

"I Will Give You Back Your Health Again."

**The only Physician in the world
who will give you a 100%
Guarantee that if you follow His
Health Plan, you WILL be well!**

Lorraine Day, M.D.

“I Will Give You Back Your Health Again”

Jeremiah 30:17

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Cover Design: Chon Vinson

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Preface

Confusion reigns when one who is sick is confronted with the numerous methods promoted by alternative health practitioners. The average patient, already overwhelmed with the diagnosis of a life-threatening illness, often sighs in despair at the prospect of sorting through all the supposed methods available.

How can one discern truth? How can a person figure out what is the best path to follow? Fortunately, the answer is quite simple. In this book, as well as in my other materials, you will be relieved to find that **there is only one way to get well – and that is to reverse the factors that made you sick.** You will find, after diligent study, that the causes for illness are not a mystery. They only seem to be a mystery because orthodox physicians, like myself, are never taught in our training the actual causes of any disease. That should be shocking to you, nevertheless, it is true.

The only *treatments* doctors are taught to give are, 1) drug medications to make you “feel” better, while your disease continues to progress, or 2) cut out your organs or cut off your body parts. But neither of these methods ever cures any disease.

Diseases – all diseases – are caused by the way we live, think, act, eat, and handle stress. We abuse our body in many ways we don’t realize, year after year after year, until we finally have destroyed our immune system so completely that it can no longer prevent disease. Our body has become a *disease factory* and in many cases, a **cancer factory**. That’s why cutting out one’s organs or cutting off one’s body parts to “get rid of” cancer doesn’t work. Our body, our *cancer factory*, will just form another cancer, either in the same place, or in a different place,

or we will develop a different life-threatening disease.

It is true that some cancer patients who have mutilating surgery do survive for some period of time, some for many years. But they often develop other diseases because they have not rectified the real cause of their original disease: their sick body.

Until you address all the factors that made your body sick, it will continue to be your very own *disease factory* producing one or more different diseases in your body, including high blood pressure, heart disease, diabetes, autoimmune diseases, neurological diseases like Parkinson's, as well as cancer.

Once you learn how you made yourself sick, you will have the knowledge and power to change these factors and restore your body to its maximum health.

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1

Stop Killing Yourself!

The Leading Cause of Death in America is

Suicide

That's correct! The leading cause of death in America is *suicide*. Of the 2,420,000 deaths in the U.S. each year, over 2 million of those deaths are due to *suicide*. The Centers for Disease Control (CDC) will argue vehemently about that figure because they report only 35,000 deaths from suicide each year in America. But that's because they have an inaccurate and very narrow definition of suicide.

There are approximately 2,420,000 total deaths per year in the U.S.

120,000 of those deaths are caused by the following:

58,000 accidents at home or drownings
46,000 from transport: bus, car, plane, etc.,

16,000 murders
120,000

All the rest of the deaths in America are *suicides* including 35,000 actual suicides.

$2,420,000 - 120,000 = 2,300,000$ deaths from *suicide*.

The dictionary definition of the word suicide is “killing oneself intentionally.” But whether the suicide is instantaneous like a bullet to the head, or a little more slowly by taking an overdose of drugs, or whether it occurs over many years by abusing one’s body by the way a person lives, eats, and handles stress, it is still suicide: killing oneself intentionally.

You may say, “I didn’t destroy my health intentionally. I didn’t know these things would harm me.”

But no one force-fed you. You ate what you liked, not necessarily what was good for your health.

No one forced you to drink huge containers of caffeinated beverages, even though you knew your body needed water.

No one forced you to smoke. Everyone knows smoking is damaging to one’s health.

No one tied you down so you couldn’t exercise. Everyone knows the body needs exercise. Even those who don’t exercise will make certain their dog is walked.

No one forced you to be angry, or to hold grudges, or to worry, or to handle other stresses in a particularly harmful way.

You made these decisions on your own. You did those

things intentionally because you made your own choices.

You may protest by saying, "But I didn't know about healthy choices." Yet you knew that fast food wasn't a healthy choice. It was convenient, but not nutritious. You knew that caffeine is a drug that gives you extra *energy* when your body is tired and really needs rest! You knew that intense anger is bad for your mind and body.

As in many other areas in life, we are our own worst enemy. We choose to live life in a certain way. We develop habits that often are damaging to our best interests. We do what we **like** to do, even if it may be harmful to our health. If a disease is not an **immediate** result of our bad habits, we delude ourselves into thinking that these habits won't hurt us.

However you lived, ate, and handled stress, it was of your own choosing, because you believe you have the right to make your own decisions, the right to run your own life.

Does a doctor's diagnosis tell you anything?

But then, as the years went by, you began developing symptoms: headaches, joint pains, upset stomach, insomnia, etc. At first, you handled those symptoms with over-the-counter drugs: pain medication, antacids, sleeping pills. But as the symptoms grew worse, you went to the doctor to get a - - - diagnosis - - - an almost laughable euphemism, because the doctor's *diagnosis* rarely gives you any information about your condition that you don't already know. Why? Because the doctor just gives you a Latin name for the symptoms you just described to him, and calls it a *diagnosis*.

Here's how it works.

Chronic Dry Eye: You tell your ophthalmologist that your eyes feel dry. The ophthalmologist gives you a *diagnosis* of - - - “chronic dry eye.” But that’s ridiculous. That’s not a *diagnosis*, that’s just a repetition of the symptom you just mentioned.

And then the doctor will give you a prescription for a drug even though your dry eyes obviously were not caused by a *deficiency* of that particular drug, or any other drug. In fact, many drugs **cause** dehydration, leading to “chronic dry eye.”

Fibromyalgia: You tell your doctor that you have severe pain in all your muscles and tissues. Your doctor responds that you have fibromyalgia. But what does that tell you about the cause, prevention, or treatment of your medical problem? Nothing! *Fibro* means tissues (specifically fibrous tissues), *myo* means muscles, *algia* means pain – in Latin. Your doctor has just repeated, in Latin, the symptoms you just told him

Then your doctor prescribes a drug for you. But your total body pain has not been caused by a deficiency of drugs. In fact, drug medications often are a contributory factor in the development of fibromyalgia.

Parkinson’s: You explain to your doctor that you are beginning to have tremors in your fingers, hands, arms, and head, accompanied by rigidity of your limbs and trunk, with slowness of your voluntary movements. Your doctor will tell you that you have Parkinson’s disease. But what does that tell you about the cause, prevention, or reversal of your medical problems? Nothing!

What you are being told is that a London physician

named Dr. James Parkinson wrote an essay in 1817 entitled, "An Essay on the Shaking Palsy" in which he described the symptoms you are now having.

And then your doctor will prescribe a drug for you, and tell you, "There's no cure."

Cancer: You go to your doctor after you have found a lump somewhere in your body, or you're not feeling well. Your doctor orders some tests, or a biopsy, and tells you that you have cancer. But what does that tell you about its cause, prevention or reversal? Nothing! The definition of the word cancer is: a disease caused by the uncontrollable division of abnormal cells in a certain part of your body.

But what is causing the "uncontrollable division of abnormal cells in a part of your body"? Your doctor doesn't know.

He may tell you that your cancer is genetic, that you were *destined* to have this disease because of your ancestors. But there's only one problem: your ancestors, two generations ago, rarely had these diseases, yet the incidence has risen dramatically in your generation.

As you read my materials, you will find that cancer is not genetic, nor is 99% of all heart disease, nor is lupus or arthritis, or virtually all other diseases. They are, instead, caused by the way **we** live, think, act, eat, and handle stress. We **harm our own** genes by our own lifestyle: our own bad habits.

But the Good News is that we can **repair our own genes**, by **changing** the way we live, think, act, eat,

and handle stress.

Your doctor will recommend poisonous chemotherapy, or burning radiation, or mutilating surgery. But your cancer was not caused by a deficiency of these brutal *treatments*, therefore, they cannot be the cure. They only harm your body even more.

Heart Attack: You have severe pain in your chest. You call 911 for an ambulance to take you to the hospital. Your doctor meets you there. You tell him you are having severe pain in your chest. Your doctor orders some tests, and tells you that you have angina (short for angina pectoris). The Latin words angina pectoris mean - - - you have pain in the chest.

But that's what you just told him!

After more tests, he may tell you that you have had a heart attack: an *attack* on your heart. But that gives you no information on the cause, prevention or reversal of your medical problem. Occasionally your doctor will use the term *myocardial infarction* instead of *heart attack*. *Myo* means muscle, *cardio* means heart, *infarction* means "an area of tissue death caused by lack of oxygen." All this "doctor talk" only tells you that an area of your heart muscle has died because of lack of oxygen.

The real question is, Why did this happen? The real answer always is the same: because of the way you have been living, eating and handling stress. A diet high in animal fat and refined sugar, and lacking in proper nutrients, lack of exercise in the fresh air and sunshine, lack of water-drinking, anger, anxiety and fear from improper handling of the stresses of life, etc.

But instead of instructing you in the ways necessary to prevent another heart attack, your doctor will give you drugs – or recommend surgery. But your heart attack was not caused by a deficiency of drugs, or a deficiency of surgery. If you don't address the real causes of your heart attack, your chances of having another one are very good.

Stroke: You have the sudden onset of paralysis on one side of your body and difficulty speaking. Your family calls 911 for an ambulance to take you to the hospital. Your doctor meets you there and tells you that you have had a stroke. The word means nothing except what we have learned to associate with that word.

The doctors' term for a stroke is a cerebro-vascular accident (CVA). **Cerebro** means brain, **vascular** means, pertaining to the blood vessels. But this situation is no *accident*. It is caused either by hemorrhage from, or a blood clot in, a small blood vessel resulting in decreased oxygen, and death, to that portion of the brain

The condition has been caused by one's lifestyle factors leading to arteriosclerosis, hardening of the arteries, from eating a diet high in animal fat and refined sugar, lack of exercise, lack of fresh air, lack of water-drinking, and the effects of stress, including anger, grudge-holding, anxiety, etc.

Then your doctor will *treat* your condition with drugs, Rarely will he discuss the real underlying causes of your stroke.

And it's the same for every other disease!

As you can see, a doctor's *diagnosis* is worthless. It doesn't tell you **why** you developed your disease. Nor does it tell you **how** to prevent or reverse your disease. It only gives your disease a nonsensical *name* based on one of two things: 1) your symptoms, that you already know you have, translated into Latin, or 2) the name of the physician who first described your symptoms 100 years ago.

In every instance, your doctor will prescribe either drugs – or surgery. Those are the only *treatments* available in orthodox medicine.

We orthodox physicians are very good at categorizing your symptoms and giving them a meaningless name, but we are never taught the underlying causes of disease.

Diseases are not a mystery, even though we physicians are taught they are. All diseases are caused by the way we live, think, act, eat, and handle stress. We are never taught that our bad habits suppress our immune system, the one system in our body designed to fight disease, the one system in our body we need to get us well and keep us well.

In this book, and in my other materials, you will learn how to rebuild your immune system – by natural methods – instead of destroying it by your own habits, or even more so, by accepting the destructive *treatments* of harmful drugs or mutilating surgery that your doctor will offer you.

You **can** be well! You **can** stop killing yourself! You don't have to be sick! You **can** learn how to stop committing slow *suicide* and restore your health!

2

A Slow and Painful Death by Medication

"Walk for the **Cure** for Breast Cancer!"

"Walk for the **Cure** for Alzheimer's!"

"Walk for the **Cure** for Multiple Sclerosis!"

"Come to our Charity Ball to Donate for the **Cure** for Parkinson's."

"Donate to our Telethon to Find the **Cure** for Multiple Sclerosis."

What is blatantly missing from these statements above?

The money is always going to find a **cure**. There is never any mention of finding the **causes** of these diseases.

In order to find a real **cure**, one must first learn the **cause** of the disease. The cure is obvious when one learns the cause! The way to be cured is to eliminate the cause!

"Donating money to find a cure" is a euphemism for donating

money to develop another drug. More than ninety percent of the business of orthodox medicine involves prescribing drugs. The money from virtually all of these fundraisers goes to researchers whose goal is to develop more harmful drugs, not to find a cure.

But Drugs **Never** Cure Disease. They only treat the symptoms of the disease.

Chronic diseases include cancer, heart disease, vascular disease, autoimmune diseases, respiratory diseases, arthritic diseases, fibromyalgia, chronic fatigue syndrome, kidney diseases, liver diseases, etc.

Acute diseases are classified as those that are usually self-limiting, such as the common cold, the flu, and the usual childhood diseases including measles, chicken pox, whooping cough, etc., from which the person usually gets well on his own.

Then there are specific **deficiency** diseases such as scurvy, a deficiency of Vitamin C or more specifically, a deficiency of eating a well-rounded diet of fruits, grains, and vegetables that contain natural Vitamin C, or Rickets, a deficiency of Vitamin D, or more specifically a deficiency of sunlight. These deficiency diseases should never occur in a developed country.

Do Doctors Know What Causes Disease?

What does the word Etiology mean? Webster's definition of the word **etiology** is: the study of causation, or origination. The word is derived from the Greek *aitiologia*, meaning "giving a reason for."

When I was in medical school in the late 1960's, the word *etiology* was in all our textbooks, even though it almost always appeared as follows:

Etiology: Unknown

Yet, for the last several decades, this heading has been eliminated from virtually all medical textbooks specifically because even the medical professors don't know the etiology (cause) of **any** disease.

In medical textbooks used to train doctors, the following categories are always present in the discussion of a specific disease.

Essentials of Diagnosis

Clinical Findings: including symptoms, signs, laboratory findings

Differential Diagnosis

Complications

Prevention

Treatment

Prognosis

What is noticeably missing from this list is: **Etiology, the cause** of the disease. There is no discussion, or even any mention, of the cause or causes of the disease.

Sadly, that's because doctors **don't know** the causes of the diseases that are responsible for the vast majority of the 2.4 million deaths per year in America. So, in order to hide their lack of knowledge, the category of *Etiology* has been eliminated from virtually all medical textbooks.

Long ago, physicians and medical researchers stopped looking for the causes of any diseases. Their only goal is to develop yet another drug to *treat* the symptoms of the disease. But drugs are never the answer because they never cure any disease.

But aren't most diseases genetic in origin? Isn't that why doctors take a Family History from every patient?

Of all diseases known to man, less than 1% are genetic. The rest – 99% – are often passed down in families, **but not in the genes**. Mother teaches daughter how to live, think, act, eat, and handle stress, usually by example, which is the way children learn. And Grandmother has taught Mother in the same way. The child watches what the parent does (not what he or she says), and mimics that behavior.

That's how a child learns to walk, and talk, and behave – by watching his or her parents.

So, if a child lives, thinks, acts, eats, and handles stress like his or her parents, he most likely will develop the same diseases as his parents. **But that does not mean that his disease is genetic in origin.**

Diseases can be *familial* – meaning they appear either in multiple generations of a family, or multiple members of a family in the same generation. But again, that doesn't mean they are *genetic*. If people all live, think, act, eat, and handle stress the same way, they will develop the same diseases.

It is not uncommon to see an obese mother walking down the street holding the hand of her obese little child. It doesn't mean that obesity is genetic. It means that the mother feeds her child the same way she feeds herself, which makes both

her and her child more likely to develop not only obesity, but high blood pressure, heart disease, diabetes, and many other diseases **caused** by the diet high in fat and sugar that the mother and child are both eating.

But if the child **changes** the way he lives, thinks, acts, eats, and handles stress, he will not develop the same diseases as his parents.

How can one find a “cure” for a disease?

The only way to find a cure for a disease is to learn the cause or causes of that disease. But that is rarely, if ever, the goal of doctors and medical researchers. That's too simple and unsophisticated for “ivory tower” researchers. Yet God says,

“God hath chosen the **simple things of the world to confound the wise**. God hath chosen the weak things of the world to confound the things that are mighty.”

1 Cor 1:27

Amazingly, the medical literature documents extremely well the **causes** for all diseases, yet all of orthodox medicine is blind to these facts. In addition, not even one of us physicians is ever taught those causes in our medical training.

How can doctors be so blind to the causes of disease?

“The natural man (the person who does not know God) receives **not** the things of the Spirit of God, **for they are foolishness unto him**. Neither can he know them, because Spiritual things are Spiritually understood.”

1 Cor 2:14

God says, “Call to Me and I will answer you, and show

you great and mighty things you do not know.” Jer 33:3

The difference between knowledge and wisdom

Knowledge is the ability to collect facts by using our five senses: sight, hearing, touch, taste and smell. But in order to use those facts to reach the right conclusion, one must have **wisdom**. And wisdom comes only from God.

“If any of you lack wisdom, **let him ask of God** who giveth to all men liberally and without reproach, and it shall be given him.” James 1:5

Medical researchers can gather numerous facts, but they will never reach the correct conclusion, including finding the causes and cure for any disease, until they acknowledge, reverence, and learn to “know” God, who will then open their mind to truth.

But look at all the people who have been cured of cancer!

No one is “cured” of cancer by using orthodox methods. Indeed, there are some who are termed “in remission” only because their body has been poisoned so extensively from radiation or chemotherapy that the tumor seems to have regressed or even disappeared – at least temporarily.

But the patient has not been cured! Far from it! The patient’s immune system, already compromised from the way the patient has been living, thinking, acting, eating and handling stress, the factors that caused the cancer or other disease in the first place, has now been further devastated by the “treatment.” And the patient is still continuing to live, think, act, eat, and handle stress in the same way that caused the cancer initially.

So, the patient will just develop cancer again in the same place, or in a different place in his body, or he will develop a different life-threatening disease.

If the cancer were cured, there would be no need for follow-up by the doctor. However, every cancer patient knows that the doctor wants to examine the patient and do expensive tests, such as CT scans and MRI's, at regular intervals to make sure the cancer hasn't returned.

In addition, most cancer patients, even when supposedly "in remission" are often kept on oral chemotherapy drugs, such as Tamoxifen for breast cancer patients, a drug that actually **causes** breast cancer.

What about the "Cure" statistics published by the Public Health Department?

No government or medical agency publishes "cancer cure" statistics. At best, they publish "5-year **survival** statistics." That means that a patient with cancer is **still breathing** at 5 years after diagnosis even though he or she may have cancer in multiple organs. It does not mean that person is free of cancer.

That's why there is such an emphasis placed on early diagnosis. If a patient's cancer is diagnosed "early," there is a greater chance that he or she will survive for 5 years after initial diagnosis, even if he or she is *treated* with poisonous chemotherapy or burning radiation, both of which **cause** cancer. "Early Diagnosis" will make the 5-year survival statistics look better.

When patients survive the devastating *treatment* of being **poisoned** with chemotherapy or being **burned** with radiation, it is only a testimony to the wonderful human body God has

created, a body that still can remain standing after numerous attempts by physicians to destroy it by these destructive *therapies*.

But the patient is never the same after those treatments. They take a tremendous toll on the body, severely weakening the patient's immune system, causing damage to multiple organs including the liver, the major detoxifying organ in the body.

Also, as I discuss on my DVD, *Cancer Doesn't Scare Me* Anymore, the cancer statistics are deliberately manipulated by eliminating all lung cancer patients (who have a very high mortality rate), and all black people with cancer (who have a much higher mortality rate from cancer than white people), and they include in the statistics all skin cancer patients, a condition that is rarely fatal.

They also magically and fraudulently re-categorize these statistics of "5-year survival rates" into "Cure rates" even though some or all of the patients may still have cancer.

The numbers now will look much better to the public who will continue to trust their doctor for their treatment, and continue to take all the drugs the doctor prescribes which will make the sadistic pharmaceutical robber barons very happy – and rich!

And the numbers now look much better to the government funding agencies such as the National Institutes of Health (NIH), an organization that provides large amounts of research funding (from the taxpayers' pockets) to various medical schools and research organizations who are endlessly "looking for the cure" (in the form of yet one more harmful drug with numerous serious side effects), but **never looking for the causes of disease**.

But what about at all the people who have been cured of infections with antibiotics?

No one has ever been cured of an infection by taking antibiotics. Admittedly, many people have had their symptoms temporarily suppressed by taking antibiotics, but they are never “cured” because drugs **never** cure disease. They only change the form of the disease (into some other disease because of their side effects), or change the location of the disease (to another place in the body).

Every physician has watched a very sick patient die of overwhelming infection even though that patient was on the correct dose of the proper antibiotic.

Why?

Because it is the immune system that is ultimately responsible for restoring the patient to health. And if the patient's immune system is not functioning properly, the patient cannot get well.

In addition, all drugs have side effects that cause other diseases and often severely suppress the immune system – the one system the patient needs to Get Well.

And ALL drugs treat only the symptoms of the disease, never the underlying causes of the disease.

Pasteur vs Bechamp

What are the origins of this fraudulent fiasco?

Louis Pasteur (1822-1895), a French chemist and microbiologist, is considered the father of the ***germ theory***, the

belief that continues today in mainstream medicine that virtually many, if not most, diseases are **caused** by germs.

Pasteur said, "The germ is everything, and the milieu is nothing." In other words, the state of one's immune system has no bearing on whether a person gets sick. If they are exposed to a specific germ, they will contract the disease.

Antoine Bechamp (1816-1908), also a French chemist and biologist, vehemently disagreed with Pasteur. Bechamp said, "The milieu is everything, and the germ is nothing." He believed that if a person's immune system is working properly because of the correct way the person is living, eating, and handling stress, that person will not be susceptible to disease.

In fact, Béchamp believed that living entities in the blood called microzymes actually become bacteria, viruses or fungi in the body in response to host and environmental factors, specifically to clean up the mess of dead and dying tissues caused by the person abusing his immune system by the improper way he has been living, eating, and handling stress. Bechamp did not believe that germs could invade a healthy host and create disease on their own.

However, Pasteur's theory became widely accepted by scientists, primarily because there was money to be made by endorsing Pasteur's ideas. In fact, it became the basis of the multi-billion dollar pharmaceutical industry. And Béchamp sank into obscurity.

Pasteur's theory promoted the idea that one could eat, live, and handle stress any way he wished, and then just "take a pill" and all would be well.

Bechamp's thesis requires the individual to refrain from

abusing his body by the way he lives, eats, and handles stress. It requires self control and gives the power of health to the individual – not the industry of the doctors and organized medicine. Bechamp's thesis does not make any money for the medical industry.

It's no wonder that Bechamp sank into obscurity.

Germs don't cause disease anymore than flies "cause" garbage.

Flies don't cause garbage; instead, garbage attracts flies. This was Bechamp's astute, profound, and stunningly correct, observation.

Flies are attracted to dead and dying tissue: Garbage! Flies are the scavengers, along with maggots, other insects, vultures, rats, pigs and other scavenger animals, that God provided to clean up the rotting garbage on the earth.

If one sees a dead animal in the road being eaten by a vulture, one knows immediately that the previously circling vulture did not attract the dead animal. The decaying carcass of the dead animal attracted the vulture.

It is dead and dying tissue that attracts the clean-up crew, otherwise everything that died would remain on the earth, fouling it terribly – and permanently. And the earth would be uninhabitable.

This, in itself, proves that Bechamp was correct and Pasteur was dead wrong.

Then why has Pasteur's "germ theory" won the day and Bechamp's name fallen into obscurity?

Not surprisingly, the answer is Money: **Lots** of Money! Billions of dollars of money! The false “germ theory” is the basis of the entire multi-billion dollar pharmaceutical industry, an industry that erroneously tells the world: For every disease there is a specific drug!

Shockingly, one outrageous and crass pharmaceutical executive publicly announced his goal: that eventually **every** American will be taking some type of Drug!

Was Bechamp the only one to discover microzymes?

No. These microzymes discovered by Bechamp were also discovered subsequently by many other scientists including Dr. Virginia Livingston Wheeler, a well-known San Diego physician, and by Dr. Gaston Naessens, a Canadian scientist, who called them somatids.

Yet, organized medicine, with their billions of dollars of research funds, has no knowledge of them whatsoever.

Do Drug medications cure disease?

How often I have heard the following:

“I used to have high blood pressure, but my blood pressure is normal now.”

Question: “Are you taking high blood pressure medication?”

Answer: “Oh, yes.”

Question: Did the doctor say you would have to be on this medication for the rest of your life?

Answer: Yes.

Question: What will happen if you stop taking your blood pressure medication?

Answer: My blood pressure will go up.

Question: Then you still have high blood pressure. The drugs are not “curing” your high blood pressure, are they? If you stop the medication, your blood pressure will still be high. What did your doctor say is causing your high blood pressure?

Answer: He says It “just happened.” He doesn’t know why!

And that’s the scenario that takes place in the 660,000 doctors’ offices in America – every day. The advice always is:

“You have a medical problem?” Take this DRUG!”

What is the outcome of taking Drug Medications?

Seventy percent of all Americans take at least one drug. Many over the age of 60 take multiple drugs, some take as many as 12-14 drugs daily. The Number One cause of falls in the elderly is the drugs prescribed for them by doctors!

If you were totally well, with no symptoms whatsoever of any disease or disorder, would you take drug medications?

Obviously you wouldn’t, because you know that ALL drug medications have adverse side effects, some of which are even life-threatening.

Drug medications Kill you slowly!

As you read the following proof of the mass of serious, even life-threatening complications caused by virtually every drug medication, you need to understand that they are causing immense harm to every system in your body, whether or not you are actually aware of these side effects.

Virtually all of them cause somnolence, fatigue, tiredness, and confusion. They are a major cause of people feeling old, tired, and worn out.

Drug medications slowly, progressively, and absolutely, Suck the Life Out of You and everyone else who takes them!

The following are the fifteen most popular drugs prescribed by doctors, according to Forbes.com

For High Cholesterol

Simvastatin (Zocor) the most widely prescribed cholesterol drug. 83 million prescriptions per year (\$28.00 per month)

Lipitor 51.5 million prescriptions per year (\$136.00 per month) Pfizer makes \$12 Billion per year on this one drug.

For High Blood Pressure

Lisinopril (Prinivil and Zestril) 81 million prescriptions per year (\$13.00 per month)

Amlodipine (Norvasc) 51 million prescriptions per year (\$8.00 per month)

Hydrochlorothiazide 47 million prescriptions per year

Furosemide (Lasix) 43 million prescriptions per year (\$14.00 per month)

Metoprolol tartrate (Toprol – beta blocker) 41 million prescriptions per year (\$13 per month)

Atenolol (beta blocker) 39 million prescriptions per year (\$18.00 per month)

For Hypothyroidism

Levothyroxine 66 million prescriptions per year (\$15.00 per month)

For Infection (antibiotics)

Azithromycin (Zithromax) 54 million prescriptions per year (\$44.00 for a course of the antibiotic)

Amoxicillin 50 million prescriptions per year (\$12.00 and up per course)

For Adult Onset (Type II) Diabetes

Metformin (Glucophage) 52 million prescriptions per year (\$13.00 per month)

For Heartburn

Omeprazole (Prilosec) 45 million prescriptions per year (\$34.00 per month, even though now available over the counter - OTC). It was once the best-selling drug in the world.

For Anxiety

Xanax (Alprazolam) 45 million prescriptions per year (\$70 per month)

For Pain

Vicodin: Hydrocodone/acetaminophen 128 million prescriptions per year (\$12.00 per month)

http://www.forbes.com/2010/05/10/narcotic-painkiller-vicodin-business-healthcare-popular-drugs_slide_4.html

Side Effects of These Drugs

Now we will discuss the side effects of these drugs that are used daily by millions of Americans.

These side effects should be listed in the insert that comes with the prescription (that unfortunately, few patients read) as well as the Physicians' Desk Reference (PDR), the *bible* of drugs published for doctors by the pharmaceutical companies.

Physicians are taught that if a person is not knowingly experiencing any—or only a few—of these side effects, then the drug is not adversely affecting his or her health. But that is far from the truth. Because **everyone's** body works exactly the same way on the inside, if these side effects occur in **anyone**, then they are adversely affecting, to some degree or another, **ALL those same body systems in everyone** who takes them.

The majority of the drugs prescribed for these patients were **not** prescribed for mental issues. They were prescribed for physical conditions such as high blood pressure, heart failure, high cholesterol, arthritis, etc., yet they have such a major adverse effect on the brain and all other systems in the body that they are often responsible for the patient falling,

often causing serious injury, including fracture of the hip that eventually can lead to the patient's death due to inactivity and ultimately pneumonia.

Yet most of these patients are not aware, nor would their doctors admit, that the drugs for their physical condition are adversely affecting their mental status. This is a perfect example of side effects of a drug affecting a patient adversely, yet these side effects are rarely reported.

Side effects of the most commonly prescribed drugs

Below you will find the adverse side effects of just one drug in each category, because the majority of these drugs within each group from the Forbes list have similar, if not identical, side effects. In the section immediately below, I will define the medical terms so this section can be referenced for definitions of the subsequent drugs and their side effects.

Lipitor (for lowering one's cholesterol):

Body as a whole: Chest pain, face edema (swelling), fever, neck rigidity, malaise, photosensitivity reaction (sensitivity to sunlight), generalized edema.

Digestive System: Nausea, gastroenteritis, liver function tests abnormal, colitis, vomiting, gastritis (inflammation of the stomach), dry mouth, rectal hemorrhage, esophagitis, eructation (belching), glossitis (inflammation of the tongue), mouth ulceration, anorexia, increased appetite, stomatitis (inflammation of the mouth), biliary (gall bladder) pain, cheilitis (inflammation of the lips), duodenal ulcer, dysphagia (difficulty swallowing), enteritis (inflammation of the small intestine), melena (black, tarry bowel movements from bleeding in the intestine), gum hemorrhage, stomach ulcer, tenesmus (feeling of constant need to have a bowel movement), ulcerative

stomatitis (inflammation of the mouth with ulcerations), hepatitis, pancreatitis, cholestatic jaundice (jaundice caused by abnormal bile flow in the liver).

Respiratory System: Bronchitis, rhinitis (inflammation of the mucous membranes of the nose), pneumonia, dyspnea (shortness of breath), asthma, epistaxis (nose bleeds).

Nervous System: Insomnia, dizziness, paresthesia (burning or pricking sensation in the skin), somnolence, amnesia, abnormal dreams, libido decreased, emotional lability (emotional instability), incoordination, peripheral neuropathy (numbness or pain in the hands and feet caused by nerve damage), torticollis (a condition in which the head becomes permanently turned to one side, often because of neck muscle spasms), facial paralysis, hyperkinesia (hyperactivity, or pathologically increased muscular activity) depression, hypesthesia (a diminished capacity for physical sensation, especially in the skin), hypertonia (increased muscle tone or spasticity).

Musculoskeletal System: Arthritis, leg cramps, bursitis, tenosynovitis (inflammation of the tendon and synovium – the lining of a joint), myasthenia (a condition causing abnormal weakness of certain muscles), tendinous contracture (pathological shortening of a tendon), myositis (inflammation and degeneration of muscle tissue).

Skin and Appendages: Pruritus (severe itching of the skin), contact dermatitis, alopecia (hair loss), dry skin, sweating, acne, urticaria (a rash of round, red welts on the skin that itch intensely) eczema, seborrhea (a red, itchy rash), skin ulcer.

Urogenital System: Urinary tract infection, hematuria (blood in the urine), albuminuria (abnormal protein in the urine), urinary frequency (having to urinate with abnormal frequency), cystitis (inflammation or infection of the urinary bladder), impotence, dysuria (painful urination), kidney stones, nocturia (excessive urination at night), epididymitis (inflammation and pain in the testicle), fibrocystic breast, vaginal hemorrhage, breast

enlargement, metrorrhagia (bleeding from the uterus between regular periods), nephritis (inflammation of the kidneys), urinary incontinence, urinary retention (inability to urinate), urinary urgency (overactive bladder), uterine hemorrhage.

Special Senses: Amblyopia (decreased vision in one eye), tinnitus (ringing in the ears), dry eyes, refraction disorder (blurred vision), eye hemorrhage, deafness, glaucoma, parosmia (distortion of the ability to smell odors), taste loss, taste perversion.

Cardiovascular System: Palpitations, vasodilatation (widening of blood vessels), syncope (fainting), migraine, postural hypotension (blood pressure drop when getting up from bed or a chair), phlebitis (inflammation of a vein, usually in the leg), arrhythmia, angina pectoris, hypertension (high blood pressure).

Metabolic and Nutritional Disorders: Peripheral edema (swelling of the feet and legs, and occasionally the hands), hyperglycemia (high blood sugar), creatine phosphokinase increased (an indication of muscle damage, usually relating to the heart muscle, or an indication of brain damage), gout (increase in uric acid causing very painful joints), weight gain, hypoglycemia (low blood sugar).

Hemic and Lymphatic System: Ecchymosis (bruise), anemia, lymphadenopathy (a disease affecting the lymph nodes), thrombocytopenia (marked decrease in the platelets, the cells that cause the blood to clot normally), petechia. (a small red or purple spot caused by bleeding into the skin).

Other Adverse events: anaphylaxis (an acute allergic reaction that can cause death), angioneurotic edema (swelling, like hives, but affects the deeper layers of the skin), bullous rashes (including erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis – these are life-threatening conditions), rhabdomyolysis (destruction of the muscles that can be life-threatening, usually as a side affect of a drug), and fatigue.

What is the Cause and the Cure for High Cholesterol?

It's Simple – and has NO harmful side effects!

The **best** way to lower your cholesterol is to - - - **Stop Eating It!!**

There is **no** cholesterol in God's ideal diet – a vegan vegetarian diet of fruits, grains, and vegetables in their natural form, unchanged and unprocessed by “man.”

All animal products, including meat, poultry, fish, milk and dairy products, and eggs contain cholesterol. If you stop eating animal products, you will lower your cholesterol to normal levels automatically.

Why would you want to **poison** your body with drugs like Lipitor or Simvastatin, drugs that have over 100 adverse side effects, when the **cure** for high cholesterol is **So Simple** – and does not harm your body in any way.

Just STOP eating animal products!

It's truly criminal for doctors to withhold that information from patients, and instead prescribe extremely harmful drugs that help the patient slowly, and unknowingly, Commit Suicide!

Lisinopril (Prinivil, Zestril) for High Blood Pressure

At the very beginning of the section on Lisinopril, there is a Black Box Warning in the Physician's Desk Reference. **A Black Box Warning** means this particular drug has a significant chance of killing you (or, in this case, your unborn child).

The Black Box Warning reads as follows:

“When used in pregnancy during the second and third trimesters, ACE inhibitors (which this drug is), can cause injury and even death to the developing fetus.”

Body as a Whole: Anaphylactoid reactions, syncope, orthostatic effects, chest discomfort, pain, pelvic pain, flank pain, edema, facial edema, virus infection, fever, chills, malaise.

Cardiovascular: Cardiac arrest from myocardial infarction or cerebrovascular accident (stroke), possibly secondary to excessive hypotension, pulmonary embolism and infarction (blood clot to the lungs that can cause death), arrhythmias (including ventricular tachycardia, atrial tachycardia, atrial fibrillation, bradycardia, an abnormally slow heart beat, and premature ventricular contractions, heart palpitations, transient ischemic attacks (mini-strokes), paroxysmal nocturnal dyspnea (attacks of severe shortness of breath during the night), orthostatic hypotension, decreased blood pressure, peripheral edema, vasculitis.

Digestive: Pancreatitis, hepatitis (hepatocellular or cholestatic jaundice), hepatic (liver) failure leading to hepatic necrosis and DEATH, vomiting, gastritis, dyspepsia (indigestion), heartburn, gastrointestinal cramps, constipation, dry mouth.

Hematologic: Bone marrow depression, hemolytic anemia (abnormal destruction of red blood cells usually caused by a drug), leucopenia/neutropenia (abnormally low white blood cell count), and thrombocytopenia (abnormally low platelet count, the cells that produce normal blood clotting).

Endocrine: Diabetes mellitus.

Metabolic: Weight loss, dehydration, fluid overload, gout, weight gain.

Musculoskeletal: Arthritis, arthralgia (painful joints), neck pain, hip pain, low back pain, joint pain, leg pain, knee pain, shoulder pain, arm pain, lumbago.

Nervous System/Psychiatric: Stroke, ataxia, memory

impairment, tremor, peripheral neuropathy, spasm, paresthesia, confusion, insomnia, somnolence, hypersomnia (excessive daytime sleepiness), irritability, and nervousness.

Respiratory System: lung cancer, hemoptysis (coughing up blood), pulmonary infiltrates, eosinophilic pneumonitis (a specific type of pneumonia), bronchospasm (sudden constriction of the air passages), asthma, pleural effusion (fluid collection in the lungs), pneumonia, bronchitis, wheezing, orthopnea (shortness of breath when lying flat), painful respiration, epistaxis, laryngitis, sinusitis, pharyngeal pain, pharyngitis, rhinitis, rhinorrhea (runny nose).

Skin: Urticaria, alopecia, herpes zoster (shingles), photosensitivity, skin lesions, skin infections, pemphigus (watery blisters on the skin), erythema (reddening of the skin), flushing, excessive sweating. Other severe skin reactions (including toxic epidermal necrolysis and Stevens-Johnson syndrome).

Special Senses: Visual loss, diplopia (double vision), blurred vision, tinnitus, photophobia, taste disturbances.

Urogenital System: Acute renal failure, oliguria (abnormally low urine output), anuria (no urine output), uremia (serious complication of chronic kidney disease), progressive azotemia (abnormally high levels of nitrogen compounds in the blood), renal dysfunction, pyelonephritis (infection in the kidneys), dysuria, urinary tract infection, breast pain.

Misc: Angioedema, if associated with laryngeal edema, may be FATAL.

What is the Cause and the Cure for High Blood Pressure?

High blood pressure is caused by the same factors that cause all other diseases: Malnutrition, Dehydration and Stress.

When a person eats animal products, the fat and cholesterol cause hardening of the arteries. The walls of the arteries normally contain a substance called *elastin* that allows

the arteries to expand with the “pulse” of blood coming through with each heartbeat. Then the vessel contracts, helping to push the blood along the artery. When the arterial walls are filled with hard plaque from cholesterol and fat, the blood vessel opening (the lumen) becomes narrower and the walls become stiff and will not any longer assist the heart in pushing the blood through the arteries. The arteries become like narrow lead pipes instead of supple elastic tubes.

Furthermore, the fat in the animal products in the diet causes the blood to become “thick” and the red blood cells more easily stick to each other (adhesiveness) resulting in blood clots in the vessels in the heart (causing a heart attack) or in the brain (causing a stroke), or in the leg (causing a deep vein thrombosis) that can break off and travel to the lung (pulmonary embolism) that can cause death.

And when a person does not drink adequate water to replace the daily water losses of 10 glasses per day caused by the normal processes of living, the person becomes dehydrated. The blood becomes “thicker” because the serum portion of the blood (the liquid portion) is formed primarily of water. whereas the number of red and white blood cells (the “solid” portion of the blood) remains constant.

When a person drinks coffee, caffeinated soda, energy drinks, or other caffeinated beverages, or drinks alcohol, all of which take more water **out** of the body than comes **in** with the drink, then he becomes even more dehydrated.

And stress causes dehydration as well, leading to additional water loss from the body and thus, “thickening” of the blood.

All of these factors result in *thicker* blood and narrower, stiff (non-elastic) blood vessels causing the heart to pump at a

“higher pressure” in order to push the *thicker* blood through stiff, narrower blood vessels.

The cure for High Blood Pressure is not to take dangerous drugs that can destroy your body, and even kill you, but to **change** the way you are living, eating, and handling stress by eating a vegan vegetarian diet of unprocessed food, drinking adequate amounts of water, refraining from drinking dehydrating beverages, as noted above, exercising regularly, getting adequate sunlight and sleep, and learning how to handle stress properly.

Levothyroxine for hypothyroidism:

General: fatigue, increased appetite, weight loss, heat intolerance, fever, excessive sweating.

Central nervous system: headache, hyperactivity, nervousness, anxiety, irritability, emotional lability, insomnia, seizures.

Musculoskeletal: tremors, muscle weakness.

Cardiovascular: palpitations, tachycardia, arrhythmias, increased pulse and blood pressure, heart failure, angina, myocardial infarction, cardiac arrest.

Respiratory: dyspnea.

Gastrointestinal: diarrhea, vomiting, abdominal cramps and elevations in liver function tests.

Dermatologic: hair loss, flushing.

Endocrine: decreased bone mineral density (osteoporosis).

Reproductive: Menstrual irregularities, impaired fertility.

Misc: Pseudotumor cerebri (increased pressure in the brain causing headaches and vision problems) and slipped capital femoral epiphysis (separation of the ball of the hip joint from the thigh bone – the femur) in children.

What is the Cause and Cure for Hypothyroidism?

If the body does not receive the proper nutrition, it cannot make healthy cells. **MSG (Monosodium glutamate)**, a non-nutritious flavor enhancer, is found in virtually all restaurant food and in over a thousand processed foods. It has serious negative effects on the endocrine glands, including the thyroid gland. In scientific studies in both male and female mice, exposure to MSG early in life caused severe delayed abnormalities of reproduction in adulthood. In addition, the mice exposed to MSG were obese and had a shrunken pituitary gland as well as shrunken reproductive glands (testicles and ovaries). The pituitary gland, located in the brain, is the master gland of the body and controls the thyroid gland.

Glutamate (as in MSG) encourages the onset of diabetes, and contributes to neurological diseases such as Parkinson's. And MSG can destroy brain cells when given during critical periods of brain development without there being overt signs of brain damage to an outside observer. This damage can be manifested in the maturing individual as abnormal behavior and problems with endocrine function, including thyroid function.

Soy: Chemicals called isoflavones, found in soy, have been reported to cause thyroid disorders.

Nutrasweet (Aspartame): This chemical is found in diet soft drinks, and thousands of other products, both diet and non-diet. It produces many of the same disorders as does MSG.

Cow's milk contains many hormones and growth factors that upset a person's endocrine function, including the function of the thyroid gland.

Iodine: The thyroid cells are unable to do their job without

sufficient iodine, a component of thyroid hormone. The best source of natural iodine is kelp.

Fluoride, present in almost all public water supplies, has an inhibitory effect on thyroid activity. In fact, in the past, fluoride was deliberately used to suppress thyroid activity. The public water supply contains approximately one part per million (ppm) fluoride, an amount that can depress thyroid function.

Fluoridated toothpaste may contain as much as 1500 ppm of fluoride! Toothpaste manufacturers are now mandated by law to place **death warnings** on the toothpaste tube. Children have died from swallowing just the normal amount of toothpaste on a brush, so it's important to use toothpaste that contains **no** fluoride.

Fluoride treatments applied by the dentist or dental hygienist contain as much as 10,000 ppm of fluoride! And the fluoride comes in flavors making it more tempting for children and adults to swallow. There are reports of children dying in the dental chair during these treatments.

Both chlorine and fluoride block the iodine receptors in the thyroid gland, resulting in the reduction of iodine-containing hormone production and finally in hypothyroidism.

Sunlight stimulates the thyroid gland to increase thyroid hormone production.

Exercise: Working out and walking both increase thyroid hormone production.

Water: The body is 75% water and the brain is 85% water. No gland in the body, including the thyroid gland, can function properly if the body is dehydrated. Ten glasses (8 oz. each) of

water daily are necessary just to replace the body's daily water losses caused by the routine activities of living.

Stress, including job stress, domestic stress, or just the increased stresses of daily living, will trigger the fight or flight reaction causing the production of adrenalin and cortisol from the adrenal glands. Too much cortisol will **decrease thyroid hormone conversion into its active form**. This is the reason excessive coffee, stress, and corticosteroids (prednisone or cortisone) can have a negative impact on thyroid production.

Hypothyroidism is a result of the way we live, think, act, eat and handle stress: all lifestyle factors. Correcting those wrong lifestyle factors carries with it **no** adverse side effects whatsoever. Instead, it encourages the return of good health and a normal functioning thyroid gland.

Azithromycin (Zmax) antibiotic for infection:

General: asthenia, paresthesia, fatigue, malaise and anaphylaxis (which can be **FATAL**)

Cardiovascular: palpitations, chest pain, hypotension

Gastrointestinal: constipation, dyspepsia, gastritis, oral moniliasis (thrush), loose stools, anorexia, vomiting, diarrhea, pseudomembranous colitis, pancreatitis, oral candidiasis, tongue discoloration

Genitourinary: vaginitis, interstitial nephritis, acute renal (kidney) failure

Nervous System: dizziness, vertigo, convulsions, headache, somnolence, hyperactivity, nervousness, agitation, and syncope

Liver/Biliary: abnormal liver function including hepatitis and cholestatic jaundice, hepatic necrosis and hepatic failure, some of which result in **DEATH**

Allergic: rash, pruritus, urticaria, arthralgia, edema, and

angioedema

Special Senses: taste perversion, hearing loss, deafness, tinnitus

Psychiatric: aggressive reaction, anxiety

Skin/Appendages: pruritus, skin rash, photosensitivity, erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis (potentially life-threatening skin disorder)

What causes infection?

As stated previously, germs don't cause disease anymore than flies "cause" garbage. Flies don't attract garbage; garbage attracts flies. The dead and dying tissue in the pile of garbage attracts the clean-up crew: flies, other insects, vermin and vultures.

It's the same in our body. When we have sick and dying cells and tissues caused by the way we are living, thinking, acting, eating, and handling stress, the body can actually produce its own bacteria, viruses, and fungi from tiny particles called somatids (named by scientist Gaston Naessens) or microzymes (named by physician Antoine Bechamp in France, 150 years ago). The body can produce its own "clean-up crew" of germs to clean out the dead and dying tissue. When that occurs, toxins are thrown into the blood stream that can cause symptoms in various places in the body.

We don't have to *catch* a disease from someone else. Our body can produce the symptoms of disease on its own from the toxins produced by our own body from the way we live, think, act, eat, and handle stress.

Infection cannot occur (nor will you "catch" a disease from someone else) if your immune system is healthy as a result of your living, eating, and handling stress the proper way. And

excellent lifestyle habits have no adverse side effects!

Metformin for Diabetes Type II:

General: muscle pain or weakness, numb or cold feeling in your arms and legs, trouble breathing, feeling dizzy, light-headed, headache, tired, or very weak, stomach pain, nausea with vomiting, or slow or uneven heart rate, feeling short of breath, even with mild exertion, swelling or rapid weight gain, or fever, chills, body aches, flu symptoms, headache or muscle pain, weakness, or mild nausea, vomiting, diarrhea, gas, stomach pain.

Metabolic: Lactic acidosis is a medical emergency requiring immediate evaluation and treatment. **The case fatality rate may be as high as 50%.**

Gastrointestinal: Gastrointestinal effects have included nausea, anorexia, metallic taste, diarrhea, dyspepsia, and abdominal pain. One study has reported a 20% incidence of diarrhea.

Hematologic: Hematologic side effects have included malabsorption of vitamin B12, due to intrinsic factor deficiency and possibly other mechanisms, in as many as 30% of treated patients. Megaloblastic anemia has occurred. Discontinuation of metformin or supplementation with vitamin B12 has been necessary.

Hepatic: Hepatitis

What causes Diabetes, Type II (formerly called Adult Onset Diabetes)?

The cause of Diabetes, Type II is very simple; the person is eating too much fat (particularly animal fat in meat, poultry, fish, dairy products and eggs) and too much refined sugar, a condition made even worse by a lack of exercise.

A vegan diet of fruits, grains and vegetables, free of refined

sugar, along with adequate exercise is the cure for Diabetes, Type II. And that regimen has **no** adverse side effects!

Prilosec (omeprazole) for heartburn:

General: Dizziness, confusion, fast or uneven heart rate, jerking muscle movements, feeling jittery, diarrhea that is watery or bloody, muscle cramps, muscle weakness or limp feeling, cough or choking feeling, seizure, fever, cold symptoms such as stuffy nose, sneezing, sore throat, stomach pain, gas, nausea, vomiting, mild diarrhea, headache.

Gastrointestinal: Gastric polyps, diarrhea, abdominal pain, nausea, vomiting, constipation, anorexia, irritable colon, flatulence, dry mouth, esophageal candidiasis, rare cases of pancreatitis, some fatal, have been reported.

Endocrine: gynecomastia (enlarged breasts in males), breast enlargement in females, and breast tenderness.

Hepatic: Elevations in liver function tests, and rare cases of hepatitis and hepatic encephalopathy (serious malfunction of the brain). Fatal fulminant hepatic failure attributed to omeprazole has also been reported.

Kidney: elevations in serum creatinine, rare reports of interstitial nephritis, and kidney failure.

Hematologic: hemolytic anemia, pancytopenia (low blood count of all blood cells), thrombocytopenia, neutropenia, agranulocytosis and leukocytosis (high white blood cell count).

Respiratory: cough, and rare reports of epistaxis and pharyngeal pain.

Nervous system: nervous system side effects have included headache, dizziness, somnolence, vertigo, hemifacial dysesthesia and numbness, paresthesias of the extremities, and seizures.

Cardiovascular: palpitations, tachycardia, bradycardia, palpitations, hypertension, anemia, peripheral edema, angina.

Dermatologic: Cutaneous leukocytoclastic vasculitis, skin rash on both hands and legs and the abdomen, accompanied

with pruritus, dermatomyositis, alopecia, dry skin, hyperhidrosis (excessive sweating), and cases of disseminated epidermal necrosis, furunculosis (boils), and exfoliative dermatitis (widespread scaling, redness and itching of the skin).

Metabolic: hypoglycemia, hyponatremia, weight gain, and increased uric acid levels, seizures, dizziness, abnormal or fast heart beat, or skipped heartbeat, jitteriness, jerking movements or tremors, muscle weakness, spasms of the hands and feet, cramps or muscle aches, and spasm of the voice box.

Psychiatric: depression, nervousness, hallucinations, insomnia, anxiety, dream disturbances, and apathy.

Genitourinary: impotence, urinary tract infection, pyuria (pus cells in the urine), urinary frequency, proteinuria (protein in the urine), hematuria (blood in the urine), glycosuria (sugar in the urine), and testicular pain.

Musculoskeletal: nonspecific polyarthritis, hip and other bone fractures, acute severe myopathy, increased risk of hip fracture.

Immunologic: autoimmune disorder with the development of fever, arthralgias, Raynaud's phenomenon, and a positive ANA titer.

What is the cause of—and the cure for—Heartburn?

Good old-fashioned garden variety heartburn is also called, exaggeratedly, and nonsensically, *gastroesophageal reflux disease* – or GERD. Its cure is ridiculously simple: **WATER!**

Hydrochloric acid (HCL) is produced by the stomach for the digestion of protein. Because HCL is very caustic, the body protects the lining of the stomach from irritation by a protective layer of mucus. Mucus is 95% water, so if a person is dehydrated from eating animal products (that all require a lot of water for digestion) or from drinking caffeine or alcohol (both of which are diuretics) or from **not** drinking sufficient water each day (to replace the ten glasses of water that are lost from just

the processes of daily living), he will not have sufficient water to make the proper amount of mucus.

In addition, all types of stress cause 1) an increase in the production of hydrochloric acid, and 2) dehydration, decreasing available water in the body even more. So stress makes the problem worse.

When the HCL irritates the stomach lining, the pain causes the stomach to contract, forcing the HCL up into the base of the esophagus, irritating the delicate lining of the esophagus, thus causing the pain called "heartburn."

If the situation is not addressed, the irritation can result in a stomach or esophageal ulcer.

But stress is relieved significantly by drinking adequate amounts of water, exercise, sunlight, eating the proper diet, refraining from eating refined sugar, refraining from drinking coffee and other caffeinated beverages, and by trusting in God for everything in your life.

Therefore, **drinking water** is the simple cure for heartburn. More than 3,000 cases of stomach ulcer have been cured by water drinking alone, according to F. Batmanghelidj, M.D. in his book, "Your Body's Many Cries for Water" and in the Journal of Clinical Gastroenterology, June 1983.

Xanax (alprazolam) for anxiety:

Side effects of Xanax include: Suicidal thinking, renal failure, drowsiness, fatigue and tiredness, impaired coordination, irritability, memory impairment, cognitive disorder, dysarthria (difficulty speaking), abnormal involuntary movement, confusional state, agitation, disinhibition, talkativeness, dream abnormalities, fear, feeling warm, constipation, increased

salivation, nasal congestion, upper respiratory infection, increased appetite, decreased appetite, weight gain, weight loss, urinary difficulties, menstrual disorders, sexual dysfunction, incontinence, seizures, hallucinations, depersonalization, taste alterations, diplopia, elevated bilirubin, elevated liver enzymes, jaundice, panic disorder, increased muscle spasticity, sleep disturbances, agitation, rage, aggressive or hostile behavior, hepatitis, hepatic failure, and gynecomastia.

What causes anxiety?

Anxiety, depression and all other mental illnesses are caused by the same factors that cause physical illness: namely, the way we live, think, act, eat, and handle stress.

Dietary factors alone can cause anxiety with the eating of large amounts of flesh food that contain numerous hormones (both the animal's natural hormones and those added by factory farming), eating refined sugar, and drinking caffeine. Stress also triggers the "fight or flight" reaction that causes the production of large amounts of adrenalin, a stimulating chemical that has the same effect as a huge dose of caffeine. Dehydration also can cause anxiety.

Many medical studies have confirmed that a vegan diet of fruits, grains and vegetables without refined sugar, caffeine or alcohol, coupled with daily exercise and drinking ten glasses of water every day, has enormous beneficial effects in combating anxiety. Furthermore, learning to trust God with everything in one's life relieves anxiety.

Again, all of these positive lifestyle factors have **no** adverse side effects!

Vicodin for pain:

Central Nervous System: Drowsiness, mental clouding, lethargy, impairment of mental and physical performance, anxiety, fear, dysphoria, psychic dependence, mood changes.

Gastrointestinal System: constipation

Genitourinary System: Ureteral spasm, spasm of urinary sphincters and urinary retention.

Respiratory: Respiratory depression by acting directly on the brain stem respiratory center.

Special Senses: Hearing impairment or hearing loss.

Dermatological: Skin rash, pruritus, allergic reactions, thrombocytopenia, agranulocytosis

What is the cause of Pain?

Obviously, trauma (injury) causes pain. But other types of pain such as back pain, neck pain, joint pains (arthritis), headache, etc. are not necessarily due to trauma, but often are caused by stress as well as improper nutrition, and lack of adherence to all the other steps in the Ten Step Health Plan.

Pain in the human body is caused by the production of prostaglandins. But when the body is being fed the proper nutrition, the proper amount of water, and when the person is exercising regularly and safely, and getting proper rest, sunlight and fresh air, plus handling his stress properly by giving it to the Lord, those chronic pains will not occur, nor will there be the production of prostaglandins.

When the body is fed and exercised properly, instead of producing prostaglandins that cause pain, the body will produce endorphins. **Endorphins** ("endogenous morphine") are opioid (opium-like) substances, produced by the body, that function as

neurotransmitters. They are produced by the pituitary gland and the hypothalamus in vertebrates during exercise, excitement, and being in love, and they resemble the opiates in their abilities to produce analgesia and a feeling of well-being.

Does anyone really need these 15 different harmful drugs?

Not one of these drugs listed above is necessary. They **all** harm the wonderful body God has created. **All** the diseases and disorders they are meant to *treat* are preventable and reversible by following God's Ten Step Natural Health Plan.

And Drugs **never** cure disease because they never address the underlying **causes** of the disease as are addressed when one reverses the problem by natural methods.

Another Outrageous Fact: It is not uncommon for a physician to tell a patient **not** to read the insert that comes with the prescribed drug, "because if you read it, you probably won't want to take it – and you **need** it," according to the doctor.

Prescription Drug Use Continues to Increase: U.S. Prescription Drug Data for 2007-2008

Over the ten years prior to 2007, the percentage of Americans who took at least one prescription drug in the past month increased from 44% to 48%. The use of two or more drugs increased from 25% to 31%. The use of five or more drugs increased from 6% to 11%.

In 2007-2008, 1 out of every 5 children and 9 out of 10 older Americans reported using at least one prescription drug in the past month.

In the United States, spending for prescription drugs was \$234.1 BILLION in 2008, which was more than double

what was spent in 1999.

The most commonly used types of prescription drugs in the United States by age were:

Bronchodilators for children aged 0-11

Brain and nerve stimulants for adolescents aged 12-19

Antidepressants for adults aged 20-59

Cholesterol lowering drugs for adults aged 60 and over

Among children under age 6, penicillin antibiotics were the most frequently used prescription drugs.

Diuretics and beta-blockers, for the treatment of high blood pressure and heart problems, were the drugs most commonly used by adults and older Americans.

Summary

Over the last decade the percentage of Americans who took at least one prescription drug in the past month increased by 10%. The use of multiple prescription drugs increased by 20% and the use of five or more drugs increased by 70%. By 2007-2008, one-half of Americans used at least one or more prescription drugs; and 1 out of 10 used five or more. One out of every five children used at least one or more prescription drugs compared with 9 of every 10 adults aged 60 and over. Women were more likely to use prescription drugs than were men. Those who were without a regular place for health care, health insurance, or prescription drug benefit were less likely to have used prescription medication compared with their counterparts.

Even the Centers for Disease Control admits, "Almost

40% of older Americans used five or more prescription drugs in the past month. This likely reflects the need to treat the many diseases that commonly occur in this age group; however, excessive prescribing or polypharmacy is also an acknowledged safety risk for older Americans, and a continuing challenge that may contribute to adverse drug events, medication compliance issues, and increased health care costs.” Qiuping Gu, M.D., Ph.D., et al., NCHS Data Brief, Number 42, Sept 2010 from the Centers for Disease Control.

Not one of these drugs listed above, nor any other drug, cures any disease. They only treat symptoms, making you “feel” better, at least for a time, while your disease continues to progress.

Once you begin taking any drug medication, with all its harmful side effects, **you have chosen a course of slow death** because of all the adverse side effects. You may *feel* better transiently, but you have not solved your disease problem. Instead, you have added the potential for developing additional diseases from the drug’s damaging side effects. You have not improved your situation, even though you may have been deceived into believing that you have. Instead, you have added immensely to the damage done to your body.

It’s undeniable; **you are on a course of slow suicide.**

Breaking God’s Commandments

Is it possible to break God’s commandments by following a doctor’s *treatment*?

First Commandment:

“Thou shalt have no other gods before Me.” Ex 20:3

The Bible tells us, "We ought to obey God rather than man" (Acts 5:29). And God **promises** to "heal ALL our diseases" (Psalm 103:3) if we follow "His laws, commandments and decrees" (Deut 7:11-15).

When we place our faith in the doctor instead of in God, we are worshiping "man" and not God. We are breaking the First Commandment.

Third Commandment:

"Thou shalt not take the name of the Lord thy God in vain: for the Lord will not hold him guiltless that taketh His name in vain." Ex 20:7

When we claim to be a Christian, we are telling the world that we are a follower of Jesus Christ. But we take His name in vain when we worship *man* (including doctors) rather than worshiping Jesus Christ. It is God, and **not** the doctor, who has promised to "keep us free from every disease if we follow His laws, commandments and decrees" (Deut 7:11-15).

Sixth Commandment:

"Thou shalt not kill." Ex 20:13

When we take our first dose of our first drug medication, we have set our course to accepting a slow suicide. The Bible refers to drug medictions as Sorceries and Witchcraft in Rev 18:23. (The word Sorceries is *pharmakeia* in Greek = pharmacy.) ALL drugs are poison to the body and, by taking them, we begin to kill ourselves slowly.

Eighth Commandment:

“Thou shalt not steal.” Ex 20:15

When we refuse to live, think, act, eat, and handle stress God's way, and instead take the harmful drugs prescribed by doctors, we are pushing ourselves to an early death, often preceded by years of weakness and disability.

We have “stolen” from God all the years we could have been healthy in order to serve Him.

Ninth Commandment:

“Thou shalt not bear false witness against thy neighbor.”
Ex 20:16

Again, we deceive others when we claim to be a Christian, a follower of Jesus Christ, but instead we follow “man” including doctors, pastors, counselors, and the advice of friends and family.

God has given us a way to get well. In His Word, He has promised to “keep us **free** from **every** disease if we follow His laws, commandments and decrees” (Deut 7:11-15). Then **why** are the organized churches literally full of people who are sick and dying? Because they do not believe in, nor act on, God's promises of healing by changing the way they live, think, act, eat, and handle stress.

3

Chemotherapy: Weapons of Mass Destruction

The most toxic drugs on the market are those used for cancer chemotherapy. Most chemotherapy drugs work by, 1) impairing cell division so the cells can't multiply or, 2) by killing the cells directly. Even though these chemical poisons are most effective on the cells that are dividing rapidly, the cancer cells, they are indiscriminate killers. Thus they kill a lot of normal cells as well, particularly cells of the immune system, the one system in your body that you need to fight your disease.

Chemotherapy drugs originated from chemical warfare agents: nitrogen mustards that are **designed to kill**. They are classified as Schedule 1 substances within the Chemical Weapons Convention and are so deadly that their production and use in warfare are strongly restricted. As dangerous and poisonous as they are, amazingly, they are used routinely by physicians for the *treatment* of patients who are already very sick with cancer.

It should be shocking to you to learn that doctors are taught that a war-time killing agent, a chemical poison meant to kill a person, can cure or even *treat* cancer, a life-threatening disease.

How is it possible to make a sick person well by poisoning him with a chemical that is meant to kill him? It's not!

It makes no sense at all.

Researchers have discovered recently, apparently to their "astonishment," that chemotherapy not only damages healthy cells but it also triggers them to secrete a protein **that sustains tumor growth by boosting the survival of cancer cells.**¹ The chemo also causes resistance to further treatment. They discovered this "completely unexpected" finding while seeking to explain why cancer cells are so resilient inside the human body when they are easy to kill in the laboratory.

No chemotherapy drug has ever actually cured or reversed the underlying causes of cancer. Even when a patient survives this *treatment*, there are often serious side effects that continue to occur for many years.

In cancer treatment, tumors may appear to respond well initially, but they re-grow rapidly and develop resistance to further chemotherapy. This has been documented specifically in cancer of the prostate, breast and ovaries.

Chemotherapy, while destroying some cancer cells, causes serious damage to the rest of your body. And the other systems in your body, including your immune system, are all compromised even years after the treatment. Chemotherapy causes healthy brain cells to continue to die off long after treatment has ended.

Conventional cancer treatment is a massive and expensive fraud: a non-treatment that sickens and kills more people than it could ever cure. It can never cure anything because it poisons the body causing even **more** disease in the future.

Oh God - - - Why!

Years ago, long before I developed cancer, I realized that we physicians, when taking care of patients with various diseases, harm them far more than we help them. The following incident occurred some time ago, but it is emblazoned on my mind and in my heart as though it happened yesterday.

One day, as I walked onto the Pediatric Oncology ward, I passed room after room of children with cancer, all receiving intravenous chemotherapy. I was on my way to see a particular child who had a bone problem associated with his cancer.

For better monitoring of the young patients, the wall of each room facing the nurses' station is clear glass so each child is visible.

The oncologist had asked me, an orthopedic surgeon on the faculty of the Medical School associated with the hospital, to consult on one of his patients.

After I finished my consultation with the particular young child I was asked to see, I walked out of his room through the hallway past the other cancer patients, all of them small, some of them very tiny.

Suddenly, a young father, no more than 30 years old, stumbled out of his daughter's hospital room, with dread on his face. After the door to the room was closed, he slumped to his knees, looked up towards the ceiling, crying out with anguish, "Oh God - - - - Why!!!" Then he bent over, almost in a fetal position, sobbing in utter despair.

I looked through the window into his daughter's room. She was about 3 years old, 4 at the most, lying motionless, looking

very ill and very pale. An intravenous drip of chemotherapy was running into her little body. The poisonous chemotherapy was causing her to bleed from everywhere; blood was coming from her nose, from her mouth, even from her eyes, and from under her fingernails. Even though she was awake, with her eyes open, she was too sick to speak – and even too sick to cry!

There was only one question in my mind: “What are we doing? What are we doctors doing to patients?” We aren’t making people well; we are killing them! We are killing adults and we are killing little innocent children with our supposedly sophisticated *treatments*. We take an oath to ‘Do no harm’ yet we are destroying the immune system of these babies and young children by the most diabolic methods, by poisoning them with chemicals that were originally developed for war, chemicals that were meant to KILL our enemies in the most horrible way. We, as physicians, who are supposed to be healers, instead have been taught literally to use Weapons of Mass Destruction on our patients!

“How can this be?”

As I stood watching this young father in his overwhelming grief, I thought, “There **must** be a better way!”

This incident was over 30 years ago, yet I will never forget it. Unfortunately, in the last three decades, nothing has changed in the orthodox medical *treatment* of children (or adults) with cancer. There are only three types of *treatments* allowed in orthodox medicine: poisonous chemotherapy, burning radiation, or mutilating surgery, all of which destroy the patient’s immune system, and none of which cures cancer.

1. Sun, Y. Campisi, J. et al. Treatment-induced damage to the tumor microenvironment promotes prostate cancer therapy resistance through WNT16B, *Nature Medicine* 18, 1359-1368 (2012)

4

The Dangers of Surgery

Many patients with cancer and heart disease believe that surgery is relatively low risk and therefore has little impact on the body. Cancer patients, even many of those who would never have chemotherapy or radiation because of their destructive side effects, look at surgery, including mutilating surgery involving the cutting off of one's body parts or the cutting out of one's organs (including mastectomy, hysterectomy, gastrectomy – removal of most of the stomach – and many other “ectomies”), as causing little harm to one's body, including his immune system.

Surgery of all types has become so common, and general anesthesia is considered so safe, that most patients, including cancer patients, rarely are concerned about it. If they seriously think about the risks at all, the only risk they consider is the remote chance of dying on the operating table. It never dawns on them how much damage the surgery will do to their immune system, the one system they need to get them well, the only system in their body that can reverse their cancer.

Doctors and patients both refer to having a general anesthetic as “going to sleep” – a comforting euphemism for having one's body and mind instantly and aggressively forced into a deep coma by extremely powerful drugs. Just think about it. Patients who are having elective surgery (as opposed to

emergency surgery, such as after an accident or other trauma) usually walk into the hospital under their own power. And even when the patient changes into a hospital gown in preparation for the operation, he is completely alert and in control of his senses.

Count the number of drugs!

But after the physician obtains the patient's consent for surgery, a consent that lists many horrific complications that may occur during the procedure, including life-threatening infection, heart attack, stroke, or death, the anesthesiologist will give the patient a strong drug sedative that will decrease his fear and put him at ease, so he won't be as concerned about what is coming.

To begin anesthesia, a high dose of an anesthetic drug, such as propofol (associated with Michael Jackson's death) is required that usually sends a patient's blood pressure plummeting downward. This requires immediate administration of one or more additional powerful drugs to raise the blood pressure.

For every surgical procedure lasting longer than 30 minutes or so, the patient must have a breathing tube (an endotracheal tube) inserted to assist the patient's breathing. In order to intubate the patient safely (insert the tube into the patient's mouth and down into the trachea), the patient usually must be completely paralyzed by additional powerful drug medications.

A successful intubation usually requires the use of various classes of drug medications to achieve specific pharmacologic effects. These effects include 1) providing sedation, 2) analgesia for pain, 3) amnestic effects, so the patient won't remember the event, 4) anesthesia, 5) anticholinergic effects to control secretions from the mouth and nose, and 6) paralysis.

Intubation, when performed using the rapid sequence intubation (RSI) protocol, is typically discussed in several stages (ie, pretreatment, induction and paralysis, and post-intubation); each stage requires specific drug medications to create the optimal conditions for endotracheal intubation.

The body's response to intubation

The direct stimulation of the pharynx, larynx, and trachea by the laryngoscope blade itself, a blunt narrow metal shoe-horn type of instrument used for breathing tube insertion, can cause a transient increase of blood pressure (up to a 35-mm Hg increase) and a heart rate increase (up to 30 beats per minute). These changes typically last less than 5 minutes. In rare cases however, transient various irregular heart rhythms may be induced.

Numerous drugs have been used to decrease this response, including lidocaine and fentanyl.

Increased pressure in the brain

Just as physical stimulation of the airway (the trachea) causes a reflex response affecting the heart rate and blood pressure, the same manipulation causes a transient increase in pressure in the brain (intracranial pressure or ICP). Possible causes for the increased pressure in the brain include simply coughing and gagging and subsequent transmission of pressure from the lungs to the pressure in the brain. Remember, the oxygen supplied to the brain is controlled by the blood flow to the brain.

Normal pressure in the brain is less than 10 mm Hg but endotracheal suction to decrease secretions, and laryngeal manipulation from intubation (placement of the breathing tube), can cause an average increase of 22 mm Hg. Any significant

increase in the pressure in the brain may result in a critical **decrease** in the cerebral perfusion pressure (the amount of blood flow to the brain) contributing to a further cycle of lack of blood flow and/or brain swelling, leading to elevation of pressure in the brain with a decrease in oxygen supply to the brain that can result in permanent neurologic dysfunction. This means the patient may have a stroke causing permanent partial paralysis, brain dysfunction, and speech impairment.

Paralyzing agents

A drug such as succinylcholine, is used to paralyze the patient to make the intubation easier.

Drugs to maintain anesthesia

Drugs such as, desflurane, isoflurane, sevoflurane are highly potent fluorocarbons (fluoride-containing gases) that are delivered with precision from vaporizers directly into the patient's inhaled gas stream through the endotracheal tube and into the lungs. And all these gasses contain toxic breakdown products that may cause liver failure of varying degrees.

Fluoride is a poison that has many adverse side effects as shown in Chapter 12. It is a toxic waste product of aluminum production that has been used for mass medication of the public by its addition to the water supply under the guise of preventing cavities in the teeth, something it does **not** do.

As you can see, the chemical fluoride is a common ingredient in general anesthetics because it markedly suppresses brain function to put the person "to sleep" – to put the person in a comatose state. Fluoride has the same effect, to a lesser extent, when placed in the water supply where it significantly suppresses alertness and awareness, and decreases the ability to make sound mental judgments.

Antibiotics

The administration of antibiotics is almost routine for every surgical patient in an attempt to decrease any bacterial contamination in the surgical field that, obviously, is in contact with the air in the operating room. However, one of the main reasons that antibiotic resistance is such a problem is the over-use of antibiotics during surgical procedures.

And, of course, antibiotics, like all other drugs, have side effects, some very severe. Even if no catastrophe occurs, the antibiotics destroy the “good” bacteria in the colon, called normal intestinal flora, that leads to a deterioration in the patient’s immune system.

Post-anesthesia nausea and vomiting

Many patients experience nausea and vomiting after general anesthesia, requiring more drug medication. Some of the drugs given for this problem can cause cardiac arrhythmias (irregular heart rate) and even death.

How to reverse general anesthesia

“When patients awaken from surgery, they’re usually groggy and disoriented. It can take hours for a patient to become fully clearheaded again. Emory Brown, an MIT neuroscientist and an anesthesiologist at Massachusetts General Hospital (MGH), thinks it doesn’t have to be that way.

“Brown and his colleagues at MGH are studying the effects of stimulants that could be used to bring patients out of general anesthesia much faster. One potential candidate is Ritalin, the drug commonly used to treat attention deficit hyperactivity disorder (ADHD). In a study published online September 20,

2011 in the journal *Anesthesiology*, the researchers show that giving anesthetized rats an injection of Ritalin brings them out of anesthesia almost immediately.

'It's like giving a shot of adrenalin to the brain,' says Brown, a professor in the Department of Brain and Cognitive Sciences and the Harvard-MIT Division of Health Sciences and Technology." Ann Trafton, MIT News Office, September 22, 2011.

This is yet another potential for additional drug medication to suppress the surgical patient's immune system: the one system he or she needs to get well.

What a bonanza for the Drug Companies, but what a disaster for the patient.

Pain Medications

Strong pain medications such as morphine or vicodin (hydrocodone) are used to control pain before and after surgery. Some adverse side effects of morphine include shallow breathing, slow heartbeat, seizures (convulsions), confusion, severe weakness, trouble swallowing, difficulty urinating, light-headedness, easy bruising, constipation, nausea, vomiting, stomach pain, headache, memory problems and insomnia.

The Surgery

When a surgeon operates on a patient, even though the patient is under deep anesthesia, the body reacts as though it has been run over by a truck.

Alterations have been found to occur in every component of the patient's immune response during anaesthesia and surgery. These alterations represent the body's general physiological

responses and are mainly dependent on the extent of surgery as well as other factors, such as the patient's age and health status, drug medications, and blood transfusion. Anaesthetic and operative complications have profound effects on these responses. Salo, M. Effects of anaesthesia and surgery on the immune response. *Acta Anaesthesiol Scand*. 1992 Apr;36(3):201-20. Review.

Fight or Flight reaction

Even though the patient is completely unconscious during the procedure and thus "feels" no pain, the body still reacts to the assault by the surgeon's knife by a massive production of many hormones involved in the fight or flight reaction, including cortisol, a hormone that strongly suppresses the immune system.

Placement of an indwelling urinary catheter

During any surgical procedure of a significant length (over an hour or so), a urinary catheter will be placed in the bladder, after the patient is *asleep*, so the anesthesiologist can measure the urinary output (the amount of urine that flows into the collection bag during surgery).

The patient is given intravenous (IV) fluid throughout the procedure so he will not become dehydrated. And it is through the IV tubing that the many drug medications are injected. The anesthesiologist keeps track of the I & O (Input of fluid from the IV, and the Output of urine from the patient) to make sure the patient is not being overloaded with fluid, a situation that could put a strain on the heart. Also, it is important that the patient receive enough fluid to avoid dehydration. Furthermore, the urinary output gives the anesthesiologist a good record of the function of the patient's kidneys.

Even though the indwelling urinary catheter is placed with great care, usually by the nurse in the operating room, the patient can still develop a urinary tract infection because of the bacteria on the patient's skin and mucous membranes in the genital area. An anti-bacterial agent is always used to cleanse the area before the catheter is inserted, but it is impossible to sterilize the area completely.

If the patient develops a urinary tract infection, more antibiotics will be necessary, unless, of course, the bacterial organism causing the infection is resistant to all antibiotics. In that case the infection can enter the blood stream, referred to as sepsis, that can lead to his death.

Hospital Infections

One of the worst places to be when one is sick, is in a hospital. It is even worse, to have a new (surgical) wound that can get infected, in addition to the possibility of pneumonia or a urinary tract infection. At present, there is an epidemic of lethal antibiotic-resistant hospital infections. "Drug-resistant germs called **carbapenem-resistant Enterobacteriaceae**, or CRE, are on the rise and have become more resistant to last-resort antibiotics during the past decade, according to a new CDC **Vital Signs** report. These bacteria are causing more hospitalized patients to get infections that, in some cases, are impossible to treat.

CRE are lethal bacteria that pose a triple threat:

Resistance: CRE are resistant to all, or nearly all, the antibiotics we have - even our most powerful drugs of last-resort.

Death: CRE have high mortality rates. CRE germs kill

1 in 2 patients who get bloodstream infections from them.

Spread of disease: CRE easily transfer their antibiotic resistance to other bacteria. For example, carbapenem-resistant *klebsiella* can spread its drug-destroying weapons to a normal *E. coli* bacteria, which makes the *E. coli* resistant to antibiotics also. That could create a nightmare scenario since *E. coli* is the most common cause of urinary tract infections in healthy people.

Currently, almost all CRE infections occur in people receiving significant medical care. CRE are usually transmitted from person-to-person, often on the hands of healthcare workers. Freidan, M.D., MPH, CDC Newsroom, March 25, 2013

Serious harm from numerous drug medications

Now you can understand that the average surgical patient can receive 10, or 12, or even up to 14 different powerful drug medications during a single surgical procedure. All of these drugs, plus the surgical procedure itself, have a severely negative effect on the patient's immune system, the system that has already been profoundly suppressed by the way the person has been living, thinking, acting, eating, and handling stress, the factors that caused the cancer in the first place.

It is the immune system that must be rebuilt in order to reverse the cancer. A major surgical procedure with general anesthesia and often more than a dozen powerful drugs necessary to render the patient unconscious for the surgery, plus the trauma of the surgical procedure itself, just causes more suppression of the immune system.

The patient now must dig himself or herself out of an even “deeper hole.”

“I just want that cancer out of my body!”

It is naive to believe that cancer can be “cut out” of your body, even though your doctor will assure you that it can. It is your sick body that, unfortunately, has **caused** the cancerous tumor.

Your body has become a cancer factory because you have suppressed your immune system severely by the way you have been living, thinking, acting, eating, and handling stress. Surgery, with its extremely traumatic, adverse effects on your total body, including your immune system, coupled with the numerous powerful drugs you will be given, will make your body into an even **more efficient “cancer factory”** – ready and able to produce more cancerous tumors elsewhere in your body.

The only way you can “get the cancer out of your body” is to eliminate the cause of your cancer: your body’s suppressed immune system. And the only way to rebuild your immune system is to **change** the factors that have caused its suppression: the way you have been living, thinking, acting, eating, and handling stress.

Why leave the cancerous tumor in place?

As I explain in detail in my book, “What Does it Take to Get Well?” cancer cannot be eliminated by cutting it out with surgery, or burning it out with radiation, or poisoning it out with chemotherapy, or even by removing it with corrosive herbal black salve. **The cancerous tumor is not the primary problem. The person’s sick body is the primary problem.** The cancerous tumor **does not cause** the person to be sick. It is the person’s profoundly sick body (whether or not the patient *feels* sick at the

time of diagnosis) that **has caused** the cancerous tumor.

It is the way the person has been living, thinking, acting, eating, and handling stress that has destroyed his immune system, leading to disease, including cancer. In order to get well, one must **change** the way he is living, thinking, acting, eating, and handling stress to **rebuild** his immune system, so his immune system can get him well and keep him well as it was designed to do. **There is no other way to Get Well!**

If one focuses on “getting rid” of the tumor, he is focusing on the “wrong end” of cancer, which is just another one of the enormous errors in orthodox medicine. If the tumor is removed, by whatever *treatment*, one still has his sick body. And that sick body can produce another cancerous tumor either in the same place, or in a different place in the body, or the person can develop a different life-threatening disease.

The **only** way to get well is to address the factors that caused the cancer, or other disease, namely: the way one lives, thinks, acts, eats, and handles stress. Focusing on getting rid of the tumor is the **wrong focus**, just as wrong as suggesting that a child who is very sick with the chicken pox can get well by having a surgeon remove all the pox marks in the child's skin. It is the sick body that has produced the pox marks in the skin. Once the child's total body gets well, the pox marks in the skin will go away automatically.

It is the person's sick body that has produced the cancerous tumor, wherever it may be in the body. Once the patient gets his sick body well by changing all of his lifestyle factors that have caused the cancer, the cancerous tumor will also go away automatically.

Furthermore, there is nothing more motivating to keep a

cancer patient on the straight and narrow path of the Ten Step Health Plan, than to have to look at his or her tumor every day or, if not visible, to know that it is there. If the tumor is not going away over time, then one must seriously review how well he or she is following the Ten Step Health Plan.

“I’ll have the cancer removed, THEN I’ll follow the Health Plan.”

That approach has failed time and time again. Once the tumor has been removed the patient heaves a sigh of relief under the delusion that the “cancer is gone.” And the motivation to follow God’s Health Plan with 100% commitment fades rapidly.

On the other hand, there is nothing more rewarding then to watch the tumor start regressing in size, and eventually, go away completely as a result of **permanently** changing all the factors in one’s life that have caused the cancer in the first place.

A massive assault on the body

In conclusion, a major surgical procedure is a massive assault on the body, causing severe suppression of the sick person’s immune system, coupled with often over a dozen strong drug medications necessary for anesthesia, plus the relief of nausea and pain. The negative effects to the patient are similar to being run over by a truck.

That’s the very last thing a cancer patient needs: more suppression of his or her immune system.

But there’s an even Bigger Problem!

As I have said repeatedly, God promises to “heal ALL our diseases” (Psalm 103:3) if we follow His Health Plan, God’s

Natural Health Plan, instead of following “man’s” plan, the plan of the doctors.

And God has promised to “keep us free from every disease **if** we follow His laws, commandments and decrees” (Deut 7:11-15).

Those two healing promises were written in the Bible over 3,000 years ago, long before there were hospitals, doctors, drug medications or surgeons! So, how did God fulfill His promises of healing 3,000 years ago? The same way He fulfills His promises of healing today, by our using only the things that God has created, and by our using them only in the form that He created them, not modified by man. And by learning to trust God, not man (doctors), with everything in our life.

It's all about **Faith! Whom will you trust? God - - - or your doctor?**

5

The Simple Things Confound the *Wise*

“But God hath chosen the simple things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things that are mighty.” 1 Cor 1:27

The greatest achievement that a scientific researcher can hope for, according to the world's standards, is to win a Nobel prize. The prize comes with a \$1.5 million monetary award, immense prestige, and inclusion in the smallest and most elite “club” in the community of medicine and science.

Nobel prizes in physiology and medicine, as well as in many other areas, have been given for over 100 years. They represent the best of all medical research in the eyes of the leaders of orthodox medicine.

Establishment medicine

Let's look at the Nobel Prize winners in physiology and medicine for the last 20 years (1993-2012) to see what impact their contributions, considered as the best in the world by orthodox medicine and science, have had on society. And in

particular, how many of these discoveries have led to cures for diseases, which supposedly is their ultimate goal.

A Cure - - or a Drug?

The Nobel Prize in Physiology or Medicine has been awarded 103 times to 201 Nobel Laureates between 1901 and 2012. Listed below are twenty years worth of Nobel prizes, from 2012 back to 1993.

Keep in mind as you read the following information, whether the actual goal of the research is to find a cure for a disease, or the development of another drug to fuel the immense profits of the pharmaceutical companies. Also remember that drugs don't ever cure disease. They only *treat* the symptoms while the disease continues to progress.

As you will see for sure, those who are considered *wise* by the world's standards are certainly *confounded* because they don't understand the "simple things" of God's Natural Health Plan that make you well!

The Nobel Prize in Physiology or Medicine 2012

Sir John B. Gurdon and Shinya Yamanaka

"for the discovery that mature cells can be reprogrammed to become pluripotent"

This means that a mature cell of a certain kind can be "regressed" to become an immature cell that can be re-programmed to become a cell of a different kind, thus providing the possibility of the production of donor organs in the laboratory. Unfortunately, organ transplant patients must take immunosuppressive drugs for the

rest of their lives, drugs that can cause cancer. Yet virtually all diseases, the diseases for which donor organs are needed, are preventable and curable by natural methods.

We must not forget that Dolly, the sheep that was cloned with this technique, only lived 6 years. The cost of cloning this one sheep was around \$2 million.

The Nobel Prize in Physiology or Medicine 2011

Bruce A. Beutler and Jules A. Hoffmann

“for their discoveries concerning the activation of innate immunity”

Yet the scientists around the world do not understand that immunity is attained by the proper way of living, thinking, acting, eating, and handling stress, using only the things that God created, and using them only in the form God created them.

The Nobel Prize in Physiology or Medicine (also in) 2011

Ralph M. Steinman

“for his discovery of the dendritic cell and its role in adaptive immunity”

We repeat: Yet the scientists around the world do not understand that immunity is attained by the proper way of living, thinking, acting, eating, and handling stress, a lifestyle anyone can follow without any Nobel Prize-

winning research.

The Nobel Prize in Physiology or Medicine 2010

Robert G. Edwards

“for the development of in vitro fertilization”

This technique allows women to conceive who could not otherwise have a child. However, the infertility is usually due to scarring from a prior disease, or to the presence of a benign tumor, or to infertility from improper lifestyle habits.

There **is** a cure for infertility. God has given a 100% guarantee: “If you follow My laws, commandments and decrees...**none** of you will be barren” (Deut 7: 11-14).

The Nobel Prize in Physiology or Medicine 2009

Elizabeth H. Blackburn, Carol W. Greider and Jack W. Szostak

“for the discovery of how chromosomes are protected by telomeres and the enzyme telomerase”

The enzyme telomerase repairs damaged DNA. It repairs our **own** DNA that we damage by the way we live, think, act, eat, and handle stress. When the damage caused by these bad habits exceeds the ability of the telomerase to repair the DNA, then the DNA mutations cause illness. But we have done it to ourselves. We have damaged our own DNA and have given ourselves disease.

However, if we **change** the way we live, think, act, eat, and handle stress, our telomerase can do its job of DNA repair, and our health can be restored, as shown by California research scientist, Dean Ornish, M.D. in his studies on Prostate Cancer.

The Nobel Prize in Physiology or Medicine 2008

Harald zur Hausen

“for his discovery of human papilloma viruses (HPV) causing cervical cancer”

But human papilloma viruses are not the cause of cervical cancer. Viruses and bacteria do not cause diseases any more than flies cause garbage. Flies do not cause garbage, garbage attracts the flies. It is the diseased and dying tissues that attract the *clean-up crew*: the viruses and bacteria.

The human papilloma virus is present as a **result** of the diseased tissue, not as its cause. It is exposure to the body fluids of sexual partners, often numerous sexual partners, **plus** the condition of a woman's immune system that determines her risk of developing cervical cancer. And the health of her immune system is a result of the way she lives, thinks, acts, eats, and handles stress.

The more sexually promiscuous a woman is, the greater is her exposure to the body fluids of her numerous sexual partners, a factor that negatively impacts her immune system, increasing her risk of developing

cervical cancer.

The Nobel Prize in Physiology or Medicine 2008

Françoise Barré-Sinoussi and Luc Montagnier

“for their discovery of human immunodeficiency virus”

Yet all the normally instituted public health measures to prevent transmission of a sexually transmitted disease have been thrown out the window for the AIDS epidemic. According to orthodox medicine, there still is no cure for AIDS. AIDS can only be *treated* with numerous harmful drugs that weaken the patient's immune system even more. But AIDS has been very beneficial to the bottom line of the financial reports of the pharmaceutical companies.

God has promised to “heal all our diseases (Psalm 103:3) If we follow His laws, commandments and decrees.”
Deut 7:11-15

The Nobel Prize in Physiology or Medicine 2007

Mario R. Capecchi, Sir Martin J. Evans and Oliver Smithies

“for their discoveries of principles for introducing specific gene modifications in mice by the use of embryonic stem cells”

This discovery has not led to any cure for any disease, primarily because 99% of all diseases are not genetic in their origin.

The Nobel Prize in Physiology or

Medicine 2006

Andrew Z. Fire and Craig C. Mello

“for their discovery of RNA interference - gene silencing by double-stranded RNA”

This discovery has not led to any cure for any disease, even the 1% of diseases that are genetic in their origin.

The Nobel Prize in Physiology or Medicine 2005

Barry J. Marshall and J. Robin Warren

“for their discovery of the bacterium *Helicobacter pylori* and its role in gastritis and peptic ulcer disease”

But *Helicobacter pylori* does not cause gastritis or peptic ulcer disease. This bacterium is a **result** of the presence of a stomach ulcer, not the **cause** of it. Again, germs do **not** cause disease any more than flies **cause** garbage. The bacterium is there to clean up the dead and dying tissue of the ulcer that has been caused by the suppression of the immune system as a result of the way the person has been living, thinking, acting, eating, and handling stress.

The main cause of gastritis and peptic ulcer disease is dehydration: failure to drink adequate amounts of water plus eating and drinking foods that cause dehydration. The reasons are given in Chapter 2. Over 3,000 cases of stomach ulcers have been cured by nothing more than drinking adequate amounts of water. F. Batmanghelidj, *Journal of Clinical Gastroenterology*, June 1983.

The Nobel Prize in Physiology or Medicine 2004

Richard Axel and Linda B. Buck

“for their discoveries of odorant receptors and the organization of the olfactory system”

The discovery of the smell receptors.

The Nobel Prize in Physiology or Medicine 2003

Paul C. Lauterbur and Sir Peter Mansfield

“for their discoveries concerning magnetic resonance imaging (MRI)”

An MRI provides a better view of the soft tissues of the body whereas CT scans are better for detecting bone abnormalities. However, when a diagnosis is made, the orthodox *treatment* is always the same, either the prescribing of a harmful drug, or surgically removing an organ or body part, neither of which cures any disease.

The Nobel Prize in Physiology or Medicine 2002

Sydney Brenner, H. Robert Horvitz and John E. Sulston

“for their discoveries concerning genetic regulation of organ development and programmed cell death”

Again, these discoveries have not led to a cure for any disease, but they do provide many ideas for drug development.

The Nobel Prize in Physiology or Medicine 2001

Leland H. Hartwell, Tim Hunt and Sir Paul M. Nurse

“for their discoveries of key regulators of the cell cycle”

Again, these discoveries have not led to a cure for any disease, but they have provided ideas for drug development.

The Nobel Prize in Physiology or Medicine 2000

Arvid Carlsson, Paul Greengard and Eric R. Kandel

“for their discoveries concerning signal transduction in the nervous system”

This discovery has not led to a cure for any disease, but it has provided ideas for drug development.

The Nobel Prize in Physiology or Medicine 1999

Günter Blobel

“for the discovery that proteins have intrinsic signals that govern their transport and localization in the cell”

This discovery has not led to a cure for any disease, but it does provide ideas for drug development.

The Nobel Prize in Physiology or

Medicine 1998

Robert F. Furchgott, Louis J. Ignarro and Ferid Murad

“for their discoveries concerning nitric oxide as a signaling molecule in the cardiovascular system”

This discovery has not led to a cure for any disease, but it does provide ideas for drug development.

The Nobel Prize in Physiology or Medicine 1997

Stanley B. Prusiner

“for his discovery of Prions - a new biological principle of infection”

Scientists believe that the Prion is the causative factor in Mad Cow disease, bovine spongiform encephalopathy and its human equivalent: Creutzfeldt-Jakob disease, a disease that is incurable in both cows and human beings, according to orthodox medicine.

Food made from road kill and euthanized animals:

This is a new disease in both animals and human beings, and is most likely the result of feeding flesh food to animals (and human beings) that are vegan vegetarian by nature, including sheep and cows who are meant to eat grass.

With the institution of factory farming, the animals are fed the cheapest food available. Animal feed legally can contain rendered road kill, dead horses, and euthanized cats and dogs. In addition, rendered feathers, hair, skin, hooves, blood, and intestines can also be found in feed,

often under catch-all categories like “animal protein products.” Feed for any animal can contain cattle manure, swine waste, and poultry litter. This waste may contain drugs such as antibiotics and hormones that have passed unchanged through the animals’ bodies. Animal waste used for feed is also allowed to contain dirt, rocks, sand, wood, and other such contaminants. The animal eats this kind of garbage, and then **you** eat the animal.

Plastics: Animals need fiber to properly digest their food. Animal factories often turn to pellets made from plastics to compensate for the lack of natural fiber in the factory feed.

Drugs and chemicals: Animals at factory farms often receive antibiotics to promote faster growth and to compensate for crowded, stressful, and unsanitary living conditions. An estimated 13.5 million pounds of antibiotics, the same classes of antibiotics used in human medicine, are routinely added to animal feed or water. No wonder bacteria are growing resistant and it is harder and harder for people to overcome diseases. Some of the antimicrobials used to control parasites and promote growth in poultry contain arsenic, a known human carcinogen.

Again, it is the destruction of the immune system of the animal (and the human being) in part caused by a diet of flesh food composed of the most despicable materials that causes the disease in the animal. And then the human being eats the diseased animal, thus consuming the same abhorrent *diet* eaten by the animal. The Prion is present in this disease most likely as part of the “clean-up crew” rather than the causative factor of

the disease.

If farm animals were allowed to graze, as they did in the past, there would be no Mad Cow Disease.

The Nobel Prize in Physiology or Medicine 1996

Peter C. Doherty and Rolf M. Zinkernagel

“for their discoveries concerning the specificity of the cell mediated immune defense”

Again, it is the way one lives, thinks, acts, eats, and handles stress that determines the health of his immune system.

The Nobel Prize in Physiology or Medicine 1995

Edward B. Lewis, Christiane Nüsslein-Volhard and Eric F. Wieschaus

“for their discoveries concerning the genetic control of early embryonic development”

This discovery has not led to a cure for any disease.

The Nobel Prize in Physiology or Medicine 1994

Alfred G. Gilman and Martin Rodbell

“for their discovery of G-proteins and the role of these proteins in signal transduction in cells”

This discovery has not led to a cure for any disease

The Nobel Prize in Physiology or Medicine 1993

Richard J. Roberts and Phillip A. Sharp

“for their discoveries of split genes”

This discovery has not led to a cure for any disease.

No Cures for Diseases Here

As we can see, in the last twenty years of Nobel Prize winners, there has not been one discovery that has led to a cure for, or the prevention of, any disease. But because it frequently takes a number of years for research findings to make their way into mainstream medicine, let's look at the Nobel Prize Winners from 1933 to 1952. That allows 50-70 years for the discoveries to lead to cures in orthodox medicine – if, indeed, there are any!

The Nobel Prize in Physiology or Medicine 1952

Selman Abraham Waksman

“for his discovery of streptomycin, the first antibiotic effective against tuberculosis”

This discovery has not provided a cure for any disease. In addition, streptomycin is no longer effective against tuberculosis. In fact, tuberculosis is making a major comeback because of the deteriorating lifestyle of Americans leading to the suppression of their immune

system. And virtually all the “miracle drugs” used to treat tuberculosis over the last 60 years are no longer effective because of the resistance of the tuberculosis bacillus.

The Nobel Prize in Physiology or Medicine 1951

Max Theiler

“for his discoveries concerning yellow fever and how to combat it”

Still, there is no sign of a cure for yellow fever, over 60 years later. Orthodox medicine admits even now, **“There is currently no cure for yellow fever. Once a person has become infected, the only thing he or she can do is wait for the body to kill the virus. Therefore, current treatment for yellow fever is focused on providing relief of symptoms as the body fights the yellow fever virus.”**

Indeed, it is the patient's immune system, not a drug, that is responsible for restoring the patient's health.

The Nobel Prize in Physiology or Medicine 1950

Edward Calvin Kendall, Tadeus Reichstein and Philip Showalter Hench

“for their discoveries relating to the hormones of the adrenal cortex, their structure and biological effects”

This discovery has not led to a cure for any disease.

The Nobel Prize in Physiology or Medicine 1949

Walter Rudolf Hess

“for his discovery of the functional organization of the interbrain as a coordinator of the activities of the internal organs”

This discovery has not led to a cure for any disease.

The Nobel Prize in Physiology or Medicine 1949

Antonio Caetano de Abreu Freire Egas Moniz

“for his discovery of the therapeutic value of leucotomy in certain psychoses”

A leucotomy, another term for a lobotomy, is a procedure that surgically cuts connections of the frontal lobes to the rest of the brain so the poor victim can no longer make any decisions on his own. It destroys the person's life.

Not only does this not cure mental illness, it makes the patient unfit for society. He has no life after lobotomy because he is unable to work or to live on his own. He becomes a burden to his family, or a ward of the state.

In the 1940s and 1950s, almost 20,000 lobotomies had been performed on Americans: 20,000 ruined lives of American men and women.

Fortunately, the lobotomy procedure has been abandoned. The surgical procedure that won the Nobel Prize in 1949 was abandoned by the late 1950s because of its diabolic results, proving that science is constantly changing and therefore unreliable. That's why we must trust in God and His ways, rather than trusting in science.

The Nobel Prize in Physiology or Medicine 1948

Paul Hermann Müller

“for his discovery of the high efficiency of DDT as a contact poison against several arthropods”

But by 1972, DDT was banned as too hazardous both for human beings and the environment. The research that won the Nobel prize in 1948 was shown to be **dead wrong**, less than 25 years later, proving that science is constantly changing and therefore is unreliable. That's why we must trust in God, rather than trusting in science!

The Nobel Prize in Physiology or Medicine 1947

Carl Ferdinand Cori and Gerty Theresa Cori, née Radnitz

“for their discovery of the course of the catalytic conversion of glycogen”

Bernardo Alberto Houssay

“for his discovery of the part played by the hormone of the anterior pituitary lobe in the metabolism of sugar”

These discoveries have not led to a cure for any disease.

The Nobel Prize in Physiology or Medicine 1946

Hermann Joseph Muller

“for the discovery of the production of mutations by means of X-ray irradiation”

Even though it has been known since the 1940's that x-rays cause mutations in one's DNA, orthodox medicine has progressively increased the number of studies performed on patients, using x-rays and other radiation devices, including radiating cancer patients. Obviously, doctors have known for 70 years that radiation **causes** cancer, and yet it is used to *treat* cancer. “Treatment” with radiation only harms the patient's immune system even more, pushing him closer to death!

The Nobel Prize in Physiology or Medicine 1945

Sir Alexander Fleming, Ernst Boris Chain and Sir Howard Walter Florey

“for the discovery of penicillin and its curative effect in various infectious diseases”

The discovery of penicillin was the beginning of the multi-billion dollar drug industry which has harmed the population enormously, and has never cured any disease, including any infection. Penicillin does kill some bacteria, at least it used to, but it never makes a patient well. It is the immune system that is responsible for restoring health. And, because of their numerous adverse side effects, penicillin and other antibiotics

cause serious harm to many body systems, including the immune system.

The discovery of penicillin changed the course of history. Before the discovery of penicillin, the population understood that they had to take individual responsibility for their health. But when penicillin became available, both doctors and patients decided they could live their lives in any way they chose. And if they got sick, they could just “take a pill” or “get a shot” and “everything would be fine.” Penicillin was the first “Quick Fix.”

But now, 70 years later, all antibiotics, including penicillin, have turned on us because over-use has created a medical nightmare of life-threatening bacterial resistance.

The Nobel Prize in Physiology or Medicine 1944

Joseph Erlanger and Herbert Spencer Gasser

“for their discoveries relating to the highly differentiated functions of single nerve fibers”

This discovery has not led to a cure for any disease.

The Nobel Prize in Physiology or Medicine 1943

Henrik Carl Peter Dam

“for his discovery of vitamin K”

This is laudable. But if everyone just ate a well-balanced vegan diet of whole, unprocessed food, including plenty

of dark green leafy vegetables, they would get all the Vitamin K and other nutrients needed to remain healthy.

No Nobel Prizes were given between 1939 and 1943 because of World War II.

The Nobel Prize in Physiology or Medicine 1939

Gerhard Domagk

“for the discovery of the antibacterial effects of prontosil”

The development of this new sulfonamide in the 1930s by Bayer Laboratories of the IG Farben conglomerate in Germany pre-dated the use of Penicillin. But again, antibiotics (the word means “against life”) kill some bacteria, but they don’t make a patient well. It is a suppressed immune system that results in disease, and a healthy immune system that keeps you well. The bacteria are part of the clean-up crew provided by God to detoxify the body. Antibiotics kill the bacteria that are there to clean out, and detoxify the body. Antibiotics, may make you “feel” better temporarily, but they abruptly stop the detoxification process and you are then positioned *perfectly* to develop an even worse disease!

The Nobel Prize in Physiology or Medicine 1938

Corneille Jean François Heymans

“for the discovery of the role played by the sinus and aortic mechanisms in the regulation of respiration”

This discovery has not led to a cure for any disease.

The Nobel Prize in Physiology or Medicine 1937

Albert von Szent-Györgyi Nagyrápolt

“for his discoveries in connection with the biological combustion processes, with special reference to vitamin C and the catalysis of fumaric acid”

Science has long suffered from a lack of understanding of basic nutrition. Scurvy was among many diseases suffered due to malnutrition. It wasn't until the 1930's that Albert Szent-Györgyi discovered the chemical ascorbic acid—also known as vitamin C—that enables the body to efficiently use carbohydrates, fats, and protein. His discovery was among the foundations of modern nutrition.

A balanced natural diet of fruits, grains and vegetables eliminates the deficiency disease known as scurvy.

The Nobel Prize in Physiology or Medicine 1936

Sir Henry Hallett Dale and Otto Loewi

“for their discoveries relating to chemical transmission of nerve impulses”

This discovery has not led to a cure for any disease.

The Nobel Prize in Physiology or

Medicine 1935

Hans Spemann

“for his discovery of the organizer effect in embryonic development”

This discovery has not led to a cure for any disease.

The Nobel Prize in Physiology or Medicine 1934

George Hoyt Whipple, George Richards Minot and William Parry Murphy

“for their discoveries concerning liver therapy in cases of anemia”

These researchers discovered that pernicious anemia can be prevented and cured by having the patient eat liver. Only later was it discovered that it was the Vitamin B12 in the liver that cured the “deficiency” disease called pernicious anemia. Eating a balanced diet of God-given natural foods, will eliminate all “deficiency” diseases.

The Nobel Prize in Physiology or Medicine 1933

Thomas Hunt Morgan

“for his discoveries concerning the role played by the chromosome in heredity”

This discovery has not led to a cure for any disease, including any genetic diseases, which comprise only

about 1% of all serious diseases.

Any Cures for Any Diseases From These Nobel Prize Winners?

During the 40 years we reviewed, two Nobel Prizes were given for the discovery of two different Vitamin deficiency disorders: Scurvy, a deficiency of Vitamin C, and Pernicious Anemia, a deficiency of Vitamin B12, neither of which would occur if people consumed a nutritious diet of healthy unprocessed whole foods.

And both disorders are cured—not by drugs—but by the food God has created for us.

And two of these 40 Nobel prizes were given for discoveries that were shown, within 25 years, to be dreadfully damaging: the lobotomy, and the discovery of DDT. Over 100 years of the finest and most elegant, esoteric research in America, and possibly in the world, with prizes totaling almost \$155 million, the only “cures” found were for two nutritional deficiency disorders that never would have occurred if people had been eating a balanced diet of God’s natural food

Those *discoveries* necessitate nothing more than common sense. Why did they require over 100 years and \$155 million?

U. S. National Institutes of Health

The U.S. National Institutes of Health includes the following individual Institutes:

National Cancer Institute

National Institute of Allergy and Infectious Diseases
National Institute of Dental and Craniofacial Research
National Institute of Diabetes and Digestive and Kidney Diseases
National Heart, Lung, and Blood Institute
National Institute of Mental Health
National Institute of Neurological Disorders and Stroke
National Institute of Child Health and Human Development
National Institute of General Medical Sciences
National Eye Institute
National Institute of Environmental Health Sciences
National Institute on Alcohol Abuse and Alcoholism
National Institute on Drug Abuse
National Institute on Aging
National Institute of Arthritis, Musculoskeletal and Skin Diseases
National Human Genome Research Institute
National Institute of Biomedical Imaging and Bioengineering
National Institute on Minority Health and Health Disparities
National Institute on Deafness and Communication Disorders

These various Institutes employ thousands of the finest researchers in the world, but not one of them has ever found a cure for any disease responsible for the 2.4 million deaths per year in the U.S.

God's Health Plan:

The Simple Things that Confound the *Wise*

None of the above noted physicians or medical researchers have ever found a cure for any disease with all their brilliant education, superior intelligence, and millions, even billions of dollars of research funding.

Yet God gives us a 100% Guarantee that if we follow His

way, using the simple things He has created, we **will** be well – Totally Well!

“If you obey My laws, My commandments and My decrees, I WILL keep you Free from Every disease.”
Deut 7:11-15

“He forgives ALL our sins and heals ALL our diseases.”
Psalm 103:3

“Put not your trust in princes, nor in the son of man (human beings) in which there is no help. His breath goeth forth, he returns to the earth; in that very day his thoughts perish.” Psalm 146:3,4

“Trust in the Lord with All your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths.” Prov 3:5,6

“That your faith should not be in the wisdom of men but in the power of God.” 1Cor 2:5

“The wisdom of this world is foolishness with God. He catches the wise in their own craftiness.” 1 Cor 3:19

“I will give you back your health again.” Jer 30:17

God uses the simplest things to make us well, the simple things that He created to be used in the natural form that He created them, not modified by man.

Proper Nutrition: a vegan diet as given in the Garden of Eden
Exercise
Water
Sunlight

Temperance, including Self Control

Fresh Air

The Proper Rest at the Proper time of night

Trust God with everything in your life

An Attitude of Gratitude

Benevolence

Freedom from Stress by giving it to the Lord

Learning to Love your enemies

Learning to forgive everyone who has ever wronged you

Giving up anger, grudge-holding, anxiety, fear, worry

Having the disposition and character of Christ living in you

Everything in God's Health Plan is available to everyone on earth, because God is no respecter of persons. He loves everyone the same. God's Health Plan is available in every country, on every continent in the world. It is available to the rich and the poor, to the educated and the uneducated.

And everything in God's Health plan is **totally free**, except for food, and you have to buy that anyway, unless you grow your own, which is ideal.

When we learn how these simple things work, and when we learn God's high standards for our thoughts and behaviors, and when God opens our mind so we can "see" truth, we will understand how and why God's Health Plan Works!

Physicians will **not** believe that diseases can be cured by these simple things, all of which God has provided free.

It's not what you *take* that makes you well, nor even what you must *do*, it's whom you must become!

Diseases do not "fall from the sky" nor do they "just happen" nor are they genetic. We give them to ourselves slowly, one day

at a time, over a **long** period of time, literally over many years, by the way we live, think, act, eat, and handle stress.

There are **no** “Quick Fixes.” It’s **Hard Work** to change our habits and behavior.

But God has given us a way to Reverse our disease by following His ways, using His Health Plan, using **only** the things that God has created, and using them **only** in the form that God created them, not modified by *man*.

A combination of billions of dollars of funding, hundreds of thousands of the finest medical researchers in the world, and over 100 years of the most sophisticated medical and scientific research has not resulted in even **one** cure for even **one** of the diseases that kill 2.4 million Americans every year.

But God, in His infinite wisdom, has used the “**Simple Things to Confound the Wise**” (1 Cor 1:27). God uses the simple things in nature that He has created, to “heal ALL our diseases” (Psalm 103:3) and to “keep us **free** from **EVERY Disease**” (Deut 7:11-15).

God has given us ONE Health Plan – to cure EVERY disease! Whom will you follow: God or man?

“We ought to obey God, rather than man.” Acts 5:29

6

The Health Miracle of Exercise

“Your body is the temple of God’s spirit. . .
He who defiles God’s temple, him will God destroy.”
1 Cor 3:16,17

“Whatsoever you eat or drink, or whatsoever you do,
do all to the glory of God.” 1 Cor 10:31

What if you could find a drug, or other therapy that would help you: get smarter, make better decisions, live longer, get thinner, decrease your appetite, sleep better, become more attractive, lower your stress, decrease back pain, help prevent cancer, heart disease, high blood pressure, diabetes, and osteoporosis, and just 4 hours of this therapy per week would reduce your risk of developing breast cancer by as much as 66%. And the therapy would have **no adverse side effects**.

How much would you be willing to pay for such a *medication*?

“Dream on,” you would say. But this miracle therapy is here today, and better yet, it’s free!

There is only one difficulty. In order to gain these benefits – **you** have to **do** something. You can't just sit there and have this miracle "done to you." You must do it to yourself.

The Miracle is Exercise!

Live longer: People who are physically active live longer. According to a 20 year follow-up study, regular exercise reduces the risk of dying prematurely.¹ In a study of 1045 elderly men and women with cardiovascular disease, it was found that those with a higher physical activity level had a lower mortality risk, regardless of whether the subjects were men or women, old or very old, lean or overweight, or otherwise healthy or unhealthy.²

Lowers cholesterol: Exercise favorably influences blood cholesterol levels by decreasing LDL (bad) cholesterol, triglycerides (fat in the blood), and total cholesterol, and increasing HDL (good) cholesterol.³

Improves brain cell development, memory, and learning: Exercise stimulates the formation of new brain cells.⁴ Aerobic exercise training increases brain volume in the elderly,⁵ enhances learning and protects against cognitive decline.⁶ Physical activity also increases feelings of well-being in the elderly, and their ability to live independently, an effect that is dose-related: the more physical activity, the higher the quality of life.⁷

Prevention and Control of Diabetes: The main factors in the development of Adult Onset Diabetes (Diabetes Type II) are diet and exercise. Too much fat (specifically animal fat), too much refined sugar, and too little exercise are the main culprits. Exercise increases insulin sensitivity, helps decrease body fat, increases glucose uptake by the muscles⁸ and improves glycemic control.⁹ In a study of 652 patients with Type

II Diabetes who participated in a 3-week program of dietary changes and exercise, there was a significant reduction in the fasting blood glucose, the blood pressure, triglyceride levels (fat in the blood), and levels of LDL (bad) cholesterol. Of the 319 subjects initially taking anti-hypertension drugs, 34% had their medication discontinued.¹⁰

A Finnish Diabetes Study investigated the efficacy of diet (reduction of fat and increasing intake of fiber) and exercise in the prevention of diabetes in 522 middle-aged, overweight men and women who already exhibited impaired glucose tolerance (pre-diabetic). After two years of following the program, the risk of developing diabetes was reduced by 58% in the intervention group compared with the control group, documenting that Type II Diabetes can be prevented by changes in lifestyle even in high-risk subjects.¹¹

Reduces appetite: Both aerobic and resistance exercise suppress hunger by suppressing appetite hormones, but aerobic exercise produces greater suppression than resistance training.¹²

Lowers your Stress level: Cortisol, one of the stress hormones, is secreted during any kind of stress: mental, emotional or physical. It is part of the Fight or Flight mechanism meant to protect you from stress in the short term. But its effects can be prolonged, and cortisol can be produced continuously during periods of domestic stress, job stress, financial stress, etc. The effects can be devastating and include breakdown of muscle, creation of belly fat, water retention, osteoporosis (bones that break more easily), and suppression of the immune system. Exercise at moderate levels has been shown to reduce the levels of circulating cortisol.¹³

Helps Prevent Cancer: Both stress and obesity are risk

factors for cancer—all types of cancer. Exercise helps decrease stress and encourages weight loss thus decreasing the risk of cancer. Two types of cancer that have been studied extensively in relation to physical activity are colorectal cancer and breast cancer.

Many studies in the United States and around the world have consistently found that adults who increase their physical activity, either in intensity, duration, or frequency, can reduce their risk of developing colon cancer by 30 to 40 percent relative to those who are sedentary, with the greatest risk reduction seen among those who are most active.¹⁴⁻¹⁸ Exercise increases bowel motility and thus increases intestinal peristalsis, causing the intestinal contents to move through the bowel at a faster rate. This decreases the reabsorption of toxins from the waste material. Slow transit time of the waste material through the intestine is associated with a number of intestinal pathologic conditions, including colon cancer.

Helps Prevent Breast Cancer: Over 60 studies have been published regarding the association of physical activity and the reduction of the risk of breast cancer. Existing evidence shows a decreasing risk of breast cancer as the frequency and duration of physical activity increase. Studies differ widely in their conclusion regarding risk reduction, varying between 20 and 80 percent.^{17,18} Most published studies suggest that 30 to 60 minutes per day of moderate-to-high intensity physical activity is associated with a reduction in breast cancer risk.^{15,17}

Physically active women also have a 20 to 40 percent reduced risk of endometrial cancer¹⁷ and physical activity has even been shown to reduce the risk of lung cancer by 20 percent.^{15,17}

Decreases Depression: Many studies have shown that

exercise promotes mental health and reduces the symptoms of depression. **The efficacy of exercise in patients is generally comparable to that of patients receiving antidepressant medication, such as Zoloft.**¹⁹ After an exercise training program of 16 weeks in older patients with major depression, exercise was found to be **equally effective** in reducing depression when compared to antidepressant medication.²⁰

Prevents and Reverses Osteoporosis: Regular weight-bearing exercise promotes bone formation, delays bone loss and protects against osteoporosis, the bone loss of aging.²¹ General purpose exercise programs can significantly improve strength and endurance and reduce bone loss, back pain and lipid (fat) levels, and reduce the risk of falls in 65-75 year-old women with osteoporosis by improving their balance, joint range of motion and cognitive status.²² Even resistance training has a positive effect on bone mineral density in women.²³

Prevents High Blood Pressure: High blood pressure is an important risk factor for cardiovascular disease and stroke. Aerobic exercise reduces blood pressure in patients with hypertension.^{24,25}

Prevents Heart Disease: Lack of physical activity is a major risk factor for heart disease. In a prospective study of 72,488 female nurses who were 40 to 65 years old, and who were free of cardiovascular diseases or cancer at the time of entry into the study in 1986, there was a 30 to 40% risk reduction for a coronary event after 7 years follow-up in those who participated in either brisk walking for three or more hours per week, or who participated in regular vigorous exercise of another kind, compared to those who did not exercise or walk regularly.²⁶ The results of physical activity are strong, whether male or female, with the most physically active subjects generally demonstrating coronary disease rates half of those of

the most sedentary group.^{27,28}

Reduces the Risk of Stroke: The association between physical activity and stroke was first described 35 years ago in a report from the Harvard alumni study, a longitudinal study of male former college students. Alumni who had been athletes in college experienced less than half the risk of fatal stroke compared with the non-athletes.²⁹ Small brain lesions, sometimes referred to as “silent strokes,” are often the first sign of cerebrovascular disease. They have been associated with an increased risk of falls and impaired mobility, memory problems and even dementia, as well as stroke. In a study involving 1,238 people who had never had a stroke, and who were an average of 70 years old at the end of the six year study, those who engaged in moderate to intense exercise were 40 percent less likely to have “silent strokes” than people who did no regular exercise.³¹

Improves Sexual Function: Regular exercise maintains or improves sex life. Men who exercise regularly are less likely to have erectile dysfunction and impotence than are men who don't exercise. In a study of 31,742 men over the age of 50, the lifestyle factors most strongly associated with the lack of erectile dysfunction were physical activity and leanness. Smoking, alcohol consumption, and television viewing time were associated with an increased prevalence of erectile dysfunction.³¹ Obese men can regain sexual function by losing weight and exercising. A reduced calorie diet and increased exercise improved erectile function in 110 obese men and resulted in about one third of the men with erectile dysfunction regaining sexual function after treatment.³²

The human body has 206 bones and somewhere between 640 and 850 muscles, all of which are meant for motion. God has designed our bodies to participate in physical activity that

positively affects every body system.

Improves Sleep: Research has documented the benefits of exercise for improving sleep patterns. It can strengthen circadian rhythms, promoting daytime alertness and helping bring on sleepiness at night. Exercise has been shown to improve sleep for people with sleep disorders, including insomnia and obstructive sleep apnea. One study shows that exercise may not have an immediate impact on sleep, but in fact may take several weeks or months to significantly change sleep. There is no magic bullet or quick fix to solve sleep problems, but there is a significant benefit to be gained by sticking with a regular exercise routine, and allowing the benefits to develop gradually.

Boosts Immunity: Exercise sends antibodies and white blood cells (the body's defense cells) through the body at a quicker rate. The temporary rise in body temperature that occurs with exercise can increase the speed at which the body's defense cells travel to an area of infection, as well as an increased capacity for each individual defense cell to fight the infection or other disease.

Decreases the Pain of Arthritis: According to the National Center for Health Statistics, more than 50 million adults have some form of arthritis. Arthritis pain naturally causes most adults to slow down and limit activity. Not exercising, however, can result in more problems. Research shows that over time inactivity actually worsens osteoarthritis pain, and puts adults at greater risk for eventual total loss of mobility. Exercise increases blood flow to cartilage, bringing it the nutrients it needs to stay healthy. In addition, specific exercises will strengthen the muscles that surround the joints. The stronger the muscles are, the more weight they can handle. As a result, the bones in the joints carry less weight, and the damaged cartilage is better protected.

Exercise Improves Lung Function: Even in those with lung diseases, regular exercise leads to measurable improvement in their lung function. Jeffrey Albores, M.D., an internal medicine resident at the University of Connecticut Health Center in Farmington, and his colleagues, started an exercise program for patients with Chronic Obstructive Pulmonary Disease (COPD) to do at home. The routine included running in place, an obstacle course, and upper arm stretches. Each exercise lasted three to five minutes. The doctors measured the patients' heart rates and oxygen consumption, and looked at their lung capacity before and after completing an exercise routine. When retested, the patients had improved their lung capacity and could breathe more easily.

Lowers the Risk of Dementia: Almost any type of exercise that gets your heart working reduces the risk of dementia. A review of 130 different studies found that exercise helped prevent dementia and mild cognitive impairment among participants. In addition, participants who exercised had better spatial memory.

There are no laws against exercise. Exercise does not cost money – it's FREE! Exercise is available to everyone. Exercise makes you feel good. Exercise makes you thinner. Exercise makes you healthier. God expects us to keep our body working properly so the wonderful immune system He has given us can prevent illness and maintain our health. Without exercise, no one can be completely well.

So why doesn't everyone exercise? - - - What is **your** answer?

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7

Water

Why Dehydration Causes Disease

"But God hath chosen the simple things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty."
1 Cor 1:27

All diseases are caused by a combination of three factors: malnutrition, dehydration and stress. Even people who are obese, those who obviously are getting plenty of calories, often are suffering from malnutrition because of a deficiency of the proper nutrients required to maintain a healthy body.

Furthermore, malnutrition and stress cause dehydration. The eating of animal products causes dehydration because the body requires more water to digest meat, poultry and fish than it does to assimilate fruits, grains and vegetables - foods that contain water naturally, unlike flesh foods.

And stress is a major cause of many diseases for a number

of reasons, one of which is its ability to cause dehydration.

The body is 75% water, and the brain is approximately 85% water. The solvent—the water content of the body—regulates all functions of the body, including the activity of all the solutes, the solids that are dissolved in it. Yet orthodox medical doctors pay virtually no attention to the water content of the body in their attempts to treat diseases.

Without the proper amount of water in the body, and its proper distribution to the various vital organs, the only possible result will be “disease.” Everything that is produced in the body including hormones and chemical messengers and everything that comes into the body, including nutrients in food, can only reach its proper destination by appropriate water distribution, making the proper amount of water one of the most critical requirements for prevention and reversal of disease.

It is impossible to be healthy if the body is dehydrated.

What causes dehydration?

The average size person loses approximately 10 (8 oz) glasses of water every day, just by living,

Water is lost through **breathing** because our breath is moist and we breathe 24 hours a day.

Water is lost through **perspiration**, even when it's not hot, but even more so when the weather is hot, or we are expending a lot of energy.

And the process of **digestion** requires a significant amount of water. Flesh food, including **meat, poultry and fish**, contain no water, so more water is required for their digestion leading

to dehydration. Fruits, grains and vegetables do contain water naturally, thus requiring less water than flesh food for their digestion and assimilation by the body.

Furthermore, we dehydrate our body every day by **wrong habits. Alcohol, coffee, tea, chocolate, caffeinated sodas, and energy drinks are all diuretics that dehydrate the body.** They take more water out of the body than comes in with the drink.

And **Stress** is a major dehydrating agent. The body recognizes all types of stress, whether domestic stress, job stress, the stress of deficient bodily nutrients, fear, anxiety, anger, worry, etc., in the same way. The body cannot distinguish one type of stress from another. When the body is in a crisis situation it begins to mobilize the **fight or flight reaction**. Several strong hormones are secreted and remain active until the body gets out of its stressful situation. However, in today's stressful society, the majority of people remain continuously in a stressful situation of varying magnitude.

But I'm not thirsty

A dry mouth is the very last sign of dehydration. The body can suffer from dehydration even when the mouth is fairly moist. In order to properly hydrate one's body, one must daily replace the water lost from the routine activities of daily living, including breathing, eating, and working. This will be ten 8-oz glasses of water in most cases, unless the person is larger than average, or works harder than average, or if the weather is hot.

Children are not taught to drink water; instead, they are given juices, sodas, or milk. The flavor of these drinks cultivates a taste preference that decreases their desire for water.

To make sure that one is getting sufficient water, a person must keep track of his water intake every day.

If I ask someone, "How much water do you drink every day?" and his answer is, "I drink a lot of water," I know right away he isn't drinking enough, because he isn't keeping track. In order to be hydrated properly, one must keep track of the amount of water he or she drinks every day.

The purpose of the fight-or-flight reaction

When our body perceives a significant threat, it prepares either for a **fight** to the death or a desperate **flight** from an adversary. The hormones produced in response to stress (the fight-or-flight reaction) include endorphins, cortisone, prolactin, vasopressin, and renin-angiotensin. And they accomplish the following:

Our pupils dilate so we can see more clearly, even in the dark.

The heart pumping rate increases, going from one up to five gallons of blood per minute.

Blood flow is increased to the heart, lungs and muscles providing more oxygen so they can work harder.

Blood vessels to the kidneys and digestive system are constricted, shutting down systems that are not essential for the short term threat.

Blood vessels to the skin are constricted reducing any potential blood loss.

Endorphins, the body's natural pain killers, are released.

Endorphins:

Stress and pain are the two most common factors leading to the release of endorphins. Endorphins interact with the opiate receptors in the brain to reduce our perception of pain and act similarly to drugs such as opium, morphine, codeine, hydrocodone and other addictive drugs that produce pain relief and euphoria. However, the naturally-produced endorphins do not lead to the type of severe addiction or dependence usually seen with the drugs listed above.

Yet it is known that one **can** become addicted to his own endorphins, such as a *runner's high*, or becoming angry repeatedly, which also triggers the fight or flight reaction. Intense anger can make a vulnerable person who has low self-esteem feel (temporarily) strong and invincible and able to handle situations that would be extremely difficult without the *adrenalin high* that is afforded by the hormones released during the fight or flight reaction.

That's why some people only feel *comfortable* and in charge of their life when they are angry and have their *juices* (the fight or flight hormones) flowing. And this is precisely why anger eventually will cause disease.

Cortisone:

Cortisone initiates the mobilization of stored energy. Fat is broken down into fatty acids to be converted into energy. Some proteins are broken down into basic amino acids for the formation of extra neurotransmitters (substances that transmit messages from one nerve cell to another) and as amino acids to be burned by the muscles. The problem is that under the influence of cortisone, the body continues to feed off itself: an acceptable plan for short-term danger but not for prolonged

stress.

In addition, cortisone severely suppresses the immune system, turning off the one system in the body that God has given us to fight disease.

Cortisone, also called Prednisone when given as a drug, has major side effects including: depression, anxiety, mania, psychosis, intestinal bleeding, convulsions, muscle wasting, personality changes, glaucoma, long-term migraine headaches, difficulty breathing, swelling of the face and other areas in the body, nervousness, mood swings, blurred vision, peptic ulcer, increase in blood sugar, severe joint pain, hyperactivity, increased appetite, and suppression of the immune system. These same body systems are impacted with the cortisone that is produced naturally by the body when it is under stress.

So it's not a surprise that Stress causes disease!

Prolactin:

It has been shown in mice that increased prolactin production causes mammary (breast) tumors. High prolactin levels can cause nausea, vomiting, and infertility.

Vasopressin:

Vasopressin, a hormone produced in the pituitary gland in the brain and secreted into the circulation, regulates the selective flow of water into some cells. It also causes a constriction of the capillaries (tiny blood vessels) it activates. It regulates the body's retention of water. Again, for a short-term threat to the person, these actions are helpful, but the long-term actions of vasopressin can cause cardiac arrest, arrhythmias, nausea, vomiting, abdominal cramps, tremor, vertigo and "pounding" in

the head.

Renin-angiotensin:

Both the blood pressure and the water balance in the body are regulated by the renin-angiotensin system. This is particularly helpful in the fight-or-flight reaction because the system raises the blood pressure in the vital organs even though there may have been significant blood loss due to hemorrhage. However, when the system is over-activated in periods of prolonged stress, the blood pressure elevation can become dangerous.

Kidney damage may be the consequence of long-term dehydration and salt depletion that triggered the renin-angiotensin system activity in the first place. The natural Switch-Offs for this system include: resolution of the stress, adequate water intake, and adequate salt intake.

Damage from Stress

It's not difficult to understand how damaging stress is to every system in the body and how stress can cause disease.

Signs and Symptoms of Dehydration

Pain of many different types:

If pain in the body cannot be explained easily by injury or infection, it is often a result of chronic water shortage. Dyspepsia (indigestion or stomach pain, including gastritis which is inflammation of the stomach), duodenitis (inflammation of the duodenum, a portion of the small intestine), heartburn (also called GERD: gastroesophageal reflux disease), headaches, back pain, and many of the general body pains of chronic

fatigue syndrome and fibromyalgia are caused by dehydration, in addition to the toxicity caused by eating an improper diet, lack of exercise, lack of proper sleep and the taking of drug medications, all of which have severe adverse side effects.

Toxic waste products are produced by the cells as a result of the normal chemical reactions in the body required for the processes of living. Pain is a sensation that denotes local chemical changes in the area around the nerves that monitor the acid/alkali balance. When water is not available to wash away the toxic waste, the nerve endings sense the change and report it to the brain's pain centers. In these cases, it is water – 10 glasses per 24 hour period – that should be the treatment, but most often harmful drugs are given that only compound the problem.

Furthermore, when drug medications are given to cover up the pain without addressing the underlying causes, one of which is dehydration, the damage continues. Many pain medications cause gastrointestinal bleeding, and significant damage to the liver and kidneys, sometimes causing death of the patient they are meant to help. Furthermore, drug medications themselves cause toxic waste in the body – and lead to even more symptoms, including pain.

Dyspeptic pains, including gastritis (pre-ulcer pain), duodenitis (inflammation of the duodenum, part of the small intestine), and heartburn, are all signs of dehydration. They should be treated with an increase in water intake alone. In an editorial published in the Journal of Clinical Gastroenterology in June 1983, F. Batmanghelidj, M.D. reported on 3,000 persons with dyspeptic pain treated with only water. Their pain and the clinical problems associated with their pain, disappeared, including their ulcers and their heartburn, now called gastro-esophageal reflux *disease* or GERD.

"It has been shown experimentally that when we drink one glassful of water, it immediately passes into the intestine and is absorbed. However, within one half-hour, almost the same amount of water is secreted into the stomach through its glandular layer in the mucosa. It swells from underneath and gets into the stomach, ready to be used for food breakdown. The act of digestion of solid foods depends on the presence of copious amounts of water. Hydrochloric acid is poured on the food, enzymes are activated, and the food is broken down into a homogenized fluid state that can pass into the intestine for the next phase of digestion.

"Mucus covers the glandular layer of the mucosa, which is the innermost layer of the structure of the stomach. Mucus consists of 98 percent water and 2 percent physical 'scaffolding' that traps water. In this 'water layer,' a natural buffer state is established. The cells below secrete sodium bicarbonate that is trapped in the water layer. As the acid from the stomach tries to go through this protective layer, the bicarbonate neutralizes it.

"This thickened, sticky mucus barrier is the natural protective shield against the acid in the stomach. Naturally, the efficiency of this shield depends on a regular intake of water, particularly before the intake of different solid foods that stimulate the production of acid from the glands in the stomach wall. **Thus, water provides the only natural protection against the acid in the stomach.**" Batmanghelidj, F. *Your Body's Many Cries for Water*, pp 32,33

Dyspepsia, the condition of pain, bloating, and heartburn, whether from gastritis in the stomach caused by acid in direct contact with the stomach lining, or heartburn caused by acid from the stomach irritating the tender lining of the esophagus as it meets the stomach, or duodenitis caused by the lack of bicarbonate produced by the pancreas to neutralize the acid

coming from the stomach into the intestine, is a signal of “thirst.” It should be treated with water, a deficiency of which is its cause.

The use of **slow poisons**, such as antacids, for the relief of this pain is counter-productive. Antacids will not solve the basic problem of dehydration. In fact, antacids have been known to cause constipation, kidney stones, kidney failure and heart failure. Many antacids contain between 150-600 milligrams of aluminum in every spoonful of liquid or in each tablet, and aluminum toxicity is considered to be one of the factors in the development of Alzheimer’s dementia.

Histamine-blocking drug medications such as Zantac and Tagamet, also used to *treat* the pain of dyspepsia (GERD – heartburn), have many side effects including, dizziness and confusion in the elderly, enlarged breasts in men, a low sperm count, and decreased blood supply to the brain. Ibid. p 35.

Depression: The number of Americans suffering from Depression is estimated to be between 20 and 30 million. Even greater numbers are experiencing, or will at one time or another experience, the milder forms of depression. When a person with depression seeks medical help, he or she is given a chemical – a drug medication. Yet every doctor knows that depression is not caused by a deficiency of drug medications.

But unfortunately, physicians never search for the underlying causes of the disease. They only learn to give drugs to cover up the symptoms: to make a person “feel” better, rather than actually “be” better.

Naturally, transient depression can be caused by legitimate difficult periods in one’s life, such as the loss of a job or the loss of a loved one. But these are temporary conditions, and the zest for life usually returns in a reasonable period of time. But when

the situation persists, one major cause is dehydration. Thus, depression in many cases can be associated with dehydration, yet another sign of "thirst."

"The brain uses electrical energy that is generated by the water drive of the energy-generating pumps. With dehydration, the level of energy generation in the brain is decreased. Many functions of the brain that depend on this type of energy become inefficient. We recognize this inadequacy of function and call it depression." Ibid. p 58

Dehydration causes stress to the body, and stress of all types causes dehydration, an obvious vicious cycle that can only be solved by 1) re-hydrating the body, and 2) learning how to handle one's stress in a healthy way. In stress, the body assumes a crisis situation and the fight-or-flight response is activated. This triggers the release of all the hormones discussed above leading to many disease states, including depression.

Blood clots: The mechanism of forming blood clots is critical for a person's survival in order to stop the bleeding from any cut. However, when blood clots form in the blood vessel through which the blood should be circulating freely, it can cause a life threatening condition. Blood clots can form in the calf or in the thigh and may break off and travel to the lungs where they can cause severe breathing difficulties and even death.

A blood clot in the upper thigh can lead to gangrene and ultimate amputation of the foot or leg.

If a blood clot travels from the heart to the brain, it can cause a stroke leading to severe disability or even death.

As stated above, blood is supposed to clot when one is

bleeding. But what causes hypercoagulability (abnormal blood clotting)? The platelets, also called thrombocytes, are the blood clotting cells. Formation of a clot requires the activation of a “cascade” of factors. When the walls of the blood vessel have been damaged by the formation of deposits of plaque primarily due to cholesterol build-up resulting from eating animal fat found in all animal products, including meat, poultry, fish, dairy products and eggs, blood begins to clot abnormally in these areas. This causes **thrombosis** (blood clot formation) that halts blood flow to the smaller blood vessels and capillaries in that area.

In the brain, this produces a stroke. In the thigh, it can cause the death of the lower leg from gangrene. In the calf, it can cause severe swelling and pain, leading to hospitalization. In the coronary arteries, the blood vessels that supply the heart muscle, the clot causes a myocardial infarction – a heart attack.

A thrombosis is a stationary clot that stays in the area where it formed. If that clot, called a thrombus, or a portion of that clot, breaks off and flows in the blood stream to a different spot, it is now termed an embolus. **Pulmonary embolism** describes a condition in which a thrombus breaks off from its initial position in the leg and travels to the lungs, that can be life-threatening.

In addition to the cholesterol plaque formation in the blood vessels as a result of eating animal products, dehydration plays a major role in clot formation. The blood is formed of a solid portion (approximately 45% of the total) – the blood cells, including red blood cells, white blood cells, and platelets – and a liquid portion (approximately 55% of the total), the plasma. The plasma portion of the blood is 93% water. The other 7% is composed mainly of dissolved proteins, glucose, and clotting factors.

Even though the body tries valiantly to maintain the correct ratio of liquid to solid (55% to 45%) in the blood in all situations, it is obvious that if there is not enough water in the body to maintain this normal equilibrium, it is the liquid portion of the blood that is impacted the most. Because few people drink adequate amounts of water, and the vast majority of people eat an animal product-based diet (that is very dehydrating) coupled with the drinking of caffeinated beverages and alcohol (that leads to significant water loss from the body because of their diuretic effect) a person becomes more and more dehydrated with age.

An elderly person coming into the Emergency Room with any complaint whatsoever, can be assumed to be significantly dehydrated unless proven otherwise. That person's hematocrit, a measure of the solid portion of the blood (the blood cells) compared to the liquid portion, may register as 45%, which is within the normal range. But as soon as an I.V. is placed and the person is hydrated with the proper amount of fluid, the hematocrit may drop to 20%, revealing severe anemia.

When the solid portion of the blood (the blood cells) forms an abnormally greater portion of the total volume of blood, as it does with dehydration, the blood is "thicker" and clots more easily. "Thicker" blood also requires that the heart must pump harder to send this "thick" blood through the arteries that have become stiff and narrowed due to arteriosclerotic plaque formation (from eating and drinking animal products) clogging the inside walls of the artery.

This becomes a perfect set-up for clot formation (thrombosis) and the breaking away of clots that travel to the lung or brain (embolism) causing severe illness and even death.

The answer is not to prescribe dangerous drug medications

such as blood-thinners (heparin and coumadin, used in rat poison) drug medications that can, in themselves, cause severe bleeding and even death from the drug, as every physician is taught to do, but for the person to stop eating animal products and instead eat a vegan vegetarian diet, begin regular daily exercise (to increase blood flow), and start drinking adequate amounts of water: at least ten 8-oz glasses every day.

Hypertension: When the body is dehydrated, as mentioned above, the blood becomes *thicker* and requires more *pressure* to pump the blood through narrower, less elastic *pipes* (blood vessels) because the normal elasticity of the blood vessels is gone as a consequence of the arteriosclerotic plaque that makes the blood vessel stiff and also narrows its inside diameter. Therefore, one develops High Blood Pressure.

In addition, as also noted above, stress causes dehydration – and dehydration causes stress. When the fight-or-flight reaction is triggered because of the stress, the vasopressin and renin-angiotensin systems are also turned on. Vasopressin causes constriction of the blood vessels, narrowing their lumen (the inner diameter) even more. The renin-angiotensin system tightens the vascular system, the network of tiny arteries, called capillaries, all over the body to make sure there is no slack (empty space) in the circulation system.

When the body is dehydrated it hangs on to water, even in abnormal places, causing edema (swelling) of the ankles and legs. Every physician is taught to prescribe diuretic drugs to decrease the edema. That works, but only temporarily, because the diuretics are forcing increased dehydration of the body, so the edema and high blood pressure eventually return, requiring the prescribing of another drug to “get rid of the retained water.” But that just dehydrates the body even more, while the person continues to eat a diet high in animal fat that increases

arteriosclerosis (hardening and narrowing of the arteries) even more, requiring the addition of a third drug; and maybe even a fourth drug. And never in this process, does the doctor address the underlying causes of the problem, which are: too much fat in the diet, particularly animal fat, too little water consumption, lack of exercise, and improper handling of stress.

It's no wonder the doctor tells the patient with high blood pressure that he or she will have to be on these drugs "for the rest of your life" – because the drugs can **never** eliminate the high blood pressure because they don't address the actual **causes** of the high blood pressure.

Furthermore, all these drugs prescribed for high blood pressure have very serious side effects that cause other diseases in the patient *requiring* more drugs to treat the symptoms of the *new* diseases.

And it's no wonder that the pharmaceutical companies, who make literally billions of dollars on these useless and harmful drugs, disparage the treatment of disease by natural methods like drinking water, proper nutrition, exercise, and proper handling of stress, methods that have **no** adverse consequences, methods that are amazingly inexpensive and usually absolutely **free**, while they **do** address the **true** underlying causes of the problem providing an absolute cure!

Constipation: One of the main functions of the colon—the large intestine—is to remove water from the waste material passing through it. When the waste material in the colon is already low in water content, the passage of the solid residue slows down. With added food intake, more solid waste is packed into the intestine causing constipation.

When we drink water the waste material in the intestine

is softened, and a hormone/neurotransmitter called motilin is secreted by the intestinal tract producing peristalsis: rhythmic contractions of the intestine from its upper part to its lower end, increasing the speed with which the waste material moves through the intestine and is excreted from the body. With dehydration, motilin is not secreted, the passage of the waste material through the intestine is delayed allowing the toxic waste products to be reabsorbed into the body and distributed to the cells through the blood stream. This eventually causes the cells to become toxic, leading to serious disease, even cancer.

It has been said, and quite truthfully, that “All diseases begin in the colon” because of the slow evacuation of the waste content of the intestine caused by a lack of water intake, in addition to the eating of a flesh food-based diet which is also low in water, plus a lack of exercise. This slow “transit time” refers to the time it takes for digested food to get from the pyloric valve, between the stomach and the upper end of the small intestine, to the lower end of the large intestine, and out of the body.

“Another adverse consequence of dehydration is that the stomach contents cannot be released into the small intestine if the pancreas has not produced sufficient watery bicarbonate solution to prepare the upper part of the intestinal tract to receive the acidic contents of the stomach. Under ideal circumstances, the pyloric valve is allowed to open for the evacuation of the contents of the stomach. Motilin has a major transmission role in coordinating this action.” Ibid. p 39

The gastrocolic reflex or gastrocolic response is one of a number of physiological reflexes controlling the motility, or peristalsis, of the gastrointestinal tract. It involves an increase in motility of the colon in response to stretch in the stomach and byproducts of digestion in the small intestine. Thus, this reflex is responsible for the urge to defecate following a meal.

The small intestine also shows a similar motility response. The gastrocolic reflex helps make room for more food entering the digestive tract. Lauralee, Sherwood (2009). *Human Physiology: From Cells to Systems* (7th ed.). Cengage Learning. p. 635.

As soon as a baby eats a meal, he will eliminate his waste to make room for the new contents entering the stomach and intestine. That means a baby will have a bowel movement three times a day at least, which is the ideal for everyone. But because the population has changed from a plant-based diet in which plants contain a significant amount of water and fiber, to a flesh-food based diet that contains virtually no water and no fiber, and because few in the population drink adequate amounts of water, dehydration is the result. And dehydration leads to constipation.

A person, throughout life, should be having at least 3 bowel movements a day. And they should not be difficult or painful. If a person doesn't have at least one bowel movement every day, that person is suffering from constipation. The (incorrect) "medical definition" of constipation is the absence of a bowel movement for three days. Furthermore, medical textbooks often say that the definition of constipation varies from one person to another. But that's just another indication of the ignorance of orthodox medicine. The answer for normalcy in bowel movements is found in the bowel habits of babies who have not yet been subjected to the consequences of, 1) the Standard American Diet and, 2) dehydration.

Almost all Americans are constipated to some degree and that's why so many people are sick. That's also why the sale of laxatives in the U.S. is a \$725 million business, when all it takes to prevent and reverse constipation is 1) a proper plant-based (vegan vegetarian) diet, 2) drinking a minimum of ten 8-oz. glasses of water every day, 3) regular exercise, and 4)

learning how to handle one's stress properly.

Laxatives don't cure constipation. They only temporarily increase one's ability to have a bowel movement. But the constipation returns, and one must take yet another dose of the laxative drug medication.

Obesity: It is common for a person to confuse the *thirst* response for the *hunger* response and proceed to eat when he or she is really thirsty. When the body has low energy levels, the sensation of thirst and hunger are generated simultaneously. We often eat food when the body really needs water.

Sodas, fruit juice, coffee and other caffeinated beverages, and alcohol are no substitute for water. And most of them are diuretics that take more water out of the body than comes in with the drink. There is no substitute for water. Water is what the body needs.

The body is 75% water. It is not 75% coffee, or 75% Coke, or 75% fruit juice. It is 75% Water! So **water** is what it needs!

Wrinkles and aging: In 2010 Americans spent \$800 million on anti-aging creams. But American women have yet to learn that it's not what one puts on the outside of the skin that prevents aging, but what is on the inside: what is in the *heart*, and what goes into the mouth. One needs to observe nothing more than a plum and a grape to see that it is **dehydration—lack of water**—that turns them into a wrinkled prune or a wrinkled raisin, respectively. Lack of water is the major culprit, and all the things that dehydrate one's body, including, a flesh-food based diet, drinking coffee, tea, and other caffeinated beverages, drinking alcohol, and improper handling of stress.

There are many life-giving properties of water

Water is a universal solvent in the body as well as a means of transport of nutrients and other important substances necessary for life.

Water is a primary source of energy. "At the cell membrane, the osmotic flow of water through the membrane can also generate hydroelectric energy that is stored in the energy pools in the the body.

"Water also forms a particular structural pattern and shape that seems to be employed as the adhesive material in the bondage of the cell architecture. Like glue, it sticks the solid structures in the cell membrane together. It develops the stickiness of ice at higher body temperatures. This property of water makes it possible for life to regenerate itself on the DNA assembly line in a series of 'protected' and walled environments.

"The proteins and the enzymes of the body function more efficiently in solutions of lower viscosity (more dilute solutions); this is true of all the receptors in the cell membranes that command and control the message system.

"In solutions of higher viscosity (*thicker* solutions caused by a dehydrated state), proteins and enzymes become less efficient.

"Recognition of thirst of the body becomes less accurate as the body becomes more and more dehydrated in the interior of its cells: the process of aging.

"Water regulates all functions of the body, including the activity of all the solutes (solid substances) it carries around." Batmanghelidj, F, "Your Body's Many Cries for Water" p 17,18

Cancer: Because the body is 75% water, all reactions in

the body require the presence of water, either as an integral part of the reaction, or as the solvent in which the reactions occur. Without adequate water, the following things take place:

Body reactions necessary for health are unable to proceed properly.

Detoxification of the body is hampered because without adequate water, toxins cannot be properly removed from the cells. Instead, toxins build up within cells causing the cell to become diseased. The situation is similar to a woman trying to wash a load of muddy clothes in a washing machine containing only one cup of water. Without water, the waste in the cells cannot be taken away, and one “stews” in his own waste, similar to living and eating in a garbage dump.

Without water, the cell repair mechanisms are hindered. Weakness and lack of energy result from dehydration.

The breast is a water-driven organ. It is designed to produce milk. With dehydration, cysts form—termed fibrocystic disease of the breast—that can be a precursor of cancer.

Appropriate amounts of water drinking help the body stay cool in hot weather. Without water, even a healthy person can suffer from heat exhaustion, even to the point of death.

It is impossible to reverse cancer, or any other serious, life-threatening disease, without drinking adequate amounts of water either in the form of pure water, or home-made (not store-bought) vegetable juice.

Cardiovascular Disease, including High Blood Pressure and Stroke: “In water loss from chronic dehydration, 66% is lost from water held in some cells and 26% is taken from

water volume held outside of the cells. Eight percent is taken from water held in the vascular bed (the blood cells), within the blood itself. The vascular system (system of blood vessels) all over the body adapts to blood volume loss by selectively decreasing the size of the lumen (the inside opening) of the blood vessels. Dehydration results in the decreasing of the size of lumen of the blood vessels to compensate for the water loss that causes a rise in tension that is termed – hypertension.” Ibid. p 77

In other words, as the blood volume decreases because of a decrease in the fluid portion of the blood from dehydration, the body compensates by constricting the blood vessels to prevent “vacant” space.

Dehydration of the cardiovascular system results in the following: 1) the blood becomes “thicker” because there is less water to make the blood plasma, the liquid part of the blood while the solute portion – the red and white blood cells – remains the same, and 2) the smaller blood vessels and capillaries contract causing the lumen, the inside diameter, of the blood vessels to decrease in size. Therefore, the heart must pump “thicker” blood through “narrower pipes” (small blood vessels and capillaries) requiring the heart to pump at a **higher pressure**, thus causing High Blood Pressure.

When the blood is *thicker* (more concentrated) it has a greater tendency to clot, which is the cause of heart attacks and strokes.

Neurological Diseases such as Parkinson’s and Lou Gehrig’s disease (Amyotrophic Lateral Sclerosis): The composition of the brain and nervous system is about 85% water. Without water, the transmission of nerve impulses cannot properly occur from one neuron to another. And adequate

water in both the nerve and muscle is required for a muscle to contract and relax. **Dehydration is also a major factor in the development of Multiple Sclerosis.**

Digestive Diseases (Crohn's disease of the Colon, Ulcerative Colitis, Inflammatory Bowel Disease): As mentioned above, dehydration causes stress, and stress causes dehydration – a vicious cycle that continues until often the person develops a severe illness. Drinking sufficient water promotes peristalsis in the colon, helping to move the waste products out of the body. Lack of water is a significant factor in causing ulcerations in the stomach and along the entire intestine. If peristalsis is insufficient and the waste moves too slowly through the intestine, the toxins can be reabsorbed and circulated to all the cells in the body, leading to disease.

Degenerative Arthritis: Joint surfaces are covered by cartilage that receives most of it's nourishment from synovial fluid, the fluid that is produced by the synovium, the lining membrane of the joint. If the body is dehydrated, there is insufficient water to make synovial fluid and the cartilage 1) *dries out* and, 2) is poorly nourished. When the cartilage *dries out* and does not receive proper nourishment, it is more easily damaged by regular use.

Autoimmune diseases such as Lupus and Rheumatoid Arthritis (RA): Dehydration causes many of the same problems in rheumatoid arthritis as in degenerative arthritis, but the tendons are also involved in RA. They can become weak, fragmented, and may shift in position causing severe deformities of the fingers and even the toes, as well as problems with the larger joints, including the knees and shoulders.

Symptoms of Lupus include fatigue, joint pain, stiffness and swelling, headaches, confusion, memory loss, and dry

eyes, all of which are associated with dehydration.

Chronic Fatigue Syndrome/Fibromyalgia: Doctors look at these as “new” diseases, but they are just the result of a severe deterioration in the lifestyle of Americans and other citizens of developed countries. Dehydration is one of the major causes of fatigue and lack of energy. Toxins and other waste materials cannot be eliminated from muscles and other tissues if the body is dehydrated. This leads to pain and weakness.

Mental Illness: Again, the brain is 85% water so dehydration is a strong factor in the development of all mental illnesses including depression, anxiety, bipolar disorder and schizophrenia. It is impossible to have a normally functioning brain if one is dehydrated.

Eye Diseases: The eye is particularly affected by dehydration, from simple “dry eye” that should be “treated” by drinking water rather than by using drugs in the eye, to macular degeneration, glaucoma, cataracts, and detached retina. Cells of the eye, like all cells everywhere else in the body, need water to function properly and remove waste materials. If insufficient water is available, the cells become diseased and unable to do their job.

The eye has many layers and when the eye is dehydrated, the layers can separate like an onion, causing detached retina that can lead to permanent blindness.

Alzheimer's: One of the primary causes of Alzheimer's disease is chronic dehydration of the body. Remember, a normal brain is 85% water. In prolonged dehydration, brain cells begin to shrink just as a plum slowly shrinks and “wrinkles” into a prune, and a grape slowly becomes a wrinkled raisin. Brain cell shrinkage combined with lack of water for the transport system

that delivers neurotransmitters to nerve endings required for thoughts to be transmitted from one brain cell to another, leads to a decrease in memory and cognition.

Asthma and Allergies: “Asthma and allergies indicate that the body has resorted to an increase in the production of the neurotransmitter histamine, the sensor regulator of water metabolism and its distribution in the body.

“It is recognized that asthmatics have an increase in histamine content of their lung tissue and histamine regulates bronchial constriction. If the body becomes dehydrated, histamine activity becomes exaggerated causing difficulty in breathing. That is why doctors unfortunately prescribe **anti-histamines** for asthma and allergies, rather than addressing the real underlying causes of these conditions: consuming milk and dairy products, and the lack of drinking enough water. Water is needed in the lungs to keep the air passages moist and prevent them from drying up when air moves in and out. Mucus secretion protects the air passages from drying. But with continued dehydration, too much mucus is secreted and it becomes thick, preventing the normal passage of air through the airways. Alcohol and caffeine contribute to severe asthma attacks because of their diuretic action.” Ibid. 117,121

Doctors know nothing about the importance of water

Doctors know nothing of the importance of drinking water, because we physicians have never been taught anything about the critical role water plays in every system of the body. Our great grandmothers knew much more about the role of water-drinking in health than doctors do today. Grandma always said, “Drink at least 8 glasses of water every day.” But that wise advice was dismissed long ago.

Now, when a person has symptoms, the doctors' only *treatment* is drugs, none of which cure any disease, and all of which have very harmful side effects that cause additional diseases.

"In December 2003, the unthinkable happened. Dr. Allen Roses, international vice president of Glaxo-SmithKline, one of the major manufacturers of drugs in the world, went public in a front-page interview with The Independent newspaper in London, England. He admitted, 'The vast majority of drugs – more than 90 percent – only work in 30 to 50 percent of the people.'"

But I contend that they don't "work" in anyone. If they "worked" they would 1) cure the disease for which they were given, and 2) they would have **no** adverse side effects.

There is not one drug in the world that has those two characteristics.

What type of water should I drink?

This question is discussed in detail in my workbook, "Getting Started on Getting Well."

Commercially bottled water usually has the chlorine removed but may contain many other contaminants.

Carbon Filtration removes benzene, bromoform, chloramines, chlorine, herbicides, MTBE (Methyl Tertiary Butyl Ether), pesticides, trihalomethanes, and VOCs (Volatile Organic Chemicals)

Reverse Osmosis combined with Carbon Filtration removes the majority of contaminants except for viruses, and

only partial removal of bacteria, arsenic, nitrate and nitrites.

The cleanest drinking water is obtained by using steam distillation combined with carbon filtration. This removes virtually all known water contaminants, including bacteria and viruses.

Truth or Myth

Don't we need the minerals in drinking water? The inorganic minerals in water are from dissolved rock and cannot be absorbed by the human body. A well-balanced vegan diet provides the organic, absorbable minerals your body needs.

Will distilled water leach the minerals from my body? This myth is absurd. Once you ingest the minerals in your food, they become organically bound in your cells and there is no scientific way for distilled water to physically "rob" your body of nutrients that have become part of your body's cell structure.

Will distilled water make my body acidic? Pure distilled water is considered to be neutral, with a pH of 7. Since distilled water has no dissolved solids, it has no effect on the body's acid/alkaline balance.

Aren't home water distillers complicated to use? There are brands that are as easy to use as a coffee maker.

But don't I need some sort of expensive specialized water?

"Oxygenated" water is promoted as a performance-enhancing sports drink, but the best way to get oxygen into your blood is through the respiratory system: by breathing it.

Clustered water: There is absolutely no scientific evidence

to prove the existence of clusters in *clustered* water, nor any proof that it has any effect on health.

Energized water: Again, there is no scientific evidence for the health claims made for *energized* water.

Alkaline water: If your body's pH is acidic, it has been caused by the eating of refined sugar, animal products (meat, poultry, fish, dairy products, and eggs) and by stress. **These factors cannot be overcome by drinking expensive alkaline water.** In order to adjust the pH of your body to its proper healthy, alkaline condition, you must address the real underlying causes of your acidic pH, namely, the way you live, think, act, eat, and handle stress.

In summary, the cleanest and healthiest water you can drink is distilled water.

8

Sunlight

The Amazing Therapy for Cancer

All life on earth is dependent on the sun. The sun is the source of all light and warmth, and most of the energy on earth comes, or has come, from the sun. Throughout all of recorded history, man has lived and worked out of doors with full exposure to natural sunlight because his survival depended on outdoor agricultural activities.

This situation was abruptly changed with the arrival of the industrial revolution when thousands moved to the cities and began working indoors. With the industrial revolution came the erroneous belief that man no longer had to depend on the natural world for his existence, but was now independent of it. Now, our homes, our transportation, and our places of employment are shielded from the sun.

In the 19th century and early 20th century, records were kept revealing the sun to be a positive factor in the health of

man. In 1877, Downes and Blunt discovered the dramatic ability of sunlight to destroy bacteria.¹ From this point onward, enthusiastic investigations of the effects of sunlight on human health proceeded. Niels Finsen, in 1943, won the Nobel Prize for successfully treating skin tuberculosis with the ultraviolet portion of light.

Research studies showed that many systems of the body were profoundly influenced by sunlight. Single exposures of a large area of the body to ultraviolet light were found to lower elevated blood pressure up to 40 mm Hg, abnormally high blood sugars in diabetics were lowered, cholesterol levels in the blood decreased, and the activity and number of white blood cells, the cells that are largely responsible for resisting disease, increased.

However, the discovery of antibiotics brought to a screeching halt the medical world's interest in the beneficial effects of sunlight. In 1939, the Nobel prize was given to Gerhard Domagk for his successful treatment of bacterial infections with sulfanilamide. From that point until now, the pharmacologic dominance in medicine has prevailed.

Current medical thinking views the sun as a destructive influence on man. Doctors caution the public to stay out of the sun, use copious amounts of sun block to protect one's skin at the beach, and wear regular glasses and sunglasses that block the ultraviolet rays of the sun.

But the contrary is true. Just like the growth and health of plants, human beings cannot grow properly and remain healthy without the beneficial effects of sunlight.

Below is a summary of the systemic effects of sunlight.

Lowers high blood pressure
Lowers resting heart rate
Increases cardiac output
Lowers blood cholesterol
Decreases blood sugar in diabetics
Increases energy, endurance, and muscle strength
Increases the body's tolerance to stress
Increases the body's resistance to infection
Increases the oxygen carrying capacity of the blood
Increases sex hormones
Increases resistance of skin to infections
Decreases the size of internal cancerous tumors

Yet doctors are telling patients to stay out of the sun!

Is Sunlight Really the *Cause* of Skin Cancer?

Sunlight is considered by *modern* medicine to be the cause of skin cancer. Yet our ancestors, for thousands of years, lived and worked primarily outdoors and skin cancer was virtually unknown.

In 1900, 75% of Americans worked outdoors, and skin cancer was unheard of. In 2014, only 10% of Americans work outdoors, and there are 3.5 million new cases of skin cancer diagnosed annually. Between 40 and 50 percent of Americans who live to age 65 will develop skin cancer. In the United Kingdom, skin cancer rates increased 46 percent in just seven years, between 2001 and 2008.

These massive increases cannot be **caused** by the sun! Our sun is at least 6,000 years old; has it suddenly changed in the last 80 years, or even in the last 7 years? Not likely. Or are the growing rates of skin cancer occurring because we spend more time in the sun than we used to? No, that's not it either.

In fact, we spend far less time outdoors today than we used to.

And not only do we spend less time in the sun, we now cover ourselves with sunscreen. Chemical-based sunscreens are now a \$6 billion-a-year industry. But fat or oil applied to the skin will **stimulate** the formation of cancer cells.² The skin literally “fries” in the sun. Most of the suntan creams, butters, and lotions have fat as their base and should not be used.

Obviously, it's not the sun that is causing skin cancer. Skin cancer is caused by the same factors that cause every other type of cancer: the way we live, think, act, eat, and handle stress.

Sun screening agents, like those based on para-aminobenzoic acid (PABA) will filter out sun-burning rays but also block many of the healing effects of sunlight.³ And researchers have now discovered that the chemical PABA causes increased genetic damage when exposed to sunlight. Damage to the genes and chromosomes composed of DNA is serious because the cells are not able to reproduce themselves properly if their genetic material is damaged.⁴ And genetic damage of this type can lead to cancer.

So, what is the primary cause of skin cancer?

Sunlight Does NOT Cause Skin Cancer

Sunlight actually Inhibits skin cancer, when the diet and other lifestyle factors are right.

A study at Baylor College of Medicine examined the protective effect of vitamins C, E, and similar agents. Two

groups of experimental animals were give ultraviolet light treatments. The animals in one group received a regular, balanced diet while the others were given more of the protective vitamins. At the end of 24 weeks, 24% of the animals on the regular diet developed skin cancer while no skin cancer was found on the animals that received the extra vitamins⁵ It's the proper nutrition that makes the difference!

ALL cancers are inhibited by natural carotene

Skin cancers are inhibited to an amazing extent by the presence of carotene. In one study of sarcomas, an aggressive type of cancer that was induced in experimental animals, the group that was given carotene lived over 55% longer than the group not given the carotene.⁶ In another study, low levels of both vitamin A and carotene were found in over 50% of patients who had cancer, certainly suggesting that increased amounts of vitamin A and carotene in the diet may protect against cancer formation.⁷

Research has shown that carotene can be broken down into vitamin A in the body, but it may have a different function as carotene. Studies reveal that vitamin A may be helpful in stimulating the immune system in the body to reject cancer cells^{8,9} and carotene may act to stop free radicals from doing damage that predisposes to skin cancer.

In fact, a substance called falcarinol, present in **carrots**, has been found to **reduce the risk of cancer**, according to researchers at the Danish Institute of Agricultural Sciences (DIAS). Kirsten Brandt, head of the research department, explains that isolated cancer cells grow more slowly when exposed to falcarinol. In research studies, rats fed either raw carrots or even just falcarinol, an antioxidant extracted from

carrots, demonstrated a significant **decrease** in the growth of colon tumors.¹⁰

Melanoma is not caused by exposure to the sun

Melanoma is not a “skin cancer” nor is it caused by exposure to the sun. Melanoma is a systemic cancer that can occur many places in the body, including in the skin. As in every other cancer, it is the result of a suppressed immune system from the way the person has been living, thinking, acting, eating, and handling stress. In Caucasians, melanoma can be found anywhere on the body, including areas that are rarely, if ever, exposed to the sun, while both blacks and Asians tend to develop melanoma on the palms, soles, nail beds, and mucous membranes, again areas that are not specifically exposed to the sun.¹¹

Sunlight inhibits cancer

Eighty years ago, the vast majority of Americans were working outdoors in the sunshine yet the incidence of skin cancer, and cancer of all types, was miniscule compared to today's figures. The primary cause for the startling increases in skin cancer is not exposure to the sunlight, but the present-day high (animal) fat diet combined with an inadequate intake of natural antioxidants contained in unprocessed whole foods: fruits, grains and vegetables in their natural form.

It is the **diet** of Americans that has radically changed over the last 80 years that has brought about this enormous increase in skin cancer, **not** the exposure to sunlight.

On the contrary, sunlight inhibits the incidence of cancer. Studies show that as the amount of available sunlight increases, the incidence of internal cancers decreases. Total cancer deaths

in various American states and Canadian provinces are shown to fall with increasing available sunlight and as more people are exposed to the sun.¹²

This theory has been tested in a number of other studies. In one study it was found that the more light that groups of rabbits received, the less cancer they developed. The rabbits given extra light, that did develop cancer, had fewer deaths and fewer metastases.^{13,14} Researchers from Russia have shown that 50% less malignant cancer growth developed when experimental animals were given sunlight treatments.¹⁵

Ultraviolet light has been shown to inhibit the formation of lung cancer in human beings and in studies in mice. And the incidence of breast cancer has been cut in half by exposing them to ultraviolet light.^{16,17}

How Does Sunlight Inhibit Cancer?

Inhibiting the immune system increases cancer formation. Sunlight helps to prevent cancer by stimulating the immune system and increasing its efficiency.

There are many factors that suppress the immune system, including a diet high in animal products, particularly animal fats, and a diet low in natural whole foods such as fruits, grains and vegetables in their natural form. Other factors that suppress the immune system are refined sugar, food preservatives and other additives in processed food, dehydration caused by a lack of water drinking, and an increase in the amount of caffeine consumed in coffee, tea, chocolate and energy drinks. Stress has a major negative effect on the immune system, whether job stress, domestic stress, lack of sleep, selfishness, anger, worry, fear, or anxiety.

Because the longer a person lives the more they are affected by these problems, the incidence of cancer increases with age. However, now cancer is appearing in younger and younger people, with a diagnosis of breast cancer recently reported in the mainstream media in a little girl of 8, and more recently breast cancer was diagnosed in a 3-year old girl. Both children underwent mastectomy.

Sunlight increases the use of oxygen in the tissues that stimulates the immune system to produce antibodies.^{18,19} Cancer cannot grow in a high oxygen environment, but the oxygen in the blood must be able to get directly to the cells. This mechanism is obstructed by a high fat diet that causes thickening of the blood and plaque build-up inside the arteries leading to decreased blood flow to the tissues and cells. Cancer cells, when exposed to high concentrations of oxygen, will begin to slow their growth and division, finally stopping altogether.²⁰

Sunlight lowers blood pressure and there is an association between elevated blood pressure and cancer, for which the mechanism is not yet known.²¹⁻²³ This could be another indirect way for sunlight to lower the incidence of cancer.

Stress is decreased by exposure to sunlight

Whenever a person is under stress or is emotionally upset, adrenalin and cortisol are poured into the system from the adrenal glands. **Cortisol** suppresses the cells of the immune system directly so the immune cells (including the lymphocytes that are known to fight cancer), cannot fight disease. Adrenalin stimulates the production of cyclic AMP (cyclic adenosine monophosphate—CAMP). The increased CAMP inhibits the ability of the immune system to destroy cancer cells or to fight infection. It is well known that cancer may follow a period of

severe emotional upset or serious stress.

Coffee, tea, and chocolate contain stimulating substances known as caffeine, theophylline, and theobromine. These substances increase the amount of CAMP in the body cells because they block the destruction of CAMP that would normally take place.

Also, when one eats foods containing polyunsaturated fat (including fried foods), substances called prostaglandins are produced that inhibit the immune system by stimulating the cells to produce CAMP, thereby decreasing the lymphocytes' ability to destroy cancer cells.

Sunlight lowers CAMP and thus, reduces stress

Visible light from the sun can penetrate very deeply into the body, even into the brain.²³ The sun decreases levels of CAMP in the body and thereby **increases** the ability of the lymphocytes and immune system to function properly. The reduction of body levels of CAMP produces a relaxing effect on the nervous system.

Why Avoiding Sunshine Could Kill You

According to researchers at the Karolinska Institute in Sweden, **women who never sunbathe during the summer are twice as likely to die prematurely as those who sunbathe every day.** After following nearly 30,000 women over 20 years, results revealed that women who stay out of the sun are at increased risk of skin melanomas and are twice as likely to die from any cause, including cancer.²⁴ It is thought that a lack of natural vitamin D from the sun may be to blame. Vitamin D is created in the body through exposure to sunshine

and a deficiency is known to increase the risk of diabetes, tuberculosis, multiple sclerosis and rickets.

Cases of rickets have risen fourfold in the last 15 years as sunscreen has increased in popularity. Vitamin D from sunshine is critical for healthy, strong bones.

Previous studies have shown that vitamin D can increase survival rates for women with breast cancer while deficiencies can signal prostate cancer in men. Low levels of Vitamin D from a deficiency of sunlight have also been linked to more aggressive forms of skin cancer.

In Summary:

Sunlight helps to prevent and reverse cancer by:

1. Boosting the immune system, including increasing the number and activity of disease-fighting white blood cells, particularly the lymphocytes.
2. Increasing oxygen saturation of the body thereby decreasing the cancer cells' ability to divide and grow.
3. Decreasing high blood pressure because high blood pressure is associated with an increased risk of cancer
4. Decreasing stress (by decreasing CAMP) that is also a causative factor in the development of cancer.

With the addition of:

- A) Drinking large amounts of fresh, home-made organic carrot juice containing carotene and Vitamin A
- B) Eating whole foods: a vegan diet of fruits, grains and vegetables in their natural form to obtain large amounts of anti-oxidants
- C) Exercising in the fresh air and sunshine to increase the amount of oxygen coming into the body and the cells
- D) Elimination of refined sugar from the diet. Sugar leaches vitamins and minerals from the body, causing suppression of the immune system
- E) Drinking adequate amounts of fresh, pure water containing oxygen (H₂O)
- F) Exercising – which helps to eliminate stress and increases oxygen consumption by the body
- G) Proper rest at the proper time of night
- H) Learning to trust God and “be anxious for nothing.” Phil 4:6

The body's immune system can be re-built in order to

prevent and reverse diseases of all types, including cancer.

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9

The Astonishing Health Benefits of Sleep

Is Sleeping a Waste of Time?

In the hectic clamor of the day-to-day busyness of life as we now know it, the majority of people overlook one of the most important things they can do for their health: a primary factor necessary for healing serious diseases, a factor necessary to retain and regain energy and strength, a factor necessary to stay looking and feeling young, a factor that is totally free - - - Sleep!

People look at *sleep* as a necessary evil, a waste of time, but something we cannot escape. Modern civilization has come up with many products that help us ignore the need for sleep, including coffee, tea, caffeinated soda, chocolate, energy drinks, refined sugar, and stimulating drugs. Yet **all** of these substances are very harmful to the body, and they are only a temporary "Quick Fix."

Are people getting enough sleep?

God created human beings to be awake when it is light, and to be asleep when it is dark. Before the invention of the

light bulb, that's the way people lived. Before the advent of artificial light, the average sleep time was 9 hours.

After the invention of artificial light, but before television, the average sleep time dropped to 8 hours. Today, with all the distractions of the internet, instant communication through texting, cell phones and social media, the average sleep time has dropped to 7 hours, or even less. Night shift workers frequently sleep no more than 5 hours in any 24 hour period.

WHEN should you sleep?

But the time allotted for sleep is not the only problem. Just as important is **when** you sleep. Every human being has a biological clock – the Circadian rhythm – that is controlled by the light/dark cycle of the 24-hour day through light entering into the eye. The primary circadian “clock” in mammals is located in the suprachiasmatic nuclei (SCN), a pair of distinct groups of cells located in the hypothalamus, an area in the central part of the brain. Destruction of the SCN results in the complete absence of a regular sleep–wake rhythm. The SCN receives information about illumination through the eyes. The retina of the eye contains “classical” photoreceptors (“rods” and “cones”) that are used for conventional vision. But the retina also contains specialized ganglion cells that are directly photosensitive (sensitive to light), and project directly to the SCN where they help in the entrainment (control) of this master circadian clock.

How much sleep do you need?

Decreased sleep is a hallmark of modern society, one that is often considered harmless and efficient. Millions work during the night and sleep during the day, a schedule that generally results in substantial sleep loss. We spend about one-third of our life asleep. But far from being wasted time, from the moment

we slide into unconsciousness, a whole raft of functions takes place to make sure we get optimal benefit from our nightly rest.

But quantity of sleep doesn't necessarily equal quality. You may sleep for many hours, but if your sleep isn't deep enough, or if your sleep is significantly interrupted, you may be at greater risk for illness.

Doctors are completely ignorant of the importance of sleep

No physician is ever taught, in his or her medical training, the importance of sleep for maintaining health nor of the severe disease-promoting results of sleep deprivation, including its role in the cause of cancer, heart disease, diabetes, and every other disease known to man.

In fact, physicians are probably the most sleep-deprived group in society, particularly during their training. Medical students go to class all day and study most of the night. Interns work an 80 hour week, in addition to being on-call every other night that necessitates being up all night after having worked all day, then working the entire next day as well; that's 36 hours with no sleep! During a physician's specialty residency training, the schedule is much the same.

So it's not hard to understand why the medical school professors don't teach about the importance of sleep for maintaining health. In fact, the medical professors don't even know about the importance of sleep because they, also, were never taught.

Medical students, interns, and residents are taught that diseases "just happen" or they're genetic. But neither of those teachings are true. Diseases don't "just happen" nor are they genetic. We give them to ourselves slowly, one day at a time,

over many years, by the way we live, think, act, eat, and handle stress, including the quantity and quality of our sleep.

What happens to your body while you're asleep?

Sleep is designed for the repair, regeneration and detoxification of the body from the day's events. Poor sleep patterns are linked to poor health, and those who sleep less than six hours a night have a shorter life expectancy than those who sleep longer.

The release of hormones by the pituitary, the master gland in the brain that controls the secretion of other hormones from other glands, is markedly influenced by sleep.

Human Growth Hormone: the Fountain of Youth

Human growth hormone (HGH) is referred to as the healing and anti-aging hormone. It keeps your skin supple and youthful, increases your bone density (combating osteoporosis), repairs tissues and muscles, increases muscle mass, and lowers your body fat. It is released primarily during sleep, and somewhat less during exercise, by the pituitary gland located at the base of the brain.

More HGH is released during the earlier hours of the night than the later hours. Therefore, sleep schedules are also important as 8 hours of sleep from 10 pm to 6 am causes greater HGH release than 8 hours of sleep from midnight to 8 am.

Stop eating at least 2-3 hours before bedtime. Your body produces the most HGH when you first fall into a deep sleep. Eating right before you go to sleep causes insulin to be released, and insulin inhibits the secretion of HGH, therefore it is important not to eat within 2-3 hours of bedtime.

Laughter also increases the production of HGH. A study from Loma Linda University found that people who watched a funny video had an 87% increase in HGH.

But the only **safe** HGH is the HGH your body produces naturally. Commercially produced HGH taken as a medication is dangerous. Adverse side effects include an increased risk of cancer, cardiovascular disease, high blood pressure, diabetes, and abnormal growth of the bones and internal organs.

You can increase your body's normal production of HGH by getting adequate sleep, avoiding sugary processed foods, daily exercise, and refraining from eating late night snacks.

Cortisol

The first effect of partial sleep loss on circulating levels of pituitary-dependent hormones is an increase in the early evening levels of the stress hormone cortisol.¹ Normally at that time of day, cortisol concentrations are rapidly decreasing to attain minimal levels shortly before habitual bedtime. The rate of decrease of cortisol concentrations in the early evening was approximately 6-fold slower in subjects who had undergone six days of sleep restriction than in subjects who were fully rested.²

Elevations of evening cortisol levels in chronic sleep loss decrease the production of HGH and are likely to promote the development of insulin resistance, a risk factor for obesity and diabetes.

Thyroid

Approximately 27 million people in America suffer from a thyroid condition. Doctors give out prescriptions for thyroid medication almost at the same rate as tickets are sold for the

lottery. Sleep deprivation has a major effect on the thyroid gland. After 6 days of 4-hour sleep time, the normal nocturnal thyroid-stimulating hormone (TSH) rise was strikingly decreased, and the overall mean TSH levels were reduced by more than 30%.³

In addition to sleep deprivation, the thyroid gland is negatively impacted by improper nutrition, by eating food containing MSG (monosodium glutamate), by consuming food or drinks containing Nutrasweet (aspartame) now called Aminosweet, by drinking cow's milk, and by the ingestion of fluoride, whether in water, processed foods, drinks, or in toothpaste. Both fluoride and chlorine block the iodine receptors in the thyroid gland, resulting in the reduction of iodine-containing hormone production, and finally causing hypothyroidism.

Erythropoietin

The hormone, erythropoietin, is produced by the kidneys during restful sleep. It stimulates the production of red blood cells by the bone marrow. Red blood cells deliver oxygen to every cell in your body, and they carry carbon dioxide (waste) away from every cell in your body. Without adequate erythropoietin production by your body, you will develop anemia.

The fact that erythropoietin is a common blood "doping" agent in sports such as marathon running and long-distance cycling demonstrates its ability to improve stamina. If you get enough sleep each day, your body will produce all the erythropoietin you need.

Testosterone

Testosterone is a steroid hormone that is secreted by the testicles of males and the ovaries of females. Small amounts of testosterone are also produced and secreted by the outer

section of your adrenal glands, small glands that are located on the top of your kidneys.

Adequate amounts of testosterone secretion are essential for:

- * A strong immune system – to fight disease
- * High energy
- * Strong bones and reduced risk of developing osteoporosis
- * A healthy sex drive

If you aren't getting adequate sleep each night, your body will still produce testosterone, but not enough for you to experience your best health.

Advertisements on television are promoting (harmful) drugs for Low T: low testosterone in men. But these drugs, usually applied topically have many severe adverse effects, including:

- * enlargement of the prostate gland
- * possible increased risk of prostate cancer
- * lowered sperm count
- * swelling of your ankles, feet, or body
- * enlarged and painful breasts in men
- * problems breathing while sleeping (sleep apnea)
- * blood clots in the legs, that can migrate to the lungs, sometimes causing death
- * headache
- * diarrhea
- * vomiting
- * prolonged erections that can cause gangrene leading to amputation of the penis
- * setting yourself on fire (Seriously!). Some of these drugs are flammable. The user is cautioned not to smoke or go near an open flame until the drug applied to the body

(armpit) has dried. **Can you see the Lunacy of Orthodox Medicine?**

*precocious puberty in a child who touches an adult in the area where the drug has been applied.

Why buy expensive drugs that can cause harm to yourself and to others in your family? How much easier, healthier, and less expensive it would be for men just to eat right, exercise, and get adequate sleep!

But that's too simple for today's world! The vast majority of the population would prefer to take harmful drugs for a "Quick Fix" even though the drugs can cause cancer, blood clots, gangrene of the penis leading to amputation, and death!

Melatonin

"The hormone melatonin is made in the pea-size pineal gland located in the center of the brain underneath the thalamic bodies. This hormone is best known for making you sleepy, but it has many other functions, including regulation of immune, digestive, thyroid and reproductive functions. It even works to control the onset of puberty. Melatonin production rises as soon as light wanes, and peaks between the hours of 12:00 midnight and 2:00 A.M.

"The pineal gland is considered today to be one of the most important organs in the endocrine (hormonal) system. It acts as a biological clock, telling the body when it's night and when it's day, and triggering the production of specific hormones accordingly. Specialized photoreceptors in the eyes are thought to trigger most melatonin secretion."⁴

Tryptophan to Serotonin to Melatonin

Tryptophan is an amino acid found in almonds, sesame seeds, roasted pumpkin seeds, gluten flour, black-eyed peas, and black and English walnuts. Tryptophan is the only substance in the body that can be converted to Serotonin, a neuro-transmitter in the brain that is necessary for a feeling of well-being, and the elimination of depression and other psychiatric disorders.

Orthodox medical treatment of depression, anxiety and other mental illnesses is focused on the use of drugs that arbitrarily – and dangerously – prolong the action of serotonin in the brain of those who are deficient in this powerful and important neurotransmitter that is produced normally in those who are living, eating, exercising, sleeping, drinking water, and handling stress in the proper ways.

Serotonin is, in turn, converted to Melatonin, a hormone that not only enhances the quality of sleep, but inhibits tumors from growing, prevents viral infections, increases antibodies in your saliva, has antioxidant properties, and stimulates your immune system.

Melatonin vs. carcinogens

Melatonin expert Russel J. Reiter found that when supplemental melatonin was given to one group of animals exposed to normally lethal doses of radiation, only half the number of animals died compared to the group that did not receive melatonin.⁵

Dozens of published studies have shown melatonin's anti-carcinogenic effects. That's why it's critically important for cancer patients to be asleep by 10:00 P.M. to gain the benefits of adequate amounts of melatonin produced during deep sleep. In addition, melatonin helps protect cells against free radical

attack.

Irregular sleep patterns, such as those experienced by airline stewardesses, have also been associated with an increased incidence of breast cancer. This may be due to the reduced melatonin level in those whose sleep cycle is frequently disturbed.

In addition, the World Health Organization has classified shift work that disrupts the circadian rhythm as a probable carcinogen. One reason may be that late hours starve the body of melatonin, a hormone the brain produces only in darkness. David Blask, M.D. PhD, the head of chrono-neuroendocrine oncology at Tulane University School of Medicine, has shown that melatonin is a powerful cancer fighter. His experiments have found that breast cancer cells actually stop growing when bathed in about the same amount of melatonin that the brain manufactures at night.

Low Melatonin associated with Mental Illness

Additional studies have shown that melatonin levels are low in some forms of chronic depression, bipolar disorder (manic-depression) and in chronic schizophrenia.

Melatonin and immunity

Melatonin promotes the health of the thymus gland, an important component of the immune system that tends to deteriorate with age. Adequate sleep at night, daily exercise and the proper nutrition increase the production of melatonin.

Researchers at the University of Toronto Center for Sleep and Chronobiology, under the direction of Dr. Harvey Moldofsky, conducted a study examining how the immune system reacts to

sleep deprivation. Researchers examined natural killer cells, a component of the immune system that attacks bacteria, viruses and tumors. During the study, 23 men slept about eight hours the first four nights. On the fifth night, researchers woke the men up at 3 a.m., giving them four hours less sleep than usual. This one insult to their sleep pattern caused the activity of the Natural Killer Cells to decrease by more than one-fourth the next day.

In another study by these researchers, it was demonstrated that in a volunteer group of medical students, sleep disruption caused the students to develop the classic symptoms of chronic fatigue syndrome and fibromyalgia.

Leptin and Ghrelin vs Obesity and Weight Loss

Two hormones that play an important role in stimulating and suppressing your appetite are leptin and ghrelin. They are both strongly affected by sleep. Leptin is produced by your body's fat cells and is responsible for suppressing hunger. Ghrelin is released by your stomach, and stimulates your appetite. Lack of sleep lowers the level of leptin in your blood (so you do not feel satisfied after eating), and raises the level of ghrelin (so you are constantly hungry, especially for sugary sweet, fattening foods).

The reverse is also true; getting enough sleep decreases hunger and allows you to feel satisfied after eating, therefore adequate sleep at the proper time of night helps you lose weight.

Other research also indicates that sleep deprivation may adversely affect glucose tolerance and involves an increased risk of type II diabetes.

Daytime sleepiness, presumably due to a lack of sleep at

night, is associated with an increased craving for carbohydrates among teens. Results of research on 262 high school seniors in New Jersey demonstrated a linear relationship of craving for carbohydrates with the severity of subjective daytime sleepiness. The odds of having a strong craving for carbs were 50 percent higher among high school seniors with excessive daytime sleepiness.⁶

High Blood Pressure

Blood pressure varies in relation to both physical activity and insufficient sleep. Researchers have found that blood pressure significantly increases the day after a sleep-deficient night, as does the heart rate.⁷

Furthermore, a more recent study that included 784 men over the age of 65 demonstrated that slow-wave sleep is also essential for our metabolism and heart health. In the newer study, published on August 30, 2011, in the American Heart Association Journal *Hypertension*, researchers at the University of California-San Diego and Harvard University assessed the sleep quality of the participants using polysomnography, a technique in which electrodes are used to track brain activity.

Once the researchers took age, body mass index, and race into account, they found that time spent in slow-wave sleep was the only measure of sleep quality associated with hypertension risk. Forty-one percent of the men who got the least slow-wave sleep went on to develop hypertension, compared to 26% of the men who got the most slow-wave sleep.

Sleep disorders and chronic sleep loss also put you at risk for heart attack, heart failure, irregular heartbeat, and stroke.

In the 1960s, the average American reported sleeping 8.5

hours a night. But more recently, most studies are showing six to seven hours per night. That's a major change, and consistent with the increasing incidence of diseases of all types.

Sleep Loss Dumbs You Down

"Sleep plays a critical role in thinking and learning. Lack of sleep hurts these cognitive processes in many ways. First, it impairs attention, alertness, concentration, reasoning, and problem solving. This makes it more difficult to learn efficiently.

"Second, during the night, various sleep cycles play a role in consolidating memories in the mind. If you don't get enough sleep, you won't be able to remember what you learned and experienced during the day."⁸

The Absolute Necessity for the Proper Amount of Quality Sleep

Good quality sleep gives the body a chance to repair, recover and heal. We get our physiological recovery between 10 pm and 2 am and our psychological and nervous system recovery continues through 2 am to 6 am. If you are getting into bed at 12 midnight on a regular basis it means that you are missing two hours a night of your physical recovery and psychological recovery. In addition, you have had an additional 2 hours of damage to your body that needs repairing!

Sub-optimal sleep is associated with:

- * An increase of the aging hormone called cortisol
- * A reduction of the anti-aging hormone called Human Growth Hormone
- * A higher incidence of adult onset diabetes

- * A reduction of melatonin secretion and a higher incidence of breast cancer
- * A higher risk of obesity
- * Low energy, weakness, excessive aging and poor sex drive
- * Decreased cognition with a lowered ability to concentrate and solve problems,
- * An increase in the risk of heart disease, high blood pressure, stroke, fibromyalgia and chronic fatigue syndrome
- * A lowering of one's immunity and a decreased ability to fight all kinds of cancer, and every other life-threatening disease

When you are ill with cancer or any other serious, life-threatening disease, **you must be in bed by 9:30 P.M. so you can be asleep by 10:00 P.M.**

But What If I Can't Sleep?

Dealing with Insomnia!

God's Health Plan is not just about sleep, it has Ten Steps, all of which have an impact on one's ability to sleep soundly. If one has insomnia, he or she must concentrate on the other steps in the Health Plan as well, including: proper nutrition, exercise, the proper amount of water, sunlight, elimination of all harmful substances from one's diet and life, including slowly getting rid of drug medications (many of which cause insomnia), proper handling of stress, including learning to trust God with

everything in your life, an attitude of gratitude, benevolence, giving up anger, grudge-holding, fear, anxiety and worry, learning to forgive everyone who has ever wronged you, and learning to love your enemies. But the latter require a close relationship with the Lord through regular daily Bible study and prayer.

To be more specific, in addition to following all Ten Steps of the Health Plan, if you have insomnia, you must:

- * Finish eating by 6:00 P.M. regularly
- * No caffeine, refined sugar, aspartame, or any other artificial sweetener, including stevia, at any time
- * A totally vegan diet
- * In bed by 9:30 - asleep by 10:00 P.M.
- * Spend the hour before bedtime, between 8:30 and 9:30 P.M., in a relaxing activity
- * Adequate daily water intake. The muscles cannot relax properly if the body is dehydrated

ALL diseases and disorders, including insomnia, are caused by the way we live, think, act, eat, and handle stress.

God has **promised** to “keep us **free** from **every** disease, IF we follow His laws, commandments and decrees.” Deuteronomy 7:11-15

“Nothing is impossible with God.” Luke 1:37

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10

Sugar Destroys Your Immune System

Millions are slaughtered in wars worldwide over fuel, specifically oil. But there is a Fuel War going on in your own body that is killing you!

Carbohydrates have been disparaged wrongly

Some physicians and a number of dieticians and diet gurus are teaching patients and others that carbohydrates are bad for you. They group natural carbohydrates, such as grains, vegetables and fruits in the same category as pie, cake, candy bars, sugary sodas, pastries, and other “foods” filled with refined sugar.

Unfortunately, the physicians, dieticians, and diet gurus don't seem to understand the difference.

Sugar (refined) vs Sugar (complex carbohydrates)

The truth is that the body runs on carbohydrates – complex

carbohydrates – the best sources of which are natural whole grains, vegetables, and fruits in their unprocessed form. This means one should eat them as they are grown in the garden.

Those foods are most nutritious if eaten raw, with the grains sprouted. Cooking destroys the life-giving enzymes in the raw food that have major healing potential for the body. But even if the enzymes in the cooked food are destroyed, if the food is unprocessed, it still retains the majority of the vitamins and minerals. But when the food is processed and packaged in boxes and cans with the addition of chemical preservatives, fillers, and other harmful additives, these vitamins and minerals are further damaged and destroyed.

Indeed, fruits, grains and vegetables contain “sugars” but they are in much smaller quantities than in processed foods and sugary sweets. In natural food, the “sugars” are in the form of complex carbohydrates that are attached to fiber so the carbohydrates are metabolized more slowly, giving a gentle rise in the production of insulin necessary to digest them.

On the contrary, sugary foods including sodas, milk shakes, pies, cookies, candy bars, etc. contain refined sugar unattached to natural fiber. This causes a major spike in the production of insulin by the pancreas. Often the insulin rise “over-shoots” its mark and the person soon becomes hypoglycemic (low blood sugar) leading to a desire for another “shot” of sugar!

This yo-yo effect is a common pattern in many people.

So not all “carbs” are alike. Fruits, grains, and vegetables in their natural form are good for everyone because they contain virtually no fat and no refined sugars, whereas the refined sugar in pastries, candy, sodas, and other sweets, is harmful for everyone.

Hidden sugars in foods:

Here are a few examples of hidden simple sugars per serving:

	Calories	Teaspoons of Sugar
Starbucks caramel Frappuccino with whipped cream and skim milk (Tall)	273	11
Coca-Cola Original (330 ml)	139	9
Pepsi Regular (330 ml)	142	9
Kellogg's Frosties with Semi-skim milk (30 g)	172	4
Glaceau Vitamin Water, Defence (500 ml)	65	4
Ragu Tomato & Basil Pasta Sauce	171	3
Heinz Tomato Ketchup (15 ml)	18	1

Americans Addicted to Sugar

There is no doubt that Americans are addicted to sugar. The sugar industry amounts to \$100 billion per year. Refined sugar comes in many forms: white sugar, brown sugar (produced by adding sugarcane molasses to completely refined white **sugar** crystals), raw sugar, corn sugar, milk sugar, beet sugar, and alcohol.

White sugar is made by refining sugar cane or beet sugar, a process involving many chemicals. Furthermore, the finished

product contains none of the nutrients, vitamins, or minerals of the original plant that was a complex carbohydrate. That means it originally contained all the properties of a whole food: vitamins, minerals, enzymes, all of which are then stripped away and made into an artificial, devitalized by-product of the original plant.

High fructose corn syrup (HFCS) became popular in the mid-1970s. It too is processed with chemicals and has become the preferred sweetener in most soft drinks and processed foods. By 1997, worldwide production of HFCS exceeded 17.6 billion pounds.

It is important to remember that natural fructose is contained in most raw fruits and vegetables. It is a natural food that can be easily digested by the body with no stress or depleting of mineral stores. Natural fructose does not cause rollercoaster blood sugar. Natural fructose is not addictive. Natural fructose is a complex carbohydrate and is good for you.

High fructose corn syrup, by contrast, cannot be well digested, actually inhibits digestion, is addictive, and causes significant mineral deficiencies as well as many other harmful effects on one's health.

History of Refined Sugar Consumption in the Past 300 Years

- * In 1700, the average person consumed about 4 pounds of sugar per year
- * In 1800, the average person consumed about 18 pounds of sugar per year.
- * In 1900, individual consumption had risen to 90 pounds of sugar per year.
- * In 2009, more than 50 percent of Americans consumed

180 pounds of sugar per year – that is 1/2 pound of sugar per day.

In 1890, the obesity rate in the U.S. for white males, age group 50's only, was 3.4%. In 1975, the obesity rate in the U.S. population was 15%. In 2009, 32% of Americans were obese.

In 1893, there were fewer than 3 cases of diabetes per 100,000 people in the U.S. Today, there are 8,000 cases of diabetes per 100,000 people in the U.S.

Sugar suppresses the immune system

God has given us one system in our body primarily involved in fighting disease: the immune system, that includes the white blood cells.

In the book “Get The Sugar Out” by Ann Louise Gittleman, the author says, “No matter what form it takes, sugar paralyzes the immune system in a variety of ways:

Sugar has been proven to destroy the germ-killing ability of white blood cells for up to five hours after ingestion.

Sugar reduces the production of antibodies, proteins that combine with, and inactivate, foreign invaders in the body.

Sugar interferes with the transport of vitamin C, one of the most important nutrients for all facets of immune function.

Sugar causes mineral imbalances and sometimes allergic reactions, both of which weaken the immune system.

Sugar neutralizes the action of essential fatty acids, thus making cells more permeable to invasion by allergens and

microorganisms.”

Diseases linked to Sugar:

Cancer: Because refined sugar paralyzes the white blood cells of the immune system for 5 hours after it is eaten, the body cannot fight disease. Refined sugar promotes the growth of every kind of cancer.

Diabetes: The cause of Adult Onset Diabetes (Type II) is the consumption of too much fat and refined sugar, combined with a lack of exercise. Insulin is required to metabolize fats and sugars, but when the cells of the pancreas that produce insulin are constantly stimulated by the excessive eating of fat and sugar, the cells become fatigued and stop producing adequate amounts of insulin.

Depression, anxiety, bipolar disorder: Hypoglycemia caused by over-production of insulin in response to the consumption of too much refined sugar produces symptoms indistinguishable from depression, anxiety and bipolar disorder. Many patients are prescribed anti-depressant medications by their physician, with all their harmful, and even life-threatening side effects, when all the patient needs to do is change his or her diet and begin exercising.

Osteoporosis: Ingesting sugar may also deplete your body of calcium. In one study, administering 100 grams (about 25 teaspoons) of sugar (sucrose) to healthy volunteers caused a significant increase in the urinary excretion of calcium. When the same amount of sugar was given to people with a history of calcium oxalate kidney stones, the increase in calcium excretion was

even greater. Since 99% of the total-body calcium is in our bones, this increase in calcium excretion most likely reflects a leaching of calcium from bone.

This study suggests that a high-sugar diet may reduce the calcium content of bone, and that people with kidney stones are especially susceptible to the adverse effects of sugar. It is interesting to note that individuals with a history of kidney stones are at increased risk for developing osteoporosis. Researchers have also suggested that consumption of refined sugar is one of the factors that promotes kidney stones.

Ingestion of large amounts of sugar has another effect on the body that may promote osteoporosis. Dr. John Yudkin, a British physician, has been studying the effects of dietary sugar for more than thirty years. Yudkin found that ingesting large amounts of sucrose by healthy volunteers causes a significant increase in the fasting serum cortisol (cortisone) level.

Cortisone is also produced by the body when one has any type of significant stress: job stress, domestic stress, financial stress, stress from illness, family stresses, etc, and even from less severe stress, whether or not the person realizes he or she is suffering stress.

Cortisol is the primary corticosteroid (cortisone-like hormone) secreted by the adrenal gland. Although corticosteroids have important biological functions, an excess of these hormones can cause osteoporosis. Indeed, doctors are reluctant to prescribe corticosteroids precisely because they can cause severe bone loss. Yudkin's work demonstrated that eating too much sugar is in a way analogous to taking a small amount

of cortisone, that could cause your bones to become thinner. This possibility is supported by a study on hamsters, in which feeding a diet containing 56% sucrose caused osteoporosis, despite adequate intake of calcium.¹

According to Nancy Appleton, Ph.D. in her book, *Lick the Sugar Habit*:

1. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
2. Sugar can produce a significant rise in triglycerides – fat in the blood – a significant factor in heart disease.
3. Sugar causes premature aging by a loss of tissue elasticity and function. The more sugar you eat the more elasticity and function you lose.
4. Sugar contributes to cataract formation and can weaken eyesight.
5. Sugar can cause a rapid rise of adrenalin levels in children.
6. Sugar causes tooth decay.
7. A high intake of sugar increases the risk of Crohn's disease and ulcerative colitis.
8. Sugar can cause arthritis.
9. Sugar contributes to the onset of multiple sclerosis.
10. Sugar can cause varicose veins.

11. Sugar can decrease growth hormone which is critical for a youthful appearance and functioning body.
12. Sugar can interfere with the absorption of protein.
13. Sugar causes food allergies.
14. Sugar contributes to diabetes.
15. Sugar can cause toxemia during pregnancy, a life-threatening condition for both mother and child.
16. Sugar can make the skin age by changing the structure of collagen.
17. Sugar can impair the structure of DNA.
18. Sugar can cause emphysema, a lung disease.
19. Sugar can cause atherosclerosis.
20. Sugar intake is higher in people with Parkinson's disease.
21. Sugar can produce pathological changes in the kidney.
22. Sugar can damage the pancreas.
23. Sugar can increase the body's fluid retention.
24. Sugar can make the tendons more brittle.
25. Sugar can cause headaches, including migraines.
26. Sugar plays a role in pancreatic cancer in women.

27. Sugar can cause learning disorders in children.
28. Sugar can increase your risk of getting gout – severely painful joints.
29. A highly refined sugar diet reduces learning capacity.
30. Sugar can contribute to Alzheimer's disease.
31. Sugar can cause platelet adhesiveness contributing to blood clots, some of which can be fatal.
32. Sugar can cause hormonal imbalance.
33. Sugar feeds cancer.
34. Sugar increases estrogen formation in men.
35. Sugar can exacerbate premenstrual syndrome (PMS).
36. Sugar can slow down the ability of the adrenal glands to function.
37. High sucrose intake could be an important risk factor in lung cancer.
38. Sugar increases the risk of polio.
39. High sugar intake can cause epileptic seizures.
40. Sugar causes high blood pressure in obese people.
41. Sugar dehydrates newborns.
42. Greater consumption of refined sugar is associated

with a worse outcome in schizophrenia.

43. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age.
44. Sugar causes constipation.
45. Sugar can cause heart disease, appendicitis, and hemorrhoids.
46. Sugar can contribute to fibromyalgia, chronic fatigue syndrome, and autoimmune diseases.
47. Sugar contributes to candida albicans, a common yeast infection, particularly in women.
48. Sugar can cause endometrial cancer, kidney cancer, an increased risk of stomach cancer, breast cancer, prostate cancer, laryngeal cancer, and every other kind of cancer.

Aspartame (NutraSweet, AminoSweet):

When the FDA approved aspartame for human consumption in 1974, it went against a body of evidence so enormous as to stagger the credulity of virtually any thinking person. According to Mike Wallace of CBS's "60 Minutes" aspartame's approval was one of the most contested in FDA history. Consumers have reported more than 7,000 adverse reactions to the FDA, ranging from dizziness and headaches to seizures and blindness.

In a February, 1994 report from the Department of Health and Human Services, the following reported side effects of aspartame are listed. They include:

Nausea, numbness, muscle spasms, **weight gain**, rashes, depression, fatigue, excitability, rapid heartbeat, insomnia, vision problems, blindness, hearing loss, anxiety attacks, slurred speech, loss of taste, ringing in the ears, vertigo, memory loss, arthritis.

Other researchers found that aspartame could cause: brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia and diabetes, according to neurosurgeon Russell Blaylock, M.D.

Aspartame/Nutrasweet (now called Amino Sweet) contains phenylalanine, an amino acid necessary for brain function. But the body is designed to metabolize the amino acids from the proteins eaten in food. Ingestion of isolated amino acids, such as aspartame and phenylalanine, amino acids not combined naturally in proteins as they appear in nature, **poison the body**. Phenylalanine lowers serotonin levels, causing depression. Another dangerous substance is methanol – wood alcohol – a by-product of aspartame break down in the small intestine. Methanol is also produced from nutrasweet when it is exposed to temperatures in excess of 86 degrees Fahrenheit, whether in a warm room, or when it is being transported in delivery trucks during hot weather. The trucks transporting diet sodas that contain aspartame are never refrigerated, so when the truck travels through, or parks in, areas where the weather is hot, the aspartame will break down and form methanol.

Methanol is a severe poison to the body. During prohibition, moonshine (illicit alcohol) was produced illegally and often contained methanol, a deadly poison that causes visual problems, including permanent blindness, and even death.

How can the FDA, an agency that is supposed to protect

the health of Americans, approve a substance in food that causes blindness, brain tumors, memory loss and even death!

Obviously, the FDA has become nothing more than an arm of the mega drug and food companies, industries whose profits the FDA protects at the expense of the health of Americans.

In 1987, Monsanto sold 8,500 **tons** of aspartame, according to USDA figures. After that year, they refused to release production figures. Obviously, the tonnage has increased considering all the foods that now contain aspartame.

Here is a partial list: diet soft drinks, breakfast cereals, puddings, malt beverages, pie fillings, candy, tea, fruit juice concentrates, baked goods, frostings, breath mints, chewing gum, coffee, wine coolers, and yogurt.

And here is the crime of the century. Aspartame is now being put in over-the-counter medications for children, including the following:

Childrens Tylenol, Pediacare Cold-allergy tablets, Alka-Seltzer Plus, Bugs Bunny vitamin products, Flintstones Childrens Chewable Multivitamins, Dimetapp Cold and Allergy Chewable Tablets, Zantac, Children's Chewable Anacin tablets, Animal Shapes Chewable Vitamins.²

Splenda:

James Turner, the chairman of the national consumer education group Citizens for Health, has expressed shock and outrage after reading a new report from scientists outlining the dangers of the artificial sweetener Splenda (Sucralose).

In animals examined for their study, Sucralose (Splenda)

reduced the amount of good bacteria in the intestines by 50 percent, increased the pH level in the intestines, and contributed to **increases** in body weight.

According to Turner, "The report makes it clear that the artificial sweetener Splenda and its key component sucralose pose a threat to the people who consume the product. Hundreds of consumers have complained to us about side effects from using Splenda and this study...confirms that the chemicals in the little yellow package should carry a big red warning label." ³

Stevia:

There are some commonly and not-so-commonly reported side effects of Stevia usage. Here are six side effects that you may experience when consuming this product: dizziness, bloating and nausea, mild muscle pains, numbness, infertility. Some studies have shown that Stevia does, in fact, have a contraceptive effect on the body, although other studies have shown that it does not.

The Cause of Polio: Sugar!

In 1948, Benjamin F. Sandler, a physician at the Oteen Veterans Hospital in North Carolina, published a book with the title, ***Diet Prevents Polio***. Sandler had done careful research into nutrition and how the polio virus worked. The book revealed that when a person ate a sizeable amount of food containing processed sugar, that sugar leached the calcium from their bones, muscles, and nerves. **The polio virus was able to attack the weakened nerves—and crippling polio was the result.**

Statistics showed that countries with the highest per capita sugar consumption had the most polio cases. Sandler noted

that children eat the most sugary foods (soft drinks, ice cream, candy, etc.) in hot weather; and it was well-known that polio strikes especially in the summer.

Sandler did not stop with the book; he went on the radio in the spring of 1949 and warned people throughout North Carolina not to eat sugary foods that summer. The newspapers picked up the story and carried it throughout the state. Alerted to the danger, people feared to eat high sugar foods that summer. The North Carolina Department of Health later reported that there were 2,498 polio cases in 1948 and only 229 in 1949.

"In the history of poliomyelitis, from the time of widespread epidemics in previous decades up to the present, there is another side of the story that has seldom been told. This is the relationship between polio and dietary sugar. When one considers that sugar in any form was rare or even unknown to the vast majority of people until relatively recent times, and when we realize that the consumption of sugar has risen precipitously since the turn of the century to the present level of 125 pounds per year in 1988, for every man, woman, and child in America, then we should begin to suspect the harm that is being done to human health."⁴

Scientific studies have been made of areas in which mass polio vaccinations have occurred. Frequently, the rate of polio infection **more than doubled after** the people in those areas were vaccinated. Studies in half a dozen states are discussed in Allen Hannah's, *Case Against Vaccinations*, 1985, p. 146. For example, during a one-year period from August 30, 1954 to August 30, 1955, Massachusetts had 273 cases, **before** mass inoculations began, and 2,027 cases **afterward**. **That was a 642% increase in the polio rate caused by polio vaccinations.**

Dr. Jonas Salk developed the first polio vaccine in 1955.

He used dead polio viruses. In 1976, he testified before a congressional committee that the live-virus (oral) vaccine (for practical purposes, the only kind used in America since the early 1960s) was “the principle, if not the sole cause” of all reported polio cases since 1961. The next year Dr. Salk made this statement in Science magazine:

*“The live polio virus vaccine has been the **predominant cause** of domestically arising cases of paralytic poliomyelitis in the United States since 1972. To avoid the occurrence of such cases, it would be necessary to discontinue the routine use of live polio vaccine.”— Dr. Jonas Salk, Science, April 4, 1977.*

Today polio is almost nonexistent, but not because of polio vaccinations. Before the introduction of both the Salk (injectable) and the Sabin (oral) polio vaccinations, the incidence of polio in America had already dropped by over 85% because of improved sanitation and improved nutrition. After the introduction of the vaccines, almost all the cases of polio were **caused** by the polio vaccinations.

But neither the Salk nor the Sabin vaccine has provided protection for anyone against polio because vaccines don't prevent disease. The only measurement scientists use to assess the “effectiveness” of a vaccine is whether or not the body produces antibodies to the vaccine. But that is an **intermediate endpoint**. The scientists have never tested whether those antibodies actually prevent the disease of polio. And, in fact, they do not, because as is true with every type of vaccination, the incidence of the particular disease **increases** in the population that is vaccinated.

But in order to deceive the public into believing that polio vaccinations protect a person from polio, rather than causing polio, these cases were no longer called polio. Instead they were called **aseptic meningitis**. It's the same disease – polio

– and just as deadly, but with a different name.

Many European countries refused to use the polio vaccines; yet their rate of decline of polio cases continued at the same pace as in America.

Drug companies make money by promoting laws to enforce vaccinations, vaccinations that kill and maim, and don't even work.⁵

Conclusion:

Sugar is a deadly substance that contributes to all types of cancer and every other disease by leaching minerals from the body and paralyzing the immune system.

Sugar substitutes are no better, and in many cases, their side effects are even worse.

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11

Coffee

A Harmful Addictive Drug!

America's Favorite Addictive Drug

Global consumption of caffeine has been estimated at 120,000 tons per year, making it the world's most popular psychoactive substance. This number equates to one serving of a caffeine beverage for every person in the world, per day, according to news-medical.net website.

Americans are big coffee drinkers, consuming more than 400 million cups each day. Over half the population of the U.S. drinks at least two cups of coffee a day. Twenty-five percent of coffee drinkers consume about five cups daily, and another 25% drink ten or more cups a day.

Coffee is Big Business!

Coffee is a \$4 billion industry in the US. There is so much money to be made in the coffee distributing business that it's the second largest traded commodity in the world after oil. And now that the average citizen is getting less sleep because of television, the internet, iphones, ipods, and constant information

overload, coffee sales are bound to rise even more.

As of November 22, 2013, while a massive recession was underway in the U.S., with thousands losing their homes to foreclosure, when in 11 states, including California, New York, and Illinois more people were on welfare than the number that were working, Starbucks Corporation shares rose 59% on the NASDAQ that year.

Indeed, Coffee **is** Big Business!

Is Coffee *Good* for you?

And now, the giant coffee companies have an important, but **totally deceptive**, advertising campaign for you, namely that coffee, a psychoactive, addictive drug that contains over 100 harmful chemical components, is actually “GOOD for you!”

A number of articles have been published recently with titles such as the following:

“Mounting Evidence Suggests Coffee May Actually Have Therapeutic Health Benefits”

“The Science Behind Coffee and Why it’s Actually Good for Your Health”

“Healthy Reasons to Drink Coffee”

But here’s the hitch. Let’s be candid, right up front, about where most of this information originates: the “Institute for Scientific Information on Coffee (ISIC), a not-for-profit organization founded in 1990, devoted to the study and disclosure of science related to coffee and health,” according to its website, www.coffeeandhealth.org

The problem is that the ISIC members are seven of the major European coffee companies, Illycaffè, Mondelez International, Lavazza, Nestlé, Paulig, DE Master Blenders 1753, and Tchibo, who have “embarked on a pan-European **education** program, working in partnership with national coffee associations in 9 countries.”

The term “education” as used here really means **propaganda**, to encourage the populations of the U.S. and the world to imbibe a product that contains, as stated above, at least 100 harmful chemical components, increases the risk of bladder cancer by 50%, increases the risk of miscarriage and stillbirths, contributes to osteoporosis (weak bones that break easily) and causes numerous neurological and psychiatric problems.

And taking their cue from the activities of the drug companies over the last 15 to 20 years, the coffee companies have started performing their own “research” so they can, 1) control how the “scientific” studies are set up so only positive effects are shown, 2) control which studies are published and which are not, so no negative effects are ever revealed to the public or even to the medical profession, and, 3) shop around to find unscrupulous “scientific” researchers who will allow their name to be placed as author of the article, for a significant sum of money, of course.

This is unfortunately the situation of supposedly “scientific research” today, in every field. Almost none of it can be believed because of the massive amount of data manipulation and even outright fraud.

Most scientific articles written 30, 40 and even 50+ years ago tend to be much more reliable.

Coffee is “Healthy”?

So what wonderful attributes of coffee are being proclaimed, **inaccurately and deceptively**, by the billion dollar coffee companies?

Myth # 1. Coffee is a potent source of healthful antioxidants

Almost everything that grows contains antioxidants. One major source of antioxidants is the feces of animals, the end products of digestion, particularly that of plant-eating animals. But the fact that animal feces contain antioxidants obviously is not a sufficient reason to suggest that they be consumed by human beings “for their health” – or for any other imaginable reason.

Myth #2. Caffeine provides a short-term memory boost

Indeed, it does. But the emphasis must be on “short-term.” Within a couple of hours, that memory boost is not only gone, but the person “crashes” to one degree or another, is overcome with fatigue, and loses concentration more than if he or she had never had the caffeine “boost.”

Myth #3. Coffee is healthy for your heart

Unfortunately, the opposite is true. Researchers have found a correlation between the consumption of two or more cups of coffee daily and elevated cholesterol levels.¹ Another study showed that drinking 5 or more cups of coffee daily increases by almost 3 times, one's risk of heart problems.²

Myth #4. Coffee may help curb certain cancers

Absolutely not. On the contrary, it has been known for at

least two decades that caffeine is a mutagen, meaning it damages chromosomes which often leads to cancer. That makes it very undesirable for everyone, especially for the very young, and for women of child-bearing age.

The equivalent of 8 cups of coffee or 11 cups of tea significantly stimulates the rate of division of human lymphocytes.³ An excessive rate of cell division occurs in all cancers.

Because cancer is caused by an alteration in the chromosomes, and because caffeine is known to damage chromosomes, it is obvious that caffeine would be instrumental in causing cancer. In other words, caffeine is a carcinogen: a substance that causes cancer. In fact, it is well known that there is an increased incidence of bladder cancer associated with coffee drinking.

Myth # 5. Coffee can enhance exercise performance

Caffeine is a stimulant. Most stimulants can enhance exercise performance, at least **temporarily**. But when the caffeine “high” ends, the performance then drops below the level normally possible for that individual.

Myth # 6. Coffee curbs depression

On the contrary, coffee has been shown to cause depression, irritability, insomnia, and restlessness.⁴

Coffee is not just a beverage, it's a drug.

The REAL Truth About Coffee!

Coffee contains numerous toxins above and beyond the

detrimental effects of caffeine. Caffeine is a stimulant like adrenalin. It forces the body to do what it is too tired to do, thus causing energy "debt." When coffee drinking continues in order to provide false energy when the body really needs to rest, it is one of the factors that leads to Chronic Fatigue Syndrome, Fibromyalgia, and many other diseases.

The stimulatory effects of caffeine also can cause heart arrhythmias, including racing of the heart, insomnia, racing but disconnected thoughts, poor memory, a high pitched or abnormal pitch of the voice associated with racing speech (often called "Starbucks talk") and finger tremor. It can also contribute to "restless legs" syndrome.

Caffeine, and the dehydration it causes, is also a contributory factor in anxiety, depression, hyperexcitability, irritability, agitation, tremulousness and heart palpitations.

Caffeine is also a diuretic. It causes more **water loss** (dehydration) from the body than the water that comes in with the drink. It is well known that the caffeine in coffee and other brown drinks (tea, chocolate, colas, energy drinks, etc.) is a major factor in the cause of fibrocystic disease of the breast, a precursor of cancer.

Methylxanthine is one of the harmful chemicals in coffee. It affects the cyclic AMP (adenosine monophosphate), in the body's cells, that results in a significant, but temporary, increase in one's energy, a situation that can cause "burn-out" and extreme fatigue.

Other harmful chemicals in coffee include:

Acetaldehyde: a toxin, considered to be a probable carcinogen by the US Environmental Protection Agency.

Acetic acid: Concentrated acetic acid is corrosive to skin. It can cause skin burns, permanent eye damage, and irritation to the mucous membranes.

Ammonia: Although ammonia is regulated in the United States as a non-flammable gas, it still meets the definition of a material that is toxic by inhalation and requires a hazardous safety permit when transported in large quantities.

Carbon disulfide: used as an insecticide for the fumigation of grains, nursery stock, and as a soil disinfectant against insects and worms.

Catechol: synthetic catechols are primarily used in the production of insecticides.

Ethanol: drinking alcohol, a drug that has serious effects on the brain and the liver.

Methanol: poisonous to the nervous system and causes blindness. It is a toxic alcohol that is used industrially as a solvent, pesticide, and alternative fuel source.

Naphthalene: Acute (short-term) exposure of humans to naphthalene by inhalation, ingestion, and dermal contact is associated with hemolytic anemia, damage to the liver, and neurological damage. Cataracts have also been reported in workers acutely exposed to naphthalene by inhalation and ingestion. It is also used in the production of mothballs.

Phenols: used in the production of resins, nylon and herbicides,

Hydrogen sulfide: Considered a broad-spectrum poison, meaning that it can poison several different systems in the body,

although the nervous system is most affected. Its toxicity is comparable with that of hydrogen cyanide or carbon monoxide. Long-term, low-level exposure may result in fatigue, loss of appetite, headaches, irritability, poor memory, and dizziness.

What is the Truth about the Adverse effects of Coffee-drinking?

Increased death rate

New research has found that drinking four cups of coffee a day could lead to numerous health problems and a 50% higher mortality risk for those under age 55, according to a study published in the August, 2013 issue of the journal, Mayo Clinic Proceedings.

Younger women who consumed more than 28 cups of coffee a week (4 cups per day) also revealed double the risk of mortality compared with women who drank less.

The lethal dose (the dose that can kill a human being) is 70 regular-size (8 oz.) cups of coffee. Many people drink more than 1/10th of the lethal dose every day (7 cups).

Neuropsychiatric effects of caffeine

Caffeine ingestion leads to symptoms that overlap with those of many psychiatric disorders. Caffeine is implicated in the exacerbation of anxiety and sleep disorders, and people with eating disorders often misuse it. Caffeine can exacerbate psychosis in psychiatric in-patients, and has been found to increase anxiety, hostility, and psychotic symptoms.⁵

In one hospital almost one fourth of patients admitted to a psychiatric ward were found to be heavy users of coffee, and

showed much greater anxiety levels than other patients.”⁶

The immediate symptoms of coffee drinking include nervousness, missed or extra beats in the heart, abnormal activity of the gastrointestinal tract, increased urine flow, increased finger tremor, among other symptoms. But in 2-3 hours, these symptoms are followed by fatigue, weakness, irritability and depression.

The massive increase in coffee-drinking in America resulting in irritability and agitation is undoubtedly a major contributing factor to the present “violent society” of America today. Spousal abuse, child abuse, road rage, etc., are the result.

Caffeine acts as a reinforcing agent in both humans and animals.⁷

“Pavlov trained dogs into a habit; he found that the addition of coffee made the habit very hard to break. Pavlov called coffee ‘bad habit’ glue.”⁸ It is possible that other types of addiction are harder to overcome when one continues to drink coffee.

There have been a number of case reports of delusions and hallucinations after large intakes of caffeine by people with schizophrenia.^{9,10}

Cardiac and Circulatory Effects

Caffeine causes elevated cholesterol levels. Caffeine increases catecholamines, the chemicals that form in the brain when the mind is under stress. Catecholamines raise blood pressure, interfere with sleep, increase fats within the blood, and alter the ability of the blood to clot, an important factor in heart attacks. Patients suffering from heart attack have been

found to have been drinking appreciably more coffee than a control group whose coffee consumption was much less.¹¹

Caffeine also raises the production of the adrenal hormone cortisol, another stress hormone. Cortisol causes the blood vessels to constrict and the heart to pump harder, that leads to high blood pressure. These same factors also increase the likelihood of a stroke.

With the huge increase in caffeine consumption in teenagers and young adults from coffee, chocolate, caffeinated sodas, and energy drinks, there has been a significant increase in the incidence of fainting, and even sudden death with exertion because of an irregular heart beat occurring during basketball games, football games, and even exertion from competitive swimming.

The orthodox medical *treatment* for these arrhythmias in young people is to ablate (destroy) a portion of the area of the heart that produces the heart beat, a radical and dangerous therapy, particularly when the problem can often be eradicated by the elimination of caffeine and sugary food and drinks. For instance, in one large container of Coca Cola sold at the movie theater for consumption during the movie, there are 44 teaspoons of sugar.

Cancer

The contribution of caffeine to fibrocystic breast disease, a precursor of breast cancer, is well-known in medicine. The breast is a water-driven organ that is meant to produce milk. Caffeine is a diuretic. It causes water loss in a larger quantity than comes into the body with the cup of coffee or caffeinated soda, thus encouraging fibrocystic disease of the breast, a precursor to breast cancer.

Methylxanthines in coffee are a subgroup of naturally occurring plant chemicals called alkaloids that increase cell growth rate in some glandular tissues, prolonging the hormonal and growth-simulating activity of a body chemical called cyclic AMP. This encourages the growth of cysts and fibrous tumors in the breast that can be a precursor to cancer.

It is not unusual for these cysts and fibrous tumors to regress, or even go away completely, when a woman stops drinking coffee and other caffeinated drinks.

It is possible that this same process initiated by coffee drinking can also stimulate the glandular tissue of the prostate, causing it to enlarge, which can also be a precursor to prostate cancer.

Caffeine is a known mutagen, causing damage to the chromosomes that can cause birth defects in the unborn child.

There is also an association of coffee with bladder cancer, particularly in women.¹²

Effects on memory and learning

Researchers have found that long-term consumption of low dose caffeine slowed learning and impaired long-term memory in mice. Caffeine consumption can increase mental performance related to focused thought, at least temporarily, while it may decrease broad-range thinking abilities.

Effect on pregnancy

Intake of 200 milligrams or more per day, representing two or more cups, "significantly increases the risk of miscarriage" according to Dr. De-Kun Li of Kaiser Permanente Division of

Research, writing in the American Journal of Obstetrics and Gynecology.

Fluid loss – dehydration – diuretic effect

Caffeine is a diuretic, a substance that increases urine production, therefore increasing the risk of acute dehydration, particularly when one is engaging in vigorous exercise in a hot climate. But chronic dehydration resulting from regular coffee drinking is a factor in the production of almost all diseases, including heart disease, cancer, neurologic diseases such as Parkinson's, and even so-called autoimmune diseases.

The body is 75% water and the brain is 85% water. Without water, toxins produced by the routine processes that occur in the body daily, cannot be eliminated, thus resulting in diseased cells. In the brain, neurotransmission occurs over "waterways." Without water, the brain can't function correctly, a person can't think properly, and over time, because of dehydration, the brain shrinks, which is one of the factors associated with Alzheimer's disease.

Osteoporosis: weakening of the bones

More women die from osteoporosis-related fractures than from cancer of the breast, cervix, and uterus combined. Hip fractures are the cause of over 200,000 deaths annually in the U.S., which is about one-tenth of all deaths.

What is causing this epidemic of osteoporosis? The media, and even doctors, would have you believe that it is a lack of dietary calcium and that calcium supplementation is the answer to the problem. But that is not true. Many indigenous populations in nutritionally disadvantaged countries such as Africa exhibit little if any evidence of osteoporosis, in spite of

their low calcium intake.

And here in the U.S. calcium literally abounds in many readily available foods, yet the osteoporosis crisis grows exponentially greater, year after year, even as Americans strive to add more and more calcium to their diet.

Too much dietary protein in the form of meat, poultry, fish, dairy products, and eggs, **not too little calcium**, is one of the biggest causes of osteoporosis.

But there is another important cause of osteoporosis. Just one cup of coffee taken daily causes 1.4% loss of bone calcium per year in women past the age of 50 years. That adds up to 14% per decade.

As a diuretic, caffeine increases the amount of calcium excreted in the urine for several hours after the caffeine is consumed. Also, caffeine may interfere with absorption of Vitamin D, a vitamin necessary for healthy bones.

Ulcer

The caffeine, oils and acids in coffee irritate the stomach lining that can cause excessive production of stomach acid and lead to a variety of digestive disorders. Research has shown a definite link between coffee drinking and ulcers. Coffee affects the lower esophageal sphincter and thus contributes to the reflux of stomach acid into the throat (heartburn).

Vitamin and mineral loss

Drinking coffee also causes a significant loss of several vitamins and minerals, including vitamins B and C, calcium, iron, and zinc.

Other Caffeinated drinks

Colas

Common risk factors for the development of chronic kidney disease are hypertension, diabetes and nephrolithiasis (kidney stones). Recent studies have shown that cola consumption leads to an increased incidence of hypertension,¹³ weight gain, incidence of type II diabetes in young and middle-aged women,¹⁴ and kidney stones.¹⁵

Chocolate

Chocolate is not a food. It is a toxin. As chocolate grows naturally, it is highly unpalatable, being bitter and unpleasant and the taste must be masked with injurious agents such as sugar and flavorings. The principle methylxanthine in chocolate is theobromine, one of the harmful alkaloids that cause abnormal gland growth, insomnia, depression and anxiety.

An additional methylxanthine in chocolate is theophylline that causes irritation of the stomach, nausea and vomiting as well as stimulation of the central nervous system. The caffeine content may be as high as 112 milligrams per cup of cocoa beverage. Cocoa interferes with calcium absorption as does the high phosphate levels that occur during the metabolism of cocoa. In addition, a large amount of sugar is required to make chocolate palatable.

Contaminants in chocolate

Most cocoa beans are produced in countries with levels of sanitation far below the U.S. The pods from the tree are opened, exposing the beans that are scooped out and left in the yards of local farmers to ferment. Insects, rodents, small animals and

even people walk over the piles of beans, contaminating them extensively.

"In a book published by the U.S. Health and Human Services Department entitled 'The Food Defect Action Levels,' a specifications listing of 'current levels for natural or unavoidable defects in food' lists the natural defect levels in chocolate in the form of 'insect, rodent, and other natural contaminants' that are allowable by the FDA.

"Allowed in chocolate and chocolate liquor used in the manufacture of such products as Hershey's chocolate, are up to 120 insect fragments per cup (8 oz.) or two rodent hairs per cup. An ordinary Hershey's chocolate bar is 1.5 ounces, meaning that every time you eat a chocolate bar, it may contain a rodent hair and up to 20 insect parts and still carry the blessing of the FDA.

"For chocolate powder or pressed cakes there must not be more than 75 insect fragments in three tablespoons of the powder. Four percent of cocoa beans may be infested by insects. Animal excreta (such as visible rat droppings) must not exceed 10 milligrams per pound!"¹⁶

A good substitute for chocolate is carob. It is highly palatable, harvested under more sanitary circumstances, and contains no caffeine or theobromine.

Tea Drinking

Tea contains theophylline, the most active of the methylxanthines in causing goiter, a disease of the thyroid gland. Tannin, a component of tea, binds vitamin B-1 irreversibly, which may be responsible for the demonstrated decrease in this vitamin from tea drinking. And again, even though a lot of water

comes into the body with the drinking of tea, the theophylline is a diuretic, causing more water loss than comes in with the drink.

Even though Green Tea is promoted for its health benefits, it too contains theophylline with all its inherent problems.

Better to drink herbal teas that contain no theophylline or other caffeine-like substances whatsoever.

Caffeinated Sodas

Soda has an alarming amount of sugar, often 9-11 teaspoons of sugar in one small bottle or can. And drinking Diet soda is even more harmful for the body. Aspartame (NutraSweet) is a poison that has more than 100 serious side effects, including vision problems, and even blindness, confusion, memory loss, convulsions, severe anxiety attacks, shortness of breath, diabetes, abdominal pain, slurred speech, severe tremors, brain tumors, and birth defects.

The phosphoric acid in soda neutralizes the hydrochloric acid in your stomach that can interfere with digestion, making it difficult to utilize nutrients.

The phosphoric acid also interferes with the body's ability to use calcium that can lead to osteoporosis or softening of the teeth and bones. Both human and animal studies show that phosphorous leads to weak bones that are more prone to fracture. A 1994 Harvard study of bone fractures in teenage athletes found a strong association between cola beverage consumption and bone fractures in 14-year-old girls.

Decaffeinated Coffee

Caffeine-free coffee still contains coffee oils that are

irritating to the stomach and digestive tract, causing more acid production that can result in ulcer formation. And in animal studies, there was a significantly retarded rate of growth in those given decaffeinated coffee.¹⁷

In addition, the drinking of coffee, soda, tea, or Decaf will decrease the person's desire to drink pure water, something everyone needs: preferably 8-10 glasses daily.

Energy Drinks

Almost everything in an energy drink is harmful to your health, including caffeine (about the equivalent of the caffeine in 2 cups of coffee in a tiny bottle), artificial sweeteners, such as aspartame, and brominated vegetable oil, an artificial processed oil made by destroying it with bromine, a known toxic substance.

All the problems discussed above are also associated with the consumption of energy drinks. But energy drinks are particularly dangerous. Teenagers and young adults, especially college students, are not only drinking several of these each day, in addition to caffeinated soda and coffee, but they are also mixing them with alcohol.

A 2011 study of 1,100 college students found those who downed energy drinks frequently were 2.5 times more likely to meet the diagnostic criteria for alcohol dependence than those who did not consume energy drinks.

Another study of 1,060 students found that energy drink consumption in the second year of college was associated with an increased risk of prescription drug abuse. One explanation for the link "is that energy drinks, like prescription drugs. . . might be regarded by some students as safer, more normative, or more socially acceptable than using illicit 'street' drugs," the

researchers wrote in a 2010 issue of the Journal of Addiction Medicine.

In recent years, the company that markets 5-Hour Energy has filed about 30 reports with the FDA of serious injuries associated with its products, including heart attacks, according to the New York Times. And in 2007, a 28-year-old Australian man suffered cardiac arrest after consuming eight cans of an energy drink, containing 80 mg. of caffeine each, over seven hours. The patient did not have a prior history of chest pain or cardiac problems.

From 2007 to 2011, the U.S. government estimates the number of emergency room visits involving energy drinks increased from about 10,000 to more than 20,000, mostly involving teenagers and young adults. A spokesman for the American College of Emergency Physicians, Dr. Howard Mell, says that **three energy drinks are the equivalent of 15 cups of coffee.** In 2011, sales volume for energy drinks rose by almost 17 percent, with the top three companies – Monster, Red Bull and Rockstar – each logging double-digit gains.

In the fall of 2012, there were reports of 18 deaths possibly tied to energy drinks. One young man who had mixed energy drinks with alcohol was admitted to the hospital because of severe dehydration and kidney failure, according to San Francisco emergency physician, Steve Sun. One 14-year-old Maryland girl died after drinking two large cans of Monster Energy drinks. Monster does not believe its products were responsible for her death.

There is no doubt that energy drinks coupled with 32-64 oz. jugs of caffeinated soda, plus large cups of coffee-house coffee with sugar and whip cream added, are contributing to the epidemic of teenage boys and young adult men who suddenly

drop to the floor or ground from cardiac arrhythmia or even cardiac arrest, while playing basketball or football.

How to Stop Drinking Caffeine

Withdrawal from coffee and other caffeinated drinks can be difficult. Headaches, nausea, and even vomiting, may result. It's best if one withdraws slowly, decreasing the amount of coffee or other caffeinated drink over time. It is also easier if one increases his intake of water, changes to a vegan diet, and gets to bed by 10:00 p.m. each night.

Healthy Alternatives to Coffee and other Caffeinated Drinks

- a) Teeccino is a caffeine-free coffee substitute that contains a mix of carob, barley, chicory nuts and other flavors, that can be brewed like coffee.
- b) Herbal teas that do not contain theophylline or any other caffeine-like substance.
- c) Roma: a dry, all natural, caffeine-free beverage made from roasted barley that has a rich, coffee-like flavor. Just add hot water.

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Fluoride A Poison That Causes Disease and Aging

Fluoride is a poison! The 1984 issue of *Clinical Toxicology of Commercial Products* lists fluoride as more poisonous than lead and just slightly less poisonous than arsenic. It has been used as a pesticide for mice, rats and other small pests. A 10-pound infant could be killed by 1/100th of an ounce and a 100-pound adult could be killed by 1/10th of an ounce of fluoride. The Akron Regional Poison Center indicates that a 7-ounce tube of toothpaste contains 199 mg. of fluoride, more than enough to kill a 25-pound child," according to James Donahue of viewzone.com

Dr. John Yiamouyiannis, author of *Fluoride: the Aging Factor*, writes that the acceleration of the aging process by fluoride occurs at the biochemical level by causing enzyme inhibition, collagen breakdown, genetic damage and disruption of the immune system.

"Fluoride interacts with the bonds that maintain the normal shape of proteins." He continues, "With distorted protein, the immune system attacks it's own protein, the body's own tissue."

The physical effects from prolonged exposure to fluoride include nausea, bloody vomit, faintness, stomach cramps, tremors, constipation, aching bones, stiffness, skin rash, weight loss and brown or black discoloration of the teeth.

The horror in this story is that fluoride was known as a deadly poison from the start. But if this were true, why would the U.S. government promote the sale of it to its own people, and later people all over the world? Would you believe the answer to this question is money?

There is compelling evidence that the program of water fluoridation began as a massive effort to cover up bad publicity from one of the most toxic materials to emerge from the government's secret nuclear weapons program. The idea was that if fluoride could be presented to the country as beneficial, then no one could sue the government for being harmed by it.

An article by Dr. Jackie Alan Giuliano in "Healing Our World" noted that reporters Joel Griffiths and Chris Bryson discovered the truth about fluoride while researching hundreds of declassified documents about the Manhattan Project, America's secret atomic bomb development program.

They found that fluoride was a key chemical in atomic bomb production. Millions of tons were used during the Cold War period to manufacture high-grade uranium and plutonium.

"Fluoride was the top chemical hazard of the U.S. nuclear weapons program, not only for workers, but for those living in nearby communities as well," Giuliano wrote.

"The documents show that the first U.S. lawsuits levied against the atomic weapons program were over fluoride poisoning, not radiation damage. The documents reveal that

the U.S. government secretly ordered atomic bomb scientists to create 'evidence useful in litigation' against defense contractors who were being accused of injuring citizens with fluoride.

"This secret work to head-off government lawsuits led to a multi-billion dollar industry that has been poisoning our water supplies, our toothpaste, and our bodies ever since. Believe this or not, fluoride tablets are even available for children." James Donahue <http://www.viewzone.com/fluoride.html>

Fluoride: A Waste By-product of Aluminum Production

Fluoride is a highly toxic waste by-product of aluminum production and has been linked in numerous medical studies to cancer and other degenerative diseases.

One such toxic, poisonous byproduct is called sodium fluoride that, according to the Merck Index, is primarily used as rat and cockroach poison and is also the active ingredient in most toothpastes and as an additive to drinking water. But sadly, there is much more to this sordid tale.

Did you know that sodium fluoride is also one of the basic ingredients in both the antidepressant, Prozac (**fluoxetine** Hydrochloride) and Sarin Nerve Gas (Isopropyl-Methyl-Phosphoryl **fluoride**); Yes, the same Sarin Nerve Gas that 'terrorists' released on a crowded Japanese subway train in 1995!

Let me repeat; the truth the American public needs to understand is the fact that Sodium Fluoride is a hazardous waste by-product of the nuclear and aluminum industries. In addition to being the primary ingredient in rat and cockroach poisons, it is also a main ingredient in general anesthetics, hypnotic, and psychiatric drugs as well as military **nerve gas**! So why does

the government allow fluoride to be added to the toothpaste and drinking water of the American people?

Historically, the disposal of this substance was quite expensive for the world's premier chemical companies. But in the 50's and 60's, Alcoa and the entire aluminum industry, with a vast overabundance of the toxic waste, somehow sold the FDA and our government on the insane (but highly profitable) idea of buying this poison at a 20,000% markup and then injecting it into our water supply as well as into the nation's toothpastes and dental rinse. Yes, that's right, a 20,000% markup.

Consider also that when sodium fluoride is added to our drinking water, its level is approximately 1 part-per-million (ppm), but since we only drink one percent of the total water supply, the hazardous chemical literally 'goes down the drain' and voila - the chemical industry has not only a **free hazardous waste disposal system**, but we have also **paid them handsomely** in the process!

Independent scientific evidence over the past 50 plus years has shown that sodium fluoride shortens our life span, promotes various cancers and mental disturbances, and most importantly, makes humans stupid, docile, and subservient, all in one neat little package. There is increasing evidence that aluminum in the brain is a causative factor in Alzheimer's Disease, and evidence points towards sodium fluoride's strong affinity to 'bond' with this dangerous aluminum (remember fluoride is a byproduct of aluminum manufacturing) and also it has the ability to 'trick' the blood-brain barrier by imitating the hydrogen ion thus allowing this chemical access to brain tissue.

"The real reason behind water fluoridation is not to benefit children's teeth. If this were the real reason there are many ways in which it could be done that are much easier, cheaper, and

far more effective. The real purpose behind water fluoridation is to reduce the resistance of the masses to domination and control and loss of liberty," according to fluoride expert Dr. John Yiamouyiannis.

In addition, it's just one more avenue to population control (extermination).

Adverse Effects of Fluoride

Fluoride Causes Death

From Toothpaste: In 1991, the Akron (Ohio) Regional Poison Center reported that "Death has been reported following ingestion of 16 mg/kg of fluoride." That means that one-hundredth of an ounce of fluoride could kill a 10 pound child, and one-tenth of an ounce could kill a 100-pound adult.¹

The Akron Regional Poison Center continues, "Fluoride toothpaste contains up to 1 mg/gram of fluoride." This means that a family-sized tube of toothpaste contains 100 milligrams of fluoride, more than enough to kill a 25-pound child. Even Procter and Gamble, the makers of Crest, acknowledges that a family-size (7 ounce) tube of fluoride toothpaste "theoretically, at least, contains enough fluoride to kill a small child."²

In the Dental Office: Eighty-seven cases of fluoride poisonings in children younger than 12 years old were reported to the Rocky Mountain Poison Control Center in 1986. Eighty-five cases involved accidental ingestion of fluoride products in the home. Two involved fluoride treatment by a dentist. **One 13-month-old child died.** Twenty-five suffered gastrointestinal symptoms (nausea, vomiting, diarrhea, abdominal pain). In a more recent study, it was reported that sodium fluoride, the same type used in Crest toothpaste, was the most frequent

single cause of acute poisoning in children.”³

Cancer of the Bone (Osteosarcoma) in young boys

Osteosarcoma is a very deadly bone cancer. It occurs primarily in young people ages 10-25.

Timeline: Fluoride & Osteosarcoma⁴

1977: U.S. Congress requests National Toxicology Program (NTP) to conduct animal study to determine if fluoride causes cancer.

1977: National Academy of Sciences expresses concern about possible link between water fluoridation and osteosarcoma in young males.

1989: NTP informs the Environmental Protection Agency (EPA) that a preliminary review of the long-awaited government study on fluoride/cancer, indicates an increase in bone cancer among fluoride-treated male rats.

1990: NTP confirms a dose-dependent increase in the incidence of osteosarcoma among male rats.

1990: National Cancer Institute finds that the rates of osteosarcoma in young males is higher in fluoridated vs unfluoridated areas.

1992: New Jersey Department of Health study shows osteosarcoma rates are higher among young males in fluoridated vs unfluoridated regions of Central New Jersey.

1993: Independent analysis of National Cancer Institute's cancer data confirms fluoridation/osteosarcoma link in males.

1996: Japanese researchers report that fluoride is genotoxic to rat bone. This means that fluoride causes chromosome aberrations (DNA damage) in the cells that form bone.

2001: Harvard Case-Control Study finds strong correlation between Fluoridation and Osteosarcoma in Boys.

2006: Harvard Case-Control Study Published. A team of Harvard University scientists led by Dr. Elise Bassin published a study that reported a **five-fold increased risk of developing osteosarcoma among teenage boys exposed to fluoridated water at ages 6,7, and 8.**

Clearly, the **U.S. government has known for over 30 years** the correlation between fluoridated water and a very **lethal type of cancer** – osteosarcoma – in young boys.

Yet those who run the U.S. government still endorse the deadly fluoridation of water in America. They are knowingly and purposely murdering young American boys.

Genetic Damage

Chromosomes reside in the nucleus of a cell and contain DNA, the body's master blueprint material. It is the genetic material that determines how the body is built. The cell provides a group of enzymes called the DNA repair enzyme system that repairs DNA from the damage caused by the processes of daily living. Dr. Wolfgang Klein and co-workers at the Seibersdorf Research Center in Austria reported that 1 part per million fluoride (the amount normally in fluoridated water) inhibits DNA repair enzyme activity by 50%, thus fluoride causes an increase in genetic or chromosome damage that can cause birth defects, learning disabilities, and cancer.⁵

Breakdown of Collagen: the Body's "Glue"

Five different types of cells are capable of producing collagen: 1) fibroblasts that produce collagen for skin, tendons, ligaments and muscle; 2) chondroblasts that produce collagen for cartilage; 3) osteoblasts that produce collagen for bone formation, 4) ameloblasts that produce collagen that gives rise to tooth enamel, 5) odontoblasts that produce collagen that gives rise to the inner part of the tooth called dentin.

"The type and array of collagen and collagen-related proteins made by the various collagen-producing cells determine whether or not the collagen framework will be mineralized. During the aging process, cumulative damage to these cells leads to the diseases attributed to 'old age' – arthritis, arteriosclerosis, brittle bones, wrinkled skin, etc. Consumption of fluoride produces the same effects and results in the same diseases."⁶

Premature Aging of Skin, Arteries, and other Tissues

Since collagen is the primary structural material of skin, damage to skin collagen can be expected to lead to premature wrinkling of the skin. Calcification of skin collagen is a well-known phenomenon that is called scleroderma. Scleroderma has been found in about 50% of the workers employed in an aluminum plant as a result of exposure to hydrogen fluoride as well as other fluorides.

In a number of areas where people consume water containing 3 parts per million fluoride or more, calcification of the arteries has been clinically correlated with fluoride-induced bone disorders.⁷

Even before these serious fluoride-induced diseases, such

as scleroderma, become clinically detectable, adverse health effects will occur, including subclinical muscular weakness, and torn ligaments and tendons. Muscular dystrophy and rheumatoid arthritis may also be set off by fluoride's disruptive effect on collagen in soft tissues.⁸

Aging in General

Fluoride not only causes the immune system to act like the immune system of an 'old' person, it also causes autoimmune damage to the entire body and accelerates the aging process of that body. The low levels at which fluoride exerts its deleterious effects indicates there really is no safe level of fluoride.⁹

Brittle Bones

Fluoride Increases the Hip Fracture Rate, one of the leading causes of death in the elderly. The government and the medical establishment have known this for over 30 years, yet continue to poison the public deliberately with fluoride.

Timeline:

1978: Dr. J.A. Albright and co-workers from Yale University reported at the Annual Meeting of the Orthopedic Research Society that as little as 1 part per million fluoride decreases bone strength and elasticity.¹⁰

1983: Dr. B. Uslu from Anadalu University School of Medicine in Eskisehir, Turkey reported that addition of fluoride to the drinking water of rats with fractured bones resulted in defective healing of the fracture due to disruption of collagen synthesis.¹¹

1990: Dr. Steven Jacobsen and co-workers found a link

between the rate of hip fracture among U.S. women 65 years of age and over and the degree of fluoridation in their county of residence. This study examined the records of 541,985 cases of osteoporosis and was published in the Journal of the American Medical Association.

Another study done in Britain reported similar results for men and women 45 years of age and over. In this study, it was found that increasing the concentration of fluoride in the water from 0 to 1 ppm would increase the hip fracture rate by about 40%. A Utah study, also published in the Journal of the American Medical Association, reported a fluoridation-linked 41% increase in hip fracture rate among men 65 years of age and older and a 27% increase in hip fracture rate among women 65 years of age.¹²

In past years, Fluoride has been used for treatment of age-related osteoporosis in women. However, a study published in 1978 in the Journal of the American Medical Association states, "No studies have demonstrated alleviation of fractures. However, studies have shown an **increased** incidence of fractures."¹³

Besides increased bone fragility causing an increase in the fracture rate, fluoride treatment of osteoporosis has other serious side-effects as well. "It has been shown to cause pain and swelling of joints, gastric pain, vomiting, gastrointestinal bleeding, anemia, bone spurs, pain in the lower extremities, arthritis, and possible cancerous transformations in white blood cells."¹⁴

Suppression of the Immune System

The ability of fluoride to interfere with the normal shape and function of proteins results in the immune system not recognizing, and therefore attacking, its own protein.¹⁵ Dr. Peter Wilkinson of the University of Glasgow found that fluoride decreased the migration rate of human white blood cells necessary to fight infection and other diseases.¹⁶

Studies at the Indiana University School of Medicine revealed that animals fed 1 ppm fluoride (the amount in fluoridated water) caused the animals to increase their production of cyclic AMP (adenosine monophosphate) by more than 100%.¹⁷ Cyclic AMP inhibits the migration rate of white blood cells as well as the ability of white blood cells to destroy foreign agents such as bacteria and viruses.¹⁸

Promotes the Growth of Cancer

We have already discussed the significant increase in the incidence of the deadly cancer, osteosarcoma, in young boys, and the genetic damage done by fluoride that also can lead to the development of other types of cancer. Drs. Alfred and Nell Taylor of the University of Texas found that fluoride in the drinking water at levels of one-half to one part per million increased tumor growth rate in cancer-prone mice by 15-25%.¹⁹

By 1969, which was within 13-17 years of the beginning of fluoridation in certain experimental cities in the U.S., the fluoridated cities had an average cancer death rate of about 220-225 cancer deaths per 100,000 people, while the nonfluoridated cities had an average cancer death rate of 195-200 cancer deaths per 100,000 people.²⁰

There is also evidence that fluoridation is causing an increase in oral cancer among human populations²¹ and deaths from all causes is 5% higher in fluoridated areas than in

nonfluoridated areas according to figures from the Centers for Disease Control which were corrected for age, sex, and race.²²

It can be concluded that at least 30,000 to 50,000 deaths each year in the U.S. from various causes may be attributable to fluoridation compared to 40,000 deaths annually from car accidents. This total includes the 10,000 to 20,000 deaths attributable to fluoride-induced cancer each year.²³

Fluoride Causes Infertility

Exposure of male rats to sodium fluoride in their drinking water caused their testicles and prostate gland to shrink in size. In addition, sperm counts plummeted and the sperm that were produced were dysfunctional.²⁴

Fluoride exposure during pregnancy may suppress your future child's I.Q.

A research study conducted in China clearly correlates fluoride exposure to low I.Q. in school children.²⁵

Fluoride exposure in the womb linked to psychiatric disorders

A correlation has been found between sodium fluoride exposure during pregnancy and neurological and psychiatric disorders in children and adults.²⁶

Fluorine/Fluoride: an Ingredient in Many Drugs

Antidepressants

Prozac, Luvox, and Paxil contain Fluoride: A bottle of Prozac costs 11 cents for the drug company to

make. It retails for \$247.47, a mark-up of 224,973%.

Prozac is called Fluoxetine. The “**fluo**” part of the name means fluoride. It is 16% fluoride. The heaviest antidepressants are constructed of fluoride: Rohypnol (date rape drug), Florinet, Depixol.

Antipsychotics (fluphenazine, Haldol)

Haldol is an antipsychotic usually used to treat patients who cannot tell the real from the imagined, and to decrease tics and abnormal involuntary movements.

Antibiotics (Ciprofloxacin, Penetrex)

Ciprofloxacin received significant media attention during the story of the anthrax attacks by mail. Cipro is the “drug of choice” for anthrax, however it has been implicated in several cases of acute kidney failure as well as fatal liver failure. It’s most common side-effects are fluoride-related and include, nausea, diarrhea, vomiting, and abdominal pain.

Penetrex also contains fluoride and has caused seizures, hallucinations, confusion, muscle damage, and liver failure.

Anesthetics (Halothane, Desflurane, Isoflurane)

Halothane was the first fluorinated inhaled anesthetic that was wildly successful, rapidly displacing all other potent inhaled anesthetics.

It contains fluoride and can put the patient into a state of total unconsciousness demonstrating the serious impact fluoride has on the brain.

Steroids (Dexamethasone, also known as Decadron, Cyclocort, Diprosone), including many steroid creams, contain fluoride.

The skin functions as one of the best drug delivery systems in the body. The microscopic holes normally present in the skin, take up the drug extremely efficiently.

Pesticides

The first patent for the use of fluoride compounds as pesticides was in 1896. In 1924, it was shown that these fluoride compounds were both a contact poison and poisonous when ingested. During World War II fluoro-DDT or "Gix" was used for the control of insects of medical importance.²⁷ More recently, fluoracetamide and analogues have been used as systemic insecticides and a large variety of other fluorinated compounds have shown insecticidal activity. Sulfuryl fluoride has recently been marketed as a fumigant for household and structural pests.

Fluorine is popular in the pharmaceutical industry, as in other industries, because of the following reasons:

1. Simply by adding fluorine many drugs can be made more potent.
2. Addition of fluorine to a bioactive compound does not change its shape. This is important because

a change in shape of a bioactive compound can decrease its potency or inhibit its bioactivity.

3. The C-F bond (Carbon to Fluorine bond) is very strong thus increasing the stability of bioactive compounds.

Fluorine is used in many medical imaging techniques.

PET Scans

Radioactive isotope studies

Fluorine is used in medical devices that are implanted in your body:

Cardiac bypass grafts

Surgical implants

Does Fluoride Prevent Tooth Decay?

"Virtually every recent large-scale study done has shown that **fluoridation does not reduce tooth decay in permanent teeth**. Dr. John Colquhoun, former Chief Dental Officer of the Department of Health in Auckland, New Zealand, examined the tooth decay rates of all 12- to 13-year-old students undergoing their final dental examination by the New Zealand Dental Service in 1984 and 1986 in the six major cities of New Zealand. This study included 59,331 students, the largest study ever done in the world. The results showed no difference in tooth decay rate of permanent teeth as a result of fluoridation.²⁸

"In the largest study of fluoridation and tooth decay ever done in the history of the United States, Dr. Yiamouyiannis examined data from the dental examinations (performed under contract from the U.S. Public Health Service in 1986-1987) of 39,207 schoolchildren, aged 5-17, in 84 areas throughout the

United States. Of these areas, 27 had been fluoridated for 17 years or more, 30 had never been fluoridated, and 27 had been partially fluoridated or fluoridated for less than 17 years. The average number of decayed, filled, and missing teeth per child was recorded. Results show that there was no difference in the decay rate of permanent teeth in fluoridated and nonfluoridated areas at any age."²⁹

Does Fluoride Have ANY Advantage for the Body?

Fluoride is a poison and has no known advantages to the body, but as can be seen here, it harms the body in many ways, including causing death.

Adverse Effects of Fluoride on Body Systems.

Thyroid: In the 1930s it was first observed that **all** fluoride compounds inhibit thyroid hormones causing hypothyroidism.³⁰ The thyroid is referred to as the master gland because it has an impact on many of the other hormonal systems of the body.

Central Nervous System (CNS) Effects: As early as the 1940s numerous investigators were of the opinion that fluoride could cause disturbances in the hypothalamus-pituitary axis in the brain.³¹ Later investigations confirmed these suspicions.³²

Slow growth curve: Infants who were breastfed by mothers taking Prozac demonstrated a growth curve significantly below that of infants who were breastfed by mothers who did not take the drug.³³

Severe Liver Dysfunction: Prozac has been shown to cause severe liver dysfunction such as hepatitis.³⁴

Other adverse side effects of Prozac include: Visual hallucinations,³⁵ dyskinesia (involuntary movements: from hand tremors to wild uncontrollable movements of the extremities),³⁶ myoclonus (involuntary, rapid, often rhythmic movements of various parts of the body).³⁷

How to Avoid Fluoride

To escape the harmful effects of fluoride, use non-fluoride toothpaste (but you may have to go to healthfood stores to find it), and drink fluoride-free bottled water or distilled water. Even using tap water to cook may expose you to fluoride. If you use Teflon pans for cooking, make sure that the surface is completely intact with no break because Teflon contains fluoride.

And be aware that commercially available beverages including bottles and cans of soda, vitamin/water drinks, coffee, and other drinks are usually made with water that contains fluoride. Restaurant food, fast food, and food packaged in cans can be assumed to be cooked with tap water containing fluoride.

Now that the truth about fluoride is out, why haven't towns and toothpaste companies stopped dumping this terrible poison in our water and toothpaste supplies? Don't expect that to happen. Remember, this is a multi-billion dollar industry. Nobody shuts down a money machine like that without a fight.

In addition, Fluoride causes many medical problems that, 1) feed into the coffers of the giant Drug companies, 2) keep the Medical/Industrial Complex thriving financially, and 3) because of their serious effects on the brain and central nervous system, cause apathy and indifference in the population to the political and financial situations of the country, as well as apathy toward one's own well-being.

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13

Disgusting “Food”

Most Americans assume that the government looks out for our health. They believe that if the Food and Drug Administration (FDA) has approved a food or dairy product, then it's perfectly safe to eat. But that is a dangerous, and even deadly, assumption. More than 150 chemical ingredients approved by the FDA as food additives are banned by up to 100 other countries.

Monosodium Glutamate - MSG

Monosodium Glutamate is a non-nutritive flavor enhancer. It makes food taste better. It is sold under the brand name Accent, and other brand names, in your grocery store.

It is a silent killer!

In 1959, the U.S. Food and Drug Administration labeled MSG as “Generally Recognized as Safe” (GRAS), and it has remained that way ever since. Yet, it was a telling sign when just 10 years later a condition known as “Chinese Restaurant Syndrome” entered the medical literature, describing the numerous side effects, from numbness to heart palpitations to brain diseases, that people experienced after eating MSG.

MSG can aggravate, or even precipitate, many of the neurodegenerative brain diseases, such as Parkinson's disease, Huntington's disease, Amyotrophic Lateral Sclerosis (ALS = Lou Gehrig's Disease), and Alzheimer's Disease.

Other adverse side effects include eye damage, headaches, fatigue, disorientation, nausea, weakness, rapid heartbeat, facial pressure or tightness, chest pain or difficulty breathing, numbness or burning sensation.

You are also at more risk from MSG if you have ever had a stroke, brain injury, brain tumor, seizure, or have suffered from hypertension, diabetes, meningitis or viral encephalitis.

According to neurosurgeon, Dr. Russell Blaylock, there are numerous glutamate receptors found both within your heart's electrical conduction system and in the heart muscle itself. This can be damaging to your heart, and may even explain the sudden deaths sometimes seen among young athletes.

MSG is used in canned soups, crackers, meats, salad dressings, frozen dinners, and there is evidence that it is used in baby foods. It masquerades under various names, including hydrolyzed protein, natural flavorings, sodium caseinate, and textured protein.

Like Nutrasweet (aspartame), MSG is a powerful brain toxin. They are both categorized as "excitotoxins" because they excite the cells to the point of damaging the organ. MSG contributes to destruction of brain cells and destroys neurons that use glutamate for a transmitter.

The use of MSG is so widespread that the only way you can avoid it is by eating a diet of whole, unprocessed foods, prepared in your own kitchen.

Olestra (also known as Olean)

This is a calorie-free and cholesterol-free fat substitute made by Procter and Gamble to make fat-free snacks and fat-free "health" and diet products. However, fat in the diet is necessary for the body to absorb fat-soluble nutrients such as carotenoids (beta-carotene, lutein and lycopene) that are critical for your health. Red, green and orange vegetables, such as tomatoes, carrots, sweet potatoes, kale, spinach, turnip greens, and mustard greens, are high in carotenoids and contain fat-soluble vitamins A, D, E, and K.

No one can be healthy without adequate amounts of these vitamins.

In Procter and Gamble's two eight-week clinical studies, the lowest level tested, 8 gm/day (equivalent to 16 olestra-containing potato chips), caused dramatic depletion of fat-soluble vitamins within two weeks.

In a four-week study conducted in Holland, 3 gm/day (equivalent to just 6 potato chips) of sucrose polyester (the general name for olestra-like chemicals) caused a 20% decline in beta-carotene levels and a 38% decrease in lycopene. *Am J. Clin Nutr.* 62:591, 1995

The National Research Council stated in its landmark 1989 report, *Diet and Health*, "There is strong evidence that a low intake of carotenoids, which are present in green and yellow vegetables, contributes to an increased risk of lung cancer." The director of the National Cancer Institute's "5 a day" program pointed out the plausible biochemical mechanism for the association between fruits and vegetables and lower cancer risks:

"Fruits and vegetables are sources of vitamins and minerals (including vitamins A, C, E, and folate), carotenoids and other antioxidants, fiber, and various phytochemicals. . . Each of these substances may play a role in reducing risk." J. Heimendinger, program director, the National 5 A Day for Better Health Program, Scientific and Program Design Rationale Aug. 10, 1994.

And supplementing olestra with those fat-soluble vitamins A, D, E, and K, as Procter & Gamble has proposed, does not solve the problem, because the olestra also blocks the added vitamins.

Olestra causes gastrointestinal disturbances that are sometimes severe, including diarrhea, fecal urgency, nausea, and anal leakage. These symptoms have occurred in scientific studies in subjects that consumed as little as 3 ounces of low-fat (olestra-containing) potato chips.

Yet olestra is being used in products that are being sold in "Health Food" Stores. Clearly, the public is being deceived.

Olestra's possible carcinogenicity

Olestra was fed to rats (two studies) and mice (two studies) for two years at levels of the same order of magnitude likely to be consumed by people. Liver foci (abnormal areas of the liver), which may be precursors of cancer, occurred in both rat studies.

Acceptable Daily Intake (ADI) of Olestra. It is not possible to set an Acceptable Daily Intake for olestra used in snack foods or any other types of foods, even though the Industry and the public have been excited about olestra because of the possibility

that it would help people eat a diet lower in fat and prevent obesity and heart disease.

However, the use of olestra is dangerous, and there is no scientific justification for its use. This product is banned in the UK and Canada.

The Only Safe Way to Lose Weight. There is only one safe way to lose weight: exercise more, and stop eating fat and sugar. Especially stop eating foods that contain refined sugar or animal fat.

It is not safe to attempt to obstruct your body's physiologic processes just so you can eat what you like – or as much as you want. Though you may transiently lose weight, your body will become malnourished and you will be in great danger of developing a serious, possibly life-threatening, disease.

There are no “Quick Fixes.”

Sodium nitrate

Sodium nitrate is added to hot dogs, bacon and other cured meats to help preserve them. In higher doses nitrates are also used as fumigants to kill rodents and the nitrates can leach into the soil, contaminating the food supply. Even though the FDA permits “small” amounts of nitrates to be used in cured and chopped meat, it is not yet determined how much sodium nitrate is safe to eat.

Nitrates May Affect Oxygen Circulation. The U.S. Environmental Protection Agency notes that oxygen circulation is decreased when nitrates bind to red blood cells, blocking their ability to carry life-giving oxygen throughout the body. In infants and toddlers, concentrations of nitrate can lead to a condition

called “blue baby syndrome” that can be fatal in some cases.

Increases Cancer Risk. Nitrates have been shown to increase the risk of cancer in both children and adults. The Linus Pauling Institute warns that nitrates are associated with an increase in brain tumors, leukemia and nose and throat tumors.

Sodium Benzoate

Sodium Benzoate also has the ability to deprive the cells of oxygen, break down the immune system, and cause cancer. This *preservative* is found in thousands of products, even foods that are labeled as *all natural*, even though sodium benzoate is synthesized in a laboratory, and is a known carcinogen. Just as human beings need oxygen to breathe, cells also need oxygen in order to function properly, and to fight infection, and to fight cancer and other diseases.

The FDA says sodium benzoate is “safe” if used in small quantities, and if it is never combined with vitamin C or E as this causes benzene to be formed, a very dangerous and potent cancer-causing chemical. So that means you can never mix vitamin C with pickles, peppers, salad dressing, jams, most condiments, vinegar, fruit juices, salsa, dips, shredded cheese, ketchup, or sodas. And don’t forget about mouthwash, toothpaste, cough syrup, cream, lotion, and hundreds of cosmetic products!

Why is it put in food? It’s the cheapest mold inhibitor on the market, so it’s all about the money. Sodium benzoate extends the shelf life of processed food, while it shortens human life. Cancer, Parkinson’s, other neuro-degenerative diseases, and premature aging have all been attributed to this infamous preservative.

Food dyes

"Preservatives and food colorings are among some of the more than 3,000 ingredients added to foods that are commonly sold in the U.S., including foods for infants and children. Most of these are banned in other countries due to research that shows they can be toxic and have dangerous health effects. Red 40, yellow 5, and blue 2 are the most popular dyes used even though numerous research studies have shown that these additives cause cancer and birth defects when tested on lab animals. Dyes and other additives are banned in Norway, Austria, and the U.K. The European Union requires a warning notice on items containing dyes." www.newsforage.com

Trans fats

Trans fatty acids or trans fats are formed when liquid oils are turned into solid fats such as shortening and hard margarine by hydrogenation, a process by which vegetable oils are converted to solid fats simply by adding hydrogen atoms.

Hydrogenation increases the shelf life and flavor stability of foods. Indeed, trans fats can be found in many foods including vegetable shortening, margarine, crackers, cereals, candies, baked goods, cookies, granola bars, chips, snack foods, salad dressings, fats, fried foods, and many other processed foods.

Trans fatty acids are found naturally in small quantities in some animal products including beef, pork, lamb, butter, and milk, but most trans fatty acids in the diet come from hydrogenated foods.

Trans fats were developed during the backlash against saturated fat, the artery-clogging animal fats found in butter, cream, and meats. Then food manufacturers realized that trans fats lasted longer than butter without going rancid. The result:

Today trans fats are found in 40% of the products on your supermarket shelves.

Like saturated or animal fats, trans fats contribute to clogged arteries. Clogged arteries are a sign of heart disease; they increase your risk of both heart attack and stroke. Here's how it works: Trans fats raise low-density lipoprotein (LDL) or "bad" cholesterol levels. This contributes to the buildup of fatty plaque in arteries. Reference: Denise Mann, Web MD.

Denmark and Switzerland have banned trans fats.

Ractopamine in Meat

Ractopamine is a beta agonist drug that increases protein synthesis, thereby making the animal more muscular. It reduces the fat content of the meat and increases the profit per animal. Beta-agonist drugs, as a class, have been used in U.S. cattle production since 2003. It is administered in the days leading up to slaughter, and as much as 20% of it can remain in the meat you buy.

Animal research has linked ractopamine to reductions in reproductive function, birth defects, increase of mastitis in dairy herds, and increased disability and death. FDA records show "death" is the most-often reported side effect in the animals.

This drug is banned in more than 160 countries across Europe, Russia, mainland China and Taiwan.

Potassium Bromate

"In 2007, Chinese authorities pulled a batch of imported snack chips from store shelves because they believed the chips contained potassium bromate, a food additive banned in China. The chips' country of origin? The United States.

Potassium bromate is also illegal in the European Union, Canada, Brazil and elsewhere because it causes cancer in rats and mice. In the United States, however, it has remained legal since it was first patented for use in baking bread, in 1914.

Potassium bromate is used to strengthen bread dough. It improves the action of the gluten, a protein in wheat flour that gives bread dough its elasticity during kneading and allows dough to rise by trapping gases produced by yeast. The potassium bromate that's added to flour is supposed to bake out of the bread dough as it cooks, changing to potassium bromide, a harmless byproduct, but it is possible for some of the original chemical to remain in the finished product.

"But in order for two gluten molecules to bind to each other, molecular bridges have to form between them. Such bridges do not form spontaneously. Rather, they're the product of oxidation. Historically, bakers relied on oxygen in the air to form the molecular bridges in dough. They "aged" flour after milling it by exposing it to open air for weeks, and then slowly mixed the flour in dough, all the while allowing ambient oxygen to do the hard work of bridge building.

"But potassium bromate is a powerful oxidizing agent that chemically ages flour much faster than open air. Potassium bromate bleaches dough, and enhances its elasticity by strengthening its network of molecular bridges, causing the formation of tiny, thin-walled bubbles as the bread rises. The end product is fluffy, soft and unnaturally white.

"In 1982, researchers in Japan published the first of a series of studies showing that potassium bromate causes cancer in the thyroid, kidneys and other body parts of rats and mice.

“As a result of these findings, countries around the world banned the additive, but the U.S. Food and Drug Administration held back, in part because the amount of potassium bromate that remains in bread after baking should be negligible: less than 20 parts per billion (ppb).

“According to information published by baking industry trade groups, it is well within the normal production control measures in any modern bakery to ensure that bromate residues are well below 20 ppb.” www.livescience.com

If bromated flour isn't baked long enough or at a high enough temperature, or if too much potassium bromate is added in the first place, this harmful additive can potentially be found in the final product in far greater quantities.

Many bakers, including Best Foods, Inc. (maker of Entenmann's and Oroweat brand breads and rolls), Pepperidge Farm, and Pillsbury, have switched to bromate-free processes. In contrast, many fast-food chains continue to use bromate in buns and french sandwich bread. FDA's limited surveys found that rolls and buns are especially likely to contain high levels of bromate.

Since 1991, California law has required products containing this additive to bear a warning on their labels.

Bovine Growth Hormone in Milk and Dairy Products

Recombinant bovine growth hormone, rBGH, is frequently given to dairy cows in the U.S. This hormone is a synthetic version of the real ones cows naturally produce and it's used to increase milk production. This chemical is banned by more than 30 nations because of its health dangers including prostate

cancer, colorectal cancer, and breast cancer.

Although decades of evidence about the dangers of this chemical abound, the FDA refused to admit that it is a health hazard even though dairy products containing rBGH are banned in Australia, New Zealand, Israel, EU, and Canada.” Ibid.

Preservatives BHA and BHT

The FDA claims that chemical preservatives BHT (Butylated Hydroxytoluene) and BHA (Butylated Hydroxyanisole) are safe for human consumption “in small amounts.” BHA and BHT are used in products containing fats and oils to prevent the product from becoming rancid – going bad.

But research has shown that both BHA and BHT are potential carcinogens, and endocrine (hormone) disrupters, because they mimic the hormonal actions of estrogen. All our hormones affect one another, like a domino effect. If one hormone becomes a problem, it affects all other hormones: stress hormones, metabolism hormones, and sex hormones.

Furthermore, BHT and BHA have even been labeled as potential carcinogens (cancer causers) by the World Health Organization and the U.S. Environmental Protection Agency, yet the FDA claims they are safe for consumption by Americans.

Both BHT and BHA are toxic and harmful to your liver. Your liver is your primary detoxification organ. If it is unable to detoxify harmful substances in your body, you will get sick.

Common foods that can contain BHA and BHT include cereals, breads, crackers, snack foods, gum, butter spreads, beer, pet food, make-up, lotions and soap, to name a few.

Both BHA and BHT are banned in parts of the European Union and Japan, and the UK bans BHA in infant foods.

Drinks with Flame Retardant Ingredients

Many people would be shocked to learn that some popular sports drinks, citrus flavored sodas and a very popular soda called Mountain Dew, contain brominated vegetable oil (BVO), vegetable oil derived from corn or soy, then bonded with the element bromine. It is used as an emulsifier to prevent the flavoring from separating and floating to the surface. It is also found in the sodas Squirt, Fanta Orange, Fresca Citrus, and in Gatorade. About 10% of all sodas sold in the U.S. contain BVO.

Bromines are part of the halide family, a group of elements that includes fluorine, chlorine and iodine. The big problem is that bromines such as BVO are common endocrine disruptors, meaning that they disrupt your body's hormones. The bromine in BVO competes for the same receptors that are used to capture iodine. When that happens, your body will not hold onto the iodine that it needs because the bromine has already attached to the receptors that normally would be filled by iodine. And iodine affects every tissue in your body, not just your thyroid.

The original patent for this chemical is for use as a flame retardant. Other common products that contain bromine are: pesticides (used mainly on strawberries in California), bakery goods, as a dough conditioner, plastics like those used to make computers, medications such as asthma inhalers, nasal sprays, and anesthetic agents.

Iodine deficiency caused by BVO leads to an increased risk of cancer of the breast, thyroid gland, ovary and prostate. Bromine can cause skin rashes, loss of appetite, abdominal pain, fatigue, and cardiac arrhythmias. Bromine also acts

as a central nervous system depressant that can trigger psychological symptoms such as paranoia. Physician Jorge Flechas reported that between 1920 and 1960, at least 20% of all hospital admissions for “acute paranoid schizophrenia” were a result of ingesting bromine-containing products. Scientific American, Dec 12, 2011.

Arsenic

“Chicken feed contains arsenic based drugs because they make the animal grow faster and give the meat a pink color, that most people assume means the meat is ‘fresher.’ The FDA approves of this additive because these products contain organic arsenic that is less toxic than the known carcinogen of the inorganic variety. However, reports have come to light stating that organic arsenic can transform into the dangerous carcinogen inorganic arsenic. Elevated levels of this compound have been found in supermarket chickens. This food additive is banned by the European Union.” Ibid.

Butylated hydroxytoluene

Butylated hydroxytoluene is found in chewing gums, potato chips and other packaged foods as a preservative. In spite of being approved by the FDA, it is proven to be cancer-causing, making it among the top 12 dangerous food additives.

Chloropropanols

This family of drugs is common in Asian food sauces like black bean, soy, and oyster sauce. Two specific substances within this category are known to be cancer producing and are banned in many countries

Artificial Sweeteners

Nutrasweet (Aspartame - also known as AminoSweet) and other sugar substitutes are covered in Chapter 10.

Don't Eat Disgusting "Food"

It should be abundantly clear that processed foods contain numerous harmful additives, some that are even life-threatening. It's no wonder everybody's sick.

The only way to get healthy and remain healthy is to eat fruits, grains and vegetables as whole foods, unprocessed, direct from the garden, as God created them.

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God's Food – or Man's?

Many people become confused with the various terms describing different nutritional programs and categories of foods. In this chapter, I have defined the various terms with the benefits and deficits in each. Are we eating our food the way God created it for us? If not, how much has *man* modified it? Can *man* improve on God?

Vegan Diet: A diet of fruits, grains, and vegetables in their natural form, a diet containing no animal products.

Vegetarian Diet: A diet of fruits, grains, vegetables, dairy products and eggs, a diet containing no flesh food.

Raw Food: A Raw Food Vegan diet is the diet God gave to humanity in the Garden of Eden. It is the diet that God gave the Israelites in the wilderness – Manna – the perfect “bread from heaven” that represented Jesus, the “bread of life from heaven.” And the diet we will eat in heaven and the New Earth will be vegan raw food, because 1) it's the way God created the food - raw, and 2) nothing will die.

Raw food is “live” food. It has anti-aging effects because it contains enzymes that assist digestion, enzymes that are inactivated by the heat of cooking above about 115 degrees

Fahrenheit. Enzymes are the life force of a food, helping us to digest food and absorb nutrients. When we consume cooked food, our bodies are forced to work harder to produce the enzymes denatured by cooking. Over time, a lack of enzymes from food can lead to digestive problems, nutrient deficiency, accelerated aging, and even weight gain.

Cooking food can diminish its nutritional value. For example, the cancer-fighting compounds in broccoli, sulforaphanes, are greatly reduced when broccoli is cooked. Certain vitamins, such as vitamin C and folate, are destroyed by heat.

Organic Food: Food that is grown in fertile soil, providing maximum nutrition for the plant, without the use of pesticides. Organic food is considered the most nutritious food one can eat.

Pre-washed packaged produce: In 2012 the Food and Drug Administration issued more than 20 recalls for packaged salads, romaine lettuce or spinach. Most were due to tests finding listeria or E. coli bacteria, both of which can cause serious illness. Of course, unpackaged greens are potential carriers of disease-causing bacteria so they must be thoroughly washed as well.

Processed Food: This term generally applies to foods that have been modified from their original raw or freshly home cooked state. They usually contain additives such as preservatives to add shelf-life, food dyes, fillers, flavor enhancers, or other chemicals. They generally lose a significant amount of their nutrients, and the additives are all harmful to your health.

Even foods that some consider healthful, are processed foods, including bread, other refined grains, including white rice, all types of pasta, refined oils, packaged foods, all “convenience” foods, and all fast foods.

Frozen Food: The Frozen Food industry promotes the idea that Frozen Food is not only as good as fresh fruits and vegetables, but that it is actually superior because “it is picked at its optimum ripeness and frozen immediately to retain its nutrition.” What they don’t tell you is that before the food is frozen, it must be “blanched” meaning that it must be boiled or steamed for 3-7 minutes to **inactivate the enzymes** in order to decrease the deterioration of the produce during the time it is frozen, and to kill any bacteria that may be present.

Inactivation of the enzymes turns the frozen food into “dead” food – non-living food. Also, the “blanching” destroys up to 25% of the heat-sensitive vitamins, Vitamin C and folate, a very important B complex vitamin that is necessary for fertility in both men and women, and helps prevent congenital malformations (deformed babies).

GMO Foods - Genetically Modified Organism. These are plant or meat products that have had their DNA artificially altered by genes from other plants, animals, viruses, or bacteria, in order to produce foreign compounds in that food. These genetic alterations occur in a laboratory and are not found in nature.

Why are foods being genetically altered? There are many reasons, some acknowledged, some not. They include greed, convenience, control (and even enslavement) of farmers, and perpetuation of disease. Obviously, these reasons are evil, but you need to know enough about GMOs to avoid them as much as possible. Many companies are involved in this nefarious activity, but Monsanto is one of the largest.

Some of the major reasons that genetically modified foods are desired by agricultural corporations are the following: 1) their ability to patent the GMO seeds so farmers must pay high

prices for their seed every planting season, 2) the GMOs are resistant to the deadly pesticide Roundup, not surprisingly, made by Monsanto, so the crops can be heavily sprayed with large amounts of this pesticide that contains a highly toxic ingredient called glyphosate.

Genetically engineered (GE or GMO) crops are typically far more contaminated with glyphosate than conventional crops, because they are engineered to withstand extremely high levels of Roundup without perishing along with the weeds.

Glyphosate causes nutritional deficiencies and systemic toxicity. Even worse, it has been shown to cause cancerous tumors and severe kidney disease in laboratory animals. In addition, researchers from France's University of Caen suspect that Roundup might cause pregnancy problems by interfering with hormone production, possibly leading to abnormal fetal development, low birth weights or miscarriages.

Furthermore, there are new findings that the supposedly inert ingredients in Roundup amplify the toxic effect of glyphosate on human cells, even at concentrations much more diluted than those used on farms and lawns.

This is yet another instance of *man* trying to *improve* on God's created food. But, "You Can't Improve on God."

Needless to say, you should try to avoid all GMO foods. Unfortunately, because of the power and wealth of Monsanto, most attempts at forcing GMO foods to be labeled have been unsuccessful, at least in the U.S.

Hybrid fruits: Hybrid fruits are not genetically modified like those discussed above. They are simply the product of cross breeding two similarly related species, a process that dates

back to the early days of agriculture. Hybridization also occurs naturally in both animals and plants without human intervention. In the case of hybrid fruits, farmers simply breed two parent fruit trees through cross-pollination to create a hybrid fruit tree that produces fruits that have the most desired characteristics of its parents.

Examples of common hybrid fruits include the pluot (plum and apricot), tangelo (tangerine and pommelo) and grapefruit (pommelo and orange). In fact, the vast majority of produce that you consume exists due to hybridization and breeding. Most modern fruits and vegetables, including kale, carrots, broccoli, apples and bananas are essentially hybrids that are nothing like their ancient, wild counterparts.

Seedless Fruits: Seedless watermelons, grapes, bananas and oranges are not GMOs. Rather, seedless fruits are created from plants that are either not fertilized by pollination, or that have been pollinated but do not develop mature seeds.

Seedless fruit can be created by cross breeding normal fruit trees with fruit trees that contain extra chromosomes, that result in infertile offspring producing seedless fruits.

Hybrid fruits and vegetables are generally bred for flavor, color and convenience. However, they are said to be just as nutritious as traditional fruits. For example, a pluot can have a slightly higher sugar, vitamin C and fiber content than a standard plum, but a plum might have more beta-carotene. The differences between the two fruits, nutritionally, are negligible and no reason to choose one over the other.

As for seedless fruit, the difference in nutrition between a seedless navel orange and a seeded orange is negligible. However, seeded grapes may have a slight nutritional advantage

over seedless grapes due to the additional protein, minerals and fats (including omega-3s) that are available in the edible seeds.

There are no known risks associated with consuming edible hybrid and seedless fruits commercially available for sale. Since most fruit seeds are not consumed, there is no reason to choose seeded fruits over seedless fruits in most situations. Remember that almost all modern fruits and vegetables that we eat today are the products of hybridization.

Microwaved Food: Microwave ovens are a form of electromagnetic energy. Microwave ovens use alternating current that creates frictional heat that can convert the constituents in healthful food into forms that become poisonous to the nervous system and the kidneys. Eating microwaved food can cause changes in the blood, including decreased hemoglobin levels, increased white blood cells levels and increased cholesterol levels.

Microwaving of cereal grains, raw, cooked or frozen vegetables, or thawing of frozen fruits, all produce carcinogenic (cancer-causing) substances in the food. Changes in the blood of those who consume microwaved foods include, 1) an increased rate of cancer cell formation in the blood, 2) increased rates of stomach and intestinal cancers, 3) higher rates of digestive disorders, and 4) lymphatic disorders, leading to a decreased ability to prevent certain types of cancer.

Obviously, it is hazardous to your health to consume microwaved foods. But it is also dangerous to your cells, nerves, hormone production, and your brain, to stand within three feet of the microwave while it is working. Brainwave disturbances from exposure to microwaves can lead to loss of memory, loss of ability to concentrate, interruption of sleep, and slower intellectual processes. For more information on the dangers of

microwaved food and microwave ovens, see my book, "Getting Started on Getting Well."

Radiated Food: The FDA presently supports the use of Cobalt-60 culled from nuclear reactors on all domestically produced conventional food. The level of gamma-radiation used starts at 1 KiloGray, equivalent to 16,700,000 chest x-rays, and goes all the way up to 30 KiloGray, 500,000,000 chest x-rays or 10,000 times a human lethal dose.

Irridiation creates new chemical in foods called radiolytic products. Some of these products are known cancer-causing substances. Others are unique to the irradiation process and no one knows what effects these have on human health.

Irradiation destroys essential vitamins and nutrients that are naturally present in food. No studies have been done to show that a long-term diet of irradiated foods is safe.

Foods that have been exposed to radiation have second-rate nutrition and "counterfeit freshness." Irradiated fats tend to become rancid. Even at low doses, some irradiated foods lose 20% of vitamins such as C, E, D, and B complex. Because irradiation breaks down the food's cell walls, accelerated vitamin losses occur during storage – up to 80%. Ironically, irradiation both creates harmful free radicals and destroys the antioxidant vitamins necessary to fight them.

Irradiation produces toxic byproducts in the food. Ionizing radiation knocks electrons out of atoms and creates free radicals. These free radicals react with food components, creating new radiolytic products, some of which are toxic (benzene, formaldehyde, lipid peroxides) and some which may be unique to irradiated foods. No one knows the long term

impact of eating unknown quantities of these damaged foods, but it can't be positive.

Studies on animals fed irradiated foods have shown increased tumors, reproductive failures and kidney damage. Chromosomal abnormalities occurred in children from India who were fed freshly irradiated wheat.

Fortunately, the FDA currently requires that irradiated foods include labeling with the statement "treated with radiation" or "treated by irradiation" and the international symbol for irradiation, the radura, as shown below.



Pasteurized Foods: Foods that are exposed to a higher temperature for a period of time sufficient to destroy certain microorganisms that can produce disease or cause spoilage or undesirable fermentation of food, without radically altering taste or quality.

All store-bought packaged carrot juice must be pasteurized, by law, to prevent spoilage. Therefore, it has been cooked long enough to destroy the enzymes in the carrot juice.

When one is recovering from a serious disease, the

enzymes present in the fresh home-made carrot/apple and green leafy vegetable/apple juices are a critical part of the health plan necessary for the reversal of disease and the regaining of one's health.

Canned Foods: Preparation for canning also requires that fruits and vegetables go through the blanching process, boiling or steaming to inactivate the enzymes and destroy any possible bacteria. The heat inactivates the enzymes and decreases the amount of Vitamin C and folate.

Cooked Foods: Fresh organic produce that is home-cooked contains no preservatives, fillers, MSG, or any other chemicals, other than the salt or other spices you add yourself. Again, cooking one's food decreases the amount of vitamin C and folate, and it inactivates the enzymes, but with the exception of raw food, home-cooked, unprocessed, whole foods are the healthiest foods you can eat.

In Summary: The optimum nutrition is obtained by eating organically grown fruits, grains and vegetables. A diet of raw food is excellent, but cooked food adds variety. For a person suffering from a serious disease such as cancer, the diet should be at least 75% raw food, with the remainder being cooked, with the addition of the numerous fresh home-made vegetable juices I detail on my DVD, "You Can't Improve on God" as well as in my workbook, "Getting Started on Getting Well."

15

Jet Travel is Hazardous to Your Health

Flying is hazardous to your health. You are 35,000 feet in the sky, in a high-stress environment. Cancer-causing radiation (from the atmosphere) and toxic pesticides in the oxygen-deprived environment of an airplane cabin damage the health of every passenger on board. Everyone in the plane, except pilots in the cockpit, is forced to breathe the recycled cabin air that is dangerously low in humidity, air that often carries contagious diseases.

You are breathing in the exhaled air of every other passenger on board, air that has been poorly filtered.

According to surveys conducted at www.flyanna.com nine out of every ten passengers, at some time, become ill after flying.

Your Circadian Rhythm

The medical definition of **circadian rhythm** is any biological process that displays an endogenous, entrainable oscillation of about 24 hours. *Endogenous* means that it has an internal

cause; it is controlled internally by the body. *Entrainable* means that the circadian rhythm can be re-trained to a different rhythm, even though it causes some suppression of the immune system as it is entrained.

These rhythms are driven by a circadian clock, and rhythms have been widely observed in plants and animals, including human beings. The term *circadian* comes from the Latin *circa*, meaning “around” (or “approximately”) and *diem* or *dies*, meaning “day.”

The formal study of biological temporal rhythms, such as daily, tidal, weekly, seasonal, and annual rhythms, is called chronobiology. Although circadian rhythms are endogenous (“built-in” or self-sustained), they are adjusted (entrained) to the local environment by external cues called *zeitgebers* (pronounced zite-gaber), commonly the most important of which is daylight in human beings, specifically daylight coming into the eyes of the individual. http://en.wikipedia.org/wiki/Circadian_rhythm

Essentially all organisms on the planet have a circadian rhythm, or biological clock, that controls a wide variety of basic physiological and cellular functions that vary in a cyclical pattern throughout the day. Biological processes under circadian control include everything from sleep/wake cycles, to digestive enzyme production, to hormone release, to DNA repair.

At the cellular level, circadian rhythm is controlled by an elegant molecular clock or oscillator that runs with a periodicity of approximately 24 hours. To coordinate the circadian activities of the trillions of cells that make up the body, these individual peripheral clocks must be synchronized by a central pacemaker, much in the way that all timepieces on the planet are synchronized to Greenwich Mean Time (Coordinated Universal

Time).

In higher organisms, circadian clocks are synchronized to the light/dark cycle of the planet by the amount of light that enters the eye and hits specialized photoreceptors.

Disruption of circadian rhythm has significant physiological effects that are familiar to anyone who has ever experienced sleep deprivation, jet-lag or worked the night shift. Moreover, epidemiological studies have repeatedly shown that chronic disruption of circadian rhythm by shift work (exposure to light at night) or jet-lag are associated with chronic illnesses, including a significantly increased risk of developing breast and prostate cancers. http://eohhs.rutgers.edu/content/circadian_rhythm_carcinogenesis_chemoprevention

Hazards of Flying

Statistics show that many passengers die after they fly.¹

A number of newborns have reportedly died a day or two after flying; researchers believe this is caused by the prolonged oxygen reduction in the airplane.²

"Among World Bank employees, for example, insurance claims of men who travel internationally are 80% higher than those who don't travel at all."³

Jet Lag

Jet lag upsets the circadian rhythm of the body and thus befuddles the mind, profoundly affects one's tolerance and moods, and affects performance, as demonstrated by sports announcers' comments:

In football, "Blame the jetlag and not the partying."⁴

At the Olympics, "... loads of problems with jetlag."⁵

In chess, "Karpov complained of jetlag."⁶

Other symptoms of jet lag include: loss of coordination, fatigue, blurred vision, insomnia, nausea, constipation, nervous tension, low blood sugar, sore throat, confusion, indecisiveness, disorientation, poor concentration, and memory lapses. Jet lag appears to affect in a negative way every system in the body.

Cosmic Rays

Solar radiation passes right through the aluminum skin of jets and exposes passengers to dangerous doses of radiation. The problem is so alarming that Dr. Robert Barish, Chief of Radiotherapy at New York's Cancer Institute, warns, "Frequent flyers should be classified as occupationally-exposed radiation workers."⁷

In everyday life, we also receive radiation exposure from X-rays, radar, nuclear power production and accidents, and radiopharmaceuticals. And the effects of harmful radioactive rays are cumulative.

The Federal Aviation Administration advisory for people who fly frequently is as follows: There is:

Increased risk of cancer.

Increased risk of birth defects in children resulting from parents' exposure to radiation before they conceive children.

Increased risk of harm to children in the womb (mental retardation, developmental abnormalities, childhood cancers).⁸

Surprisingly, radiation exposures for airline crew members are greater than those incurred by nuclear power plant workers.⁹ One study of commercial pilots found that pilots have a higher incidence of rectal and brain cancer.¹⁰ In another study, flight attendants were found to have twice the normal incidence of breast cancer.¹¹

Noise-Induced Hearing Loss

Audible levels inside jets, especially in galleys, can reach up to 96 decibels, high enough to cause permanent impairment when sustained for long periods of time.¹² In addition, high noise levels cause stress triggering the *fight or flight* reaction causing the adrenal glands to secrete hormones that can adversely affect the body, including cortisol that suppresses the immune system.

Dehydration

On long distance, high-altitude flights, humidity can drop to as low as one percent.¹³ By comparison, in the Arabian desert where Lawrence of Arabia suffered from dehydration, there is a relative humidity of 11-21%.¹⁴ Furthermore, passengers drink coffee, caffeinated soda, tea, and alcohol, all of which are diuretics that take more water out of your body than comes in with the drink.

Take your own water as there are few if any standards for water quality on airplanes.

Symptoms of dehydration include blurred vision, body

aches, anxiety and depression, headache, nausea, sore throat, weakened immunity, and swelling of the feet and ankles.

Blood Clots

At the 20th Congress of the International Society of Thrombosis Hemostasis (ISTH) held August 6-12, 2005 in Sydney, Australia, Symington and Stack, reported an apparent increase in Deep Vein Thrombosis (DVT = blood clots in the leg) in air travelers compared to non-travelers, first described as "Economy Class Syndrome" or "Traveler's Thrombosis" in 1977.

The incidence was attributed to cramped seating in the coach cabin. Prolonged periods of inactivity caused by space limitations may slow circulation and produce edema (swelling of the feet and legs). In addition, bent knees compress the popliteal vein (the deep vein behind the knee), creating a potential site for clot formation over time. Low oxygen, low humidity (dry air), and low cabin pressure at high elevations have a dehydrating effect that concentrates the blood, making it sluggish. This effect is worsened when passengers consume alcohol, coffee or caffeinated sodas, or do not adequately replenish water lost by dehydration.

Another group led by Anja Schreijer at Academic Medical Center and Leiden University Medical Center (Netherlands) investigated the issue further by comparing levels of the clotting factor, thrombin, in air travelers versus immobile non-flying individuals who watched movies for 8 hours. The clotting factor, thrombin, starts the clotting cascade and activates fibrinogen to form fibrin, the meshwork of a clot. They found a 223% rise in levels due to traveling compared to 46% rise due to immobility. This suggests that a mechanism other than immobility caused the travelers to be at an increased risk for blood clot formation.

A Dutch research group retrospectively surveyed the occurrence of Deep Vein Thrombosis (DVT), a blood clot in the leg, amongst employees of three international companies for four weeks and the occurrence after a flight of at least four hours. Compared to non-traveling employees, the frequent flyers were found to be 3.65 times more likely to develop a DVT.

In the absence of large-scale studies, some airlines feel there is no scientific basis to warrant thrombosis prevention on flights. Ironically, most airline in-flight magazines include extensive instructions on how to avoid DVT during flight. However, the apparent increase in risk has prompted some afflicted travelers to cite the Warsaw Convention of 1929, which holds airlines liable for damages when passengers are injured by an accident, as grounds to file negligence claims against the carriers.

Disease

Air Quality: "Severe infections inevitably result from the prolonged recirculation of mixed viruses with 450 people in the confined space of an airplane," according to Jacques Mar, M.D.¹⁵

"Further, many airlines neglect to regularly clean cabin air filters. Filters are often gummy with debris."¹⁶

A 1994 Harvard study found that, although "in recent years, professional engineering societies have revised ventilation standards towards increasing fresh air, aircraft designers have actually reduced the fresh air." In addition, "carbon dioxide levels were substantially higher while aircraft were on the ground."¹⁷

"The effects of someone spreading a contagious disease are not confined to a flight. Aircraft can be contaminated for many days. Respiratory droplets, spread by coughing, sneezing,

even talking, accumulate on bulkhead panels, upholstered seats, and in circulation systems. Although the low relative humidity present in most aircraft during flight can be deadly for some bacteria, such conditions probably augment the viability of most viruses.¹⁸

More Recycled Air, More Diseases

The airlines have influenced the aircraft manufacturers to produce newer planes with less fresh air capacity. And unfortunately, there are no rules protecting the air quality for passengers. The airlines systematically reduce the fresh air as a budget-cutting ploy, similar to the way a car owner turns off his air-conditioner to save on gas. In cars, of course, the air-conditioner is for comfort. In jets, it is for life support.¹⁹

"To save money, the airlines mix at least 50% recycled air with fresh air pulled in from outside, reducing operating costs. Commercial jets rarely provide passengers with all the air jets are capable of supplying. On most jets, 747's for example, pilots flick off one of three available air packs as standard operating procedure."²⁰ Yet, the air in the cockpit for the pilots is significantly better and fresher than that for the passengers and the rest of the flight crew. That the pilots have more oxygen while they are flying the plane is at least something for which to be thankful.

Toxic Chemicals, including Pesticides

The airplanes are sprayed with a strong pesticide at least every eight weeks. A second type of residual spraying occurs in the U.S. at the last airport before a plane leaves for the Bahamas, Granada, Barbados, Bermuda, Jamaica, Trinidad, Panama, Argentina, Uruguay. These pesticides come with a warning, "Dangerous to humans. Avoid breathing vapors. If

inhaled, remove victim to fresh air.”

Cargo compartments are also routinely sprayed causing contamination of checked luggage.

Pesticides can cause symptoms of anxiety, burning eyes, chest pain, confusion, depression, fetal birth defects, headache, irritability, memory loss, shortness of breath, thirst, and weakened immunity.

In addition, the plastics and fabrics in new airplanes often produce “out-gassing,” the escaping of chemicals from these materials causing toxic gases breathed in by the passengers.

Cancer

Airline pilots have up to 25 times the rate of the systemic cancer, Malignant Melanoma, compared to the general population, according to a study at the University of Reykjavik in Iceland.²¹ This enormous increase appears to be unrelated to the increase in radiation from the high altitudes of flying, but, instead is associated with extreme jetlag, being more common among those flying over five time zones. Previous research by Danish scientists showed that long-serving pilots and cabin crew also have a higher risk of leukemia²²

Stress

Traveling is always stressful, particularly now with the long lines for increased security checks. Stress triggers the *fight or flight* response, causing specific hormones to be released by the adrenal glands. One of those is the steroid hormone, **cortisol**, known more formally as **hydrocortisone**. On the top of each kidney sits an adrenal gland. The outer part of the adrenal gland is called the cortex and produces steroid hormones

such as cortisol (cortisone – that decreases inflammation and **dramatically suppresses the immune system**), aldosterone, a hormone that plays a central role in the control of blood pressure, and testosterone, a hormone responsible for the proper development of the male sexual organs, and later in a male's life, responsible for energy, mood and sexual function.

The inner part of the adrenal gland is called the medulla and produces epinephrine and norepinephrine, that are commonly called adrenalin and noradrenalin. These hormones are released into the body in response to stress in order to survive immediate threats or prepare for the exertion of rising to a new day. However, prolonged cortisol secretion (that may be due to chronic stress) results in significant physiological changes, including suppression of the immune system.

The Fight or Flight Response

Normally, cortisol is present in the body at higher levels in the morning, and at its lowest levels at night. Although stress isn't the only reason that cortisol is secreted into the bloodstream, it has been termed "the stress hormone" because it's also secreted in higher levels during the body's **fight or flight** response to stress, and is responsible for several stress-related changes in the body. Small increases of cortisol have some positive effects:

- A quick burst of energy for survival reasons
- Heightened memory functions
- A burst of increased immunity
- Lower sensitivity to pain

While cortisol is an important and helpful part of the body's response to stress, it's important that the body's relaxation

response is activated after the stress is over so the body's functions can return to normal following a stressful event. Unfortunately, in our current high-stress culture, the body's stress response is activated so often that the body doesn't always have a chance to return to normal, resulting in a state of chronic stress.

Higher and more prolonged levels of cortisol in the bloodstream (like those associated with chronic stress) have been shown to have negative effects as we have discussed in previous chapters, such as:

- Impaired cognitive performance
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slow wound healing, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, the development of metabolic syndrome, higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL) that can lead to other health problems!

To keep cortisol levels healthy and under control, the body's relaxation response should be activated after the fight or flight response occurs. But you can make lifestyle changes in order to keep your body from over-reacting to stress in the first place.

Bad Food on the Airplane and in Restaurants

It is virtually impossible to eat properly while traveling, whether by air or ground transportation. All the food available is processed, containing chemical flavorings, MSG, and preservatives, causing pollution to the body and a major increase in toxicity. When bad food is added to the deadly factors of dehydration, constipation, inactivity, and low oxygen, it's not difficult to understand why air travel can be so destructive to the traveler's mind and body, particularly the immune system, the one system the person needs to keep him well.

Traveling long distances by car is also prohibited when one is trying to reverse cancer or any other life-threatening disease. It is impossible to follow the Health Plan with 100% commitment while traveling, even when traveling by motor home. The living quarters are cramped, the kitchen facilities are rarely adequate, it is often difficult to find organically grown produce in a strange city or other unfamiliar area, and traveling to unfamiliar places has so many uncertainties that it increases one's stress.

When you have a serious disease, everything in your life must be geared to Getting Well. That is, by far, best accomplished in your own home, not while traveling. You need to stay home, in comfortable and familiar surroundings, with all the necessary kitchen utensils and equipment necessary for recovery.

Reversing your disease must be the top priority in your life, and everything else must be secondary. It takes self-control to do what is right, the same self-control that you must have to follow the Health Plan with 100% commitment.

Don't allow temptation to sabotage your plans for recovery. Stay home and Get Well. After you are completely well, there will be plenty of time to visit family and friends, and share with

them your miracle of recovery by God's Natural Health Plan.

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16

What's Wrong with Yoga?

Christians and Health

Gary Kah, author of *Enroute to Global Occupation*, a 1991 book that was way ahead of its time, discussed the forces involved in forming a One World Government. In 1998, his second book was written, "The New World Religion" that also contains much important information on globalization.

In one chapter, "Mysticism and Medicine," he discusses the origins of New Age (Eastern) medicine: Mind/Body/Spirit Yoga, meditation, visualization. New Age spirituality maintains that God is the sum total of all life, the "life force" that flows through all living things. "New Agers believe that this life force flows through our bodies and determines our state of health. Many promoters of holistic health see most of our problems as the result of the misalignment of this latent energy within the body. Supposedly, by manipulating this force in a prescribed fashion, one can restore alignment, and therefore, health. This mysterious energy appears to be a 'spiritual' force that can only be explained through a pantheistic/occult belief system and, interestingly enough, only seems to 'work' for those who have faith in, or submit themselves to this system."¹

In the teaching of Yoga, meditation and visualization, much

attention is given to the concept of Kundalini which is defined as the **serpent force** coiled at the base of the spine. Read what Yoga and meditation practitioners say. In an article entitled, “Is it Safe to Awaken the Snake?” author Nora Isaacs writes the following:

“A kundalini awakening is when energy flows freely upward through the chakras and leads to an expanded state of consciousness. But is it safe?

“**Kundalini** energy rests like a coiled serpent at the base of the spine. When this dormant energy flows freely upward through the seven chakras (energy centers) and leads to an expanded state of consciousness, it’s known as a **kundalini** awakening.

“For some, the experience can be blissful and filled with feelings of love and a sense of the interconnectedness of all things. For others, it can feel more like a bad drug trip, or even a psychotic break, where practitioners go through altered sleep cycles, changes in identity, or depression. This discrepancy has led many Westerners to fear the coiled serpent resting in their spine, ready to strike.

“**Meditation** teacher Sally Kempton had such an awakening in her late 20s, and while she acknowledges that the experience may be scary for those who are without an experienced teacher to guide them, she believes that awakenings are a gift from the universe. ‘In our tradition, we honor and respect **kundalini**,’ she says. ‘Her energy is trying to awaken you, expand you, and put you in touch with your own deep energy, which is a fundamentally benign process.’¹²

It is not coincidental that the “force” that is being “awakened” is the **Serpent Force!** This is clearly Spiritualism – Satanism –

the encouraging of Satanic spiritual forces to overtake one's body. This is, indeed, dangerous!

Aren't Yoga exercises harmless?

Is Yoga just Relaxation – or is it Occult?

Here's how another young practitioner describes it.

"Yoga is a path for transcending the ordinary mind (who you think you are) in order to merge with your "higher SELF" or "God SELF." Yoga means "to yoke" -- to yoke with Brahman (i.e., the "Infinite," the "Universal Spirit," the impersonal force that the Hindus call "God") via the realization of **an altered state of consciousness**, thereby theoretically releasing oneself from the bondage of endless reincarnation. Yoga comes out of the Hindu Vedas. It can be traced back to Patanjali, who was a religious leader. Shiva, one of Hinduism's three most powerful gods, was known as "The Destroyer" -- he's called Yogi Swara or the "Lord of Yoga."

This is the worship of pagan gods! Opening one's mind to an "altered state of consciousness" is again very dangerous. This is the antithesis of having a relationship with Jesus Christ, the only One who has "promised to heal ALL your diseases" (Psalm 103:3) but only if you do it His way, and only His way.

Consorting with the forces of the "Serpent" is definitely **not** God's way.

Consider the following portion of an article from a secular newspaper:

"It is estimated that there are 10,000 yoga teachers in

the United States, who teach between 4 and 5 million students a week. Yoga is a program that involves conscious stretching, deliberate movements, controlled breathing and relaxation exercises. Its purpose is to develop strength, flexibility, balance, body alignment, body awareness, muscular balance, calmness and controlled breathing. Yoga originated from a school of thought in the Hindu religion, that suggests that postures can isolate the soul from the body and the mind.

“Yoga instructors say they have received a handful of complaints from people who believe yoga is intertwined with mysticism and the occult. We acknowledge that yoga does indeed come from a portion of India's **Hindu religion**...”³

Unfortunately, even professing Christians are unaware of the dangers of Yoga.

“Every Yoga teacher is, in effect, a Hindu or Buddhist missionary, even though he or she may wear a cross, insist that Jesus was a great Yogi, and protest that Yoga is not a religion, but science. This is the most blatant of lies. Yet it has been so widely proclaimed and believed that in America's public schools, beginning in kindergarten and in almost every other area of society today, Yoga and other forms of Hindu-Buddhist occultism are taught and accepted as science. In contrast, Christianity has been thrown out of the schools and is being crowded out of every other area of life in the ‘broad-minded’ move to replace religion with the New Age ‘science’!”⁴

Awakening the **Serpent force** at the base of the spine?
That should be a huge red flag!

Yoga is clearly a New Age concept that is deeply religious

and pantheistic in its origin. It is widely practiced and supported by New Age proponents. The New Age movement denies the reality of sin and total depravity, and believes that man is generally good and is divine. They teach that there is a god within us, and we are to harness that and develop it through meditation and other metaphysical techniques. They teach that the only thing people need is enlightenment regarding their divinity. They believe that through reincarnation man is reunited with God.

They believe and teach the evolution of man as opposed to the Creation that is taught in the Bible. Yoga is also associated with imagery, visualization, hypnosis, mind magic, chanting of *mantras*, positive thinking, and Silva mind techniques that are not only unbiblical, but are potentially dangerous. When practiced by professing believers, it allows a certain external spiritual influence in our lives, that is inconsistent with, and disallowed (2 Cor. 6:14-18) in, the teachings of the Bible (2 Cor. 4:4).

The practice of Yoga is pagan at best and occult at the worst. Its teachings emanate from the Eastern religions, all of which teach that *self* is God - - "only we just don't realize it."

The goal of Yoga is self-realization and to declare 'self' to be God. Nothing could be more "religious" than that, yet all of the Yogis insist that practicing Yoga will not change anyone's religious beliefs. This totally pagan system is being widely practiced throughout the Western world as Transcendental Meditation and other forms of Yoga.

Yoga, which is at the very heart of Hinduism, calls itself *science*, and thus has become an integral part of Western society, where it is taught in nearly every YMCA or YWCA, in

clubs, in public schools, in industry, and in many churches. "Deceptively dressed in Western clothes, Yoga has gained acceptance in medicine, psychology, education, and religion under such euphemisms as 'centering,' 'relaxation therapy,' self-hypnosis and 'creative visualization.' Yoga is designed to lead to the 'realization' of one's true *godhood* through an inward meditative journey that finally locates the ultimate source of everything within the human psyche."⁵

Yoga teaches that man has become his own god.

"There is a common misconception in the West that hatha-yoga, one of about ten forms of Yoga that supposedly leads to self-realization, is merely a neutral form of exercise, a soothing and effective alternative for those who abhor jogging and calisthenics...However, Hatha-yoga is 'one of the six recognized systems of orthodox Hinduism' and is at its roots *religious* and *mystical*. It is also one of the most difficult and potentially spiritually dangerous forms of Yoga.

"The term *hatha* is derived from the verb *hath*, which means 'to oppress.' What the practice of hatha-yoga is designed to do is suppress the flow of psychic energies through these channels ("symbolic, or psychic passages on either side of the spinal column"), thereby forcing the 'serpent power' or the *kundalini* force to rise through the central psychic channel in the spine (the *sushumna*) and up through the *chakras*, the supposed psychic centers of human personality and power. Westerners mistakenly believe that one can practice hatha-yoga apart from the philosophical and religious beliefs that undergird it. This is an absolutely false belief. You cannot separate the exercises from the philosophy. 'The movements themselves become a form of meditation.' The continued practice of the exercises will, *whether you intend it or not*, eventually influence you toward an Eastern/mystical perspective. *That is what it is meant to do!*

There is, by definition, no such thing as 'neutral' Yoga."⁶

Christians who think they're getting relaxation and/or exercise, are really getting Hinduism! They think they're getting science, but they're getting religion. It's mislabeled and it's dangerous!

Yoga is really pure occultism. Virtually every major guru in India has issued warnings that deep-breathing techniques such as the ones taught in Yoga are a time-honored method for entering altered states of consciousness and for developing so-called psychic power.

"Yoga is one of the basic means of reaching this altered state of consciousness. And the altered state is the doorway to the occult. In an altered state, reached under drugs, **Yoga**, hypnosis, etc., this passive but alert state, the functioning of the mind is altered. That allows another spirit to interpose itself and create an entire universe of illusion. You've then opened yourself up to sorcery. People are literally teaching themselves how to be demonized, all in the name of developing one's full potential."⁷

Even with all this information, many Christians still insist that Yoga is nothing more than a system of exercises. They believe they can participate in Yoga without embracing any of the paganism or occultism that is its origin.

But everything in life is a choice. Will we choose God and His ways, or the Adversary and his ways? Christians who insist on practicing Yoga, thinking it is innocuous, are turning their back on God and inviting the Adversary into their life. This removes them from the protection of the Lord and puts them dangerously under the control of the Serpent force – Satan.

By practicing Yoga, even “just for exercise,” we are transferring our allegiance from God - - to Satan and his disastrous evil forces.

Yoga, meditation, visualization, and other such New Age techniques are part of the plan of the New World Order Illuminati to deceive the population, both Christians and non-Christians, into accepting the Occult, a very prominent and important part of the coming One World Religion, the intent of which is to destroy Christ, Christianity, and Christians.

The New Age religion, and all of its trappings, promotes the theory that if we all get together and focus on the hidden “god powers” within us, that eventually we can, ourselves, all become “gods.” They believe that we came from slime – or dust – or matter – and we have been climbing the evolutionary ladder for millions of years. And eventually we will all become our own “god.”

This, of course, is the deception of Satan.

The Bible tells us that humanity was created perfect by God, and because Adam and Eve sinned, and death was transmitted to all their descendants—the entire population of the world—we have become separated from God and have fallen into the depths of degeneracy.

The only way we can recover is to allow Jesus Christ into our life, to make us a “new creation” in Christ, to redeem us. It is useless for us to “look within ourselves” for the power to do right. Our help must come from “outside” of us; it must come from Jesus Christ.

True Christianity is the antithesis of New Age teachings. Christianity teaches that there is no goodness “within us” and that we must obtain our *goodness* from outside ourselves: from

Jesus Christ.

Medicine and the Great Deception for Christians

It is very true that New Age teachings are deceiving Christians every day. But in more ways than just the obvious. Unfortunately, Gary Kah, in his book "The New World Religion" falls directly into the trap of the occultists. He properly exposes the Satanic roots of New Age, Eastern religion and its Mind/Body/Spirit occult teachings, but here is his deceptive *solution*:

"God works through competent physicians to alleviate pain and restore health. . . There is also sickness unto death in which case God will not heal us because He has determined that our time on this earth is completed. Pursuing occult remedies is not one of His options."⁸

Do you see again how Satan has something for everyone? Gary Kah understands the dangers of pursuing the occult, whether through outright Satanism, or through Satanism "dressed up" in New Age clothes.

But Gary Kah has been deceived by Satan who has now "dressed up in the white coat" of organized medicine. Kah doesn't understand that God has Promised to "heal ALL our diseases" (Psalm 103:3) but only if we follow God's natural ways, rather than going to doctors.

Kah does not understand that God has promised to "keep us **free from every disease IF we follow His laws, commandments and decrees**" (Deut 7:11-15). Nor does he understand that God refers to **all** drug medications as "Sorceries and Witchcraft" in Revelation 18:23:

"... by their **Sorceries** were all men deceived. . ."

The word *sorceries* in the Greek is *pharmakeia*: pharmacy = drug medications.

Drugs never cure disease. They only change the form or location of the disease because they only treat symptoms and not the underlying cause of the disease. And all drugs have serious adverse side effects. There are, on average, over 100 serious side effects for almost every drug prescribed by physicians. They negatively impact every system in the body (including the brain) causing other diseases – and even death.

God wants us to turn to Him—and get well—by following His natural methods, using only the things that God has created, and using them only in the form that God created them, not modified by *man*.

In addition, all diseases begin in the *heart*. They are *spiritual* problems long before any physical symptoms appear in the body. They are *spiritual* problems because we want to live, think, act, eat, and handle stress **our** way, rather than God's way.

Diseases don't "fall from the sky" nor do they "just happen" nor are they genetic. We give them to ourselves slowly, one day at a time, over a long period of time, by the way we live, think, act, eat, and handle stress. In order to reverse our disease, we must **change** the way we live, think, act, eat, and handle stress; we must be willing to change everything in our life. We also must learn to forgive everyone who has ever wronged us, we must learn to love our enemies, we must learn to give up anger, grudge-holding, fear, anxiety, and worry, and learn to trust God—and **not** doctors—with everything in our life.

Christians *think* they trust God when they are really trusting *man* – doctors! But the Bible says:

"We ought to obey God rather than man." Acts 5:29

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17

Do I Really Have to Stop Working?

“Wherefore the Lord said, Forasmuch as this people draw near Me with their mouth, and with their lips they do honor Me, **but their heart is far from Me**, and their reverence toward Me is taught by the **commandments of men.**” Isaiah 29:13

Christians “talk the talk” but rarely do they “walk the walk.”

A Crisis always reveal a person's true Character

Christians say they trust in God, but a crisis always reveals a person's true character. A crisis reveals if a Christian believes in God and His ways or in man and man's ways.

When confronted with severe financial difficulties, when confronted with the loss of a child or other close loved one, or a seriously troubled marriage, or a life-threatening illness, or any other seemingly insurmountable problem, Christians virtually always turn to man, and not God. They turn to counselors, pastors, support groups, doctors, psychologists, and almost any other human being; but rarely do they turn to God.

Certainly, a Christian will pray to God, usually to complain or ask God why He has “brought this terrible problem on them,” but for **real** solutions, Christians turn to man.

Christians believe in **self**-defense, rather than committing themselves and their family to God’s care and protection.

Christians go to doctors and submit to horrific *treatments* that destroy the wonderful immune system God has given them to get them well and keep them well, rather than turning to God who has promised to “heal ALL our diseases” (Psalm 103:3) if we follow His ways, rather than the ways of man (doctors).

Christians depend on secular support groups or those in churches for their emotional sustenance when things go bad, rather than turning to God and searching His Word for the emotional “bread from heaven,” Jesus Christ, who knows how to heal every broken heart and every diseased body.

“Do not worry about your life”

Recently I received an e-mail from a woman who had just been diagnosed with cancer. Her question was, “I feel fine. Is it possible to follow the Health Plan properly and still lead a normal life, continuing to work and do the other things I usually do?”

My answer was, and is, an emphatic “No.” In order for your body to produce a cancerous tumor, it has to be very, very sick, even though you may not **feel** sick at the time of diagnosis. A sick body needs rest—lots of rest—and freedom from stress.

It is impossible to continue to work while trying to follow the complete Ten Step Health Plan. I’m going to repeat that!

It is impossible to continue to work while trying to follow the complete Ten Step Health Plan. You must quit your job.

“But how will we live? I’m the sole support of my family.”

This is a perfect example of lack of faith. Christians believe that if **they** can’t figure it out, neither can God. They *worship* God as though He were a mere man.

“Because that, when they knew God, **they glorified Him not as God. . .** but changed the glory of the incorruptible God into an **image made like corruptible man. . .**”
Romans 1:21-23

You are in a fight for your life. You have a life-threatening disease that is trying to kill you. You cannot live your life as though it is “business as usual.” If you do, **you will fail** to reverse your disease.

Then who will take care of your family when you’re dead!

“Seek ye first the kingdom of God and His righteousness, and all these things will be added unto you.” Matt 6:33

Jesus Christ tells us:

“Therefore I say unto you, do not worry about your life, what you shall eat, or what you shall drink: nor yet for your body, what you shall put on. Is not the life more than food, and the body more than clothing?

“Behold the fowls of the air: for they do not sow, neither do they reap, nor gather into barns; yet your heavenly Father feeds them. Are you not much better than they?

"Which of you by worrying can add one cubit to his height?

"And why do you worry about clothing? Consider the lilies of the field, how they grow; they do not toil, nor do they spin (yarn for clothing).

"And yet I say unto you, That even Solomon in all his glory was not clothed like one of these.

"Wherefore, if God clothes the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe you, **O ye of little faith?**

"Therefore, do not worry saying, What shall we eat? Or What shall we drink? Or, Wherewithal shall we be clothed?

"(For after all these things do the Unbelievers seek) for your heavenly Father knows that you have need of all these things.

"But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.

"Do not worry about tomorrow. For tomorrow shall take thought for the things of itself. Sufficient unto today is the trouble thereof." Matt 6:25-34

You must be free from the stresses of a rigid schedule, free from the pressures of a working environment, as well as the stresses of the home environment. That doesn't mean you should leave your home, because that's the best place to get well. It just means that you must learn to leave those stresses

with the Lord.

If you are married, your husband must begin carrying more of the load at home. If he refuses to help, God will give you the strength to persevere. If you have children old enough to participate in the care of the home and in the care of younger children, they must step up to the plate and help you. If you have extended family that can help, accept their help.

You cannot continue doing the things that made you sick, and expect to get well.

You must have time to study my health materials diligently and repeatedly. You must have quiet time to think, time to be alone, time to reflect on your life, time to spend with the Lord in Bible study and prayer. You must have time to walk daily – alone – so God can impress on your mind the things He wants to teach you. Your walking time should not be spent chatting with a friend or relative. You must let your mind, your heart and your body rest.

You cannot get well while you are worried, hurried, harried, or pressured because those are the very things that have contributed to your illness.

“Be still and know that I am God.” Psalm 46:10

God wants you to Slow Down. He wants you to “be still” and know that He is God, know that He has promised to take care of you – if you trust Him. He wants you to give your will over to Him, rather than trying to figure out everything for yourself. He wants you to give up your right to yourself, and give it over to God.

God did not give you a brain so “you can figure things out.”

God gave you a brain so you can accomplish what **He, in His Word, tells you to do. He wants you to do what He has “figured out.”**

God instructs us even in the smallest details of life. God instructed Noah, down to each minute detail, regarding the building of the ark. God instructed Moses, down to the smallest technicality, regarding the building of the sanctuary in the wilderness. And God, in His Word, instructs us very specifically in the way we should care for our body, heart and mind.

He promises to “keep us free from every disease IF we follow His laws, commandments and decrees.” Deut 7:11-15

He does **not** promise to make us well while we continue doing the things that made us sick.

Alone with God

Don't ask, “Why did this happen to me?” That's nothing but wasted effort and will only drag you down without accomplishing anything. **It has** happened to you, so deal with it. Start working to fix it.

And don't blame it on anyone or anything else. Take responsibility for your own illness and determine to reverse it.

“God gets us alone through suffering, sickness, temptation, heartbreak, disappointment, or by thwarted desires, a broken friendship. When He gets us absolutely alone, when we are destitute emotionally, physically, financially or spiritually, then He begins to teach us.

“There are vast areas of stubbornness and ignorance that God must reveal in each of us, but it can only be done when

Jesus gets us alone. Jesus cannot teach us anything until we quiet all our intellectual questions and get alone with Him.”

O. Chambers, My Utmost for His Highest, Jan 13

You are not your own. You were bought with a price.

You don't even have the right to decide your own treatment because you are not your own. God created you, and Jesus bought you back from this sinful world, by His death on the cross. Your only “right” is to do the “will of the Father” as Jesus did when He was on earth.

And the Father's will is that you “obey His laws, commandments and decrees” so He can “keep you free from every disease.” Deut 7:11-15

“God's perspective is that through His promises I will come to recognize His claim of ownership on me. For example, do I realize that my body is the temple of God's spirit, or am I condoning some habit in my body that clearly could not withstand the light of God on it?” Ibid. Mar 18

“What? Know ye not that your body is the temple of God's spirit which is in you, which ye have of God, and ye are not your own?

“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”
1 Cor 6:19,20

“Jesus said if we would obey the life of God within us, He would look after all other things. Did Jesus lie to us? Are His promises being fulfilled in our life? If not, it is because we are not obeying the life God has given us and have cluttered our minds with confusing thoughts and worries.” Ibid, May 22

God's goal is for us to be one with Him

"... that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us. . ." John 17:21

"God doesn't ask us if we want to go through some serious difficulty. No, He allows these things for His own purpose. The things we are going through either are making us sweeter, better, and nobler men and women, or they are making us more critical and fault-finding, and more insistent on our own way.

"God is working according to His own wisdom, accomplishing what is best for us. His goal is that we be one with Him." Ibid.

"Do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on." Matt 6:25

"Do not worry about your life. . ." Don't take the pressure of your provision upon yourself. It is not only wrong to worry, it is unbelief; worrying means we do not believe that God can look after the practical details of our lives, and it is never anything but those details that worry us. Have you ever noticed what Jesus said would choke the Word He puts in us? Is it the devil? No - - *the cares of this world* (Matt 13:22)!" Ibid. May 23

By faith, Abraham "went out, not knowing where he was going." Heb 11:8

Faithfulness to Jesus means that I must step out even when and where I can't see anything. When the disciples were in the boat on the Sea of Galilee and saw Jesus walking on the water toward them, they were afraid, thinking it was a ghost.

But Jesus calmed them by saying,

“Take courage. It is I; be not afraid.

“And Peter answered Him and said, Lord, if it is you, bid me come to you on the water.

“And Jesus said, Come. And when Peter had come down out of the ship, he walked on the water, to go to Jesus.” Matt 14:27-29

As long as Peter had faith in Jesus, he was able to walk on the water,

“But when he saw the violent wind, he was afraid: and beginning to sink, he cried, saying, Lord, save me.

“And immediately Jesus stretched forth His hand, and caught him, and said unto him, **O thou of little faith, why did you doubt?**” Matt 14:30,31

“Faith is not intellectual understanding; faith is a deliberate commitment to the Person of Jesus Christ, even when I can’t see the way ahead.” Ibid. Mar 28

“Do you believe that I am able to do this?” Matt 9:28

When the blind men came to Jesus asking for their sight to be restored, Jesus asked:

“Do you believe that I am able to do this?”

That’s the question you must ask yourself. Do you believe that Jesus Christ is able to do what He has already promised to do, including 1) provide all your needs – if you trust Him, and 2)

heal all your diseases – if you follow His laws, commandments and decrees? He promises, in His Word, to do both.

“My God shall supply all your need. . .” Phil 4:19

“He forgives all my sin and heals all my diseases. . .”
Psalm 103:3

When Jesus saw the man with an infirmity of thirty-eight years lying by the pool of Bethesda with all the others who were blind, paralyzed and lame, waiting for the waters to move, so they could enter the waters and, they hoped, be healed, He said to him:

“Do you want to be healed?” John 5:6

He asks the same of you, “Do you want to be healed? Are you willing to trust Me, and follow everything that I tell you to do, in order to be well? Are you willing to change everything about your life in order to reverse your serious disease?”

“Be anxious for nothing.” Phil 4:6

Faith in God means that you absolutely believe that God is capable of fulfilling His promises. Yet, most Christians fret and worry rather than trusting implicitly in the One who created their body, and the universe, and knows everything about all things.

“Do not fret – it only causes harm.” Psalm 37:8

“Worrying always results in sin. We tend to think that a little anxiety and worry are simply an indication of how wise we really are, yet it is actually a much better indication of just how wicked we are. Fretting rises from our determination to have our own way. Our Lord never worried and was never anxious,

because His purpose was never to accomplish His own plans but to fulfill God's plans. Fretting is wickedness for a child of God. All our fretting and worrying is caused by planning without God." Ibid. July 4.

The Lord tells us,

"I watch over My Word to perform it." Jer 1:12

"Rest in the Lord." Psalm 37:7

It takes time!

There are No "Quick Fixes."

We are so full of ignorance and pride that it takes time for Jesus Christ to reveal to us all the things we must change in our life.

Getting Well is a process. It takes time.

Understanding truth is a process. It takes time.

God opening our mind to our own problems is a process. It takes time.

Reversing all the damage we have done to our body for thirty, forty, fifty or even sixty years? That takes time.

Getting Well does not occur by saying: "I'll do this, and this, and that, and suddenly I'll be well." It takes time to rebuild our immune system.

God is teaching you patience, perseverance, determination, commitment, tenacity and self-control. That takes time.

God is changing your life permanently. That takes time.

"God doesn't work in commonsense ways, but only in supernatural ways. Don't deify common sense. If it is an impossibility, it is the very thing for which we have to ask. If it is not an impossible thing, it is not a real disturbance. And God will do what is absolutely impossible. But you have to come to the point of believing Him to be almighty." Ibid. Feb 29

"Is anything too hard for the Lord?" Genesis 18:14

Growing Up in Christ

We must come to Jesus Christ like little children, trusting Him as little children trust their parents—for everything. But then we must "grow up" in Christ.

When Christ imparts His character to us, we will exhibit the fruits of the Spirit of God: Love, Joy, Peace, Patience, Kindness, Goodness, Faith, Humility and Self Control.

It takes time for God to impart these characteristics to us. And it takes a lot of Bible study and prayer, alone with God.

Jesus has promised to "forgive ALL our sins **and** heal ALL our diseases" (Psalm 103:3) – **in that order**. When we finally realize our utter destitution, our inability to run our life properly, that **our own** plans have led us to disaster, and when we are convicted of our own sin in stubbornly refusing to give up our right to ourselves, we have made the first step in turning to God.

When we finally learn to trust God with everything in our life, He will forgive our sins and change our heart, so following His "laws, commandments and decrees" will become a joyful experience leading to a reversal of our disease resulting in

complete health.

“Without faith it is impossible to please God.” Heb 11:6

Faith is not some weak, pitiful emotion. Faith is the greatest effort of your life!

We are told in Hebrews, Chapter 11:

By faith, Abraham went out, not knowing where he was going.

By faith, Sarah, though ninety years of age, conceived a child – Isaac.

By faith, Moses refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God.

By faith, the walls of Jericho fell down at the sound of the trumpets.

By faith, valiant men of God subdued kingdoms, wrought righteousness, obtained promises. . .and out of weakness were made strong.

By faith, they overcame. And so can you!

18

Obedience

The Key to Understanding Truth

The ability to understand truth is not the result of superior intellect, it is not the result of advanced education in an Ivy League university, it is the result of obedience: obedience to God's Word. The majority of the richest and seemingly most intelligent, accomplished people in the world, at least by popular standards, are in utter darkness. They are unable to understand truth.

Knowledge is the collection of facts. But in order to assemble those facts in the proper way to reach the right conclusion, one needs **wisdom**.

And **wisdom** comes only from God.

"If any of you lack **wisdom**, let him ask of God who gives to all liberally, and without reproach, and it shall be given him.

"But let him ask in faith, never doubting. For he that doubteth is like a wave of the sea driven with the wind and tossed.

“For let not that man think that he shall receive anything of the Lord.

“A double minded man is unstable in all his ways.”
James 1:5-8

Without God, *man* has no wisdom!

Look at the *giants* in medicine who only give Drugs to *treat* symptoms **without** ever curing the disease. More and more people are developing cancer at younger and younger ages. “New” diseases are emerging. Seventy percent of Americans are taking at least one pharmaceutical drug, with all their horrific side effects softly mumbled by the announcer during the television drug advertisements while they show pretty pictures of people doing enjoyable things to distract you from the horrors of that particular drug.

Look at the *giants* in science who, through their research, are unable to find a cure for even **one** disease, even though they have received millions, billions, and even as much as a trillion dollars collectively in research funds. Scientists have knowledge, but no wisdom.

Look at the *giants* in politics who have brought America and the world to their knees with economic depression, threats of terrorism, loss of rights, violence in the streets, militarized police who kill eight times more Americans each year than terrorists do. Obviously, politicians have **no** wisdom.

Look at the *giants* in religion, the televangelists who live extravagantly like Hollywood celebrities, who become involved in financial and sex scandals while pretending to be ministers of Jesus Christ, while shamelessly continuing to beg for money from those who are barely able to pay their rent.

All are in darkness, with almost no understanding of truth. Only God can open our eyes.

Is it True That Only People With a Low IQ Believe in God?

A recent article published in a journal erroneously named *Intelligence* has stated that people who have high IQs are less likely to believe in God than those of average or below average intelligence. Obviously, their conclusion is that only stupid people believe in God.

But God's Word tells us that those who have the **"wisdom of the world"** are not able to understand spiritual things.

As you read this article below, think about those who are considered to have a high IQ, people like:

Stephen Hawking who doesn't even know how to be well, who is confined to a wheelchair with Lou Gehrig's disease, a totally preventable and reversible disease, unable to walk, talk, shake hands, or feed himself. He is totally helpless.

Ted Kennedy, who died of brain cancer, a totally preventable and reversible disease, and a horrible way to die because one loses all his ability to control his bodily functions, and doesn't even recognize his family as the cancer progresses.

Steve Jobs, an advocate of Buddhism, changed the world by developing the personal computer, iphone and ipad. But he died of pancreatic cancer, a disease that is preventable and reversible by following God's Health Plan.

Nobel prize winner, Linus Pauling and former Prime

Minister of Canada, Pierre Trudeau, both died of Prostate cancer, again, a disease that is preventable and reversible by totally natural methods.

Instead, all of these accomplished and brilliant notables chose to follow orthodox therapy, and four of the five are dead, with the fifth totally disabled from his illness.

These are the ones who are considered *intelligent* by human standards.

The Pharisees of the time of Jesus called for His execution. They, too considered themselves wise and intelligent, but they were so ignorant and so blind they didn't even recognize Jesus, their Messiah, when He was standing right in front of them.

He came from Galilee, an area in Palestine that was populated by mostly uneducated, blue-collar working people. Jesus spent most of His time in Galilee:

“ . . . where the common people heard Him gladly.”
Mark 12:37

Jesus chose all except two of His disciples from the ranks of the common working men; fishermen, tax collectors, etc. The two who were educated were 1) Judas Iscariot, the son of a Pharisee, Simon the leper. Judas not only stole money from the “bag” he carried as the treasurer of the group, but he also betrayed Jesus for money, 30 pieces of silver, just as the *Pharisees* of today would do, and 2) Paul, formerly Saul of Tarsus, whom Jesus personally chose, on the road to Damascus, to replace Judas as the twelfth disciple.

Paul was highly educated. In his position as a Pharisee, he persecuted and killed Christians before being converted

by Jesus Christ on the road to Damascus, where Paul was planning to arrest and imprison more Christians. Jesus had to blind Paul physically because Paul was so very blind spiritually. It was through Paul's physical blindness that he learned how to see spiritual truth.

The Pharisees of Christ's time were too arrogant to be willing to learn truth from Jesus Christ, a *Man* they considered to be nothing more than an itinerant *preacher* who was stirring up the people against them (by telling the truth). They wanted Him dead!

That is where worldly *intelligence* leads. **That** is the darkness in which the "rich and famous" are trapped.

The Wisdom of this World

The Bible says,

"The wisdom of this world is **foolishness** with God. He snares the wise in their own craftiness." 1 Cor 3:19

"Pride goes before destruction; and a haughty spirit before a fall." Prov 16:18

"O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps." Jer 10:23

"Trust in the Lord with all your heart and lean not on your own understanding. In all thy ways acknowledge Him, and He shall direct thy paths." Prov 3:5,6

Below is the article from the journal arrogantly named *Intelligence!*

Guess Who Doesn't Believe in God

People who have high IQs are less likely to believe in God than people of average and below average intelligence, according to Richard Lynn, emeritus professor of psychology at Ireland's University of Ulster.

Lynn claims that the general decline in religious observance over the last century is directly related to a rise in average intelligence. The smarter we are the more likely we are to shun religious services? Not so fast. Lynn's critics charge that his analysis is simplistic.

London's Telegraph reports that Lynn has previously provoked controversy with his research that links intelligence to race and gender. Now he's taking on God. Lynn insists that of all the population, university academics are the least likely group to believe in God. He bases this conclusion on a survey of The Royal Society, a learned society for science that serves as the academy of sciences in the United Kingdom, in which he found that only 3.3 percent believed in God, compared with 68.5 percent of the general population of the U.K. In the 1990s, a poll of the National Academy of Sciences in the United States found that only 7 percent of its members believed in God, while a 2008 Harris Poll found that 82 percent of the general U.S. population believes.

"Why should fewer academics believe in God than the general population? I believe it is simply a matter of the IQ," Lynn told the Times Higher Education magazine. "Academics have higher IQs than the general population. Several Gallup poll studies of the general population have shown that those with higher IQs tend not to believe in God."

And it's not just highly educated adults. Lynn says most children in elementary school believe in God, but as they grow

into adolescence and their intelligence increases, many begin to have doubts. As the populations of 137 developed nations have become more intelligent in the past century, their religious beliefs have declined, he insists.

The study findings have been published in the journal *Intelligence*.

<http://channels.isp.netscape.com/homerealestate/package.jsp?name=fte/intelligenceandbelief/intelligenceandbelief&>

Why don't these seemingly intelligent people believe in God? Why don't they understand the truth of how to be well?

How Can We Know Truth?

The key to understanding truth is - - - Obedience. When we obey all that we know, God will open our eyes, our mind, and our heart to the next truth He wishes to teach us.

“If any man will do His (God's) will, he shall know of the doctrine. . .” John 7:17

“If any man will do. he shall know.”

When we begin to obey what we already know, God will then lead us into the next truth we need to understand. Why should He open more truth to us if we're not obeying the truth that He has given us already?

Truth is progressive.

Truth is progressive. That is why we must study repeatedly. Each time we do, along with seeking the Lord in fervent prayer, God will open our mind a little more – then a little more – until we fully understand.

Jesus said to His disciples:

"I have yet many things to say unto you, but ye cannot bear them now. Howbeit when He, the Spirit of truth, is come, He will guide you into ALL truth..." John 16:12,13

Only when the disciples had the spirit of truth – the spirit of Jesus Christ living in them, were they finally able to understand truth.

Christians are worshiping *idols*

When man makes "man" his god, including the writings of the philosopher, the scientist, the doctor, rather than seeking wisdom directly from God, he is worshiping an idol, just as surely as if it were made of stone. And he will be blind to truth, because *man* has no answers. Only God has the answer to every problem in life.

"... man maketh a god. . . he falleth down unto it, and worships it, and prays unto it and says, Deliver me: for thou art my god." Isaiah 44:17

But God says:

"They have not known nor understood: for He (God) has shut their eyes, that they cannot see; and their hearts, that they cannot understand." Isaiah 44:17,18

You Don't Have the Right to Choose Your Own Treatment

If you are sick, you don't have the right to choose your own treatment. You only have the "right" to do as God directs. God created you, and Jesus paid the ultimate price for you: His death on the Cross. He owns you. He has the right to tell you

how to live.

“What? Know ye not that your body is the temple of God’s spirit which is in you, which ye have of God, and you are **not** your own?”

“For you have been bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”. 1 Cor 6:20

“If any man defiles God’s temple (your body), him will God destroy.” 1 Cor 3:17

And He is the only One who promises to “keep you free from every disease, if you follow His laws, commandments and decrees” (Deut 7:11-15). God does not work through doctors, whose only “treatments” are, 1) harmful drug medications that never cure any disease, but only cause additional diseases from their numerous serious side effects that destroy the wonderful immune system God has given you to get you well, or 2) mutilating surgery to remove your body parts or your organs. Neither of these *treatments* are approved by God because they lead you **away** from the many changes you need to make in your life in order to Get Well.

God’s promises are sure!

“God is the Savior of ALL mankind.” 1 Tim 4:10

“It is impossible for God to lie.” Heb 6:18

“Is anything too hard for the Lord?” Genesis 18:14

“Yea, I have spoken it, I will also bring it to pass: I have

purposed it, I will also do it.” Isaiah 46:11

“I watch over My Word to perform it.” Jer 1:12

“For it is written, I will destroy the wisdom of the *wise*, and will bring to nothing the understanding of the *prudent*.

“Where is the wise? Where is the scribe? Where is the debater of this world? Hath not God made foolish the wisdom of this world?” 1 Cor 1:19,20

The Greeks (nations = unbelievers) were famous for their philosophical and intellectual achievements and by their dependence on **reason**. They believed that the human intellect was able to penetrate into, and to comprehend, everything.

“To those who relied on philosophy, logic, science, and intellectual discoveries, the idea that one who was put to death by the most humiliating form of punishment used by the Romans—crucifixion—could save them, was sheer nonsense. The difficulty the philosophical mind experiences in accepting a crucified man as the Son of God is reflected in the following passage from Justin Martyr: “For with what reason should we believe of a crucified man that He is the first-born of the unbegotten God, and Himself will pass judgment on the whole human race, unless we had found testimonies concerning Him published before He came and was born as man, and unless we saw that things had happened accordingly” (*The First Apology* 53; *ANF*, vol. 1, p. 180). In Ch. 13 the apologist declares, “For they proclaim our madness to consist in this, that we give to a crucified man a place second to the unchangeable and eternal God.”

“Because the foolishness of God is wiser than men; and the weakness of God is stronger than men.” 1 Cor 1:25

This means that what God has devised for the salvation of man appears to be folly and weakness to those who are blinded by human philosophy. The language is rhetorical. There is, in reality, no foolishness or weakness with God, but His dealings with the human race seem to the unregenerate heart of man to be utterly foolish. But God's plans are vastly superior to man's, and God's plans can never fail.

“For consider brethren, how that not many wise men after the flesh, not many mighty, not many noble, are called.” 1 Cor 1:26

Jesus picked the majority of His disciples from the uneducated men in Galilee. The article in the journal *Intelligence* given above contends that those with a higher IQ are less likely to believe in God. That's not at all surprising because the more capable a person believes he is in making his own decisions, the less likely he will recognize his need for God to run his life.

In general, the higher I.Q. a person has, the more arrogant and self-sufficient he or she is. But when massive trouble eventually becomes real, there will be nowhere to turn, but to God.

Judas Iscariot was the only educated disciple of the first twelve. He was the son of a Pharisee. And, of course, he is the one who was arrogant, the one who was stealing from the “bag” (the purse that contained the money for the group), the one who sold Jesus for 30 pieces of silver, and the one who eventually committed suicide. When Judas Iscariot is resurrected for the Judgment, he certainly will realize that “his way” didn't turn out very well.

“But God hath chosen the foolish things of the world to confound (put to shame) the wise; and God hath

chosen the weak things (considered by the world to be “weak”) of the world to confound (put to shame) the things that are mighty.” 1 Cor 1:27

Jesus was considered an uneducated itinerant preacher. The Pharisees looked at Him with contempt yet they were astonished by the wisdom of Jesus, and asked, ‘How knoweth this man letters, having never learned?’ (John 7:15) They could not understand how anyone who did not attend the schools of the Pharisees could discern spiritual truth.

The same situation still exists today. The value attached to a man’s teaching is often calculated simply by the amount of formal education he has had. True education is that which makes the Word of God central and all-important. One who has obtained such an education will be humble, meek, and wholly surrendered to the leading of the Lord’s Word.

“. . . and the insignificant things of the world, and things that are despised, hath God chosen, yes, and things that are not, to bring to nothing things that are.” 1 Cor 1:28

“Insignificant” in this situation means literally “of no family,” hence used to describe a man of no name or reputation. This Greek word *agenes* signifies those who are held of no account among men. Paul is emphasizing the thought that God is in no way indebted to human skill or learning for the accomplishment of His purpose in the redemption of men. Humble, fully surrendered instruments are used by the Lord to show how vain and impotent are those who trust in worldly rank, power, wealth, and learning,

Jesus chose His disciples from among the uneducated and the poor for two reasons: (1) because their lack of arrogance

would make them infinitely more teachable, and (2) because Jesus was making it clear that when a person's heart is changed by the Lord, and his mind is opened to truth, he becomes a powerful witness for the Lord.

It is getting to know the Lord that makes us strong and wise. All wisdom comes from God (James 1:5). All ability to understand spiritual things, including the Bible, comes from God (1 Cor 2:14).

"That your faith should not be in the wisdom of men, but in the power of God." 1 Cor 2:5

That message is just as important to convey to Christians today as it was in Paul's time. Christians "think" they have faith in God – but their faith is in the wisdom of men (doctors, scientists, pastors, psychologists, etc.). They believe that God "works through" these experts. But it is not by the will or efforts of man that anyone is led to surrender himself to the Lord, but by the convicting power of God.

"Howbeit we speak wisdom among them that are mature: yet not the wisdom of this world, nor of the rulers of this age, that come to nothing." 1 Cor 2:6

Paul had not approached the Corinthians with philosophy, the *wisdom* of man, but instead, he had brought them a treasure of true wisdom from Jesus Christ.

Worldly-wise *great* men, with all their learning and achievement, are constantly being proved unreliable in the realm of spiritual truth. In the light of the wisdom taught by Christ, they are found to be ignorant and powerless.

"But the natural (soulish) man does not receive the things

of the Spirit of God: for they are foolishness unto him: neither can he know (understand) them, because they (spiritual things) are spiritually discerned (understood).”
1 Cor 2:14

The unspiritual man, the man who only understands with his five senses (the definition of “soulish”), cannot understand the things of the Spirit of God. They appear to be nothing but foolishness to him because spiritual things are only understood when one has the true spirit of God living in him.

The “soulish” man, the man with an unregenerate heart, can only understand human philosophy, not the spiritual things of God. Yet, those with an unregenerate heart, may attempt to “judge” the spiritual individual, but are unable to do so. The worldly-minded *natural* man cannot understand the joys and expectations of the spiritual man or the divine operations of the Lord.

Obedience Eliminates Confusion

“Whenever we experience something difficult in our personal life, we are tempted to blame God. But we are the ones in the wrong, not God. Blaming God is evidence that we are refusing to let go of some disobedience somewhere in our lives. But as soon as we let go, everything becomes as clear as daylight to us. As long as we try to serve two masters, ourselves and God, there will be difficulties combined with doubt and confusion. Our attitude must be complete reliance on God.”
Chambers, O., My Utmost for His Highest, Dec 14

“If any man will **DO** His will, he shall **KNOW** of the doctrine, whether it be of God, or whether I speak of Myself.” John 7:17

The way to find truth—to **KNOW** of the doctrine—is to **Obey**: to **DO His will**. If you want to learn more truth, you must obey what you already know. God will not bring you more truth, if you refuse to obey the truth you already have.

“God’s mark of approval, whenever you obey Him, is peace. He sends an immeasurable, deep peace; not a natural peace, ‘as the world gives,’ but the peace of Jesus.” Ibid.

Whether it is in spiritual matters or in health matters, Christians remain thoroughly confused, unable to understand truth, or even recognize it when they see it – **until** – they begin obeying all that they already know.

The majority of Christians don’t progress in their spiritual walk because they refuse to obey the truth they already have.

And one of the biggest reasons that Christians don’t follow God’s Health Plan is that they really don’t believe it; they don’t believe in Jesus Christ and His promises, **because** they refuse to obey the light they already have.

This is rebellion against God. This is what kept the Israelites from entering into God’s *rest*, the “peace that passes all understanding.”

The Goal of Obedience is “Knowing God.”

We are on this earth for one reason only: to get to Know God and to learn to Trust God with everything in our life. But it’s so much simpler to “get to know the church” and “trust the church” and “work for the church” while deluding ourselves into thinking all that is involved with “getting to know God.”

But, in reality, those activities and delusions actually lead

us **away** from God. Our dependence is on the pastor and his staff, and what they teach, and on small groups, and on other church members, and on church support groups, and on church group activities, and on family, rather than on God. The center of our social life and our *spiritual* life becomes the *church* and its activities, while we deceive ourselves into believing we are “getting to know God.”

“What we see as only the process of reaching a particular end, God sees as the goal itself. If I can stay calm, faithful, and unconfused while in the middle of the turmoil of life, the goal of the purpose of God is being accomplished in me.

“God’s purpose is to enable me to see that He can walk on the storms of my life right now...If we realize that moment-by-moment obedience is the goal, then each moment as it comes is precious.” Ibid. July 28

You must give up your right to yourself

“The nature of sin is not necessarily immorality and wrongdoing, but the nature of self-realization that leads us to say, “I am my own god. I have the right to do as I please.” This nature may exhibit itself in proper morality or in improper immorality, but it always has a common basis – my claim to my right to myself.” Ibid, Oct 5

Until you give up your right to yourself, and give it to God, you will remain in darkness. You will not be able to understand truth.

It is Obedience to **all** that you already know, and not intellectual superiority, that will give you the ability to understand truth. “God’s Spirit will lead you into All Truth” (John 16:13).

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Slow Down!

Character is Built in the Drudgery of Life

“When we are in an unhealthy condition physically or emotionally, we always look for thrills in life.”

O. Chambers, *My Utmost for His Highest*, July 20

Personality types: A, B, and - - - T?

Type A personality behavior was first described as a potential risk factor for heart disease in the 1950s by cardiologists Meyer Friedman and Ray Rosenman. After an eight and a half year long study of healthy men between the ages of 35 and 59, Friedman and Rosenman estimated that Type A behavior doubles the risk of coronary heart disease in otherwise healthy individuals.

The individuals enrolled in this study were followed well beyond the original time frame of the study. Subsequent analysis indicated that although Type A personality is associated with an increased incidence of coronary heart disease, it does not seem

to be a risk factor for mortality. This research had a significant effect on the development of the health psychology field, in which psychologists look at how an individual's mental state affects his or her physical health.

Type A

In his 1996 book, *Type A Behavior: Its Diagnosis and Treatment*, Friedman describes a Type A individual as ambitious, rigidly organized, highly status conscious, can be sensitive, truthful, impatient, always tries to help others, takes on more than he can handle, wants other people to get to the point, proactive, and obsessed with time management. People with Type A personalities are often high-achieving "workaholics" who multi-task, push themselves with deadlines, and hate both delays and ambivalence.

Type B

The theory describes Type B individuals as a contrast to those with Type A personalities. People with Type B personality by definition generally live at a lower stress level and typically work steadily, enjoying achievement but not becoming stressed when they do not achieve. When faced with competition, they do not mind losing and either enjoy the game or back down. They may be creative and enjoy exploring ideas and concepts. They are often reflective, thinking about the outer and inner worlds.

Type T

But now there is a third category, a Type T personality, for Thrill-seeker. Today, Americans have become addicted to their own adrenalin. They need to be stimulated constantly, every minute, not only by a constant stream of noisy, aggressive music, but also by extreme sports, including sky diving, hang

gliding, bungee jumping, wingsuit flying, BASE jumping, etc.

For those who are not familiar with wingsuit flying, here's an explanation. Resembling something between a flying squirrel and a snow angel, the **wingsuit** allows participants to leap out from a cliff on a high mountain, into the void, spread their arms and soar through the air.

In a sense, wingsuit flying is a cross between skydiving and hang gliding. Like both of these activities, wingsuit flying requires the flyer to either jump out of an aircraft or off a precipice to achieve a high enough altitude. While hang gliders can coast in for a safe landing, wingsuit flyers have to deploy their parachutes and float the rest of the way to the ground. They simply can't reduce their speed fast enough for a safe landing without the use of a chute.

But, until the moment they pull their parachute chord, wingsuit flyers can soar horizontally at high speeds and perform aerial acrobatics: all while descending at a rate much slower than that of a typical skydiver.

BASE jumping, also sometimes written as **B.A.S.E. jumping**, is an activity where participants **jump** from fixed objects, wearing a wingsuit, and use a parachute to break their fall. **BASE** is an acronym that stands for four categories of fixed objects from which one can **jump**: building, antenna, span (bridge span), and earth (cliff).

Everyone is addicted to his or her own adrenalin. **Are these "thrills" conducive to good health?**

The Fight or Flight Reaction

We will discuss again the physiological changes that are activated during the fight or flight response to give the body increased strength and speed in anticipation of fighting or running. The body immediately produces numerous different hormones in an attempt to insure that person's safety. Some of the resulting specific physiological changes and their functions include:

- * Increased blood flow to the muscles activated by diverting blood flow from other parts of the body.
- * Increased blood pressure, heart rate, blood sugars, and fats in order to supply the body with extra energy.
- * The blood clotting function of the body speeds up in order to prevent excessive blood loss in the event of an injury sustained during the response.
- * Increased muscle tension in order to provide the body with extra speed and strength.
- * The pupils dilate to help see with increased clarity.
- * Increased perspiration to prevent over-heating due to the increased metabolic rate.

While the fight or flight response is an adaptive reaction to provide increased energy and decreased pain transiently to escape from danger, prolonged increases in stress, whether domestic stress, job stress, financial stress, fear of the future, or stress from extended family or friends, can cause a variety of negative physiological and psychological effects, including:

Physiological effects

Headaches

Muscle tension and pain

Chest pain

Fatigue

Upset stomach
Problems with sleeping
Urinary problems

Psychological effects

Anxiety
Restlessness
Lack of motivation or focus
Irritability or anger
Depression

Behavioral effects

Overeating or undereating
Drug or alcohol abuse
Social withdrawal

Prolonged stress responses may result in chronic suppression of the immune system, leaving the body open to infections and other diseases.

During stress, the pituitary gland (a major endocrine gland in the brain) secretes the hormone ACTH (adrenocorticotrophic hormone). ACTH moves through the bloodstream and ultimately arrives at the adrenal gland where it activates the release of approximately 30 different hormones, including cortisol, that get the body prepared to deal with a threat.

The sudden flood of hormones such as, epinephrine (adrenalin), norepinephrine, cortisol and dozens of other hormones causes changes in the body that include:

heart rate and blood pressure increase

pupils dilate to take in as much light as possible

veins in skin constrict to send more blood to big muscle groups (responsible for the “chill” or “clamminess” sometimes associated with fear caused by less blood in the skin to keep it warm).

blood-glucose level increases

muscles tense up, energized by adrenalin and glucose (responsible for goose bumps -- when tiny muscles attached to each hair on the surface of skin tense up, the hairs are forced upright, pulling skin with them)

smooth muscle relaxes in order to allow more oxygen into the lungs

nonessential systems (like digestion) **shut down** allowing more energy for emergency functions

trouble focusing on small tasks (brain is directed to focus only on the big picture in order to determine from where the threat is coming)

All of these physical responses are intended to help you survive a dangerous situation by preparing you either to run for your life or fight for your life (thus the term *fight or flight*). Fear, and the fight-or-flight response in particular, is an instinct that every animal possesses.

But the fight or flight reaction is meant for short-term use only. When the immediate danger is passed, the body needs rest and repair from the actions of the adrenalin, cortisol and all the other hormones produced for the emergency. A major negative aspect of the fight or flight reaction is that cortisol

suppresses the immune system so it cannot fight disease.

When one is stressed, in any one of the many ways listed above, the fight or flight reaction is continually triggered, and all systems in the body begin to break down. This results in the development of disease, whether it is cancer, heart disease, fibromyalgia, chronic fatigue syndrome, autoimmune diseases, neurologic diseases, or any other disease, including Alzheimer's.

Whatever happened to introspection?

It's almost quaint to think that, 60 years ago, children in school were reprimanded by their teachers for day-dreaming, lost in thought, thinking about what they would do that afternoon, or the next day, or what they might become later in life.

Reading books, listening to classical music, time alone for introspection of one's life; those are old relics of the past, it seems.

Unfortunately, we are killing ourselves with our extremism. The body is not built to be constantly under stress. When it is, it becomes sick – and may die!

Few Read Books Anymore

According to a HuffPost/YouGov poll asking 1,000 U.S. adults about their reading habits, 41 percent of respondents had not read a book in the past year.

The number of U.S. adults who can't read at all is 32 million; that's 14% of the U.S. population. Twenty-one percent of U.S. adults can't read above a 5th grade level. Sixty-three percent of prison inmates can't read. Nineteen percent of high school graduates in America cannot read.

Decline in Classical Music

There has been an enormous decline in classical music. In 2013, just 2.8% of albums sold were categorized as classical. And there are only a handful of commercial classical music stations left in America.

Live classical music is less commercially viable than ever. Attendance per concert has fallen, according to Robert Flanagan, an emeritus professor at Stanford. But “even if every seat were filled, the vast majority of U.S. symphony orchestras still would face significant performance deficits.” Live orchestral music is essentially a charity case. The New York City Opera, once hailed as the “people’s opera,” recently filed for bankruptcy.

In 1937, the median age of attendees at orchestra concerts in Los Angeles was 28. Think of that!

Which brings us to demographics. Greg Sandow, a musician and writer, notes that back in 1937, before television, video games, and extreme sports, the median age at orchestra concerts in Los Angeles was 28. That was the year, by the way, that Tanglewood, the Boston Symphony’s summer festival, was founded.

Between 1982 and 2002, the portion of concertgoers under 30 fell from 27 percent to 9 percent; the share over age 60 rose from 16 percent to 30 percent. In 1982 the median age of a classical concertgoer was 40; by 2008 it was 49.

If classical music was an art form that only appealed to the mature, then many people might grow into appreciating it as they grew older. But Sandow’s data on the demographics of classical audiences suggest something worse. Younger fans are *not* converting to classical music as they age. The last

generation to broadly love classical music may simply be aging out of existence.

What about making music? In 1992, 4.2 percent of American adults reported performing or practicing classical music at least once in the previous year.

By 2012, the number had dropped to 2 percent (compared with, say, the 5 percent of Americans who reported they created “pottery, ceramics or jewelry.”)

What about music education? Despite all the studies that show the broad benefits of music education, many school systems will now have “no music specialists serving elementary schools,” notes James Catterall, a professor at UCLA.

Many publications no longer retain full-time classical music critics. Yvonne Frindle, a music blogger, notes that *Time* has featured 64 classical figures on its cover, but the vast majority before 1956. The last, featuring Vladimir Horowitz, came in 1986. Today the notion that a pianist could sideline a story about terrorism, a coming pandemic, or a major Hollywood celebrity, is quaint, indeed.

Bridge and Chess vs Violent Video Games

Before the advent of television, children used to play board games, often with their parents. They learned to play bridge, chess, checkers, and more recently, Scrabble, and other games that increase brain activity, spelling, and vocabulary.

But now, children participate in the mind-numbing ferocity of video games that commonly are focused on violence and murder. How can that possibly improve the morality and intelligence – or calmness – of the youth of this country?

Violence and over-powering special effects in movies

Old movies such as Swiss Family Robinson would be shunned by today's youth as boring and insipid. They want blood and guts violence with spectacular destruction of buildings and whole cities, otherwise it's not interesting. The more sexual and physical assaults portrayed, the "better."

Television shows:

Nonsensical, stupid, degenerate sitcoms, and vapid reality shows are just about all that is available on television. There are few, if any, programs with clever – and clean – writing. The TV writers of today are devoid of regular living experiences such as the kind that generated the writing for TV shows of 30 years ago, like the Bob Newhart show, Barney Miller, and even Cheers. Today's writers of television scripts got their life experiences from - - - watching television!

And this is the first era in the history of television in which cartoons are made for "adults" – "adults" that the TV producers admit are functioning at a 6th grade mental level.

The Heavy Beat of Rock Music

Hardly a day goes by without a car or truck pulling up next to you at a stop light with rock music blaring. Even if the windows are closed on their vehicle and yours, you can feel, in every organ of your body, the uncomfortable vibrations of the heavy base beat.

Anapaestic Beat

The stopped anapaestic beat used in most hard rock music consists of two rapid beats followed by a long beat then a pause, as in Tahta tara pause, Tahta tara pause, Tahta tara pause.

This beat interferes with brain wave patterns causing mental stress. It is a beat pattern that mentally stimulates the brain cells into pushing more blood into your veins making your heart rate rise. Those types of beats and rhythm are found in both heavy metal and rap.

Dr. David Nobel, a medical doctor and an authority on music, has done extensive research on the value of music rhythms corresponding to body rhythms. He writes, "None of these qualities accrue to the rock sound. Instead, rock contains harmonic dissonance and melodic discord while it accents rhythm with a big beat. In fact, the anapaestic beat (two short beats, a long beat, then a pause) used by many rock musicians actually is the exact opposite of our heart and arterial rhythms, thereby causing an immediate loss of body strength."

In an experiment using applied kinesiology Dr. John Diamond, a psychiatrist and President of the International Academy of Preventive Medicine, played different kinds of music to people through headphones. When music with a stopped anapaestic beat was played, volunteers would immediately lose muscle strength and have to lower their arms.

The anapaestic beat seems to interrupt the natural rhythm of the heart causing stress to the body. Dr. Diamond found a direct link between muscle strength and music. He found that listening to hard rock causes all the muscles in the body to become weak. The normal pressure required to overpower a strong deltoid muscle in an adult male is about 40/45 pounds, but when hard rock music is played, only 10/15 pounds of pressure is needed to push down the arm.

"Virtually all classical music and most pop music (including classic rock and roll) caused a universally strong response, whereas the "hard" or "heavy metal" rock that first gained

acceptance in the late 70's produced a universally weak response," according to psychiatrist, David Hawkins, M.D., Ph.D.

Dr. Diamond found that the stopped anapaestic beat causes a *switching* of the brain to occur, when the symmetry between both sides of the brain is destroyed. This causes stress to the body and can cause lessened work performance, learning and behavior problems in children, and a general malaise in adults.

There are many factors that may influence how music affects us, including the state of mind of the listener. A common experience observed in therapy groups and clinics is that drug users don't recover if they continue to listen to heavy metal rock music.

A one-year follow-up of cocaine addicts from Sedona Villa, a branch of Camelback Hospital of Phoenix, Arizona, found that none of the patients who continued to listen to heavy metal music recovered from their drug addiction.

Dr. Hawkins concludes that "the music of Bach makes everyone become strong, even if they don't personally like it, just as heavy metal music makes all subjects go weak, even if they personally prefer it."

Rap Music

Dr. Hawkins says, "Among our test subjects, punk rock, death rock and gangster rap music made every subject go weak, confirming earlier observations made by Dr. John Diamond."

In a study of students, Dr. James Johnson of the University of North Carolina found that listening to rap music increased tolerance for and predisposition to violence. It also promoted

materialism and reduced interest in academic study and long-term success (reported in the Arizona Republic, July 4, 1994).

Study of Young People

A study published in the *Journal of Media Psychology* (2001) evaluated how listening to different kinds of music affected a sample of 243 teenagers. Researchers looked at how music affected levels of aggression, attitudes toward women and feelings of distrust.

The teenagers were divided into three groups. One group listened to heavy metal music with violent lyrics, one group listening to heavy metal music with non-violent lyrics and the final group listened to easy-listening music.

The researchers concluded that; "heavy metal music listeners exhibited more aggression and less regard for women." The young people who listened to the heavy-metal music with non-violent lyrics developed the same negative attitudes toward women and were angrier than the "easy-listening" teenagers.

Music Helps Healing Process

The British Broadcasting Corporation (BBC) reported that an extensive study had been carried out at the Chelsea and Westminster Hospital into music's healing power. The Chelsea and Westminster Hospital provides regular live music (mainly classical) for patients. The scientific study found that patients who listen to live music need fewer drugs and recover more quickly than those who do not listen to music.

According to Dr. Rosalia Staricoff, who carried out the study, there is growing scientific evidence that music can help heal the body. She said, "The physiological benefits have been

measured. Music reduces blood pressure, the heart rate, and hormones related to stress.” (BBC News - July 19th 2006).

Professor Paul Robertson, a scientist as well as an accomplished musician, regularly plays violin for patients in various hospitals. He is carrying out clinical trials to see how music affects the brain and the body.

Stimulants we eat and drink

Coffee, caffeinated soda, and energy drinks are used specifically to jolt the body into performing when it needs rest. Rather than going to bed at the ideal time (9:30-10:00 P.M.) and sleeping the proper amount of time (8 hours), most prefer to damage their body by using the harmful drug – caffeine.

Flesh food, whether free range, or factory farmed with added hormones, all contains hormones that stimulate the one eating it. The animal has a surge of adrenalin when it knows it is going to be slaughtered and that is so stimulating to the person eating the flesh that it becomes addictive.

Prescription drugs, street drugs, alcohol and tobacco

Marijuana is the third most popular recreational drug in America, behind only alcohol and tobacco, and has been used by nearly 100 million Americans. According to government surveys, some 25 million Americans have smoked marijuana in the past year, and more than 14 million do so regularly despite harsh laws against its use in many states.

Around 50,000 people die each year from alcohol poisoning. Similarly, more than 400,000 deaths each year are attributed to tobacco smoking.

In 2010, 7 million people used psychotherapeutic drugs (including stimulants, tranquilizers, painkillers and sedatives) for non-medical purposes, and 1.2 million people used

hallucinogens.

And 7 out of every 10 Americans are on at least one prescription drug. Nearly every prescription drug has adverse effects on the brain. Many cause confusion, memory loss, a decrease in good judgment, and other mental abnormalities.

Why do so many people find their life so boring, or so difficult, or so unfulfilling that they must escape from reality by suppressing their brain function?

Social Networking

Not just the youth, but almost everyone else also is being stimulated continuously by texting, twitter, facebook, instagram, and other such innovations. Even when friends have a meal together, many of them retreat into their private world, continuing to use their cell phone for social networking activities while ignoring their dinner companions.

Do Great Things for God!

Even Christians want to do “great things for God” particularly if they can “be seen of men” and receive recognition. Many denominational magazines no longer carry articles about the Lord. Instead, they are filled with recognition and awards for those who are “accomplishing magnificent things for God.” Then their friends can “ooh” and “ahh” and tell them how wonderfully spiritual they are.

Drudgery is not attractive or exciting

No one is interested in drudgery. But it is in the menial chores and jobs of life that character is built, when there are no thrills or distractions, or recognition by others, when we have

time to think, when we can be still.

“When it comes to taking the initiative against drudgery, we have to take the first step as though there were no God. There is no point in waiting for God to help us - - He will not. But once we arise to do what He instructs us to do, immediately we find He is there. If we will arise and shine, drudgery will be divinely transformed.

“Drudgery is one of the finest tests to determine the genuineness of our character. Drudgery is work that is far removed from anything we think of as ideal work. It is the utterly hard, day-to-day, menial, tiresome, and dirty work. And when we experience it, our spirituality is instantly tested and we will know whether or not we are spiritually genuine.” O. Chambers, *My Utmost for His Highest*, Feb 19

We must look at the life of Jesus as our example. He was never worried, never hurried. He went about His daily life with calm deliberateness. He was always focused. He was willing to wash His disciples' feet, the job given to the lowliest servant in the household. He did not evade drudgery. He said:

“The Son of man came **not** to be ministered unto, but to minister (to serve), and to give His life a ransom for the many.” Matthew 20:28

He spent much time alone, in prayer. He spent time alone with His disciples, teaching them truth; teaching them to be one with Him.

Certainly Jesus spoke to multitudes, but His most rewarding and fulfilling encounters were with individuals: the woman at the well, the man born blind, the woman with an issue of blood, the demoniac, Mary Magdalene, and others.

Hearing the Voice of God

God talks to everyone – all the time – through impressing thoughts on our mind. But in order to **hear** His voice, one must “be still.” Most of us can only hear ourselves so we cannot hear anything God says. In order to be brought to the place where we can **hear** God, we must be profoundly changed. Jesus Christ said,

“My sheep hear My voice.” John 10:27

God tells us: “**Be still** – and know that I am God.” Ps 46:10

As Elijah learned:

God was not in the roaring, tumultuous wind that broke the rocks in pieces, God was not in the earthquake. God was not in the fire. God speaks in a “still, small voice.” 1 Kings 19:11,12

The Bible tells us:

“Come now and let us **reason** together.” Isaiah 1:18

“Study to show thyself approved unto God, a workman that need not be ashamed, rightly dividing the word of truth.” 2 Tim 2:15

How can we **reason** and diligently **study** when almost everyone is searching for thrills and distractions? The Adversary is doing his job well by keeping people preoccupied with non-essential busyness.

There is no time for God!

“Perseverance is more than endurance. It is endurance combined with absolute assurance and certainty that what we are looking for is going to happen. Perseverance means more than just hanging on, which may be only exposing our fear of letting go and falling. Perseverance is our supreme effort of refusing to believe that our hero, Jesus Christ, is going to be conquered.” Ibid. February 22.

Our greatest fear is that Jesus Christ will be defeated, and that He will be unable to fulfill His promises. We worry that He will not win in the end.

But “God is love” and “Love never fails” (1 John 4:8; 1 Cor 13:8). Therefore, God **cannot** fail!

“Every hope or dream of the human mind will be fulfilled if it is noble and of God. God will bring fulfillment, ‘because you have kept My command to persevere’ (Rev 3:10).” Ibid.

20

“Ask and it shall be given”

Matt 7:7

Christians pray frequently, asking for many things from God, but they rarely receive them, yet Jesus said:

“Ask and it shall be given you; seek and ye shall find; knock, and it shall be opened unto you. **For everyone who asks receives**; and he that seeks finds, and to him that knocks it shall be opened.” Matt 7:7,8

And Luke also tells us, “Everyone who asks receives. . .” Luke 11:10

Again, few receive what they ask for, so what is the secret?

At least some understanding comes from the book of James:

“You do not have, because you do not ask; You ask, and receive not, because you ask amiss, that you may consume it upon your pleasure.” James 4:2,3

There is nothing more difficult than asking. We will have yearnings and desires for certain things, and even suffer as a result of their going unfulfilled, but not until we are at the **limit of desperation** will we ask. We never really *ask* until we are at the

depths of our total insufficiency and spiritual poverty. In order to *ask*, we must be spiritually destitute.

And the only way we get there is through severe trouble. We must finally recognize that we are unable to run our own life; we need God to run our life for us.

It is amazing how human beings keep trying to figure things out on their own until they make a mess of their life. Even then, most do not turn to God. Instead, they keep doing the same thing over and over again – but expect a different result.

Even most Christians are so stubborn and self-absorbed they believe that if they can't figure out the solution to their problem, neither can God.

Many believe they are quoting the Bible when they say:

“God helps those who help themselves.”

But that quote appears nowhere in the Bible. Often it is attributed to Benjamin Franklin, but the phrase originated in ancient Greece. The modern English wording appears in English politician Algernon Sidney's work.

The truth is the opposite; God helps those **who are no longer able to help themselves**. As long as we continue to try to solve our own problems, God can't help us. He can only help us when we give the problem fully to Him.

“If any of you lack wisdom, let him ask of God” (James 1:5). The word *ask* actually means “beg.” Yet we will never receive if we ask with a certain result in mind, because we are asking out of our lust, not out of our spiritual poverty. A pauper does not ask out of any reason other than the completely hopeless and

painful condition of his poverty.

“You ask amiss. . .”

If you ask for things from life instead of from God, “you ask amiss,” that is, you ask out of your desire for self-fulfillment. The more you fulfill yourself, the less you will seek God. Most people just give God a feeble cry after some emotionally painful experience.

“Never say that it is not God’s will to give you what you ask. Don’t faint and give up, but find out the reason you have not received; increase the intensity of your search and examine the evidence. Is your relationship right with your spouse, your children, and your family and friends? Do you have to say to the Lord, ‘I have been irritable and cross, but I still want spiritual blessings’?

“You cannot receive until you are right with God... If we will search out and examine the evidence, we will see very clearly what is wrong – a friendship, an unpaid debt, or an improper attitude. There is no use praying unless we are living as children of God. Then Jesus says, regarding His children, ‘Everyone who asks receives. . .’ (Matthew 7:8). O. Chambers, My Utmost for His Highest, August 24

If you have wronged someone, or you are angry or holding a grudge, you need to make it right. Even if someone has something against you, Jesus says you need to make every attempt to straighten it out.

“Therefore, if you bring your gift to the altar, and there remember **that your brother has something against you**, leave your gift there before the altar, and go your way; **first be reconciled to your brother**, and then

come and offer your gift.” Matt 5:23,24

Who is your “brother”?

The story of the Good Samaritan in Luke 10:25-37 tells us clearly that everyone is our “brother.”

Our circumstances are not random

Every difficult situation in which we find ourselves is the means of obtaining a greater knowledge of Jesus Christ. Everything that happens to us is meant to lead us to Jesus Christ “. . . that I may know Him. . .” Phil 3:10

Our **asking** should not be to “get things” but to **know** Jesus Christ.

Asking in the *name* of Jesus

We must know Jesus so well that we ask in His *name*; we ask in His character. We ask for what **He** wants in our life or in the life of another, not necessarily what **we** want for ourselves or for them.

“The point of prayer is not to get answers from God, but to have perfect and complete oneness with Him. If we pray only because we want answers, we will become irritated and angry with God. We receive an answer every time we pray, but it does not always come in the way we expect, and our spiritual irritation shows our refusal to identify ourselves truly with the Lord in prayer.” Ibid. Aug 5

We must seek God out of utter desperation

“You will seek Me and you will find Me (but **only**) **when**

you search for Me with ALL your heart.” Jer 29:13

Jonah had to be thrown overboard and swallowed by a whale before he “sought the Lord with all his heart.”

Paul had to become blind – and desperate – before he was changed.

Jacob’s sons had to go through years of guilt, watching their father’s heartbreak because he believed his son, Joseph, had been killed by wild beasts. Yet all those years Jacob’s sons hid the fact that they had sold their brother into slavery.

The disciples had to go through the excruciating horror of Jesus’ death on the cross, before they had their eyes opened to truth.

“Destruction”

We must be *destroyed* by severe trouble before we have any chance of “searching for the Lord with all our heart.” Jesus Christ must “destroy the old man of sin” in us, and make us a new creation in Christ, before we can **see** (understand) truth. That’s why Paul said,

“I am crucified with Christ. Nevertheless, I live; yet not I but Christ lives in Me.” Gal 2:20

The Michael Morton story

A perfect present-day example of the depths to which a person must fall before he reaches out to God and “asks” from complete destitution, comes from the story of Michael Morton. In 1987, he was called home from work to a scene of horror. His wife, Christine, had been brutally beaten to death in her bed, in

front of their 3-year old son, Eric, who was left unharmed.

Though vehemently denying any involvement in his wife's death, within a week he was arrested by the police and charged with her murder. A jury convicted him and he received a life sentence. He would never get out of prison!

By order of the court, the sister of his deceased wife raised his son. Only twice a year was Morton allowed court-ordered visits with his son. Not only was he grief-stricken over his wife's death, he was being denied the chance to raise his son.

Prison was a nightmare. There were fights daily, sometimes to the death, and the noise in the prison was overwhelming all day and all night. Morton was confined to a 9 ft X 5 ft cell with another prisoner. The food was unpalatable, the noise was unbearable, and the danger from other prisoners was ever-present.

Virtually everyone in his wife's family thought he was guilty, and they were indoctrinating his son to believe as they did. During the first 15 years he was imprisoned, he could tell during his visits every six months, that his son was drifting away from him. The son truly believed that his father had viciously murdered his mother.

Here was a man who had lost his wife through a brutal murder. She was beaten to death. At the crime scene, blood was splattered over all the walls and the ceiling of the bedroom. He missed his wife terribly. In addition, his 3-year old son had witnessed his mother's brutal death.

This man, Michael Morton, who claimed he was innocent was arrested and charged with her murder. During his trial he had to witness all the gory pictures of the death scene. He was

hated by the press and the public, including his wife's family, because he "expressed no remorse for killing his wife."

His freedom was taken from him, and his son was given to his sister-in-law who truly believed he was guilty of murdering her sister.

For the first ten years he was in prison, he admits that he spent most of his time contemplating murder of the district attorney and the investigators who put him there, and how he could get away with it. He was angry and bitter and in human terms, he had a right to those feelings.

In 2001, after 14 years in prison, he received a letter informing him that his son had decided to change his last name. Eric was eighteen at the time. He had been adopted by his aunt, Marylee, and her husband, whom she married when Eric was twelve. Eric's rejection of his own last name – his father's name – was too much for Michael to bear. **It was only then that Michael hit rock bottom.**

"That's when I finally broke," Michael said. "Nothing before then did it, not my wife's murder, not my arrest, not my trial, not my conviction. Not getting a life sentence for something I did not do. Not the failed appeals, not the lab results that led nowhere.

"Eric was what I had been holding on to. He was the reason I was trying to prove my innocence. Once I found out that he had changed his name, I knew that reconciliation was not a possibility anymore. We weren't going to be able to put this back together. That was a hollow, empty feeling, because getting out of prison had never been the primary goal. It was getting out so I could tell Eric, 'Look, see? I didn't do this.'

"I can't remember if it was Marylee or Eric who wrote to tell me, but I remember being nearly catatonic for at least a week. It was like the bottom fell out. This wasn't just another difficult thing to overcome; this was the end. This was a death. **It was only then that I literally cried out to God, 'Are you there? Show me something. Give me a sign.'** I had nothing. I was spent, I was bankrupt. **It was the most sincere plea I have ever made in my life.**

"A couple weeks went by and . . . nothing. No response. But one night I was lying in my bunk listening to the radio on my headphones, and I ran across a classical station. I heard something you rarely ever hear: a harp. There was no slow buildup, no preamble to what happened next. I was just engulfed in this very warm, very comforting blinding light. I don't know what to call it—an ecstatic experience? a revelation?—because it was indescribable. Any words I use to explain it will fall short. I had this incredible feeling of joy. There was an overwhelming sense of this unlimited compassion aimed right at me. Then I heard my alarm go off and it was over, and I sat up in bed. Outwardly, everything was still the same. But I knew that I had been in the presence of God.

"My life didn't change right away. Everything didn't instantly fall into place. I was in prison for another decade, so it wasn't like God knocked open the doors for me. Becoming a believer was a slow, organic process that I had to grow into. But I was different after that. You can't buy inner peace, but I had it."

Several years later, the Innocence Project became interested in Michael Morton's case. They are a group of attorneys and investigators who take cases, for no fee, of those they believe have been wrongly convicted and imprisoned.

Through their investigation, they learned of a bandana with blood on it, that was found in the yard behind the house at the time of the murder. The bandana had never been tested for DNA.

During the five years that Michael and his attorneys sought to have the bandana tested, the District Attorney, previously the Assistant D.A. who had put Morton in prison, tried mightily to resist their efforts. The bandana itself was locked up in the Sheriff's Office. It didn't look like anything extraordinary except for a number of small brown bloodstains. Whose blood was it?

On January 8, 2010, after Morton had spent 23 years in prison, a judge in the Third Court of Appeals reversed the decision of a previous judge and allowed testing on the bandana to go forward. His decision was that the unidentified fingerprints on the sliding-glass door of the Morton home and the footprint in the backyard did, in fact, suggest that there was a trail of evidence connecting the bandana to the crime scene. "If the bandana contains Christine's blood, it is sufficient by itself to establish a trail."

Finally, after five months, the judge ruled that the bandana, as well as a single strand of hair that was found on it, be shipped to the lab that the Innocence Project had initially requested. By then the dried blood on the bandana was nearly 24 years old.

In May 2011, it was submitted for testing, which was completed the following month. The results were almost unbelievable. Both the blood and the strand of hair matched Christine's DNA profile. The DNA profile of an unknown man was also recovered, intermingled with Christine's DNA.

Proving a DNA-based innocence claim requires showing that a jury would not have found the defendant guilty had the DNA results been known at the time of trial. Doing so, however, can take years. Michael's lawyers understood that the DA would almost certainly oppose any innocence claim and that years of appeals could follow. Even if Michael's conviction could be overturned by a higher court, the DA's office could still choose to retry him. The quickest way to clear his name would be to learn if the unknown man's DNA profile matched any one of the millions of individuals with prior convictions that are stored in the FBI's national DNA database, CODIS.

"Then there would be no question of Michael's innocence," said his attorney. "When you have a name and a face to put to the DNA, it usually removes any possible hypotheses about contamination or tampering or accomplices."

The DNA profile was entered into CODIS, and Morton's attorney was informed that there had been a match. His name was Mark Alan Norwood, a drifter with a long criminal record, including arrests in Texas, California, and Tennessee for aggravated assault with intent to kill, arson, breaking and entering residences, drug possession, and resisting arrest.

Almost 25 years to the day after Christine was murdered, Morton's attorneys called to tell Michael that the man whose DNA was found on the bandana had been identified. Michael could hardly take it all in. After further bureaucratic maneuvering and delays in the courts, Michael Morton was finally released from prison and declared innocent of his wife's murder. <http://www.texasmonthly.com/story/innocent-man-part-two>

Asking out of utter destitution

The Michael Morton story is a perfect modern-day example of what it takes to bring us to the place of utter spiritual destitution, to bring us to the place where we finally hit rock bottom and cry out to God in desperation.

God did answer Michael Morton's cry, and not only gave him "the peace that passes all understanding," (Phil 4:7) but eventually he was exonerated, released from prison, reconciled with his son, and became the grandfather of a beautiful baby girl named after Eric's mother, Michael's deceased wife, Christine.

Only when you are at the end of your rope can you "search for God with all your heart" (Jer 29:13).

That's what Jesus Christ means when He says:

"Ask and it shall be given you; seek and you shall find; knock and it shall be opened to you. For everyone who asks, receives, and everyone who seeks, finds; and to him who knocks, it shall be opened." Matt 7:7

You must ask from utter destitution, with patience and perseverance. It's not enough to pray for healing. **You must pray for God to reveal Himself to you**

"Seek ye first the kingdom of God and His righteous-

ness, and all these things shall be added unto you.”
Matt 6:33

“Everyone who asks receives. . .” Matt. 7:8

21

“Without Me, You Can Do Nothing”

John 15:5

Atheists can reject God, blaspheme God, curse God, and deny that God exists. But they can't do any of those things - - without God. The only place they get the life and breath to reject, blaspheme, curse, and deny the existence of God - - is from God!

They just end up looking downright silly. That's why the Bible says,

“The **fool** has said in his heart, There is no God.” Psalm 53:1

God runs everything in our life. He has planned every day of the life of each of us before He created humanity. He is the vine; we are the branches. Without an attachment to Him, we would be unable to do anything, including living and breathing.

“I am the vine, you are the branches: He that abideth in Me and I in him, the same bringeth forth much fruit: **for without Me, you can do nothing.**” John 15:5

“I can do anything through Christ who strengthens me.”

Phil 4:13

"God is operating ALL according to the counsel of His **own** will." Eph 1:11

"In Him we live, and move and are (have our being)." Acts 17:28

"Be anxious for nothing." Phil 4:6

God has planned every day of your life

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jeremiah 29:11

"The steps of a good man are ordered by the Lord." Psalm 37:23

"A man's heart plans his way, but the Lord directs his steps." Proverbs 16:9

"In all your ways acknowledge Him and **He** will direct your paths." Prov 3:6

God watches over you

"But whoever listens to me will dwell safely, and will be secure, without fear of evil." Proverbs 1:33

"I will never leave you or forsake you." Hebrews 13:5

God leads; you follow. Many Christians find themselves in one dire circumstance after another as a result of not listening to God's direction.

God guides our steps

“Trust in the Lord with all your heart, and lean **not** on your own understanding; in all your ways acknowledge Him, and **He shall direct your paths.**” Proverbs 3:5,6

“Thus says the Lord, Your Redeemer...“I am the Lord your God, who teaches you to profit, **who leads you by the way you should go.**” Isaiah 48:17

“I will instruct you and teach you in the way you should go; I will guide you with My eye.” Psalm 32:8

“The Lord will guide you continually...” Isaiah 58:11

Clearly God has promised to guide our every step – but only if we learn to trust Him with everything in our life.

God takes responsibility for planning our life and directing our steps

“O Lord, I know the way of man is not in himself; it is not in man who walks to direct his own steps.” Jeremiah 10:23

“Delight yourself also in the Lord, and He shall give you the desires of your heart. Commit your way to the Lord, trust also in Him, and He shall bring it to pass...Rest in the Lord, and wait patiently for Him.” Psalm 37:4,7

The Bible says He is our “All in All.” 1 Cor 15:28

“For of Him, and through Him, and to Him are all things, to whom be glory forever. Amen.” Romans 11:36

If you are Sick - He is the great Physician.
If you are Poor - He is your Riches.
If you are Weak - He is your Strength.
If you are in Trouble - He is your Deliverer.
If you are Fearful - He is your Peace.

Without Him we are Helpless, Hopeless, and Powerless.

Whatever God calls you to do, He will give you the knowledge and skills to do it!

If you don't have the ability, He will give it to you

If you don't have the resources, He will provide them.

"My God shall supply all your needs according to his riches in glory by Christ Jesus." Phil. 4:19

When God prompts us to take action, we make excuses:

I don't have the education...
I'm not smart enough...
I don't have enough money...
I'm too young...
I'm too old...

Our problem is, we put limitations on ourselves and on God! Just as Paul said in Romans, Chapter 1, we worship God – not as God – but as a man, as a human being like ourselves.

"Because that when they knew God, they glorified Him **not** as God: Neither were they thankful; but became vain (futile) in their thoughts, and their foolish heart was darkened.

“Professing themselves to be wise, they became fools,

“And changed the glory of the uncorruptible God into an image made like corruptible man. . .” Romans 1:21-23

If we can't do it – we don't believe God can do it either.

God has promised to “heal ALL our diseases (Psalm 103:3), if we follow His laws, His commandments, and His decrees.” Deut 7:11-15

God has promised to “heal ALL our diseases” but only if we do it His way

But does anyone really believe that, including Christians? Do they follow God's “laws, commandments and decrees?” If they do, God has given them a 100% Guarantee that they will be well.

Does fame or wealth or superior knowledge by the world's standard, or being a physician, guarantee freedom from disease, or healing of disease? Obviously not, because the rich and famous, and those who are considered brilliant by the world's standards, and even physicians, even cancer specialists, develop disease—and die of disease—just like everyone else.

Don't some people get well with drugs and surgery? Drugs never cure disease. They only treat the symptoms, making you *feel* better, while your disease continues to progress. And cutting out one's organs or cutting off one's body parts never cures disease either. Those with cancer who appear to be well after chemotherapy, radiation, or mutilating surgery, are never cured. Their immune system has been destroyed by the chemotherapy and radiation, and many later develop secondary cancers caused by their *treatment*. In addition, studies have shown that

cognitive disorders (“brain fog” and difficulty thinking) can be detected as long as ten years after receiving chemotherapy.

Does going to church guarantee freedom from disease? Obviously not, because the churches are full of members who are sick and dying. They claim to be Christians, but, unfortunately, they trust “man” (doctors) more than they trust God.

Let’s look at some examples of those who are famous, or wealthy, or considered brilliant by the world’s standards. They all followed the doctors’ ways. They couldn’t see the truth in God’s simple natural way of eliminating disease and restoring health.

The following people, some of whom were Christians, did not believe God could heal their cancer or other serious disease by following God’s Health Plan. Unfortunately, it’s a long way from being a Christian to really **knowing** Jesus Christ. These people were very accomplished in their field. Some were very wealthy. Some had high positions in government. Some were extremely intelligent. Some were physicians. Some were church-goers.

But none of those things count when it comes to getting well – or knowing God. God promises to “heal ALL our diseases” (Psalm 103:3) but only if we do it His way (Deut 7:11-15) which includes learning to know Him so well that we are willing to **believe** that what He has promised – He WILL do. **And we must act on our beliefs by following His Health Plan with 100% commitment.**

God promises:

“If you obey My laws, My commandments and My decrees, I will keep you free from every disease.” Deut 7:11-15

How sad, and what a loss for their families, and for us all, that the people listed below did not believe God's Word and His promises of healing, by following His "laws, commandments and decrees." They preferred to trust in *man* – their doctor, and his ways – **rather than trusting in God and His ways.**

Brain Cancer

Ted Kennedy – U.S. Senator and wealthy member of a famous political family

George Gershwin – famous songwriter

Gene Siskel – famous movie critic

Johnnie Cochran – famous lawyer (including defense of O.J. Simpson)

Eleanor Mondale – daughter of Presidential candidate Walter Mondale

Johnny Mercer – famous songwriter

Ethel Merman – famous actress/singer

Louis Prima – famous band leader

Buddy Rich – famous Jazz band leader and drummer

Lou Rawls – famous singer

Lee Atwater – Chairman of the Republican National Committee

William Casey – Director of CIA under President Ronald Reagan

Clare Booth Luce – famous writer and U.S. Ambassador

Lyle Alzado – NFL football player

Pete Rozell – NFL Commissioner

Princess Marina – Duchess of Kent: Member of British Royal family

Bernadine Healy, M.D., first woman Director of the National Institutes of Health

Lymphoma:

Jackie Kennedy – widow of President John Kennedy

Ingrid Bergman – famous actress

Charles Lindbergh – pilot, inventor, author
Arlen Specter – U.S. Senator
Roger Maris – famous baseball player

Parkinson's

Deborah Kerr – famous actress
Sir Michael Redgrave – famous actor
Michael J. Fox – famous actor (alive, but severely disabled)
Janet Reno – former U.S. Attorney General (severely disabled)
Salvadore Dali – famous painter
Vincent Price – famous actor
Pope John Paul

ALS – Lou Gehrig's Disease

Mao Zedong – former Premier of China
David Niven – famous actor
Jacob Javits – former Senator from New York
Stephen Hawking – famous physicist (alive, but very disabled)

Pancreatic Cancer

Steve Jobs – famous computer entrepreneur
Luciano Pavarotti – famous opera singer
Jack Benny – famous comedian
Joan Crawford – famous actress
Michael Landon – famous actor
Gregory Foltz, M.D. – founder of Brain Cancer Clinic

Colon Cancer

Audrey Hepburn – famous actress
Jack Lemon – famous actor
Vince Lombardi – famous football coach

Eartha Kitt – famous singer
Claude Debussy – famous French composer
Tammy Fae Messner – “famous” ex-wife of televangelist Jim Bakker
Walter Matthau – famous actor
Charles Shultz – creator of “Peanuts” cartoon
Corazon Aquino – former President of the Philippines

Breast Cancer

Rose Bird – first female Chief Justice of California Supreme Court
Bette Davis – famous actress
Linda McCartney – wife of Paul McCartney of the Beatles
Susan Strasberg – famous actress
Rue McClanahan – famous actress in Golden Girls
Judith Campbell Exner – paramour of former President Kennedy
Jill Ireland – famous actress wife of Charles Bronson
Lynn Redgrave – famous actress

Prostate Cancer

Dennis Hopper – famous actor
Charlton Heston – famous actor
Merv Griffin – famous television personality
Gary Cooper – famous actor
William Shockley – physicist, inventor, scientist
Telly Savalas – famous television director, actor
Timothy Leary – psychologist, actor
Linus Pauling – biochemist, winner of two Nobel prizes
Ty Cobb – famous baseball player
Christopher Isherwood – novelist, screenwriter
Pierre Trudeau – former Prime Minister of Canada

Because of their fame, wealth, education, and superior worldly intelligence they received supposedly the “finest medical

care in the world; the finest medical care doctors could provide.”

But they put their faith in their doctors, and they ALL died, except for Hawking, Fox and Reno, who are still alive, but deteriorating and severely disabled from their disease.

Unfortunately, their fame, wealth, superior worldly intelligence, and the “finest” medical care obviously did not save them. They all trusted in *man*: their doctors. They trusted in the treatment plans of their doctors, the use of drug medications, and chemotherapy, radiation, and mutilating surgery. But the doctors and their destructive *treatments* could not cure them.

So what is the answer to reversing cancer and other serious diseases?

The answer is: truly knowing and trusting God and His ways, believing His promises, and obedience in “following His laws, commandments and decrees.”

God promises: “If you obey My laws, commandments, and decrees, I will keep you Free from Every disease.” Deut 7:11-15.

But in order to do that, one must understand truth. And the basic qualification for the mental understanding of truth is the recognition and glorification of God *as God*, the omnipotent Creator of the universe, and the “Savior of ALL mankind” (1 Tim 4:10). You must learn to trust God—not doctors—with everything in your life!

Jesus said, “I AM . . . the truth.” John 14:6

“God’s spirit will lead you into ALL truth.” John 16:13

Without Jesus Christ opening your mind, it is impossible to understand truth. Without Jesus Christ in your heart, you will remain in utter darkness; you will not be able to understand what it takes to get well.

All the fame, wealth, political power, and the “best” medical expertise in the world cannot cure disease. Only the power of Jesus Christ living in you, opening your mind to understanding truth, and giving you the determination, tenacity, perseverance, self-control, and 100% commitment to follow God’s Health Plan, will make you well.

That’s why Jesus Christ says,

“Without Me - - - you can do nothing!” John 15:5

22

“Follow Me. . . And I will give you back your health again.”

What Is the difference between claiming to be a Christian and really *knowing* Jesus Christ? In an era when most churches are primarily a means of social fellowship with the secondary purpose of teaching about Jesus Christ, it's hard to know the difference.

Most Christians believe, because most churches teach, that, “Nobody is perfect,” that it’s “impossible to be perfect.” Yet Jesus Christ says,

“You **shall** be perfect, even as your Father in heaven is perfect.” Matt 5:48 (Literal translation)

How can we become perfect?

“Beware of thinking of Jesus as only a teacher. If Jesus Christ is only a teacher, then all He can do is frustrate me by setting a standard before me I cannot attain. What is the point of presenting me with such a lofty ideal if I cannot possibly come close to reaching it? I would be happier if I never knew it. What

good is there in telling me to be what I can never be - - to be "pure in heart" (Matt 5:8), to do more than my duty, or to be completely devoted to God?

"I must know Jesus Christ as my Savior before His teaching has any meaning for me other than that of a lofty ideal that only leads to despair." O. Chambers, *My Utmost for His Highest* July 21

But when Jesus Christ puts His very nature in me, when He exhibits His character through me, when He begins making every decision in my life, then it is He, not I, who lives. As Paul said,

"I am crucified with Christ, nevertheless I live. Yet not I, but Christ lives in me." Gal 2:20

Jesus Christ did not come only to teach - - He came to make me what He teaches I should be. Redemption means that Jesus Christ can place within anyone the same nature that ruled His own life.

We cannot "make a decision for Jesus" because "all our righteousness is like filthy rags" (Isa 64:6). All we can do is recognize our absolute futility in running our own life. The knowledge of our own poverty and destitution is what brings us to the proper place where Jesus Christ can accomplish His work in our life. Ibid. July 22

Your sanctification

"This is the **will** of God, your sanctification." 1 Thess 4:3

"This is the **will** of God - to make you holy. . ." To make us holy, God must strip all pretenses from us, frequently He must

strip us of our friends, even our family. We must be stripped of our concern about what our friends think of us, and what we think of ourselves. We must learn to stand alone, and lean only on God and His truth.

“If anyone comes to Me and does not hate (the advice of) father, mother, sister, brother, children. . . he cannot be My disciple.” Luke 14:26

Sanctification means making us holy. It means being made one with Jesus, truly knowing Him. Sanctification is not something Jesus puts in me - - - it is Himself in me.

“But of Him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption.” 1 Cor 1:30

“The mystery of sanctification is that the perfect qualities of Jesus Christ are imparted as a gift to me. Sanctification means nothing less than the holiness of Jesus becoming mine, and being exhibited in my life. Sanctification means the impartation of the holy qualities of Jesus Christ in me. It is the gift of His patience, love, holiness, faith, purity, and godliness that is exhibited in and through every sanctified person...

“Sanctification is an impartation, not an imitation. Imitation is something altogether different. The perfection of everything is in Jesus Christ, and the mystery of sanctification is that all the perfect qualities of Jesus are at my disposal. Consequently, I slowly but surely begin to live a life of inexpressible order, soundness, and holiness. . . kept by the power of God” (1 Peter 1:5). Ibid. July 23

But how do we get there?

It is not instantaneous. It's a process. The Bible tells us that we develop the character of Jesus Christ, "as we behold Him."

"But we all, with open face, **beholding as in a mirror the glory of the Lord, are changed into the same image** from glory to glory, even as of the spirit of the Lord." 2 Cor 3:18

"As we behold Him, we become changed...into His image."

As we study His Word, as we study His life in the Gospels, as we study the words given through God's inspired Bible writers, including those of the apostle Paul, as we see God's provisions for the Israelites in the wilderness, as we see His deliverance of the Israelites from Egyptian slavery, we then begin to understand that He also can deliver us from the slavery of our sinful nature.

"He gives His teachings which are truths that can only be interpreted by his nature which He places within us. He does not make our human nature 'better.' Jesus came to place in us a new heredity. The purity that God demands is impossible unless I can be remade within, and that is what Jesus does through His redemption." Ibid. July 24

As Jesus said to the blind men who came to Him to receive their sight, "**Do you believe that I am able to do this?**" They said unto Him, "Yes, Lord." Then He touched their eyes saying, "According to your faith, be it unto you." And their eyes were opened. Matt 9:28-30

God shows us again and again, "I watch over My word to perform it" (Jer 1:12). And "Jesus Christ is the same yesterday, today and forever." Heb 13:8

Jesus calls us, just as He called His disciples, saying:

“Follow Me. . .” (Matt 4:19). “Follow in My steps, and I will give you the same character, determination, perseverance, patience, commitment, goodness, tenacity **and health** that I exhibited when I was on earth.”

He’s asking you to trust Him with your life – instead of trusting in *man* (your doctor)!

Do you believe your life circumstances are too difficult to have time for prayer and Bible study right now? If you have not been worshiping in everyday occasions, you will be useless in a crisis. God’s training ground is not in the church among one’s fellow members, nor is it in a doctor’s office or a hospital where you have given over all control of your life to another human being—a doctor—rather than giving it to God. It is in the hidden, personal worshiping life of the Christian where strength of character and trust in God are produced.

What does it take to stand for the Lord, though the heavens fall?

What does it take to “be anxious for nothing”? Phil 4:6

What does it take to believe, “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?” Psalm 27:1

What does it take to say, “When I walk through the valley of the shadow of death, I will fear no evil; for Thou art with me”? Psalm 23:4

What does it take to stay true to following God’s Health Plan to reverse a serious, life-threatening disease?

What does it take to admit to yourself and others that you caused your disease by the way you were living, thinking, acting, eating, and handling stress, and that you take responsibility?

It takes courage, strength of character, insight, tenacity, perseverance, and determination, and self control, all of which come from God.

And it takes the commitment to accomplish the following:

1. You cannot make excuses.

You must take responsibility for your own illness, not blaming it on anything or anyone else. You can't make excuses for not following the Health Plan because of lack of time, lack of help, or lack of finances. God promises to "supply all your needs" (Phil 4:19) if you trust Him with everything in your life.

2. You cannot let fear dominate your life.

God commands us: "Fear not, for I am with you. Be not dismayed for I am your God. I will strengthen you; I will help you" (Isaiah 41:10). Whatever the difficulty, He will always be by your side, if you learn to trust Him with your life.

3. You cannot put off making difficult decisions.

Making difficult decisions can be uncomfortable, but you must face your situation head on, and move forward by doing the right thing. God is slowly transforming you into a strong person.

4. You cannot have it both ways.

You can't get well by saying, "Well, I'll have the chemotherapy as my doctor advises, and if that doesn't work, I'll try the natural way." Both chemotherapy and radiation destroy what is left of your immune system, increasing your chance of causing your cancer to spread. You have to decide in whom you will place your trust: God - - or your doctor.

5. You cannot allow yourself to be distracted by the opinions of others.

You cannot get caught up in negative feedback. Your friends will tell you how crazy you are not to follow the instructions of your doctor to take poisonous chemotherapy, burning radiation, or submit to mutilating surgery. Are you willing to stand alone to follow God – rather than *man* (doctors)?

6. You can't get bogged down in self-pity.

You can't waste time saying, "Why me? Why did I develop cancer when there are others who live and eat worse than I do, and they're not sick?" That kind of thinking just wastes your energy and keeps you from doing what you need to do to be well. Face the facts: You **are** sick, and that other person is not (at least not yet). Your job is to focus your energy on Getting Well! Self-pity is a sin. It means you don't trust God and His healing promises.

7. You don't need constant reassurance.

You must understand that life is not necessarily fair and things don't always go the way you want. You can't control the past, but you can move forward to the

future and vow to do the right thing. God promises to be with you every step of the way.

8. You don't quit because of minor set-backs.

In your struggle to get well God's way, the road will be rough and there will be discouragements and set-backs. God is testing your devotion to Him and His ways. Will you hold on to God, and pass the test?

9. You don't require anyone's permission to act.

You have the strength of character, and the indwelling power of the Lord to act, without any family member or friend's approval or permission. You are your own person. You recognize that the only One whose approval you need is - - - the Lord.

10. You don't limit yourself by your preconceived beliefs.

You are willing to continue to learn without being imprisoned by preconceived beliefs. You will learn to know the Lord well enough that He can then open your mind so you are no longer confused, because He has shown you what is truth.

All these things you **can** accomplish because God has promised, "never to leave you or forsake you," Heb 13:5

There are many things you must "do" to change your habits in order to get well. But it is not just what you must "do" that will reverse your disease, it is also whom you must become. God wants to change your heart. He wants to make you a new creation in Christ. He wants to open your mind to truth. He wants you to be well!

What a magnificent promise from the only Physician in the world who gives you a 100% Guarantee that if you follow His Health Plan – and only His Health Plan – **you will be well!**

“Follow Me. . .” says Jesus Christ,

“And I will give you back your health again!”

Jeremiah 30:17

About the Author

Lorraine Day, M.D. is an internationally acclaimed orthopedic trauma surgeon and best-selling author who was for 15 years on the faculty of the University of California, San Francisco, School of Medicine as Associate Professor and Vice Chairman of the Department of Orthopedic Surgery. She was also Chief of Orthopedic Surgery at San Francisco General Hospital and is recognized world-wide as an AIDS expert.

She has been invited to lecture extensively throughout the U.S. and the world and has appeared on numerous radio and television shows including 60 Minutes, Nightline, CNN Crossfire, Oprah Winfrey, Larry King Live, The 700 Club, the Art Bell Radio Show, and Trinity Broadcasting Network.

In 1993, Dr. Day was diagnosed with breast cancer that became so severe she was not expected to live. But she refused chemotherapy, radiation, and mastectomy, all the "treatments" she was taught in her medical training, and instead reversed her advanced cancer by rebuilding her immune system by following God's Natural Ten Step Health Plan, so her body could heal itself, as God designed it to do.

It has now been 21 years since her cancer diagnosis, and she remains totally well, and cancer-free, and full of energy. She has no aches or pains, takes no medications whatsoever, is still working full time, and still participates in all the sporting activities she did 40 years ago.

Other Materials by Dr. Lorraine Day

You Can't Improve on God - DVD

Cancer Doesn't Scare Me Anymore - DVD

More on Cancer - CD

Diseases Don't Just Happen - DVD

Getting Started on Getting Well - Book

What Does it Take to Get Well? - Book

Sorting Through the Maze of Alternative Medicine: What Works,

What Doesn't and Why - DVD

Stress Success: Overcoming Stress in a Stressful World - 5 CD set

Double Blind: What Science Can't See - DVD

Believing is Seeing - DVD

He Loves Me, He Loves Me Not: Is it Ever God's Will That You Not Be Healed? - DVD

Turn on the Light: Overcoming Anxiety and Depression Without Drugs - DVD

Who Rewrote the Bible? - Book

The Coming New World Order - Book

Visit Dr. Day's websites at:

www.drday.com

www.goodnewsaboutgod.com

"I Will Give You Back Your Health Again"

Some people believe there are many ways to get well. All a sick patient must do is choose one, and health will follow. Unfortunately, that's not the case. There is only one way to get well, and that is to reverse the factors that made you sick. This book will explain those factors to the reader, with documentation from the finest medical sources.



Lorraine Day, M.D.
Age 77

The problem is that we physicians are never taught how to get a patient well, from virtually any disease. We are only taught to give the patient harmful drugs, with numerous dangerous side effects, or to cut out the patient's organs or cut off his body parts. Or if you have cancer, we doctors are taught to prescribe mutilating surgery or chemotherapy and radiation, both of which **cause** cancer.

All the therapies that medical doctors prescribe are Destructive. They cause serious harm to the body, including the wonderful immune system God has given us to get us well and keep us well. In the long run, this only leads to a sicker patient, with more disease.

On the other hand, God's Natural Health Plan uses only the things created by God, in their natural form. These natural methods Restore health by Rebuilding the immune system.

God's way Restores. Man's way - the doctor's way - Destroys!

Lorraine Day, M.D. developed **CANCER** (over 20 years ago) that grew from the size of a marble (fig. 1) to the size of a grapefruit (fig. 2, 3, 4) in less than 3 weeks! She came close to death, but **REFUSED** chemotherapy, radiation and mutilating surgery and is now **ALIVE and HEALTHY and CANCER FREE!**

Picture at right: Notice that the tumor extends far deeper than the dark red top portion



You Have Cancer. You're Going to Die!

the doctors told me. . .

"But they were wrong!" says Lorraine Day M.D. She was diagnosed with **invasive breast cancer** and had a lumpectomy of a small tumor. But the tumor soon recurred, became very aggressive and grew rapidly. Yet Dr. Day rejected standard therapies because of their destructive side effects and because those therapies often lead to death. She chose instead to rebuild her immune system using the natural, simple inexpensive therapies designed by God and available to everyone, so her body could heal itself.

In her two videos, [You Can't Improve on God](#) and [Cancer Doesn't Scare Me Anymore](#), Dr. Day explains why you don't have to accept a death sentence from your doctor and how this plan has been used successfully by many patients with different types of life-threatening diseases to regain their health.



Marble-sized tumor



Tumor grew to the size of a grapefruit in **less than 3 weeks!**



Notice that the tumor extends far deeper than the dark red top portion.



Dr. Lorraine Day at **age 60**.
Alive and healthy!



Is Dr. Day still alive? You bet!
[click here](#)

Dr. Day Responds to her Critics

**"Woe unto you, when all men shall speak well of you!
for so did their fathers to the FALSE prophets."** Luke 6:26

- [AARP](#) Attacks Dr. Day
- Dr. [Dean Edell](#) Attacks Dr. Day
- [Loma Linda University's Ray Cress libels Dr. Day](#). Cress forced to write retraction.

- **The Seventh Day Adventists Denounce their own Health Message as "Quackery" and attack Dr. Day! Press Release June 25, 2002**
- **Psychiatrist Stephen Barrett Attacks Dr. Day -- Repeatedly!**
- **New York Times Attacks Dr. Day**
- **FDA Warns Dr. Day She Cannot Say, "Beets are GOOD for you!" More harassment from Stephen Barrett!**
- **FTC Enforcement "Hit Squad" agrees that Dangerous Drugs Can be Promoted as Treatment and Prevention for Disease - but NOT wholesome, natural FOOD. This Signals the further Demise of Americans' Health.**

A WARNING TO MY CRITICS

For those of you who attack me or the truth I am telling, please be warned that there are SERIOUS consequences for you!

Here We Go Again!

I don't have a lot of time to devote to responding to my critics. They are a minor pesky annoyance to be sure but, since they always attract more attention to my message, in the long run they are a great help to my cause.

When one is speaking truth, whether truth in medicine, truth in history, truth in business and financial matters, truth in spiritual matters or truth in any other area, the critics will always attack en masse. It's automatic. They have their turf to protect! If I responded in depth to each one of them, I would get nothing else done, which is precisely one of their goals - to distract me from my mission. Instead, I will follow this wise counsel: "The best way to eliminate darkness is to admit light." So I will just continue telling more truth!

I am no stranger to attacks from the media, from medical groups, from special interest groups or from the government. My previous experience in speaking out about the AIDS cover-up by organized medicine and the government has trained me well and has given me increased information and discernment about the forces behind these attacks.

I have "been here" before. To quote a television comedian, "It's deja vu all over again!"

For approximately eight years, from 1987 to 1995, there was hardly a week that passed when I wasn't thoroughly "trashed" in some major newspaper in the country regarding my views on AIDS. Of course, now, 15 years after I first began speaking out, virtually everything I claimed years ago has turned out to be true. Organized medicine and the government have acquiesced on virtually every point on which they attacked me so viciously. Funny thing though, not one of those who attacked me has ever apologized. Oh well, I'll not lose sleep over it. It's obvious there's now another battle to be fought.

My book, "[AIDS: What the Government Isn't Telling You](#)," written in 1991, details what happened to me when I began to expose the AIDS cover-up. Brick-bats came from every direction! My book may read like a novel but it is totally factual. Every claim I made in the book is fully documented and it is still as true and up-to-date as the day I wrote it - with three exceptions. When I wrote the book, I did not know the following: 1) that AIDS is a man-made virus (I now have the government documentation confirming that this is true), 2) that AIDS is, indeed, curable! (See my video "[Diseases Don't Just Happen](#)"), and 3) that AZT, one of the most dangerous drugs on the market, will destroy even more the already suppressed immune system of an AIDS patient.

The powers who attempt to control all information in this country as well as your access to it are many, but all are very well coordinated at the top. For years I was unaware of the zealous cohesion among the hidden leaders of this manipulation, those few who from behind the scenes run the government, industry (including the cancer industry), organized medicine, politics, the economy, religion and almost everything else. The ones at the top believe they are

operating in secret, in darkness - hidden from view, but they are unaware that someone on the inside, someone in their small select group, someone who knows everything they are presently doing as well as all their sinister plans for the future, will always leak that information. There is no honor among thieves!

Their overall plan of attack against ALL truth is diabolically ingenious and could only be planned by one individual, their leader, the Father of Lies! I will be exposing those involved and their "Plan" as time goes on.

With the dumbing down of students in the schools (also part of the plan of the aforementioned group), and the numbing effects of constant television-watching, people have become less able to separate truth from lies. The media's goal is to "promote both sides of the issue until confusion reigns" and the individual throws up his hands in exasperation concluding that is impossible to know what is truth. But truth CAN be known! If you keep searching with an honest heart, asking God to help you in your quest, He promises to "guide you into ALL truth." (John 16:13)

The war of Armageddon will NOT be a war between Israel and Iraq or some other country, although those countries may indeed go to war, the war of Armageddon mentioned in Revelation 16:16 is a spiritual battle, a battle between Truth and Lies, between Good and Evil, between Christ and Satan. It is going on right now. The battle of Armageddon is clearly about worship (see Revelation 14:9-12) - who will you worship: man or God, "science" or the God of the Bible. It is a battle for the mind, heart and soul of every person on this planet.

The main goal of the enemy is to stamp out Truth, to stamp out the Source of Truth - Jesus Christ, who said, "I am the Truth. . ." (John 14:6), to stamp out the true followers of Christ who exhibit the same character He did when He was on earth.

Everyone is involved in this spiritual battle of Armageddon whether or not you understand its full impact. Everyone is on one side or the other - either the side of truth or the side of lies. The outcome has eternal consequences. It is worthy of your attention!

AARP Attacks Dr. Day!

YOUR MONEY



Scam Alert

Cancer and Snake Oil

Surf the Internet for a few minutes, and you're likely to stumble across something that so far has eluded the world's leading medical re-

searchers: a cure for cancer. Last year the Federal Trade Commission (FTC) turned up hundreds of websites touting unproven cures or treatments for cancer and other serious diseases. And experts say modern-day snake oil peddlers are popping up on the Internet faster than the FTC can shut them down.

One site pushes more than 100 "alternative cancer treatments" that it claims are "safe, effective [and] nontoxic." (A 30-page guide to them is \$18.75.) Another features Lorraine Day, M.D., who says that she defeated breast cancer by refusing "mutilating surgery, chemotherapy and radiation" and relying instead on "natural, simple, inexpensive therapies designed by God." Day's site, like many others, sells books, audiotapes and herbal products.

Other websites tout as cancer "cures" everything from powdered shark cartilage to herbal teas. There's hydrazine sulfate, a component of rocket fuel that purportedly works by depriving cancers of glucose, and Cantron, an electrolyte formula that, one website says, fights cancers by "lower[ing] the voltage of the cell structure."

Aside from economic harm, says the FTC's Rich Cleland, quack cancer products and

therapies may lead people to put off "obtaining legitimate treatment at a time when intervention may be most helpful."

At another site, an herbalist identified as "Dr." Richard Schulz goes so far as to promise in a video interview that "your cancer's going to leap out of your body!"

Last year the FTC obtained a \$4.3 million judgment against BioPulse International Inc., for making unsubstantiated claims about two cancer "treatments" it offered in Tijuana, Mexico. One of them, billed as "hypoglycemic sleep therapy," involved placing cancer patients in a series of insulin-induced comas over a seven-week period at a cost of nearly \$40,000. Some patients, according to news accounts, died from their cancers soon after receiving the treatment.

Then there's an electronic gadget called "The New Super Zapper Deluxe." Its inventor, Hulda Clark, claims that the device can stop cancer "immediately" by "selectively electrocuting pathogens." The price: \$159.—CAROLE FLECK

FOR MORE INFORMATION

The National Cancer Institute offers authoritative information at www.cancer.gov. To learn more about cancer quackery, go to www.quackwatch.org.

This Scam Alert column appeared in the January 2003 issue of the AARP Bulletin.

Read [Dr. Day's response](#) below.

Lorraine Day, M.D.
P.O. Box 8
Thousand Palms, CA 92276
1-800-574-2437
www.drday.com

January 14, 2003

Elliot Carlson, Editor AARP
Carole Fleck, author of Scam Alert Column
P.O. Box 199

Long Beach, CA 90801

Dear Mr. Carlson and Ms. Fleck:

I want to thank you for mentioning me in your column "Scam Alert" in the January 2003 issue of the AARP Bulletin, page 18. Obviously **my message of Natural Healing is having a major impact throughout the country** if an organization the size of AARP, 30 million members, feels the need to attack me.

Yes, I am an orthodox medical doctor who was for 15 years on the faculty of the University of California, San Francisco, School of Medicine, considered to be one of the three top medical schools in the country. As Associate Professor and Vice Chairman of the Department of Orthopedic Surgery, I trained thousands of doctors.

In addition, as Chief of Orthopedic Surgery at San Francisco General Hospital, one of the premier trauma hospitals in the country, I ran the equivalent of a M.A.S.H. unit for many years. For the past 20-25 years, I have been invited to lecture to doctors at numerous University medical schools including Vanderbilt, Baylor, Cincinnati, Tufts, South Carolina, Iowa, USC, Minnesota and countless medical societies throughout the U.S. including the Massachusetts Medical Society, as well as other medical organizations around the world, including the Royal Society of Medicine in London.

How surprised they will be to find out that the very doctor, Dr. Lorraine Day, these highly distinguished medical groups invited as a guest speaker, you, the editors of AARP, have designated as a quack.

How could I, overnight, go from a highly respected surgeon at the top of my field, to an AARP-designated quack?

What was my "crime?"

Answer: I had the **audacity to successfully reverse** my severe, life-threatening cancer **WITHOUT DRUGS!** According to your business partners, the pharmaceutical companies, this is the GREATEST crime of all!

Yes, I did reverse my life-threatening, end-stage cancer by totally natural methods. (You can see the pictures of the huge tumor I had, as well as my biopsy reports at my web site www.drday.com)

Yes, I did refuse chemotherapy, radiation and mutilating surgery because, as a medical doctor with years of experience, I saw thousands of cancer patients die, **NOT** from their cancer, but from the **painful, maiming, destructive** "treatments" we doctors give them.

And Yes, I am **TOTALLY WELL** and Cancer-FREE a full 10 years after my tumor first appeared, and **EVERYTHING** I used to get well is totally free, except for food, and almost everyone has to buy that anyway.

But I understand your need to attack me and my reputation. Certainly you don't want your membership to learn how to get well from Cancer, Heart Disease, Parkinson's, Lupus, Arthritis, Diabetes and many, many other diseases by natural methods, without drugs of any kind. After all, one of the main functions of AARP, according to your own advertising, is to sell drug medications to your members.

Let's see, with 30 million members (all over 55) and each one spending maybe \$100.00 per month with AARP for their medication (a conservative estimate), that amounts to **\$3 BILLION** in drug sales **per month**. If your organization gets a cut of just 10% of that total, that's **\$300 MILLION per month** for you! If your cut is only 1%, that's still \$30 MILLION per month you are receiving, a minimum of \$360 MILLION per year!

When you have a multi-million dollar arrangement with the drug companies as you do, my message of **inexpensive natural methods of healing**, with **NO** adverse side effects, could really cut into a truly phenomenal income such as you are receiving. It's easy to see why you would choose to attack me.

One more thing, in your column you referred to natural healing as quackery, yet on the back page of your very same AARP Bulletin, January 2003, you promote a "Yearbook" with an advertising headline stating "Ordinary Ailments, Extraordinary Cures -- Health Breakthroughs

and Remarkable Remedies." In that advertisement are listed SIX or SEVEN points of the TEN Step Natural Health Plan **I used to reverse my end-stage cancer!**

Why is it "quackery" when I promote it, but it's NOT "quackery" when YOU promote it? ([see ad in AARP bulletin](#))

Even MORE interesting is the fact that **you CHANGED the headline for the advertisement when it was published in your Bulletin**. Here is the [SAME ad](#) found in another paper. The heading is very different. It includes the words:

"Remedies That Work Better Than Dangerous Drugs Or Risky Surgery"

Your AARP Bulletin obviously required that the **ad be changed to eliminate these important words - to protect your enormous payoff from your drug business**. You have deliberately withheld potentially life-saving information from your membership for your own monetary gain.

In the interest of fairness, I'm sure you will be more than happy to print this letter in a prominent spot in your up-coming February AARP Bulletin. I give you permission, but ONLY if it is printed in its entirety. You do not have my permission to cut and paste portions to suit your own agenda.

Just in case there's an outside chance you are NOT interested in fairness, I will post this letter on my own web site at www.drday.com as well as other web sites, as the public does have the right to hear both sides.

Again, thank you for mentioning me. I could never afford to buy publicity like this to an organization the size of AARP, and here you have provided it for me free of charge. You have probably forgotten, or at least have not considered the fact that there are millions of intelligent and discerning members in your organization who will be perceptive enough to search me out, **to find out how they too can get well without the torturing pain, surgical disfigurement, and bankrupting expense of orthodox methods.**

Thanks for letting them know I'm here! They may not have found me otherwise.


Sincerely,




Lorraine Day, M.D.

Ad as it appeared in the AARP Bulletin
Note two things: the title and the numerous natural remedies in the ad.


ADVERTISEMENT



Strawberries may reduce stress and calm anxiety.



Walnuts may thin your blood and help prevent clots.



Bananas may calm a chronic cough.

"Ordinary Ailments, Extraordinary Cures — Health Breakthroughs and Remarkable Remedies"

FC&A, a Peachtree City, Georgia, publisher, announced the release of a book for the general public, "The FC&A 2003 Yearbook." The authors provide many health tips with full explanations.

- Good news — you can eat as much of this as your body can handle and may add only a few calories to your diet! What's more, your body needs it to function at its peak.
- 10 foods that may help to clean and flush out your arteries.
- This delicious, vitamin-packed fruit may help to relieve arthritis pain.
- Flatten a bulging belly and strengthen stomach muscles — while strengthening your back — with this exercise.

weight loss strategies.

- Tired? Read this to learn the causes, plus sleep tips for a restful night, anti-fatigue exercises, an anti-fatigue breakfast that will really wake you up, and a peppy potion for those sudden afternoon slumps.
- This vegetable juice may lower cholesterol and triglyceride levels.
- Help keep your memory sharp as a tack with this easy-to-grow remedy!
- Secret causes of tiredness or muscle cramps — and the foods that may help you.
- This vegetable contains a vitamin that may help neutralize a toxic chemical that causes hardening of the arteries.
- This remedy may reduce the level of

names the three vitamins and their best sources.

- Four foods that contain a natural antihistamine that may help open your stuffy nose.
- Rediscover the oh-so-important benefits of non-strenuous daily exercise! The little things you do to stay active may ensure lifelong health and happiness.
- 3 big secrets of people who live longer and do it in "picture-perfect health."
- Heart attack! Make sure you know what to do if it happens to you.
- Delicious dessert contains ingredients amazingly known to help reduce heart attack risk, ease angina pain and lower blood sugar.


mornings off right to avoid diabetes!

- Ten ways to help arthritis pain, beta-carotene to vinegar!
- Treatments for helping reduce risk of heart attack or stroke, may also help improve the quality of your life.
- 4 herbs that help improve your health. The first two may reduce cholesterol levels. The third and fourth may prevent clogged arteries.
- This essential herb may not only bacteria, but viruses and infection, too!
- Folks over 55 have two reasons to take this potent vitamin. It strengthens muscles and immunity.
- Advice for people who do not want to suffer from arthritis of the hip knees.
- Take a minute to check out 12 ways to help ease your back pain.
- This amazing mineral helps prevent "mental meltdown." It affects everything from hand-eye coordination to long and short-term memory!
- Enjoy life-long sharp vision with refreshing, minty herb that contains nutrients that may help to prevent cataracts.
- Help reduce your risk of developing cataracts, even if you strain your eyes often!
- Painful joints? You may find relief by balancing these two nutrients found in eggs, meat, milk and fish.
- 5 drug-free ways to help hold off high blood pressure.
- Track down migraine triggers, help get relief when you do this!
- Knee pain giving you trouble? Your knees simply by wearing the shoes!
- Just use these simple tips to help clear of gallstones.
- Super sleep solutions for insomnia.
- Top 5 alternatives to pesticides — of them completely natural!
- The way you sleep at night could hurt your heartburn! Turn out the light stomach acid when you read this book!
- Get smart with einkuo. It helps

[Back to letter](#)

Same ad found in another publication. Notice that the Heading here includes the words

"... That Work Better Than Dangerous Drugs or Risky Surgery"



Strawberries reduce stress and calm anxiety.



Walnuts can thin your blood and help prevent clots.



Bananas can calm a chronic cough.

"Ordinary Ailments, Extraordinary Cures — Health Breakthroughs and Remarkable Remedies That Work Better Than Dangerous Drugs or Risky Surgery"

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced the release of a new book for the general public, "The FC&A 2003 Yearbook." The authors provide many health tips with full explanations.

- This vegetable juice can lower cholesterol and triglyceride levels just as well as traditional prescription drugs.
- This remedy reduces the level of "bad" cholesterol

lost vitality and energy.

- 3 great secrets of people who live longer and stay healthier.
- Want easy answers to life's biggest health questions? Doctors have found that eating foods rich in just two basic vitamins reduces your risk of death from many causes. This book names the two vitamins and their best sources.
- Grape juice is an artery-clearing wonder! Learn how it sweeps your arteries clean from cholesterol

risk of heart attack by 40%.

- Enjoying this tasty and popular nut can help cut your cholesterol by 20 points without medication! Documented at a cardiac research center in California.
- A natural way to rejuvenate your veins and arteries that will have you feeling brand new.
- Beware! The 8 warning signs of stroke. Don't ignore any of them.
- Your body produces a natural "fountain of

these two things.

- Instant way to keep your arteries free of clogging plaque. Just whip this up in your smoothies.
- Good news — you can eat as much of this as your body can handle and add absolutely no calories to your diet!
- This delicious, vitamin-packed fruit is proven to relieve arthritis pain even better than aspirin, ibuprofen and other drugs — with no stomach upset or other side effects.
- How young do you want to feel? Reverse the effects of aging and keep your mind sharp with this sweet treat.
- This can help you live longer and keep your brain sharp — even into your 90's (and it's not physical exercise.)
- Sleep sounder and wake refreshed and ready to face the world when you add these foods to your diet!
- A spice that may prevent 8 types of cancer.
- Improve your memory with these eleven effective remedies.
- Arthritis sufferers should know about these nine natural pain relievers before resorting to dangerous drugs!
- Eight telltale symptoms that a stroke is under way or has occurred.
- High cholesterol? These three vegetables can reduce cholesterol levels.
- The elderly fear no condition like stroke, and rightly so. Now they may greatly reduce that risk — and the fear that accompanies it — with this vitamin.
- The tlay, sweet fruit that contains over 17 compounds to clear away artery-clogging plaque far better than vitamin supplements!
- Improve your eyesight without glasses — without contact lenses, surgery, drugs or medicine of any kind.
- Renew your vigor! Apply pressure to these anti-fatigue points to replenish your energy.
- High blood pressure? Eat this delicious fruit.
- This cough syrup can kill you if you take it a certain way. How pineapple juice and honey can provide relief for a cough!

[BACK to Dr. Day's AARP Response Letter](#) | [Return to Dr. Day's Response to her Critics](#)

Cancer and Health - Books & Tapes

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[4 DVD Package](#)

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[Who Started the Organized Church?](#)

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[I Will Give You Back Your Health Again](#)

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[Stress Success](#)

[Eye See: Prevent and Reverse Eye Disease](#)

[Getting Started on Getting Well](#) (workbook)

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[He Loves Me. He Loves Me Not.](#)

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[Drugs Never Cure Disease](#)

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[Will My Body Heal Itself?](#)

[Doesn't Everyone Die Sometime?](#)

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[Bible Studies](#)

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LLU PATHOLOGY LABORATORY
11370 ANDERSON STREET, SUITE 2950
LOMA LINDA, CALIFORNIA 92354
B.S. Bull, M.D., D.A. Weeks, M.D. and A.J. Hauck, M.D.
Directors of the Laboratory

TISSUE EXAMINATION

NAME: DAY, LORRAINE
DOB: 02/04/37
AGE: 56Y
SEX: F
MR#: [REDACTED]
LOC: OP
DEPT: SURGERY

DOCTOR: ZIRKLE, T.
CC: LLUMC MR/TULLY/JL/XRAY
DATE OF PROCEDURE: 10/26/93
DATE ACCESSIONED: 10/26/93
DATE COMPLETED: 10/27/93

SPECIMEN #: 93PS4964

DIAGNOSIS:

EXCISIONAL BIOPSY OF LEFT CHEST WALL MASS:

INFILTRATING MODERATELY DIFFERENTIATED DUCTAL CARCINOMA WITH
INTRADUCTAL COMPONENTS (TUMOR SIZE 1.7 CM)
TUMOR EXHIBITS EXTENSIVE DESMOPLASTIC REACTION AND FOCAL AREAS
SUSPICIOUS FOR LYMPHATIC PERMEATION
TUMOR EXTENDS TO EXCISIONAL SURGICAL MARGINS
ADJACENT BREAST TISSUE SHOWS FIBROCYSTIC CHANGES

SIZE: 1.7 CM

LOCATION: LEFT BREAST

RESECTION MARGINS: INVOLVED

HISTOLOGIC GRADE: 2/3

NUCLEAR GRADE: 2/3

VASCULAR INVASION: SUSPICIOUS

IN-SITU COMPONENT: PRESENT (SOLID TYPE)

NIPPLE INVOLVEMENT: N/A

SKIN INVOLVEMENT: N/A

NON-NEOPLASTIC BREAST TISSUE: FIBROCYSTIC CHANGES

ADDITIONAL STUDIES ORDERED: ER/PR/DNA ON BLOCK "93PS4964-A2"

AXILLARY LYMPH NODES: N/A

COMMENT: Dr. Zirkle notified at 11:55, 10/27/93 by nra.

PAS CODE: P6

SPECIMEN: Mass, left chest wall

HISTORY: Mass, left chest wall.
COPY OF SIGNED ORIGINAL

PATHOLOGIST: M.R. Akin, M.D.

SPECIMEN #: 93PS4964
NAME: DAY, LORRAINE
MR#: [REDACTED]
LOC: OP

LLU PATHOLOGY LABORATORY
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ADJACENT BREAST TISSUE SHOWS FIBROCYSTIC CHANGES

SIZE: 1.7 CM

LOCATION: LEFT BREAST

RESECTION MARGINS: INVOLVED

HISTOLOGIC GRADE: 2/3

NUCLEAR GRADE: 2/3

VASCULAR INVASION: SUSPICIOUS

IN-SITU COMPONENT: PRESENT (SOLID TYPE)

NIPPLE INVOLVEMENT: N/A

SKIN INVOLVEMENT: N/A

NON-NEOPLASTIC BREAST TISSUE: FIBROCYSTIC CHANGES

ADDITIONAL STUDIES ORDERED: ER/PR/DNA ON BLOCK "93PS4964-A2"

AXILLARY LYMPH NODES: N/A

COMMENT: Dr. Zirkle notified at 11:55, 10/27/93 by nra.

PAS CODE: P6

SPECIMEN: Mass, left chest wall

HISTORY: Mass, left chest wall.
COPY OF SIGNED ORIGINAL

PATHOLOGIST: M.R. Akin, M.D.

SPECIMEN #: 93PS4964
NAME: DAY, LORRAINE
MR#: ~~REDACTED~~
LOC: OP



GENERAL LABORATORY
2500 Roselle Street, San Diego, California 92121
GUIN 453-3141
Phillips L. Guzman, M.D., Director
SCRIPPS MEMORIAL HOSPITAL
354 Santa Fe Drive, San Marcos, California 92178
619 457-6000
Stephen Cochran, M.D., Director

FILES 8151 MEDICAL BUILDING
8013 Third Avenue, Suite 100, San Diego, California 92118
619 299-2831
Ming Heng, M.D., Director
SCRIPPS MEMORIAL HOSPITAL
354 Santa Fe Drive, San Marcos, California 92178
619 457-7424
David Harner, M.D., Director

SURGICAL PATHOLOGY REPORT

ACCESSION NO. S93-
PATIENT: DAY, LORRAINE
MR# DOB: 02/24/37 AGE: 56Y SEX: F DATE: 11/04/93
LOCATION: ASC | *mr* DOCTOR: Eastman, AB
SPECIMEN: (A) LEFT BREAST TISSUE
(B) PECTORAL FASCIA TISSUE
(C) MOST MEDIAL BREAST TISSUE

Adapted from Manual for Staging of Cancer,
3rd Edition, 1988. American Joint Committee
and revised by the Stevens Cancer Center
Scripps Memorial Hospitals

1. MAXIMUM TUMOR SIZE: <u> </u> cm.		3. NODAL INVOLVEMENT (N)*		4. HISTOLOGY	
2. PRIMARY TUMOR (T)*		<input type="checkbox"/> Axillary <u> </u> examined <u> </u> # Positive <input type="checkbox"/> Other Nodes (Specify)		<input checked="" type="checkbox"/> Infiltrating ductal carcinoma <input type="checkbox"/> Intraductal carcinoma <input type="checkbox"/> Lobular carcinoma <input type="checkbox"/> Medullary carcinoma <input type="checkbox"/> Paget's disease <input type="checkbox"/> Inflammatory carcinoma** (over) <input type="checkbox"/> Other, specify _____ <input type="checkbox"/> Mucinous <input type="checkbox"/> Papillary <input type="checkbox"/> Scirrhous <input type="checkbox"/> Tubular	
TX <input type="checkbox"/> TX T0 <input type="checkbox"/> T0 T1c <input type="checkbox"/> T1c T1 <input type="checkbox"/> T1 <input type="checkbox"/> T1a <input type="checkbox"/> T1b <input type="checkbox"/> T1c T2 <input type="checkbox"/> T2 T3 <input type="checkbox"/> T3 T4 <input type="checkbox"/> T4 <input type="checkbox"/> T4a <input type="checkbox"/> T4b <input type="checkbox"/> T4c <input type="checkbox"/> T4d		NX <input type="checkbox"/> NX N0 <input type="checkbox"/> N0 N1 <input type="checkbox"/> N1 <input type="checkbox"/> N1a <input type="checkbox"/> N1b <input type="checkbox"/> N1bi <input type="checkbox"/> N1bii <input type="checkbox"/> N1biv N2 <input type="checkbox"/> N2 N3 <input type="checkbox"/> N3		<input type="checkbox"/> Dermal Lymphatics <input type="checkbox"/> Skin (other than dermal lymphatics) <input type="checkbox"/> Lymphatic vessel invasion (other than skin) <input type="checkbox"/> Blood vessel invasion <input type="checkbox"/> Multifocal within breast (same Quadrant) <input type="checkbox"/> Multiple primaries in breast (diff quadrants) <input type="checkbox"/> Non-evaluable	
Clinical T Pathological T		Clinical N Pathological N		5. GRADE <input checked="" type="checkbox"/> GX Grade cannot be assessed <input type="checkbox"/> G1 Well differentiated <input type="checkbox"/> G2 Moderately differentiated <input type="checkbox"/> G3 Poorly differentiated <input type="checkbox"/> G4 Undifferentiated	

*See T & N Definitions on Back

1. MAXIMUM CLINICAL TUMOR SIZE: cm.

2. TUMOR LOCATIONS

- ☐ Right breast
☐ Left breast
☐ Multiple primaries
 In one breast
☐ UOQ
☐ UIQ
☐ LOO
☐ LIQ
☐ Subareolar
☐ Other _____

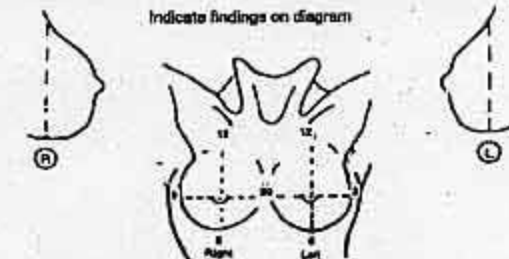
3. LAB PROCEDURES:

	normal	abnormal	not done
mammo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
chem panel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
chest x-ray	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone Scan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CEA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PRA Progesterone	<input type="checkbox"/> positive	<input type="checkbox"/> negative	<input type="checkbox"/> not done
ERA Estrogen	<input type="checkbox"/> positive	<input type="checkbox"/> negative	<input type="checkbox"/> not done

STAGE GROUPING

Stage 0	T0	N0	M0
Stage I	T1	N0	M0
Stage IIA	T1	N1	M0
	T2	N1	M0
Stage IIB	T3	N1	M0
	T4	N1	M0
Stage IIIA	T1	N2	M0
	T2	N2	M0
	T3	N2	M0
Stage IIIB	T4	N2	M0
	T4	N1,N2	M0
Stage IV	Any T	Any N	M1
	Any T	Any N	M1

*Note: The prognosis of patients with pN1 is similar to that of patients with pN0.
Clinical Staging: Includes: physical exam, pathologic findings, proper imaging techniques.
Pathologic Staging: Includes: clinical findings and requires surgical resection with no gross pathologic margin involvement, and resection of at least four axillary lymph nodes should be carried out. *Definition on back



4. PERFORMANCE STATUS (HIST) (at time of staging)

☐ H0 ☐ H1 ☐ H2 ☐ H3 ☐ H4

5. OPERATIVE PROCEDURE(S)

- ☐ Biopsy, (type) _____
☐ Lumpectomy, partial mastectomy
☐ Simple mastectomy
☐ Modified radical mastectomy
☐ Radical mastectomy
☐ Axillary sampling
☐ Other _____

6. DISTANT METASTASIS (M)

- ☐ MX : Cannot assess
☐ M0 No (known) distant metastasis
☐ M1 Distant metastasis Specify _____

7. POSTSURGICAL RESIDUAL TUMOR (R)

- ☐ R0 No residual tumor
☐ R1 Microscopic residual tumor
☐ R2 Macroscopic residual tumor
 Specify _____

CLINICAL STAGE (cTNM)*

PATHOLOGICAL STAGE (pTNM)*

RETREATMENT STAGE (RTNM)*

T N M Stage T N M Stage T N M Stage

PHYSICIAN'S SIGNATURE _____

DATE _____



Scripps Memorial Hospital

BREAST
Staging Worksheet

DAY, LORRAINE S93-
 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100.



Scripps Memorial
Hospital

La Jolla



NOV - 2 1993

Patient Day, Lorraine

Hospital No. [REDACTED]

Room No.

Date 11/4/93

A. Brent Eastman, M.D.

CHIEF COMPLAINT: Biopsy-proven carcinoma, left breast.

HISTORY OF

PRESENT ILLNESS: This 56-year-old orthopedic surgeon states that she has noted a mass in her left breast for several months. She underwent an excisional biopsy at Loma Linda University approximately one week ago. That diagnosis was returned as a 2.4 cm infiltrating ductal carcinoma with involvement of all margins.

The patient called me, and we spoke over the phone. She has very strong feelings about how she wants to manage this problem. Specifically, she wanted to come in for a wider excision of the biopsy site. She absolutely did not want to consider mastectomy, any radical excision, or lymph node sampling.

I saw the patient in my office and had approximately a one-hour discussion with her regarding the management of this problem. I strongly recommended that adequate margins could be obtained, that she should have an axillary dissection as well as postoperative radiation therapy. Again, the patient refuses any of that and only wants a wide excision.



MAY 24 2001

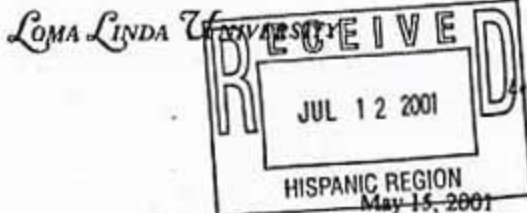
THOMAS MOSTERT, JR.
RECEIVED

JUN 8 2001

PRESIDENT

Loma Linda, California 92350
(909) 558-4564
FAX: (909) 558-0119

School of Medicine
Department of Physiology and Pharmacology
Risky Hall, Room 219



Elder Tom Mostert, President
Pacific Union Conference of SDA
2682 Townsgate Road
Westlake Village, CA 91361

Dear Elder Mostert:

From time to time I see notices in the Pacific Union Recorder about a presentation to be given by Dr. Lorraine Day. Sometimes these are at campmeetings, sometimes at other Adventist gatherings. The latest edition of the Recorder announces that she will be speaking at the Arizona campmeeting this summer.

- ① As a medical scientist and as a Seventh-day Adventist, I have some grave misgivings about her method of "treating" cancer, and feel that the SDA Church should not be involved in what she is doing.
- ② In listening to her, it is easy to assume that she must surely have successfully treated hundreds of cancer patients. Unfortunately, this is not the case. Although it would be wonderful if cancer
- ③ could be treated with fruit and vegetable juices (and coffee enemas!), these methods turn out to be
- ④ ideas from a world of fantasy. Dr. Day has been unable to cite even one case of confirmed cancer that has been successfully treated by her methods.
- ⑤ She claims that she herself was cured of cancer without resort to the "slash, poison and burn"
- ⑥ methods she ridicules. But I question whether what she had was cancer. Any physician will tell you that there is one and only one sure way to diagnose cancer: perform a biopsy. When Dr. Day
- ⑦ is asked whether she has biopsy evidence that she had cancer, she refuses to discuss the matter.
- ⑧ As one example (I have heard of others) a student I was working with several months ago was almost granted an interview with Dr. Day, but was turned down after Dr. Day was told that the focus of the interview was to be the nature of her evidence that she had, in fact, had cancer
- ⑨ She shows a photograph of a lump on her chest, and says that this was a cancerous tumor. Physicians have told me that it could just as likely be any number of other things, such as a cyst or
- ⑩ a benign tumor. And she even admits that this lump was "debulked," i.e. removed surgically.