing to scrapes and even repairs tissue damage from burns.***



### 3. Pink Eye/Ear Infections

*Pink eye is an inflamed mucous membrane that covers the eyeball and eyelid lining, and it's primarily caused by a bacterial or viral infection. Colloidal silver can be used for prompt action against this irritating and highly infectious virus and bacteria.*

*When applied on the infected eye, the tiny silver colloids pick up the infected cells by attracting them electromagnetically and sending them into the bloodstream to be eliminated.*

*Our modern prescription antibiotic drugs are designed to work against specific classes of bacteria, but ear infections may be caused by multiple classes of bacteria or can even be fungal.*

*In this case, the prescription antibiotic will be useless, whereas colloidal silver is effective regardless of what may be causing your infection.*



## **4. Antiviral**

*Colloidal silver benefits can be experienced as an anti-viral for HIV/AIDS, pneumonia, herpes, shingles and warts. Dr. Martin Hum, from the Institute for Optimum Nutrition, lists colloidal silver as one of the natural remedies to stop viruses fast.*

*Colloidal silver suffocates the virus and can even reduce the activity of the HIV virus in AIDS patients. There are also numerous anecdotal accounts of colloidal silver's efficacy against the hepatitis C virus.*

---

## **5. Anti-Inflammatory**

*Colloidal silver is also a fantastic anti-inflammatory remedy. Case in point: Researchers at the National Institutes of Health (NIH) studied the effects of inflammation after being treated by colloidal silver; they found that the inflamed skin of pigs treated with silver experienced near-normal skin after 72 hours, while other treatment groups not treated with silver remained inflamed.*

## 6. Sinusitis

*Widely used to control sinus infections, colloidal silver can benefit people as a nasal spray, according to a study published in the International Forum for Allergy and Rhinology last year.*

*Specifically shown to kill Staph aureus, you can add a few drops of silver in a “neti pot” or by applying directly into your nasal cavity and letting it drain down your throat by tilting your head back.*

*Also, it’s important to point out that recent research indicates that hidden infections by pathogens could be a cause of respiratory inflammation associated with common allergies and asthma. Colloidal silver destroys Pseudomonas aeruginosa infections, which may be the reason why airborne allergy sufferers often find such dramatic relief from colloidal silver.*



## 7. Cold/Flu

*Some claim that colloidal silver helps prevent all types of flu, including swine flu, as well as the common cold.*

*Few studies have been done to test this clinically, but in 2011 the NIH took 100 children under the age of 12 suffering from the common cold and nasal congestion and assigned them into two groups; the first group was treated with a solution of colloidal silver and beta glucan, and the second group with saline solution. Even though both groups benefited from the treatment, 90% of the people in the colloidal silver group completely recovered!*



How to Determine A Cold vs The Flu		
Cold	Symptoms	Flu
People with a cold will sneeze more often but not enough to be a reliable sign.	Sneezing	Many people catch the flu from sick people coughing and sneezing.
Mostly Uncommon	Headaches	High Probability
High Probability	Sore Throat	Not Common
Uncommon	Fever	High Probability
Not Usually	Chills	Probability
Minor Aches/Pains	Aches	Severe Aches/Pains
A few days	Development	Very Quickly
Mild	Tired Feeling	Severe
Hacking with MUCUS	Coughing	Cough/(little mucus)
Usually Common	Clogged Nose	Not Common
Mild	Chest Discomfort	Severe

## **8. Pneumonia**

*Our modern drugs have become limited in their efficacy when it comes to fighting bronchitis or pneumonia.*

*Typically, antibiotics are administered as the first line of defence, but when the pneumonia is viral, antibiotics won't help in the least. The nice thing about colloidal silver is that it can help regardless of the pathogen.*

*Colloidal silver is a remarkable product to help fight against bronchitis and pneumonia when ingested internally, but an even more effective way to utilize it? Simply breathe it into your lungs.*

*This way, the silver directly contacts the germs residing in the lungs, which are causing bronchitis or pneumonia. It's basically the same thing as using respiratory support, and it works speedily, clearing it up within a couple of days.*

*Now, the most effective method to get the colloidal silver into the lungs is to use a nebulizer. Generally, use one teaspoon approximately three times a day for 10 to 15 minutes.*





## **Ever Heard Of A Squatty Potty?**

*The Squatty Potty takes our bathroom habits back to basics and encourages the natural squatting position which is kind to our body.*

*Sitting on the loo does not allow our bodies to come out of continence mode and go into elimination mode. The puborectalis muscle surrounds and chokes the rectum to prevent waste from exiting when it shouldn't, and it's only when we squat that the muscle completely relaxes and allows natural waste elimination. When the body stays in continence mode we end up straining to force faeces past the puborectalis muscle, and this causes damage in a number of ways.*

*Excessive straining puts pressure on the blood vessels surrounding the rectum which can lead to haemorrhoids. It also puts pressure on the pelvic floor, causing it to weaken and lead to bladder weakness. Plus, excessive straining will eventually cause the puborectalis muscle to become weak, which may lead to faecal incontinence.*

*Another effect of sitting on the loo is the inability to completely empty the bowel of all waste. This means that faeces remains in the bowel which can cause a build-up and result in uncomfortable constipation. Not only that, but faeces can cause irritation and infection if it remains in the bowel for too long, so IBS, appendicitis, bowel disease and even bowel cancer could be the result of sitting on the toilet and failing to clear the bowels completely.*

*Squatty Potty is uniquely designed to lift the feet up so that the knees are raised higher than the hips when sat on the loo. This opens up the rectum and allows gravity to do it's work on the waste; elimination is easier and more complete. There's no need to strain and each bowel movement is efficient so no faecal matter is left in the bowel to cause any damage. They come in various prices , but I'm a cheapskate so I bought 2 Pee Pee training steps from IKEA at £2.99 each and they work great...*



TOO UNNATURAL



JUST RIGHT

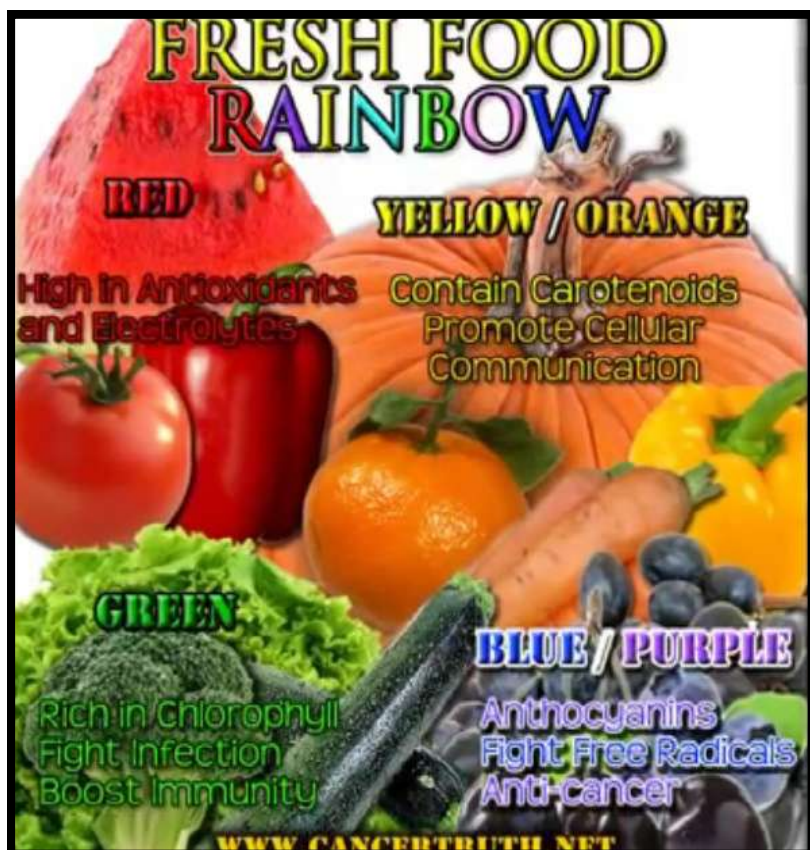


TOO NATURAL

## **Did You Know?**

- 1. Tapeworms In Sushi And Other Raw Fish Attach To The Wall Of The Intestine And Can Lay Up To One Million Eggs Per Day. Ways to Combat This are Probiotics [B.O.D Strain] Ph Regulation, Silver, Oregano Oil And Paratrex, Boosting The Immune System And Cleansing.***
- 2. Glyphosate, A Chemical Used In Roundup Has Been Declared A Carcinogen By The World Health Organisation.***
- 3. Where Coconut Oil Consumption Is The Highest.....Heart Disease Is Te Lowest.***
- 4. Coconut Oil Boosts Your Energy.***
- 5. According To The Mayo Clinic 95% Of People Who Go Low Fat Diets Regain All Their Lost Weight Within Five Years.***
- 6. There's A Book Called The Coconut Ketogenic Diet By Dr Bruce Fife. Read It.***
- 7. Coconut Oil Contains Medium Chain Fatty Acids Which Kill Bacteria That Cause: Gastric Ulcers, Staph Infections, Dental Cavities, Gonorrhoea, Toxic Shock Syndrome, Tetanus, Gastroenteritis, Urinary Tract Infections, Parrot Fever, Rheumatic Fever, Meningitis, Anthrax, Pneumonia, And Sinusitis. Medium Chain Fatty Acids Also Kill Fungi That Cause: Ringworm, Athletes Foot, Jock Itch, Canadidiasis, Yeast Infections, Thrush And Nappy Rash. They Also Kill Viruses That Cause: Flu, Measles, Herpes, Mononucleosis, Hepatitis C, And Aids.***

*The Next Few Pages Show Some Informational Panels From The Cancer Truth. Net Website.  
Now Try Incorporating Some Of These Items Into Your Diet. And Remember We Are Individuals, So What Works For One May Not Work For Another, Its What You Are Deficient In. Try It You May Be Surprised.*



# SODIUM BICARBONATE

also known as Baking Soda

- \* Alkalinizes the body
- \* Absorbs heavy metals
- \* Absorbs radiation
- \* Purifies air
- \* Extinguishes fires
- \* Deodorizes
- \* Soothes bug bite itching
- \* Natural toothpaste
- \* Non-toxic deodorant



[WWW.CANCERBUDWIG.NET](http://WWW.CANCERBUDWIG.NET)

# BUDWIG DIET

Dr. Johanna Budwig

- \* Provides Oxygen to the Cells
- \* Prevents Free Radical Damage
- \* Supplies Essential Fatty Acids
- \* Energizes Normal Cells
- \* Helps Detoxify the Body





# CAYENNE

*"Capsicum Annuum"*

- \* Stimulates Digestion
- \* Rebuilds Stomach Tissue
- \* High in Vitamins
- \* Improves Blood Circulation
- \* Promotes Fever & Sweating
- \* Potent Anti-Cancer Actions
- \* Kills Parasites
- \* Stops Heart Attacks

# CHERRIES

*"America's Superfruit"*

- \* Relieve Arthritis Pain
- \* Reduce Inflammation
- \* High in Antioxidants
- \* Lower Risk of Diabetes
- \* Natural Source of Melatonin
- \* Heart Healthy
- \* Reverse Gout
- \* Help Control Weight



# DIGESTIVE SYSTEM

*"The Key To Good Health"*

- \* Over 70% of immune system
- \* Contains Healthy Bacteria
- \* More Neurons than Spinal Cord

Common Irritants:

Sugar  
Gluten & Wheat Products  
Pasteurized Dairy

## COCONUT OIL

*Hero or Villain ?*

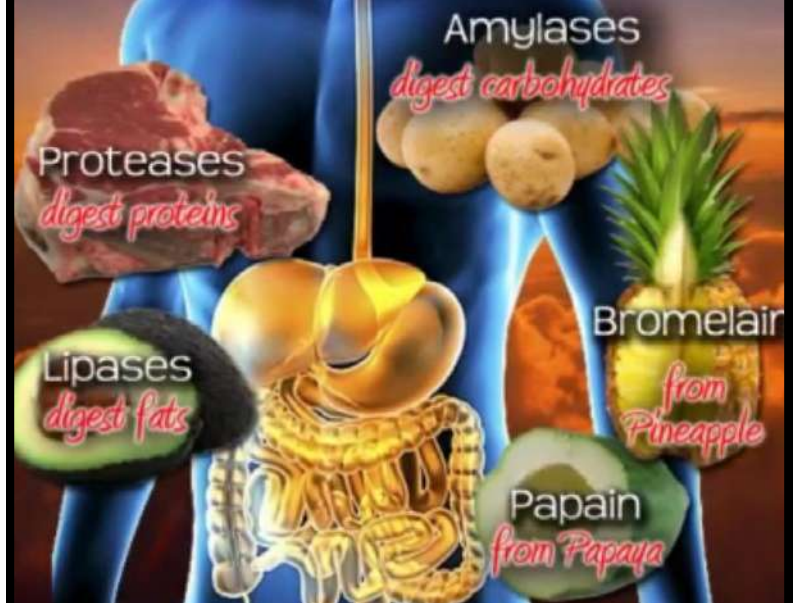
- \* Rich in Lauric Acid
- \* Strengthens Immune System
- \* Speeds up Metabolism
- \* Reduces Body Fat %
- \* Extremely Heart Healthy
- \* Excellent Cooking Oil
- \* Potent Antimicrobial
- \* Stimulates "Ketogenesis"

# COLLOIDAL SILVER

*"Nature's Antibiotic"*

- \* Potent Germicide
- \* Kills Over 650 Pathogens
- \* Like a "Second Immune System"
- \* Heals Burn Wounds
- \* Fights Bacteria & Viruses
- \* Natural Preservative

# ENZYMES





# ALOE VERA

*"Elixir of Youth"*

- \* Provides Oxygen to the Blood
- \* Eases Inflammation & Soothes Pain
- \* Heals Burns & Accelerates Skin Repair
- \* Activates White Blood Cells
- \* Boosts Immune System Function
- \* Antibacterial, Antiviral & Antifungal
- \* Strong Purgative/Laxative
- \* Contains 8 Essential Glyconutrients
- \* Contains all 20 Essential Amino Acids
- \* Halts Growth of Cancerous Cells
- \* Prevents Candida Infections
- \* Stabilizes Blood Sugar Levels

# ASTAXANTHIN

*"King of the Carotenoids"*

- \* Powerful Antioxidant
- \* Improves Immune Function
- \* Improves Eyesight
- \* Helps with Alzheimer's
- \* Scavenges Free Radicals



- \* Excites Brain Cells To Death
- \* Creates Brain Lesions
- \* Causes Leptin Insensitivity
- \* Contributes to Obesity
- \* Linked to Sudden Cardiac Death
- \* Implicated in Strokes
- \* Promotes Cancer Growth

## ESSIAC TEA

- \* Immune Stimulant
- \* Anti-Cancer
- \* Eliminates Toxins
- \* Protects Organs
- \* Purifies the Blood

*Burdock Root*

*Turkish Rhubarb*

*Sheep Sorrel*

*Slippery Elm  
Bark*



# FRANKINCENSE & MYRRH

*"Ancient Panacea"*

- \* Reduce Inflammation
- \* Help with Arthritis & Chron's
- \* Cross Blood-Brain Barrier
- \* Powerful Antiseptic Agents
- \* Fight Bad Breath
- \* Combat Gingivitis & Gum Disease
- \* Anti-cancer Properties
- \* Natural Painkillers

# GARLIC

*"Perennial Spice of Life"*

- \* Lowers Blood Pressure
- \* Natural Antibiotic
- \* Induces Cancer Cell Death
- \* Helps with Headaches
- \* Kills Parasites & Fungus
- \* Prevents Gangrene
- \* Stimulates Immune Function
- \* Lowers Blood Sugar Levels



# HEMP

## "Miracle Plant"

**Nutritious Superfood**

- ★ Relieves Pain
- ★ Helps with Glaucoma
- ★ Fights Nausea
- ★ Stimulates Appetite
- ★ Anti-Cancer
- ★ Treats Muscle Spasms
- ★ Clothing & Paper Fiber

**Did You Know?**  
The U.S. Constitution was drafted on hemp paper.

**Did You Know?**  
In 1611, the King James Bible was printed on hemp paper.

**Did You Know?**  
Original Levi's were made from hemp fabric.

**HEMP USES:** HOUSING, INSPIRATION, TEXTILES, FOOD, OIL, FUEL, PAPER



# GINSENG

## "Panacea of Healing"

- ★ Adaptogenic (Normalizes body)
- ★ Anti-Cancer Properties
- ★ Improves Memory
- ★ Enhances Concentration
- ★ Protects Against Radiation
- ★ Supports Central Nervous System

**Ginseng Roots and Plant**



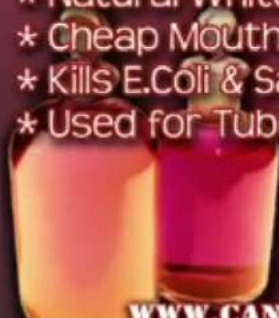
# GOLDENSEAL

- \* Boosts Immune System
- \* Treats Eye Infections
- \* Anti-cancer Properties
- \* Kills Microbes & Parasites
- \* Fights Bacteria & Fungus
- \* Helps with Gingivitis
- \* Improves Liver Function
- \* Detoxifies the liver
- \* Assists Lymphatic System

# HYDROGEN PEROXIDE

*"Medical Miracle"*

- \* Treats Whooping Cough & Cholera
- \* Stimulates Natural Killer Cells
- \* Fights Fungus (including Candida)
- \* Natural Whitening Agent
- \* Cheap Mouthwash & Toothpaste
- \* Kills E.Coli & Salmonella & Syphilis
- \* Used for Tuberculosis & Typhus



[WWW.CANCERTRUTH.NET](http://WWW.CANCERTRUTH.NET)

# IODINE

*"Essential Trace Element"*

- \* Forms Thyroid Hormones
- \* Eliminates Heavy Metals
- \* Essential During Pregnancy
- \* Lower Risk of Diabetes
- \* Helps Control Weight
- \* Lowers Blood Pressure
- \* Assists in Detoxification
- \* Protects from Radiation

# KOMBUCHA

- \* Relieves Arthritis Pain
- \* Lowers Blood Pressure
- \* Improves Digestion
- \* Improves Immune Function
- \* Protects Liver from Damage
- \* Source of Healthy Bacteria
- \* Detoxifies the Body
- \* Reduces Wrinkles



# WILD OREGANO

## "NATURE'S ANTIBIOTIC"

contains carvacrol and thymol

Oil of Oregano

- \* Antibacterial
- \* Antifungal
- \* Antiviral
- \* Natural Pain Killer
- \* Fights bad breath
- \* Stimulates bile
- \* Helps Toothaches



# LEMON BALM

*"Melissa Officinalis"*

- \* Attracts Bees & Butterflies
- \* Calms & Soothes
- \* Relieves Stress
- \* Natural Pain Reliever
- \* Treats Cold Sores & Herpes
- \* Assists with Digestion
- \* Alleviates Mild Alzheimer's
- \* Kills Bacteria & Viruses
- \* Promotes Healthy Skin





# PLANTAGO

- \* Antimicrobial
- \* Reduces Pain
- \* Treats Bee Stings
- \* Treats Ant Bites
- \* Natural Laxative
- \* Helps minor cuts

Common Plantain  
("Plantago Major")

Psyllium

"Plantago Ovata"

"Plantago Psyllium"

[WWW.CANCERTRUTH.NET](http://WWW.CANCERTRUTH.NET)

# RESVERATROL

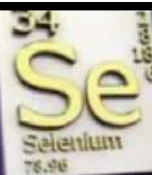
*"Potent Polyphenol"*

- \* Reduces Risk of Heart Disease
- \* Increases Collagen Synthesis
- \* Helps With Depression
- \* Fights Cancer in Multiple Ways
- \* Destroys Free Radicals
- \* Potent Antifungal; Kills Candida

# PEPPERMINT

*"World's Oldest Medicine"*

- \* Contains Essential Minerals
- \* Abundant Vitamins and Fats
- \* Improves Respiration
- \* Useful in Dental Care
- \* Helps with Digestion
- \* Potent Anti-Cancer Effects
- \* Eliminates Bad Breath
- \* Used in Cold Rubs



# SELENIUM

*"Essential Trace Mineral"*

- \* Powerful Antioxidant
- \* Potent Anti-Cancer
- \* Improves Immune Function
- \* Fights Viruses & Bacteria
- \* Scavenges Free Radicals

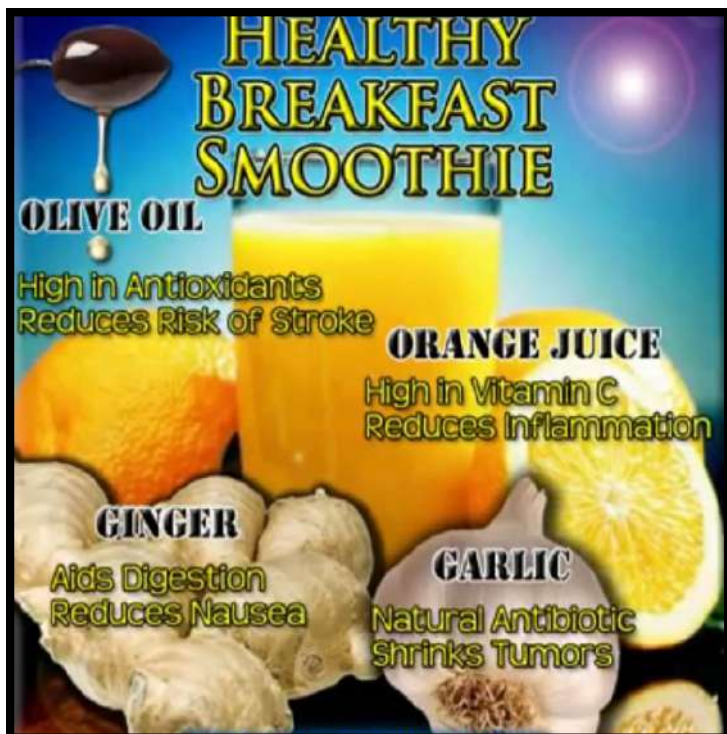




# SOURSOP

aka "Graviola" or "Guanábana"

- \* Selectively Toxic to Cancer
- \* Displays Anti-tumor Potential
- \* Kills Parasites and Microbes
- \* Alleviates Headache Pain
- \* Lowers Blood Pressure
- \* High in Vitamins and Minerals
- \* Helps with Insomnia



## HEALTHY BREAKFAST SMOOTHIE

**OLIVE OIL**  
High in Antioxidants  
Reduces Risk of Stroke

**ORANGE JUICE**  
High in Vitamin C  
Reduces Inflammation

**GINGER**  
Aids Digestion  
Reduces Nausea

**GARLIC**  
Natural Antibiotic  
Shrinks Tumors



# PAU D'ARCO

aka "Taheebo" or "Lapacho"

- \* Contains N-Factors
- \* Treats Malaria & Syphilis
- \* Effective For Flu & Colitis
- \* Fights Fungus
- \* Natural Pain Killer
- \* Snake Bit Antidote
- \* Cancer Treatment
- \* Fights Infection

# BLACK PEPPER

"*Piper nigrum*"

- \* Metabolic Stimulant
- \* Expectorant (Loosens Mucus)
- \* Digestive Aid
- \* Promotes Elimination
- \* Diaphoretic (Promotes Sweating)
- \* Improves Kidney/Liver Function
- \* Fights Colds & Flu

# VITAMIN D



- \* Reduces Risk of Cancer
- \* Lowers Inflammation
- \* Boosts Immune Function
- \* Regulates 2,000+ Genes
- \* Reverses Depression
- \* Lowers Blood Pressure
- \* Optimizes Body Weight
- \* Prevents Bone Loss
- \* Helps with MS & Autism

# IP6

*"Phytic Acid"*

- \* Component of Cell Membranes
- \* Needed for Proper Brain Function
- \* Potent Antioxidant
- \* Boosts Immunity
- \* Reduces Inflammation
- \* Supports Healthy Glucose Levels
- \* Fights Cancer by Removing Iron from Cancer Cells



# WATER

*"You are not SICK ... You are THIRSTY"*

- \* Composes 70% of The Body
- \* Regulates Body Temperature
- \* Transports Nutrients to Cells
- \* Flushes Histamine / Relieves Pain
- \* Building Block of Cartilage
- \* Removes Waste from Cells
- \* Essential for Proper Circulation
- \* Transports Oxygen to the Cells

# HIBISCUS TEA



- ✿ Reduces Blood Pressure
- ✿ High in Antioxidants
- ✿ Assists in Weight Loss
- ✿ Rich in Vitamin C
- ✿ Strengthens Immunity
- ✿ Fights Bacteria
- ✿ Helps with Constipation



## ELLAGIC ACID

- 
- \* Powerful Antioxidant
  - \* Potent Antibacterial
  - \* Fights Fungus
  - \* Protects the Liver
  - \* Heart Healthy
  - \* Anti-Cancer
  - \* Reduces Birth Defects

## WHEATGRASS

*"Nature's Finest Medicine"*

- 
- \* Alkalinizes the Blood
  - \* Boosts Immune System
  - \* Anti-cancer
  - \* Improves Energy
  - \* Assists with Digestion
  - \* Detoxifies the Liver & Blood
  - \* Increases Hemoglobin
  - \* Benefits Cardiovascular Health
  - \* Delivers Oxygen to the Cells
  - \* More Protein than Beef

# CHOLESTEROL

## MYTHS:



High-fat foods and cholesterol cause atherosclerosis leading to the obstruction of blood vessels in the heart.

Lowering your cholesterol will lengthen your life

Polyunsaturated oils are good for your health

All scientists and doctors support the idea that high cholesterol causes heart disease

Statin drugs are essential in controlling cholesterol levels and preventing heart disease

***I Hope All These Were Inspirational For You. And Please Visit The Site Cancer Truth. Net For More Information. The Site Is Used By Ty Bollinger A Cancer Crusader Who has Travelled The World Interviewing Doctors Scientists And Stars Who Have Battled Cancer Using Alternative Methods' And Therapies. And Remember His Quote.***

***“Cancer does NOT have to be a death sentence”.***

## **Did You Know?**

- 1. 50% Of The Worlds Food Supply Is Thrown Away.**
- 2. If A Product Is Great You Advertise The Fact...Right? So Why Don't They Advertise GM Food?**
- 3. Aids Sprang Up In Africa After The Population Was Vaccinated For Small Pox. [Was It In The Vaccine?]**
- 4. The Aids Virus Has A Patent Number, So It Must Be Man Made.**
- 5. Bayer The Pharmaceutical Company Was Caught Selling Aids Infected Blood In The US, They Took It Off The Market In The US And Sold It To European Countries And Japan To Turn A Profit, Infecting Mainly Haemophiliacs, It Was Called Factor 8, Look It Up Yourself.**
- 6. In 1996 29 Holistic And Naturopathic Doctors Were Poisoned With Amphetamines' At A Health Conference In Handeloh, Germany.**
- 7. Cayenne Pepper Can Be Packed Into Wounds To Stop Bleeding, It Can Be Used To Stop A Heart Attack, As It Thins The Blood When Drank In Water, The Same Stops Hyperthermia As It Heats You From The Inside Out, And Is Good For Shock.**
- 8. Gardeners Are Happy As There Are Anti Depressant Microbes In Soil, Read The Book, How Dirt Makes You Happy By Bonnie L Grant.**



## **Eggs 'should be considered a super food' say scientists**

*The humble egg should be considered a super food thanks to its ability to boost health and even help tackle obesity, according to researchers behind a new study.*



*A person's choice of egg can predict their personality type, say researchers Photo: PA*

*Nutrition scientists have found that eggs are one of the most nutrient-dense foods available and are recommending that we eat at least one egg a day to get the optimum benefits.*

*In the study, to be published in the journal Nutrition and Food Science, researchers discovered that eggs can play an important role in maintaining health as well as help with weight-loss and dieting.*

*The nutrition scientists analysed data from 71 previously published research papers and reference documents that examined egg nutritional composition and the role of eggs in the diet.*

*They discovered that, despite being low in calories, eggs are a rich source of protein and are packed with essential nutrients thought vital to good health, particularly vitamin D, vitamin B12, selenium and choline*

*The report also confirms that among protein foods, eggs contain the richest mix of essential amino acids - crucial for children, adolescents and young adults since a balance of amino acids is required for proper growth and repair.*

*And the high levels of antioxidants found in eggs means they could even help prevent age-related macular degeneration an eye condition that is the leading cause of blindness in the UK.*

*The research team highlighted data from previous research in the US which found that people who ate eggs had higher intakes of all nearly all nutrients compared with non-egg eaters.*

*Lead author of the report Dr Carrie Ruxton, an independent dietician and registered public health nutritionist, said: "The health benefits of eggs would appear to be so great that its perhaps no exaggeration to call them a super food they are one of the most nutrient-dense foods available.*

*Eggs are not only low in calories but are packed with nutrients that are essential to healthy living. They are an ideal food at every stage of life, as well as being easy to cook and enjoyable to eat.*

*The study review, by Dr Ruxton, together with Dr Emma Derbyshire, senior lecturer in human nutrition at Manchester Metropolitan University and Sigrid Gibson, an independent nutritionist, was funded by the British Egg Industry Council. It identifies specific groups who could particularly benefit from eating more eggs including children, teenagers and older adults as well as heavy meat-eaters and those not consuming milk. One of the key findings of the report - entitled *The Nutritional Properties and Health Benefits of Eggs* - is that eggs are an important dietary source of vitamin D and could significantly help to boost daily intake.*

*It says that each egg provides more than 20 per cent of the vitamin D recommended daily allowance or nearly half the requirements with two eggs a day.*

*Low vitamin D levels have been linked with a host of health conditions including poor bone health, cancer, heart disease, multiple sclerosis, immune disorders and mental health problems.*

<https://www.telegraph.co.uk/news/health/news/7397849/Eggs-should-be-considered-a-superfood-say-scientists.html>

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*This Article from The Telegraph More Or Less Summed Up What I Was Going To Say About Eggs, A Decent Bit Of Reporting For Once, But Look Closely At The Last Paragraph. Its In Your Face. Stop This Nonsense, They Are Stating That The Problems You Suffer From “ARE CAUSED FROM BEING DEFICIENT ” It’s Not A Pharmaceutical Drug Deficiency, Its A Mineral, Vitamin Or Nutritional Deficiency. I Will Guarantee You Are Not Deficient In Chemo, Radiation Or Drugs. And Remember That Saying By Hippocrates “Our Food Should Be Our Medicine And Our Medicine Should Be Our Food” Hippocrates The Father Of Medicine.*

## COMPOSITION

### Shell

- Outer covering of egg, composed largely of calcium carbonate
- May be white or brown depending on breed of chicken.
- Color does not effect egg quality, cooking characteristics, nutritive value or shell thickness

### Air Cell

- Pocket of air formed at the large end of egg
- Caused by contraction of the contents during cooling after laying
- Increases in size as egg ages

### Shell Membranes

- Two membranes-inner and outer shell membranes surround the albumen
- Provide protective barrier against bacterial penetration
- Air cell forms between these two membranes

### Yolk

- Yellow portion of egg.
- Color varies with feed of the hen, but doesn't indicate nutritive content
- Major source of egg vitamins, minerals, and fat

### Germinal Disc

### Vitelline (Yolk) Membrane

- Holds yolk contents

### Chalazae

- Twisted, cordlike strands of egg white
- Anchor yolk in center of egg.
- Prominent chalazae indicated freshness

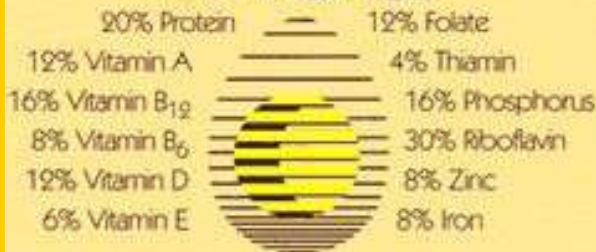
### Thin Albumen (White)

- Nearest to the shell.
- Spreads around thick white of high-quality egg

### Thick Albumen (White)

- Major source of egg riboflavin and protein.
- Stands higher and spreads less in higher-grade eggs
- Thins and becomes indistinguishable from thin white in lower-grade eggs

## Nutrient Daily Values for 2 Large Eggs



**140 Calories**

A large egg contains 4.5 gm fat (7.5% DV\*), 1.5 gm saturated fat (8% DV\*), and 215 mg cholesterol (71% DV\*)

DV\* = Daily Value based on a 2,000 calorie diet.

## **The Perfect Soft Boiled Egg.**

***Put Half An Inch Of Water Into A Small Saucepan  
And Bring To The Boil.***

***Place 2 Eggs In The Saucepan And Place The Lid On The  
Pan And Do Not Open It, And Keep Boiling.***

***Set Your Timer To 6 Minutes 30 Seconds.  
[ You Are Steaming The Egg ]***

***Once The Timer Goes Off Drain The Eggs.***

***Then Run The Eggs Under A Cold Tap For 30  
Seconds.***

***After The 30 Seconds Carefully Peel The Shell From The  
Egg.***

***Place The Eggs In The Egg Cups And Slice The Top Off  
The Eggs.***

***Add Some Himalayan Pink Salt And Enjoy.***

***Perfect Every Time.***



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- 8. Gardeners Are Happy As There Are Anti Depressant Microbes In Soil, Read The Book, How Dirt Makes You Happy By Bonnie L Grant.***



**Have you thought about how important it is to provide your family with safe water to drink?**

***In 1835 Queen Victoria admitted that there were many health risks associated with drinking water supplies, since diseases like cholera and typhoid were very common. For that reason, she requested to have her own water filter produced.***

***Fortunately, nowadays it isn't about cholera and typhoid, but there are other serious pollutants in water that can harm our health, such as heavy metals.***

***That is why every household should have access to clean and safe water and this is only possible with water filtration. There are many benefits to gravity water filtration and here are some of them:***

***Easy to use. One of the main advantages of using this type of filter is that it doesn't require any installation. Because it doesn't need any electricity or plumbing to work, you can put it wherever you want. You just have to add water to the top compartment of the filter.***

*Decrease of pollutants and heavy metals in your water. This is the most important benefit. Many heavy metals have been found in tap water, such as aluminium, copper, arsenic, strontium, cadmium, caesium, mercury, lead and uranium. It's been found that the presence of heavy metals in water can be very harmful to our health. Some severe effects may be organ damage, reduced growth and development, nervous system damage or cancer. Fluoride can also be found in drinking water and research has shown that it may cause brain damage.*

*No more bottled water. When you have your own filtration system at home, there's no need to buy bottled water. You can forget about all that weight when you do your shopping and the room that you need to store so many bottles.*

*No more BPA in your water. Drinking from plastic bottles isn't the healthiest option because some plastics contain BPA, an industrial chemical. It can be found in some food and drink packaging, water and baby bottles or compact discs. Research has shown that BPA may be a concern because it could have negative effects on our brain, behaviour and even on our blood pressure. It is also said to be an endocrine disruptor, a substance which interferes with the production, secretion, transport, action, function and elimination of natural hormones and it seems that babies and young children are more sensitive to it.*

*Save money. Have you realised how much money you spend on buying bottled water on a monthly basis? Having a gravity water filter at home is an investment that will save you money long term.*

*To sum up, we all know that water is one of our main sources of life and for this reason, it is extremely important that the water we drink is clean, for our own health and well-being. The best way to achieve this is by filtering your water, which will improve you and your families quality of life.*

*Sources:*

<https://www.consciouswater.ca/gravity-water-filter/>

<http://www.waterfilterlabs.com>

<http://www.freedrinkingwater.com/water-education/quality-water-heavy-metal.htm>

<http://articles.mercola.com/sites/articles/archive/2014/07/01/water-supply-fluoridation.aspx>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/bpa/faq-20058331>

<http://www.medicalnewstoday.com/articles/221205.php>

## **Berkey Water Filter**

*Berkey water filters provide the ultimate in waterborne contamination removal. They are used worldwide to set the international standard for water filters used in clean or hostile filtration environments. Owning a Berkey Water Filter gives you the ability to utilize almost any outside natural water source and transform it into the best tasting, purest drinking water possible. All while using a natural method without the use of chemicals or complicated processes.*

*The Berkey water filter system is so powerful it is classified as a purifier. This classification shows that it far exceeds the abilities of the standard water filter. The portable Berkey can be used to filter non-potable or unhealthy water in situations where electricity and pressure are not available. For normal every day water from your faucet or for challenging environments like wells, rivers and lakes, Berkey is the most flexible and adaptable filtering system available. Berkey water costs just 1.7 cents per gallon to produce. The cleanable Black Berkey replacement filters provide an economical, reliable and powerful long term solution to poor water quality issues that cannot be equalled. The most popular model, the Big Berkey has a long standing reputation for quality and service. This reputation is the reason we are trusted around the world by numerous international relief organizations to provide clean emergency drinking water to workers and citizens during times of crisis or natural disaster.*

## **The Berkey Water Filter System is** **Revolutionary**

*Through diligent testing and research we have proven that Berkey water filters remove viruses to purification standards, pathogenic bacteria, cysts and parasites to non detectable levels, and harmful or unwanted chemicals to below detectable levels. Until these test results were made public, words like non-detectable were seldom if ever used to describe the abilities of a water filter to remove harmful pollutants. The filters in the Berkey system not only took the industry by storm with these unheard of benefits, but also added the ability to reduce toxic heavy metals such as lead and mercury without removing the beneficial and nutritional minerals needed to support a healthy body and mind. Review and compare the ability of the unique Berkey Water Filter to Brita, Aquasana, Pur, Katadyn or bottled water and see for yourself what we have to offer and why we dominate the portable water filter industry.*



## **Black Berkey Water Filters**

*Berkey Filters utilize advanced and powerful filters that are called Black Berkey filter elements. The Black Berkey filters used in the systems take water filtration to a new level. During testing conducted by independent, EPA-approved laboratories, the Black Berkey filtered out a long list of water contaminants with never-before-seen results and significantly raised the standard for the water filter industry. As a result, Black Berkey filters are some of the most efficient filters that are currently available on the market.*

*When drinking water that's been filtered using a Berkey Black filter, you can rest assured that your water is clean and safe for consumption. In fact, Black Berkey purifier elements are far more powerful compared to competitors' water filters. They tested the filters with more than 10,000 times the concentration of harmful pathogens per litre of water than is required by industry-standard test protocols. This concentration of pathogens is so high that the water exiting the filters should be expected to contain a concentration of 100,000 or more pathogens per litre (99.99% reduction — the requirement in order to be classified for pathogenic removal). Incredibly, Berkey water filter elements removed 100% of the pathogens. After using the Black Berkey filters, absolutely no pathogens were found in the effluent or were able to be detected. This set a new standard, allowing us to classify all systems containing the Black Berkey filters as purifiers. The revolutionary Berkey purifier elements are so powerful that they can remove food colouring from water without removing any of the beneficial minerals your body needs.*



***The Black Berkey filter element had extensive testing at state- and EPA-accredited laboratories and far exceed EPA and ANSI/NSF (Std. 53) protocol. The Black Berkey filters have been tested by the University of Phoenix, Spectrum Labs, and the Department of Toxicology and Environmental Science at Louisiana University.***

***Because the versatile Black Berkey filters fit most other manufacturers' gravity water filters, off-brand gravity filtration systems can be upgraded to a purifier with little effort. This high-quality replacement filter vastly improves other brands' housings' ability to remove unwanted water contaminants.***

***Each Berkey filter element has a life of 3,000 gallons: That's an incredible 6,000 gallons for a two-filter system (less than 2 cents per gallon of water). This is possible because of the Black Berkey filter elements' unique ability to be cleaned up to 100 times using a 3M Scotch-Brite pad. The filter should last a normal household approx 16 years, but the fluoride filters need to be changed every 12 months.***



## **Specs For Black Berkey Filter.**

*The Black Berkey Filter Elements have been tested and confirmed to remove or greatly reduce the contaminants listed below:*

*Viruses: 99.999% reduction MS2 - Fr Coli phage \*Exceeds purification standards*

*Pathogenic Bacteria, Parasites, and Cysts: Removed to non-detectable levels - 100% reduction*

*E. coli, Klebsiella terrigena, Pseudomonas aeruginosa, Giardia, Cryptosporidium \*Exceeds purification standards*

*Trihalomethanes: Removed to below detectable limits - 99.99999% reduction. Bromodichloromethane, Bromoform, Chloroform, Dibromochloromethane*

*Inorganic Minerals: Removed to non-detectable levels - 99.9999999% reduction, Chlorine*

*Heavy Metals: Greater than 95% reduction Lead, Mercury, Aluminium, Cadmium, Chromium, Copper.*

*Volatile Organic Compounds: Removed to below detectable limits - 99.9999999% reduction Alachlor, Atrazine, Benzene, Carbofuran, Carbon Tetrachloride, Chlorine, Chlorobenzene, Chloroform, 2 4-D, DBCP,*

*p-Dichlorobenzene, o-Dichlorobenzene, 1 1-Dichloroethane  
1 2-Dichloroethane, 1 1-Dichloroethylene, Cis-1 2-Dichloroethylene,  
Trans-1 2-Dichloroethylene, 1 2-Dichloropropane, Cis-1 3-Dichloropropylene, Dinosb, Endrin, Ethylbenzene, Ethylene Dibromide (EDB), Heptachlor, Heptachlor Epoxide, Hexachlorobutadiene, Hexachloro-, Cyclopentadiene, Lindane  
Methoxychlor, MTBE, Pentachlorophenol, Simazine, Styrene  
1,1,2,2-Tetrachloroethane, Tetrachloroethylene, Toluene  
2,4,5-TP (Silvex), 1 2 4-trichlorobenzene, 1 1 1-trichloroethane  
1 1 2-trichloroethane, Trichloroethylene, o-Xylene, m-Xylene*

## **Berkey Fluoride Filter**

*The Berkey water filter fluoride reduction elements work by adding the ability to remove the contaminants listed below. When threaded directly onto the Black Berkey® purification elements the fluoride reduction element is an effective way to take control of targeted harmful contaminants in your drinking water. These fluoride water filters work as a post filter to the Black Berkey and is compatible with all Berkey water filter systems.*

### **Effectively reduces the following water contaminants.**

- *Fluoride - Pre-oxidized Arsenic III and Arsenic V - MTBE*
- Other heavy metal ions*

### **Filtering Fluoride From Your Drinking Water Controversy**

*The Berkey fluoride water filter uses a time tested method that was developed to reduce fluoride in your drinking water. Berkey developed this filter to address the concerns of the many who find the practice of adding fluoride to drinking water questionable or unacceptable. Fluoride has been deliberately added to many municipal water supplies since the 1950's. This common practice is now becoming more controversial to say the least. New reports and studies about the harmful effects of adding fluoride to drinking water are emerging. The health and hygiene benefits of applying fluoride directly to the surface of teeth are a well known and seldom disputed. The dispute begins with fluoride that has been added to drinking water only comes in contact with the teeth for a very short amount of time and in a very diluted form. After this contact the fluoride is then swallowed and the human body is subject to the well known ill effects of the fluoride compound for hours after ingestion.*

*Critics claim that in this age of high fluoride tooth pastes that are correctly applied directly to the surface of the tooth, the benefits of fluoride in the water supply are negligible and quite possibly unnecessary. Berkey fluoride water filter allows you to make this decision about your health for yourself by reducing the amount of fluoride in your water by 95%. It is recommended that each set of two Berkey PF-2™ fluoride water filters should be replaced after 1,000 gallons (3,785 litres). Example: If you had a Big Berkey system (2 gallon capacity) and you refilled the system 2 times per day, you would be using 4 gallons of water per day. Under these conditions the PF-2 fluoride water filter elements would last 250 days (1000 gal. divided by 4 = 250) or a little over 8 months. Actual replacement period for the PF-2 fluoride filter is dependent on how much water you would use and the presence of other competing contaminants in the source water. High levels of arsenic, fluoride and certain heavy metals may negatively affect the efficiency and capacity of the PF-2 elements.*

### *Technical Information*

*Testing was performed with a flow rate of less than 11 litres per minute per cu.ft. of the Berkey filtering medium at 20 - 30 parts per million (ppm) of the ion in the solution liquid. Results of < 1ppm of the fluoride ion in the effluent were typical for the filter media (>95% reduction). Under optimum laboratory conditions, effluent concentrations of less than 50 part per billion (ppb) were readily achieved which equates to a >99.75% reduction.*

*ARSENIC: Arsenic cations and arsenic oxide anions have unique properties that this Berkey filter product effectively targets.*

***“I purchased one of these filters many years ago and use it for cooking and drinking water.***

***An excellent product which has, in my opinion, benefited myself and the family greatly. My general wellbeing has improved, not to mention my memory...now I can take in a lot more information and recall it better than before....but it might be circumstantial who knows! Food tastes a lot better when used in cooking, and you save a fortune if you usually buy bottled water. And does anybody remember the scientist who came forward and said that drinking water from plastic bottles can lead to breast cancer and hormone problems due to zenoestrogens such as BPA which was quickly erased from the net. [If anyone can find this article it would be greatly appreciated] And when the government and Cancer societies said there wasn't any problem with BPA's why oh why did all these BPA free products come onto the market.....very strange no! But there was a lot of hype in the media”. This is one below:***

The screenshot shows the MailOnline website with a 'health' sub-header. The navigation bar includes links for Home, News, U.S., Sport, TV&Showbiz, Australia, Femail, Health, Science, Money, Video, Travel, and Fashion Finder. Below the navigation bar is a search bar and a 'Login' link. The main content area features a large advertisement for the Venus Swirl epilator, which is described as 'NEW' and 'CONTOURS OVER CURVES FOR FLAWLESS SKIN'. The ad also mentions 'FIRST AND ONLY WITH FLEXIBALL'. To the right of the ad is a small image of the epilator. Below the ad is a news article titled 'Poisoned by plastic: Chemicals in water bottles and food packaging have been linked to infertility and birth defects. Scaremongering, or the truth?' by STEVE BOGGAN. The article is published on 11 June 2012 and updated at 07:55. To the left of the article is a sidebar with a 'PARIS' section and a 'FROM £29' price tag. To the right of the article is a social media section with links to Like, Follow, and +1 the article on various platforms. Below the social media section is a 'DON'T MISS' section with a link to a story about Kendall Jenner. At the bottom of the page is a footer with social media links, a 'View comments' link, and a '141' comment count.

***These Are Photos Of The Kitchen Towels Used To Wipe Clean The Top Tank Of My Berkey Where The Water From The Tap Is Poured....This Is Why I Filter My Water***





***Dirty Crap Wiped  
Off Top Tank.***



***This Photo Shows The Kitchen Towel Used To Clean The  
Bottom Storage Tank Where The Filtered Water Is Stored  
For Drinking. As You Can See Its Clean....Very Clean.***

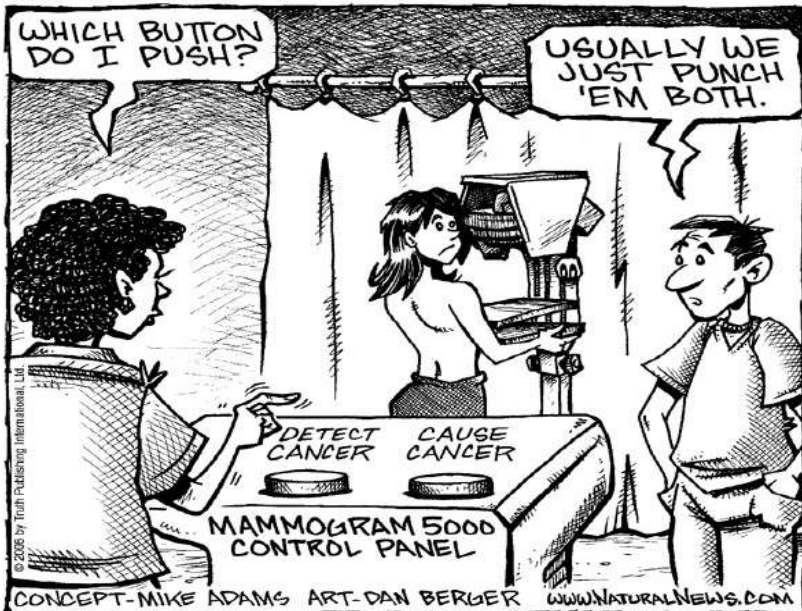


***This Is What You Need Period So Order A Berkey  
Today, You Are A Body Water....Keep It Clean.***

## **Did You Know?**

- 1. Foods High In Vitamin A And E Can Help In The Prevention Of Lung Disease.**
- 2. There Is A GMO Rice Manufactured With Human Genes. [Mail Online]**
- 3. We Are Eating Cloned Meat. [Mail Online]**
- 4. GMO Food Lowers Birth Rates. [Mail Online]**
- 5. GMO Food Is One Of The Things Contributing To Bee Colony Collapse. Also 4G Wi-Fi Is Effecting Birds And Insects. [ As Clive De Carle Stated, When You Used To Drive Any Where You Had To Clean Your Car Windscreen Every Couple Of Miles, Its Not The Same Now....Where Have They All Gone.**
- 6. Cancer Has Never Been About A Cure, Its All About Repeat Business.**
- 7. In A Cancer Documentary By Ty Bollinger A Lady States That She Pooped Out A Tumour Just From Juicing.**
- 8. Rebounding Exercises Every Cell In The Body.**
- 9. If You Have A Verrucae On The Toe You Can Eradicate It By Using Silver Nitrate On It. [I Will Explain How In The Book]**
- 10. I Is Better To Consume Young Rather Than Older Fish As The Contain Much Lower Mercury Levels.**
- 11. Doctors Practice Medicine, Not Health, But They Are The Best Trauma Specialists By Far.**
- 12. If You Suffer From Gout, Juice Or Eat Water Melon With Lemon Juice, It Breaks Up And Uses The Acid At The Joints.**

## COUNTERTHINK



## COUNTERTHINK PHARMACEUTICAL PINBALL



**NO MATTER HOW MUCH YOU SCORE,  
YOU STILL LOSE.**

## **Grounding**

*In the last hundred or so years we have lost something vital for our health and wellbeing: our electrical connection to the Earth. With the advent of rubber and plastic soled shoes, and insulating mattresses in insulating houses, we spend our days and nights disconnected from the Earth.*

*One only has to walk barefoot in the grass or on a beach to regain this connection and feel the nurturing effects, and yet in our modern lives it is not always practical to do so. There is a very physical and scientifically verifiable reason why we feel better when we do this:*

*The Earth is a massive reservoir of negatively charged free electrons. Without a connection to this reservoir, the cells in our body are unable to balance the positive charge which results from things like electron-deficient free radicals. The effect of excess positive charge in the blood can be seen very clearly by the way in which the cells are attracted to clump together.*

*There are various things we can do to balance this electron-deficiency, such as anti-oxidant rich foods and drinking living water. But what has been largely overlooked until recently is receiving free electrons from the Earth.*

*It's such a simple thing and yet the effect can be so profound. In our modern lives we can't always be outside and barefoot, and so the products offered on Groundology.com are designed to provide this electrical connection to the Earth in a convenient and practical way.*



# Drug hope for Crohn's patients

A NEW drug could bring relief for the 250,000 Britons who have the serious bowel disorder Crohn's disease.

Vedolizumab is the first to work directly in the gut lining, targeting the inflammation that causes chronic symptoms such as diarrhoea, bleeding and fatigue.

In trials, 40 per cent of patients were free of symptoms for at least a year – with healing of the gut lining in some cases.

Vedolizumab is the biggest advance since drugs known as anti-TNFs were developed in the 1990s. Researchers at Barts Health NHS Trust say the new treatment, a course of which costs about £12,000 a year, brings 'additional options'.

*Here We Go, HOPE For Crohns, And A Cheap Drug That MAY Help For Diabetes. Keywords All the Time, And Look At The Price £12,000 A Year.... For Now That Is, But Will Rise When They Can Establish The Drug. And Notice That They Are Recommending A Cancer Drug For Diabetes, Are They Making This Stuff Up As They Go Along. My Son Jason Was Prescribed Chemo For IBS And The Side Effects Are Criminal.*

# Cheap cancer drug may help to combat diabetes

By **Giles Sheldrick**

A CANCER drug could prove to be a vital weapon in the fight against diabetes, scientists said last night.

Afibercept – which is marketed as Eylea or Zaltrap – is a commonly prescribed drug which blocks the growth of blood vessels into tumours.

The cheap drug is currently used to treat metastatic colorectal cancer and a form of macular degeneration – an eye condition.

Now studies by US scientists on mice have identified a previously unexpected link between a low-oxygen condition called hypoxia and the ability of cells in the liver to respond to insulin.

Researchers at Stanford University in California believe they have identified a link between the restoration of oxygen to tissues when blood circulation is inadequate and blood glucose levels. Their work has led to renewed



Afibercept is also known as Eylea

hope of developing a range of fresh diabetes therapies.

Dr Calvin Kuo said: "We were surprised to find this drug currently used in patients for cancer treatment had beneficial effects on diabetes in laboratory mice and could potentially in humans."

"Anecdotally, there have been reports that diabetic patients who have been prescribed vascular endothelial growth factor inhibitors to treat their cancer are better able to control their diabetes." The study, published

in the journal Nature Medicine, found one protein induced by hypoxia, HIF-2alpha, enhances the ability of cells to respond to insulin.

Dr Kuo added: "Much work remains to translate these mouse studies to human patients."

Scientists found the treatment of normal and diabetic mice with a variety of drugs – including afibercept – causes the regression of blood vessels and increases the number of hypoxic cells in the liver.

This makes them better at tolerating increases in blood glucose levels.

Last week, the Daily Express revealed how British-led research had shown how the effects of Alzheimer's could be reversed by a drug used to fight diabetes.

The Lancaster University study of Liraglutide could be a "game-changing" drug. The Alzheimer's Society is now backing a £5million clinical trial.

**"Modern medicine is not a science and modern clinicians and medical researchers are not scientists. Modern clinicians may use scientific techniques but in the way that they treat their patients they are still quacks... Medicine is no longer an independent profession. Doctors have become nothing more than a link connecting the pharmaceutical industry to the consumer."**

**Dr. Vernon Coleman**

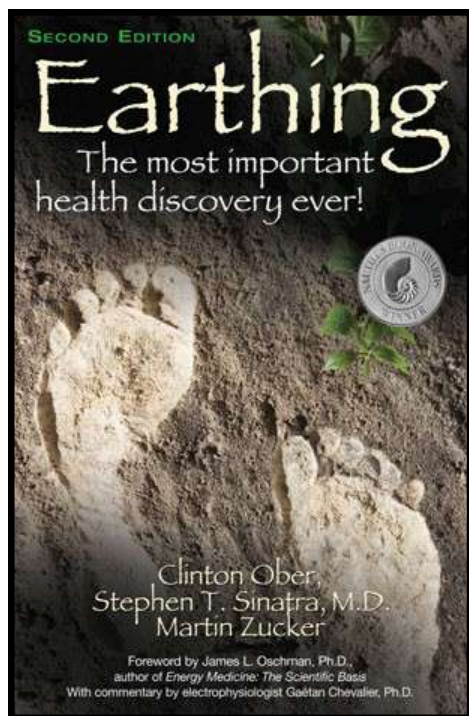


## **Electromagnetic Fields (EMF)**

***There is another effect of grounding which is particularly relevant in our modern electrical world. Our environment is full of a wide spectrum of electromagnetic radiation, from computers, mobile phones & masts, radio & TV broadcasts, Wi-Fi, Bluetooth, power lines, domestic wiring, and other electrical appliances.***

***This electromagnetic radiation induces voltages in our bodies, disrupting the trillions of subtle electrical communications which are a vital part of the function of our body's systems. By being grounded to the Earth we greatly reduce the levels of these induced voltages.***

***We are electrical beings, living on an electrical planet, and our connection is vital for our health and wellbeing.***





*My wife and I purchased a Grounding Blanket for our bed which can also be used as a cocoon bag for speeding up injury repair. We noticed the difference the first night we used it, my wife had no buzzing in her ears we she woke up, and she could hear a little better. And I had no joint and back pain and sprang out of bed like a youngster and I'm not exaggerating too.*

*Grounding blankets were developed for the Tour De France cyclists to help them recover faster and a lot of top sportsmen use them as It was a big secret to be one up on their opponents'.*

*Now electrically ponder these terms and sayings:*

- 1. We go holiday to recharge our batteries.*
- 2. The atmosphere is electric.*
- 3. You meet someone and feel that certain spark.*
- 4. You fight and sparks fly.*
- 5. Electric defibrillators to bring you back from the dead.*
- 6. You touch someone and static passes through you.*
- 7. Someone jumps out you have a shock.*
- 8. You have a connection with someone.*
- 9. You blow a fuse.*
- 10. You conduct yourself properly.*
- 11. You resist somebody.*
- 12. You have a capacity to do something.*
- 13. Do you need a boost.*
- 14. You have a discharge or you are charged.*
- 15. You emit certain something.*
- 16. Electric personality.*
- 17. You can be switched on or switch off.*
- 18. Water is the greatest conductor and we are a body of water.*

*Well you get the drift..... I hope.*

# **5G Is Going To Effect Your Body.**

First two sentences from December 29, 1939 New York Post, "We're All Radio Stations, Columbia Scientists Reports, All Atoms, in Humans or in Steel, Found to Emit and Receive Long Waves."

Columbus, Ohio, Dec. 29 (AP). Every living thing on earth is a radio broadcasting and receiving set unconsciously sending out and receiving long-wave wireless messages.

Professor I. I. Rabi, Dr. P. Kusch and Dr. S. Millman of Columbia University told the American Association for the Advancement of Science today that all atoms, whether part of the heart tissue of man or a piece of steel, constantly emit radio waves which can be detected and measured.

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Even death of an animal organism does not mean the stopping of activity, they said, since the atoms which form part of the living cell continue to emit radiation after the organism as a whole has ceased to function.

The Columbia scientists measured these radio waves from atoms for the first time and found them similar to the action of visible light, though the waves are much shorter and can be detected only by delicate apparatus.

The method was used also inorganic.

exact studies of the nucleus of the atom.

All nuclei of atoms and the particles which surround them spin much like a top top. The spinning is irregular, the particles of the atoms jumping with the speed of light from one point to another.

The radio waves which we have studied are emitted when the atoms pass from one of these states to another," they said.

In their experiments, the Columbia scientists measured these radio waves with an accuracy 10,000 times better than has ever before been achieved, by shooting particles of atoms at high speed between two

December 29, 1939 New York Post, "We're All Radio Stations, Columbia Scientists Reports, All Atoms, in Humans or in Steel, Found to Emit and Receive Long Waves."



*As you can see, the above newspaper article is from 1939. It is saying that we all receive and transmit radio signals! What have they learned since 1939.....Now lets think for a minute, they are going to put 5G antennas on nearly every lamp post in the UK [which is battlefield technology] at the level of most peoples bedrooms, emitting pulsed microwave radio waves. As I've said before, when people are low in minerals the body will utilise heavy metals instead, the more heavy metals you have in your body the more susceptible you become to receiving/transmitting radio frequencies. With Mercury in vaccines, Copper and Lead pipes, Aluminium, Strontium and Barium being sprayed due to geo-engineering what is this going to do to us. They are piloting this 5G in Sheffield and people are suffering from nose bleeds and migraines among other problems. Check out these people who can explain it a lot better than I can, and will tell you the truth: Barry Trower and Mark Steele. I have only given you the tip of the iceberg.*

**Its Up To You To Find Out The Truth.**

## **MERCURY LOOK!**

The FDA has now been forced to acknowledge mercury is a dangerous poison – a fact so fundamental that, by any measure of honest science, it should have been admitted decades ago.

The FDA website no longer claims mercury is harmless. The language has now been changed in dramatic fashion, reading:

“Dental amalgams contain mercury, which may have neurotoxic effects on the nervous systems of children and the fetus.”

*Whole Body Health Report #4 2008.*

## **Symptoms of Mercury Poisoning**

By the Environmental Protection Agency

- Impairment of the peripheral vision
- “Pins and Needles” feelings, numbness usually in the hands, feet and sometimes around the mouth
- Lack of coordination of movements, such as writing
- Impairment of speech, hearing, walking
- Muscle weakness
- Skin rashes
- Mood swing
- Memory loss
- Mental disturbance

# Natural News

Natural Health News & Self-Reliance



## ASPARTAME Side Effects

- Decreased vision
- Headaches, migraine
- Epileptic seizures
- Severe depression
- Irritability
- Phobias
- Severe PMS
- Hyperactivity in children
- Multiple Sclerosis (MS)
- Chronic Fatigue Syndrome
- Fibromyalgia
- Birth defects, including mental retardation



[rawforbeauty.com](http://rawforbeauty.com)



BABY RATS WHOSE MOTHERS  
ARE GIVEN HIGH LEVELS  
OF VITAMINS A, D, E,  
AND K WHILE PREGNANT HAVE  
A REDUCED PREFERENCE FOR  
SUGAR, SAY CANADIAN SCIENTISTS





## DANGER POISON

Aspartame is an excitoneurotoxic carcinogenic drug. It is particularly dangerous as it contains three neurotoxins:

**methanol,  
aspartic acid and  
phenylalanine.**

Also, it breaks down into:

**Formic acid  
Formaldehyde  
Diketopiperazine**

(Aspartylphenylalanine diketopiperazine)



# GE

Aspartame is a  
product of  
genetic  
engineering

all these  
items contain

# ASPARTAME

**Formic acid** is used as a pesticide

**Formaldehyde** is an ingredient in embalming fluid

**Diketopiperazine** is a brain tumour agent

"...The fact that 320 aspartame fed rats developed six brain tumours by seventy-six weeks indicates an 'incredible and unprecedented' occurrence" ... *Excitotoxins* by Russell L Blaylock, MD


## Diabetes and Aspartame a Deadly Combination

According to research conducted by H.J. Roberts, a diabetes specialist, a member of the ADA, and an authority on artificial sweeteners, Aspartame:

- 1) Leads to the precipitation of clinical diabetes.
- 2) Causes poorer diabetic control in diabetics on insulin or oral drugs.
- 3) Leads to the aggravation of diabetic complications such as retinopathy, cataracts, neuropathy and gastroparesis.
- 4) Causes convulsions.




HealthyHolisticLiving.com



Pregnancy is not  
the time to experiment  
with Aspartame

'... aspartame disrupts fetal development by aborting it or inducing defects. And if a live child is born, aspartame may have heinously damaged the DNA of the baby, cursing future generations.'

James Bowen, MD

 HealthyHolisticLiving.com



RATAK  
RATO!  
RATAS PARA  
RATAS

## FLUORIDE IN YOUR WATER

Sodium Fluoride is a highly toxic poison, the active ingredient in rat poison. A neurotoxin, it causes permanent changes in behavior and stains, ruins white teeth (fluorosis)







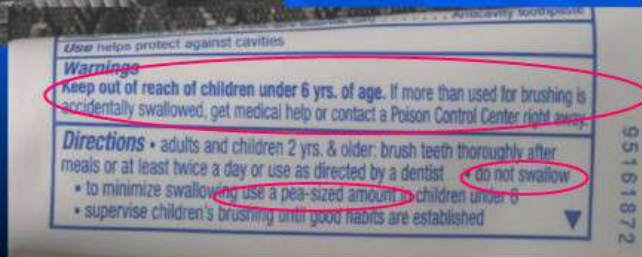
The **WARNING** on the bag says it targets body organs, the entire nervous system (the brain) and the teeth. Fluoride is added to the water, why is your government poisoning you?

*DDees.com*





A Pea Size of Tooth Paste has 0.5 mg of F-  
The same as 1-2 glasses of Fluoridated water.



# FLUORIDE SIDE EFFECTS

- Cancer
- Brain Damage in Unborn Fetus
- Bone Weakness
- Dental Fluorosis
- Low Estrogen & Testosterone Levels
- Damages Stomach
- Joint Problems
- Skeletal Fluorosis
- Osteoarthritis & Accelerates Osteoporosis
- Lowers I.Q
- Memory Loss
- Lack of Motivation
- Apathy & Passivity
- Inhibits Melatonin Production
- Impairs Immune System
- Attacks your Pineal Gland
- Kidney Stones & Kidney Failure
- Interferes with White Blood Cell Production
- Kills Brain Cells
- Makes you Dumb
- Lowers Sex Drive
- Infertility
- Sedative
- Accelerates the Aging Process
- Attacks Thyroid
- Attacks Hypothalamus
- Shortens Lifespan
- Promotes Mental Disturbances
- Receding Gums
- Affects Heart Circulation
- Makes you Docile & Obeisant
- Autism
- DNA Damage
- Alzheimer's Disease

EDUCATE YOURSELF

SHARE THIS TO  
INFORM OTHERS

illuzone  
www.illuzone.net

# THESE ARE ALL INDUSTRIAL USES OF **FLUORIDE**

(HYDROFLUOROSILICIC ACID/ SODIUM FLUORIDE)



**RAT POISON**



**WOOD  
PRESERVATIVE**



**FLUORESCENT  
LIGHT BULBS**



**MOUTH WASH**



**TOOTH PASTE**



**CERAMICS**



**METAL  
CLEANER**



**ELECTROPLATING**



**SEMICONDUCTORS**



**REFINING  
GASOLINE**



**INSECTICIDE**



**INDUSTRIAL  
EQUIPMENT**



**TAP  
WATER**



**COMPUTER  
SCREENS**



**GLUE**



**PLASTIC  
& SILICON**

**ADDED TO OUR WATER SUPPLY FOR THE PURPOSE OF INGESTION. YUM!**

# Fluoride: the Shocking Chronological History



Fluoride is THE main ingredient in rat poison.

Fluoride is THE main ingredient in Sarin nerve gas.

Fluoride is THE main ingredient in Prozac.

Fluoride destroys the brain (accumulates the pineal gland), the bones, the organs and causes cancer.

Hitler and Stalin used it in concentration camps and gulags as mass control instrument to make the prisoners docile.

Guess why fluoride is really added to your drinking water?

Over 170 million people, or 67 percent of the United States population drink fluoridated water. 43 of the 50 largest cities in the country are fluoridated.

After reading this you will understand what water fluoridation and fluoride containing anti-depressants like Prozac are all about.

Also take a close look how many times it has been scientifically proven that fluoride damages DNA.

[Facebook.com/ASheepNoMore](https://www.facebook.com/ASheepNoMore)



## **Fluoride Is Good For You.....Not.**

Cookie Policy | Feedback | Like | 4.1M | Follow @MailOnline | Daily Mail | Monday, May 23rd 2016 1AM 10°C 4AM 8°C 5-Day Forecast

# MailOnline

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### Britain sent poison gas chemicals to Assad: Proof that the UK delivered Sarin agent to Syrian regime for SIX years

- British companies delivered sodium fluoride to Syrian firm from 2004-2010
- The chemical is a key component in manufacture of nerve gas
- Sale has been blasted as 'grossly irresponsible' in light of chemical attacks
- Intelligence expert says substance will have been diverted to regime

By MARK NICOL FOR THE MAIL ON SUNDAY  
PUBLISHED: 22:10, 7 September 2013 | UPDATED: 15:35, 8 September 2013

480 View comments

Britain's companies sold chemicals to Syria that could have been used to produce the deadly nerve agent that killed 1,400 people. The Mail on Sunday can reveal today.

Between July 2004 and May 2010 the Government issued five export licences to two companies, allowing them to sell Syria sodium fluoride, which is used to make sarin.

The Government last night admitted for the first time that the chemical was delivered to Syria – a clear breach of international protocol on the trade of dangerous substances that has been condemned as 'grossly irresponsible'.

Scroll down for video

Don't Miss

- Pregnant Stephanie Davis 'left shaken and traumatised after being assaulted by a man in a car park'
- Pictured lying in agony on the ground
- 1 Teen honored to call you my friend: Victoria Beckham poses with blushing bride Eva Longoria on her wedding day after designing the actress's dress
- Tyga's new girl Demi Rose gives his ex Kylie Jenner a run for her money in very skimpy black dress as he treats her to a KEBAB after night out in Cannes

*Wow we all missed this one.....this is an article from the Daily Mail Dated 7th September 2013. The UK was selling Chemicals to make Sarin Gas to Syria's Leader President Bashar Hafez al-Assad. Look what the main one is.....yes it does say Sodium Fluoride.....the safe to drink and brush your child's teeth neurotoxin in Serin Gas. Its great knowing your doing right by your kids. Get Fluoride Free Toothpaste.*





# HOW THE BRITISH CHEMICALS AID ASSAD

## 1 SODIUM FLUORIDE SOLD TO SYRIA

Sodium fluoride - chemical symbol NaF - has many benign uses and has been sold to Syria for cosmetics



## 2 FLUORIDE IS ADDED TO OTHER CHEMICALS

Combined with dimethyl-methylphosphonate, phosphorus, alcohol, carbon, hydrogen and oxygen to make sarin



## 3 SARIN INSERTED INTO ROCKET ...

Gas can be delivered via a Bashar 3 rocket system, or by canisters that break open upon landing



## 4 ... WITH HORRIFIC EFFECTS ON CIVILIANS

Exposure to sarin causes eye damage, breathing problems, loss of consciousness, shaking, and coma... leading to death

© Daily Mail





## **Food Irradiation.**



*Did you know about this? I only found this out by chance after watching the very last episode of “Ultimate Force” starring Ross Kemp, an episode called “Slow Bomb” two very upsetting things are mentioned in this episode, very strange that it was canned afterwards! When the team is checking out a garbage truck which transports nuclear material, it is mentioned that one of the canisters is “Gamma Emitting Radioactive Cobalt used in Food Irradiation Plants” and one of the SAS says, and I quote “Don't Buy Fruit And Veg From A Super-market!” And as it turns out its TRUE.....There is even a Government Food Irradiation Standards Agency. It Turns out they have been experimenting with this for over 40 years on the general world populous.... that's right ... you and me... we are the guinea pigs! Why aren't we consulted?*



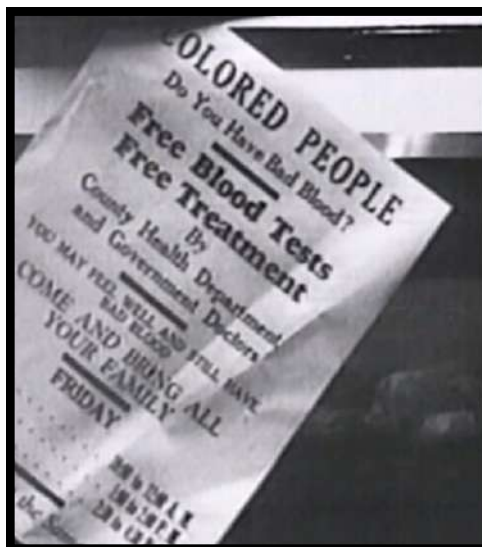
*This is the symbol used to specify that food has been irradiated but I cannot find out if its on all food which is sold in the shops or the food which is sent to the processing plants which supply the shops. We are told its safe, and that all the independent studies have been done, but who finances the studies... you guessed it the same people who are responsible for the irradiating... its rubbish. Its the same with the mobile phone industry they financed all the studies as confirmed by Barrie Trower, which are swayed in their favour even though it is known mobiles contribute to brain tumours and this has been known since the 70's. But like I say this is just my opinion, do your own research*







***In The US, A Study Was conducted On Black Men In 1946, To Evaluate The Effects And Treatment Of Syphilis , But They Were All Lied Too. They Left All The People In The Study UNTREATED To Observe How Long They Could Live And The Devastating Effects Of The Disease.***





***Terrible Stuff I'm Sure You Will Agree, If You Go On YouTube, You Can See A News Report Stating That The UK Government Sprayed The Population Of The South Coast With E-Coli To See The Effects On The Populous In The 1960's. It Only came Out After The Freedom Of Information Act Was Introduced. PEOPLE DIED As A Direct Result Of The Spraying.***

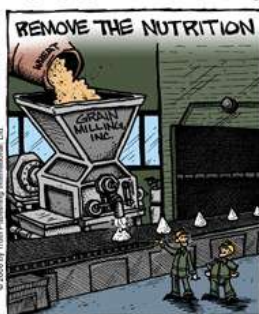
Government Secrets E-coli sprayed on UK population in the 1960's BBC ===✈===✈

The Conscientious Objector  
4 years ago • 465 views

It is not real this is just a conspiracy theory and people that believe in conspiracies are all nut jobs, right? Your government loves ...

[https://www.youtube.com/results?search\\_query=uk+government+sprayed](https://www.youtube.com/results?search_query=uk+government+sprayed)

## COUNTER THINK - "THE PLAN FOR THE GLOBAL FOOD SUPPLY"



## HOW THE CANCER INDUSTRY CONTROLS WOMEN \*



\*FACT: Breast cancer screening harms ten times as many women as it helps. See <http://www.NaturalNews.com/020829.html>


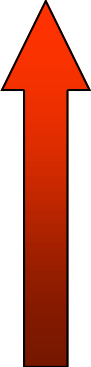
Mike Adams is the creator of the "Education, not Medication" program that seeks to help women prevent breast cancer.





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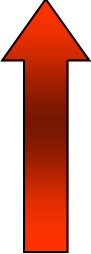
## *Simple Explanation Of Metabolism.*



*Quite a few people have asked me why they find it so hard to lose that last amount of weight when they diet, as they seem to hit a brick wall, well here's why in my opinion.*



*Your metabolism and your food intake should be on the same level normally, but when somebody wants to lose a little weight, they obviously reduce their food intake.*



*The Metabolism will keep on burning your food intake but will say, "hey something is wrong here there is a lack of food, I need to conserve energy and start storing fat to live through this period of faming."*

*So the metabolic rate gradually slows down, slowly but steadily, so that you do not starve, it cant help this, its evolution which has taught your body ways to protect you in times of famine, you become sluggish and crave carbohydrates for quick boosts of energy.*



*Then that one fatal day your metabolism drops below your food intake and the body starts gaining weight, you get depressed and then go back to slimming clubs who rip you off again making you buy their products which are packed with carbs.*



*Your sitting there reading this..... going what on earth is he going on about, well think about this. The worlds population is the sickest it has ever been in recorded history., and the most obese. Obviously because of the lack of mineral and vitamin nutrition in our food. But it is also the lack of good fat as well. Britain was at its healthiest during WWII, when we didn't have a lot of sugar and processed carbohydrates, and we were all eating fat, remember granny talking about her dripping sandwiches'.*

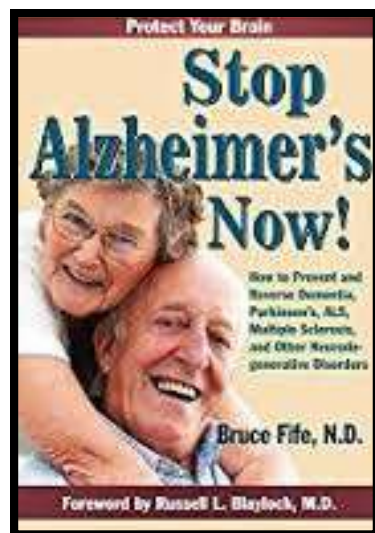
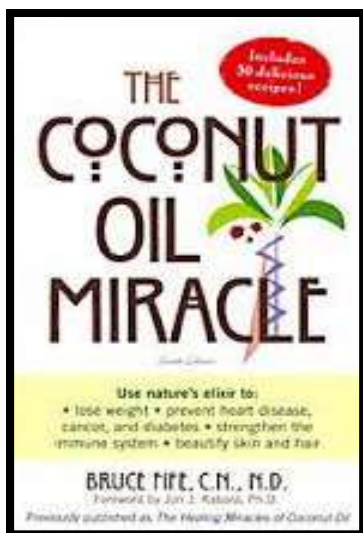
*This is why “The Atkins Diet” worked so well.*

*I personally don't like the Atkins Diet myself, but the concept is sound, high fat, low Carb. My wife Tracey done this diet before we got married and the weight fell off, 3 stone in 2 weeks, but she didn't look healthy when she was purging the carbs and I couldn't sleep in the same bed with her as her breath absolutely stunk, it was humming, really.*

*But if you have a teaspoon of coconut oil with every meal and in hot beverages it keeps the metabolic rate high and the weight starts coming off steadily, as the body thinks the time of famine has ceased allowing the fat to be released from the tissues for energy burning. Read the books by Dr Bruce Fife on coconut oils or watch his talks, there good. And going back to the Atkins Diet, my father-in-law had a history of Angina attacks, when he did the Atkins they stopped and never had another for the rest of his life, also his blood sugars balanced and he came off his insulin, and the same happened with my friend Bob, he came off his insulin too, but two people doesn't make it a study, it may just be coincidence.*

*But you need to realise that people who diet and exercise will normally keep their weight down but up to 95% of people generally put all the weight back on after they finish dieting.*

### ***“ Eat Little But Often”***





## **Beware Geo-engineering In Progress!**

*Has anyone noticed what has been happening above in the skies for the last couple of years. Planes have been spraying a toxic cocktail over our heads containing: Strontium, Barium and Aluminium Particulates. I highly recommend watching the Documentaries “Why In The World Are They Spraying” and “What In The World Are They Spraying” also “Pilots, Doctors & Scientists Tell Truth about Chemtrails [Excerpts]” to fully comprehend what is going on above our heads. Also I recommend watching “UK Government admitting they spray us with Viruses - BBC. If that was then, what's going on now?” ON You Tube, its a real eye-opener as people died, and only came to light with the freedom of information act which released it.*

*Also Google Geo-engineering and Chemtrails.*

*I noticed while sitting outside a garage waiting for my car to be serviced this plane spraying along the valley, then turning around and spraying in a checker board fashion, the guy sitting next to me said “That's strange!” I just nodded as I was speechless. On the other page I show some pictures what it looks like and a copy of a leaflet that was given to me in a supermarket car park to have my lungs tested in a breast cancer lorry.*

*The populous needs to be aware that our health is being bombarded from all angles and you need to take major steps to protect you and your family.*

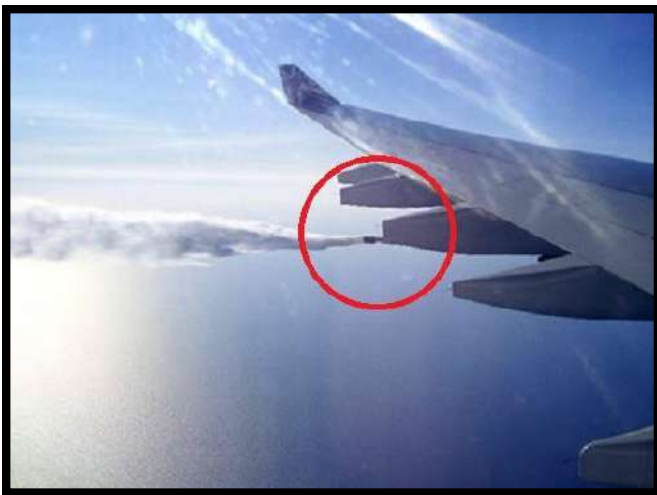
*This has been denied for years even though MP's have brought it up in Parliament, but has now been admitted. And a Dutch pilot has gone public Willem Felderhof.*

*Learn the difference between Con and Chem Trails.*

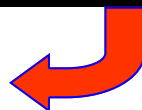
*Research it For Yourself.*

*This Is Happening Worldwide.....*

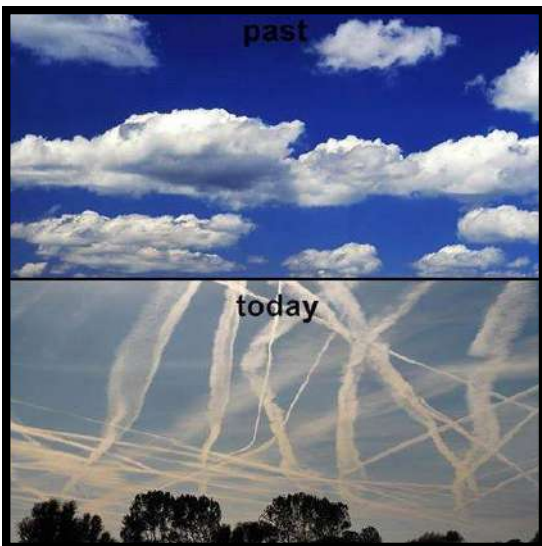




***This Is A Picture  
Of A Nozzle On A  
Planes Wing.***



***Willem Felderhof Commercial  
Airline Pilot And Whistleblower.***



***Why Do The Chem  
Tanks Have U.S  
Patent On Them?***

***I'm Old Enough To  
Remember Warm Blue  
Skies When I Was Going  
On Holiday When I Was  
A Kid. Where Have They  
Gone?***



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd  
Aneurin Bevan  
Health Board

**How old are your lungs?**



**Hop on board the  
Health Bus and find out**

**The Health Bus is located in  
the car park—Hop On!!**

***BEWARE: They Were Handing Out The Above Leaflets In A Supermarket Car Park And Inviting People To Board A Lorry To Have Their Lungs Checked. Is This Part Of The Geoengineering Experiment, To Check How All The Spraying Is Effecting All Of Us.***

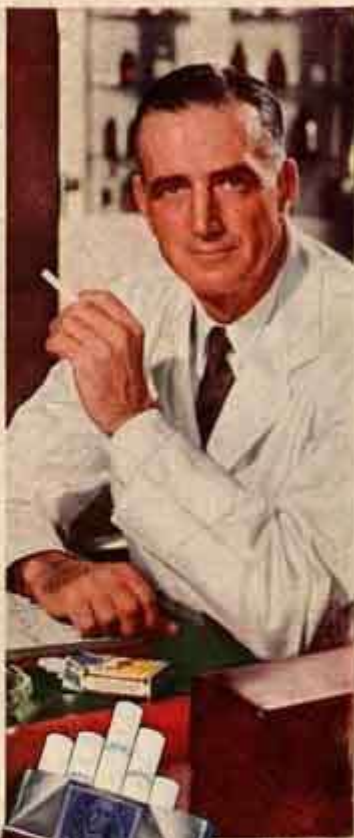
*According to repeated nationwide surveys,*

# More Doctors Smoke **CAMELS** than any other cigarette!

Doctors in every  
branch of medicine  
were asked, "What  
cigarette do you smoke?"  
The brand named most  
was Camel!

You'll enjoy Camels for the same reasons  
so many doctors enjoy them. Camels have  
cool, cool mildness, pack after pack, and  
a flavor unmatched by any other cigarette.

Make this sensible test: Smoke only  
Camels for 30 days and see how well Camels  
please your taste, how well they suit  
your throat as you steadily smoke. You'll  
see how enjoyable a cigarette can be!



THE DOCTORS' CHOICE IS AMERICA'S CHOICE!



BARBARA H. STONE, M.D., says: "I prefer  
Camels. They taste, with me,  
throat and taste wonderful."



EDW. BENNETT, M.D., says: "I get more  
pleasure from Camels than  
from any other brand."



DR. Wm. BELLAMY, M.D., says: "Camels  
are my taste and throat. I've  
smoked them for years."

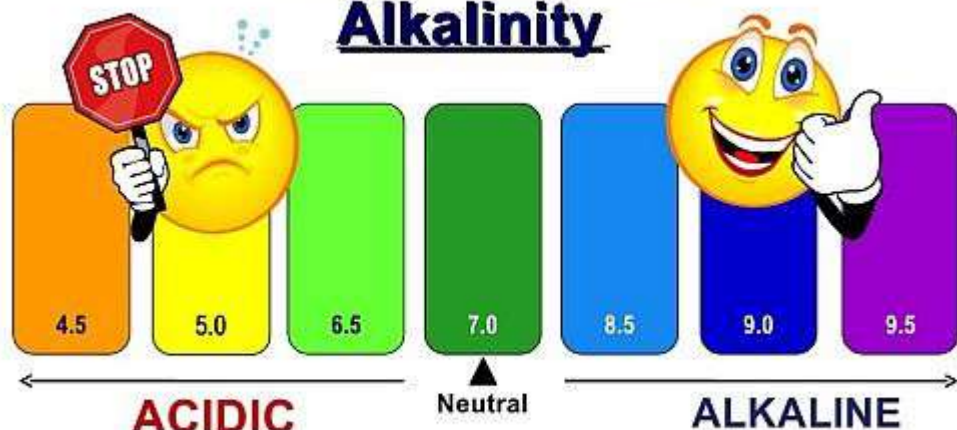


*For 30 days, test Camels in your "T-Zone" (T for Throat, T for Taste).*

***Do You Remember When Doctors Recommended That  
Smoking Was Good For You!  
Trust Your Instincts, Not A Stranger.***



# The "Miracle" of Alkalinity



Cancer, Diabetes, , Arthritis, , Cholesterol ,  
High Blood Pressure, Gout, Obesity,  
Fatigue, Premature Aging, etc.

(Disease Can Not Exist)

## Four Good Reasons To Drink Kangen Water®

1

### Increase Hydration

The process of ionization reduces the size of the water cluster by two-thirds and creates a hexagonal shape. Smaller, hexagonal water clusters easily hydrate the cells, enhancing waste removal.

2

### Balance Body pH

Kangen Water raises tap water pH by ionizing or splitting the water molecule ( $H_2O$ ) resulting in the ions  $H^+$  (hydrogen with a positive electrical charge), and  $OH^-$  (hydroxyl with a negative electrical charge), as well as ionic alkaline minerals.

3

### Increase Blood Oxygenation

Strong, fresh Kangen Water contains an abundance of hydroxyl ions ( $OH^-$ ) which donate free electrons to unstable oxygen free radicals, resulting in stable oxygen molecules. According to experts, drinking Kangen Water regularly will increase the amount of dissolved oxygen in the blood.

4

### Neutralize Free Radicals

Kangen Water provides extra electrons that neutralize destructive free radicals circulating throughout the body. Kangen Water carries a high negative ORP (Oxidation-Reduction Potential) when it is first produced, making it a potent anti-oxidant.





*We all want to be at our peak, all of the time... But Of Course there's going to be a price! **Pain and Fatigue***

# WHY DRINK KANGEN WATER®

## PEAK PERFORMANCE AND FASTER RECOVERY

2

4

5

6

7

8

9

10

11

### **Exercise and Lactic Acid**

*During power exercises such as sprinting, when the rate of demand for energy is high, glucose is broken down and oxidized, and Lactic Acid is produced faster than the tissues can remove it, so lactate concentration begins to rise.*

*Strenuous Anaerobic Exercise Causes A Lowering Of pH And Pain, Called Acidosis. During intense exercise, the respiratory system cannot keep up with the amount of hydrogen atoms that is required in order to maintain the production of anaerobic energy during your exercise routine.*

### **The Leveluk Series of Ionizers Produces Water With a pH Value of 8.5-9.5pH**

All water may look the same, so what makes them different? pH! Most bottled waters have a pH of 4.5-6.0pH (**ACIDIC**) When your body is depleted and at it's most dehydrated that isn't what you want! But it is the perfect time to give it what it needs! Since **KANGEN WATER®** is Alkaline, Antioxidant and Micro-Clustered. Giving your body **KANGEN WATER®** creates a way to rehydrate quicker while neutralizing acidity and the benefits of the enormous **Antioxidant Properties** to help retard the aging process and aid in anyones Exercise Recovery Program.

**KANGEN WATER®**  
Advanced Hydration for Athletes

## **Four Primary Properties Of Ionized Kangen Water**

### **ANTI-OXIDIZING**

Neutralizes free radicals  
Contains active hydrogen  
Ionized water gives energy  
Reduces effects of aging

### **ALKALIZING**

H2O pH level of 8.5 to 9.5  
Healthy pH balance  
Counteracts acidic foods  
Promotes overall health

### **DETOXIFYING**

Removes acid waste/toxins  
Helps detoxify the colon  
Promotes digestive health  
Faster circulation of H2O

### **HYDRATING**

Superior hydration of body-  
Micro-clustered/Hexagonal  
water hydrates efficiently  
Better nutrient absorption



## Is your body acidic?

Because modern lifestyles are full of stress and acidic foods, our bodies are flooded with acid. Your body has an amazing ability to regulate itself, and will go to great lengths to maintain a healthy pH balance of 7.365, slightly alkaline. In an attempt to balance itself, your body will store the excess acid in its cells. This creates unnecessary stress on your organs and other body systems. High acidity levels will interrupt cellular functions.



acidic = sickness

alkaline = health

By choosing to drink alkaline water, you aid your body in returning to a balanced state. Kangen Water® is a fresh, clean and great tasting way to obtain optimal health!

# Hydration Therapy

Our bodies are 86% water, yet not everyone understands how important it is to Hydrate it properly...Now you can!

## Ground Water

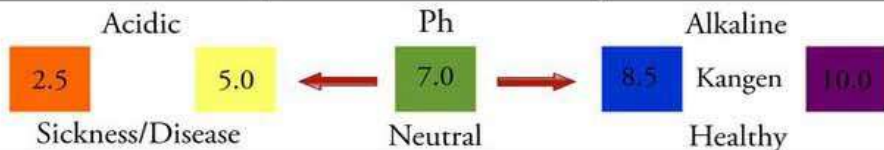
- Treated w/ chemicals
- Low Minerals
- High Acidity
- Flouride
- Parasites

## Bottled Water

- Reverse Osmosis
- No Trace Minerals
- High Acidity
- High Bacteria
- Plastic & Chemical
- Contaminants
- No Hydration

## Kangen Water

- No Chemicals ✓
- No Acidity ✓
- No Bacteria ✓
- High in Minerals ✓
- High in Alkalinity ✓
- High in Antioxidants ✓
- Detoxifying ✓



**Educate Yourself....Because You Can**

## KANGEN WATER® A PROACTIVE WAY TO HEALTH CARE

PROACTIVE: YOU DO OIL CHANGES  
EXTENDS CARS LIFE



REACTIVE: WAIT UNTIL SOMETHING  
BREAKS THEN FIX IT



PROACTIVE: YOU EAT HEALTHY AND DRINK  
KANGEN WATER® EXTENDS YOUR LIFE



REACTIVE: WAIT UNTIL SOMETHING  
BREAKS THEN FIX IT





## *10 Facts About Vaccines.*

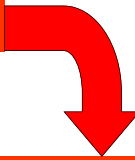


**Fact #1: Vaccines sales translate into big profits for vaccine manufacturers.**



**Fact #2: Vaccines are not natural.**

## *Most Vaccines Contain.*



THIMEROSOL  
ALUMINUM  
FORMALDEHYDE  
ANIMAL MATTER  
LIVE VIRUSES



Mercola.com  
Take Control of Your Health  
Since 1972



By Dr. Mercola

When it comes to vaccine safety, much of the talk about toxic ingredients focuses on [thimerosal](#) ([contains mercury](#)) that is added to killed (inactivated) vaccines as a preservative. But vaccines also contain adjuvants -- agents that stimulate your immune system to greatly increase immunologic response to the vaccine -- and one of the most toxic is aluminum. Aluminum is a known neurotoxin that is contained in a number of common childhood and adult vaccines and may even exceed the toxicity of mercury in the human body.

According to a new study published in [Current Medical Chemistry](#), children up to 6 months of age receive 14.7 to 49 times more aluminum from vaccines than the U.S. Food and Drug Administration (FDA) safety limits allow.

### **Aluminum Has Replaced Mercury in Many Vaccines**

Mercury exposure from multi-dose vaccines has declined significantly since many childhood vaccines switched to single-dose vials (but most influenza vaccines are in multi-dose vials and still contain mercury). However, while mercury use has decreased, the use of aluminum additives has not decreased. Many vaccines contain aluminum, including those in the table below. This is NOT an all-inclusive list, however. Your best bet if you're wondering about a specific vaccine is to [read through the package insert](#) of each vaccine in question.

# FORMALDEHYDE, 37% SOLUTION

FORMALIN

## POISON!

## DANGER!

**CAUSES BURNS. HARMFUL IF SWALLOWED, INHALED, OR ABSORBED THROUGH SKIN. MAY CAUSE ALLERGIC SKIN REACTION. COMBUSTIBLE.**

Potential cancer hazard. Exercise due care. Keep away from heat, sparks, and flame. Do not get in eyes, on skin, or on clothing. Avoid breathing vapor. Keep in tightly closed container. Use with adequate ventilation. Wash thoroughly after handling.

**PRECAUTIONARY STATEMENTS:** Vapors may be irritating to skin, eyes, nose, and throat. Inhalation may cause severe irritation of the respiratory system. Contact with skin or eyes may cause severe irritation or burns. Ingestion may cause severe burning to mouth and stomach.

**FIRST AID PROCEDURES:** If swallowed, if conscious, give large amounts of water. Induce vomiting. If inhaled, remove to fresh air. If not breathing, give artificial respiration. If breathing is difficult, give oxygen. In case of contact, immediately flush eyes with plenty of water for at least 15 minutes. Flush skin with water.

Consult MSDS for further health and safety information.

CAS NO. 50-00-01



The MMR vaccine contains 3 live viruses: measles, mumps, and rubella.

millions of people on the planet, including half the U.S. population of that era.

In the early 1960's it was discovered that some lots of polio vaccines manufactured on rhesus monkey kidney tissue during the period 1955 to 1963 were contaminated with a monkey virus called SV40 (Simian[monkey] virus #40). This primate virus was quickly proven to cause various cancers in experimental animals. However, to this day, U.S. government officials still insist there is no absolute proof that SV40 causes human cancer.

Despite the lack of government interest in SV40 in human cancer for three decades, genetic and immunologic studies by independent researchers over the past decade indicate this virus is clearly associated with human cancer, such as rapidly-fatal cancers of the lung (mesothelioma), bone marrow cancer (multiple myeloma), brain tumors in children, and other forms of cancer.

A Washington Times report (09/21/03) indicates "Some of the polio vaccine given to millions of American children from 1962 until 2000 could have

## THE VIRUS AND THE VACCINE

THE TRUE STORY OF A CANCER-CAUSING MONKEY VIRUS, CONTAMINATED POLIO VACCINE, AND THE MILLIONS OF AMERICANS EXPOSED

DEBBIE BOOKCHIN & JIM SCHUMACHER





## Fact #3: Vaccine companies are protected from lawsuits against injuries that vaccinations cause.


from vaccines/vaccinations.

There are several levels of appeal within the vaccine compensation act set up by Congress in 1986. Every claim starts with the Office of Special Masters, aka Vaccine Court. Then the appeal process can proceed to the U.S. Court of Federal Claims, the U.S. Court of Appeals for the Federal Circuit, and finally, the U.S. Supreme Court. Most claims, however, are 'shot down' at the Office of Special Masters.

According to the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services, from Fiscal Year (FY) 1989 thru FY 2014 there have been a total of 3,484 Compensable claims and 9,713 Dismissed claims—rejected—'shot down', left to suffer without any recourse plus apparent nullification of tort law that would apply to other businesses product liability damages, but not Big Pharma's vaccines! It looks like an almost 3-to-1 ratio: dismissed claims to compensated damages.

Here are the Dec. 5, 2013 report payout figures per HRSA:

Settled	Claims Payouts	Attorneys Fees, etc.	Dismissed	Attorneys Fees	Interim	Attorneys Fees	Total Outlays
3,477	\$2,833,106,374.73	\$107,840,427.47	4,855	\$60,161,114.99	174	\$15,842,253.59	\$2,816,950,170.75
Cases			Cases		Cases		



## Fact #4: Most of the of so called "reliable" research on vaccines is tremendously bias.

## "Danish Study" CDC Doctor who "Debunked" Autism Vaccines Link Indicted on Fraud



We have written several articles about Dr. Poul Thorsen (4th from the left in the back row with his CDC colleagues), whose research known as "The Danish Study" is quoted extensively to "debunk" the autism vaccine connection. The mainstream media was silent when he disappeared. Here are some of the posts we've run on the topic along with today's article in the Atlanta Bizjournals below. Will they give Thorsen "the Wakefield treatment" now, or have they been given their marching orders to look the other way?

**Breaking News Dane Indicted Today** A Danish man was indicted Wednesday on charges of wire fraud and money laundering for allegedly concocting a scheme to steal more than \$1 million in autism research money from the Atlanta-based Centers for Disease Control and Prevention.

The indictment charges Poul Thorsen, 49, with 13 counts of wire fraud and nine counts of money laundering. The wire fraud counts each carry a maximum of 20 years in prison and the money laundering counts each carry a maximum of 10 years in prison, with a fine of up to \$250,000 for each count.

The federal government also seeks forfeiture of all property derived from the alleged offenses, including an Atlanta residence, two cars and a Harley-Davidson motorcycle. According to U.S. Attorney Sally Quillian Yates, the charges and other information presented in court, Thorsen worked in the 1990s as a visiting scientist at the CDC Division of Birth Defects and Developmental Disabilities, when the CDC was soliciting grant applications for research related to infant disabilities.

Thorsen promoted the idea of awarding the grant to Denmark and provided input and guidance for the research. From 2000 to 2009, the CDC awarded more than \$11 million to two governmental agencies in Denmark to study the relationship between autism and exposure to vaccines, between cerebral palsy and infection during pregnancy and between childhood development and fetal alcohol exposure.

In 2002, Thorsen moved to Denmark and became the principal investigator for the grant, responsible for administering the research money awarded by the CDC.



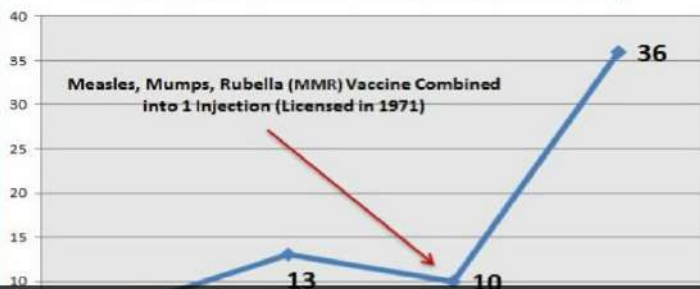
**Fact #5: There is no evidence that proves vaccines actually work.**



What if I told you, the same companies that test vaccines for safety are the ones who sell them and make billions of dollars in profit each year?

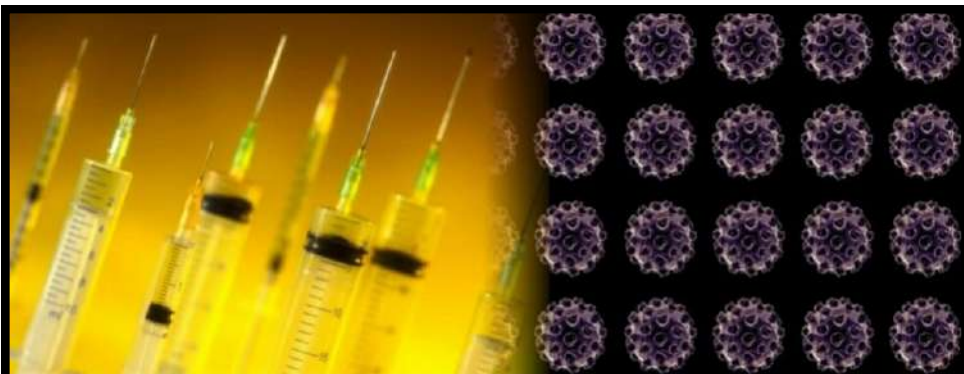
**Conflict of interest?**

### Vaccine Schedule History



**Fact #6: There has been a over a 400% increase in vaccinations given to U.S. children since 1950.**





## Fact #7: Vaccines are not responsible for decreasing diseases after their introduction.

*J Pediatr*. 1991 Aug;119(2):187-93.

### Mumps outbreak in a highly vaccinated population.

Hersh BS<sup>1</sup>, Fine PE, Keni WK, Cochi SL, Kahn LH, Zell ER, Hays PL, Wood CL.

#### Author information

#### Abstract

From October 1988 to April 1989, a large mumps outbreak occurred in Douglas County, Kansas. Of the 269 cases, 208 (77.3%) occurred among primary and secondary school students, of whom 203 (97.6%) had documentation of mumps vaccination. Attack rates were highest for students attending junior high school (8.0%), followed by high school (2.0%) and elementary school (0.7%). A retrospective cohort study conducted at one junior high school with an attack rate of 12.9% did not find age at vaccination or type of vaccine received (single or combined antigen) to be risk factors for vaccine failure. Students vaccinated more than 4 years before the outbreak appeared to have a higher attack rate than those vaccinated more recently (relative risk (RR) = 4.3; 95% confidence interval (CI) = 0.6, 30.0); however, this association did not exist when risk was evaluated based on number of vaccine doses received. Students who had documentation of receiving only one dose of vaccine were at greater risk than those who had received two doses (RR = 5.2; 95% CI = 1.0, 206.2). Overall, vaccine effectiveness among Douglas County junior high school students was estimated to be 83% (95% CI = 57%, 94%). These data suggest that mumps vaccine failure and the failure to vaccinate have contributed to the relative resurgence of mumps observed in the United States since 1986. The recent change in immunization policy to recommend a two-dose schedule of measles-mumps-rubella vaccine should help reduce the occurrence of mumps outbreaks in highly vaccinated populations.

Health Condition	Prevalence in Vaccinated Children	Prevalence in Unvaccinated Children
Allergies	40% report at least one allergy	Less than 10%
Asthma	6%	2.5%
Hay fever	10.7% of German children	2.5%
Neurodermatitis (an autoimmune disorder)	13% of German children	7%
ADHD	8% of German children, and another nearly 6% with borderline cases	1-2%

Fact #8: Unvaccinated children report having significantly better overall health than vaccine children.

Health Condition	Prevalence in Vaccinated Children	Prevalence in Unvaccinated Children
Allergies	40% report at least one allergy	Less than 10%
Asthma	6%	2.5%
Hay fever	10.7% of German children	2.5%
Neurodermatitis (an autoimmune disorder)	13% of German children	7%
ADHD	8% of German children, and another nearly 6% with borderline cases	1-2%
Middle ear infections	11% of German children	Less than 0.5%
Sinusitis	Over 32% of German children	Less than 1%
Autism	Approximately 1 in 100	Only 4 cases out of 7,800+ surveys (one child tested very high for metals, and another's mother tested very high for mercury)

## ***The Revolving Door Policy Of Governments .***



**2002-2009, Director of the CDC.**

**2009- present, President of Merck's Vaccine Division.**

**a 5 billion dollar a year operation, and the supplier of the largest number of vaccines the CDC recommends -**



**Dr. Julie Gerberding**

Dr. Gerberding, sold 38,368 of her shares in Merck stock for \$2,340,064.32. She still holds 31,985 shares of the company's stock, valued at about \$2 million

**Fact #9: Many people believe that sudden infant death syndrome (SIDS) is caused by vaccinations.**



Our beautiful daughter was born on February 14 and died on April 17. What was unusual was that earlier on the day she died I had taken her to the Military Base hospital for her two month checkup. The doctor told me that she was just perfect. Then the doctor said that she needed four shots. I replied Four!? She assured me that it was completely normal and that it was better to give her all at such an early age (because she wouldn't remember the shots). That evening after feeding [our daughter] we laid her down to sleep and checked on her 45 minutes later and discovered her dead. I told the police, coroner and investigators that I thought it was the shots because she was perfectly fine that day and before the shots. But after 3 weeks we finally got the answer from the autopsy that it was indeed SIDS. To this day I believe that it was the shots and no one can convince me otherwise.



**Fact #10: The highest rates of unvaccinated people are among the rich and informed.**



## **Polio Vaccine and the SV40**

### **Dr. Howard Strickler, NCI's chief investigator:**

"No one would dispute there's been a widespread, very scary exposure to the population of potentially cancer-causing virus"

"But none of our studies and other major analyses have shown an inkling of an effect on the population."

- the few studies done by the government are scientifically flawed
- downplayed the potential risks posed by SV40
- they learned in 1961 that the virus contaminated the polio vaccine and caused tumors in rodents.

### **Dr. Howard Strickler, NCI's chief investigator.**

"How long can the government ignore this?" "The government has not sponsored any real research. Here's something possibly affecting millions of Americans, and they're indifferent."

**2002, the journal *Lancet* polio vaccine was responsible for up to half of the 55,000 non-Hodgkin's lymphoma cases that were occurring each year.**

SV40, a cancer-causing monkey virus

•1994, Dr. Michele Carbone, a Loyola University researcher, found the virus SV40, which had never before been detected in humans

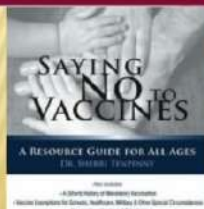
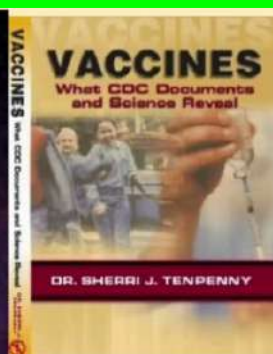
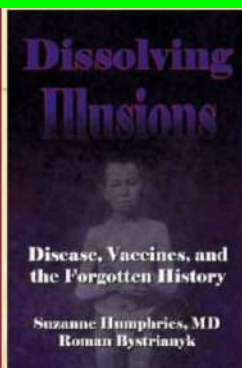
- in half of the human lung tumors
- 60 different lab studies have confirmed the results
- Lung cancers
- Brain cancers
- Bone cancers
- lymphatic cancers

## Vaccination is NOT Immunization

"The great enemy of the truth is very often not the lie, deliberate, contrived and dishonest, but the myth, persistent, persuasive and unrealistic"

Vran.org  
Vaclib.org  
NVIC.org  
greenmedinfo.com  
thinktwice.org

Sanevax.org  
vaccinationcouncil.org  
vaccinetruth.org  
drsuzanne.net  
drtenpenny.com



**Get Educated**

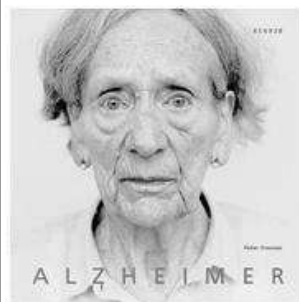
# 800 European Children Develop Narcolepsy After Receiving H1N1 Vaccine

On January 22, 2013, Reuters reported that nearly 800 children in Europe have developed narcolepsy, an incurable sleep disorder, after being immunized with the Pandemrix H1N1 swine flu vaccine produced by the British drugmaker, GlaxoSmithKline. Reports of spikes in narcolepsy cases are also surfacing in Finland, Norway, Ireland, France and Sweden.



*You Can Stick That Up Your.....*





# MERCURY POISONING & ALZHEIMER'S DISEASE

IT ISN'T A COINCIDENCE

## SYMPTOMS OF MERCURY POISONING

IRRITABILITY  
ANXIETY  
DEPRESSION  
MEMORY LOSS  
AGITATION  
PHYSICAL OR VERBAL OUTBURSTS  
EMOTIONAL DISTRESS  
RESTLESSNESS  
SLEEP DISTURBANCES  
DELUSIONS

## SYMPTOMS OF ALZHEIMER'S DISEASE

IRRITABILITY  
ANXIETY  
DEPRESSION  
MEMORY LOSS  
AGITATION  
PHYSICAL OR VERBAL OUTBURSTS  
EMOTIONAL DISTRESS  
RESTLESSNESS  
SLEEP DISTURBANCES  
DELUSIONS



If you mixed  
Mercury,  
Aluminum phosphat  
Amonium sulfate, and  
Formaldehyde with VIRUSES,  
then got a syringe  
and INJECTED it into your child

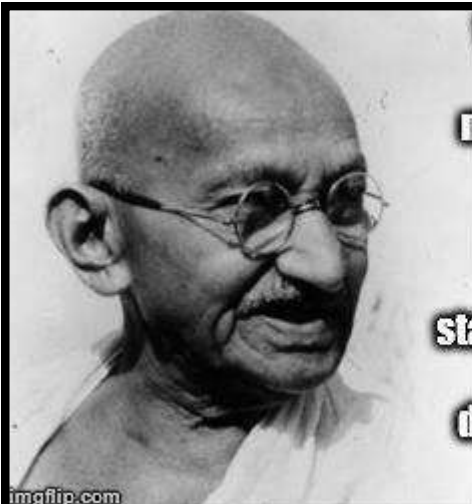
you would be ARRESTED and sent to JAIL  
for child endangerment and abuse

Then WHY is it legal for doctor  
to do it? and WHY would you let  
them?

Educate yourself

**Re-Think Vaccines**





**Vaccination is a barbarous practice and one of the most fatal of all the delusions current in our time.**

**Conscientious objectors to vaccination should stand alone, if need be, against the whole world, in defence of their conviction.**

**Mahatma Gandhi**



#### **HIDING POLIO: THE DIAGNOSIS LIE**

**"Polio has not been eradicated by vaccination, it is lurking behind a redefinition and new diagnostic names like viral or aseptic meningitis.....According to one of the 1997 issues of the MMWR, there are some 30,000 to 50,000 cases of viral meningitis per year in the United States alone. That's where all those 30,000 - 50,000 cases of polio disappeared after the introduction of mass vaccination."**

**Viera Scheibner, Ph.D. (2000)**



**CANCER WAS PRACTICALLY UNKNOWN UNTIL THE COWPOX VACCINATION BEGAN TO BE INTRODUCED... I HAVE SEEN 200 CASES OF CANCER, AND NEVER SAW A CASE IN AN UNVACCINATED PERSON.**

**W.B. CLARK, NEW YORK TIMES 1909**

## SIDE EFFECTS OF HEPATITIS B VACCINE

**Infections and Infestations:** Herpes zoster, meningitis.

**Blood and Lymphatic System Disorders:** Thrombocytopenia.

**Immune System Disorders:** Allergic reaction, anaphylactoid reaction, anaphylaxis. An apparent hypersensitivity syndrome (serum sickness-like) of delayed onset has been reported days to weeks after vaccination, including: arthralgia/arthritis (usually transient), fever, and dermatologic reactions such as urticaria, erythema multiforme, ecchymoses, and erythema nodosum.

**Nervous System Disorders:** Encephalitis, encephalopathy, migraine, multiple sclerosis, neuritis, neuropathy including hypoesthesia, paresthesia, Guillain-Barré syndrome and Bell's palsy, optic neuritis, paralysis, paresis, seizures, syncope, transverse myelitis.

**Eye Disorders:** Conjunctivitis, keratitis, visual disturbances.

**Ear and Labyrinth Disorders:** Earache, tinnitus, vertigo.

**Cardiac Disorders:** Palpitations, tachycardia.

**Vascular Disorders:** Vasculitis.

**Respiratory, Thoracic and Mediastinal Disorders:** Apnea, bronchospasm including asthma-like symptoms.

**Gastrointestinal Disorders:** Dyspepsia.

**Skin and Subcutaneous Tissue Disorders:** Alopecia, angioedema, eczema, erythema multiforme including Stevens-Johnson syndrome, erythema nodosum, lichen planus, purpura.

For more information on Hep B go to: [http://us.gsk.com/products/assets/us\\_engerixb.pdf](http://us.gsk.com/products/assets/us_engerixb.pdf)

Facebook.com/RangeAgainstVaccines

## SIDE EFFECTS OF MMR VACCINE

**Body as a Whole:** Panniculitis; atypical measles; fever; syncope; headache; dizziness; malaise; irritability.

**Cardiovascular System:** Vasculitis.

**Digestive System:** Pancreatitis; diarrhea; vomiting; parotitis; nausea.

**Endocrine System:** Diabetes mellitus.

**Hemic and Lymphatic System:** Thrombocytopenia (see WARNINGS, *Thrombocytopenia*); purpura; regional lymphadenopathy; leukocytosis.

**Immune System:** Anaphylaxis and anaphylactoid reactions have been reported as well as related phenomena such as angioneurotic edema (including peripheral or facial edema) and bronchial spasm in individuals with or without an allergic history.

**Nervous System:** Encephalitis; encephalopathy; measles inclusion body encephalitis (MIBE) (see CONTRAINDICATIONS); subacute sclerosing panencephalitis (SSPE); Guillain-Barré Syndrome (GBS); febrile convulsions; afebrile convulsions or seizures; ataxia; polyneuritis; polyneuropathy; ocular palsies; paresthesia.

**Musculoskeletal System:** Arthritis; arthralgia; myalgia.

**Respiratory System:** Pneumonia; pneumonitis (see CONTRAINDICATIONS); sore throat; cough; rhinitis.

**Skin:** Stevens-Johnson syndrome; erythema multiforme; urticaria; rash; measles-like rash; pruritis. Local reactions including burning/stinging at injection site; wheal and flare; redness (erythema); swelling; induration; tenderness; vesiculation at injection site.

**Special Senses — Ear:** Nerve deafness; otitis media.

**Special Senses — Eye:** Retinitis; optic neuritis; papillitis; retrobulbar neuritis; conjunctivitis.

**Urogenital System:** Epididymitis; orchitis.

For more information on MMR go to:

[http://www.merck.com/product/usa/pi\\_circulars/m/mmr\\_ii/mmr\\_ii\\_pi.pdf](http://www.merck.com/product/usa/pi_circulars/m/mmr_ii/mmr_ii_pi.pdf)

Facebook.com/RangeAgainstVaccines



# SIDE EFFECTS OF PCV VACCINE

**Administration site conditions:** Vaccination-site dermatitis, vaccination-site pruritus, vaccination-site urticaria

**Blood and lymphatic system disorders:** Lymphadenopathy localized to the region of the injection site

**Cardiac Disorders:** Cyanosis

**Immune system disorders:** Anaphylactic/anaphylactoid reaction including shock

**Nervous System Disorders:** Hypotonia

**Skin and subcutaneous tissue disorders:** Angioneurotic edema, erythema multiforme

**Respiratory:** Apnea

**Vascular Disorders:** Pallor

**The most commonly reported serious adverse events** were in the 'Infections and infestations' system organ class including bronchiolitis (0.9%, 1.1%), gastroenteritis, (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13 and Prevnar respectively.

There were 3 (0.063%) deaths among Prevnar 13 recipients, and 1 (0.036%) death in Prevnar recipients, all as a result of sudden infant death syndrome (**SIDS**). These SIDS rates are consistent with published age specific background rates of SIDS from the year 2000.

**For more information on PCV vaccine go to:**

<http://www.fda.gov/downloads/BiologicsBloodVaccines/Vaccines/ApprovedProducts/UCM201669.pdf>

[Facebook.com/RageAgainstVaccines](https://www.facebook.com/RageAgainstVaccines)

Once declared safe  
by doctors, experts,  
politicians and/or scientists:

- Asbestos
- BPA
- Cigarettes
- DDT
- Diethylstilbestrol DES
- Leaded Gasoline
- Mercury Fillings
- Thalidomine

trust them.  
they know.

**QUESTION EVERYTHING!**

Fight for your right to choose  
what is and is not safe for your family.

MISSISSIPPI PARENTS FOR VACCINE RIGHTS

# HPV vaccine

## Fact:

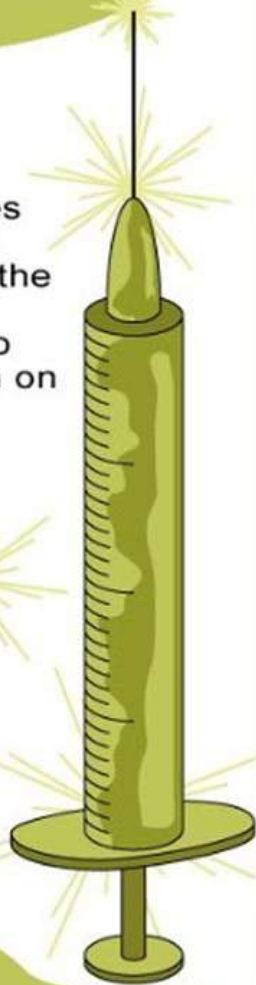
- Untested
- On the package it states that it does not even prevent cervical cancer
- Even if your school system makes the shot mandatory, you can refuse. No law in the US can force you to take a vaccine. Do your research on the subject or ask a lawyer.

## Linked to:

- Loss of Consciousness
- Seizures
- Severe Headaches
- Dizziness
- Temporary Blindness
- Genital Warts
- Permanent Injury
- Paralyzation
- Miscarriages
- Nervous System Damage
- Recurring Painful Rashes
- Death

**Keyword Search:**  
**Untested HPV Vaccine**

*Please Copy and Post in Legal and Lawful Areas Only.*



# HPV vaccine

*Prevents cancers caused by most Human Papilloma Viruses. (High-risk HPV types 16 and 18 & some protection against closely related high-risk HPV types.)*

## **Facts:**

- Clinically tested, proven safe and effective in preventing many cervical, vulva, anal, throat and mouth cancers, and in preventing genital and anal warts.
- Recommended for boys, girls, men and women.
- More than 111 million doses distributed in the US, without a single proven serious adverse reaction.
- The National Cancer Institute states:

*"Widespread vaccination has the potential to reduce cervical cancer deaths around the world by as much as two-thirds, if all women were to take the vaccine and if protection turns out to be long-term. In addition, the vaccines can reduce the need for medical care, biopsies, and invasive procedures associated with the follow-up from abnormal Pap tests, thus helping to reduce health care costs and anxieties related to abnormal Pap tests and follow-up procedures."*

## **Verify the above:**

- [http://en.wikipedia.org/wiki/HPV\\_vaccine](http://en.wikipedia.org/wiki/HPV_vaccine)
- <https://www.facebook.com/RtAVM>



## THE VACCINE HOAX & WHO VACCINE GENOCIDE

"The further I looked the more shocked I became. I found that the whole vaccine business was indeed a gigantic hoax. Most doctors are convinced that they are useful, but if you look at the proper statistics and study the instances of these diseases you will realize that this is not so . . . My final conclusion after forty years or more in this business [medicine] is that the unofficial policy of the World Health Organization and the unofficial policy of the 'Save the Children's Fund' and .. [other vaccine promoting] organizations is one of murder and genocide. . . . I cannot see any other possible explanation. . . . You cannot immunize sick children, malnourished children, and expect to get away with it. You'll kill far more children than would have died from natural infection."

**Dr Archie Kalokerinos A.M.M., M.B.B.S., Ph.D., F.A.P.M.**



**99% of doctors will tell you  
to vaccinate your child!**



**0% of doctors will accept responsibility  
when your child is injured by that vaccine**

**CAPILLARY ATTRACTION**  
helps blood flow move  
forward with every heartbeat  
- blood will even flow against  
gravity.

this is coloured water, and it shows similar  
behaviours in blood flow



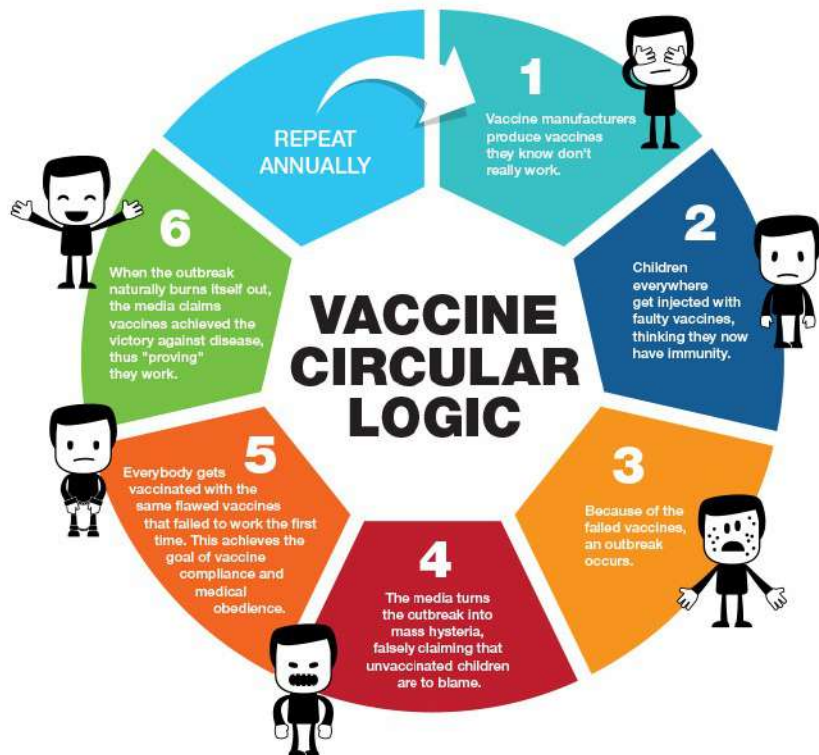
**CAPILLARY REPULSION**  
stops blood flow moving  
forward - it's as if blood  
wants to reverse its  
direction.

this is MERCURY, and its meniscus is below  
the top level....

it is a danger to blood flow, and damage to  
all organ systems are at risk

**ALUMINUM** also seriously affects blood  
flow





"Hey Doc, If vaccines don't cause autism, why do vaccine-makers list it as a possible side effect in their warnings?"





## Zinc is Critical to Mental & Emotional Health



Health Alert, October 2014

Lab testing for zinc should be mandatory for all patients diagnosed with behavioral disorder, ADHD, autism, or any mental illness.

Zinc is involved with other major partners in healthy brain function: Folic Acid, B6, Copper, Omega-3 fats, GABA,



## Zinc is Critical to Mental & Emotional Health



A zinc deficiency can be first noticed in diet peculiarities.

**Zinc  
deficient  
kids:**

Picky Kids - will only eat a few foods

Gets weird smells from foods

Flat out refuses to eat any vegetables

White spots on fingernails

As an adult, loses their sense of smell

# HOW MUCH MERCURY IS REALLY IN A FLU SHOT?

Here's What ICP-MS Tests Revealed:

2 ppb - Maximum mercury contaminant level in drinking water set by EPA

250 ppb - Typical mercury level in tuna

500 ppb - Highest level detected by Natural News in contaminated whitefish

51,000 ppb - Level of mercury **FOUND IN A FLU SHOT**

(ppb means parts per billion)

## ALL FORMS OF MERCURY ARE TOXIC TO HUMANS.

See real-time news updates at [Vaccines.NaturalNews.com](https://www.vaccines.naturalnews.com)

#### SOURCES:

- ICP-MS laboratory testing at the Natural News Forensic Food Lab
- Package insert of Flulaval Influenza Virus Vaccine from GlaxoSmithKline



## Vaccines to be made from human cancer tumors

Sunday, December 07, 2014 by: Natural News Editors  
Tags: vaccines, cancer tumors, pharmaceutical industry

**Unbelievably, the method of producing vaccines using cells that are derived directly from human cancer tumors has been approved even though the vaccines may induce cancer in recipients**

This method is cheaper and faster than breeding animals for the culture media - and human cancer tumors are readily available.

## 5 Alternative Doctors Dead, 5 More Vanished in Less Than a Month

On June 19, a fisherman discovered a body in the Rocky Broad River in Chimney Rock, North Carolina with what the Rutherford County Sheriff's Dept. described as a *"self-inflicted gunshot wound to the chest."*

He had been a prominent autism researcher who investigated a possible link between vaccines and autism, which led to a conflict with the CDC.



**Flu vaccines laboratory confirmed to contain crazy high concentrations of mercury**



**Tests conducted via ICP-MS document mercury in the *Flulaval* vaccine made by GlaxoSmithKline lot #9H2GX at a shocking 51 parts per million, or over 25,000 times higher than the maximum contaminant level of inorganic mercury in drinking water set by the EPA.**

**Natural News**

Friday, December 05, 2014  
by Mike Adams, the Health Ranger

## Newlywed Dies of Sepsis After Getting Flu

Jan 15, 2015, 3:41 PM ET

By SYDNEY LUPKIN via GOOD MORNING AMERICA

**A Wisconsin newlywed started to feel sick with the flu on a Monday. By Friday, she was dead.**



## Newlywed Dies of Sepsis After Getting Flu

Jan 15, 2015, 3:41 PM ET

By SYDNEY LUPKIN via GOOD MORNING AMERICA

**Katie McQuestion, a 26-year-old radiology technician from Kenosha, Wisconsin, got a flu shot to comply with hospital policy and had no underlying medical conditions, but she caught the flu and developed a serious complication from it: sepsis.**

**"She WAS the picture of health," her mother told ABC News.**

**Here are the results Natural News found in the flu vaccine from GSK (lot #9H2GX)**

<b>Aluminum</b>	<b>0.4 ppm</b>
<b>Arsenic</b>	<b>zero</b>
<b>Cadmium</b>	<b>zero</b>
<b>Lead</b>	<b>zero</b>
<b><u>Mercury</u></b>	<b><u>51 ppm</u></b>

Friday, December 05, 2014  
by Mike Adams, the Health Ranger





## How Low Cholesterol Can Harm Your Health

Wednesday, September 5th 2012

GreenMedInfo

Cholesterol is needed to prevent aggression

Cholesterol is needed to fight cancer

Cholesterol is needed to prevent hemorrhagic stroke

Cholesterol is needed for memory

Cholesterol is needed for longevity

Cholesterol helps us fight infection

## Stress

The stress hormone **CORTISOL** attacks the **HIPPOCAMPUS**, the area of the brain intimately involved in memory storage, **short term memory in particular** (*Neuro Endocrinol Lett*, 2002).

The more severe the stress, the more significant the damage.

## Acetylcholine Precursors

- **Lecithin** – improves “mild cognitive disorders
- **Choline** – just 3.75 g improves memory within 90 minutes
- **Phosphatidylserine** – improves several cognitive measures
- **Ginkgo** – Improves memory, concentration and moods (*Lancet*, 1992) 120 mg per day restored the mental ability on 60-80 year olds to young people’s levels (*JAMA*, 1997).



*In The U.S.A. There Had Been A lot Of Problems And Arguments Over The Fact That Education Authorities Were Not Allowing Children To Attend Schools Unless They Had Been Vaccinated. On The Argument That Unvaccinated Children Would Pose A Threat To The Health Of The Other Children. It Took Just One Mother To Stand Up And Ask That All Important Question....."How Is My Child A Health Risk To The Other Children If They Have All Been Vaccinated Against Everything.....Don't Your Vaccines Prevent The Diseases Or Not.....If They Don't Work, Why Are You Vaccinating The Children....And If They Do Work What Are You Afraid Of.....Well.....Which Is It?" .....*

*There Was Just Dead Silence.  
Nobody Could Answer Her Question.*



# Don't eat too much fast food, McDonald's tells own staffers

**Washington:** McDonald's employee resources site has warned workers to avoid eating too much fast food, including the kind of stuff served at the golden arches.

According to CNBC, one post on the site says "Fast food is quick, reasonably priced, and readily available alternatives to home cooking," Fox News reported.

"While convenient and economical for a busy lifestyle, fast food is typically high in calories, fat, saturated fat, sugar, and salt and may put people at risk for becoming overweight," the site said.

The posts, which appear to be designed by a third party vendor, are located in the site's 'Health Encyclopedia'



**UNHEALTHY CHOICE?** On its employee resources site, McDonald's says fast food is high in calories, fat, sugar, and salt and may put people at risk for becoming overweight. Also, a post bashed McDonald's staple meal of a burger, fries and soda

section. One posting bashes a meal of a burger, fries and soda McDonald's staples as an "unhealthy choice." The site also says "people with high blood pressure, diabetes, and heart disease must be very careful about choosing fast food because of its high fat, salt, and sugar levels."

McDonald's defended the content in a statement issued on Monday afternoon, highlighting the new, healthier menu options that the fast food giant has added in recent years, such as egg whites and fruit smoothies. McDonald's CEO Don Thompson also defended the company's food during a shareholders meeting in May, saying "We don't sell junk food." AGENCIES

## What The.....

***McDonalds food does not break down like "Normal" food, I have a Happy Meal I bought over 5 years ago [15 January 2013] and the bread has no mould at all and the fries look the same as they did the day I bought them! I have been told that the toy that came with the meal probably will break down first, and when I left it out the flies would not go near it ..... That was the last McDonalds' I ever Bought. Also I suggest you watch the film "Supersize Me" very interesting.***

# DO YOU WANT FLIES WITH THAT? THE POWER OF PRESERVATIVES



2009



2010

Spot the difference: The Happy Meal on March 6 last year ... and looking almost equally tempting exactly 12 months on

## ■ Regular Bun:

Enriched flour, water, high fructose corn syrup, sugar, yeast, soybean oil and/or partially hydrogenated soybean oil, contains 2% or less of the following: salt,

calcium sulphate, calcium carbonate, wheat gluten, ammonium sulphate, ammonium chloride, dough conditioners (sodium stearoyl lactylate, dateam, ascorbic acid, azodicarbonamide,

mono- and diglycerides, ethoxylated monoglycerides, monocalcium phosphate, enzymes, guar gum, calcium peroxide, soy flour), calcium propionate and

sodium propionate (preservatives), soy lecithin.

## ■ French Fries:

Potatoes, vegetable oil (canola oil, hydrogenated soybean oil, natural beef flavour, citric acid [preservative]),

dextrose, sodium acid pyrophosphate (maintain colour) and salt.

Dimethyl-polysiloxane added as an anti-foaming agent.

■ **Beef Patty:** 100% pure beef.



**"The world has 6.8 billion people...  
that's headed up to about 9 billion.  
Now if we do a really great  
job on new vaccines,  
health care, reproductive  
health services, we could  
lower that by perhaps  
10 to 15 percent."**

**~ Bill Gates  
Microsoft, Globalist,  
Member of Bilderberg Group**

**Mr Gates, I NEED FOOD...**



**NOT A POISONOUS VACCINE!**



POPULATION CONTROL Thu Nov 6, 2014 - 2:29 pm EST

## 'A mass sterilization exercise': Kenyan doctors find anti-fertility agent in UN tetanus vaccine

In 2011 alone, the Bill & Melinda Gates' polio vaccine campaign in India caused 47,500 cases of paralysis & death



"Control oil  
and you control  
nations;  
control food  
and you control  
the people."

— Henry Kissinger

"A single vaccine given to a six-pound newborn is the equivalent of giving a 180-pound adult 30 vaccinations on the same day."

Dr. Boyd Haley, Professor and Chair, Dept. of Chemistry, University of Kentucky (2001)



# STILL STARVING

*but*

Billions of Dollars in Vaccines Arrived



"Vaccines are the backbone of the entire Pharmaceutical Industry. The vaccinated children become customers for life."

*Dr Sherri Tenpenny*

Dr Sherry Tenpenny is one of the country's most knowledgeable and outspoken physicians regarding the impact of vaccines on health



"I vaccinated both my children with the MMR jab, but this was before I started my research into the problems associated with it. Knowing what I know now, I would not vaccinate my children and run the risk of them getting diabetes, asthma, eczema, becoming more susceptible to meningitis and ending up chronically disabled."

Jayne Donegan, MBBS, DRCOG, DCH DFFP, MRCP [UK] doctor of medicine practicing in England, with an interest in vaccination stemming from her concern for child and adult health safety issues.



Page 20

LETTERS

Daily Mail, Thursday, August 12, 2004

# I have no faith in the safety of any vaccines

Downloads - Shortcut link

AT LAST the Department of Health has realised that, however, a very good explanation, might not be such a good idea to vaccinate for children (MJA).

We should also investigate the dangers posed by other ingredients added to vaccines. Aluminium might be a cause of brain damage and the accompanying symptoms of dementia, Alzheimer's disease, arthritis and cancer. Acid formaldehyde, added to most vaccines, has carcinogenic potential.

As the mother of a healthy and happy child, I made an informed decision not to have her vaccinated. I have never regretted my choice. In the decades before vaccines were introduced, there was a major decline in infectious diseases due to better, less crowded living conditions, improved sanitation and clean water.

DR JAYNE DONEGAN, Weybridge, W. Surrey

## A test of trust

WEIRD told the new five-in-one vaccine has been thoroughly tested and shown to be safe - as were, presumably, the previous named vaccines which are being withdrawn. We were also told that the MMR vaccine has been equally well tested.

Without us we can trust the testing procedures. But not we.



Caution: Ruth Aspinall did not have daughter Alice vaccinated. (Below) Just a few hundred of the 100,000 children who have been vaccinated.

## BLACKMAIL IS THE NAME OF THE GAME

WE ARE having into a nation of blackmailers, using each other for our own purposes. Blaming others for everyday accidents and blaming absolutely everything on them.

It's disgusting that this culture of greed costs every family £500 a year (MJA). People have to take responsibility for their own actions: accidents happen. It's part of life. By trying to shelter our children from anything that might carry a tiny risk of danger, we are shipping them into having a fundamental lesson - how to take care of themselves.

It's disgusting that this culture of greed costs every family £500 a year (MJA). People have to take responsibility for their own actions: accidents happen. It's part of life. By trying to shelter our children from anything that might carry a tiny risk of danger, we are shipping them into having a fundamental lesson - how to take care of themselves.

What makes this trend more alarming is the way that victims of crime are so poorly compensated in comparison.

THE fear of litigation by councils and schools in Ireland and elsewhere. A compensation claim will succeed only if negligence can be proved - public bodies are obliged simply to take reasonable steps to ensure proper health and safety guidelines are in place.

This does not mean activities should stop or that local authorities have to cut down trees to ensure a child cannot fall. An accident does not result in a compensation payment. Playground safety does not have to be devoid of swings.

CHRISTOPHER GYLLFORS, President of the Association of Private Injury Lawyers, Walsingham

have all co-operated in a programme to eradicate polio worldwide by 2005.

Robert International quoted the programme as carried out, the WHO will declare the end of a polio-free world in 2005. The British Government has agreed to fund the programme, including the necessary infrastructure, but is spending more on the multiple vaccine containing an anti-polio vaccine.

GUINIA pigs MURKIN is vaccines should have been tested years ago. Our children should not have received polio vaccine

and the further away from his jurisdiction for testing for children have incident victims.

ARMANDO BELLAIR, Paris, France

Bitten by bad luck CHIMPANZEES capture bad luck. When being used for

The animal was in the back garden, there was a "bitter" of the dog, which on the side gate, a plaque on the front door and a plaque of an animal on the wall. Another child was hit on the head over the delivery



**Love them. Protect them.**

**Never inject them.**

**There are NO safe vaccines!**

**Shaken Baby Syndrome**

**Chronic Ear Infections**

**Death**

**SIDS**

**Seizures**

**ADD**

**Allergies**

**Asthma**

**Autism**

**Diabetes**

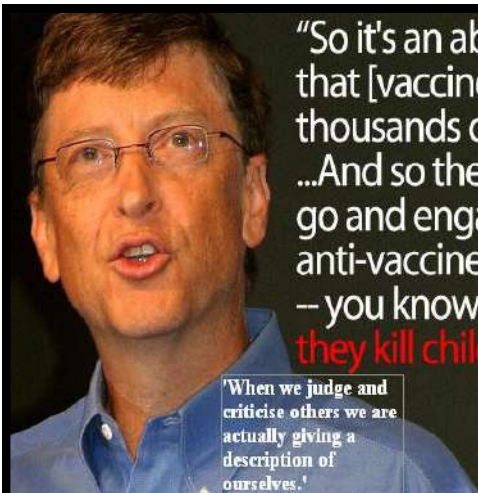
**Meningitis**

**and polio are caused by adverse reactions to vaccine poisons.**



**Go to: [VaccineTruth.com](http://VaccineTruth.com)**

**or call Vaccination Liberation: 1-888-249-1421**



**"So it's an absolute lie that [vaccines] have killed thousands of kids.**

**...And so the people who go and engage in those anti-vaccine efforts – you know, they, they kill children."**

**—Bill Gates**

**England and Wales**

**[1880] "25,000 babies are yearly sacrificed by diseases excited by Vaccination."**

**[1921] "6,000 Infants are killed every year by Vaccination."**

**Anti-Vaccination League**

**Jonas Salk created a vaccine which crippled and killed some children**



## **Did You Know?**



***Did you know what happened to the original Curly from The Three Stooges. In 1945 Curly had a stroke and never worked again, they brought in substitutes but they really wasn't Curly. The only reason we know this is that Larry Fine wrote a book "Stroke Of Luck" This is an excerpt from that book.***



*In the early part of 1945, we were asked to go overseas to appear at various military installations. We readily accepted this request and prepared to leave, and went through the series of overseas shots required. We had all taken our shots and were prepared to leave, when Curly, apparently from side effects of the overseas shots is stricken with a stroke.*

*This was a great shock to us, as he was an integral part of the act, further, we had been together for twelve years, never expecting this blow, as he appeared in good health. Ironically, the same day that Curly had his stroke President Roosevelt died.*

Stroke Of Luck By James Carone As Told By Larry Fine. First Edition. Hollywood, CA:Sienna Publishing Company.1973, p171.

***"Curly Was Whacked by Vaccines."***

## ***A Little Rant!***

*If I haven't grabbed your attention by now there's no hope for you! There is a lot going on in this world that we cannot understand. But please tell me “Why do most anti cancer drugs CAUSE CANCER?” and other illnesses..... as they kill fast dividing cells [YOUR IMMUNE SYSTEM IS MADE UP OF THOSE CELLS SO NOW YOU DIE FROM PNEUMONIA SO YOU ARE CLASSED AS CURED BECAUSE STATISCALLY SPEAKING YOU DIDN'T DIE OF CANCER] and we all know radiation causes cancer. And if you purchase the reference book “KNOW WHATS IN YOUR BASKET” you will see that there are carcinogenic chemicals in our food, cosmetics, cleaning agents and drugs. E.g. Underarm deodorant contains aluminium salts.....which is a carcinogen.....your under arms are next to your lymph system and breasts.....lymphomas' and breast cancer, that's only one contributor though.....so what the hell is going on?*

*How many of you bought expensive low energy bulbs [which contain mercury, so toxify landfills and aquifers' also effecting your eyesight and health] thinking your bills would go down?.....Did they go down?....no!....there's a surprise. It was so the energy industry could raise prices and tell you, the “CONSUMER” that your paying the same for your power as you did last year [capped prices] but they charge more and profit from your ignorance. Also your told its your fault the environment is messed up, but YOUR NOT FULLY TO BLAME! E.g. You go to a supermarket and buy.....crisps say....they come in non recyclable bags in a larger non recyclable bag which you throw away as soon as you go home.....why have the larger bag in the first place?.....you could purchase separate bags.....5 for a £1 sounds good.....because the large chemical companies force you to have them.....if we cut back their profits would slump! These are just a few of so many lies that are being used to our detriment. So when it comes to your health and welfare there is **ONLY ONE** that is responsible....YOU! So remember,*

***“When the whole world stays silent, one voice becomes powerful”***



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IMAGING**



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  - *Children*
- *People who want to avoid radiation*

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***Mammograms' Are Dangerous And Can Contribute Too And Cause Cancer But That's Just My Opinion..Look It Up.***

## **Triclosan Banned by FDA from Soaps but Still OK in Toothpaste**

*The Cornucopia Institute, an organic industry watchdog, has sent the FDA a letter requesting that the agency ban a possible carcinogen, triclosan, from toothpastes, as they have recently done for hand soaps.*

*The agency prohibited the use of the chemical in hand soaps on September 6. Triclosan has been linked to skin irritation, endocrine disruption, breast cancer, allergies in children, and weakened muscle function.*

*“If this chemical is not safe to wash your hands with, then we should also remove it from products that you put directly in your mouth,” asserts Mark Kastel, Senior Policy Analyst at The Cornucopia Institute.*

*Cornucopia’s latest report, Behind the Dazzling Smile: Toxic Ingredients in Your Toothpaste, describes how even the quality of “natural” toothpastes varies significantly between brands and how these personal oral care products commonly include nonessential ingredients that may be harmful.*

*“The cosmetics industry is no different, and may be worse, than leading food companies when it comes to gimmicky ingredients and misleading health claims,” asserts the report’s lead author Jerome Rigot, PhD, a Cornucopia staff scientist. “However, we have created a useful web-based scorecard to help discriminating consumers see through marketing hype and make the best decision for their family when buying toothpaste.”*

*Behind the Dazzling Smile emphasizes that the mouth’s oral mucosa is one of the most absorbent areas of the body and allows potentially harmful ingredients to pass directly into the bloodstream.*

*Triclosan, an antimicrobial chemical, was introduced into the market in 1972. At that time its use was limited to hospital and health care applications. Since then, triclosan's commercial usage has increased exponentially and it can be found in hundreds of consumer products ranging from antibacterial soaps, deodorants, toothpastes and other cosmetics, fabrics, toys and other household and personal care products.*

*Triclosan is just one of a myriad of synthetic materials banned in Europe and other developed countries that can be found in toothpastes sold in the U.S.*

*The FDA restricts or prohibits just 11 synthetic ingredients in cosmetics. In comparison, the European Union (EU) prohibits over 1,300 ingredients and restricts an additional 250 ingredients for use in personal care products. As a result, the U.S. lags significantly behind other countries on cosmetics safety, allowing many hazardous chemicals that are banned in Canada, Japan and Europe.*

*In fact, many toothpastes sold in Europe, and other countries, by American corporations are created with different, safer formulations for international markets compared to the same products sold in the U.S., complying with stricter cosmetics laws.*

*The Cornucopia Institute began investigating toothpaste as an extension of their work focusing on the potentially carcinogenic food additive carrageenan. Carrageenan is an additive that reliably produces inflammation in the body and yet it is still commonly found in organic foods, like cream, chocolate milk, and yogurt. Carrageenan is also found in natural brands of toothpaste. Like triclosan, the Cornucopia report and scorecard identifies carrageenan when identifying the best options in the marketplace.*



*“Consumers are increasingly choosing a certified organic diet to reduce their overall toxic load and to secure food that is nutritionally superior,” stated Kastel. “Many are now realizing that anything they put on their skin, or use in their mouths like mouthwash and toothpaste, will end up in their bloodstream. And many of these synthetic compounds are the last thing we want to expose our families to, especially children.”*

*Cornucopia’s extensively researched report and toothpaste brand scorecard spotlight the most problematic ingredients to be avoided, which are commonly present in some of the most popular “natural” and premium brands as well as familiar mass-market brands like Colgate and Crest. Several toothpastes rank at the top of the toothpaste at the top of the “five-brush” category (on a scale of 1-5), and are among the best and safest products available in the market.*

*The Cornucopia Institute’s report and scorecard, Behind the Dazzling Smile: Toxic Ingredients in Your Toothpaste, is available at: [www.cornucopia.org](http://www.cornucopia.org).*

*[1] <http://beyondpesticides.org/programs/antibacterials/triclosan/products-containing-triclosan>*

*[2] <http://www.fda.gov/Cosmetics/GuidanceRegulation/LawsRegulations/ucm127406.htm#prohibited>*

*[3] <http://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:32009R1223&from=EN>*

*[4] <http://www.breastcancerfund.org/big-picture-solutions/make-our-products-safe/making-cosmetics-safe.html>*

*A Timeline of Vitamin Medicine*  
*by Andrew W. Saul*

*Don't get bogged down by silly claims that multiple vitamins kill, or that antioxidants are bad for you. It is high time to take a look at the record, and review what published medical research actually has been saying for eight decades.*

*1935 Claus Washington Jungeblut, MD, professor of bacteriology at Columbia University, first publishes on vitamin C as prevention and treatment for polio; in the same year, Jungeblut also shows that vitamin C inactivates diphtheria toxin.*

*1936 Evan Shute, MD, and Wilfrid Shute, MD, demonstrate that vitamin E-rich wheat germ oil cures angina.*

*1937 Dr. Jungeblut demonstrates that ascorbate (vitamin C) inactivated tetanus toxin.*

*1939 William Kaufman, MD, PhD, successfully treats arthritis with niacinamide (vitamin B3).*

*1940 The Shute brothers publish that vitamin E prevents fibroids and endometriosis, and is curative for atherosclerosis.*

*1942 Ruth Flinn Harrell, PhD, measures the positive effect of added thiamine (B1) on learning.*

*1945 Vitamin E is shown to cure haemorrhages in the skin and mucous membranes, and to decrease the diabetic's need for insulin.*

*1946 Vitamin E is shown to greatly improve wound healing, including skin ulcers. It is also demonstrated that vitamin E strengthens and regulates heartbeat, and is effective in cases of claudication, acute nephritis, thrombosis, cirrhosis, and phlebitis; also, William J. McCormick, MD, shows how vitamin C prevents and also cures kidney stones.*

*1947 Vitamin E is successfully used as therapy for gangrene, inflammation of blood vessels (Buerger's disease), retinitis, and choroiditis; Roger J. Williams, PhD, publishes on how vitamins can be used to treat alcoholism.*

*1948 Frederick R. Klenner, MD, a board-certified specialist in diseases of the chest, publishes cures of 41 cases of viral pneumonia using very high doses of vitamin C.*

*1949 Dr. Kaufman publishes The Common Form of Joint Dysfunction.*

*1950 Vitamin E is shown to be an effective treatment for lupus erythematosus, varicose veins, and severe body burns.*

*1951 Vitamin D treatment is found to be effective against Hodgkin's disease (a cancer of the lymphatic system) and epithelioma.*

*1954 Abram Hoffer, MD, PhD, and colleagues demonstrate that niacin (vitamin B3) can cure schizophrenia; the Shutes' medical textbook Alpha Tocopherol in Cardiovascular Disease is published; and Dr. McCormick reports that cancer patients tested for vitamin C were seriously deficient, often by as much as 4,500 milligrams.*

*1955 Niacin is first shown to lower serum cholesterol.*

*1956 Mayo Clinic researcher William Parsons, MD, and colleagues confirm Hoffer's use of niacin to lower cholesterol and prevent cardiovascular disease; Dr. Harrell demonstrates that supplementation of the pregnant and lactating mothers' diet with vitamins increases the intelligence quotients of their offspring at three and four years of age.*

*1957 Dr. McCormick publishes on how vitamin C fights cardiovascular disease.*

*1960 Dr. Hoffer meets Bill W., cofounder of Alcoholics Anonymous, and uses niacin to eliminate Bill's longstanding severe depression.*

*1963 Vitamin D is shown to prevent breast cancer.*

*1964 Vitamin D is found to be effective against lymph nodal reticulosarcoma (a non-Hodgkin's lymphatic cancer).*

*1968 Linus Pauling, PhD, publishes the theoretical basis of high-dose nutrient therapy (orthomolecular medicine) in psychiatry in Science, and soon after defines orthomolecular medicine as "the treatment of disease by the provision of the optimum molecular environment, especially the optimum concentrations of substances normally present in the human body."*

*1969 Robert F. Cathcart, MD, uses large doses of vitamin C to treat pneumonia, hepatitis, and, years later, acquired immune deficiency syndrome (AIDS).*

*1970 Dr. Pauling publishes Vitamin C and the Common Cold and Dr. Williams publishes Nutrition Against Disease.*

***1972 Publication of The Healing Factor: "Vitamin C" Against Disease by Irwin Stone, PhD.***

***1973 Dr. Klenner publishes his vitamin supplement protocol to arrest and reverse multiple sclerosis. So does Dr. HT Mount, reporting on 27 years of success using thiamine. Also: Ewan Cameron, MD, and Linus Pauling publish their first joint paper on the control of cancer with vitamin C, two years after Cameron began using high-dose IV vitamin C.***

***1975 Hugh D. Riordan, MD, and colleagues successfully use large doses of intravenous vitamin C against cancer.***

***1977 Alfred Libby, MD, and Irwin Stone present findings that the use of high doses of vitamins hastens and eases withdrawal from highly-addictive drugs.***

***1981 Dr. Ruth F. Harrell and colleagues demonstrate that very high doses of nutritional supplements help overcome learning disabilities in children, and bring about highly significant improvement to those with Down syndrome.***

***1982 In Japan, Murata, Morishige, and Yamaguchi show that vitamin C greatly prolonged the lives of terminal cancer patients.***

***1984 Robert F. Cathcart, MD, publishes on the vitamin C treatment of AIDS.***

***1986 Publication of How to Live Longer and Feel Better by Linus Pauling.***

***1988 Dr. Lendon H. Smith publishes Vitamin C as a Fundamental Medicine: Abstracts of Dr. Frederick R. Klenner, M.D.'s Published and Unpublished Work, now known as Clinical Guide to the Use of Vitamin C.***

***1990 American doctors successfully use vitamin C to treat kidney cancer, and in 1995 and 1996, other cancers.***

***1993 Large-scale studies show that vitamin E supplementation reduces the risk of coronary heart disease in men and women.***

***1995 Dr. Riordan and colleagues publish their protocol for intravenous vitamin C treatment of cancer.***

***2002 Vitamin E shown to improve immune functions in patients with advanced colorectal cancer, by immediately increasing T helper 1 cytokine production.***

***2004 Doctors in America and Puerto Rico publish more clinical cases of vitamin C successes against cancer.***

***2005 Research sponsored by the U.S. National Institutes of Health shows that high levels of vitamin C kill cancer cells without harming normal cells.***

***2006 Canadian doctors report intravenous vitamin C is successful in treating cancer.***

***2007 Harold D. Foster and colleagues publish a double-blind, randomized clinical trial showing that HIV-positive patients given supplemental nutrients can delay or stop their decline into AIDS.***



***2008 Korean doctors report that intravenous vitamin C "plays a crucial role in the suppression of proliferation of several types of cancer," notably melanoma. And, natural vitamin E is demonstrated to substantially reduce risk of lung cancer by 61%.***

***2009, 2010, 2012 Intravenous Vitamin C and Cancer Symposia filmed and made available for free-access online. <http://www.riordanclinic.org/education/symposium/s2009> (twelve lectures), <http://www.riordanclinic.org/education/symposium/s2010> (nine lectures) and <http://www.riordanclinic.org/education/symposium/s2012> (eleven lectures)***

***2011 Each 20 micromole/liter ( $\mu\text{mol/L}$ ) increase in plasma vitamin C is associated with a 9% reduction in death from heart failure. Also, B complex vitamins are associated with a 7 percent decrease in mortality, vitamin D with an 8 percent decrease in mortality.***

***2012 Vitamin C shown to prevent and treat radiation-damaged DNA.***

***2013 B-vitamin supplementation seen to slow the atrophy of specific brain regions that are a key component of the Alzheimer's disease process and are associated with cognitive decline.***

***2014 In patients with mild to moderate Alzheimer's disease, 2,000 IU of vitamin E slows the decline compared to placebo. Data from 561 patients showed that those taking vitamin E function significantly better in daily life, and required the least care. Vitamin C greatly reduces chemotherapy side effects and improves cancer patient survival.***

*2015 Vitamin C decreases complications, intubation time, and the length of hospital stays in Intensive Care Unit patients. And, another large scale study found a 26-55% risk reduction for pancreatic cancer in persons who consume more vitamin C.*

*2016 Supplementation with vitamin C improves insulin-mediated glucose disposal in people with type 2 diabetes. Other research shows that antioxidants reduce aggressive prostate cancer risk by 64 to 72%. And incredibly, the dose to do so was equivalent to a daily dose of only 1,500 mg of vitamin C.*

*Doctors and reporters that say "they have not seen any good evidence that vitamins cure disease" are telling you the truth: yes, they have never seen it. That's not because it isn't available; it's because they have never done even looked.*

# *When It's Freezing Cold And Flu Viruses Come Around...*

*One of the vitamins our bodies can't manufacture is vitamin C; we get it through the food we eat or through oral supplements. Another vitamin C fact is that we can't store it, it's a water-soluble vitamin which is excreted within a couple of hours of digestion, we therefore need to replace it regularly.*

## *Why Vitamin C?*

*Vitamin C has so many health benefits. Vitamin C is a powerful antioxidant which helps fight off the free radicals which attack the body causing anything from a winter cold to cancer. Nobel Prize winner Linus Pauling was adamant that very large doses of vitamin C could combat the common cold and help destroy cancerous cells. Pauling's controversial research was initially received with scepticism but in recent years health professionals have been paying more attention to the positive effects of vitamin C on the human body.*

## *Where to Get Your Vitamin C*

*Fresh fruits, such as citrus, berries, kiwi and pawpaw, and vegetables, like broccoli, cauliflower and dark, leafy greens are full of vitamin C. It is important that these fruits and vegetables are eaten when fresh and preferably raw.*

*The older the food is, the less vitamin C it will contain. The same applies to freezing and cooking, both deplete the vitamin content in the food.*

*A good supplement is a sure-fire way to get your daily vitamin C dose, especially if you don't know how fresh your food is. There was a study a few years ago on the vitamin C content of Californian oranges that were about to leave the warehouse and go into the supermarkets. The results shocked everyone. They didn't find any vitamin C in the oranges.*

### **How Much Vitamin C Do You Need?**

*This is another controversial question. The recommended daily allowance (RDA) is 40mg per day for adults between the ages of 19 and 64, however, many alternative practitioners believe that the daily minimum dose should be 1,000 mg, and that should be increased when you feel a cold or flu coming on.*

*People who eat unhealthy foods, smoke or drink alcohol will definitely be deficient in vitamin C. What little vitamin C there is in the body, will be rapidly used up fighting the toxins which are being introduced through food, smoke or alcohol. Balance is key and eating fresh fruit and vegetables, and taken a daily supplement will help replenish the vitamin stocks and stave off that winter cold.*

## *Did You Know?*

1. *Brazil, the fifth most populated place on the planet never had a problem with polio until they introduced a polio vaccination program.*
2. *Columbia University found that woman who receive radiotherapy are far more likely to develop Thyroid cancer within 5 years.*
3. *Onions help lower high blood glucose in diabetics 400mg of Allium Cepa or onion extract lowers it by almost 50%.*
4. *In 1977 in the U.S and 1983 in the U.K low fat diets were introduced to prevent heart disease, heart disease figures shot up over the next 30 years not down, good animal fat, actually protects the heart and cells.*
5. *It was found that B vitamins, especially B12 slows down dementia and Alzheimer's but the study was blocked. [I wonder why!]*
6. *Fluoride in water causes Thyroid problems.*
7. *Statins were pushed onto the market using statistical deception, and they can be the cause of cancers, mental decline, cataracts, diabetes and musculoskeletal disorders.*
8. *HRT increases ovarian cancer risk [ so boost your immune system]*
9. *Two published studies have found that glyphosate herbicides such as "Roundup" suppresses the growth of beneficial gut bacteria.*
10. *Some natural alternatives to Statins are: Cayenne pepper, Hawthorne, Garlic, Pycnogenol, Motherwort, Ginger, Essential Fatty Acids, Turmeric, and Alfalfa.*

# COUNTERTHINK

## WHAT WILL NEVER HAPPEN

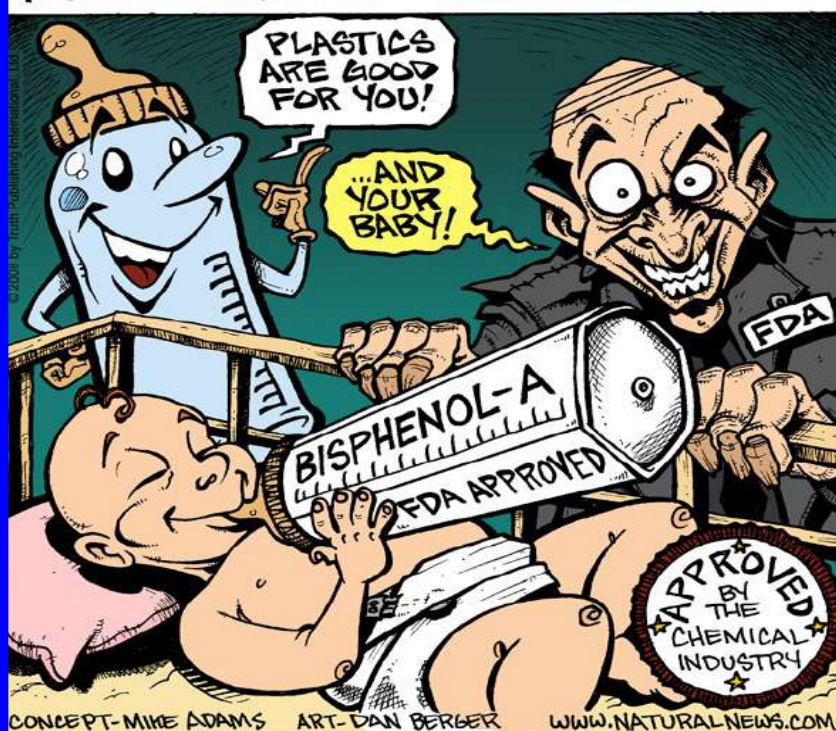


## WHAT WOULD REALLY HAPPEN



# COUNTERTHINK

"PLASTICS CHEMICALS ARE GOOD FOR YOU!"





## What natural approaches might help FIBROMYALGIA ?

### *Radical decapitation, perhaps?*

*How many times have folks been told that nagging pain and intense soreness are all in your head? As late as 1982, fibromyalgia is not even an entry in the doctors' standard clinical reference book, the Merck Manual. You could find myalgia, though, which was described as simple muscular pain. A lovely, predictable medical recommendation promptly followed: take aspirin for it! (p 1228)*

*The single most effective therapy I know of is saturation of vitamin C along with the use of calcium/magnesium supplements. This is a too easy answer to a problem that so many have really suffered with, I know. Yet just ask anyone you know with fibromyalgia this single question: Have you tried it yet? If they still have the condition, Ill bet they haven't. Saturation (bowel tolerance) of vitamin C is easily reached through frequent oral doses. Media scare-stories to the contrary, the safety and the effectiveness of large amounts of vitamin C are well established. Large doses of vitamin C seem to have exceptional pain-relieving and even mood-lifting properties. Probably the main roadblock to widespread utilization of this all-too-simple technology is an equally widespread assumption that there simply must be unknown dangers to thousands or even tens of thousands of milligrams of C daily. Since the time megascorbate therapy was introduced in the late 1940's by Fred R. Klenner, MD, and up to today as used by Robert Cathcart, MD, there is a surprisingly safe track record. Vitamin C is far safer than any drug, period. Do not be put off the very thing that can help the most until you have looked into it for yourself.*

*Calcium and magnesium supplementation, even around rather low RDA levels (about 1,000 mg calcium and about 400 mg magnesium daily, in divided doses) can make a big difference in muscle health and happiness. A deficiency of either mineral can cause tetany, or muscle spasms, among other symptoms. Dietary deficiency is the rule, rather than the exception, with both of these important minerals.*

*Gentle to moderate exercise can often help, too. Start light and gradually work up. Yoga stretches and walking are two good ways to go. Heavy working out may set you back, so take it easy.*

***[AS YOU WILL UTILISE YOUR DEPLETED STORES OF CALCIUM AND MAGNESIUM]***

*My opinion for one more secret weapon: Vegetable juicing! I have never felt so good, so energetic, so UN-SORE (is that a word?) as when I juice big-time. Again, if you have not tried this utterly non-toxic approach to better health, why not today?*

*Or, you can just accept the perennial medical alternatives: Take drugs, or "learn to live with it."*

## *News Flash.*

### *Fibromyalgia.*

*Was watching a documentary with Dr Peter Glidden and he mentioned that vets had wiped out Fibromyalgia in farm animals 30 years ago. This information came from Dr Joel Wallach.*

*It is a SELENIUM deficiency.*

*The disease in farm animals is called  
“WHITE MUSCLE DISEASE”*

*I went on a cattle site and it was all there, I can't believe this, why isn't anyone putting this together, its a nutritional deficiency problem, primarily Selenium and vitamin E. This is the treatment on the site, bear in mind this is for cattle, so work your way up on the doses.*

#### *Treatment*

*Cattle affected by white muscle disease have been treated with sodium selenite and vitamin E in sterile emulsion. This can be administered SC or IM, at 1 mg selenium and 50 mg (68 IU) of vitamin E per 18 kg (40 lb) body wt.*

*If necessary, the treatment may be repeated two weeks later, but no more than four doses total should be given. In calves affected with simple vitamin E deficiency, treatment with dietary supplementation using  $\alpha$ -tocopherol or substances rich in vitamin E can be used. Calves have been cured using 600-mg of  $\alpha$ -tocopherol initially; followed by daily doses of 200-mg. Any polyunsaturated fats should be removed from the diet as these may be causing the vitamin E deficiency.*

*Did you see what I saw.....Any polyunsaturated fats should be removed from the diet as these may be causing the vitamin E deficiency. WOW!*

## **VITAMIN C HAS BEEN KNOWN TO CURE OVER 30** **MAJOR DISEASES FOR OVER 50 YEARS**

*If so, why haven't you heard more about it? Why haven't more doctors used Vitamin C as medicine?*

*Progress takes time, unfortunately. Fresh fruit was known to cure scurvy by 1753, yet governments ignored the fact for nearly 100 years. Countless thousands died in the meantime. The 19th century doctor who first advocated washing one's hands between patients died ignored and in disgrace with the medical profession. Toxic mercury was used as medicine into the twentieth century. And so it has been.*

*The first physician to aggressively use vitamin C to cure diseases was Frederick R. Klenner, M.D. beginning back in the early 1940's. Dr. Klenner consistently cured chicken pox, measles, mumps, tetanus and polio with huge doses of the vitamin. While vaccines are now available for these illnesses, please remember this was not the case in the 1940's.*

*The following is a list of the conditions that Dr. Klenner successfully treated with aggressive vitamin C therapy:*

*Pneumonia, Encephalitis, Herpes Zoster (shingles)  
Herpes Simplex, Mononucleosis, Pancreatitis, Hepatitis,  
Rocky Mountain Spotted Fever, Bladder Infection, Diabetes,  
Alcoholism, Arthritis, Some Cancers, Leukaemia, Glaucoma,  
Atherosclerosis, Ruptured Intervertebral Disc, Heat Stroke,  
High Cholesterol, Corneal Ulcer, Schizophrenia, MS,  
Burns and secondary infections, Radiation Burns,  
Heavy Metal Poisoning (Mercury, Lead), Chronic Fatigue  
Venomous Bites (insects, snakes), Complications of Surgery.*

*This seems like an impossible list of vitamin C cures. At this point, you can either dismiss the subject or investigate further. Dr. Klenner chose to investigate. The result? He used massive doses of vitamin C for over forty years of family practice. He wrote dozens of medical papers on the subject. A complete list of them is in the Clinical Guide to the Use of Vitamin C, edited by Lendon H. Smith, M.D., Life Sciences Press, Tacoma, WA (1988). It is difficult to ignore his success, but it has been done. Dr. Klenner wrote: "Some physicians would stand by and see their patient die rather than use ascorbic acid (Vitamin C) because in their finite minds it exists only as a vitamin."*

*Vitamin C is remarkably safe even in enormously high doses. Compared to commonly used prescription drugs, side effects are virtually nonexistent. It does not cause kidney stones. In fact, vitamin C increases urine flow and favourably lowers the pH to help keep stones from forming. William J. McCormick, M.D. used vitamin C since the late 1940's to prevent and treat kidney stones. Vitamin C does not significantly raise oxalate levels, and uric acid stones have never resulted from its use, either. Said Dr. Klenner:*

*"The ascorbic acid/kidney stone story is a myth."*

*How much vitamin C is an effective therapeutic dose? Dr. Klenner gave up to 300,000 milligrams (mg) per day. Generally, he gave 350 to 700 mg per kilogram body weight per day. That is a lot of Vitamin C.*

*But then again, look at that list of successes.*

*Dr. Klenner emphasized that small amounts do not work. He said, "If you want results, use adequate ascorbic acid (Vitamin C)."*

*That's when his family members found out about a newly produced liposomal C, which they brought to Alan daily. Each packet contained one gram of encapsulated vitamin C. Alan consumed six daily and achieved the miraculous results he had experienced with the 50 to 100 grams daily of IV C. He walked out of the hospital in days on his own power. A year later, he was examined and there was no trace of leukaemia either. Here's a New Zealand 60 Minutes video clip that covers his story well on YouTube.*

*At the Fukushima hot spot, a team of orthomolecular (mega-dose supplement medicine) scientists administered 25 grams of IV C before working and six grams daily of liposomal C to one group of site clean-up workers while giving none to another group.*

*The vitamin C crew came back with no signs of radioactive poisoning, while the crew without vitamin C showed high toxicity levels. The radiation poisoned group was then given the same IV and liposomal C treatments as the first group, and they all recovered. Liposomal encapsulation technology (LET) is expanding*

*LET has expanded to encapsulating glutathione and curcumin extracted from turmeric, both of which have problems getting through the gastrointestinal tract wholly intact and into tissue cells.*

*A recent preclinical study demonstrated liposomal encapsulated curcumin's ability to kill pancreatic cancer cells much better than any pharmaceutical cancer drug.*

*This and liposomal vitamin C open a new go-it-alone cancer treatment potential to be incorporated with ample detoxing and the "cancer diet."*



## Notes On Orthomolecular (Megavitamin) Use of Vitamin C

*Vitamin C (ascorbate, ascorbic acid) has varying activity in the body at varying levels of intake. At low levels of consumption, vitamin C is like a trace nutrient: you need very little of it to stay alive, but without any at all you die. Even a few milligrams a day will suffice to preserve life. At moderate levels of consumption, say 500 to 1,500 mg per day for an adult, the vitamin works to build health in a positive sense. Statistically, fewer colds will be reported; incidence, severity and duration of influenza will be less. (Stone, *The Healing Factor*, 1972 and Pauling, *Vitamin C, the Common Cold and the Flu*, 1976). But it is at high levels, say 8,000 to 40,000 mg per day for an adult, that we begin to obtain therapeutic properties for the vitamin. At the proper (high) level, vitamin C has antihistamine, antitoxin, antibiotic, and antiviral properties. The pharmacological effects of a vitamin at high concentration do not disqualify our continuing to call it, and think of it, as a vitamin. Money still buys things even if you have a lot of it; its nature has not changed but its power has. If it takes 50 gallons of gas to drive from New York City to Albuquerque, you simply are not going to make it on 10 gallons, no matter how you try.*

*Likewise, if your body wants 35,000 mg of vitamin C to fight an infection, 7,000 mg won't do. The key is to take enough C, take it often enough, and take it long enough.*

*QUANTITY, FREQUENCY and DURATION are the keys to effective orthomolecular use of vitamin C. So many people hold a philosophical viewpoint such as "I shouldn't have to take so much of a vitamin." That's certainly true; you do not have to. Everyone has the right to be sick if they want to. But if you want swift recovery, and if you want to use vitamin C, you might just as well use it effectively. What we are interested in is results. High doses of vitamin C get those results as well or better than any broad-spectrum drug on the market. Rather than take what we think the body should require, we take the amount of C that the body says it wants.*

*The safety of vitamin C is extraordinary. There is not one case of vitamin C toxicity anywhere in the world's medical literature.*

*There is not one case of vitamin C-caused kidney stone ever proven, to the best of my knowledge. Vitamin C has been used to prevent and cure the formation of kidney stones since William J. McCormick, M.D. used it in 1946 (Medical Record 159:7, p 410-413). 10,000 mg of ascorbic acid per day does not significantly increase urinary excretion of calcium (Linus Pauling Institute Newsletter "Effect of High Intake of Ascorbic Acid on Excretion of Calcium" by Dr. C. Tsao, 2:3, 1983). Daily doses of over 120,000 mg have been used with safety by medical doctors, and guinea pigs have been given the human daily dose equivalent of 500,000 mg without harm. The major side effect of vitamin C overload is an unmistakable 5-times-an-hour diarrhoea. This indicates absolute saturation, and the daily dose is then dropped to the highest amount that will not bring about diarrhoea.*

*That is a THERAPEUTIC level. Robert Cathcart, M.D. of California routinely employs high-ascorbic acid therapy with his patients with success (Journal of Orthomolecular Psychiatry, 2nd Quarter, 1981). Frederick R. Klenner, M.D. of North Carolina has seen cures of diphtheria, staph and strep infections, herpes, mumps, spinal meningitis, mononucleosis, shock, viral hepatitis, arthritis and polio using high doses of vitamin C (Journal of Preventive Medicine, Spring, 1974). Dr. Klenner says: "Ascorbic acid is the safest and the most valuable substance available to the physician" and "If you want results, use adequate ascorbic acid."*

## **DR ANDREW SAUL**

The MegaVitamin Man,  
High-Dose Vitamin C, &  
Do-It-Yourself Health



**A Therapeutic Level of Vitamin C Supplementation As Employed by F.R. Klenner, M.D. (from "The Significance of High Daily Intake of Ascorbic Acid in Preventive Medicine," page 51-59, Physician's Handbook on Orthomolecular Medicine, Third Edition, Roger Williams, PhD, ed.)**

***A Working Summation of Dr. Klenner's Formula:  
350 mg Vitamin C per kg body weight per day (350 mg./kg./day)***

<b>mg. of Vitamin "C"</b>	<b>Body Weight</b>	<b>Number of Doses</b>	<b>Amt. per dose</b>
35,000 mg.	220 lbs.	17-18	2,000 mg
18,000 mg	110 lbs.	18	1,000 mg.
9,000 mg.	55 lbs.	18	500 mg.
4,500 mg.	28 lbs.	9	500 mg.
2,300 mg.	14-15 lbs.	9	250 mg.
1,200 mg.	7-8 lbs.	9	130 - 135 mg.

***These quantities may seem high; Klenner actually used as much as four times as much, typically by injection. These are moderate oral doses. You may also give twice as many doses, with half as much "C" per dose. Injections of C may be arranged with your physician. Vitamin C may be given as liquid, powder, tablet or chewable tablet. Infants often prefer finely powdered, naturally sweetened chewable tablets, which may be crushed between two spoons. You may make your own liquid vitamin C by daily dissolving C powder in a small (1 ounce) dropper bottle and adding a sweetener if necessary. Dr. Klenner of course recommended daily preventive doses, which might be about 1/6 of the above therapeutic amount, divided 3 times daily. Persons with sensitivity to citrus fruits, tomatoes or cranberries may feel more comfortable taking vitamin C as ascorbate, a non-acidic vitamin C. Calcium ascorbate is most frequently chosen and sodium ascorbate the least, except for injection. Transition down to a maintenance level (about 60 mg/kg/day) should be made gradually, over a period of a week or two. A kilogram is 2.2 pounds.***

## **Did You Know?**

- 1. People In The Western World Normally Have Their Wisdom Teeth Removed As Their Diets Are So Void Of Mineral Nutrition, Their Faces Are Not Wide Enough To Accommodate All The Teeth.***
- 2. When Somebody Broke A Mercury Type Thermometer In School, The Classroom Was Closed and Everyone Was Sent Home, But They Say Mercury Fillings Are Fine In Your Mouth, Have People Been Really That Dumbed Down.***
- 3. Mercury Fillings Can Cause A Host Of Ill's Including Depression.***
- 4. A Root Canal Is The Only Medical Procedure Where A Dead Piece Of Tissue Is Left Rotting In The Body.***
- 5. Fat, Especially Coconut Oil, Helps Protect And Strengthen The Teeth.***
- 6. They Say Your Teeth Are A Mirror Of Your Bones, Weak Brittle Teeth, Weak Brittle Bones.***
- 7. If You Watch The Documentary "A Beautiful Truth" You Will Watch Mercury Vapour Coming Off The Teeth.***
- 8. Dental Practices Have Machines That Introduce Copious Amounts' Of Fluoride Into The Water Supply.***
- 9. When I Was A Child My Parents Made Me Endure Fluoride Coating On My Teeth Every Year, I Was Always Sick, And Ill For At Least Two Weeks After.***

## *Liposomal Vitamin C Explained.*

### *The Biggest Secret They Don't Want You To Know.*

*Liposomal vitamin C is a lipid encapsulation of ascorbic acid granules that delivers more vitamin C to cells orally than even mega-dose intravenous (IV) vitamin C. At first, vitamin C expert Dr. Thomas Levy found this hard to believe, even as clinical results were being achieved.*

*Then he analyzed liposomal C to discover that, although IV Vitamin C delivers more vitamin C into the bloodstream than orally ingesting vitamin C, not all of it permeated tissue cells.*

*It's estimated that maybe 20% of IV vitamin C volume gets into cells, while 90% of liposomal C permeates tissue on a cellular level. Vitamin C is water soluble, and cell walls are fatty. Liposomal C is a lipid (fatty substance) encapsulated on a molecular level.*

*This enables higher oral doses vitamin C to permeate cells while not overwhelming bowel thresholds. Some of you may be familiar with the story of New Zealand dairy farmer Alan Smith, who recovered rapidly from a coma induced by flu complicated double pneumonia and leukaemia. Many online accounts make it seem as though only IV C led to his recovery.*

*But following several legal attempts from Alan's family to continue administering 50 to 100 grams of IV C after showing positive results when they were ready to pull the plug on his life support, the hospital cynically conceded to continue with only two grams IV C daily.*



# **How To Make Liposomal Vitamin C.**

*What you will need:*

- 1. Ultrasonic Jewellery Scrubber.**
- 2. Non GMO Sunflower or Soya Lecithin**
- 3. 500 mls Of Distilled Water.**
- 4. 1 Jug Of Tap Water.**
- 5. Bag Of Ascorbic Powder.**
- 6. 2 x 500 mls Glass Lab Beakers.**
- 7. 1 x 1000 mls Glass Lab Beaker.**
- 8. Kilner Storage Jar.**
- 9. Small Scales.**
- 10. Plastic or Wooden Spoon.**
- 11. Ear Protectors.**
- 12. Timer.**
- 13. Flood Mixer or Blender.**
- 14. Kitchen Roll.**

*Measure 30g of Lecithin and soak it for 2 hours in 250ml of distilled water in the 500ml beaker. The mix 30g of Ascorbic Powder in 250ml of distilled water in the other 500ml beaker. Pulse the Lecithin, it will change to a lighter colour. Then pour both beaker contents into the 1000ml beaker and blend together.*

*Pour the tap water into the Ultrasonic Cleaner and place the 1000ml beaker into the water. Turn it on and set for 45 minutes.*

*Pour into Kilner jar and store in fridge no longer than 7 days.*

*Job done.*

*If you drink 50ml which equals 3g of Liposomal Vitamin C which equals 25g of intravenous Vitamin C.*



**ALL AVAILABLE ON EBAY.**



**SIMPLE.**



# Vitamin C

## MYTHS

- ❌ Doses over 1000 mg are dangerous, wasteful
- ❌ Body is saturated at 150 mg/day
- ❌ Kidney stones occur with high doses
- ❌ No science behind high dose ascorbate use
- ❌ Natural whole vitamin C is always best
- ❌ Diarrhea from ascorbate is dangerous
- ❌ You can get enough ascorbate in food when very ill

*The Black Widow Spider: Case History.*  
Tri-State Med J, Dec 1957, Vol 5, No 10, pp 15 - 18



**"... there are some physicians who would stand by and see their patient *die* rather than use ascorbic acid - because in their finite minds, it exists only as a vitamin."**

—Dr. Frederick B. Klenner

## A few actions of Vitamin C



- Anti-oxidant
  - Electron donor
    - Detoxicant
    - Prevents damage
- Anti-histamine
- Enzyme co-factor
  - Collagen
  - Neurotransmitters
  - Hormones
  - Carnitine

## Sepsis: new evidence for IV Sodium Ascorbate

### Diseases underlying sepsis

- Alcoholic cirrhosis
- End stage kidney failure
- Leukemia
- Influenza
- Lung cancer
- Congestive heart failure
- GI hemorrhage
- Cellulitis
- Multiple myeloma
- NH Lymphoma
- Bone marrow transplant
- Hepatorenal syndrome
- COPD
- Hepatitis C cirrhosis
- Esophageal varices

*"Phase I safety trial of intravenous ascorbic acid in patients with severe sepsis"*

Fowler 2014.  
PMID: 24484547

## Short List: Acute Vitamin C Needs

- Antiseptic/bactericidal
- Sepsis/ critical care
- Trauma, surgery, burns
  - Endotoxin processing
  - Vascular integrity
  - Antihistamine
- Whooping cough
- Vaccine reactions

## Documented power upon:

- Polio
- Acute hepatitis
- Viral encephalitis
- Acute rheumatic fever
- Toxic mushroom poisoning
- Ebola, hemorrhagic diseases
- Tuberculosis
- Infectious mononucleosis

***Please Watch Talks By Dr Susan Humphries Which Will Explain More.***

# Vitamin C

## Natural whole vitamin C

- Camu Camu
- Rose hips
- Acerola

## High Flavonoid Foods

- Parsley
- Onions
- Blueberries, other berries
- Black tea, green tea, oolong tea
- Bananas
- All citrus
- Dark chocolate
- Sea-buckthorns
- Ginkgo biloba

## Vitamin C in human tetanus

Age	Vitamin C			No Vitamin C		
	N= pts	N= recovered	% died	N= pts	N= recovered	% died
1-12	31	31	0.0%	31	8	74.2%
13-30	27	17	37%	28	9	67.8%

Jahan 1984. PMID: 6466264

## Basic Recommendations for acute use or high dose need

- **Assess bowel tolerance**
  - Adult: 1-2 grams every 2 hours
  - Once rumbles or diarrhea note the total mg
  - 50-90% of that is ideal during that level of stress
  - Circumstances vary, dose requirement changes
  - High carb. Intake will falsely indicate a lower limit
- In general, the minimum intake to raise adult's blood plasma levels consistently is 2-3 G in divided doses.

<http://www.iherb.com>



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38.7 to 38.8 38.9 to 39.0 39.1 to 39.2 39.3 to 39.4 39.5 to 39.6 39.7 to 39.8 39.9 to 40.0 40.1 to 40.2 40.3 to 40.4 40.5 to 40.6 40.7 to 40.8 40.9 to 41.0 41.1 to 41.2 41.3 to 41.4 41.5 to 41.6 41.7 to 41.8 41.9 to 42.0 42.1 to 42.2 42.3 to 42.4 42.5 to 42.6 42.7 to 42.8 42.9 to 43.0 43.1 to 43.2 43.3 to 43.4 43.5 to 43.6 43.7 to 43.8 43.9 to 44.0 44.1 to 44.2 44.3 to 44.4 44.5 to 44.6 44.7 to 44.8 44.9 to 45.0 45.1 to 45.2 45.3 to 45.4 45.5 to 45.6 45.7 to 45.8 45.9 to 46.0 46.1 to 46.2 46.3 to 46.4 46.5 to 46.6 46.7 to 46.8 46.9 to 47.0 47.1 to 47.2 47.3 to 47.4 47.5 to 47.6 47.7 to 47.8 47.9 to 48.0 48.1 to 48.2 48.3 to 48.4 48.5 to 48.6 48.7 to 48.8 48.9 to 49.0 49.1 to 49.2 49.3 to 49.4 49.5 to 49.6 49.7 to 49.8 49.9 to 50.0 50.1 to 50.2 50.3 to 50.4 50.5 to 50.6 50.7 to 50.8 50.9 to 51.0 51.1 to 51.2 51.3 to 51.4 51.5 to 51.6 51.7 to 51.8 51.9 to 52.0 52.1 to 52.2 52.3 to 52.4 52.5 to 52.6 52.7 to 52.8 52.9 to 53.0 53.1 to 53.2 53.3 to 53.4 53.5 to 53.6 53.7 to 53.8 53.9 to 54.0 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Our Price: **\$33.20** 9.11 to 9.14 9.15 to 9.17 9.18 to 9.19 9.20 to 9.21 9.22 to 9.23 9.24 to 9.25 9.26 to 9.27 9.28 to 9.29 9.30 to 9.31 10.1 to 10.2 10.3 to 10.4 10.5 to 10.6 10.7 to 10.8 10.9 to 11.0 11.1 to 11.2 11.3 to 11.4 11.5 to 11.6 11.7 to 11.8 11.9 to 12.0 12.1 to 12.2 12.3 to 12.4 12.5 to 12.6 12.7 to 12.8 12.9 to 13.0 13.1 to 13.2 13.3 to 13.4 13.5 to 13.6 13.7 to 13.8 13.9 to 14.0 14.1 to 14.2 14.3 to 14.4 14.5 to 14.6 14.7 to 14.8 14.9 to 15.0 15.1 to 15.2 15.3 to 15.4 15.5 to 15.6 15.7 to 15.8 15.9 to 16.0 16.1 to 16.2 16.3 to 16.4 16.5 to 16.6 16.7 to 16.8 16.9 to 17.0 17.1 to 17.2 17.3 to 17.4 17.5 to 17.6 17.7 to 17.8 17.9 to 18.0 18.1 to 18.2 18.3 to 18.4 18.5 to 18.6 18.7 to 18.8 18.9 to 19.0 19.1 to 19.2 19.3 to 19.4 19.5 to 19.6 19.7 to 19.8 19.9 to 20.0 20.1 to 20.2 20.3 to 20.4 20.5 to 20.6 20.7 to 20.8 20.9 to 21.0 21.1 to 21.2 21.3 to 21.4 21.5 to 21.6 21.7 to 21.8 21.9 to 22.0 22.1 to 22.2 22.3 to 22.4 22.5 to 22.6 22.7 to 22.8 22.9 to 23.0 23.1 to 23.2 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## Healthy Human Actual Requirement

- Biochemical individuality
- **Dr Linus Pauling:** 2.3 to 9 G
- **Dr Irwin Stone:** 70 mg/kg/day.
- **Dr Fred Klenner**
  - Children 1 G per year of age up to 10 years
  - Adults 10 G per day
- **Dr Steve Hickey**
  - 500 mg to 20,000 mg depending on many factors

*Please Watch Talks By Dr Susan Humphries Which Will Explain More.*

# Vitamin C

## My Suggestions: Daily Use Sodium Ascorbate

- Healthy, stress-free, minimal toxin exposure, eat lots of organic, fresh produce, no supplement required. Consume foods to 200-1000 mg/day depending on age (adult vs. child)
- Chronic illness, higher doses, depending on issue
- Other indications for every day use:
  - Excessive oxidative stress
    - Too much sun or radiation
    - Pollution high
    - Chemical exposures
    - Alcohol, smoking or any drugs
    - Constipation
  - Travel, usually need higher than usual doses

## **Multi-C Protocol** (Thomas Levy, MD)

### **1-5 G liposome encapsulated SA**

Intracellular delivery excellent without energy requirement (active transport not needed). Normally DHA is what is transported thru membranes and has to be reduced after that.

Nearly 100% absorbed when ingested

### **Multigram SA individualized to need/tolerance**

Supplies extracellular ascorbate (and intra with energy use)

Bowel decontamination

Solves constipation issue (endotoxin and e-coli)

### **1-3 G Ascorbyl Palmitate**

Gets into fat

### **25-150 G IV SA several times per week or daily**

- Very high extracellular fluid and blood levels
- More toxin neutralization and infection resolution than any other form or route

## **TRUE CALCIUM REQUIREMENTS (SEELY 1991)**

- Age 0-15 no more than 400 mg per day needed
- Age 15-35: 325 mg
  - Up to the age of 35, daily calcium requirement is ~ 80 mg for the skeleton and 170 mg to replace losses in urine and sweat, giving a total of ~ 250 mg/day
- 35-47: 220 mg (170 mg lost per day)
- Age 48-80: 170 mg (130 mg loss)
- 0-35 years average need is 80 mg per day (Seely 1991)

**Exceptions: requirements double for their age groups**

- Women in last trimester and
- Lactation

## **SAFETY**

### **Vitamin C**

- No reports of healthy people overdosing/dying.
- 227 G ingestion in adult would survive.

### **Common OTC drugs**

- 3-28% hosp/year ADE. Fatal ADE 0.31% of hosp pts. (Classen 1997)
- 380 people die per day in USA from prescription or OTC drugs.
- Paracetamol: liver damage.
  - USA 56K ER visits
  - 26K hospitalizations (New England)

## **LD-50's**

### **Substance**

### **Dose mg/kg weight**

- |               |          |
|---------------|----------|
| • Vitamin C   | • 11,900 |
| • Table salt  | • 3000   |
| • Paracetamol | • 1944   |
| • Coumarin    | • 293    |
| • Aspirin     | • 200    |
| • Caffeine    | • 192    |

## **GENERALLY ACCEPTED, VITAMIN C:**

- Lethal Dose for human population is approx 11.9 grams of vitamin C per kilogram (bodyweight)

If you are approx 64 kg this would equate to a lethal dose of 755 grams of pure vitamin C (nearly a kilo) taken at one time.

***LD: Stands For Lethal Dose.***

***Please Watch Talks By Dr Susan Humphries Which Will Explain More.***

## ***A Conversation With The GP.***

***I have to tell this story, 2 years ago I went to the doctors to have a Vitamin D blood test done just after Christmas and The New Year as I wasn't feeling great. Anyway, my surgery done the test and told me to return in a week. When I returned for my results, I was shocked, this is what was said:***

***Doctor: "Good morning Mr Hooper, what can we do for you today?"***

***Me: "I've come for my Vitamin D blood test results."***

***Doctor: "Are yes, here we are.....its normal."***

***Me: "Sorry, What?"***

***Doctor: "Its come back as normal."***

***Me: "Normal.....compared to what?.....How many nanomoles of D per ml of blood do I have?"***

***Doctor: "I don't know it just says normal in the box!"***

***Me: "Yes but normal compared to what?"***

***Doctor: "I'm not sure, probably its compared to the population of the rest of Britain."***

***Me: "So your telling me that I'm deficient in D."***

***Doctor: "No, I'm telling you your results are normal."***

***Me: "But your telling me the results are based on a comparison of a deficient Northern Hemisphere sun starved population in the UK.....is that what your telling me?"***

***Doctor: "Well yes, I think so, I really never gave it much thought.....that's very interesting though."***



## Where to find vitamin C?

- *in fruit such as oranges, lemons, limes, grapefruits, blackcurrants, strawberries, kiwi fruit and tomatoes*
- *in vegetables like broccoli, asparagus, cabbage, green peppers, sprouts and sweet potatoes*

*What does this say about the nation's diet?*

*During the 18th century, it was dire - especially for sailors on long-distance voyages on the high seas. At that time, scurvy killed more British sailors than enemy action.*

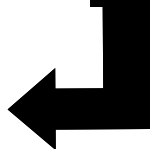
*In the 1740s, a British voyage to the Pacific lost 1,300 men out of a 2,000-strong crew within 10 months of leaving port.*

*Richard Walter, the chaplain on the voyage, described the terrible suffering of the men, noting their ulcers, blackened skin, revolting gum disease and rotten breath.*

*When they got hold of the fruit they craved so badly, he described them swallowing it "with emotions of the most voluptuous luxury".*



*James Lind  
(1716-1794)  
showed that fruit in  
the diet would  
prevent scurvy*



*Me: "Well thanks' for trying but that's no good to me whatsoever."*

*Doctor: "Moving on I need to tell you that your Cholesterol levels are very very high and I want to put you on Statins as soon as possible."*

*Me: "Good luck with that, I'm Glad my Cholesterol is high, and I'm not going on Statins ever."*

*Doctor: "But its through the roof, dangerously through the roof."*

*Me: Good, good, at least my body is doing what its supposed too."*

*Doctor: "I don't think you understand Mr Hooper, your LDL is really elevated."*

*Me: "Look Doc, I have come to you right after Christmas and New Year because I was feeling crap! Right? The reason I'm feeling Crap is because I've been eating and drinking all acidic foods and drink all over Christmas and the New Year, meats, cakes, sweets, fizzy drinks, alcohol and staying in ie no sunlight. [thanks for that blood test by the way] Now around Christmas and the New Year I eat very little fruit and veg so I'm not getting much Vitamin C at all really, so what happens when your body is low in Vitamin C Doc?"*

*Doctor: "You become susceptible to illness."*

*Me: "Well yes, but the answer I was fishing for is "BORDERLINE SCURVEY" Doc. We are called "LIMIES" for a reason Doc, but did you test me for it?"*

*Doctor: "Well No!"*

*Me: "Well Doc, my body is in panic mode and is trying to repair itself the only way it knows how.....Naturally. Tell me this Doc, what is the result of Scurvy?"*

*Doctor: "Well death brought on by the veins drying out, cracking and haemorrhaging making the organs shut down."*

*Me: "Spot on Doc, so my body is coating my veins and arteries with a slippery slimy steroid to keep my veins from drying out and cracking, and you want to stop my body from doing that, it also helps in the production of Testosterone, helps me get an erection, and feeds my brain, so you can keep your Statins, thanks!"*

*Doctor: "Well I don't know where to go from here!"*

*Me: "Well what about another blood test in 2 weeks time."*

*Doctor: "Ok, but make sure you see me, give this to the receptionist on your way out."*

*Me: "Cheers Doc, bye."*

*Doctor: " Bye Mr Hooper, remember, see me."*

*Anyway to cut a long story short I went back in 3 weeks for my results, and guess what ? they were all normal lol. NO ELEVATED CHOLESTEROL.*

*The Doctor asked what I had done, I replied absolutely nothing just gone back to my normal diet.*

*The doctors face went ashen and I said my goodbyes.*



*One large orange or a bowl of strawberries each day provides enough vitamin C for the body*

*Early explorers called it the "scourge of the sea" and the disease was widespread during the Victorian era, but could scurvy now be making a comeback?*

*Parents are constantly telling children to eat their greens and health experts urge us to make sure we eat our "five a day" - and with good reason.*

*Fruit and vegetables are important sources of vitamin C (also called ascorbic acid) which the body needs to keep our bones, skin, tissues and blood vessels healthy.*

*Without it, we lack a protein called collagen which can't be replaced and we end up with symptoms that were common hundreds of years ago in sick sailors and malnourished children.*

*The numbers are very small, but scurvy is on the rise in England, according to official figures from the Health and Social Care Information Centre.*

*In the year up to April 2014, it was the primary diagnosis behind 16 hospital admissions and the primary or secondary cause of 94 admissions.*

*Between 2009 and 2014, admissions related to scurvy went up by 27%.*

*That's in line with percentage increases in hospital admissions for malnutrition and gout - a common Victorian complaint traditionally associated with too much port and an unhealthy lifestyle - over the same period.*

*The most recent research, conducted in 2014, suggests that gout currently affects one in 40 people in the UK.*

*One of those unfortunates, the BBC's Richard Warry, explained his shock at being diagnosed with an extremely painful condition which is no laughing matter.*



*They had been used to eating a predominately salty diet, overdosing on seals' livers and fat.*

*They were, literally, dying for vitamin C.*

*When they reached land, it was celery, cabbage and plants which helped them recover. Future voyages carried dried vegetables, fruit and palm wine and sauerkraut to help ward off the dreaded scurvy and in 1752 a Scottish doctor, James Lind, found proof that citrus had a rapid beneficial effect.*

*Today, we are in a far better position thanks to improvements in standard of living and diet - but that doesn't mean there aren't pockets of people still at risk.*

### **Fussy eaters**

*Lucy Jackman, a paediatric dietician and spokesperson for the British Dietetic Association, says low-income families and those dependent on drugs or alcohol tend to the ones most often in that bracket.*

*"Scurvy results from a prolonged deficiency of vitamin C, which we get entirely from our diet, and it can make people really ill."*

*Warning signs of scurvy can include tiredness, muscle and joint pain and bleeding or swelling of the gums.*

*She says cases of scurvy are rare and isolated, but she does see very small numbers of children with vitamin C deficiency, which is generally related to "very fussy eating".*

*"The key is to catch it early, get the message across about balanced eating and to make sure they are eating five portions of fruit and vegetables every day."*



## *How much vitamin C do we need?*

- *babies need around 25mg of vitamin C a day*
- *children 1-10 years old need around 30mg*
- *children 11-14 years old need around 35mg*
- *older children and adults need around 40mg (and more for those who smoke or drink large amounts of alcohol)*
- *pregnant women need 50mg of vitamin C a day*
- *breastfeeding mothers need around 70-75mg*

*Source: NHS Choices*

*While the increasing prevalence of gout in the UK is a concern, experts put it down to an ageing population and a growing obesity problem.*

*This painful and severe form of arthritis, which is caused by a build-up of uric acid in the body, can be managed through changes in lifestyle, like losing weight, eating less red meat and reducing alcohol intake.*



*Gout is a painful form of arthritis which is on the rise in the UK, affecting one in 40 people*

*Thanks to the childhood vaccination programme, many serious infectious diseases are a thing of the past.*

*But some common Victorian diseases still make an appearance on official hospital admission statistics, including cholera, typhoid fever, scarlet fever and rickets.*

*The cases may be rare, affecting the very young or the very old, but their presence reminds us that although time has moved on, poor diet can still be a cause of some serious illnesses.*

*<https://www.bbc.co.uk/news/health-35380716>*

*Well there you have it Vitamin C Deficiency can cause scurvy, I agree with most of this article, but I don't agree that vaccines got rid of Victorian diseases, anyone with an ounce of grey matter knows it was better sanitation which caused that decline. When a vaccination programme is introduced the disease rate goes up.*

## *What On Earth Is Going On?*

Cancer diagnosis increases risk of a heart attack by 26 times, 5th april 2013 [\*New England Journal of Medicine\*](#) : researchers looked at data on more than 6 million Swedes aged 30 and older between 1991-2006 using the country's health registries in order to determine how the psychological toll of cancer diagnosis impacts the risk for death. After analyzing over 500,000 people who were diagnosed with cancer during that period, **the risk of suicide was found to be up to 16 times higher and the risk of heart-related death 26.9 times higher during the first week following diagnosis versus those who were cancer free.**

### SILENT KILLER:

A study in the US by experts at Harvard School of Public Health and the University of Rochester shows that the risk of premature death from all causes increases by about 35 per cent among those who fail to say how they feel. But when the researchers looked at specific causes of death they discovered that the risks increased by 47 per cent for heart disease and 70 per cent for cancer

- In March 2012, *Nature*, the famous high-impact factor scientific journal, published a shocking study. **Glenn Begley and Lee Ellis double checked the results of 53 landmark studies in cancer research, but they were only able to reproduce the published results in 11 % of them.**

The British Medical Journal has concluded that only about 12 per cent of all medical treatments have adequate evidence demonstrating that they work.

- ~~GMO~~-----A 2012 nutritional analysis of GMO versus non-GMO corn shows shocking differences in nutritional content. Non-GMO corn contains 437 times more calcium, 56 times more magnesium, and 7 times more manganese than GMO corn

GMO corn was also found to contain 13 ppm of glyphosate, compared to zero in non-GMO corn. The EPA standard for glyphosate in American water supplies is 0.7 ppm, and organ damage in animals has occurred at levels as low as 0.1 ppm

GMO corn contains extremely high levels of formaldehyde—about 200 times the amount found toxic to animals Mercola.

## **Did You Know!**

- 1. About 40% Of The Worlds Population Suffer From Sciatica, A Percentage May Be A Lack Of Calcium Or Magnesium, But It Is Rarely To Do With Discs In The Back, It Is More Likely To Be A Problem Of Hip Alignment If The Pain Is In The Buttock Down To The Ankle, I Would Visit A Chiropractor, Osteopath Or Physiotherapist First.***
- 2. Nearly Half The Worlds Population Is Deficient In Vitamin D, When You Are Tested And The Results Come Back As NORMAL, Ask What NORMAL Is Compared Too. They Wont Know, The Results Are Based On The Rest Of The Countries Population Which Are Deficient Also.....So You Are Low.....Get The Drift.***
- 3. Some Artificial Sweeteners Can Increase The Risk Of Diabetes In Just 14 Days.***
- 4. When A Women Has A Period It Balances Her Hormones.***
- 5. Power Walking Forces Minerals Into The Bones, Calcium, Boron, Manganese, Silica And Magnesium.***
- 6. Aloe Vera Has Over 200 Healing Properties.***
- 7. Chlorophyll From Plants Helps To Clean Our Blood, Cucumber, Celery And Cabbage Do Just The Job When Juiced.***
- 8. You Get Plenty Of Essential Fatty Acids Or EFA's From Flax Seed Or Coconut Oil [Don't Believe What You Are Being Told In The Press]***
- 9. Bromaline In Pineapple, Omega 3 Oils And Vitamin C, Turmeric And Cumin Have Anti Inflammatory Properties.***

# Nutritional Supplements

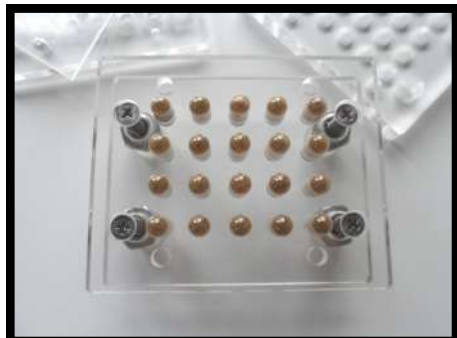


***Did You Know That You Can Make Your Own Supplement Capsules.***

***Just Go On EBay And Tap In Capsule Machine Costs Approx £20.00 And Vegetable Capsules 1,000 Costs Approx £15.00 And Then Purchase The Powders You Require.....Saving You A Fortune. Next Is A List Of Nutrient Supplement Powders You Can Get And Their Bio.***



EASY





## **Alfalfa**

•

- *Alfalfa is a perennial flowering plant in the pea family Fabaceae, thought to have originated from South-Central Asia.*
  - *The plant arrived in Europe in 490 BC when Persia invaded Greece. It was used to feed the army's cattle and horses.*
  - *It earned the name 'the king of all foods' from the Arab 'al-fac-facah' because of its super-high protein content.*
  - *The plant has an extensive root system allowing it to absorb lots of goodness from the soil, making it an excellent dietary supplement.*
  - *Highly nutritious alfalfa is rich in vitamins A, B, C, E, K and minerals calcium, potassium, phosphorous and iron.*
- 

## **Mango Powder**

- *25 Million-year-old Ayurvedic superfruit.*
- *Excellent Source of Vitamin C - 100g of fresh mango contains 46% RDI.*
  - *Good Source of Vitamin A - 100g contains 15% RDI.*
- *Contains up to 25 different carotenoids including provitamin A compound, beta-carotene, lutein and alpha-carotene.*
  - *Packed with Phenolic Antioxidants - with a unique phytonutrient called mangiferin.*
    - *Rich in pre-biotic dietary fibre.*
  - *High in vitamin B6, Potassium, Folate and copper.*
- *Lush tropical flavour - ideal for use in smoothies, milkshakes, yoghurts, cereals and baking.*

## **Ashwagandha Root**

- *Ashwagandha is known as Indian Ginseng because of its powerful rejuvenating and strengthening properties.*
- *Botanically, ginseng and ashwagandha are unrelated; the plant actually belongs to the tomato family.*
- *Ashwagandha gets its name from the Sanskrit 'ashva' meaning horse and 'gandha', which means smell, as it is said to impart the vigour and strength of a stallion.*
- *The root has been used for over 4000 years in India and Africa for health and wellbeing.*
  - *Scientific studies have demonstrated its effectiveness in boosting energy, immunity and libido.*
- *The root contains compounds which possess strong antioxidant properties.*
- *Ashwagandha powder has a strong bitter/sweet taste and is best mixed with smoothies or fruit juices.*

# **Banana**

## ***Banana Nutritional Benefits***

- ***Ancient Super food - red banana was first cultivated by humans around 8000 BC.***
- ***Excellent source of dietary Fibre - high in soluble fibre pectin for healthy digestion.***
  - ***Rich in minerals Potassium and Iron.***
  - ***Good source of B vitamins, and vitamin C.***
- ***Instant natural energy boost - ideal for stamina and endurance athletes.***
  - ***Contains Mood Balancing compounds tryptophan and serotonin for a natural feeling of well-being.***
- ***Intense banana flavour - yellowy/orange powder tastes like sweet banana with a hint of raspberry, ideal for smoothies, yoghurts, milkshakes, cereals, baking, and desserts.***

# **Baobab Fruit**

*The Baobab is a deciduous tree that's native to Madagascar which is rich in myth and legend, with a number of unique qualities. Firstly, it is one of the largest trees in the World, reaching up to 40m in height, spanning 15m wide. It is also one of the most ancient; the oldest known Baobab is estimated to be 1,060 years old. Baobab is known by many names; The Tree of Life because of its use in traditional African medicine. The Upside Down Tree because its branches resemble roots, said to point to the sky to receive heavenly wisdom and strength. The Vitamin Tree because of its super-nutritious fruits. Baobab powder is made from the tree's yellow/grey, coconut-sized fruits, often referred to as the 'King of Super Fruits.' The fruit is distinctive because it dries naturally on its own branches before harvesting. It requires no processing, is simply ground into a fine powder.*

## ***Nutritional benefits***

- ***One of the most Nutritious Foods on Earth***
  - ***6 times more vitamin C than oranges***
    - ***3 times the iron of spinach***
    - ***2 times the calcium of cow's milk***
    - ***6 times the potassium of bananas***
  - ***15,000 ORAC value - twice the antioxidants of acai berry***
  - ***50% Fibre by weight - high in soluble fibres, found to have pre-biotic effects***
  - ***All 8 essential amino acids and omega 3 fatty acid.***
- ***Strong energy-boosting properties, supports the immune system, promotes skin health.***

***Contains: Vitamins A, B1, B2, B3, B6, and C. Minerals Calcium, Phosphorus, Iron, Potassium, Sodium, Magnesium, Manganese, and Zinc.***

## ***Uses.***

***Baobab has an exotic fruity flavour, reminiscent of melon or pineapple with vanilla. The versatile powder can dissolved in milk or water to make a refreshing drink. Mix it with fruit juices, smoothies, or yoghurts. Sprinkle on cereals, or use in baking.***

## **Barley Grass**

***Barley Grass is a nutrient-rich super green providing a complete A-Z of vitamins and minerals which work in synergy for optimum health. It is a whole food and said to be the only vegetable on Earth which can supply all the nutrients the human body needs.***

### **Barley grass Nutritional Information**

- ***11 times more calcium than cow's milk***
- ***7 times more fibre than brown bread***
  - ***5 times more iron than spinach***
- ***7 times more vitamin C than an orange***
  - ***18 amino acids (including 8 essential)***
- ***Barley Grass is an excellent source of fibre to aid weight loss as part of a balanced diet.***
- ***It is rich in antioxidants and enzymes, including the antioxidant enzyme, superoxide dismutase (SOD).***
- ***The super food contains high amounts of living chlorophyll and other essential nutrients that help to detoxify the body.***

***Contains: Beta-carotene, folic acid, Pantothenic acid, vitamin B1, B2, B3, B6, C, K, potassium, calcium, magnesium, iron, copper, phosphorus, manganese and zinc.***

## **Bee Pollen.**

- *Bee pollen is produced in the anthers of flowering plants, bound together by honey bees with fructose, glucose and saliva. It is nature's most perfect foods because it offers the most comprehensive range of vitamins, minerals and trace elements.*
  - *Bee nectar has been considered a miracle food for thousands of years. Ancient Egyptians referred to it as 'life-giving dust.' The father of modern medicine, Hippocrates prescribed it for healing. Native Americans wore pouches containing pollen around their necks to sustain them on long journeys. It is even mentioned in the Bible and the Koran.*
  - *The pollen is made up of approximately 30% protein, 55% carbohydrate, 1% to 2% fat, and 3% minerals, vitamins and trace elements. Exact chemical composition varies depending on the plants the bees gather the pollen from, from colony to colony and year to year. No two samples are identical. The variety of different colours in it shows the bees have had exposure to many different types of plants.*

### ***Contains:***

- *18 Vitamins: Including A, B Complex, C, D, E, K as well as lecithin, beta-carotene and selenium.*
- *25 Minerals: Including Calcium, Phosphorus, Potassium, Iron, Copper, Iodine, Zinc, Sulphur, Sodium, Chlorine, Magnesium, Manganese, Molybdenum, Selenium, Boron, Silica, and Titanium.*
  - *10 essential enzymes*
  - *59 trace elements*
  - *14 fatty acids.*

*Bee Pollen is high in protein – in fact it contains 50 per cent more than beef, and it is very low in fat. It makes a great flavour enhancer and is delicious in smoothies and yoghurts.*

*Cautions Not recommended if you are pregnant or breastfeeding. Not recommended for diabetics. Can cause allergic reactions. Do not use bee pollen if you are allergic to honey or bees.*



## **Olive Leaves**

- *The sacred olive tree is a small evergreen native to Mediterranean regions.*
  - *Olive leaf has been used since ancient times for health and vitality.*
    - *Leaves are packed with bioflavonoids, phytonutrients and powerful natural antioxidants.*
  - *Scientific studies have found Olive leaf has twice the antioxidant value of green tea extract.*
    - *Contains some of the same antioxidant compounds as olive oil, including oleuropein and hydroxytyrosol.*
  - *Add to green smoothies, soups, sauces, or stews.*
  - *Use in soaps, creams, salves, face and hair care products.*
- 

## **Beetroot Powder**

- *Just one serving contains: 9% of your recommended daily fibre intake, 7% RDI Vitamin C and 4% RDI iron.*
- *Beetroot rich in vitamins, minerals, and unique plant-derived antioxidants called betalains.*
- *It is an excellent source folate, manganese and potassium.*
- *Great for adding to soups, smoothies, salad dressings and baking for flavour and colour.*

## **Black Garlic**

- *It contains 18 of the 20 available amino acids*
- *5 times more antioxidants than fresh garlic.*
  - *Its production process is totally natural, no additives or preservatives are added.*
- *Black garlic is produced by “fermenting” whole bulbs of fresh garlic in a humidity-controlled environment in temperatures of about 140 to 170 degrees F for 30 days.*
- *No additives, no preservatives... just pure garlic.*
- *Once out of the heat, the bulbs are then left to oxidize in a clean room for 45 days. This lengthy process causes the garlic cloves to turn black and develop a soft, chewy texture with flavours reminiscent of “balsamic vinegar” and “soy sauce,” with a sweet “prune-like” taste. Aficionados claim the flavour will impress even the most avid garlic-hater, as the pungency and spiciness is gone.*

# **Blueberry**

## ***Nutritional Benefits***

- ***The world's healthiest food - many top nutritionists believe if you were to only make one change to your diet, it should be to add blueberries.***
- ***Whole body antioxidant support - 5 times more antioxidants than other fruits, packed with anthocyanins and phytoflavonoids.***
- ***High in fibre - just 1 cup of fresh blueberries contains 14% of your recommended daily intake.***
- ***Excellent source of vitamin C, K, potassium, manganese and copper.***
- ***Great in fruit salads, sprinkled on yoghurts or porridge and to bake into muffins.***

# **Brahmi**

*Bacopa (also known as Bramhi, Water Hyssop, or Herb of Grace) is a flowering perennial native to the wetlands of Southern India. It is named after the Hindu God Brahman, who is the consciousness responsible for all creative forces in the world.*

*The herb is said to improve mental ability while simultaneously calming the mind. This has been supported by double-blind studies in Australia and the USA.*

- *High Antioxidant Capacity - with strong detoxifying properties.*
- *Enhanced Cognitive Function - contains Bacosides which support memory, promote mental clarity and focus.*
- *Natural Mood Lift - found to increase serotonin production, shown to reduce stress.*
- *Well known hair tonic - used to make rinses, oils, and scalp pastes.*

## ***Cautions***

*Do not take on an empty stomach. Not suitable for pregnant women. Do not use if taking birth control*

# **Cacao**

*The Latin name for the cacao plant, Theobroma cacao literally means 'Food of the Gods.' From the ancient Greek 'theos' meaning god, and 'broma' meaning food. Native to South America, the cacao tree has been revered throughout the ages. The Maya believed that kakaw (cacao) was discovered by the gods in a mountain that contained delectable foods to be used by them. In ancient Mexico City it was deemed so valuable, it was used it as currency.*

## *Nutritional Benefits*

- *40 times more antioxidants than blueberries - phytochemical analysis show it is one of the most chemically complex foods on earth.*
  - *Can contain up to 10% its weight in flavonoids.*
- *Highest whole food source of magnesium for healthy hair, skin and nails.*
- *Excellent source of dietary fibre, iron, potassium, phosphorus, copper and manganese.*
  - *Good source of protein, potassium and zinc.*
- *Vitamins: B1, B2, B3, B5, B9, E, 10 Essential Amino Acids and Omega 6.*
- *Scientific studies have shown cacao stimulates the release of endorphins.*
- *It contains feel-good compounds - monoamine oxidase enzyme (MAO) inhibitors, phenylethylamine and anandamide.*
- *Very low amount of caffeine, much less than found in coffee.*

## *How to use*

*Raw cacao powder has an exquisite cocoa aroma and rich flavour, ideal for chocolate making, desserts, baking, hot drinks and smoothies. It has a slightly bitter taste therefore is best enjoyed with something sweet like bananas, Goji berries, or bee pollen.*

# **Camu Camu**

## ***Natural Vitamin C Supplement.***

***Camu Camu Berries come from a river-basin shrub, native to the Amazon rainforest in Brazil and Peru. The Amazonian super fruit has the highest***

***vitamin C content of any plant in the world.***

***Oranges provide 500-4,000 ppm vitamin C depending on ripeness.***

***In comparison, Camu Camu provides up to 500,000 ppm. Per serving,***

***Camu Berries contain around 30-60 times more vitamin C than oranges and lemons.***

***Camu Camu is far superior to taking synthetic ascorbic acid supplements. It is much more effective in its natural form, with a complex blend of other***

***natural nutrients that aid absorption.***

***As well as being the best source of natural vitamin C on the planet, Camu Camu Berries are packed with B vitamins, vitamin K, calcium, potassium, phosphorus, iron, amino acids and bioflavonoid.***

## ***How to use.***

***Camu Camu Berry has a fruity, slightly sour/acidic flavour. Add a teaspoon to fruit juices, yoghurts, smoothies, or desserts.***



## **Carrot**

### ***Carrot Nutritional Benefits***

- ***One serving is equivalent to over 1000% of your recommended daily vitamin A intake.***
- ***No other fruit or vegetable contains as much Beta Carotene.***
- ***A portion has 18% RDI of Vitamin C, 16% RDI Iron, and 16% RDI Calcium.***
- ***Carrots are an excellent source of dietary fibre, vitamin K and potassium.***

***Good source of thiamine, vitamin B6  
and manganese.***

### ***How to use***

***Use for convenience in soups, stews, casseroles,  
curries and baking.***

***Boost the nutritional content of smoothies and  
protein drinks.***

## **Chlorella**

*Chlorella is a type phytoplankton which has existed on earth for over 2 million years but was only first discovered in 1890 by Dutch microbiologist. Its name comes from the Greek 'chloros' meaning greenish-yellow because of ability to turn bodies of water into a bright green colour. This is due to its high chlorophyll content.*

*How is it made?*

*Chlorella is made from a green, unicellular species of freshwater algae. Chlorella algae is grown organically on the Central Asian Plateau in a natural wilderness. The isolated dessert environment provides natural soda lakes with plenty of sunlight for photosynthesis and chlorophyll production. The cell membrane is carefully broken without enzymes via a unique milling process to preserve the high quality of the nutrients and aid absorption. The product is tested for heavy metals, microcystins and benzopyrene.*

- *Chlorella has the highest chlorophyll content of any other known plant.*
- *High Chlorophyll content - naturally occurring plant pigment regarded as a powerful element for detoxification.*
  - *It typically contains 58% protein - which is denser and easier to digest than any animal protein source.*
  - *10% of dried chlorella is made-up of pure vitamins and minerals.*
- *Just one teaspoon has the nutritional value of 3 servings of green leafy vegetables.*
- *It is an excellent source of B Complex - especially high in B6 and includes B12 which is rarely found in plants.*
- *Good source of Vitamin A, it contains many times more beta carotene than carrots.*
- *High in Thiamin, Riboflavin, Niacin, Iron, Magnesium,*
  - *Phosphorus and Zinc.*
- *It is one of the few whole food sources of vitamin D.*

## **Zeolite Detox - Pure Clinoptilolite Clay from Turkey - Natural Detox Source**

### **Montmorillonite Nutri Clay Benefits**

*A naturally occurring mineral of volcanic origin formed millions of years ago, when lava and ash fell into the sea. Clinoptilolite Zeolite is a mineral with unique properties. Due to their open molecular structure and naturally occurring negative charge Clinoptilolite Zeolite acts a cage, trapping positively charged particles such as heavy metals and pesticides.*

*It is then excreted through the body's natural elimination channels in a safe and effective manner. Zeolite Detox is suitable for natural detoxification of heavy metals and cleansing of intestinal tract.*

*This clay is ultra pure, clean, allergen free and high in beneficial trace elements, making it the clay of choice for internal use.*

### ***Suggested Use:***

#### ***For A Normal To Heavy Detox***

*Take 1 scoop of Zeolite mixed with any kind of juice or water 3 times a day.*

#### ***For A Light Minimal Detox***

*Take 1 scoop of Zeolite Pure mixed with any kind of juice or water 2 times a day.*

### ***Note:***

*After your detox, Zeolite can be continued at 1 scoop once a day as a maintenance dose. For acute health problems you can continue taking 1 scoop three times a day.*

## **Cordyceps Mushroom Powder**

*Cordyceps is packed with mineral like magnesium, phosphorus, potassium, nickel, calcium, iron, copper, manganese, zinc, chromium and selenium.*

*Cordyceps is an extremely safe herb with only mild digestive upsets being reported after taking large doses. We recommend that you take between 2-5 grams a day. Just add two pinches into a glass of filtered water, or sprinkle it on your food.*

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## **Nori Seaweed**

*Nori appears to be the only vegetable that has been studied and confirmed to contain Cobalamin, a type of vitamin B12, in the form that's bio-available to humans.*

*Nori has the lowest dietary iodine among all seaweed products. This makes nori a more suitable choice for those who need to watch their intake of this mineral, like individuals who have thyroid conditions, for instance*

## **Premium Ultra Fine Green Clay from Sardinia - Natural Antioxidant Source**

*Green Clay, considered "The Queen of Clays", is characterized by the presence of the purest and highest concentration of Montmorillonite, more than 97% of the total mineral. Rich in trace elements and mineral salts, this premium green clay has a naturally high alkalinity of 8.8ph and strong negative ionic charge. It possesses high adsorbent power that allows it to draw toxic substances and impurities from the body (pollutants, allergen, pathogens). It remineralizes cells and tissues, soothes and purifies the digestive tract and supports nutrient assimilation. This remarkable clay and its incredible properties work wonders to stimulate, reinvigorate and rejuvenate cells and tissues, making it ideal for skincare and internal body cleansing.*

### ***Suggested Use: Clay Water***

*For general health maintenance take a heaped teaspoon (non metal) once a day in a glass and add spring water. Let rest for a few hours or overnight.*

***Drink on an empty stomach.***

***Take for a period of 3 weeks with a one week break after, continue this process for 3 months.***

# *Flax Seed*

*Linseed or Flaxseed is an ancient grain which has been cultivated since*

*Neolithic times, making it one of the oldest crops in the world. Its Latin name means 'most useful' because flax stem fibres were used to make linen in ancient Rome.*

## *Nutritional Benefits*

- *One of the greatest sources of dietary fibre - flax seeds are typically 15% fibre.*
- *Packed with antioxidants - significantly higher in polyphenol antioxidants than blueberries and olives.*
- *Best source of fibre-related polyphenol Lignans which provide antioxidant benefits. Flax contains 7 times as many lignans than other seeds such as sesame.*
  - *High in Omega 3 fatty acids - over 100% of your RDI of alpha-linolenic acid (ALA) is contained in just 2 tablespoons of flaxseed.*
- *High in B vitamins, selenium, magnesium, manganese, copper, and phosphorus.*

*Flax expands when ingested; making you feel fuller therefore can help with weight management.*

## *How to use*

*Flax seeds have a buttery nutty taste, making them easy to add to recipes. Ground flaxseed can be added to smoothies and fruit juices, mixed into soups and stews, or sprinkled on hot or cold cereals.*

*Flaxseeds can also be used in baking.*



## **Goji Berries**

*Native to the Himalayan Mountains of Tibet and Mongolia, Goji berries have been enjoyed by local monks for 1700 years. Gram for gram, Goji berry contain more Vitamin C than oranges, more Beta Carotene than carrots, and more Iron than spinach and more antioxidants than blueberries.*

*The legendary discovery of the Goji tree came about when a doctor visited a small Buddhist monastery in a remote region of the Himalayas. He documented that some of the monks lived to be very old, over 100 years or more. In the grounds, he found a vine growing over the wall and its mature fruits would fall into the water wells. He concluded the special berries imparted the goodness into the water supply, giving the monks longevity.*

### *Nutritional Benefits*

- *High Strength Antioxidants - 24,287 ORAC scale value (Oxygen Radical Absorbency Capacity), that's 4 times more than blueberries.*
- *Contains many unique phytochemicals including Betaine, Beta-Sitosterol and Cyperone.*
- *5 powerful carotenoids - including high amounts Beta Carotene and zeaxanthin.*
- *5 different fatty acids including Omega 6 and linoleic acid*
- *18 Amino acids - typically Goji berries are made up of 13% protein.*
  - *Contains 11 Essential and 21 Trace Minerals.*
- *Excellent source of B Complex - substantial amounts of vitamin B1, B2, B6.*
  - *Good source of Vitamin E which is rare for plants.*
  - *A rich source of both selenium and germanium.*

## **Edible Clays**

***Premium Ultra Fine Green Clay from  
Sardinia - Natural Antioxidant Source***

### **Green Clay Benefits**

***Green Clay, considered "The Queen of Clays", is characterized by the presence of the purest and highest concentration of Montmorillonite, more than 97% of the total mineral. Rich in trace elements and mineral salts, this premium green clay has a naturally high alkalinity of 8.8ph and strong negative ionic charge. It possesses high adsorbent power that allows it to draw toxic substances and impurities from the body (pollutants, allergen, pathogens). It remineralizes cells and tissues, soothes and purifies the digestive tract and supports nutrient assimilation. This remarkable clay and its incredible properties work wonders to stimulate, reinvigorate and rejuvenate cells and tissues, making it ideal for skincare and internal body cleansing.***

### **Suggested Use: Clay Water**

***For general health maintenance take a heaped teaspoon (non metal) once a day in a glass and add spring water. Let rest for a few hours or overnight.***

### **Drink on an empty stomach.**

***Take for a period of 3 weeks with a one week break after, continue this process for 3 months.***

# **Green Tea Extract -** **Natural Antioxidant Source**

## ***Benefits***

- ***Antioxidant - Research concluded that green tea extract exhibited stronger antioxidant protection for human body than vitamin C and vitamin E (Comparison between vitamin C, green tea and olive leaf extracts. Southern Cross University, Australia. 2005.)***
- ***Metabolic - Catechin epigallocatechin gallate (EGCG) is thought to stimulate fat-burning. One study found fat oxidation was 17% higher after ingestion of green tea extract (GTE ingestion, fat oxidation, and glucose tolerance. Am J Clin Nutr. 2008)***
- ***Performance - numerous researchers have demonstrated the effectiveness of caffeine and catechins in boosting mental and physical performance.***

## ***Constituents***

***Polyphenols, Catechins, Epigallocatechin Gallate (Epigallocatechin Gallate EGCG), Caffeine.***

## ***How to use***

***Take with food. Mix 400mg in 100ml of warm water.***

## ***Cautions***

***Contains Caffeine. Not recommended if you are pregnant or breast-feeding. Do not exceed the stated dose.***

## **Guarana**

*The Guarana plant is a climbing plant in the maple family native to the Brazilian Rain forest. Indigenous tribes have used Guarana seed as a stimulant for thousands of years. South America obtains most of its caffeine from Guarana, its seeds contain twice the amount of caffeine than coffee seeds. It is used in the manufacture of soft drinks and energy drinks.*

- *High energy Guarana powder is a natural alternative to coffee and energy drinks.*
- *The active ingredient is Guaranine - a naturally occurring caffeine which is released more gradually into the body than the caffeine in coffee. This produces sustained energy over a long period of time, rather than the spikes and crashes experienced with coffee.*
- *Clinical studies have shown Guarana can improve cognitive and physical abilities including mood, memory, alertness and endurance. Guaranine is known for its metabolic and circulatory boosting properties.*
- *It was found that early natives used Guarana to make tea to suppress hunger during times of fasting. Recent research in the USA has suggested Guarana may affect how quickly the body perceives itself to be full.*

*How to use Mix 1 teaspoon of Guarana powder directly into your smoothie, fruit juice or protein drink. Combine with Green tea or Maca Root Powder for the best results.*

## **Cautions**

*Contains Caffeine. Do not take if you are pregnant or breast-feeding. Consult your doctor if you have high blood pressure, a cardiac disorder, or diabetes. Do not exceed the recommended daily dose or take Guarana for extended periods.*

## **Incan Berries**

*The Inca berry is the fruit of the Physalis plant which grows wild in the Peruvian mountains. Known locally as aguaymanto, the berries are about the size of marbles, bright yellow/orange in colour which turns golden when dried. They taste sweet, mildly tart, with elements of citrus and have been enjoyed by indigenous tribes for thousands of years. Incan Berries are known by many different names: Golden Berry, Aztec Berry, Peruvian Cherry Cape Gooseberry, Physalis. In the US, they were marketed as Pichuberries (after Machu Picchu of course). But surprisingly, the exotic fruit is not a berry at all, is in fact a distant cousin of the tomato, its closest relative is actually the Mexican Tomatillo. The lost Incan super fruit has an impressive nutritional profile and is packed with vitamins, minerals and phytochemicals. Its crunchy, nutrient-dense seeds are crammed with free-radical fighting antioxidants. Golden berries are great for energy, digestion and longevity. Greater antioxidant content than goji berries - rich in polyphenols and carotenoids.*

- *Highest fibre content of all dried fruit - twice that of prunes, apricots and sultanas.*
- *Contains both soluble and insoluble fibres, one of the highest known pectin levels.*
  - *Low sugar and calorie content.*
  - *Surprisingly high in protein.*
  - *Vitamins A, B1, B2, B6, B12 and C.*
  - *Excellent Source of phosphorus and potassium.*
- *Contains rare lactones known as withanolides, also found in Ashwagandha root. Many experts attribute the therapeutic benefits of the Indian super food to these compounds.*

### *How to use*

*Inca berries are ideal for use in baking - giving a tasty twist to, cakes, flapjacks and biscuits. The versatile ingredient can be added to yoghurts, juices, smoothies, cereals or desserts.*

## **Irish Moss**

*Irish Moss is a small red algae from the Gigartinacea family which grows in Rocky areas of the Atlantic Coast.*

- *55% of its weight is made up of the polysaccharide carrageenan, 15% is mineral content and 10% protein.*
- *Carrageenan is a popular food thickening agent used in cooking, baking, and it makes smoothies extra thick and creamy.*
- *Irish Moss is packed with health-promoting nutrients including vitamins rich in vitamins A, B, C, D, K and Folate.*
- *Contains 15 essential minerals to support good health including iron, calcium, magnesium, potassium, sodium, silicon, sulphur, zinc and trace minerals.*
- *It is an excellent source of essential nutrient iodine.*
- *In Irish folklore, the dried seaweed is known as Magic Moss and is said to bring good fortune.*
- *Powdered Irish Moss is fairly neutral in taste and colour. It is a versatile food supplement which can be used to add a thick, smooth, creamy texture to soups, stews, green smoothies and juices. It is a natural binder and alterative to eggs.*
- *The seaweed is also used externally in cosmetics and seaweed baths to soften and soothe the skin because it contains high amounts of Vitamin K.*



## *Astragalus*

- *The Astragalus plant is native to Northern and Eastern China and is part of the pea family.*
  - *Known as Huang Qi, It has been used as a Qi tonic to increase vital energy for thousands of years.*
  - *Astragalus root has a high concentration of antioxidants, flavonoids, polysaccharides and saponins.*
    - *Scientific studies have demonstrated its effectiveness in boosting energy, immunity and metabolism.*
- 

## *Kelp / Bladderwrack*

- *Bladderwrack is a brown edible seaweed that belongs to the Fucaceae family.*
- *It is packed with health-promoting nutrients including vitamins A, B and C.*
- *It has a high concentration of essential nutrient iodine. And was in fact the original source of iodine, discovered in 1811.*
- *It is rich in minerals to support good health including iron, calcium, magnesium, potassium, sodium, sulphur, silicon, zinc and trace minerals.*
- *Bladderwrack also contains mucilage - a soothing soluble fibre.*
  - *Powder can be added to soups, stews and green smoothies.*
  - *Also used in home-made cosmetics and seaweed baths to promote good skin.*

## **Lucuma**

*The evergreen lucuma tree is from the Sapotaceae family, native to the Andean valleys of Peru. The species can grow up to 18 metres in height and live for up to 500 years. Its yellowy-orange fruit is also known as Inca's Gold. It is one of the lost crops of the Incas and has been honoured as a symbol of fertility and creation since ancient times. Today, more than 26 Peruvian villages are named after the super fruit.*

- *Rich in Beta-Carotene, vitamin A, Niacin (Vitamin B3) and C.*
- *High mineral content- contains 14 trace minerals.*
  - *Excellent source of Potassium.*
- *Good source of iron, zinc, calcium, phosphorus, magnesium.*
  - *Sweet, yet low Glycemic Index.*
- *Nutty-caramel flavour with a rich, creamy texture.*
- *Versatile ingredient can be added to yoghurts, juices, smoothies, and cereals.*
- *Ideal for baking - a popular sugar substitute for cakes, biscuits, desserts and ice cream.*
- *Powder is also used as an emulsifying agent, 20g is equivalent to 1 egg.*

## **Maca Root.**

*Maca is a small radish-like root vegetable native to the Andes in South America. The plant has been cultivated for over 3000 years, highly prized by indigenous cultures due to its ability to nourish, boost energy, increase stamina, and heighten libido.*

*Legend has it that ancient Incan warriors took Maca before battle to make them physically strong. But, after conquering a city, the soldiers were prohibited from taking it to protect the conquered women from their increased desires.*

- *Known as Peruvian Ginseng - increases energy, stamina and endurance.*
- *Similar nutritional content to cereals - made up of 14% protein, 9% fibre.*
- *Packed with phytonutrients - contains nearly 60 phytochemicals.*
  - *Used in sports nutrition - plant sterols help build muscle.*
  - *Contains 19 amino acids.*
- *Rich in vitamin B1, vitamin B2, vitamin B12 and vitamins C and E.*
- *Good source of fatty acids including linolenic, palmitic and oleic acid.*
- *High mineral content - iron, potassium, copper, magnesium, selenium, phosphorous and calcium.*

### *How to use*

*Maca has a malty butterscotch-like flavour and is great added to smoothies, protein drinks, yoghurts, milkshakes, and cereals.*

### *Cautions*

*Contains glucosinolates - Not recommended if you have a thyroid condition.*

## **Methyl Sulphonyl Methane**

*Methyl Sulphonyl Methane is a biologically active form of sulphur, a by-product of algae. Over a hundreds millions years ago, algae in the oceans began to produce sulphur compounds, leading to the creation of MSM. This substance was the most important source of sulphur for all developing life forms. MSM evaporates from the sea into the clouds to form rain. It then becomes a source of nutrients for plants, trees and other living organisms. It is a naturally occurring mineral in unprocessed fruit, vegetables, nuts and seeds. Sulphur is one of the basic elements of life and the third most abundant mineral in the body. Half of all sulphur is contained in the skin, muscles and bones. Encourages the formation of collagen, the basis of joints, skin, hair and nails. The Beauty Mineral - promotes skin elasticity, healing and repair. Commonly used as natural anti-inflammatory to support muscles and joints. Nutrient absorption - sulphur improves the permeability of cell membranes which increases uptake of vitamins and minerals. Detoxification - this cell permeability also means toxins and waste can be expelled more easily. Antioxidants - improves the body's ability to produce its own antioxidants.*

*For further information read 'The Miracle of MSM' by pioneers Dr Stanley W Jacobs and Dr Ronald M Lawrence. The book includes 20 years of clinical research on 18,000 patients into the benefits of MSM. MSM is a white, odourless crystalline material which resembles sugar. It is highly soluble and mixes easily into water or juice. There are no RDI for MSM; suggested initial intake is 1 tablespoon a day, which can be increased to 2tbsp. MSM works together with vitamin C, so increasing your intake of vitamin C-rich foods is recommended. The powder can also be used topically in balms and lotions to help skin conditions.*

## **Montmorillonite Nutri Clay from Sardinia - Natural Detox Source**

### ***Montmorillonite Nutri Clay Benefits***

***This Clay is considered a powerful, yet gentle detoxifier. Taken on a regular basis it cleanses and draws out toxins, metabolic wastes and pathogens from the body. It naturally detoxifies and revitalizes the entire digestive tract. An alkalinity of 8.5ph greatly reduces yeast and fungus that thrive in an acidic environment, and thus strengthens the body's defences and improves energy levels.***

***This clay is ultra pure, clean, allergen free and high in beneficial trace elements, making it the clay of choice for internal use.***

### ***Suggested Use: Clay Water***

***For general health maintenance take a heaped teaspoon (non metal) once a day in a glass and add spring water. Let rest for a few hours or overnight.***

***Drink on an empty stomach.***

***Take for a period of 3 weeks with a one week break after, continue this process for 3 months.***

# **Mucuna Pruriens**

## ***About Mucuna Pruriens***

***The Mucuna Pruriens plant, also known as Kapikachhu, cowage or velvet bean is a climbing vine, native to tropical forests of Asia and Africa. It has been used for thousands of years in Ayurveda to invigorate the body, and supports the reproductive system.***

- ***Natural Mood Lift - contains serotonin, 5-HTP and L-DOPA (a dopamine precursor).***
- ***Traditionally used as an aphrodisiac - this was supported in studies by Chhatrapati Medical University in Lucknow, India.***
- ***Used in sports nutrition to help build lean muscle and breakdown fat.***

## ***Cautions***

***May interact with anti-depressants, antipsychotics, and L- Dopa medication consult your doctor.***



# **Organic Moringa Powder**

## ***The Miracle Tree***

***The Moringa tree, sometimes called the drumstick or horseradish tree grows in the foothills of the Himalayas. It is widely believed to be one of the most nutritious plants in the world.***

- ***Contains over 90 different nutrients in large concentrations.***
- ***Including 46 different antioxidants to fight free radicals.***
- ***Complete Protein - superior to soy, with 18 different amino acids.***
- ***The richest source of vitamin A - one serving contains 272% RDI.***
  - ***4 times more calcium than milk.***
  - ***3 times more potassium than bananas.***
  - ***7 times more vitamin C than oranges.***
  - ***50 times the vitamin B6 of peanuts.***
    - ***25 times the iron of spinach.***
    - ***36 times the magnesium of eggs.***
- ***6 times the antioxidant content of Goji berries.***

## ***How to Use***

***The powder has a spinach-like taste and can be mixed into green smoothies, protein drinks, soups or stews. Moringa is also nourishing for the skin and hair and can be applied topically mixed with oil or yoghurt.***

# **Organic Tulsi Powder - Holy Basil**

## ***About Holy Basil***

***Tulsi is herb, native to India from the basil genus in the family Lamiaceae. Known as ‘The Queen of Herbs,’ the sacred plant, has been used for over 5000 years. In Ayurveda, it is said to be the ‘elixir of life.’ Tulasi literally means ‘the incomparable one.’***

***It has a unique, highly complex chemistry, with hundreds of phytochemicals working in synergy to promote optimum health.***

- ***Natural Antioxidant***
- ***Source of Vitamin C and Carotene***
- ***Contains iron, zinc, alkaloids, glycosides, saponins and tannins.***
- ***Traditionally used for its energy-boosting, immune-enhancing, and stress-relieving properties.***

***How to use Add 1 teaspoon to water, fruit juices, or smoothies. Known as ‘hot basil’ in cooking, Tulsi can also be added to stir-frys and spicy soups imparting a peppery flavour.***

## ***Cautions***

***Not recommended if you are pregnant or trying to be.***

## **Passion Fruit**

***Dried Fruit Pulp of Passiflora edulis,***

### ***Passionfruit Nutritional Benefits***

- ***South-American vine fruit - rich in antioxidants.***
- ***Excellent Source of Vitamin C - one passion fruit contains 36% RDI.***
- ***Good levels of vitamin B complex and vitamin A.***
  - ***High in iron, phosphorus, magnesium and potassium.***
- ***Strong source of dietary fibre - 100g of fresh fruit contains 27% RDI.***
  - ***Lush tropical flavour - ideal for use in smoothies, yoghurts, cereals, baking, desserts.***

## **Purple Corn Flour.**

*Purple corn flour is made by drying and milling purple corn kernels. 'Maiz morado' has been cultivated for over 2500 years in South America; it thrives in the low valleys of the Andes.*

*Kernels are used to make a popular Peruvian drink called 'ChiCha Morada' - purple corn with pineapple, cinnamon, clove, and sugar. Originally a refreshing accompaniment to food, the purple beverage was recently found to have immense nutritional benefits.*

*High Antioxidant Capacity - one of nature's richest sources, greater than blueberries.*

*Unique Properties - 6 different anthocyanin antioxidants including cianidin-3-b-glucosa.*

*Rainbow diet food - one of the few purple plants on the planet, although in the US it's often referred to as 'blue corn.'*

*Add a great twist to traditional recipes - use as a substitute for wheat or flour.*

*Make antioxidant bread, tortillas, crackers, cakes or biscuits.*

*Use 1/3 purple corn flour to 2/3 other flour.*

# **Quinoa Seeds - Natural Complete Protein Source**

*Quinoa, also known as Inca Wheat, and the Mother of All Grains, has been cultivated by man for over 5,000 years. It is an ancient grain crop grown primarily for its edible seeds. Yet it is not a true cereal, being a more closely related to beetroot than bran. The Incas considered Quinoa to be a sacred food, referring to it as 'chisaya mama' (the mother grain) because it grew it high up in the Andes. They even brewed beer from it called 'chicha' which they drank to celebrate the harvest.*

## *Nutritional Benefits*

- *Packed with protein - more than brown rice, potatoes, and barley.*
  - *Complete protein source - 9 amino acids, high in lysine and isoleucine.*
- *High in dietary fibre - with twice as much as many other grains and prebiotic properties.*
- *Packed with antioxidants - concentrated amounts of flavonoids quercetin and kaempferol.*
  - *Significantly high in B vitamins - B1, B2, B3 and B9.*
- *Good Source of Omega 3 fatty acids - oleic and alpha-linolenic acid.*
  - *Good Source of selenium, manganese, phosphorus, copper, magnesium, folate, and zinc.*
- *Significant amounts of vitamin E tocopherol family compounds, largely absent from most grains.*
- *Quinoa expands when ingested; making you feel fuller therefore can help with weight management.*

## *How to use*

*Quinoa has a slightly nutty taste, similar to wild rice making it easy to add to recipes. Our ground quinoa can be added to smoothies and fruit juices, mixed into soups and stews, or sprinkled on hot or cold cereals.*

## **Raspberries**

- *Raspberries belong to the rose (Rosaceae) family of plants.*
  - *Top ranking ORAC value - raspberries contain a remarkably diverse array of important antioxidants.*
    - *Significantly high in Vitamin C - 100g of fresh berries contains approx. 50% of your RDI.*
      - *Excellent source of Dietary Fibre and Manganese.*
      - *Good source of Vitamin K and Magnesium.*
    - *Nutritious and delicious - mix into breakfast smoothies, yoghurts, fruit juices or even water. Sprinkle on cereals, use in baking, or desserts.*
- 

## **Bilberry Fruit**

- *Bilberry fruit is also known as Winberry, Whortleberry, and Huckleberry.*
- *The plant is a deciduous shrub native to Europe and is closely related to the blueberry.*
  - *The dark-purple berries are used to make jams, cakes and pies, especially popular in the North of England.*
  - *During World War II, RAF pilots would eat bilberry jam before a mission as they believed it sharpened their eyesight.*
  - *Bilberries are a good source of flavonoids and anthocyanin pigments.*
- *These anthocyanins have been found to improve circulation in scientific studies.*
  - *Berries are a good source of natural vitamin C.*



## **Raspberry Ketones**

***Raspberry Ketone is a natural phenolic compound from red raspberries (Rubus idaeus) which gives them their unique scent. The powder is used to add fragrance, flavour and colouring to drinks, ice-creams, cosmetics, soaps and candles. It is also used as an antioxidant supplement. Only 1-4g of keytones is contained in 1kg of fresh raspberries so must be extracted and used in concentrated form.***

***Scientists discovered that raspberry keytones have a similar molecular structure to capsaicin (the chemical that gives chilli peppers heat).***

***Capsaicin is thought to boost metabolism.***

***In 2012 feature 'Raspberry ketones: Miracle fat-burner in a bottle' was aired on the on the Dr. Oz show.***

***This popularised the use of keytones as a weight loss product.***

***Preliminary research (mainly in animals) shows that a combination of raspberry ketones and vitamin C might decrease weight and body fat. However, there is no reliable scientific evidence that it works.***

***In cosmetics, raspberry ketones are used to promote hair growth and boost skins elasticity.***

## **Reishi Mushroom Powder - Super food Supplement**

- - *For over 2,000 years, reishi mushrooms have kept people spry and healthy well into their golden years. According to some herbalists, red reishi mushrooms can help many of the issues we associate with aging, such as high blood pressure, arthritis, and liver problems.*

## **Rhodiola Rosea**

*Commonly known as Rosewort, Arctic or Golden Root, and Hong Jing Tian, Rhodiola Rosea is a flowering herb in the Crassulaceae family which grows in cold mountainous regions of Asia, Europe, America and the Arctic. It has been used for centuries across the World to enhance physical and mental energy, stamina and performance. Ancient Chinese emperors sent expeditions to Siberia to bring back 'the golden root.' Greek physician Dioscorides documented the plant in his classic medical text De Materia Medica. Evidence survives that the Vikings used the herb to boost their strength and endurance. Soviet scientists utilised R. Rosea to improve physical stamina in both the Olympic Games and the Cosmonaut program. In Russia and Scandinavia, where people are deprived of adequate sun over prolonged periods, the plant is used to boost mental state. Since 1960, nearly 200 pharmacological and clinical studies have been published on the effects of Rhodiola Rosea. Scientists have identified it as a unique and complex composition, made up of approx. 140 phytochemicals. Phenylpropanoids rosavin, rosin, and rosarian, specific to Rosewort are thought to support the nervous system. Studies have found Rhodiola Rosea optimises serotonin, dopamine and norepinephrine function. Research shows it energises, improves mental clarity and enhances concentration. It is used by some of the World's top athletes to increase physical endurance and help muscle recovery.*

*Further reading - Rhodiola rosea: A Phytomedicinal Overview. R P Brown, P L Gerbarg, Z Ramazanov. HerbalGram. 2002. American Botanical Council. Take morning/midday a quarter of a teaspoon in water, 30 mins before eating. Can be increased gradually up to half a teaspoon per day.*

### **Cautions**

*Do not take with antidepressants, consult your doctor.*

## **Rice Protein**

***Brown rice protein is sourced from whole, sprouted rice grains.  
As a plant based protein, it is superior to soy.***

***Rice protein's nutritional profile is far more impressive than whey because it contains more antioxidants, vitamins, minerals and fibre. Another major advantage is that rice doesn't cause side effects like dairy based proteins can for those with sensitivities or allergies.***

***68% Protein Content - 18 amino acids.***

***Plant Protein Source for sports nutrition, vegetarian and vegan diets.***

***Premium Quality - Nothing added - No fillers or binders.***

***No Artificial Colours, flavours, sweeteners or preservatives.***

***Easily Digested - ideal for sensitive stomach, lactose intolerance and dairy allergies.***

***High in leucine - for maximum muscle recovery.***

***Blends easily into smoothies, protein drinks, shakes and energy bars.***

***Great protein boost before and after a workout.***

***Amino Acid Distribution - % of total Amino Acids***

<b><i>Alanine 6.3</i></b>	<b><i>Methionine 2.5</i></b>
<b><i>Arginine 7.9</i></b>	<b><i>Phenylalanine 5.6</i></b>
<b><i>Aspartic Acid 8.8</i></b>	<b><i>Proline 4.6</i></b>
<b><i>Cystine/2 2.1</i></b>	<b><i>Serine 5.5</i></b>
<b><i>Glutamic Acid 17.8</i></b>	<b><i>Threonine 3.8</i></b>
<b><i>Glycine 5.8</i></b>	<b><i>Tryptophan 1.1</i></b>
<b><i>Histidine 2.4</i></b>	<b><i>Tyrosine 4.9</i></b>
<b><i>Isoleucine 3.5</i></b>	<b><i>Valine 5.2</i></b>
<b><i>Leucine 8.1</i></b>	
<b><i>Lysine 4.1</i></b>	

## **Schisandra**

*Schisandra is a climbing vine native to the forests of Northern China. Its scarlet red berries are known as Wu Wei Zi or '5 flavoured berry' because they contains all of the five tastes: sweet, salty, bitter, astringent and sour.*

*Schisandra berries have been used in Asia for thousands of years. They were first mentioned in writings from 100 AD, documented to 'prolong the years of life without aging.' Russian scientists studying Nanai hunters in the Far East in the 1960s found that Schisandra increased physical and mental performance. In modern-day China, Korea and Russia, Schisandra is used to make wines, cordials and teas.*

- *Schisandra is known as the 'Youth Berry' because of its historical use in longevity formulas.*
- *Contains 30 different types of polyphenols lignans which provide antioxidant benefits.*
- *Believed to boost immunity, balance body function, and optimise energy.*
- *Several clinical studies have shown that Schisandra improves concentration, coordination and endurance.*

### *How to use*

*Mix 1 teaspoon in hot water, fruit juice or smoothies.*

### **Cautions**

*Do not take during pregnancy or breast-feeding. Do not take if you have epilepsy. Do not take if you have a liver disorder. Do not take with warfarin.*

## **Sea Buckthorn**

*The sea buckthorn is a flowering plant in the family Elaeagnaceae which grows in coastal areas around the world. Its grape-sized orange fruit grown is also known as the sea berry. Berries have been use for thousands of years in both Europe and Asia. The fruit is the subject of many myths and legends. Centuries ago in Tibet, scholars devoted more than half of healing text Sibu Yi Dian to the 'Holy Berry of the Himalayas.' Mythical Pegasus was said to have gained the power to fly by eating the magical fruit, leading to the Latin name Hippophae meaning 'shining horse.' Ancient Greek warriors would let their horses free by the sea when they became too old or injured in battle. Legend has it, a group were discovered living strong, fit and healthy - they'd been surviving on the leaves and berries of the sea buckthorn plant. Evidence survives that Genghis Khan fed his entire army on sea buckthorn; he believed it made his warriors stronger than his enemies.*

- *Contains over 190 Phytonutrients.*
- *Rich in Antioxidants - including potent Superoxide Dismutase.*
  - *41 carotenoids - lutein, zeaxanthin and lycopene.*
- *Packed with vitamins: including A, K, E, C, B1, B2, B6 and B12.*
- *Very high vitamin C content - on average exceeding that of more than strawberries, kiwis and oranges.*
  - *Omega Powerhouse - with omega fatty acids 3, 6, 7, 9.*
- *The richest plant source of rare omega 7 (Palmitoleic acid) to support hair, skin and nails.*
- *Leading nutritionists believe the berry has a mix of fatty acids that signal the body to stop storing fat.*

*How to use*Sea Buckthorn berries have a passion fruit-like flavour but are extremely acidic so taste very bitter. Ideally, mix powder with something sweet to balance the sourness like fruit juices or smoothies.

*High vitamin A, C, and E and fatty acid means sea berries are also used externally in cosmetics. Pure berry powder can be used to make skin and hair products such as soaps, creams, oils, and masks.*



## **Shiitake**

*Shiitake is native to the deciduous forests of China, Japan and Korea. The brown mushroom can grow up to 25cm in diameter. It has been used in Asia for nearly 6000 years, time-honoured for its robust flavour, meaty texture and health-promoting properties.*

### ***Nutritional Information***

- ***Powerful Antioxidants - High concentrations of unique amino acid L-ergothioneine.***
  - ***Excellent source of B Vitamins, selenium, pantothenic acid, zinc and copper.***
- ***Good source of Vitamin D, fibre, iron, folate and manganese.***
- ***Numerous scientific studies have demonstrated the immune boosting properties of the Polysaccharides contained within shiitake.***

### ***How to use***

***It's easy to incorporate shiitake powder into your diet. Mix it in with stir fries, soups, stocks, or stews for extra depth. Sprinkle on poultry, beef, lamb or fish to add a rich, earthy flavour to dishes. Drying concentrates their flavour so less is more in cooking.***

# **Spirulina**

*Arthrospira spp. is one of the oldest life forms on Earth, the original super food.*

*The microalgae have grown naturally in pools, lakes and oceans, in sub-tropical regions across the world for 3.5 billion years.*

*Its name comes from the spiral shape it makes as it grows.*

*Spirulina has been consumed for centuries by Aztec Indians who called it 'Techuitlatl' literally translated 'stone's excrement.'*

*It also has a long documented use in Africa, where it was harvested from small lakes and ponds in Chad and baked into cakes called dihe.*

*Today it is used by NASA for its nutritional value on long-term space missions.*

- *One of the richest and most complete food sources in the World.*
  - *50-60% highly digestible vegetable protein (by weight).*
    - *18 different amino acids.*
    - *58 times more iron than spinach.*
    - *10 times more beta-carotene than carrots.*
    - *High ORAC value - 4 times that of blueberries.*
  - *Contains Vitamins: B1, B2, B3, B6, B9, B12, C, D, A, K and E.*
  - *Contains Minerals: potassium, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, selenium, sodium and zinc.*
    - *Major source of Gamma-Linolenic Acid.*
- *High Chlorophyll content - naturally occurring plant pigment regarded as a powerful element for detoxification.*

## *How to use*

*Add 1 teaspoon fruit juice, shake to mix. Or blend with a vegetable smoothie. The vitamin rich powder can also be used to make face and body masks.*

## Sweet Potato Powder

- 1. They are high in vitamin B6. Vitamin B6 helps reduce the chemical homocysteine in our bodies. Homocysteine has been linked with degenerative diseases, including heart attacks.*
- 2. They are a good source of vitamin C. While most people know that vitamin C is important to help ward off cold and flu viruses, few people are aware that this crucial vitamin plays an important role in bone and tooth formation, digestion, and blood cell formation. It helps accelerate wound healing, produces collagen which helps maintain skin's youthful elasticity, and is essential to helping us cope with stress. It even appears to help protect our body against toxins that may be linked to cancer.*
- 3. They contain Vitamin D which is critical for immune system and overall health at this time of year. Both a vitamin and a hormone, vitamin D is primarily made in our bodies as a result of getting adequate sunlight. You may have heard about seasonal affective disorder (or SAD, as it is also called), which is linked to inadequate sunlight and therefore a vitamin D deficiency. Vitamin D plays an important role in our energy levels, moods, and helps to build healthy bones, heart, nerves, skin, and teeth, and it supports the thyroid gland.*
- 4. Sweet potatoes contain iron. Most people are aware that we need the mineral iron to have adequate energy, but iron plays other important roles in our body, including red and white blood cell production, resistance to stress, proper immune functioning, and the metabolizing of protein, among other things.*
- 5. Sweet potatoes are a good source of magnesium, which is the relaxation and anti-stress mineral. Magnesium is necessary for healthy artery, blood, bone, heart, muscle, and nerve function, yet experts estimate that approximately 80 percent of the population in North America may be deficient in this important mineral.*

## Tomato

Native to Central America, the tomato was first cultivated by the Aztecs. It is thought, the name originates from the Aztec word 'tomatl' meaning the swelling fruit.

- Outstanding antioxidant content - rich in powerful lycopene, thought to have the highest antioxidant activity of all the carotenoids.
- Excellent source of: Dietary Fibre, Vitamin A, Vitamin C, Vitamin K, Potassium and Manganese.
- Good source of: Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper.

### How to use

Stir delicious tomato powder into soups, sauces, stews, casseroles, and curries. Sprinkle into rice dishes, pasta, couscous and salads. Boost the nutritional content of smoothies and protein drinks.

## **Triphala**

*Triphala powder, has been used in Ayurveda for thousands of years. It has been described in various ancient Sanskrit texts including the Sushruta Samhita for its toxin cleansing, balancing and rejuvenating benefits. It was traditionally used to balance the doshas, slow down the aging process and strengthen the body.*

- *Gently cleanses and detoxifies at the deepest organic levels.*
- *Natural phytochemicals act as purgative and lubricating laxatives.*
- *High concentration of nutrients replenishes and rejuvenates the body.*

*Triphala powder is made from the dried powder of three different fruits, hence the name tri (Three) and phala (Fruit). It is a completely balanced energetic formula with equal parts of: Phyllanthus emblica, Amalaki (Indian Gooseberry or Amla) A sacred Indian tree, worshiped as Mother Earth, one of the most important and widely used herbs. Its nourishing fruit has one of the richest sources of natural Vitamin C, and has very high concentrations of antioxidants, minerals and amino acids.*

*Terminalia bellirica, Bibhitaki (Beleric Myrobalan) A rejuvenating fruit with high quantities of tannins that purify and balance. Rich in essential fatty acids including linoleic. Terminalia chebula - Haritaki (Chebulic Myrobalan) A close relative of Bibhitaki, this fruit acts as a digestive aid and mild laxative. How to use: Mix 1 teaspoon into water, fruit juice or blend with a smoothie. Leave to stand for a minimum of 2 hours then drink. Powder has a strong bitter taste we recommend taking a spoonful of honey afterwards. Drink plenty of water. Increase to 2 teaspoons if required. Take in the morning or late evening.*

**Caution** *Not recommended for acute diarrhoea, or during pregnancy. Do not use for extended periods.*

# **Tulsi Powder - Holy Basil**

## ***About Holy Basil***

***Tulsi is herb, native to India from the basil genus in the family Lamiaceae. Known as 'The Queen of Herbs,' the sacred plant, has been used for over 5000 years. In Ayurveda, it is said to be the 'elixir of life.' Tulasi literally means 'the incomparable one.'***

***It has a unique, highly complex chemistry, with hundreds of phytochemicals working in synergy to promote optimum health.***

- ***Natural Antioxidant***
- ***Source of Vitamin C and Carotene***
- ***Contains iron, zinc, alkaloids, glycosides, saponins and tannins.***
- ***Traditionally used for its energy-boosting, immune-enhancing, and stress-relieving properties.***

***How to use Add 1 teaspoon to water, fruit juices, or smoothies. Known as 'hot basil' in cooking, Tulsi can also be added to stir-fries and spicy soups imparting a peppery flavour.***

## **Cautions**

***Not recommended if you are pregnant or trying to be.***



# **Wheat Grass**

*Wheat Grass is the young grass of the wheat plant, a member of the Poaceae grain family. The nutrient-rich super green was discovered over 5000 years ago when ancient Egyptians identified the leaf blades had a positive effect on health and vitality.*

*Experiments in the 1930s by US Agricultural Chemist Charles F Schnabel found that just 1 pound of wheatgrass is equal in overall nutritional value to 23 pounds of ordinary garden vegetables.'*

*Holistic health practitioner Ann Wigmore (who popularised the raw food diet in the 1970s) believed that wheatgrass cleansed the body of toxins while providing a proper balance of nutrients as a whole food.*

## ***Wheat Grass Nutritional Information.***

- *100+ elements for optimum health and wellbeing.*
- *Grass absorbs 92 of 102 known minerals from the soil.*
  - *Complete protein source with 17 amino acids.*
    - *More vitamin C than oranges.*
    - *Twice the vitamin A of carrots.*
- *Excellent source of dietary fibre, iron and B vitamins.*
- *Rich in antioxidants and enzymes, including the antioxidant enzyme, superoxide dismutase (SOD).*
- *70% Chlorophyll - one of the best sources of any naturally occurring plant pigment regarded as a powerful element for detoxification.*

*Contains: Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Pantothenic Acid, Potassium, Iron, Zinc, Copper, Manganese and Selenium.*

## **White Clay**

*Historically Kaolin has been used to help purify, nourish, soothe and heal both internally as well as externally. Its use originated from ancient China and was prized for its medicinal value by Romans, Greeks, Egyptians and other native cultures.*

*Internally it works against fermentation and intestinal intoxication.*

*It absorbs bacteria, viruses, gases and toxins present in the digestive system.*

*It plays a role of gastric protector by relieving pain from acidity, heart burn and ulcers; it also regulates pH and acidity.*

*It reduces inflammation and protects mucus.*

### ***Suggested Use: Clay Water***

*For general health maintenance take a heaped teaspoon (non metal) once a day in a glass and add spring water. Let rest for a few hours or overnight.*

*Drink on an empty stomach.*

*Take for a period of 3 weeks with a one week break after, continue this process for 3 months.*

# **Yerba Mate**

*Llex Paraguariensis is an evergreen shrub native to South America. Yerba mate (mate leaf) is a herbal tea with a slightly bitter/smoky flavour, popular in Brazil, Paraguay, and Argentina.*

*The mate plant has been used by indigenous tribes for centuries. It was cultivated by the Guarani and Tupi people who called it the 'Drink of the Gods.' It is known for its natural energising, rejuvenating and nutritional properties.*

*In the 1960s, studies by the Pasteur Institute and the Paris Scientific Society concluded that mate contains 'practically all of the vitamins necessary to sustain life.' It is widely believed to have a superior nutritional content to green tea.*

*A 2014 study at Sheffield University published in Nutrition & Metabolism found that Mate boosted fatty acid oxidisation by 24%.*

- *Mate contains 196 phytochemicals, 144 of which are shared with green tea.*
- *It is rich in phytonutrients - including 11 polyphenols, and rare saponins.*
  - *Contains: 24 vitamins and minerals, 15 amino acids.*
    - *Excellent source of Pantothenic Acid.*
- *Mate has a lower caffeine and theophylline content, yet is high in theobromine. This means it is naturally energising without the adverse effects associated with coffee.*

## **Cautions**

*Contains Caffeine. Do not take if you are pregnant or breast-feeding.*

*Consult your doctor if you have high blood pressure, a cardiac disorder, or diabetes.*



***Now Think About What You Have Read!***