

Zoektocht naar Gezondheid

Ik Daag Je Uit!

Verwarring is een signaal dat je op het punt staat iets nieuws te leren. Anne Linden



Passie voor Gezondheid
Wij zijn allemaal schakels in een keten en elkaar verbonden hoe je het ook kan invloed hebben op het leven omdat we met elkaar verbonden startpunt zijn voor tientallen, honderden mensen! Passie voor gezondheid

"DE WET VAN DE KRACHT
VAN UW GEDACHTEN"

Voedingssupplementen

Yves Rocher werkt
Combineer gezond

Roken doet

Zij stopt met
ont

Henk Mutsaers

Foreword

Search for health

In this book I want to share my journey and quest for health with everyone. A journey that also started for me due to physical complaints that imposed limitations on me. This journey would take me to other places, expand my awareness of everything happening around us, and, besides music, bring a new passion: health! A question that comes to mind is, *"Could the things that have motivated me to live a healthier lifestyle also motivate others?"*

In this book you will encounter many things about motivation.

Many people are realizing that health is their most precious possession... and need a spam filter to prevent misleading information! Only when you're aware of the actual situation can you begin to improve. Knowledge then allows you to choose health; if you're living on autopilot, you're indeed lucky. There are many vested interests in agriculture, the food, chemical, and pharmaceutical industries, healthcare, political lobbies, and so on. You might need to adjust your old ideas. The good news is the internet, where numerous sources of information can be found. Just like in the real world, you have to judge for yourself which articles are valuable to you, aided by the pros and cons you can consult and weigh. Isn't it strange that it's considered normal to develop all sorts of ailments and complaints as you get older? The reality is that complaints, deficiencies, energy shortages, and many illnesses due to deficiencies develop slowly over time, and these can largely be traced back to decades of vitamin and mineral deficiencies and an imbalance in your diet. Nutrition is your best medicine. A car's MOT is mandatory, and an annual preventative checkup is a wise choice and increases your chances of healthy aging. But is this really an opportunity, or simply a choice?

Over the years, I've connected with many people from whom I've learned something, both positive and negative. However, every learning experience was equally important. Special thanks to my weekly "buddies": Ron Fontaine and Mike Donkers on health radio. Without them, I would never have been able to share the amount of information we've shared over the past few years.

Henk Mutsaers -- Update: 06-12-2012 – layout courtesy of Marcia Leising

Make sure your health is in the best hands, your own!

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1. Read more than just the headline

For the program of the local broadcaster in Geertruidenberg (SLOG), I had taken the MD recorder to ask five questions about health to random passers-by.

Question one was a resounding "Do you eat healthily?" Of the people I asked this question, half answered with a resounding "Yes." A few answered with "Not always," and a few others with "I hope so." The second question was: Do you ever read health articles in a newspaper or magazine? The majority of answers were "Sometimes." A striking response came from an 11-year-old girl who had read that eating too many French fries wasn't healthy. The question was: Do you read every health article, or sometimes? This question didn't yield "always" even once. When asked if someone specifically looked for health information online, the majority of answers were "Never."

and one person: "Only if something is wrong with me." The last question: Do you ever think about your health? was answered yes by almost everyone.

1.1 *My motivation to do 'something'.*

Like most people, I thought I had a reasonably healthy lifestyle—not optimal, but reasonable. In the late eighties, I started having pain in my arm, a somewhat leaden feeling. After a while, it got progressively worse. I worked a lot on the computer, so it might have been mouse arm. Little did I know? After about six months, I was already experiencing pain in both arms, so something else had to be wrong. One night, I woke up and both arms were "asleep." Now, you might have been lying on an arm incorrectly for a long time, which could have impeded blood circulation.

But on two arms simultaneously is not very plausible. I had worked in a chemical warehouse for years, and because I was collecting data together with the safety expert at the time for the preparation of chemical charts,

You only realize how many dangerous substances you work with every day. I once spilled hydrazine while tapping, which immediately gave me a severe headache—dangerous stuff, indeed. You immediately start to wonder, couldn't my symptoms be related? So, I went through the medical process via my GP, underwent a nerve examination, and then another examination revealed that both connecting blood vessels at the wrists weren't allowing enough blood to flow. People were sometimes operated on for this, but the success rate was only 50%. The final conclusion was, "You just have to learn to live with this." Through word of mouth, I ended up in The Hague, from Brabant, with a manual therapist named Mrs. Spiexma. You never forget some names. Imagine you've been "undergoing treatment" for six months with no results, and then you see a woman who chats with you for ten minutes and then tells you the problem will be solved within a few weeks. "Just write down everything you eat every day in detail and come back," I was told. I was given a few massages to improve circulation and a diet plan. And after about eight weeks, as she indicated, the problem was solved. A great relief, but not only that, I was functioning without any complaints again. Later, I did start thinking. How come no one in either of the hospitals I'd visited had the same idea? After all, it's their job, isn't it? Influenced by this experience, you sometimes read an article about health, and I started taking garlic tablets.



Although the publications contradicted each other as to whether they actually contained active ingredients, the motto was: If it doesn't help, it doesn't hurt.

Do you recognize this too? All those messages **about ill health were** written for someone else. After all, I was perfectly healthy, bursting with energy—in short, everything was perfect. Sometimes you'd unknowingly pick up on some of these messages, but you didn't really think about it. That changed after I experienced these symptoms myself. Some people then continue to live unhealthy lives, but life is far too much fun to "live" with limitations. If that limitation also affects your hobby, music, then there's even more motivation to do something about it.

At work, a clear opinion was expressed about the origins of another problem: my back pain. Within two hours, I was given another job and freed from heavy physical labor, sparing my three worn-out vertebrae. A lifting course with a physiotherapist and a year at the gym put me on the right path.

Much is written and discussed about health in the media. However, I also have many questions about the information provided. How is it possible that when asked, "Do you eat healthily?", we consistently receive the answer "Yes"? A study in the United States asked, "If we were to invent a pill now, what would it be for?" The most common answers were, "More energy." When Drees introduced his state pension (AOW) in 1957, we could benefit from this scheme for an average of two years; now the average lifespan has increased by 8 to 12 years. However, has the quality of life kept pace with these figures? I see more and more people using aids. You and I know that a staggering number of more than 50 percent of all people use medication daily for short or long periods of time. A staggering 80 percent of all children under the age of two have already been prescribed medication... for health? We now also know that in the Netherlands, with air pollution, we are one of the most polluted areas in the world.

Life. How long have these facts been known? Where does this polluted air end up, and how much of it do we ingest through our "healthy" fruits and vegetables? Every farmer and gardener knows that the pH (acidity) of the soil is important for crop growth. Has your doctor ever tested you for this? At our pharmacy, they didn't even know what I was talking about when I asked for test strips. Yet, a good base-acid balance is essential. Could that be why so many people have or develop chronic and other illnesses?

1.2 Getting sick & lifestyle

The Netherlands invented intensive farming methods. What are the consequences for the quality of our food? According to various authorities, food safety has never been higher. Aren't safety and quality different concepts, easily mistaken for one and the same by consumers? I've long since found the answers myself, but do you know that too?

The "I eat healthy" answers suggest otherwise. The European government doesn't allow any manufacturer of dietary supplements to claim that a balanced, healthy diet isn't possible without these products. Other organizations are also sending this same message. Which European countries are subject to these guidelines?

Fruits and vegetables taste much better in the Mediterranean and research has shown that the Mediterranean lifestyle is beneficial.

What do the authorities know that they'd rather not share? During a visit to America in 2004, I saw an interview on TV with Kevin Trudeau, author of the book "Natural Cures They Don't Want You to Know About." In it, author Kevin Trudeau discussed the many diseases that can be cured naturally.

But these solutions aren't being widely publicized. If you tell something like that on TV and also publish it in a book in America, where lawsuits are a common occurrence, you have to be incredibly confident. Kevin did face those lawsuits, but ultimately, the following year, his book sold 4 million copies.

(Health) Problems aren't stop signs; they're signposts (*Robert H. Schuller*).

How do you explain something to people? That's always the question. I often try to connect it to everyday matters that everyone understands. Assuming you belong to that fortunate group of healthy people, who often never consider what that might mean for your joy in life and income if you weren't.

Viewed in this light, it's actually quite strange to see how people treat their most precious possessions. If we compare it to motorsports, many things become all too clear. Everyone knows that at the pinnacle of this sport, Formula 1, every little detail can lead to victory or defeat. Even if the driver is in top condition, with a car that lacks the proper frame, aerodynamics, engine, tires, fuel, etc., they stand no chance. In evenly matched combinations, it's the innovative ideas that often make the difference between victory and inglorious oblivion. If we now compare Formula 1 and your health, quite a few hard facts emerge. Not everyone is busy "tuning" their body, as evidenced by the fact that few people are focused on prevention. Denying yourself sufficient rest and leading a stressful life,

It's almost inevitable that parts will break here and there. Smoking... you might still have a chance to participate in some rearguard battles, but you're definitely not among the winners! The simplest thing you can think of is fuel. Many have experienced, or certainly heard about, what happens when you fill up with the wrong fuel, or... just a little too little.

You simply won't make it to the finish line. Remember how stupid you thought someone was when they dropped out of the race due to a lack of fuel just moments before victory? Wrong bet! Almost every day, everyone can read in the newspapers that all sorts of things are wrong with our fuel (food). The quality is far from what it should be. Just like in motorsports, innovative products are also available here that allow you to gain an edge over the competition. You don't have to spy to find out. You can now choose to be among the potential winners, if you have a winning mentality, that is.

The Netherlands has a growing number of people over the age of one hundred. Fifty years ago, there were only forty people in the Netherlands over the age of one hundred, but today, Statistics Netherlands (CBS) counts no fewer than 1,633 centenarians (*2009 figures*). These are mainly women: only one in six is a man.

The average lifespan is much lower in the Netherlands, where men live to around 75 and women to around 80. The Japanese and Swedes live the longest on average in the world. This is largely due to dietary habits (lots of fish) and likely also to less environmental pollution. Over the past 200 years, the average lifespan in Europe has increased dramatically: before the Industrial Revolution, it was around 40. Our increasing longevity is mainly due to better hygiene and prevention, the fight against infectious diseases, and social factors such as reduced poverty, better working conditions, and housing. However, people in wealthy countries are more likely to be struck by lifestyle diseases such as cancer and cardiovascular disease. These diseases are often the result of a lack of exercise, poor eating habits, and air pollution. Social and psychological factors also affect life expectancy. Lonely elderly people who receive little stimulation and appreciation die sooner than active elderly people with a social network of friends and family.

Scientists expect the average lifespan to rise slightly in the coming years, but not much: to around 83 for women and 80 for men. The narrowing life expectancy gap between men and women is primarily due to smoking habits. Statistics began in Japan in 1963, when there were only 153 Japanese people aged 100 or older. Last year, the number of people over 20,000 was reached for the first time. Of the very elderly, 84.7 percent are women.

Increasing the average lifespan means, above all, that people must be held personally responsible, stimulated, and motivated for their own well-being more than ever before. This can be achieved, for example, by further rewarding a healthy lifestyle through discounts on insurance premiums. Preventing illness is the number one priority! The time saved in this way is aptly called "manufactured time" in Anglo-Saxon literature. It is feared that the current lifestyle of certain population groups will slow the increase in the average lifespan, bring it to a complete halt, or even reduce it, even though it is known that many years of gain can easily be achieved.

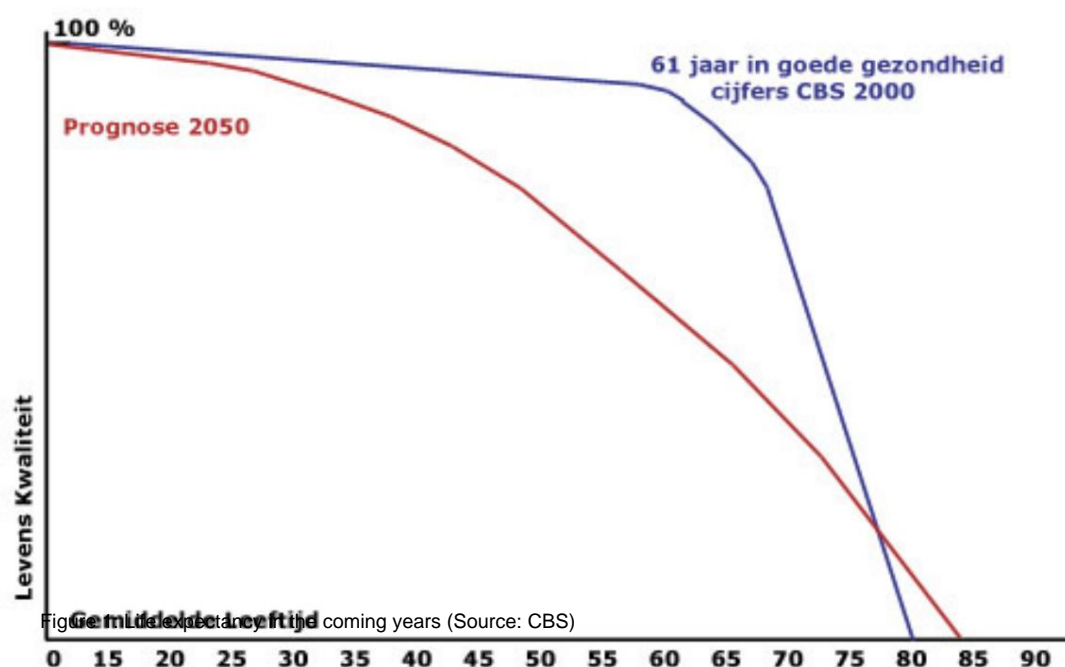


Figure 1. Life expectancy in the coming years (Source: CBS)

The crucial question is whether the increased average lifespan is also accompanied by a greater number of healthy years or by years where dependency and the need for care outweigh the benefits. Expectations in this regard are visible in the figure above. Besides smoking cessation, for which the evidence is overwhelming, a healthy diet and sufficient physical activity are the two main lifestyle factors that can delay the aging process, and certainly the onset and progression of age-related diseases, even when people start at an older age. Extensive scientific literature is available on this topic.

If we now look at the reasons why people get sick, a picture slowly but surely unfolds that creates opportunities for self-control. In other words, not getting sick is all about what you put into your body. Our millennia-old dietary habits have been completely turned upside down in the last fifty years. Scientists are increasingly discovering that our bodies don't know how to cope with these changes. We want to eat all kinds of produce year-round; it has to be quick to prepare, have a long shelf life, and of course, convenient. Food manufacturers have met all our demands by packaging everything ready-made in packets, cans, and jars. However, this has forced them to use additives such as preservatives, flavor enhancers, colorants, and so on. Many of these artificial additives are best avoided and are listed in almost illegible text on the packaging.

Human influence on our food chain (read: increased profits) means that we, as consumers, still believe we're using natural products, which in reality is often no longer the case. What is still grown naturally suffers from soil depletion, air pollution, excessively rapid growth, prolonged storage, and transport, often over long distances. All those previously natural products are now affected by colorants, preservatives, antioxidants, emulsifiers, sweeteners, thickeners, and flavor enhancers. More than 400 of these so-called additives end up directly in our food, and somewhere between 11,000 and 15,000 enter the food chain. A few years ago, the Consumers' Association created a handy flyer with the text: E numbers to watch out for.

Overview of EU-approved additives with health risks. How to avoid additives: Choose fresh produce that has been processed as little as possible. (How can you tell?) Avoid ready-made products such as meals, soups, sauces, desserts, sweets, and cookies. Avoid consuming light products. Avoid products with an unnaturally bright color. This means that at the supermarket, every package, jar, can, and bag should be on your personal suspect list. Warnings are issued for various additives: Asthmatic reactions,

cancer risk, laxative, gastrointestinal complaints, retinal damage with frequent use, hypersensitivity, harmful to our immune system, reduced fertility.

E951 aspartame deserves a special mention here as being very unhealthy and ... it is now found in more than 6,000 products and ... vitamin supplements!

We all know the story of that grandpa who lived to be a hundred and always smoked. Now, that grandpa's story is incredibly rare, but what's more, he lived in a time when there were still seasonal vegetables, beer and chips weren't on the table every night, and hard physical labor was still required.

Now we are completely acidifying our body due to the wrong composition.
In other words, we often create an excellent breeding ground for chronic pain and disease.

About sixty years ago, refined foods came on the rise: crystal sugar, white bread, white rice, and so on. Convenient for us, better preserved, but unfortunately, extremely bad for our bodies. As if this weren't enough, I also discovered, though unfortunately not through the media, that our agricultural lands, just like our bodies, suffer from acidification. As a result, the quality of our unprocessed food products has declined by an average of 50 to 75% over the past 70 years. The recommendation to take concentrated supplements in the form of nutritional supplements dates back to... 1936! Knowing this, it's not so hard to understand why so many people have problems with obesity and never manage to lose weight. Our bodies feel hungry if they lack even one essential nutrient. If you eat all those impoverished products, they never get the right nutrients in the right quantities and combinations. So, you're hungry again soon after a meal. Since 1875, people have been using artificial fertilizers on an increasingly large scale. Artificial fertilizers provide the soil with only 11 minerals and trace elements. When fertilized with sea minerals, the soil receives 84 minerals and trace elements. In a natural balance, plants have better natural protection and don't need pesticides. Therefore, one can assume that modern agriculture produces substandard products. Humans then "feed" on these products, which are severely deficient in minerals, and in turn, they also need "pesticides" to survive. Pesticides for human use have been given the name "medicines." However, don't forget, medicines are often highly toxic substances! Only plants that don't meet nature's requirements are eliminated. It's actually quite a grim thought that we have to feed ourselves on a large scale with products that nature itself considers substandard!

2. My quest for a higher level

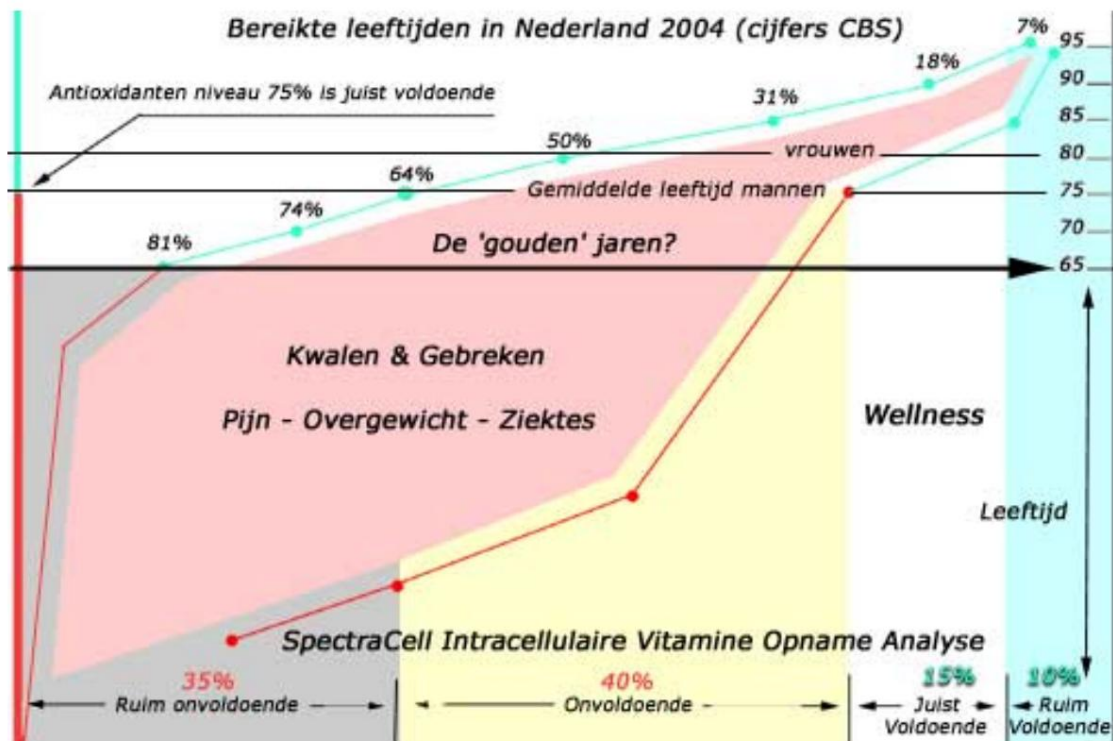
In 1999, I came into contact with a network marketing company through the internet that marketed nutritional supplements. This would become a journey that would bring me into contact with many doctors at home and abroad and give me more insight into the workings of the healthcare world, or rather, the disease industry! Many people have opinions about network marketing, and everyone is entitled to their own opinions. The fact is, through the company I represented, I came into contact with many specialists in nutrition and prevention, both in the Netherlands and in the United States. At one of those lectures in America, I learned about the potential consequences of a dietary imbalance in Omega 3 and 6. After the lecture, I spoke with the doctor personally and asked him if my stiff neck, which I had suffered from for years, could also be caused by an imbalance between Omega 3 and 6. The answer was yes, and by taking a higher dosage of exclusively Omega 3 supplements—because our modern diet contains (too) much Omega 6—I was free of that problem after just one month!

2.1 SpectraCell laboratory

Around that time, I also learned about the American laboratory SpectraCell, which performed vitamin analyses. After having a test done in the US, I mentioned it to a doctor in the Netherlands, whom I had gotten to know so well that I even visited him at home. I asked him what my chances were of introducing such a test in the Netherlands. Partly thanks to his advice, I took the plunge and contacted the laboratory on my next visit to the US. Once there, everything went smoothly. The first person I shook hands with was the nurse who had administered the blood test. She put me in touch with a company representative who was staying in the city. It was a nutritional specialist, a more senior dietitian, with whom I spent about five hours talking. The next piece of the puzzle also fell into place. Instead of a domestic flight from Dallas to Houston, it turned out the international sales manager was coming to Dallas, Texas, that Saturday. At home, we started investigating whether I could get the blood to the laboratory in time, and with the help of FedEx, this worked out quite well. After that, we started contacting doctors, newspapers, lifestyle magazines, and even the director of the TV program "Your Real Age." The only publication I received was in a sports magazine, and that was it. I couldn't understand why people weren't interested in the topic of health prevention. It was much the same story with doctors. In a year, I had contacted over 400 doctors, which is a difficult situation in itself. I was only allowed to visit 15 doctors in person, and just over half of them agreed to participate.

2.2 Vitamin analysis

There are now various methods to gain insight into how much your body is deficient. All the facts mentioned in the first chapter, and many more, together form a melting pot that determines whether you and I are healthy, feel good, have energy, are in a good mood, get enough sleep, and so on. When I represented the American laboratory SpectraCell, which specialized in intracellular vitamin analysis, I read a study conducted using this advanced testing method among 89,747 people. The test, published in the Journal of the American Medical Association (JAMA), showed that: Only 10% achieved a more than satisfactory score. From what I've learned, the figures here in the Netherlands are no different than in the US. Furthermore, consider that most people who had this test performed were already health-conscious to some degree. The table below clearly shows that the better your nutritional status, the better your quality of life and the potential to positively influence your lifespan. However, you can never achieve this by simply taking a nutritional supplement; it requires a change in your lifestyle. However, you don't have to do this abruptly, but you can do it gradually (unless you already have an illness).



When you start talking to doctors, the acquisition of knowledge accelerates.

You increasingly want to absorb more information to provide good answers to the questions you're asked.

You read books, but especially the internet, as a source where you have to learn to distinguish fact from fiction. By automating this process by creating a Google alert, you can stay informed about all the news,

and an interaction also began to develop with other people who, like me, had embarked on a quest for health. One of those people was Ron Fontaine. He brought Paul Stitt's book to my attention:

3. Beat the food giants



Paul A. Stitt: Beating the Food Giants

Have you ever wondered why you don't feel so good, can't think clearly, can't remember anything, sleep poorly, and lack the energy to work? If you want that answer, read the book "Beat the Food Giants." Paul Stitt gives a firsthand account from the world of the giant food manufacturers. How they operate in America (and the rest of the world). He explains how they "program" you to consume certain foods in ever-increasing quantities to make you overeat every day. This way, you're stuffed, but quickly left feeling hungry again. He also explains how this "crazy energy" of the food industry is destroying your health and what you can do about it! Paul tells you how you can feel ten years younger and how you can get your life back on track by sharing his exciting life story.

Paul grew up on his father's farm near Verona, Illinois, initially aspiring to become a doctor. When this proved impossible, he became a biochemist and began working in the laboratories of the largest food manufacturers in the US. His initial passion was to enhance the nutritional value of factory-produced food. He soon realized that this wasn't the manufacturers' intention. Their goal was to produce food even more cheaply, thereby increasing profits. This led to Paul being fired twice during his career, and the last time he was fired, he was told, "We'll make sure you never work in this industry again." Paul eventually went into business for himself, funding his own scientific research into healthy food ingredients, only to discover, after being granted a patent, that no one from the manufacturers was interested! Paul: "In the years following World War II, fresh fruits and vegetables, along with unprocessed grains, slowly disappeared from the American diet. These were replaced by a plethora of canned, jarred, and packaged, frozen, artificially produced, and refined foods. The tragic truth is that food is completely ruined before you even put it in your mouth."

"Malnutrition claims more lives in the wealthy West than anywhere else in the world. "The artificially produced foods that make up the bulk of our daily diet are so poor in nutrients that our bodies simply do not get enough of the essential vitamins and minerals to function effectively."

As James Hightower wrote in his book "Eat Your Heart Out," "It's not that food companies are trying to produce bad food. It's that they're not trying to produce good food. What they're trying to produce is profit, and they've learned that to expand their market, they have to artificially intervene, add more sweeteners, more salt, re-invent production, add colorings, flavors, and so on. Artificially produced food is more profitable for several reasons. By replacing more natural ingredients with artificial ones, the shelf life is greatly extended, allowing them to produce in one location and distribute from there. They are less or not at all dependent on the fluctuating costs of raw materials like real fruits and vegetables."

Most importantly, food can be 'designed' to meet specific consumer needs. Paul: "The longer a product can be stored, the less likely it is to have any nutritional value! Ironically, one of the main marketing slogans of food manufacturers is that their product is fresh. For any product that can be stored longer than naturally, this is nothing but a blatant lie in their advertising. The truth is that 80 percent of all food in a supermarket isn't fresh! A large portion of our food is 'cosmetic' treated to look like food, but it's actually made of an artificial chemical mix. Fortunately, you can still buy regular fruits and vegetables in the supermarket."

In his argument for health and public trust in the food industry, Paul stated in his book: "Margarine has been on the market for over 80 years, and for the first time, it's now been tested for use in humans. Everyone with heart disease should sue the manufacturers. It may taste like butter, but the ingredients are junk food (top-notch junk)."

If the nutrition engineers were ignorant of what they were doing, unaware of the vitamin-destroying effects of heat and overload on food, or the physical damage of megadoses of sugar and chemicals, one might be forgiven. But most of them do seem to follow good nutritional guidelines. However, when asked what they think of the junk they produce, it appears that the "good job" is glossing over their work.

So people who should know better just play along.

Paul Stitt: "I finally saw that good natural foods and healthy eating habits were available to everyone, at all times. It was only our own misconceptions about nutrition, fueled by misleading information from food manufacturers, that led us to believe that food had no effect on our health and emotions."

We have allowed food manufacturers to turn the edible and nutritious plants and animals that our species has nourished for millennia into weapons of financial conquest. Every time someone dies of hunger or a heart attack, the food industry has claimed another victim. It is nothing more or less than the global population's complete lack of nutritional awareness that leaves the sword of death in the hands of the food giants.

Paul: "I know we can't wait for the food manufacturers to change, nor for the government to take action. People all over the world won't act wisely enough to stop eating junk food until they learn what real food actually is and are supposed to do what's necessary for their body and mind. These days, people are allowing the junk food industry to attack their physical well-being."

Paul: "Only when we regain control of our food supply chain will the dying be fed. But the only force, the only weapon that can disarm the food industry is the truth. If I truly want to help, I realized, I better start by exposing the truth."

If the poisoner refuses to change through arguments, then at least we can warn the victims about the dangers of our food and brightly colored labels promising health in the supermarket. My goal has always been to get people to eat better, but now I've begun to realize that I don't need to go to poor countries to see malnourished people. We always saw the skin-and-bone victims of malnutrition, but our symptoms of malnutrition are obesity, diabetes, cardiovascular disease, cancer, and a host of other illnesses in so-called 'developed' countries. It's the idea throughout the world that you have to consume processed white flour, red meat, and soft drinks to be civilized.

"That's the responsibility of the millions of malnourished people in this world. We can demand real food instead of the artificial 'plastic' variety. Natural food instead of a chemical cocktail. We can vote with our euros and dollars by buying nutritional value over convenience, taste, addiction, and sex appeal, over the promotion of the celebrity world citizen. What began as a cult in the 1950s and 1960s has grown into a further awareness and rejection of useless stomach fillings and excessively produced, artificial "foods." The soaring medical costs are a direct consequence of this. It's clear that this group of health-conscious consumers is now growing large enough to force manufacturers to adjust their marketing decisions (fewer unhealthy fats, less sugar, introducing health labels). Labels like "100% natural" and "No additives" became popular in the late 1970s, replacing "New and Improved." However, the truth is that many of these marketing slogans are nothing more than empty advertising. (or first-class lies) The fact is, however, that pressure is finally being put on food manufacturers to adapt their products. Perhaps, as consumers become more aware of the importance of healthy nutrition and how to manage it, manufacturers will finally base their labeling and advertising on vitamin and mineral values, without adding more harmful ingredients than healthy ones.

However, before this revolution can take place, many more people will have to be reached with the truth about the food industry!

Before we discuss natural food, we must first ask the question, "What is food?" Many people can't even distinguish between natural and conventional (i.e., artificially produced) food. Food isn't just what fits in your mouth. In fact, the food you put in your shopping cart must meet a simple but high standard. It must nourish the human body. Laboratory analysis must demonstrate that the food contains a significant amount of vitamins and minerals, fiber, protein, essential fats, and all the other growth factors essential for our functioning—for life! But this test can't tell the whole story, so food must be tested on both animals and humans. Nevertheless, there's no excuse for selling foods for human consumption that were fatal to animals. The general public must be urgently warned about this, just as they are about cigarette smoking.

Of course, nutrition isn't the whole story of good health. It's an important part of the whole. Two other factors of total health are clean water and clean air, as we use 2.5 liters of fluid per day and 400 liters of air. It should be clear that even a trace of pollution in the air or water can have a serious impact on our health. You owe it to yourself to use the purest water and air. We already know from reports that parts of our country are among the most polluted areas in the world with air pollution. It's time to take action again to protect two of these vital building blocks of our health.

Besides our air, water, and food, a healthy lifestyle also involves nutritional supplements and exercise. I prioritize nutrition over exercise because our bodies must first be nourished before they can generate the energy to move. Many people don't even realize this. They try to survive on artificially produced junk food. When they finally want to do something about their excess weight, they can't understand why they fail to stick to their exercise program. When you start incorporating natural foods and supplements into your daily diet, you'll find you have the energy to exert, and exercise becomes a pleasure instead of torture.

For people with a Western diet, the first step is to start taking nutritional supplements. Dr. Ranjit Chandra of Johns Hopkins University found that elderly people who took just a small amount of extra vitamins and minerals reduced the number of sick days from colds, flu, etc. by half (from 48 to 23 days per year). Although the control group lived in a relatively healthy part of America, using a simple supplement resulted in a dramatic improvement.

In the winter of 1992, I attended a conference in Boston held at the Harvard School of Public Health. The conference's goal was to discover the most perfect diet of the past. Scientists discovered that the best diet throughout history was the Mediterranean diet, consisting of bread, vegetables, fruit, and 10% meat or fish. Wine was an important part of meals, and olive oil was used for cooking. People varied their diets by consuming a mouthful of food and a piece of bread, which is the ideal ratio. Sometimes they dipped their bread in olive oil to increase their calorie intake when working hard. Some commented on the composition of these meals, which were labor-intensive for housewives, and my feedback was sought.

I told them that my company had found a solution to this problem. Provide your employees with a healthy, energy-rich meal at midday, like my company does. (Natural Ovens) I told them that this free lunch program had improved staff morale and productivity, and had also halved the number of sick days. These meals cost the company only \$1.60, but the employees knew it would cost them \$5 to \$10 at the nearest restaurant.

As I mentioned before, nutritional needs (vitamins and minerals) vary from person to person. It's impossible to create a standard diet that meets your needs from a book or magazine. So you have to create it yourself.

You do this by doing something you've been discouraged from doing for years: start listening to your body. You have to learn to trust it. The wisdom of your body. The concept of body wisdom is based on the simple assumption that your body knows what's best for you, what it needs, what's in excess, and it tells you what's right and wrong. The existence of this system should be obvious, after all, for centuries humans have unconsciously learned to trust it. This is despite the fact that men in white coats calling themselves doctors have only been around for a relatively short time. This biological effect would be impossible if the human body didn't have a self-tuning mechanism responsible for maintaining natural balance based on the variable demands placed on it. If this independently operating system has served us for centuries, it is our ignorance regarding its existence that is destroying us before we die.

Where does this ignorance come from?

The food industry, along with the medical industry, has exerted a significant influence on this. The food industry began spreading contradictory messages that robbed us of our knowledge of what was good or bad for our bodies. They told us things like, "Don't start living until Pepsi," and "Get more energy with Mars," about other sugar-laden foods when we were told they were an important part of a healthy breakfast. The industry has spent billions using positive mental images of products and situations to encourage us to buy these products in ever-increasing quantities, products that can only make us sick. It's no wonder most of us no longer know what constitutes healthy food.

In the medical world, and especially regarding over-the-counter medications, we've finally been convinced that every aches and pains need to be treated. (Note: In America, this is more evident due to direct drug advertising on TV, which is thankfully still banned in the EU.) In America, they have a commercial where someone stuffs themselves with food and then exclaims, "Heartburn!"

Is the commercial telling you that you've eaten too much of the wrong thing and that your body is sending you a signal that you need to eat differently to avoid damaging the system? No! Just take drug X so you can continue with your poor lifestyle. And the drug industry isn't stopping there, they've turned us into a pill-popping society. They've encouraged us to blissfully suppress the effects of poor nutrition so we can achieve chemical imbalance in the absence of proper nutrition and exercise.

Even after switching to a completely natural diet, many people still find themselves lacking nutrients that they can't, or can't adequately, obtain from their diet. If I had to get my personal vitamin C needs from oranges, I'd have to eat 100 a day! Many of these needs stem from the abuse our bodies experienced when we were still addicted to junk food.

Others come from special needs due to our modern lifestyle, air pollution, too much stress, use of medication, smoking and so on.

Which organ controls appetite?

The organ that controls your appetite is called the hypothalamus. Located at the base of your brain, this hypothalamus constantly monitors the amount of nutrients in your blood. Only when all 51 substances are present in the right amounts will you feel full and satisfied. If you're missing even one nutrient, you'll still feel hungry. Food manufacturers pull many dirty tricks to make you overeat. Adding lots of fat, sugar, and salt are the obvious ingredients. They know that if they add enough fat, sugar, and salt, Americans will eat almost anything (and the millions around the world who follow an American diet). The real dirty tricks food companies use to make us eat more are more subtle and go unnoticed when you read the label (note: if you read it at all). Things like "natural flavors," which sounds great, but could be almost anything. Rabbi Eidlitz of the Kosher Information Bureau in North Hollywood, California, reported that some natural ingredients were monkey or cat intestines. So if you like cat food, you know where to find it. One thing's for sure: it's added to tantalize your taste buds so you won't take another bite but will keep going until the bag is empty. These ingredients have only one purpose: to increase sales of that product.

The most misleading ingredient ever added to our diet is artificial sweeteners. They're not added to make food taste sweet. No, they're only added to make you eat more. Doesn't that work? Have you ever seen severely overweight people using diet drinks? If these diet drinks actually worked, America would now be home to the slimmest people! In case you don't know, per capita sugar consumption has increased dramatically since artificial sweeteners came on the market.

In fact, sugar consumption has increased by 19 pounds per person in the US since 1980. How crazy of you to think that Nutrasweet sweeteners have replaced sugar? It's only contributed to sugar addiction and the resulting increased weight gain. Surely that can't be Nutrasweet's fault?

Your genetic background (hereditary factors), age, and lifestyle all affect your vitamin and mineral needs. If you smoke, you need more vitamin C (much more). If you live in an environment with air pollution, you may have a vitamin D deficiency. If you use birth control pills, there's a high risk of vitamin B6, B12, and other deficiencies. Scientific evidence indicates that the calcium requirements of healthy adults can vary by up to 500%.

The need for vitamin A and thiamine (vitamin B1) can also be four times higher. In fact, the need for some nutrients can vary by as much as 1000% from person to person! With this in mind, it's easy to see that your nutritional needs depend on your individual situation and needs, not on a standard (Recommended Daily Allowance) devised by some bureaucrat!

To complicate matters further, many nutrients can only be made suitable for your body in the metabolic pathway if the right combination is present.

Two leading nutritionists, Doctors R.A. Harte and B. Chow, conducted extensive research on this dietary relationship. They discovered that the absence of just one vitamin, mineral, or acid can cause a major disruption, hindering the absorption of all nutrients. Clearly, an incomplete nutritional balance is almost as dangerous as no proper nutrition at all. Besides refining, the cooking process also strips many natural nutrients from food. Heating is particularly damaging to vitamin B6 and can destroy other nutrients as well. Canned vegetables contain only a fraction of the fresh product. Canned or jarred peas contain only 6% of their original value. Fresh apricots have more than twice as much vitamin C as packaged apricots, 177% less niacin, 150% less riboflavin, and 145% less vitamin A. However, you can gain an advantage, as packaged apricots contain 44% more carbohydrates.

Is enriched food really enriched?

So what about enriched foods? This is also called adding extra vitamins. This is absolute fraud! For example, white flour is enriched with extra vitamins, but after being stripped of almost all its nutrients by the processing. Even after adding the "extra" vitamin, it only contains half or less of the unprocessed grains.

It's no wonder that in an animal study on rats, two-thirds of the rats in the 90-day study fed a diet with enriched white flour died before the project was completed. (Note: the study was never published.)

It should be clear that when food manufacturers spray a few cents' worth of artificial vitamins on their junk food and claim their food is as good or better than the natural product, they are simply committing fraud! But these manufacturers do much more than just strip their products of nutrients (food). Even now that they've rendered their products completely worthless, they won't rest until they become toxic. Their favorite poison is refined sugar!

A frightening cycle begins. The dramatic increase in blood sugar destroys the delicate oxygen/glucose balance the body maintains in the blood, and the victim feels tense, nervous, and hyperactive. The islets in the pancreas go into overdrive, producing massive amounts of insulin to process the sugar overdose. The insulin transports the sugar to the liver, where it is converted and stored as the complex sugar glycogen. This process happens like crazy, and just as quickly as it began, the sugar level plummets. The body's cells, especially those of the brain, are starved, and the person feels weak, sluggish, and drowsy, and may even fall asleep. The pancreas shuts down, and the adrenal and pituitary glands produce hormones that begin converting glycogen to glucose. When the person awakens, their body cries out for more refined sugar to restore the depleted blood glucose levels. As soon as he or she complies with this disturbed desire of the body, the rollercoaster ride begins all over again. It is clear that this treatment is extremely damaging to the pancreas, liver, brain, and other organs.

Sugar is just one ingredient that plays an excessive role in our daily diet. Fat is another. In certain quantities, fat plays an important role in our diet. But these values are frequently exceeded. Our fat consumption has gone from 114 pounds per person in 1961 to 125 pounds in 1973, and this figure is much higher today. This dramatic increase in our fat consumption is a direct consequence of our preference for processed, artificially formulated foods. The popularity of snack foods, fried foods, hamburgers, and various takeout restaurants has contributed to this increase. Of course, our food manufacturers love fat. It's a dirt-cheap ingredient and it stimulates hunger. They add it liberally to margarine and breakfast cereals. Most of this fat comes in the form of hydrogenated vegetable oil, a form that disrupts cholesterol metabolism.

Another harmful ingredient: salt!

Salt is also a favorite of food suppliers to use in large quantities. Some doctors estimate the body's daily salt intake to be about half a gram. In fact, excessive salt consumption contributes to high blood pressure and hypertension. But nutrition "scientists" know that increased salt consumption contributes to appetite stimulation, which is why it's liberally added to chips, bread, processed meats, packaged vegetables, and a wide variety of other foods. By the time a can of peas lands on your plate, the salt content has increased by 225 percent compared to when it was fresh from the field. Currently, Americans consume 6 to 18 grams of salt per day (1200% to 3600% more than necessary).

The average American (and European) also eats about 5 kilos of more than 2,000 other artificial additives per year. This ranges from the well-known monosodium glutamate (MSG) to others like butylated hydroxybenzoate, the stuff that stabilizes the foam in your beer. While many of these artificial additives are harmless, others are very dangerous. MSG, for example, is linked to brain damage, and more than 50% of children's ADHD is caused by colors and flavorings.

Worst of all, most additives are simply a mystery. No one knows what they do in your body, alone or in combination with others. Even the government (which approved them) isn't sure. Eight of the 19 dyes that were once approved have already been updated. Manufacturers know one thing, however: additives mean more profit. Additives allow for the production of large, long-lasting stocks, allowing for centralized production and easy transport and storage over longer distances as market prices and demand rise.

Added flavors and colors, along with flavor enhancers like MSG, stimulate your taste buds while saving on the use of real food (which is influenced by seasonal prices and crop failures). While these additives have never been extensively tested for human consumption, they are used with great enthusiasm by food manufacturers.

Your food is often nothing more than a chemical stew!

Ruined vitamins and minerals plus sugar, salt, fat and chemical additives. Add them all together and what do you get? You get tempting-looking foods that are high in processed carbs and calories, and stripped of their nutritional value. A recipe to destroy your health. The secret formula for the "I can't stop eating it" syndrome.

One of the biggest pieces of misleading information the government has spread is the "Recommended Daily Allowance (RDA)." We've already explained that the RDA tells us little about our nutritional needs as individuals. If that weren't reason enough to completely scrap this "standard," the radical changes being implemented are. For example, look at the RDA figures for pantothenic acid, which have been removed from the list again. Have our bodily needs changed so rapidly in such a short time? Of course not.

Scientists demonstrate that they know far less about vitamins and minerals than our own bodies do. In fact, there's only one point experts agree on regarding the RDA: the minimum intake for most vitamins and minerals is far too low. Dramatically so! There's little reason to believe this standard still exists. Most of the representatives who compile the RDA work in the food industry. They thus save food manufacturers unnecessary work!

I was shocked to discover that my assumptions had been completely wrong for so long. Not only everyday supermarket food, but even naturally organically grown food can no longer provide us with essential nutrients. I researched and re-examined all the scientific studies and discovered that very few scientists had ever investigated our diet and whether it actually provides the Recommended Daily Allowance.

Conclusion

Until food manufacturers are required to verify only tested food for nutritional value before it can be sold, and until the government advises and educates people about the dangers of worthless and even dangerous food, consumers will continue to be in the dark about healthy eating. Responsible government agencies must be prepared and require that all products contain a reasonable amount of "food" before they can be labeled "FOOD." Otherwise, the public must be warned about the dangers these companies are deliberately unleashing on you.

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This was just an excerpt from Paul Stitt's entire argument from his book, "Beating the Food Giants." When Paul was blacklisted and couldn't find work anywhere in the industry, he eventually started an organic bakery. In his own bakery, he experimented with adding flaxseed to bread. A difficult process that he eventually mastered. His customers came from far and wide through word of mouth, which ultimately resulted in his own bread factory, Natural Ovens, which grew into the largest organic bakery. His wife, Barbara Stitt, wrote the book "Food and Behavior." When I contacted Barbara about using a summary in this book (Paul has since passed away), I learned that her book inspired Stephan J. Schoenthaler's extensive practical study.

Food: Crime and Intelligence

It turns out that crime is partly related to the quality of food. Schoenthaler reached this conclusion after years of research in correctional facilities and juvenile detention centers. "In America, it turns out that most criminals are poorly nourished.

That's why I started looking into the link between diet and crime. Initially, I investigated whether there was anything in food that might increase criminal behavior. When no definitive explanation was found, I came up with the idea of testing whether the behavior of juvenile delinquents was influenced by a lack of certain nutrients.

Juvenile delinquents were divided into two groups: one group received a vitamin pill and the other a dummy pill. "The children who took the vitamin/mineral pills behaved noticeably less antisocially after just a few days."

"They were less aggressive, less disobedient, less inclined to bully or harass," he claimed. This finding prompted other correctional facilities to participate in the trial, which grew to 821 institutions.

Schoenthaler is unknown in nutrition circles. His findings have been published almost nowhere, even though his research was conducted between 1978 and 1983 at 803 public schools. During those years, a large number of students were provided breakfast and lunch by the government. The usual hot dogs, fries, soft drinks, and chocolate snacks were replaced by whole-wheat bread, fresh fruit, vegetables, chicken, and fish. Sugary foods were drastically reduced on the menu each year. Besides sugar, dyes and other synthetic additives were also removed. Students at these schools subsequently achieved significantly higher average scores: they rose from eleven percent below the national average to five percent above it. We could already find these facts here in the Netherlands in a yellowed piece of newspaper NRC Handelsblad, probably from 1984. It's a shame that neither the government nor any other organization does anything with this knowledge, and unfortunately, it also remains hidden from all those parents who follow the doctor's "advice" and allow their children to be loaded with ADHD medication, often based on junk food.

4. Nutritional Supplements: Sense or Nonsense

Food is the fuel for your body. So the most important thing is that food actually nourishes us! Our hunger reminds us to nourish our bodies, just like that gauge in your car that tells us we need to fill up with gas. For most people, it's important that food simply tastes good. After all, eating is also a social event. About 35 years ago, there were gas stations in Germany where you had to select the type of fuel using a selector switch.

Unaccustomed to this system, I chose the wrong octane fuel for my BMW motorcycle. After just a few hundred meters, I realized the mistake.

Luckily, the gas station attendant quickly corrected my mistake. The body is a bit more sophisticated, with all sorts of support and backup systems, so you might not immediately notice a wrong choice, unless you're a top athlete, for example, and used to listening carefully to your body. Just like a good car mechanic who can already hear when something's wrong with the car.

With our modern factory-made diets, chock full of unnatural additives, you're also on the road with inadequate, and especially the wrong, fuel, just like I was with my motorcycle. I might have been able to keep riding it for just that one time, but the engine threatened to stall at every stoplight. I don't find it surprising that people are tired these days, because the body's backup systems are constantly working to keep the machine running. Over time, that wrong fuel leads to all sorts of complaints, illnesses, and ailments, depending on where your weakest links are.

What have I learned over the past few years? In the supermarket, I regularly observe people's behavior and almost never see anyone reading the fine print on the back of the packaging. Looking at their faces often gives you an idea of their health, which tells you they've probably never read that fine print. When I became aware of the poor quality, and even toxicity, of modern factory food at the end of the last century, I also started using nutritional supplements. Moreover, I did something most people didn't: I had the results tested... which didn't yield the desired results at all. In my case, these results were linked to my choice of nutritional supplements and the wrong foods I still couldn't stop eating.

Old habits die hard! Besides, as I learned later, I was still ruining healthy food by preparing it. After all, everything cooked loses a significant portion of its vital energy. And we haven't even mentioned that microwave that was still in the house back then. Over the past ten years, I've gradually adjusted my diet. I could do that because I wasn't ill. For those who are ill, in my view, there's no other choice than to radically change their reading style, preferably under the guidance of someone who knows a lot about it, because you often can't see the forest for the trees. Essentially, it's all about:

Health is mainly: "What you NO longer eat!"

You could now say that I eat completely differently from the average Westerner. Recently, I've even been eating a lot of organic food from the allotment and square foot garden. And yet, I continue to supplement this with nutritional supplements. There are several reasons for this. To give a few examples, we all know that green tea is healthy. Now, everyone has their own preferences, but in Brabant, we'd call it a "weak cup of tea." I now get the ingredients that make green tea so healthy through a natural dietary supplement. This supplement also contains substances that are completely absent from the Dutch diet, but have been recognized in Eastern medicine for thousands of years for their health-promoting properties (xanthones). It's not really a supplement in the true sense of the word, but a small super smoothie that I take daily. The most important thing is that the composition is completely natural so that the balance remains completely intact. Unfortunately, it also contains several E numbers because the manufacturer is legally required to use these preservatives during the so-called cold processing method. However, the hot processing method has the disadvantage that all enzymes are killed, which completely destroys the energy value of a supplement or food, and that's precisely why you'd take it, right? A second supplement, or rather, just a food, is Chlorella.

Again, everything is in there - and in balance - and it is an excellent way to rid your body every day of the many toxins that we inevitably ingest.

Personally, I see absolutely no point in synthetic unnatural nutritional supplements.

If you're using good supplements that maintain a fully intact natural balance, I strongly advocate having this measured at least twice a year to ensure you're on track. Working with isolated, highly dosed substances is essentially specialized work that carries the risk of disrupting the natural balance. In my opinion, using nutritional supplements without making any other changes to your lifestyle and diet is nothing more than fooling yourself.

You should now be able to answer the question of whether or not to use nutritional supplements yourself.

The frequently asked question is: "How much do all those supplements cost?" If you start taking sea minerals now, it'll cost you exactly 1 cent a day! My supplement use comes to about 2.50 a day, including the herbs for my smoothies. For comparison, I know people on welfare who manage to smoke two packs of cigarettes a day. How do you think they do that?

Exactly, it is a priority for them.

Organically grown fruits and vegetables contain far more beneficial ingredients than sprayed varieties. For example, they contain forty percent more antioxidants. These substances are an important defense mechanism against fatal diseases like cancer and heart disease. According to Professor Carlo Leifert, the coordinator of the European research, the differences between organic and processed fruits and vegetables are not just large, but enormous. He says that eating organic food is equivalent to eating one extra portion of fruits or vegetables per day. For this study, the scientists grew fruits and vegetables, including cabbage, lettuce, potatoes, and grains, on their own plot of land. Half were grown organically and the other half traditionally. They were then compared on various factors, including nutritional value. Source: MediNews.be

Over the past 40 years, more and more medicines have become available, and the number of doctors and specialists has increased. There are more hospitals and research techniques, and yet... we now have more diseases than ever before. We've acquired a whole range of illnesses we never heard of 40 years ago.

During this same time period, our food supply has also completely changed and industrialized. Does this ring a bell? If we compare this to the regions Weston A. Price explored in the 1930s, where people lived incredibly healthy lives in harmony with nature and medicines were found naturally. You don't have to be a scientist to know that our food supply isn't safe!

Actually, the word "food" is being abused when all that's offered is stomach fillings loaded with chemical additives. Will scientists ever openly admit this? No, don't count on it, because fighting and researching diseases is their bread and butter; that's what they're trained for, after all.

Meanwhile, more and more people like (you?) and me are increasingly returning to nature. Antioxidants, vitamins, enzymes, and trace elements. Things we rarely, if ever, encounter in our modern diet. People who are learning to listen to what their bodies are telling them again and are amazed by the results. People who have stopped listening to scientists and doctors who long ago stopped giving them the results they were looking for.

While a generation has now reached the age where they were promised the prospect of carefree enjoyment, it turns out that enjoyment is increasingly bringing with it worries. Concerns about health, from minor ailments to daily pain and physical limitations that sometimes even keep them homebound or in a secure institution. People who are now discovering that what the doctor and the media told them wasn't entirely accurate. People who are now discovering things that might make them think, "I wish I had done things differently back then." But among them are also people who are still being offered the option of drastically changing course and salvaging what can be saved.

Calcification

Calcium deficiency or an overdose of the wrong calcium?

Arteriosclerosis: What role does calcium play in this? In 2007, I attended a lecture by raw food enthusiast David Wolfe in Belgium. These days, you can even do that from the comfort of your own home, behind your computer, if you prefer, via YouTube. David Wolfe comes from a family where both parents are doctors, yet he proclaims, "This is the darkest age of medical quackery ever." David quickly makes it clear that those who no longer listen to the solutions doctors offer, burn, cut, or poison, but actively seek out "alternatives" themselves and have the courage to ignore their doctor's disastrous "advice," have much better options. Doctors today often completely ignore diet and its influence on the development of diseases, and therefore hold the solution to reverse diseases through lifestyle changes. David: "We live in a time where the majority are blind to the way people treat food. Through cooking and all the other processes that food undergoes, they rob it of its natural life energy."

"When you operate on a patient after a heart attack, pus comes out that looks like a McDonald's milkshake, and what is that? It's calcium!"

"And, ...don't we always hear this, eat more calcium!"

"This is what it's all about, 'where the rubber meets the road.' What's the top-selling supplement? ... calcium, specifically, to combat osteoporosis. But do these people know, and are they told, how calcium works in the body and how to get the right and wrong forms of calcium? Twenty-five years ago, people started researching this and discovered that the 'deterioration' of the body points to microorganisms." David; "You essentially get corrosion in the bloodstream, which obstructs its flow. The reaction to this is inflammation, and this inflammation occurs in a region where there was already an injury or where we have an emotional blockage. A blockage in the heart is called a heart attack, a blockage in the brain is called a stroke, a blockage in the kidneys results in kidney stones, in the bile they are gallstones, in your joints it is called arthritis, and all of these things can be traced back to calcium. However, it is the wrong version of calcium, and what makes this calcium get there? It is an organism that forms calcium. And it turns out that many calcium supplements contain these organisms and therefore cause even more damage. The damage these microorganisms cause through their incorrect calcium deposits throughout the body is so obvious that it is all too often overlooked.

Every disease has a so-called calcification component. How can we get to grips with all these problems? That's where superfoods and the more modern, long-proven method of the zapper come into play. (Dr. Hulda Clark) The zapper's electricity reaches places where the blood doesn't reach, and therefore the immune system can't play a role. And the older you get, the more attention you need to pay to the calcification process.

Mike Donkers on calcification; "Calcification in the body was an explanation by David Wolfe that never really made sense to me in the way he presented it in his presentations until I saw a YouTube video about it from David.

Since then, I've been able to agree with that. Microorganisms like viruses, certain bacteria, and fungi excrete calcium in their feces. So, in other words, if you have calcium deposits in your body—and a great many people suffer from them—you have accumulations of microorganisms feeding on weak cells that need to be cleared out. The calcium released in this process is stored there. Such a buildup doesn't just happen suddenly, but over time, meaning that we are actually being cleared out ourselves, slowly but surely. We can't blame the microorganisms for this; after all, they are Mother Nature's cleaners. It turns out there's a need to clear out "us," which means you have a large number of weakened cells. However, these microorganisms can be addressed; they are anaerobic, and it all comes back to the lack of oxygen in the cells. (This is a process that occurs in the absence of oxygen, or when oxygen is not required.)

Anaerobic organisms (such as some bacteria) don't require oxygen for their vital functions. The opposite of "aerobic." This should make you think; it means that the places where this occurs are suffocating. (See cell suffocation.) So how do you reverse this? Make sure you add oxygen to your body as fast as possible. Those cells will become stronger again, and those microorganisms can't tolerate it at all and will die. That way, you can make the body stronger again. But there are more ways to achieve this,"

5. Balance

Balance—we've known how important it is ever since we learned to walk. Later, we became more aware of it when we learned to ride a bicycle. We also know that this balance is easily disrupted. Just think of that person you saw walking around with a few beers too many, or have you had that experience yourself? Even at sea, you have to learn to maintain that balance.

At SpectraCell I learned that there was a separate vitamin test that checked the interaction between the different vitamins because of the importance of biochemical balance. With my own stiff neck, I learned the importance of Omega 3 and 6 balance, which we'll come back to later. Compare imbalance to soccer: if you miss a player, several others will be able to compensate, but at the end of the match, it will be difficult for your fitness. What happens when you test many people's vitamin intake? Some people have four or five players on the field, and thus play a losing game!

As I mentioned at the beginning of this book, my quest for health began after my carpal tunnel syndrome, which was resolved by adjusting my diet. Initially, I wasn't told that this would restore my alkaline and acidic balance, but once I learned more about this topic, it became clear to me.

The Base and Acid Balance

(Taken from: Enzyme Therapy Patient Association)

Incorrect food choices are among the causes of illness and ailments. Diseases have a cause: predisposition, poor dietary habits, lifestyle, including smoking, alcohol, lack of exercise, etc. A healthy diet is a crucial factor in maintaining good health. Regardless of the therapy followed, the foundation must always be a healthy diet. Therefore, we will delve deeper into generally accepted views on healthy eating. The human body functions like a chemical factory. Reactions are constantly taking place through enzymes. When food enters our body, it is initially pre-processed by our saliva. Then, the food enters the stomach, where a mixture of hydrochloric acid and pepsin ensures further digestion.

Then it's the duodenum's turn, where bile and pancreatic juices are added to the food. The food then enters the small intestine, where further digestion takes place under the influence of various enzymes.

If something goes wrong in the long process of conversion during digestion, we get an inferior end product with all the consequences that entails.

To function properly, our bodies need to regularly refuel. Food is constantly being consumed to provide energy, keep bodily functions running, carry out repairs, and build up reserves that can be accessed later if necessary. This happens throughout our lives, day and night, and we take it so for granted that we don't even think about it. To give you some understanding of the acid-base balance in the body, we can compare it to our car: if we regularly put the wrong kind of gas in it, something goes wrong, and everyone understands that. The same thing happens with our bodies. What we eat plays a significant role in providing our bodies with the necessary nutrients. Long ago, people ate very differently than they do today. They lived close to nature, and their diet was therefore very natural. These people ate a lot of fruit, vegetables, roots, and seeds, and the protein and fat content of their diet was much lower than that of modern food.

"Lifestyle diseases" didn't exist among them. Gradually, food became an industrial product, and advertising created a desire in people for all sorts of substances unnecessary to maintain our bodies; think of candy, soda, chips, cigarettes, and alcohol. The changed diet also caused a shift in the balance within our bodies. We were essentially pouring the wrong fuel into our tanks. We were polluting, and slowly but surely, the consequences were becoming visible in the form of illnesses and ailments.

The Swiss physician Paracelsus (1493-1541) was the first to consider the "over-acidification" of our bodies the root cause of all disease. We believe this doesn't apply to diseases caused by hereditary factors and some illnesses caused by bacterial and viral infections, but this, of course, wasn't known in Paracelsus's time. The Swedish physicist Dr. Ragnar Berg published his theory on the balance between acids and bases in the human body as early as 1913.

He assumed that when food contains too many acid-forming substances in relation to substances that form bases in the body, toxins are formed and deposited in the tissues, primarily the connective tissue. According to him, the correct ratio was 80% bases and 20% acids. This theory has since been accepted by all experts in this field. Acids, in this context, are substances that produce an acidic reaction in the body after the metabolism of our food. It is not true that sour-tasting foods also form an acid in the body; in fact, sour-tasting products, such as fruit, generally form bases after the metabolism process in the body. Which foods form acids in the body? These include all grains, flour, beans, peas, bread, sugar (also hidden in various products such as jam, cookies, and soft drinks), meat, fish, shellfish, eggs, cheese, and all nuts except almonds. Furthermore, dairy products and fats are also present. Alcohol, tobacco, and chemical medications also produce an acidic reaction. It should also be noted that foods with a high pH (acidity) still vary considerably. Meat has the highest acidity, while sour dairy products have the lowest. All fruits and vegetables, root vegetables, dried fruits, soy products, and almonds are alkaline-forming in our bodies. If we look at the diets of most people today, we must conclude that the balance is tipped towards an overly acidic diet.

American studies have now even shown that the acid-base ratio there is now 80-20, the opposite of the desired 20% acid and 80% base! A flood of acid-forming foods is now flooding us in the form of sweets, flour products, candy, soda, junk food, alcohol, and tobacco.

What happens in our bodies when we consume too much acid-forming food? To protect our cells, our body's regulatory system ensures that the pH of our blood and extracellular fluid remains constant between 7.2 and 7.4. When too much acid is introduced, our bodies are forced to make emergency adjustments to maintain the proper level of blood and extracellular fluid. This happens by binding the excess acid to natural minerals like magnesium, iron, and zinc. An overly acidic diet therefore causes us to lose important minerals! These minerals are primarily extracted from hair, skin, bones, and teeth (a cause of osteoporosis). Minerals are also important for enzyme production. Zinc, for example, is involved in the production of more than 80 different enzymes. If we eat too many acid-forming foods, our enzyme production also declines, causing our body to function less effectively in many ways. Our kidneys and respiratory systems are also involved in removing excess acid. In small quantities, our bodies can regulate this. However, if, as is often the case these days, an excess of acid-forming foods is consumed, we can run into problems and all sorts of illnesses and ailments can result.

The compounds that are made to bind acids are called metabolic waste products. They are stored in the body tissues, initially in connective tissue and fat and when that becomes saturated it is the muscle tissue's turn. Small amounts of connective tissue waste can be removed by the kidneys. This process occurs at night. However, if more acidic metabolic end products are formed than we can eliminate, a process of self-poisoning begins, manifesting as all sorts of illnesses and ailments.

The "acidification" of the body leads to a range of complaints, such as allergies, susceptibility to infections, skin problems, hair loss, gout, rheumatism, muscle cramps, and cardiovascular problems. These "toxic" substances also cause fatigue and increased pain sensitivity. Our body naturally reacts with pain and fatigue to signal that something is wrong. A well-known example of acidification is gout.

Uric acid crystals are then deposited on the joints, causing severe pain.

So, if we eat too many acid-forming foods, we deprive our bodies of several vital minerals needed for enzyme production, and waste products are created in the form of toxins that settle in our tissues, causing fatigue and pain. In the long term, all sorts of illnesses and ailments can develop.

At about the same time as Dr. Ragnar Berg (around 1910) Dr. William Hay was also Dr. Hay was concerned with nutrition as the cause of disease. Dr. Hay held several principles regarding healthy eating that align with Berg's ideas. He, too, believed that food should be as pure and natural as possible and contain few acid-forming products. Dr. Hay added a new principle to this. He stated that different nutrients require different acidity levels for proper digestion in the stomach. Proteins and acidic fruits require different acidity levels in the stomach for proper digestion than carbohydrates. Dr. Hay himself suffered from Bright's disease, a serious kidney disease that, according to established medicine, was beyond treatment. He recovered by applying his theory of pure nutrition, food combinations, and acid-base balance to himself, and he also lost 25 kg. Therefore, if you eat carbohydrates and proteins simultaneously, neither will be fully metabolized. The result is that poorly digested residues remain in the stomach.

The digestive tract remains, which the body must somehow eliminate. Incompletely digested protein fragments, in particular, can cause many problems. They manifest as allergies, among other things. Other incompletely digested food residues are dumped like slag in the connective tissue, with all the consequences described above. According to Dr. Hay's theory, it is better not to combine proteins (meat, fish, eggs, dairy products) and acidic fruits with carbohydrates (flour products, sugars) in the same meal. Berg and Hay's ideas about the acid-base balance and the combination of nutrients are incorporated as starting points in the brochure:

Optimal Nutrition: The Enzyme Therapy Patient Association publishes this brochure with simple tips on healthy dietary composition. For more information about this brochure and to order it, see: [enzyme therapy](#)

Groenten

aardappelen + 7
aardperen - 10
andijvie + 5
artisjok - 5
asperges - 1
avocado + 11
bleek selderij + 8
bloemkool + 5
boerenkool + 10
brandnetels + 10
broccoli + 4
champignons + 5
doperwten vers + 3
grauwe erwten + 49
komkommer + 30
knoflook + 10
knolselderij + 11
koolraap + 10
koolrabi + 6
mierikswortel + 3
paardebloem + 19
paprika + 5
pastinaak + 9
peterselie + 9
peultjes + 3
pompoen + 2
postelein + 10
prei + 7
raapstelen + 7
radijs + 5
rammenas + 40
rode biet + 12
rode kool + 4
savooien kool + 3
schorseneren + 2
selderij + 11
sla + 5
snijbonen + 5
spercie bonen + 12
spinazie vroeg + 8
spinazie laat + 27
spitskool + 14
spruitjes - 12
tomaten + 14
uien + 3
veldsla + 14
venkel + 4
witte kool + 10
witlof - 2
wortelen + 10

Vruchten

aalbes + 2
aardbei + 2
abrikozen + 35
ananas + 5
appel + 1
banaan + 5
bessen + 2
bramen + 8
citroen + 10
druiven + 3
framboos + 5
grapefruit + 10
kers + 7
kruisbessen + 6
mandarijnen + 6
meloen + 8
peer + 3
perzik + 8
pruim + 5
rabarber + 10
sinaasappel + 9
vijgen, gedroogd + 28

Zuivelproducten

boter - 5
kaas mager - 5
kaas - 10
kippen eiwit - 25
kippen eigeel - 8
margarine - 7
melk - 5
room - 3
yoghurt - 3

Vlees en vis

aal - 7
haring - 17
kabeljauw - 5
kip - 25
schelvis - 16
vet - 50
vlees - 24
zalm - 3

Graan en meelproducten

brood volkoren - 5
gerst - 9
gerstemeel - 20
gierst - 9
haver - 10
mais + 2
rijst wit - 11
rijst zilvertvies - 18
rogge - 11
roggemeel - 16
tarwe - 8
tarwemeel - 3

Diversen

amandelen - 1
bruine bonen - 4
cacao - 5
cashewnoten - 2
dadels + 9
kapucijners - 4
kastanjes + 12
kiemen + 18
kikkererwten - 3
koffie - 8

Diverse vervolg

kokos + 4
krenten + 5
linzen - 10
olie plant. - 12
olijven - 4
pinda's - 10
rozijnen + 25
sojabonen + 35
sojakaas tofu + 4
walnoten - 8
witte bonen - 2

(+ is Basic food – Acid forming food)

The vast majority of the population is unfamiliar with a health phenomenon that every farmer knows. The acidity of their farmland, also known as the pH value, must be just right; otherwise, less will grow on the land, and consequently, less money will be earned. Is your doctor unfamiliar with this phenomenon, or has it never been taught in their training? The acidity of your body is the number one cause of your health or ill health! The pH is the measure of acidity. The pH of a neutral aqueous solution is around 7 at room temperature. Acidic solutions have a pH lower than 7, while basic solutions have a pH higher than 7.

For the past two years, I've posed the question, "Are you familiar with the base-acid balance?" on my website. The vast majority answered "No." To the question, "Have you ever tested this?", almost everyone answered "no." Yet, people undergo hospital surgery every day without any need, because with this knowledge, the problem can often be solved in just a few weeks. Personally, I've been familiar with the role nutrition plays in this for 15 years.

Through Anugama Tobias, I also became familiar with how the body functions in relation to its base and acid balance. I'd long wondered why I'd never read anything about this phenomenon in the media and why doctors never routinely measure it. A logarithmic scale is used for measuring pH (see table).

pH 8,5 ~9	Water Noorwegen
pH 7	Water (neutraal)
pH 6	10 x hogere zuurgraad
pH 5	100 x hogere zuurgraad
pH 4	1.000 x hogere zuurgraad
pH 3	10.000 x hogere zuurgraad
pH 2,5 ~ 3	Bijvoorbeeld Cola

Base & Zuur Balans: Het geheim van gezondheid www.uitdaging.net

The body cannot process excessive acidity because otherwise the kidneys would not survive. To protect against this, it is temporarily stored in the tissues. However, if there is never an opportunity to process this acidity in a controlled manner because the supply of acidic substances exceeds that of alkaline substances, this problem continues to accumulate, creating a breeding ground for disease and ailments. Stress also contributes to further acidification of the body.

Moreover, the body can absorb less oxygen and other essential nutrients when it's acidic. We'll learn how important this is later in the discussion of cancer.

Add to this the fact that we ingest many toxic substances through food, such as pesticides and pharmaceutical residues, and you know why you get sick. Problems with circulation, the body's lifeline, osteoporosis, rheumatism, and increased susceptibility to all kinds of viruses, infections, and cancer are the result.

What every farmer knows and the doctor ignores

Why is it that plants don't grow if the pH isn't right?

The answer has everything to do with the plant's nutrition. The pH value largely determines how the nutrients in the soil will behave. At a certain acidity, some elements form other compounds that are not absorbable by the plant roots. So, the elements are still present in the soil, but are no longer available to the plants. This then leads to deficiency symptoms, which first manifest themselves in those elements the plants need least of. For example, cauliflowers grown in overly acidic soil, from a pH below 6, often suffer from molybdenum deficiency and develop a varicose vein: the youngest leaves are twisted and puckered, and no flowers form. Even though the plant needs very little molybdenum and there is sufficient of this element in the soil, the plant suffers from a deficiency.

All life processes of soil, plants, animals and humans are influenced by pH.

One would hardly believe what role the pH value plays in daily life and what significance one should attach to it with regard to the assessment of water, soil, humus, manure and rain, of food and drink, in animal feeding, in digestive processes, and in the acid-base balance.

New insights regarding the base and acid balance

At Health Radio, the Base and Acid Balance has been a hot topic on many broadcasts.

Below you will find the latest insights from Mike Donkers:

Every cell in your body should be able to produce its own hydrogen peroxide.

Hydrogen peroxide contains both hydrogen (acidifying) and peroxide (active oxygen, basic). Hydrogen peroxide therefore maintains the balance between acids and bases and influences numerous processes, including digestion, metabolism, hormone balance, and more. Hydrogen peroxide activates important enzymes like catalase, among others, which can steer the body toward an alkaline or acidic state. Besides acidosis (acidification), there is also alkalosis (an overly alkaline state). Why do we always only hear about acidification?

Hydrogen peroxide can oxidize excess hydrogen (acidification) and bring the body into a more alkaline state. The beauty of it is that, when introduced into the body in the right quantities, peroxide (actually DIOXIDE - O₂) cannot become a free radical that oxidizes everything in its path, as is often claimed (peroxide is also often seen as a dangerous free radical in alternative medicine). Note: This is provided the peroxide is introduced into the body in the correct quantities. For therapeutic reasons as a detoxifier, it can be useful to follow a protocol in which you build up to a maximum of 25 drops of 35% food-grade H₂O₂ three times a day. In cancer and AIDS patients, there are even stories of people who have increased their daily intake to 50, 75, or even 100 drops! However, for daily maintenance, such extremes are not useful and are even harmful.

Peroxide is so ridiculously effective that people in this 'quick fix' society don't want to accept that you ultimately only need very little of it, namely a maximum of 3 drops of H₂O₂ per day (3 times a day is no longer necessary), less is also allowed.

We need to completely revise the definition of acidity. It has absolutely NOTHING to do with eating acidic or alkaline foods (this was also the finding of Weston Price, who visited perfectly healthy meat-eating and grain-eating populations). It is primarily related to a slowed metabolism due to the consumption of large amounts of processed foods, of which refined carbohydrates are the most notorious. These (and the negative emotions they evoke) disrupt blood sugar and hormone levels, which also disrupt digestion and metabolism due to insufficient production of stomach acid and bile salts (or incomplete gallbladder emptying due to a low-fat diet, resulting in bile leftovers that harden and form gallstones, which also cannot be dissolved due to insufficient stomach acid). It is the acid-base balance of acidic stomach acid on the one hand and alkaline bile salts on the other, which causes digestive enzymes to...

be activated. This does not happen if that balance is disturbed.

Result: the 'digestion' of remaining food remains is carried out by decomposition bacteria and other microbes, which do this through lactic acid fermentation (fermentation and rotting) due to the clogging (oxygen-poor) effect of the food remains.

This causes everything to become clogged: the blood and lymph become contaminated, and overall circulation decreases. As a result, the cells cannot receive sufficient nutrients, forcing them to switch to anaerobic lactic acid fermentation. If this continues long enough, we call it cancer, but long before that, countless other diseases arise based on the exact same process. THIS is acidification; the acid-base theory is completely simplistic and unfounded, and still assumes a human-as-machine model. Whether food is acidic or alkaline, it all has an acidifying and constipating effect if it cannot be properly digested.

How do you prevent acidification and blockage?

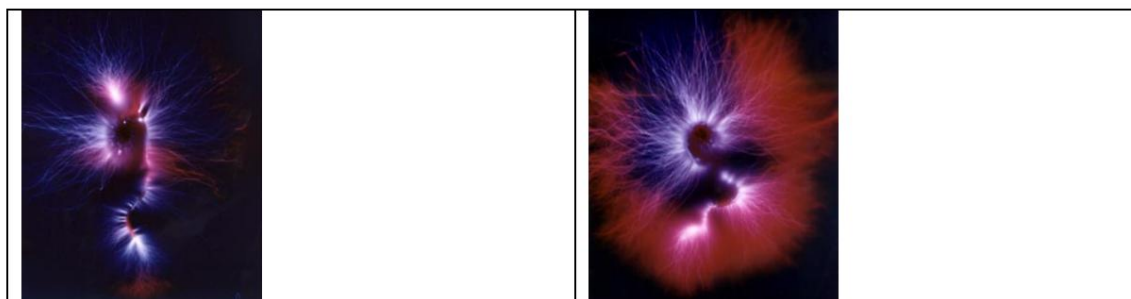
Get your digestion and metabolism back on track. Work on your gut flora, your body temperature, your hormonal balance, stable blood sugar levels, your enzyme balance, your mineral balance, and your oxygen balance. Once all of this is back on track, you can eat and digest virtually ANYTHING, as long as it's a COMPLETE and HIGH-QUALITY diet. You'll NEVER have to check your acid-base balance again to see if it's "allowed" or not!

6. Living food

6.1 *Cooking destroys the life force of food*

One of the causes of poor health is a lack of raw food.

Heating destroys the life energy of food! Enzymes are proteins that catalyze (help, accelerate) and control chemical reactions. In the body, we also produce part of our life energy by "burning" fat. This obviously can't happen at high temperatures, because our body temperature must remain at around 37 degrees Celsius. However, it's not so easy to "burn" fat at such a low body temperature. Enzymes have to help and control this process a little. Enzymes are completely destroyed in the cooking process between 48 and 60 degrees Celsius. The body then has to resort to tricks to extract any energy from the food offered. (Strange, isn't it, that some people suffer from energy deficiencies!)



Boiled Brussels sprouts

Raw Brussels sprouts

Photo source: Kirlian

Food that has been cooked is stripped of its natural life energy. This is on the
The photos are clearly visible. Cooked food is dead food that exhibits a much less powerful energy field.
Furthermore, heating food affects cell structure.

However, these properties of food are also transferred to the person who consumes them. You can read more about this topic at: [naturawlifestyle](#)

Enzymes are substances that make life possible and are responsible for every chemical reaction in the body. No vitamin, mineral, or hormone can function without enzymes. The body distinguishes three types of enzymes: digestive enzymes that digest food, enzymes that mediate metabolic processes, and cellular enzymes that activate the body's cells. Unprocessed foods contain many of these enzymes, which help digest food and convert it into usable energy. Many, if not all, of these enzymes are completely destroyed at temperatures above 47.8 degrees Celsius, and below -40 degrees Celsius, at least 30% to 66% of the nutritional value is lost. A deficiency of dietary enzymes leads to bodily damage (degeneration) and disease. When the body encounters a deficiency of enzymes in food, it must draw on its own reserves, and... the body needs 10 metabolic enzymes to produce just one digestive enzyme.

Cooked foods and processed foods have a cumulative effect on the body. Enzyme potential simply declines over the years. Once this enzyme potential falls below a certain point, the body begins to lose vitality and show signs of wear and tear. This was often mistaken for aging, but it's now occurring at increasingly younger ages. Dr. Howell writes about this in his book: "People are increasingly eating enzyme-poor diets and using up a large portion of their enzyme potential, resulting in a shorter lifespan of 65 years or less instead of 100 years or more."

A wonderful weekend with Guru David Wolfe in the world of raw food in Edegem, Antwerp, Belgium. The reason for my visit was an inviting email from Katarina Vos asking me to attend the lecture she was organizing. The things I heard from David prompted me to buy his book, "The Sunfood Diet Success System." How good do you want to feel... always?

For years now, I've been writing articles about health. You often consider how to describe something without offending too many people. However, you also sometimes wonder, "Would people really understand the seriousness of the matter?" After all, gentle healers make stinking wounds. Gentle words can have the same effect. David quickly won my heart with his bold pronouncements. "How good do you want to feel, ALL the time?" It seems like a simple question, but try asking it to the people you meet. Very rarely do you hear the answer, "Great." If most answers are "Not bad" or "Fair," then there's a world of difference compared to "Always feeling good." I thought David Wolfe made a beautiful statement: he believes hospitals exist because we've given away our own strength. After all, who knows better how your own body feels, you or the doctor?

By not taking action based on your body's signals, you place the responsibility for your own health in the doctor's hands. According to David, hospitals have become the most dangerous place to be! In that light, I found his following statement absolutely spot on.

6.2 "People often don't live longer but die longer!"

A statement that also occurred to me, given everything I've learned recently, is certainly not a compliment to the medical establishment. David called the pharmaceutical approach "*The Darkest Age in Quackery Ever!*" At a time when there's much talk in politics about the coarsening of norms and values, this statement from David also makes sense: It's impossible to have noble thoughts if you're only 'fed' by junk food. Speaking of politics, David stated, "If democracy could change anything, democracy would immediately be declared illegal." Raw food is the future. Food tells your body what to do. The first question that arises, however, is: What is food? Clearly not the products served to the vast majority of the world's population. David: "If you eat a real banana, you feel satisfied and you really don't want anything else. However, most people have never tasted a real banana in their lives." In the past, people used a technique to extend the shelf life of food. This was useful in times of scarcity and for survival. However, with current technology, this has become completely unnecessary. Yet, our food is still heated. However, cooked food has already lost all its energy! With all the dietary advice you hear, David offers the following advice:

6.3 "Never accept advice from someone who looks worse than you!"

The word David used in this context was "screwed up," which doesn't really translate without sacrificing power. "When I see what many athletes use for nutrition, I think all the current world records could be improved," says David Wolfe.

How do you create an extra 30 days a year for yourself? By living on real food, you'll have more energy, which means your body needs less sleep. Those two extra hours a day add up to 30 days a year. Completely yours to use. So go shopping in Mother Nature's laboratory, where you'll find the most beautiful colors. The wilder the food and the less it's processed by human hands, the better the quality. David's compelling speech, where "just this" quickly escalates into a passionate hour-long lecture, already tells me that this brief encounter will transform my lifestyle for the rest of my life.

The top 9 raw foods: 1. Cacao. 2. Goji berries. 3. Maca. 4. Bee products, honey, royal jelly, propolis. 5. Algae, spirulina, chlorella, phytoplankton. 6. Aloe vera. 7. Noni. 8. Hemp seed. 9. Kelp.

It's never too late to live,and always too early to die.

7. Fire your doctor, ...and start living healthy!

There is no greater wealth than living a healthy life!

However, many people still don't fully grasp that healthy living is a responsibility you can't delegate to a doctor, but one you must work on yourself. Misleading information from the food industry, the media, and official government agencies lulls us into a false sense of security or keeps us from taking a stand due to conflicts of interest.

Healthy living—that's what we all want, right? Ask your friends if they think they live a healthy life. I already have a sneaking suspicion what the answer will be. Eighty percent think they live a reasonably healthy life. When you think about it, it's actually quite strange that so many people get sick or often suffer from all sorts of complaints and ailments throughout their lives. We all too often turn a blind eye to these problems and hope they don't affect us. Just listen to how people talk about aging healthily; you often hear, "You just have to have a little luck." If you immerse yourself in this subject for years, attend presentations by leading doctors, read books on health prevention, and search the internet with the right keywords, a completely different picture will slowly but surely emerge. Prevention is the key that can prevent you from having to ask yourself this question again: "How is it that – I – get sick?"

That's the question everyone asks themselves when this happens. I asked myself the same question when it happened to me. Fortunately, I was one of those people who doesn't simply accept everything as 'truth' and who thinks outside the box. A doctor told me in an interview, "There are people who, when they go to the doctor, also think about which doctor to go to."

Journey of discovery to health.

I'd like to briefly share my journey of health discovery with you, asking if you'd be interested in joining the Top 10 Club, the 10% healthiest people! It starts with the question: "Would you like to live to be 100?" When you ask people this question, the answer isn't always a resounding "YES." Could this be because we don't see many people aging healthily? Everyone seems to consider ailments and ailments normal as you get older. But is that really the case? Do you have to be lucky, or do you come from a hereditarily strong family? Or are we collectively doing something wrong, causing us to lack energy, experience pain, and become ill? I'll try to explain this briefly, so you can take appropriate action... or just keep going and see what happens!

When you're sick, you go to the doctor. However, the question you don't often hear is, "Where do you go if you don't want to get sick?" Doctors are highly skilled when, for example, you need to be put back together after an accident. However, not getting sick is much safer. Doctors, just like everyone else, make mistakes.

It's concerning, however, that medication is often used as a first option rather than a last resort. One doctor confided that many patients even insist on a particular medication because otherwise they would go to another doctor! Why it's better NOT to get sick

....., The figures from America prove this.

The top 3 of 2001.

- 3). 553,251 deaths from cancer.
- 2). 699,697 deaths from cardiovascular disease.
- 1). 783,936 deaths from medical errors and drug use.

Source: Deaths by 'Medicine'
leif.org magazine March 2004

The top 3 of the Netherlands 2007. (Source CBS)
(Deaths from medical errors and drug use unknown).

- 3). 15,536 - 10.2% Respiratory diseases
- 2). 40,849 - 30.7% Cardiovascular diseases
- 1). 40,894 - 30.7% Cancer

Only when you can face the truth can you discover ways to a solution. Your brain works like a parachute in this regard. Only when you open the parachute can you begin to steer towards a safe landing. Only when you are open to other information can you perceive the facts that enable you to make a sound decision.

Are medications drugs?

A question you've probably never asked yourself (?) A medication is a means that helps you return to your natural state. Any medication you have to keep taking is NOT a cure, but more of a stopgap measure. A doctor told me, "A medication is a method for staying as symptom-free as possible."

Doctors who use a drug as a first option rather than a last resort are a threat rather than a boon to 'health care'.

7.1 Is our physician compensation system based on health?

It's unlikely that doctors will quickly shift to health prevention and rejuvenation. This is because they're focused on age- and degeneration-related diseases and have the habit of submitting every bill to health insurance. Early detection of lifestyle factors that lead to ailments and diseases, and preventative coaching to prevent illnesses or postpone them, are completely out of the picture, simply because insurance companies haven't yet discovered the potential savings! As long as insurance companies still have the option of passing rising costs on to patients, this shift won't happen. Aging and disease are closely linked. By focusing on slowing the aging process, they're taking an active rather than a defensive approach to health and achievable life expectancy. By optimizing your diet and ensuring the right combination and balance of foods, you can achieve significant results that quickly lead to noticeable improvements in weight management, energy levels, sleep, appearance, pain management, and addressing existing illnesses and deficiencies.

The challenge here is to say goodbye to the reliance on medication and actively begin the anti-aging process yourself. Not only are most doctors brainwashed into prescribing a pill for every ailment, but this also applies to the patient. Those who break this habit will see remarkable results. But who will break this habit? Often, the first requirement is to make a decision independently, sometimes against the views of your own doctor! If your doctor isn't yet very enthusiastic about vitamins, it's imperative to ignore their "advice," or better yet, consult a different doctor!

In 2005, I met such a doctor at the MBOG conference. He was a true Brabant native who could talk about his career with relish. He was one of the first physicians to begin studying orthomolecular medicine in the mid-1960s after completing his general practitioner training. "People came to my practice whom I couldn't cure. People don't complain; there must be something more, I thought." He started with nutritional supplements where, as he puts it, people decide for themselves whether they want them or not. "If they don't want to, you have to leave them alone." This approach resulted in a 30 to 40 percent reduction in medication use in his large practice. When asked why doctors aren't open to this form of medicine, he replied, "I've been thinking about it for 20 years. Doctors weren't trained for this, and they weren't taught to think for themselves either." During my entire seven-year study, I only had two lectures on nutrition." He further noted that it is now becoming important for insurance companies to keep people healthy preventively.

A smart doctor.... Dorothy Merritt, MD, at her Houston, Texas clinic, reduced hospital costs by 50% and medication use by 81% in just one year by optimizing her diet.

What do you think this meant for the quality of life of the people involved? You'll certainly never read about this feat in the newspaper or see it on the TV news. Doctors who follow different paths sometimes have little honor. While promoting chelation therapy, which treats arterial blockage, she was taken to court for making an unauthorized medical claim.

in an advertisement.

Let your money vote for your health by purchasing healthy products over convenience, and you will be gloriously rewarded and only be able to grieve for the unbelievers.

7.2 Alternative versus Regular Medicine

The debate, and with it the contradictions in the medical world, has once again come fully into the open. The word choice in the title alone raises questions.

An alternative is the choice that leaves several possibilities. The complex of sciences whose goal is to gain knowledge of the cure for diseases in the broadest sense of the word. Besides familiarity with the structure and functions of the human body (anatomy and physiology), medicine is based on knowledge of chemistry, physics, the study of germs (bacteriology), pharmacology, pathological anatomy, and developmental science (embryology). The practical application is called the art of medicine, a skill determined by the physician's personal knowledge, experience, and personality.

Even in ancient times there were contrasts between religious temple medicine in ancient Egypt and natural-philosophical medicine, of which Hippocrates was the most important representative.

Medicine The method used to cure an illness or disease.

Medicine Means for curing disease or ailment (any means or action)

A bit of history tells us that contradictions have always been significant in medicine. In Rome, Galen (130-200) established a theory of procedure that was overturned 1,400 years later by the anatomical studies of Vesalius in 1543. The invention of the microscope in the 17th century, however, did not find practical application until the 19th century. Preventive medicine did not reach its initial development until 1796. Medical knowledge, however, only really began to advance in the 20th century when people began to recognize the importance of metabolism, hormones, the psyche, and heredity in the development of diseases. The achromatic microscope made it possible to understand that living beings are composed of cells. This allowed for the investigation of biochemical and biophysical counterbalances. Bacteriology also owes its existence to this. Only with the invention of the electron microscope could virus research be conducted. Research is progressing rapidly thanks to modern technology, but on the other hand, an incredible number of things remain unknown. The introduction of numerous tools, such as X-rays, MRI, and CT scans, is providing ever more insight, although it is also becoming increasingly clear that many of these modern research methods are themselves also taxing on the body. Infectious diseases have steadily declined in the Western world, but degenerative, chronic, and metabolic diseases are now demanding attention, partly due to increasing age, artificial diets, lifestyle, and environmental pollution.

However, improved health is by no means always solely attributable to curative science. The cholera epidemics of the 19th century led to further preventive medicine, meaning the entire set of measures aimed at preventing the onset of diseases. This includes better hygiene, control of food and stimulants. Conventional medicine also boasts of its use of vaccinations and, in particular, preventive monitoring as a school.

Occupational health physicians, population surveys, and child health clinics have contributed to this. Regarding vaccinations, articles by prominent physicians circulate online stating that the pharmaceutical industry has never been able to provide double-blind proof that vaccinations actually produce the intended results or that nature doesn't have a better answer. It is clear, however, that the side effects of vaccinations can lead to minor and serious problems and can even be fatal. School and population surveys should certainly also be viewed with suspicion because these studies are not conducted with a focus on better nutrition and lifestyle advice but often lead to people who actually have nothing wrong with being caught in the medical process. ADHD is a prime example of this, where many simply have a nutritional deficiency. (See the book "Magnesium: Best-Selling Books"). Imagine a drug dealer operating near the schoolyard; the media would revel in the story. Now the doctor simply walks through the front door with an addictive and harmful drug.

According to the New York Times, the Food and Drug Administration (FDA) decided on Thursday, February 9, 2006, to issue a "black box" warning for all stimulant medications used to treat ADHD and related conditions in children and adults. The products Ritalin, Concerta, and Adderall are said to increase the risk of heart attacks, strokes, and sudden death.

Naturopathy is a healing method that rejects the use of pure pharmaceuticals and instead seeks the means of recovery through an appropriate lifestyle and the use of unprocessed natural products. This healing method developed partly as a reaction to chemical therapy. It originated in the Hippocratic era and emphasized prevention through healthy nutrition and lifestyle. Preventive science still has a long way to go, but technological developments are expected to accelerate in the coming years.

There's also a battle raging between the powerful multibillion-dollar pharmaceutical industry and natural medicine. The renewed, fierce opposition to conventional medicine can therefore be seen in this light.

It's important to know, as history shows, that science has a duty to investigate what it doesn't yet know and to be open to the unknown. For a few years now, I've also been reading the British Medical Journal newsletter. So I see many articles that doctors might also read. The following article is the most remarkable thing I've been able to note in those years: "Every individual responds differently to medicines at different times, something alternative practitioners have been trying to emphasize for years. This form of medicine cannot be analyzed by a standard double-blind placebo study because of the differences in biochemical individuality, their mood, and the changing characteristics over time." Traditional medicine is now beginning to recognize these problems as well. However, we're still years away from realizing that traditional medicine isn't science, and this is starting to dawn on the media and the government. There's a surprising similarity, essentially equivalent to alternative medicine. Evidence is often difficult to gather.

(Source: British Medical Journal, 2004; 329: 966-8).

Add to this article the fact that Allen Roses, an American executive at the largest British pharmaceutical company, GlaxoSmithKline, stated: "Medications prescribed by general practitioners and specialists are beneficial in 90% of cases, but only for a minority. For 50 to 70% of patients, taking medication has no beneficial effect whatsoever." Source: De Telegraaf, 9-12-2003

And if you also know that almost all medications have side effects, some even fatal, you might as well ask yourself if it's wise to ask a doctor for advice. The painkiller Vioxx alone is responsible for more deaths than the Vietnam War on the American side. Medications that are all prescribed by a doctor.

In many doctors' offices, you see framed tests of professional competence, diplomas, or participation in a course or partial training program. I'd much rather see a personal test demonstrating that they've achieved a high standard for their own health, like I do on my website. Leading by example is the best way to gain trust.

Stop listening to someone who can't give you
the results you want.
- David Wolfe

In 2001 I attended a lecture by a doctor:

7.3 Information: Who will take on this task?

Dr. Lesley Jacobs MD

There's currently a major evolution taking place regarding knowledge of vitamins and minerals. During my studies, I can't recall a single doctor telling me about the importance of vitamins and minerals. Why? Because they themselves had never learned that either. We learned all about diseases, how to control them, and at best, how to cure them. We never learned anything about prevention. While many articles are currently published in professional journals, they often don't reach doctors. They often only read articles related to their field, their specialty. With few doctors specializing in nutrition, who reads these articles and informs you about them? We consume food and drinks we know absolutely nothing about. But oh boy, as soon as vitamins and minerals are mentioned, doctors say, "What's in them?" and it hasn't been scientifically proven that these products work! Think for a minute about what you eat every day. If you knew what pesticides, bacteria, and toxins were in your food, you wouldn't eat again for the rest of your life! We're programmed not to think about that.

Why not? Because there's simply no other option. Our food, our water, and the air we breathe contain so many things that don't belong there. Yet, we ingest them every day, every hour, every minute. Did you know that we should eat fruits and vegetables 12 to 15 times a day for optimal nutrition? Even among people who are conscious of their diet, we know that many don't even get the minimum of 5! The reality is: if you don't take your vitamins six times a day, you're at great risk! After cancer, heart attacks are the number one cause of death. Of the 800,000 people affected by this in America, half won't live long enough to answer the phone or call for help from the people next door. What everyone needs to know is: what should I use, how should I use it, and how should I take it? If a doctor tells you you don't need supplements, I tell you, "Don't believe him, he doesn't know anything about them!" - Dr. Lesley Jacobs MD

7.4 Alliance for Natural Health

In October 2007, I attended a lecture by Dr. Robert Verkerk. A Dutch native, he is an internationally respected scientist who, as Director of the Alliance for Natural Health, defends our rights globally regarding the freedom of choice of nutritional supplements. In a very exciting lecture, we were informed about the state of affairs in the years-long battle waged against the right to health! (Codex Alimentarius) It must become clear that our health can no longer be taken for granted. With the introduction of artificial fertilizers and laboratory-processed seeds (GMOs), our originally natural food chain is being artificially modified step by step, allowing the food giants to patent these products and reap enormous profits!

The boiled frog theory applies here to the entire population of the EU and the US. This change is already underway, piece by piece, with an agenda spanning decades and decades, so that we are slowly being cooked to death, and there's no turning back.

Do you know people who sometimes say, "If you had to believe everything written about nutrition, you wouldn't be able to eat anything anymore?"

Yet this is exactly what's happening. We can no longer trust our food supply chain, stated Dr. Robert Verkerk: "Every year, 5,000 people die from food and 6 million people end up in the hospital because of it." Dr. Verkerk used the Petronas Towers in Malaysia as an example. I imagine one tower as the food industry and the other as the pharmaceutical industry, and the link between these two giants is clearly visible. One industry makes us sick with its inferior food, and the other giant then profits from your sick body.



Dietary supplements are already being restricted by international legislation. The next step on the Codex Alimentarius agenda is to restrict natural nutrition. It has become virtually impossible to obtain sufficient nutrients through regular food if you're not fortunate enough to live in a sun-drenched country where "old-fashioned" traditional agriculture is still practiced. Dietary supplements are therefore essential for those less fortunate to provide the body with essential building blocks. The agenda also includes the idea that the general public doesn't need to know that the food chain is so poor, thus attributing our poor health to genetic factors. Moreover, dietary supplements are increasingly being portrayed in studies as not beneficial for promoting health, and often even detrimental.

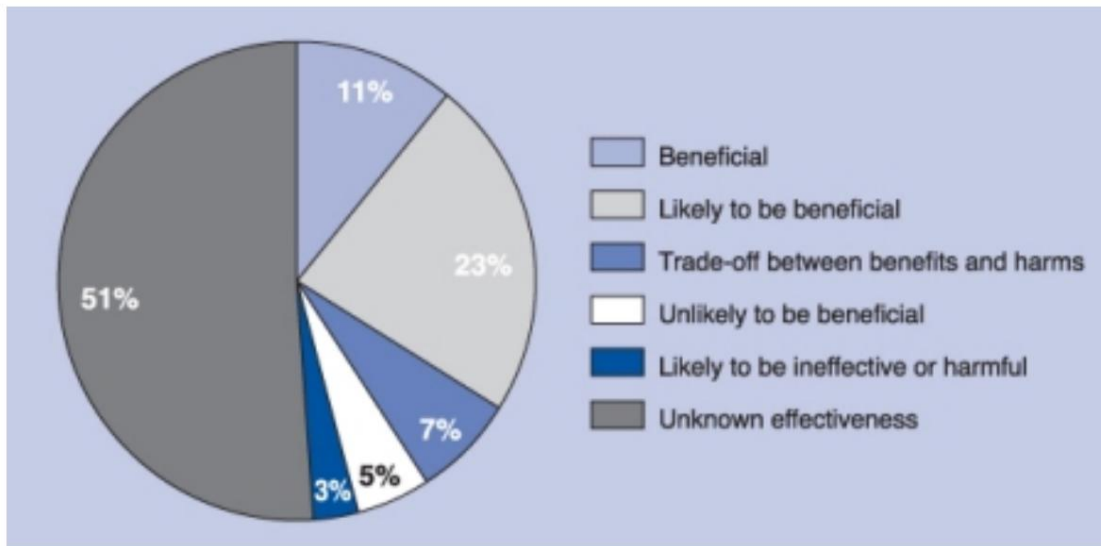
These misleading studies, Dr. Robert Verkerk argued, are always conducted using synthetic nutritional supplements or isolated vitamins that fail to consider the interplay of the various essential vitamins, minerals, enzymes, and trace elements.

Meleni Aldridge is also affiliated with the ANH as Development Manager. She was present to inform us about the legal regulations that will soon come into effect. The well-known standards such as the Recommended Daily Allowance (RDA) will soon disappear for good and will be replaced by the Maximum Permitted Level (MPL). In Dutch this will be called the Maximum Permitted Level. With this new standard, high-dose nutritional supplements that naturopaths work with will disappear from the market and will be banned. Communication will also be restricted. She also issued a warning that everyone will be held personally liable for health claims that may not deviate from the approved, legally established rules. In practice, this means that I am no longer allowed to say that thanks to the use of nutritional supplement X, I no longer suffer from this or that. Nutrition is considered a

Medical claims derived from it are equated with medications. Large multinationals like the food industry can afford this, but small producers of innovative products simply cannot, so that from now on, only the insiders are or will be aware of these products. In other words, our right to freedom of speech is being violated! Every claim will have to be scientifically proven at a cost of millions! Because natural products and ingredients cannot be patented, and the ultimate goal of the food giants is total control of the food chain, and thus the associated super profits. The only power you and I still have in this matter is voting with our wallets. Politics has long since been reduced to mere errand boys for these two powerful industries, and the media is bought with advertising budgets.

Dr. Robert Verkerk's summary advice, "Eat Natural," is to eat from natural sources. The problem is that billions of people already consume unnatural products, making the use of natural supplements essential.

Nothing the food manufacturers bring to market can compete with what nature provides. He issued a clear warning about the Dutch market with its greenhouse culture, where plants don't touch a single grain of soil and are stripped of many essential nutrients, and the Netherlands has the 'honor' of being the market leader in this field! In his argument, he also touched on the proven effectiveness of medications, as can be found (or was) on the clinical evidence website of the British Medical Journal (BMJ).



Starting in 2009, a new section of the Codex Alimentarius (food law) was reinstated. Currently, 173 countries are members of the Codex, representing 98% of the world's population. The Codex's mission is to protect public health and promote fair trade in food products. As a reasonable citizen, I can certainly imagine legislation to make products approved in one country available to the rest of the world. That's a good thing, but... why should I be protected from nature by allowing vitamins to be available only in extremely low doses, when all sorts of studies show that these doses are ridiculously low and therefore lose their effectiveness? Why should a smoker be free to choose to ingest poison, while I can't freely choose to use vitamins and minerals in the dosage I want or the naturopath deems necessary? Will all those proven dangerous additives in our food, like aspartame and MSG, be banned, or will we be presented with even more patented chemicals so that multinationals can profit even more? I haven't heard a single political "leader" speak about this publicly yet? Aren't they allowed to, or do secret agendas and well-stocked election coffers prevent them from doing so? I don't even want to think about bribery; after all, we don't live in a banana republic! We have a democracy, don't we? We were allowed to say NO to Europe, ... while the important points are quietly being implemented without any publicity. These points, the freedom of choice in food, go against the absolute basic right of humanity. Remember Maslow's pyramid? With the need for shelter, water, and food at the very bottom. Don't take this as an accusation, but engage in public debate. I'm afraid I'll never hear anything about it, and that our entire system is as I believe it is. It's high time the world population revolted before we're completely cooked and can no longer even think for ourselves. In the meantime, ... enjoy the good things in life and make sure you stay healthy otherwise you will fall prey to the chemical drugs that have been double-blind proven to keep us healthy... right?

7.5 Vitamin Overdose or Medication Overdose?

I regularly encounter media reports about the dangers of vitamin overdose and the potentially harmful consequences. This is the shocking truth about medication use and the overdoses people ingest, or adverse reactions. A report published in the British Medical Journal in 2004 already stated that Adverse Drug Reactions (ADRs) were responsible for at least 10,000 deaths per year in the UK. This refers exclusively to adverse effects, and overdoses haven't even been included. However, figures leaked from official sources put this figure closer to 30,000 deaths, or 1 in 20 due to medication use! For comparison: Traffic deaths in England are 3,200 per year. An American report published in the Archives of Internal Medicine confirmed this data, stating that the number of deaths due to adverse drug reactions has tripled! Conclusion: There are significant risks associated with medication use. What astonishes experts most is: "Where are the action groups that want to put an end to this situation?" A government agency that will conduct a thorough investigation? People are all too often unaware of the unimaginable number of errors that are covered up as medical complications. You should become increasingly aware that medicines pose a risk to your health, your health (?). You must weigh the benefits and risks yourself. Relying on a doctor's advice can be a danger in itself, the facts show! Patrick Holford wrote in his book: Food is a Better Medicine Than Drugs; Our definition of good medicines is that they; (1) are effective. (2) have minimal side effects.

A virus doesn't chase you, we chase diseases because of our weak resistance. - Anugama Tobias

The background and causes of many pains must be sought in insufficient consumer information, conscious and unconscious lifestyle choices.

Painkillers suppress a symptom and don't solve anything, but they are a warning that something is wrong in your body. Addressing the cause where possible would be much wiser, but this is precisely where a lot goes wrong, and it's not just the patient who's constantly told, "You need to eat healthily." Thousands of new discoveries are made every day, and you can imagine that no doctor has the time to stay abreast of the latest research. A non-specialized doctor must stay informed about all body systems and the latest publications from the pharmaceutical industry. What doctor has time to read about vitamins? Also, keep in mind that no doctor visits their doctor to promote these products. The pharmaceutical industry simply can't make a lot of money from them. However, that doesn't make vitamins any less valuable.

Vitamins are the most valuable food/supplements you can take.

Thousands and thousands of clinical studies have been published and the benefits of vitamins should not be ignored simply because your doctor doesn't prescribe them. While a large number of health professionals recognize the need for eating unprocessed organic foods and taking vitamin supplements, many remain completely unaware of this, and there are even doctors who persistently deny the value of all these studies.

With the power of the internet, the general public can consult all these reports themselves and draw their own conclusions, aided by the freely accessible, readable translations that are being made. These days, you no longer have to wait for information that might reach all doctors in ten years or so. Remember, doctors are generally trained to treat illnesses and often have only a basic knowledge of vitamins and no practical experience with their powerful preventive effects. Try it with your GP and ask what they know about the relationship between balanced vitamin dosages and disease prevention. If your doctor is knowledgeable about this and actively promotes it, consider yourself lucky. Don't let what your doctor doesn't know stop you from taking responsibility for optimally protecting your health!

7.6 Being fired by your own body?

Many people find dying a subject they would rather not think about.

I often ask the question, "Do you know anyone who wants to live to be 100?"

The top three answers;

- 1). That's what everyone wants.
- 2). I want that.
- 3) I don't want to live to be 100.

If you're very active in health prevention, like me, then asking an unexpected question is quite a challenge. I sometimes start a conversation with, "Can I ask you something?" And then the question comes, "Do you know anyone who wants to live to be 100?" Very occasionally, that question is answered with, "Why?" Then I immediately know I'm dealing with someone who isn't open-minded. With this "Why?", the person might say, "What do you want from me?" With answer number three: "I don't want to live to be a hundred," it's my turn to respond with, "Why?" The answers don't surprise me. "At that age, there won't be many of my friends left."

My answer then is: "What's wrong with making new friends? When you came into this world, you didn't know anyone, did you?" – or – The answer is: "When I look around at everything that's happening in the world, I'm not sure I want to live to be 100." However, if you read the history books, the world has never been an ideal place to live, and yet there have always been happy people. You understand that if you have a positive attitude to life, like me, neither of the above scenarios is a good match for having a long conversation.

Answer number two: "I want to live to be 100," that opens doors. "I often ask the question: 'And what are you doing to achieve that?' Oops, that really gives a lot of people pause for thought. I'll come back to that in a moment."

Answer three: "Everyone wants to live to be 100, right?" That's actually the best answer. "Oh yeah, why do you think everyone wants that?" The answer often includes the word "health," which is a no-brainer for me. "Do smokers also hope to become that incredibly rare grandfather who makes it to 100?"

The conversation can then go in any direction—or it's quickly cut short because the question is too difficult—or too confrontational. What do I think? I think consumers in Western countries have been brainwashed by both the pharmaceutical industry and their entourage of doctors who make people think that health comes in a pill (read: billions in revenue per day). I believe that many people—consciously or unconsciously—relinquish responsibility for their own health to their doctors.

On

I also believe that the food industry is the accomplice of the pharmaceutical "disease" industry. It ensures that artificially produced products, not even worthy of the name "food," are brimming with foreign chemicals that systematically undermine our health. 75 percent of people suffer from vitamin deficiencies, and 99.5% from mineral deficiencies. (That's not my opinion, but a fact that consistently emerges in tests.) I also believe that many people prioritize the pleasure they currently receive from poor lifestyle habits over the thought that this could be disastrous for their long-term health. Many people therefore continue to ignore the warnings their bodies send out. I also believe that many people who persevere and persevere will eventually hear from their own bodies: "Our paths diverge here; I can no longer function with the fuel you've offered me all these years." I believe that in (too) many cases, dying is nothing more than being fired by your own body.

8. Cancer, all the time to change.

Whatever your motivation—your desire to stay healthy, seeking a way to regain your health, or a last resort—remember that the information in every book is a guide in a journey you must undertake yourself. Research, Google, books, etc. After all, your health is too precious to let a decision depend on a doctor's opinion. It's YOUR body, YOUR life. Therefore, the path you choose should be YOUR own decision. A path you have confidence in! But with as much KNOWLEDGE and FACTS as possible!

8.1 The similarity between the economic and health crises?

I recently read a very striking comparison between the economic crisis and the health crisis, which many don't even know exists! There are about 150,000 financial advisors in the United States, and only 1% of them advised their clients to withdraw their money from the stock market. That meant 99% were wrong! How could such highly paid experts not have seen this coming?

The health crisis is similar. So many professionals and organizations are supposed to protect the public, and yet, general health and quality of life are deteriorating dramatically. More and more people are becoming dependent on medications and surgeries. The number of people with severe obesity is reaching alarming proportions, and diabetes, cardiovascular disease, and cancer are rising every year.

And spending on "healthcare" is completely out of control. Over the past 100 years, our diet has gradually changed from a natural product to artificially produced and disproportionate products. When we talk about illness, we actually talk about a deficiency. After all, *your car doesn't break down if it's running on the wrong fuel, or not at all!* Then, things really went wrong with our diet. We had less time to prepare food in our modern society, so food manufacturers started to capitalize on "our" need for easy-to-prepare, quick meals. And how does our body respond to this? Our body signals to eat more because it's not getting the essential nutrients it needs to keep all its systems running. The result: Obesity, lack of energy, and the wide variety of diseases that result from this. Deficiencies that are even passed on hereditarily after we've starved our bodies for 30, 40, or even more years.

So it's not the so-called genes that are incorrectly programmed, but we pass on our poor lifestyle choices to the next generation. Then we go to the doctor. The doctor doesn't determine the cause of the deficiency (disease) during a home visit, but immediately dives into the medicine cabinet. That's how I feel about medicines. Every medicine consists of chemical substances. Natural products can't be patented, so there's no money to be made from them. They look at the active ingredients in nature and try to chemically mimic them as best they can. Every vaccination and medicine is therefore the administration of a foreign substance, a poison, which they hope will only destroy the "enemy." A compromise, therefore, to keep the body "running" unnaturally without eliminating the cause. Vitamin and mineral deficiencies! This is why all vaccinations, chemotherapy, and all medications have predictable and (often) unpredictable side effects. Pharmaceutical products are high on the list of "deaths" in the "hit parade."

8.2 Cancer prevention and cure top 5

There is hope for all cancer patients and those who want to prevent the disease. People still seek guidance from doctors when they receive the frightening message: "Cancer."

The greatest enemy of truth is thoughtless respect for authority.
Albert Einstein

Doctors continue to demonstrate their insufficient knowledge, and it's high time they delve into the origins and cures of these and other diseases NOW. Otherwise, doctors are rapidly losing all respect. The only thing you can do is independently research the facts presented to you. The risk of developing cancer has increased by 350% in the last 40 years. The main suspect is processed food. Since 1971, war was declared on this disease, \$2 trillion has been spent on cancer research and treatment. Despite numerous reports claiming progress, the reality is that many types of cancer are still incurable with the only means Western medicine uses: surgical removal and chemotherapy! The article can be read in its entirety on the extensively documented website of the Life Extension Foundation.

lef.org magazine February 2003

The question that remains unanswered in that article: "Is cancer genetic?" Dr. Brain Peskin says: "No, cancer isn't genetic, but you've been taught the wrong dietary habits that are passed down from generation to generation." The headlines would have us believe: "More research is needed on rare cancers." However, the fact is: The research of 3,000 studies conducted on the effects of chemotherapy by Ulrich Abel, PhD, in 1989, shows: "No evidence has been found that chemotherapy is effective and only extends life by a few months at most." That was in 1989, and nothing has changed since then in the useless method of poisoning the body. Why isn't this simply called quackery? The Dutch Cancer Society (KWF) tells us that cancer is a collective term for a hundred different diseases. However, they are completely wrong because:

All types of cancer share one thing in common. Looking at the effective results of the many thousands of scientific studies conducted over the past 40 years, all these results are dismal. People are still being literally poisoned on a massive scale with a treatment whose results, at best, extend life but never lead to a cure. In a vast number of cases, the treatment only hastens the end of life. Why?

Because they don't address the cause, but only fight the cancer symptoms. Every scientist will have to admit that every type of cancer has one thing in common. Otto Warburg, MD, Ph.D., showed the world this back in 1931. Since then, countless people have died needlessly from this disease and will continue to die daily as long as the cause isn't taken seriously.

Whenever a body cell or tissue experiences a prolonged oxygen deficiency, cancer develops. Guaranteed! He also demonstrated the distinguishing feature of all cancer cells: the increase in anaerobic glycolysis (a process that releases energy without burning oxygen), which further reduces the cell's oxygen uptake. The significant increase in glycolysis observed in a tumor has been confirmed by science today.

Yet, most oncologists and cancer researchers do not fully understand the workings of this mechanism, nor the work of Otto Warburg and his important discovery in 1931. Without the application of his discovery, cancer will, at best, only be able to be controlled, but never cured.

When a cancer comes back for the second time, it is so dangerous because all the conditions are still present and the cells are in an even worse oxygen-poor state of condition.

A passionate advocate who applies this technique in practice is Dr. Brain Peskin. The solution to the cellular respiration problem is: Essential fatty acids. However, the only two truly essential fatty acids are Omega 6 (LA) and Omega 3 (ALA) in their pure form. Of these pure Omega 3 and 6, 5% is converted by the body into a biochemical substance called "derivatives," the rest remains unchanged. The body produces these derivatives as needed. Many Omega 3 and 6 supplements consist of artificial derivatives, which give the body a damaging overdose. Most Omega supplements are made from artificially farmed fish. Fish that are not fed a natural diet and do not have the proper balance of Omega 3 and Omega 6 to begin with. This should be an Omega 3/6 ratio of 1:1 to 1:2 at most.

This is the exact composition found in flaxseed/flaxseed oil and used in the Budwig diet. Not only cancer but also cardiovascular diseases benefit from the same principle. And you can even test this if you're still healthy. Have your blood pressure checked and then adjust your diet by avoiding all trans fats for two weeks while simultaneously using the Budwig diet. You'll notice a significant drop in your blood pressure and a steady state. CT scans performed in the US showed a reduction in clogged arteries, even in smokers, which had never been observed before. And this without the use of medication.

It should be clear that a lack of oxygen in cells causes cancer, and that sugar is the fuel for cancer cells. A good omega-3 and omega-6 diet is essential for the mechanism to allow cells to breathe again, and the body's alkaline and acidic balance must be restored as quickly as possible. It should be clear that anyone can implement these principles at home by radically changing their diet.

So it could very well be that someone is already showing signs of recovery before they, who are on the waiting list for radiation, even get their turn for treatment! The question remains: who will tell? Apparently, doctors have never heard of this mechanism after all these years. Dr. Brian Peskin published an article in *The Examiner of Alternative Medicine* and received a large number of positive responses from doctors who were unaware of this. When I hear someone has cancer, I inform them of this information. What they do with it afterward is no longer my responsibility.

Conclusion: In ten years, more people died in the US healthcare system than in all the wars the US has fought in history combined.

8.3 Otto Heinrich Warburg

..... was a German physiologist, physician, and Nobel Prize winner. He discovered that cancer cells actually use very little oxygen. The acidification of the body (acid-base balance) makes it easier for cancer cells to spread and further develop. Cancer cells thrive in an environment without oxygen and with increased anaerobic glycolysis. Moreover, laboratory experiments have shown for the first time that when glycolysis is inhibited in cancer cells, the cancer cells are effectively killed, resulting in "mass cell death."

Experts now speculate that the "sweet tooth" may be the Achilles' heel of cancer. In 1931, Otto Warburg received the Nobel Prize for Physiology and Medicine. The discovery for which the prize was awarded concerns what is now called "intracellular combustion." This is a fundamental and vital process by which substances directly delivered to cells, or stored within them, are broken down into smaller, simpler elements using oxygen. It is through this process that the energy required for other essential processes is made available to the cells in a form suitable for immediate use.

Has Otto Warburg's work been underestimated all these years, insufficiently investigated, or simply kept secret? Were all those research funds spent for years on irrelevant studies, and could this have been known all along? Otto Warburg developed his theory of cancer as early as 1924, even though cancer was a relatively rare disease at the time. In his late thirties, Warburg, who was trained in both physics and chemistry, conducted several detailed studies on the assimilation of carbon dioxide with oxygen in plant and animal cells. He noticed that something strange occurred in cancer cells: oxygen wasn't used in the same way as in normal cells. Cancer cells, he discovered, actually use very little oxygen. Normal cells absorb oxygen through their mitochondria (the energy centers of the body cell). In these centers, oxygen is used to break down carbohydrates (glucose) to generate energy. However, Warburg discovered that cancer cells apparently bypass the mitochondria and instead obtain their energy from a process he called "fermentation." This process involves extracting energy from glucose without the use of any oxygen. (Fermentation is the conversion of glucose using bacteria and fungi.)

For most of Warburg's contemporaries, this discovery was nothing more than a curiosity, but he himself considered it fundamental. He maintained this view throughout his life. "The primary cause of cancer is the transition from the combustion of sugar with oxygen in normal body cells to the fermentation of sugar," he told his fellow scientists a few years before his death. "From the standpoint of biophysics and biochemistry, no greater difference is conceivable than this difference between normal and cancer cells. Oxygen combustion is the energy engine for all plants and animals. In cancer cells, it is dethroned and replaced by the energy-generating reaction of the lowest forms of life, namely the fermentation of glucose," Warburg wrote in his lecture to the Nobel Laureate Meeting in Lindau on June 30, 1966. Warburg proved his theory through "the simplest conceivable experimental procedure." He cultivated animal cells in a test tube and allowed them to grow under reduced oxygen pressure; after 48 hours, they had become cancer cells. Even after the oxygen pressure was restored to normal, the artificially created cancer cells continued to multiply as cancer cells. Once the fermentation process took over in each cell, the process proved "irreversible," according to Warburg. Warburg's hypothesis was hotly debated at the time. Some considered it paradoxical. Why, for example, would cancer cells, which we knew multiplied rapidly and therefore required enormous energy, become dependent on anaerobic glycolysis, a process that produces energy relatively inefficiently compared to the more efficient respiratory metabolism of glucose with oxygen? The answer, according to Warburg, lies in the way cancer takes hold in the body. It is known that cancer persists by deliberately shutting itself off from normal bodily processes (one of the reasons why conventional chemotherapy so often fails in solid tumors). This happens because the tumor must protect itself from the mitochondria in healthy cells, whose primary function is to kill abnormal cells through a process called apoptosis (programmed cell death). In order to multiply, the cancer must therefore find an energy production system that doesn't require oxygen. Warburg's findings failed to gain traction and were eventually forgotten.

Renewed research at the University of Madrid in 2002 revealed new facts. One of their findings was that two separate mechanisms promoted the growth of these forms of cancer. Both, however, were based on the same principle: the inhibition of mitochondria in normal cells. Warburg did not yet have the technology to discover and describe these mechanisms, but they provided the first evidence that he might be right. These findings prompted other scientists to investigate this further. Two radiologists from the University of Arizona pointed out that their entire field (radiology) had been using the "Warburg effect" for years, namely in body scans. In PET scans performed in hospitals, glycolysis in tumor cells is routinely measured to determine the "stage" of the cancer. The more anaerobic glycolysis, the more malignant the tumor. Increased glucose breakdown, they reminded everyone, is an "almost always occurring feature" of cancer. Other researchers also confirmed that cancer cells thrive in an environment without oxygen and with increased anaerobic glycolysis.

Moreover, their lab experiments also showed for the first time that when glycolysis is inhibited in cancer cells, the 'cancer cells are effectively killed' resulting in 'massive cell death' -

Stuart Schreiber has extensively examined all the stages a cell goes through, from normal to cancerous. They focused primarily on cellular metabolism and rediscovered exactly what Warburg had discovered seventy years earlier. As a cell degenerates, it increasingly switches from energy production in the mitochondria to glycolysis outside of it, thus gradually becoming anaerobic and hypoxic (low in oxygen). Moreover, this process turned out to have a genetic component, immediately placing Warburg's theory within the mainstream scientific understanding of cancer. "We have gained more insight into the relationship between two models of cancer development. One (Warburg's hypothesis) is based on the relatively higher energy production by anaerobic glycolysis in cancer cells ... and the other on cancer-causing genes," according to the research report. Rather than contradicting each other, the two models appear to be intertwined. Warburg's hypothesis also supports the less widely accepted theory that there is a link between cancer and acidity. For years, the alternative food sector has recommended an alkaline diet in the fight against cancer. The Warburg effect may now offer a scientific explanation, as the main byproduct of anaerobic glycolysis is lactic acid. According to the latest speculation, lactic acid production is even the primary way cancer spreads, as the acid gives cancer cells a "competitive advantage in growth and metastasis."

These days, the oncology world is buzzing with the "Warburg effect." The simplest explanation is that it explains why cancer patients lose so much weight. This isn't just because their immune systems are so compromised, but also because anaerobic glycolysis is such an inefficient energy producer that cancer cells require large amounts of glucose to grow and multiply. In this way, they slowly deplete the body's carbohydrate reserves. This hunger for glucose was once thought to be merely a byproduct of tumor growth, but recent research has rediscovered that it's fundamental to the entire disease process. And now it's time to discover which components can block or even reverse the process. Sugar might well be cancer's Achilles heel, the weak spot in an otherwise invulnerable whole.

Of course, all research is focused on discovering a treatment method or medicine to make use of the Warburg effect, except for nutrition, which is not considered.

The most active nutritional research is taking place in Warburg's native country at the University of Jena. There, a team led by Dr. Michael Ristow is going back to the very first principles to see if Warburg was right. In particular, they are testing his pessimistic assumption that once cancer is initiated, it is irreversible. Ristow's group demonstrates that the Nobel Prize winner may have been wrong. They have investigated a naturally occurring human protein called frataxin, which is known to stimulate mitochondria. They have shown that cancer cells can be "forced into mitochondrial metabolism," which, according to Ristow, "can efficiently suppress cancer growth."

His ultimate wish is to find a cancer treatment that is entirely based on nutrition.

However, an American nutritionist announced that he had discovered a nutritional breakthrough based on the Warburg effect, using essential fatty acids. His name is Brian S. Peskin, author of the book "The Hidden Story of Cancer." The idea is still in its early stages, and for wider acceptance, Peskin must significantly expand his scientific evidence, he argues.

men.

Currently, there is much more attention to the discoveries being made in Edmonton, Canada. In early 2007, researchers at the University of Alberta published the results of the first trial of a drug that specifically exploits the Warburg effect. The compound tested was dichloroacetate (DCA), which has been used for decades to treat both lactic acid buildup and rare childhood disorders involving the mitochondria.

DCA stimulates mitochondria to take in more oxygen to break down glucose. The Canadian researchers decided to test it for the first time on cancer cells in a laboratory study. They cultured human breast, brain, and lung cancer cells and then exposed them to DCA. Within five minutes, the cancer cells began to behave more like normal cells, burning more oxygen and producing less lactic acid. The researchers admit they owe a great deal to Warburg, but also assume he is wrong on one point: Cancer is not irreversible.

They then tested DCA on rats. The animals were injected with virulent cancer cells to develop tumors. Some of the injected rats were then given DCA in their drinking water. Within a few weeks, a dramatic difference occurred. The DCA-treated rats developed much smaller tumors (on average, about 40 percent smaller), and there were even signs that cancer cells had been killed by normal, healthy immune system cells. "DCA can be selectively anticancer because it attacks a fundamental process in cancer development that is unique to cancer cells," said Dr. Evangelos Michelakis, leader of the Alberta research team. "What's truly unique about this substance is that it will likely work against many different types of cancer." But dichloroacetate is a byproduct of chlorine and therefore potentially toxic. Studies have shown that at relatively high doses, DCA can even cause cancer, at least in rats; so whether this is the case in humans remains to be seen. The good news is that at the doses already used for childhood cell diseases, it has no significant side effects. Furthermore, since it is an old drug and cannot be patented, it is not expensive.

However, this also presents a paradox. To market a drug as such, expensive clinical trials are needed to prove its effectiveness. This research is almost always funded by pharmaceutical companies, but not if they don't have a lucrative patent in prospect. Michelakis is now trying to raise funds to finance clinical trials. This partly explains the current uproar surrounding DCA. Don't hesitate to dig deep into your pockets, but realize that it's still impossible to predict what the findings will be in humans.

(Source: From the November (2007) issue of "What Doctors Don't Tell You," an article by Tony Edwards. <http://www.wddty.com/>)

Dr. Johanna Budwig was a German scientist who lived from 1909 to 2003. She was a pharmacist and biochemist. She worked on the research of Nobel Prize winner Otto Warburg (1883-1970) on cancer and cellular respiration. In 1949, Johanna Budwig was the first to successfully analyze fats and distinguish between different fatty acids. She discovered that unsaturated fatty acids in the cell membrane are responsible for cellular respiration. This proved to be the missing link in Warburg's research. She also discovered that fatty acids become water-soluble when combined with proteins (sulfur-containing amino acids). Once she realized this, she began developing a diet and nutritional guidelines to cure cancer. She designed a recipe for an oil-protein porridge. This recipe is now known in Dutch as the Budwig porridge.

Scientifically, there is no double-blind proof yet that Dr. Brian Peskin and Johanna Budwig are right, but people are already being cured of cancer.

It also reiterates the importance of a good base-acid balance in the body to prevent cancer and return it to what it once was: a rare disease!

Cancer in your family, genetically determined? That's where we started. The fact that both cancer and cardiovascular disease were rare at the beginning of the 19th century raises a serious question mark about all the medical studies that claim this. (Commissioned by the pharmaceutical industry to develop drugs for them?) Because, has humanity suddenly changed genetically after thousands of years? The answer is anyone's guess: NO. So what has changed? Precisely our diet. Logical thinking and connecting the dots with the help of a few scientific discoveries that have been skillfully concealed from interested parties over the years.

Over the past few years, I've read a lot about cancer and interviewed many people on health radio. People who were told they had only a short time left to live. People who didn't accept this message as a death sentence and defied conventional protocols, allowing themselves the peace to explore and apply other options, taking a different path than their fellow sufferers. When we combine all the similarities, we consistently arrive at the following top 5 ways to cure and prevent cancer.

Cancer prevention and cure top 5 (in order of importance)

1. Mentally, a strong desire to keep living.
2. Stress, a stressor must always be resolved. (*GNM)
3. Detoxification, blockages need to be cleared.
4. Optimal nutrition, which promotes oxygen absorption.
5. Exercise, the least important of the top five.

* German New Medicine

When people reach the familiar crossroads and are told, "Cancer has been diagnosed," you're living in a daze. Can you still think clearly and make a well-considered decision?

8.4 The germ (disease) is nothing, the terrain (breeding ground) is everything. - Louis Pasteur:

When Pasteur made this simple, profound statement, he honestly capitulated to the greatest criticism he received from Antoine Beauchamp. But the wrong name, Louis Pasteur, entered the history books because there's so much money to be made in medicines and vaccinations. And... they fit so perfectly into the ruling elite's agenda of genocide, as biological weapons in herd selection. The key to survival in this poisoned world is to better understand what Pasteur meant by "terrain." Pasteur was referring to the base-acid balance, or pH balance, which determines how much oxygen our cells can absorb. Maintaining a low alkaline pH allows the body to absorb an optimal amount of oxygen. The best way to achieve this is by eating uncooked, raw food, especially organically grown vegetables rich in sulfides (sulfur). Sulfide improves cell permeability, which in turn improves oxygen uptake. The best way to obtain sufficient sulfide intake is to fertilize the land using traditional manure methods. In the early 1950s, the Rockefeller family discovered the connection between sulfide and health. They realized that if they could persuade farmers to use more artificial fertilizers, they would become incredibly wealthy from selling expensive patented medicines. This completes the circle. Use age-old natural methods and nature will remain in balance, as will the health of humans and animals. Wherever humans intervene for profit, a disrupted balance will lead to health problems. Multinational corporations have destroyed the natural balance over the past 100 years, resulting in widespread illness. Manipulated by the media, entire generations have completely lost sight of what it means to live in harmony with nature and have been brainwashed by the controlled media to believe that medicines are the answer to the countless "new" diseases that have emerged (or rather, deliberately created). What kind of world do we live in? Once again, we are in the midst of a large-scale operation that many cannot comprehend: the wholesale elimination of human life. Few understand that this has been happening for many years in the form of chemotherapy. The time to wake up is now. The internet has already shocked many people awake. Like me, we started reading stories after 9/11, and yes, we too were in disbelief that such a thing could be possible. But after we started researching more and more valid information, more and more pieces of the puzzle fell into place. These are exciting times. All the stops are being pulled. The Codex Alimentarius, a new financial crisis that could temporarily paralyze the entire global economy (?) All sorts of scenarios are being heard, and how it all unfolds is certainly something to keep a close eye on. Meanwhile, attempts are being made to deprive the now-awake people of their most powerful weapon.

Communication! Curtailing internet and email freedoms. Internet providers have been required to store email for a year now, creating the largest Stasi dossier in history. Remember, however, you won't improve or secure your health with medication or vaccinations.

However, optimally protecting yourself is incredibly simple by restoring your balance with nature. Fear is a very poor advisor in this regard.

8.5 German New Medicine

In early 2009, we received an invitation to attend a private presentation on GNM. German New Medicine (GNM), developed by Dr. Ryke Geerd Hamer, MD, is based on the idea that every disease, including cancer, originates from an unexpected shock experienced. This discovery came after Dr. Hamer, the former head of internal medicine oncology at the University of Munich, Germany, unexpectedly lost his son. During this stressful period, he developed testicular cancer. This diagnosis led him to study the connection between stressful events and disease in cancer patients (his specialty).

to investigate the history preceding the illness. He found that, just like himself, all his patients had gone through a very stressful period before the onset of the illness. By also including other illnesses in the study, it became clear that each illness is controlled by a specific part of the brain and can be linked to an identifiable stressful situation. GNM is based on five biological laws that can be scientifically applied to all common diseases:

- #1. Every illness is caused by a traumatic event/conflict/shock that hits people unexpectedly.
- #2. Provided there is a resolution to the conflict, every illness develops in two phases: a conflict-active phase and a healing phase.
- #3. Connects the findings of the first two laws in context with embryology (the study of embryonic development) and human development. It illustrates the biological correlation between the physical body, the brain, and the organ from an evolutionary perspective.
- #4. Address the role of microbes in the context of evolution, with respect to the three germ layers from which our organs arise. Microbes are essential for our survival.
- #5. Every so-called disease must be understood as a meaningful, special biological program of nature created to solve an unexpected biological effect.

Dr. Hamer believes that a person cannot die from cancer alone. When someone dies during the conflict-active phase of the disease, it is due to lack of energy, weight loss, sleep deprivation, and emotional and mental exhaustion. The stress resulting from a cancer diagnosis or a negative prognosis is often enough to rob a person of their zest for life. Conventional cancer treatment only accelerates the downward spiral! If a cancer patient has not yet undergone treatment such as radiotherapy or chemotherapy, GNM has a success rate of 96 to 98 percent. When Dr. Hamer attempted to publish these findings, he was sued and obstructed by French and German authorities. He subsequently lived in exile in Spain, where he continued his fight for the recognition of GNM.

Dr. Mercola's comment:

I've long maintained that mental state plays a role in every physical illness, from heart disease to depression, from arthritis to cancer. Even the conservative Centers for Disease Control (CDC) stated that 85 percent of all illnesses have an emotional element. However, I believe the actual percentage is much higher. It's no wonder that Dr. Hamer continues his efforts to publish GNM findings that prove resolving emotional crises is the first step toward healing. Most new theories, especially those opposing drug use, surgery, and conventional treatments, have and/or will continue to address this. Intuitively, it's understandable that a person receiving the message, "You have six months to live," is enough to completely deprive them of hope. And of course, as soon as our minds give up all hope, the physical body will inexorably follow. Fortunately for everyone, the opposite is also true. If you focus on pain, misery, dissatisfaction, and worry, you'll find yourself attracting more of these things into your life. The alternative: If you keep focusing on what you do want to experience in your life and invest energy in healthy lifestyle choices, your body really doesn't have much choice but to become healthy again. Before you know it, you'll start feeling better. It's simply one of the most miraculous transformations imaginable. Allowing the body to heal itself by resolving emotional conflicts is an intriguing thought in itself. Also, remember that there are techniques

to learn to cope emotionally with unexpected tragedies and stress.

One of my favorite strategies is W. Clement Stone's. He was Napoleon Hill's most successful student, became a billionaire, and died at 100. He firmly believed that most negative things in life can be viewed from the perspective that life is trying to teach you something that can ultimately improve you as a person. It may sound naive and simplistic, but it also has the powerful potential to transform all the negative things that come your way. Source: Dr. Mercola

8.6 A broken heart is really a medical condition!

A broken heart isn't just something dreamed up by romance novelists and trivialities. It's a real medical condition. The correct medical term is Takotsubo cardiomyopathy, and it can mimic the symptoms of a heart attack. And just like in the novel, it occurs after a stressful and distressing event. This condition was recognized by researchers in Japan 15 years ago, and Miriam Hospital and Rhode Island Hospital in the United States conducted further research on 70 patients with these complaints. Two-thirds of the patients experienced highly stressful physical and emotional symptoms, such as bad news, a car accident, or relationship problems. These presented with symptoms similar to a heart attack, manifesting as chest pain and shortness of breath. Of this group, 20% were seriously ill and even required intensive care before fully recovering. Researchers believe these conditions are caused by a sudden surge of stress hormones like adrenaline, which temporarily weaken and overwhelm the heart. But just like in the novel, thankfully, most people in real life recover from a broken heart. – Most people!

(Source: American Journal of Cardiology, 2009; 103: 1015-19).

TROS Radar broadcast GNM

In week 14 of 2009, Casper Rutten was portrayed on TROS Rader as a promoter of quackery. Our body is one vast energy field and is controlled by both positive and negative energy from our thoughts. Thoughts that can make our bodies sick. The medical world does not support Dr. Hamer's laws of nature. This was all too clear from the doctors' responses. In doing so, they essentially indicate that body and mind are not a unity.

Response from Mies Kloos (natologist)

I saw the RADAR broadcast about the GNM and later rewatched it online. Dr. Rodenhuis called the GNM "nonsense." If that's true, why isn't research being done to dispel this "nonsense" and "nonsense" once and for all? Dr. Hamer submitted his findings for verification to the University of Tübingen in 1981. Nothing was done about it at the time. In a subsequent lawsuit, the judge ruled that every doctor's dissertation must be examined for its merits. The university also refused to comply. Since then, Dr. Hamer has filed hundreds of lawsuits (over 600, I'm told) with the same recurring question: can my findings be verified? The request was consistently ignored. Why not?

Many doctors told him in private that they knew his findings were true, but that they would face serious problems if they supported him. What kind of problems? Losing their license to practice medicine? Why did Dr. Hamer lose his license? Because he had really "gone too far" (after all, more is allowed in Germany than in the Netherlands) or because he posed such a significant threat to the medical industry and everything associated with it? Why are there no reports of Dr. Hamer's publications?

Dr. Hamer in PubMed? Because he didn't write them or because he was silenced? What would be the consequences of applying Dr. Hamer's thinking on a large scale? That 80% of people can predict what's wrong with them and how their disease will progress. This would drastically reduce the use of doctors, hospitals, insurance companies, medications, and other related industries. Imagine the impact this would have on the economy! Dr.

At the end of the broadcast, Legemaate addresses the fact that a large group of people use the alternative sector and that more information should be provided in programs like this. Is this information or a mood-building exercise?

After all, the interviewer's condemnation of the GNM way of thinking was clear from the beginning of the broadcast. The minister wants to completely eliminate reimbursements for alternative medicine from insurance. What is the purpose of this broadcast? Is this "objective" information or is it scaremongering? Is it intended to initiate an open discussion about good healthcare, or is it part of the minister's campaign to discredit yet another alternative method so that the public will accept the government's actions? I have been familiar with this way of thinking for four years and see people whom I help with natural and energetic methods slip into the healing phase. I am Dr.

I'm very grateful to Dr. Hamer for his findings, because now I can explain to these people why they're going through this process. This way, they don't have to be afraid and can see the benefits. Dr. Hamer restores faith in the Wisdom of Nature to those who are willing to hear it! - Mies Kloos

Personally, I'm convinced that when your body is in perfect condition with an ideal base-acid balance, you can handle much higher stress levels than weakened individuals. Around 2004, Anugama Tobias gave me an old, yellowed booklet about cancer, in which I learned that: As early as 1965, these issues were being reported extensively in relation to the dreaded disease cancer. Patients who had often run out of treatments in conventional medicine and were seeking a last hope and refuge in alternative medicine. People who were already doomed to die. And yet, even back then, people were already able to get back on track and heal. That was often called luck. Simply by addressing the mental and emotional aspects beyond lifestyle changes and adjustments. The book "Getting Well Again" provides a detailed account of this. Dr. Gert Hamer has provided the evidence that the emotional side is so crucial and the key to a healthy life. Everyone plays an active role in their health through their personal beliefs, emotions, and positive or negative attitudes. This can be achieved physically through exercise and nutrition. The strength of the desire to live healthily and the strength of the desire to get better after a serious illness are a significant part of the healing process. The book "Getting Well Again," ISBN 076783-00295, discusses in detail the techniques for stimulating and training this desire. Just as people can make themselves sick during a depressive state, so too can people recover from the most serious illnesses through the power of their thoughts. People who participated in the program, which was established at a clinic in Fort Worth, Texas, and who were all, without exception, referred by doctors for traditional treatments, lived longer or were declared cured. While incomprehensible to the doctors, the resilience of the spirit proves incredibly strong. The starting point, it seems, is always the will to live.

Around mid-2008, my attention was drawn to blood electrification. Confident that your body parts are all energy fields and radiate that energy, you should be able to do something with it. I came across a website that explained the so-called magnetic pulser.

The system was invented in 1991 by Rob Beck after learning how kidney dialysis systems actually work. The devices use a small amount of electricity to relieve pain and assist the body's healing process. However, the use of electricity in healing processes has been known for some time.

The idea was already used in Roman times for the treatment of rheumatic pain. It has been established that the electrification process improves oxygen uptake in red blood cells and destroys infected blood cells. Moreover, the blood's energy level is increased by as much as 500 percent. The search then quickly leads you to other matters that are either ignored by the so-called Mainstream Media (MSM) or dismissed as quackery.

8.7 The Rife technology

Imagine, for a moment, that you've spent more than two decades in painstaking, grueling research—that you've discovered an incredibly simple, electronic way to cure literally every disease on this planet caused by viruses and bacteria. It's a discovery that would forever change the pain and suffering of countless millions and the very fabric of life on Earth.

Royal Raymond Rife was the most prominent scientist of the last 100 years. He invented a microscope that could magnify up to 60,000 times and make viruses and cancer visible. He discovered that specific frequencies could kill viruses and bacteria, just as a glass can be shattered by a specific tone. In 1931, Rife cured 100% of the cancer patients he saw with his invention. The search for possibilities didn't stop there; it led me further to Hulda Clark. I had heard of the English scientist before, but I'd never really investigated what she was doing.

I had already heard that the word quackery was associated with her person. Now, I've reached the point where I believe that when someone is accused of quackery, it's definitely worth investigating for yourself and learning the how, what, where, when, and why behind the story! Enter Hulda Clark, who developed the Syncrometer®, which uses resonance to measure harmful substances in your body in just a few seconds. Using this same device, one can then pinpoint the source of a person's illness, disability, or pain. This can range from drinking water, food, drinks, furniture, utensils, and dental fillings. After examining thousands of people, Hulda Clark discovered that cancer patients all, without exception, harbored the same parasite and the same toxin (isopropyl alcohol). (On Wikipedia, you learn that this is found in acetone and cleaning products, among other things, and is not considered toxic.) Reading her freely available eBook, *The Cure for All Diseases*, makes it even clearer what a toxic world we live in. But also that solutions can be easily achieved with the zapper she invented with her son. A device that handy people could potentially build themselves, but otherwise is certainly available for purchase. Her book, for example, reveals that many people have the source of their daily poisoning simply in their dental fillings: mercury. The only, highly effective method to overcome the disease is to remove the source. However, in this world, we are also exposed to toxins over which we currently have no control. Chemtrails, for example, are examples; here too, however, the Dr. Hulda Clark zapper can be effectively used to prevent as much or all of the damage as possible.

On this topic of cancer, we certainly don't intend to be exhaustive, as there are many roads that lead to Rome and therapies that have been successfully applied, such as vitamin C therapy, where high doses are taken orally every two hours or injected intravenously directly into the bloodstream. There's also Dr. Simoncini's sodium bicarbonate method, which Dr. Henk Jan Trentelman so passionately advocated in his book *"Chemo, or Can I Choose Myself?"* (ISBN: 9789079872015), and countless other natural methods that can strengthen the body.

8.8 Vitamin D

Conflicting reports are still confusing millions of people about the simple question of whether it's wise to sunbathe. Dr. Dianne Godar has conducted research that indicates that UVA light in the sun is harmful. UVB light gives you that desirable tan and also provides your body with the vitamin D it needs. So, it's UVA rays that are responsible for the melanoma skin cancer explosion. But what's important to know?

The UVA rays are not blocked by the windows of your car and house!

UVB rays on the other hand are a protection against melanoma skin cancer or rather, it is the vitamin D that your body produces that protects you against

This skin cancer. Dr. Godar makes a very strong point in her research. The melanoma epidemic began before the mass tanning at the beach and in the garden became such a huge trend. Moreover, the dramatic increase in melanoma skin cancer is primarily seen in people who work indoors, rather than in those who work in the sun all day! It is precisely a low vitamin D level that poses a risk for developing melanoma skin cancer. Furthermore, people who already have melanoma and continue to expose themselves to the sun... live longer than those who don't. The figures: melanoma skin cancer has been increasing in America since 1940. Indoor workers receive nine times less UV radiation than outdoor workers, yet they have a greater risk of melanoma skin cancer. Now you know why! UVA rays penetrate the skin more deeply than UVB rays. It is also UVA rays that cause skin aging. Therefore, being in the sun behind a window disrupts the natural balance where UVB rays protect you from harmful UVA rays. It's simple, isn't it? Sufficient sun exposure is very healthy because your body produces vitamin D. Remember, nature is designed in such a way that there must always be balance. This means that 15 to 30 minutes a day is sufficient for vitamin D production. A few hours of sunbathing on the beach or in the garden isn't bad, but all day long, especially around midday, there's a good reason for that. Excessive sun exposure is harmful. Vitamin D production can protect your body not only against melanoma, skin cancer, but also against sixteen types of cancer for which sun exposure provides vitamin D protection, including lung cancer, breast cancer, prostate cancer, and colon cancer. If you avoid the sun completely or use sunscreen, your skin will be unable to produce sufficient or any vitamin D at all!

8.8.1 Vitamin D research into relationship with cancer.

Adequate vitamin D intake can be a matter of life and death. A new study demonstrated its importance in surviving lung cancer. Vitamin D is obtained through food, vitamin supplements, or sunlight. Research showed that lung cancer patients who underwent surgery in the summer had a 50% higher five-year survival rate than those who underwent surgery in the winter. (Research by Harvard School of Public Health) The results were reported at the American Association for Cancer Research conference in Anaheim. Interestingly, this study did not examine the risk of developing lung cancer, but rather the survival rate. Doctors discovered the role of vitamin D in preventing certain types of cancer and also wanted to understand its role in surviving this disease. The study's findings do not mean that patients should postpone surgery until the summer, but rather that they can supplement their vitamin D intake through the right diet and supplements. The human body can generate 10,000 to 12,000 international units (IU) per half hour of summer sun exposure. The recommended daily intake of vitamin D ranges from 200 to 600 IU. In practice, however, people in the US and Europe consume significantly less vitamin D than the recommended amount (RDA – EU standard) (RDA – US standard). The further people are from the equator, the poorer their vitamin D absorption. Furthermore, people who are told that the sun is harmful because of skin cancer and avoid the sun have an even lower vitamin D status.

The vast majority of the Western population doesn't even come close to meeting the recommended intake of vitamin D. The story of vitamin D might seem simple, but recent studies from around the world have revealed that the role of the sunshine vitamin (D) in health is far more complex. It's necessary for strong bones, to maintain muscle strength, and to offer people some protection against deadly diseases, including multiple sclerosis (MS), diabetes, and even cancer. What has now become clear is that vitamin D is a powerful force in regulating cell growth, immunity, and energy metabolism, says David Feldman of Stanford University School of Medicine. He is the editor of a new 1,300-page compilation of research findings from more than 100 laboratories working on this substance (2004, Vitamin D, Academic Press).

8.8.2 Sunscreen is a health hazard!

An email from "What Doctors Don't Tell You" revealed that applying sunscreen to protect against an 'overdose' of sun rays is more harmful than staying unprotected in the sun. A review of the cold data revealed that the regions with the highest rates of skin cancer also sell the most sunscreen!

Chemotherapy:

8.9 Patients do not receive sufficient information from their doctors!

What oncologists tell patients about the survival rates of palliative chemotherapy remains far below par. (Criminal is a better term.) - (Palliative comes from the Latin word *palliare*, meaning to soothe, to coat, to envelop, to surround, to protect, to cherish.) Two-thirds of all cancer patients in England receive little or no information about the survival rates of chemotherapy before deciding to undergo the therapy.

This was revealed in a study published in the leading British Medical Journal (BMJ). Palliative chemotherapy for advanced cancer has a low survival rate, and patients should be aware of this before chemotherapy treatment begins. The expected life expectancy for advanced cancer is months rather than years when treated with palliative chemotherapy! A study at the University of Bristol revealed that two-thirds of patients were not provided with this information about their expected life expectancy. (What is the situation in the Netherlands?) Doctors stated, "Giving survival rates is extremely difficult to estimate" (?) and, "Bad news can disrupt the healthcare relationship" as well as the last glimmer of hope. "Giving palliative chemotherapy can be motivated by protecting the patient from bad news." "The doctor's reluctance to share this difficult and sensitive information with the patient is also fueled by the patient's inability to make a sound decision about future treatment."

(The doctor as 'God',..... able to make better decisions about other people's lives?)

Researchers say doctors should provide sufficient and realistic information at a sensitive time and at the patient's pace.

(What oncologists tell patients about survival benefits of palliative chemotherapy and implications for informed consent: qualitative study) BMJ 337 jul31_3/a752

8.10 "I am not aware"

We again cite the 1990 results of Dr. Ulrich Abel of the Tumor Clinic at the University of Heidelberg in Germany, who conducted the most comprehensive study of all the major clinical trials on chemotherapy over the years.

Abel contacted 350 medical centers and asked them to submit everything they had ever published on chemotherapy. He also analyzed thousands of articles published in leading medical journals.

It took Abel several years to collect and evaluate all that data. His findings were published on August 10, 1991, in the *Lancet*, and this study should have alerted every doctor to the method they were using! The success rate of chemotherapy was, in a word, "horrible."

According to his findings, there is no scientific evidence available and no existing study that shows that chemotherapy demonstrably extends the lives of people suffering from the most common forms of cancer.

Abel also demonstrates that chemotherapy almost never improves the quality of life. He describes chemo as a "scientific wasteland" and notes that despite the lack of scientific evidence, neither doctor nor patient wants to abandon the treatment. The media has neglected to report on the devastating chemotherapy and Abel's study results, which was unexpected given the media's financial dependence. A recent media search for Abel's work yielded precisely zero results! No wonder patients who focus exclusively on the traditional media continue to pin all their hopes on this toxic and life-threatening treatment. Abel's findings, however, are irrefutable. It is clear, however, that many medications, including chemotherapy, are committing a veritable form of genocide.

Both the media and the pharmaceutical industry will go bankrupt if this news is widely publicized, and what about the trust placed in the politicians who turn a blind eye to all this? And all of this is also made possible by the willing cooperation of doctors who, like concentration camp guards, turned their backs on the smoking incinerators and inhaled the stench of burned bodies, still claimed, "I didn't know."

8.11 "I haven't lost a single patient yet"

Dr Kingsley is one of the pioneers of 'The New Medicine'.

All diseases, including cancer, are the result of a malfunctioning immune system. All diseases can be overcome once the cause of the immune system's malfunction is found and corrected. As he

says: "I don't heal anyone, but he enables the body to heal itself."

Dr. Patrick Kingsley's "secret" weapons are hydrogen peroxide (oxygen) and vitamin C injected intravenously directly into the bloodstream at very high doses.

Oxygen was already known in 1931 (O. Warburg) and vitamin C in 1970 (L. Pauling)
...and how long will people continue to be fooled?

9. Quackery

9.1 Quackery or, ... are you a quack yourself?

Health, and the lack thereof, could become much more important in the coming years than many can imagine. The changes currently underway in the world could make healthcare unaffordable with their ineffective and expensive treatments. However, those who live in harmony with nature will not be sad about this.

Much is written about quackery, usually in relation to doctors. Oddly enough, it's often exclusively natural treatments that, in the eyes of the double-blind "proven" (?) practitioners, are widely publicized as quackery in the media. Strictly speaking, quackery is the unauthorized practice of medicine. Moreover, quackery is often seen as fraud and deception. The use of the word "quackery" always implies judgment or accusation. Those who practice quackery are called quacks. Quacks are not necessarily fraudsters, as some may be genuinely convinced of the benefits of their treatments. Some also consider alternative medicine to be quackery. The Skepp association, the Skepsis foundation, and the Association against Quackery are the most active in raising awareness about quackery and combating it. Source: Wikipedia

Can someone else declare someone a quack, or do you YOURSELF give a doctor the opportunity to act as a quack?

Everyone has become accustomed to quacks being mentioned in the same breath as alternative medicine. Let's take a look at conventional medicine. High blood pressure medications, painkillers, antacids, and sleeping pills rank high in the top 10 medicines. Let's take a closer look at painkillers, for example. What does a painkiller actually do? A painkiller acts on the nervous system so that pain is not perceived by the brain. But what is the purpose of pain? Pain ensures that things that go wrong in the body don't go unnoticed. Everyone knows that pain is an unpleasant sensation, but not everyone realizes that without this pain stimulus, a lot would go wrong. So, if you suppress pain, you run the risk of letting a physical problem escalate without you noticing as long as you're taking painkillers. But what should I do then, I hear many people asking?

Nutrition? Many people acidify their bodies due to an incorrect acid balance (pH level). This will almost certainly lead to pain in the long run. An incorrect balance between Omega-3 and Omega-6 fatty acids also leads to pain. Another good example: Batmanghelidj was a doctor who, during his two-year and seven-month imprisonment in Iran, treated over three thousand patients with nothing but water. The young doctor discovered his remarkable healing method one night when he had to treat a fellow prisoner suffering from an acute and extremely painful stomach ulcer. Unfortunately... there were no medications.

To try and remedy the situation, he gave the patient two glasses of water. Within eight minutes, the pain was gone. Batmanghelidj then prescribed two glasses of water every hour. The symptoms disappeared for good.

So if you reach for a painkiller as your first weapon, you are in fact the quack yourself by not identifying the cause but fighting the symptoms.

I spoke with someone who was hospitalized for the third time. This person is all too aware of the cause of his physical complaints: his lifestyle! He was completely unwilling to consider alternative treatments, because "they" immediately start by saying I have to change my lifestyle if I want to get better. He indicated that he hopes that modern medical treatments can help him suppress his symptoms so he can continue his destructive lifestyle for a while longer. Apparently, modern doctors all too readily prescribe medication without asking "difficult" questions. The sky-high drug sales clearly demonstrate this. Over the years, I've formed a clear opinion on this. When it comes to physical disabilities sustained in accidents, doctors are able to rebuild the body as best as possible. Fantastic! Professional work! However,...

....in my opinion, with the application of pharmaceutical medicine, modern medicine has become a high school of quackery!

Too many people have no knowledge whatsoever of what nutrition and lifestyle actually do for the body. It's a shame that doctors don't know this either, because they didn't learn it in pharmaceutical training. Medical training, as the name suggests, has absolutely nothing to do with health science. Health science is about prevention, and we only go to the doctor when we're sick. However, many people are often unaware of the cause of their ailments, pain, high blood pressure, lack of sleep, etc. They simply give doctors the opportunity to practice quackery. They like to be fooled so they don't have to change their lifestyle. More vegetables and raw vegetables? I'm not a rabbit, am I? Smoking. I'm allowed to have something in my life, right? Exercise? Unfortunately, I don't have time for that. We're all footing the bill for this type of healthcare now. Everyone has noticed that these costs have risen to astronomical heights in recent years. Insurance companies still pay very little attention to people who live healthily in harmony with the laws of nature. These are people who, through preventive health tests, can demonstrate that they live healthily and drastically reduce their risk of physical discomfort, thereby significantly reducing their health insurance costs. When will insurance companies wake up and reward a healthy lifestyle and thus financially motivate people to live a healthier lifestyle? Doctors, they are just one part of the system. But they are a part with great responsibility. Pharmaceutical companies have carefully ensured that they only provide information that benefits their drug sales, starting with the training program and continuing through medical representatives.

Scientists are shamelessly bribed to achieve the desired results, and this practice is evident. This buying of loyalty is also practiced on a smaller scale by general practitioners. These people are slyly and almost unnoticed manipulated to achieve the desired results.

However, it is high time to shift course.

These facts are coming to light for more and more people now that even laypeople have access to information that indicates something is seriously wrong. Before patients/consumers lose all trust in doctors, they need to realize that we need to get back to basics. Keeping people healthy preventatively, with lifestyle advice, healthy, unprocessed food, clean water, exercise, stress management, and promoting a positive attitude. Again, it's not just doctors, whether conventional or alternative, who present themselves as quacks, but patients who, against their better judgment, give the thief the opportunity to take medication instead of changing their destructive lifestyle. This thief can then steal both your health and your money. If you refuse to live in balance with the laws of nature, you're practically asking to be ripped off. Aren't we asking for medication to compensate for our poor lifestyle? Healthy, living people almost never need medication, and certainly not sleeping pills, cholesterol medication, blood thinners, painkillers, etc.?

But what should I do then? Good question! Our food chain is almost completely industrialized. The food produced with artificial fertilizers, which has to be artificially protected with pesticides by this inadequate diet, doesn't provide the body with enough nourishment. The next step towards total control over the food chain is patented GMO seeds. In large parts of the world, this is already a reality. But... it can't all be as bad as you're making it out to be, can it? We have a government, institutions,...! Forget it, money is more important than health. Your health and mine. We'll have to take our own initiatives, locally.

We, ... you and I are the society!

Make sure you take local initiatives to gain access to unprocessed organic food from people you trust. After all, it's essential for staying healthy. Before you have anything planned, you can start growing wheat seeds with sea minerals to make your own nutritional supplement. The price shouldn't be an issue. Will you continue with quackery, or will you finally give your most precious possession the attention it deserves? Spending money on healthcare—every euro I have to spend on our health care system is one too many. I prefer to invest in my nutrition. If something does go wrong, I'll turn to a naturopath—probably at my own expense.

9.2 Quack Henk Mutsaers

A phone call informed me that I've now officially been listed on the anti-quackery website. And not just any listing, because the conclusion is:

"If, in addition, one could demonstrably know that the ugly things one says about someone are not true, the crime is called slander (art. 262), which is even worse, and carries a maximum prison sentence of two years."

Being labeled a quack... that was bound to happen. It's certainly true that I encourage people to think about health and choosing a doctor on my website and in my daily communications. In an industry where official media figures mention 30,000 annual "damage claims," including 1,700 deaths, I think it's wise to warn about this. After all, the government does the same. Regarding the number of road casualties (about half), they also state: "These figures can and must be reduced."

Now, I'm not a physician at all, but I'm glad I've been able to share in their knowledge. I'm happy to share this knowledge, always citing the source. The author of the letter who was used as a stick against me in the article in question, IR, suffering from a known illness, stated, *"According to him, everything can be cured with nutrition, and I should stop taking medication for my illness and that I should try to find the cause."* I fully support this opinion, but the word "everything" should be replaced with "very much"! (The effectiveness of 87% of all medications is unproven, source: BMJ)

VtdK board member CP van der Smagt responded: *"It's a fact that a special diet can't cure diseases; at best, a healthy diet can reduce the risk of developing some illnesses. No benefit can be expected from nutritional supplements, and the only person who benefits from them is the seller."*

However, Hippocrates stated, "Let food be thy medicine and medicine be thy food." Not so long ago, every doctor took an oath in this regard! The fact that food, and therefore also nutritional supplements, are being questioned for their medicinal properties makes me wonder, "Who's the quack here?"

We read further: *"People who advise the sick against consulting regular doctors or abandoning regular therapy to switch to quackery pose a danger to public health. If what you say about Mr. Mutsaers is indeed true, then your distrust is entirely justified."*

The decision to undergo treatment and the choices made are always the individual's own responsibility. I frequently recommend the NES scan because I personally find this body scan (and similar testing methods) to be an incredibly valuable tool that provides insight into your overall health status. It's a test, not a treatment!

And about that Biogarde yogurt, it's another example of natural medicine that harks back to Otto Warburg's great discovery and Johanna Budwig's famous porridge. After years of study and clinical trials, Johanna was able to prove that unheated and unprocessed flaxseed oil could provide the body with essential fats that could replenish the deficiency of critical nutrients like phosphatides and lipoproteins. Substances that were sorely lacking in the diets of then and now. Combined with Biogarde yogurt, these substances are better absorbed and can be used as a cancer treatment in some cases. What really bothers me most in the complaint is the remark: *"By naturopaths, Mutsaers means physicians such as those who practiced in the eighteenth century."* How can you say slander? It's perfectly clear to me that I've been a thorn in the side of the Association Against Quackery for several years now.

I'm quite a cut above the rest when you write a protest song against the Codex Alimentarius and the lyrics also make people think twice about taking a pill for just anything. All things considered, my mention on the website is an honor; people are starting to see expressing my opinion as a threat.

10. What can we learn from history?

We're all familiar with the stories from seventeenth-century history books about sailors dying from the dreaded disease scurvy after just a few months of sea voyage. It was later discovered that scurvy wasn't a disease at all, but that all those deaths could be traced back to an acute vitamin deficiency. After the cause of vitamin C deficiency was discovered, it took decades before the recommendations were put into practice. Thousands upon thousands of deaths later! What can we learn from this? Weston A. Price discovered the importance of nutrition for health as early as the 1930s. Evidence has accumulated over the past hundred years that in our modern times, with ready-made meals, pre-packaged products, and fruits and vegetables that have traveled thousands of miles before reaching our plates "fresh," we suffer from chronic vitamin deficiencies. A daily shortage of vitamins, minerals, enzymes, and trace elements contributes to chronic deficiencies. Evidence is also mounting that these deficiencies lead to illnesses, ailments, and discomfort. In reality, all those modern diseases "invented" by the pharmaceutical industry over the past fifty years aren't diseases at all, but chronic vitamin deficiencies and, more importantly, an imbalance between all these nutrients. However, consumers are bombarded with their chemical remedies, and anyone seeking a solution in alternative medicine is warned to beware of these "quacks."

In our modern times, it's increasingly difficult to find healthy food in stores with all those chemical additives. We also haven't learned how to prepare this food. When we watch a top chef on TV, explaining the harmful ingredients they use and how these professionals prepare the food, it's nice to indulge in it every now and then, but no more than that if you don't want to damage your health.

Well-informed consumers cannot help but conclude that History is repeating itself. This time, however, it's not scurvy; it's diseases like cancer, cardiovascular disease, diabetes, ADHD, etc., etc., etc. The pharmaceutical industry has significant vested interests. This could easily cost a few million lives. While they repeatedly try to portray alternative medicine in a negative light compared to scientifically proven therapies, they attempt to distract from the utter failure of Western medical science. The only conclusion one can draw from this is: Take responsibility for yourself. Make your own plans. Get a second opinion from a doctor with a background in naturopathy. Modern Western medicine, the food industry, and the chemical sector will go down in history as the greatest threat to public health. Investors who are still investing their money in this "sickness"-causing industry had better reconsider: "Do I morally still want to be part of this disease-industry?"

10.1 Do unhealthy people give away their future?

Why is health the most important investment for you too? We've all read the trial balloons from our political leaders: "Working longer, until seventy, is possible." Many people think, "That won't be that bad," or "I've got my affairs in order, a good pension, some shares, I'm not worried at all." However, I've been in a—wake up—slump for years.

Period! That began with research into what's called healthcare, and then my journey of discovery turned to our artificial food chain.

Furthermore, my trip was inspired by Adam Curry's "Wake Up Call" (Arow Classic Rock 2007) in various other areas. Books like "Confessions of an Economic Hitman" by John Perkins and "When the Dollar Falls" by Willem Middelkoop (RTL Z). These two books, which I devoured during my vacation, gave me new insights into politics and finance. The most important finding from both books is media censorship. Since the 1950s, the CIA, multinationals, and the government have had a significant say in what can and cannot be published. Journalists often have to conform if they want to have a job tomorrow! We are, as it were, presented with news filtered through sunglasses. What we think we see is not reality! This allows a blind president to govern, as it were, in a country full of deaf people, as aptly described in the book "When the Dollar Falls." Our financial systems are proving to be castles built on quicksand. Our economy is not controlled by the "elected" government, but by the big bankers.

They are the ones who pull the strings and make the puppets (us) dance. However, the bankers also experience problems with their 'systems'. In 1850, Frédéric Bastiat already stated: "When plunder becomes a way of life for a group of people in society, they create for themselves, in the course of time, a legal system that permits it and a moral code that glorifies it." "The bankers own the world. Take it away from them, but leave them the power to create money, and with the stroke of a pen they create enough deposits to buy it back. But if you take it away, all great wealth like mine disappears, and it should disappear too, for then we shall have a happier and better world to live in. But if you wish to remain slaves to the bankers and pay the costs of your own slavery, let the banks continue to create money." Sir Josiah Stamp, former Director of the Bank of England (1928)

"You can fool some of the people all of the time, and all of the people some of the time, but you cannot fool all of the people all of the time," Abraham Lincoln, former President of the United States.

Future Vision: For the sake of convenience, I'll assume my chances of retirement might not be at 65, and perhaps not even at 70. I'm fully considering that I'll need to earn a part-time or possibly even full-time income (to support myself). The reason is clear to me now: the economy is based on the paper truth of the dollar, and Willem Middelkoop has described the risk of its collapse all too clearly in his book. The stock markets and our pensions will be dragged down with the dollar's fall.

The consequences of this for our social system and healthcare are easy to guess: unaffordable! Quote from "When the Dollar Falls": "The idea that your savings and pension funds will completely survive these shocks can easily be described as naive after reading this book." The result: I will remain responsible for generating my income/subsistence/barter every day. Dark clouds are gathering for those who have lost or forfeited this possibility due to health problems!

10.2 My view of the world changes almost every day.

I've long wondered why we only sporadically read about serious vitamin and mineral deficiencies in the media. Why do we never, ever read anything about the all-important alkaline and acid balance? Why does traditional medicine always get a platform in the media, while natural medicine often gets negative press? This has become clear to me in recent years, but don't everyone else know it? The book "Natural Cures They Don't Want You to Know" was a revelation for me. It turns out the media has absolutely no interest in natural medicine, while staying healthy is incredibly simple provided your immune system is fed the right fuel. The media is dictated by the big pharmaceutical companies! Marvia Angell writes about these pharmaceutical companies in her book, "The Truth About Drug Companies: How They Deceive Us and What to Do About It," that Big Pharma has become a massive marketing machine that produces only a few innovative medicines and is dependent on monopoly rights and research funded by public funds. Top US companies spend 2.5 times as much on marketing and associated administration as they do on research! The top 10 Big Pharma companies make more profit than all of the top 500 US companies combined!

Conflicting interests and financial conflicts are a significant problem affecting millions of people, both those who test the drugs and those who use incompletely tested ones on a large scale, write Thomas Bodenheimer & Ronald Collins under the heading "Integrity of Science." Peggy O'Mara writes, "Can medical journals really be considered to provide us with independent and accurate information if they are funded by pharmaceutical companies?" Medical journals, like the major media outlets—radio, TV, and newspapers—have long relied on advertising revenue. Scott Henley on drugs: "The FDA handles the approval process for new drugs, and the studies are funded by... the pharmaceutical industry!!! Long-term safety is still unknown (making users human test subjects). Furthermore, the pharmaceutical industry has more people on its payroll influencing the government than there are elected representatives in the Senate. The truth is, no industry is more profitable than the pharmaceutical industry! Dr. John Abramson, in his book "Overdosed America," states: "Insurance companies in the US are in cahoots with Big Pharma and have completely taken over the national health care system."

One of my first awareness books was, as I mentioned, "Confessions of an Economic Hit Man." But barely past the first chapters, I began to view the book as a kind of translation program, reading between the lines of the news the world (officially) has to tell us. It gives you a tingle when you learn the facts behind the news. I used to wonder why America provoked so much resistance in some countries. Now I know why!

Terror takes many forms. America employs the most sophisticated form in the form of white-collar terror, where a country is first supposedly aided through infrastructure projects. However, this is done in such a cunning and sly way

In such a way, these countries are quickly unable to pay their debts. It then seems perfectly humane if these debts are forgiven. However, the reality is quite different. These countries must pay their debts in goods and, coincidentally, these are always countries with rich sources of minerals, oil, or other raw materials. A few important leaders are kept pacified, while the rest of the population is completely stripped bare, becoming nothing more or less than modern-day slaves. Leaders who refuse to cooperate are eliminated by the CIA. Thus, since 1971, one country after another has been manipulated into the hands of "Big Brother" America. Not only were the wealth of these countries important, but also their loyal votes and locations for military bases. I increasingly get the impression that this same divide-and-rule tactic is being applied to our own population through diseases. After all, the well-known saying is: Healthy people have thousands of wishes, unhealthy people only one. So what happens when you slowly but surely deprive people of their health? Exactly, you can do whatever you want because people have other problems to worry about. Moreover, there is a lot of money to be made from all those unhealthy people.

10.3 Is the world overpopulated?

I absolutely don't think so. There are natural resources that are environmentally friendly and are completely ignored because that would disrupt the carefully constructed system of divide and rule. No cheap natural sea minerals are used to grow premium food, but rather high-yield artificial fertilizers that, in turn, require pesticides for the plants to survive. Then came genetically modified seeds (GMOs), which, through patents, have secured the entire global trade in the hands of a few companies like Monsanto. The result is the current food crisis. In insignificant countries like Africa, populations are being decimated by the dozens due to diseases, AIDS, and vaccinations. Now that we have experience in dealing with viruses in a controlled manner, it's the turn of the European and American populations to be decimated. H5N1 or another emerging flu virus could well be the answer to the modern way of decimating the global population, and there's a lot of money to be made from it. Two birds with one stone!

But we don't have to let this happen. We can easily work around it.

But first, you'll really have to wake up. We're still sleeping far too much. We've all been brainwashed. This has to stop.

Look online, and instead of playing games and already choosing next year's holiday destination, try looking for the news behind the news.

Buy a book about health, economics, and politics. It could save your life!

We are tempted to eat junk food 80% of the time, every day. The supermarket is full of it
along.

With quality labels on food containing rat poison, yes, rat poison! And if you say anything about it, people look at you in disbelief and just keep using it. Disbelief? That can't be true? (Aspartame) Not only does it give you cancer, but it can also cause your heart to suddenly stop. And when we get a disease like cancer, we get chemotherapy. While cancer is largely a deficiency disease. Imagine: your car has run out of fuel due to poor quality. No one claims to know the cause; after all, the tank is full.

Perhaps a pipe is clogged. That's what they call cardiovascular disease. A stent or bypass is inserted without addressing the cause of the bad fuel. However, the bad fuel can also cause acid formation somewhere, making the engine susceptible to rot. This could be called cancer. To address this, highly toxic substances are injected into the engine, a condition called chemotherapy. Even though this is disastrous for the engine's rust protection, they continue to use it, even though they know that 97% will rust through and eventually end up in the junkyard. Alternatively, they can simply remove a faulty part and keep the engine running with some makeshift solutions. In all these cases, however, nothing has been done to address the cause: the bad fuel. This is precisely how modern, double-blind, proven Western medicine tackles a problem. If the bad fuel damages the gaskets and O-rings, it's called rheumatism. You discover the engine is running strangely, the temperature is rising too high due to a lack of coolant. The problem is called high (blood) pressure, so simply add a pill to the fuel to temporarily cool the engine a little. This way, you can literally imagine all sorts of ailments your car could develop. The solution will always be traced back to just a few problems: bad fuel, engine oil, coolant, tire pressure, and so on. All these problems are solved with stopgap measures. Such a method deserves only one name: quackery.

I think our era will go down in history as the era of the highest form of quackery. It will be strange and frightening to read in future history books about the appalling circumstances under which people met their end and how they were massively fooled by double-blind, unproven fraudulent studies, bribed scientists, and

Doctors, grueling chemotherapy, "life-saving" surgeries, etc. And all this because our food supply chain was completely out of whack. Because food manufacturers can simply make more money from less perishable products with a long shelf life. And those perishable ingredients that have been removed from our food are precisely the vitamins, minerals, enzymes, and trace elements. We live in that era of "modern science" NOW!

10.4 Freedom of the press, freedom of expression

Media outlets around the world are reporting on press freedom during the Olympic Games in China, where websites are reportedly blocked and inaccessible to journalists. This, it has been argued, violates the promise made to the International Olympic Committee (IOC). NaturalNews.com responds that journalists should first look at organizations like the FDA (and other organizations worldwide), where natural health products and truthful claims are being outright banned and censored!

The FDA, in particular, prohibits freedom of speech for suppliers of health products like vitamins and herbs. This same freedom of speech will soon be prohibited for you and me under the Codex Alimentarius! If you then publish anything on a forum or website regarding the recommendation of herbs, supplements, or alternative medicine, these may only be "approved" statements! Just as used to happen in countries where the Stasi controlled citizens. This is already happening in "our" free West. Manufacturers have been monitored and taken to court for years for stating genuine, honest health benefits on their websites and packaging. Often these are scientifically substantiated but not "recognized" claims. Even links to scientific information had to be removed from websites by order of the FDA.

Governments and political parties like to claim we live in a democracy. The widespread suppression of natural healing methods and the continued support of destructive treatments like chemotherapy mean that many people are no longer so "proud" to be part of our "free" society. The world is not as most people see it or the media portrays it. How long we can continue to use newsletters and the internet to exercise our right to freedom of expression is still unclear. It's relatively easy to save hundreds of billions a year on healthcare costs if we focus on prevention. Saving money on our wallets, but this will be 100% at the expense of the pharmaceutical industry's enormous profits. I now know where to go for good health information. However, it's clear that many people have no idea and uncritically undergo life-threatening treatments because their doctor has determined it's good for them! I've personally spoken to people who were told point blank that if they chose alternative treatments, they could no longer count on receiving help!

11. Blatant lies in the disease industry.

Since the mid-18th century, naturopaths have systematically come under fire from "modern" doctors and organized Western medicine. With the rise of modern medicine, which uses drugs to address disease causes and surgical interventions (which are often completely unnecessary in naturopathic medicine), an entire industry arose around illness. Surgery and medication increasingly became the accepted "cures" shoved down patients' throats as double-blind, scientifically proven methods. It became the way of the future, and anything that didn't conform was either thwarted or declared quackery. Attacks on these "alternatives" became increasingly frequent, more aggressive, and often accompanied by blatant lies. This was because modern "medicine" had greater potential for financial gain. The rural doctor and naturopath became a threat to their "money-making industry"—to illness.

Medical terminology became increasingly complex, to the point that ordinary citizens could no longer make head or tail of it, so they simply gave up trying to heal themselves.

Patient organizations (?) Worldwide, more and more patient organizations emerged, run behind the scenes by the interested drug manufacturers.

Of course, pharmaceutical companies and doctors know that natural remedies are much better, cheaper, and safer than their medications and surgery, but they are also much less profitable. A naturopath restores the balance, and once familiar with this, the patient can often do the same themselves in the event of a recurrence. However, the symptom-suppressing medications must continue to be used just as frequently. In this way, patient organizations protect the income of doctors and pharmaceutical companies instead of the well-being of patients. People are thus brainwashed at the most vulnerable moments of their illness by withholding essential information. That's why the industry is busy labeling vitamins as medicines if even one claim is made. Double-blind studies cost a fortune that can never be commercially recouped with natural—unpatentable—products!

They haven't succeeded yet, but by the end of 2009, they'll have taken a major step toward restricting freedom of writing and speaking, combined with advertising for nutrition, supplements, and treatments! In the book "Nutrition and Physical Degeneration" by Dr. Weston A. Price, we read details about primitive cultures around the world whose health was far superior to ours. Healthier, with a better quality of life and a higher life expectancy. He discovered that nutritional status was a decisive factor. Once these populations switched to the modern, artificially produced Western diet, their general health also deteriorated rapidly. However, those who returned to their traditional diets improved dramatically.

Knowledge like this is incredibly powerful, and it's precisely this knowledge that many lack. The fewer people who know that you can easily heal with nutritional composition, vitamins, minerals, herbs, and alternative therapies, the more the modern medical world flourishes. Needless to say, those who perpetuate this ignorance with all their might profit from it. Doctors, your general practitioner, hospitals, patient organizations, insurance companies, pharmaceutical manufacturers, laboratories, and scientists—they all lose a significant portion of their *raison d'être* if we all returned to healthy living. Now, everyone is becoming increasingly poor in an attempt to maintain this unaffordable, unsafe, and even downright deadly system, and we are forced to contribute.

The effectiveness and low cost of naturopathy and its practitioners, such as the Chinese, pose a direct threat to the profitability of the Western medical system. This is one of the main reasons why the practice of Chinese medicine is repeatedly questioned, opposed, and suppressed. Falsehoods are spread about it, laughed at, ridiculed, or outright ignored. It is through the actions taken by sick patients themselves and the subsequent word-of-mouth advertising that these healing methods are spreading. Patients spread the word about the results achieved, among other things.

Chinese, orthomolecular and naturopaths on how effective these methods work.

Now that people realize this advertising will never be stopped, they're starting to recognize these natural remedies, but with the underlying rationale of monitoring and regulating them and establishing strict (unreasonable) requirements. Western scientists often claim that these are merely uncontrolled placebo effects because, in their view, there's no evidence to be found or the evidence can only be obtained at unaffordably high costs.

Naturopathic medicine always focuses on nutritional status and restoring the body's ability to optimally absorb nutrients. Time and again, this nutritional status reveals alarming deficiencies. In my own experience, even after 10 years of focusing on nutrition and supplement use, absorption can be dramatically improved with the NES scan by removing blockages and incorporating the right organic nutrients in the right proportions.

Nutrition - Vital for the sick. Being ill is no picnic, and everything that can bring relief is a real win. The right nutrition—unprocessed—from natural sources ensures the body receives more vitamins, minerals, trace elements, enzymes, and micronutrients. And in most cases, insufficient amounts due to our "modern" agricultural methods.

Supplementation is especially vital in cases of illness – to allow the body to regenerate, strengthen, improve mood, etc. The slow deterioration of our bodies is all too often attributed to 'old age,' which, in fact, is based on a lack of essential nutrients. Everyone needs to pay more attention to the food we put in our mouths, not on a specific day, but every day. Anyone who has had their vitamin intake tested repeatedly will find that the modern diet does not provide sufficient vitamins and other nutrients, and supplementation proves to be indispensable. But people who only take vitamin supplements and think they are doing well are disappointed. Our diet no longer deserves to be labeled 'safe,' and various things will have to be eliminated. In the 1950s, there were already fitness gurus who stated, "If man-made, don't eat it." If it is grown naturally (without artificial fertilizers and pesticides), that is the best your body can get.

"It's not what you do sometimes that counts, it's what you always do that counts."

I repeatedly hear from sick people that they receive no nutritional advice in conventional healthcare, even for life-threatening illnesses. I've also heard several times from people facing terminal illnesses who, in desperation, informed their doctor they were choosing an alternative method. They were then told, in downright threatening language, to figure it out themselves and not to count on any further help from them!

It's not just the system that's wrong, but also the people who help perpetuate it. So choose what's best for you, ignore everything else. Make your choice—and your money—your voice heard!

11.1 Self-reliance is the key word.

Mike Donkers summed it up succinctly: "We need to look for methods that people can apply themselves effortlessly." This means searching for therapies that have been suppressed for years and are difficult or impossible to ban. Optimizing alkaline and acid balance is one such miraculous method that makes it impossible for many diseases to develop. Don't ask your doctor about it unless they're a naturopath or equivalent. But there's much more, such as German New Medicine, which helps you address the mental aspects of your health. Once the genie of this knowledge is out of the bottle, it's impossible to stop.

But there's more to discover... Mike also said: "The English-speaking regions are much more advanced in health because of the many excellent books published there." However, when I look at the results, especially in the US, it's dismal. Are the many TV doctors influencing people, along with the mind-numbing fluoride in the drinking water there, resulting in an even lower average life expectancy than ours? In my newsletter, I already wrote about Dr. Brian Peskin, who discovered the importance of cellular respiration in preventing cancer. He wrote a book about it: "The Hidden Cure of Cancer."

The book will soon be translated and published by successful books. However, this doctor's findings can be applied by everyone by paying attention to the omega-3 and omega-6 balance. Mike Donkers also came up with an old/new discovery about oxygen therapy. Oxygen, that is! Over the years, 250,000 copies of Ed McCabe's book have been sold. The books sold worldwide purely through word-of-mouth advertising from well-informed consumers. This all took place in 1988: "Oxygen Therapies: A New Way of Approaching Disease." Millions of people have learned that oxygen is an essential element for overall health. However, billions have never been aware of this! His most recent book is "Flood Your Body with Oxygen."

But there's much more, like Ellen Vader's recently translated book about magnesium: "The question is: What do depression, hyperactivity, epilepsy, autism, and Alzheimer's disease have in common?" 75% of the population is deficient in this substance. If you add up all the miracles that a good, biologically balanced diet and supplements can bring to health, only one conclusion is possible. Our diet is flawed; otherwise, these foods and supplements could never be so beneficial. So, our Minister of Health is—once again—selling utter nonsense! Go crazy, have your body tested for vitamin and mineral deficiencies, alkalinity, and acid balance, and many other points. Do it NOW, while you're still in perfect health (or think you are). It's highly likely it will motivate you to live differently, eat differently, and view the 'expertise' of the Health Council, the Nutrition Center, and... (former) Minister utter nonsense.

I'm sure you'll become a passionate advocate for a healthy lifestyle within your family, friends, and relationships. The great thing is, you don't even have to actively do it, because... everyone will automatically ask you how you look so good, how you've lost weight, or why you've had so much energy lately!

11.2 Health Quiz

Study the following statistics and guess which areas are subject to stricter regulations by government agencies. The figures are from the United States.

Average annual deaths for 1995. (figures from various sources)

Drug Interaction Use: 100,000 – 140,000

Traffic victims: 39,325

Food poisoning: 9,100

Household cleaning products: 74

Acute pesticide poisoning: 12

Vitamin: 0

Amino acids: 0

Commercial herbal products: 0

Which products are now facing strict control measures?

Exactly, they are the last three on the list and that seems to be very necessary?

11.3 It's in your genes... clever scientists discovered

We were all chatting at the bar; there were almost as many cigarette butts on the counter as there were people there, and the topic of conversation turned to health. "Say, have you heard that [...] also has cancer?" Then you have to come up with a story, like mine, that cancer is simply curable. I have to say, that also seems unbelievable because people find it hard to grasp that there are known cures that aren't used at the cost of so many lives. That's unthinkable!"

So, while one cigarette after another was being lit, the conversation between our "health experts" veered towards scientists who had discovered that a specific gene was responsible for dementia in people. The conclusion of the conversation was that this deviation from nature is simply genetic. Reading between the lines, an attentive listener could then conclude that you need a bit of luck to grow old, and another cigarette was lit.

Those scientists knew it, they had read it in the newspaper.

Last summer (2010), I was fortunate enough to delve into the world of scientists. I was invited to host an evening with the drive-in show, which turned out to be a promotional event for a scientist who had also discovered a medical application for a "natural anomaly." She had written a book about it and, as a token of appreciation, was allowed to organize a party for some colleagues for €15,000. A dinner for the best colleagues, followed by drinks, snacks, and a screening of the vacation video and photos on a large screen. "Look what you can do and where you can travel if you become as smart as I am," seemed to be the message to those present, who listened to the story with both admiration and envy.

But wait, didn't I read in the book "The China Study" that people who moved to another region or country still faced the same lifestyle diseases and ailments that were prevalent there, in the same generation? Diseases that weren't in the family's genes quickly turned out to be present in that one person. In other words, genes don't play a leading role but are easily influenced by the living conditions of a particular region or family, and the "inherited" eating and lifestyle habits.

Scientists

So scientists are researching genes in family lines to see if they can detect an abnormality... and even better, a drug to correct it. That would be wonderful: recognition, great vacations, and perhaps, if they do really well, a book, a doctorate, and a party with jealous colleagues. There are probably some smart scientists among them, I mean really smart ones. Scientists who are searching for that rare family who inherited a truly healthy lifestyle from their grandparents and then passed this "legacy" on to their children. And could they also find these genes with abnormalities in people who live in harmony with nature? I don't think so. But how do you then, as a scientist, deal with that discovered wisdom? Are you then going to tell them that you don't actually need medication because the greengrocer can serve you much better?

Some scientists do indeed do that.

These aren't exactly bright scientists, however. They struggle to get their findings published in scientific journals, are sometimes frowned upon, considered crazy, and, most importantly, are denied nice vacation trips. But imagine accidentally discovering this truth as a medical scientist. What would that mean for you as a human being? Would you choose to embrace the truth in order to serve humanity, or would you consider leaving your wonderful job behind if you were to share those findings?

I think few of those bright scientists face that choice. They probably know they should never pursue that path to avoid being saddled with guilt. The studies they completed at the pharmaceutical faculty have certainly instilled that in their subconscious.

And for the smoker who is convinced that it's all in the genes, I'm clever enough to let him believe that it is.

12. Why do we do what we do?

The title, "Why We Do What We Do," of Tim Harford's book piqued my interest. It discusses the rules of human behavior, how we satisfy our needs, and the choices we make in doing so. The book also sheds light on the fact that we make more rational choices than expected. People only listen when there's something at stake. So, you only start thinking when there are consequences to making or not making a decision. Rational thinking and acting are considered.

Many decisions are made based on emotions. The assumption that people are capable of making completely rational decisions is based on a myth, I read online. Yet, various studies show that rational decisions actually occur on a very large scale. The book "Why We Do What We Do" explores this in detail. Rational thinking primarily focuses on: what does it cost me and what can I gain from it? Everyone makes a personal decision in this regard, influenced by factors such as their environment, background, legislation, the economy, and so on. What particularly interests me, of course, is the decisions people make regarding health. The book shows that communication is a major determining factor. How is something conveyed? Are people presented with the right information in a clear and understandable way? I found this striking: Economists discovered that nicotine patches and chewing gum actually encourage teenagers to start smoking.

After all, there appears to be a way out if they wanted to stop! This creates a vicious cycle. Do rational people live healthier lives? Since the 1970s, the so-called rational model of prevention has become increasingly important.

Science determines what constitutes health and how to achieve it. Rational people take note of this information and then choose to act accordingly, thus living a healthy life. This way of thinking has not been without results.

In this way, people have been informed on a large scale about what is healthy and what is not, and partly because of this the number of smokers has fallen from about 50% in 1980 to 28% in 2006. Source: RIVM (National Public Health Compass) When it comes to smoking, it is clear to the majority that this is unhealthy. For the rest, however, there is quite a bit of confusion due to conflicting reporting in the media. At one moment product X is healthy, and the next it is not. Health is never a guarantee, although you can largely influence the risk of disease through your behavior, lifestyle and way of thinking.

What are your thoughts on this?

- * What are your thoughts on health prevention in relation to the hard truth of illnesses and ailments that you are visibly confronted with every day?
- * What percentage of your health do you think you have control over?
- * How will your immediate environment influence you if you change your lifestyle, for example, by becoming a vegetarian? Suddenly starting to exercise later in life? You quit smoking? Are you excited about using whole foods and nutritional supplements?

I know from my own experience that people don't like it when you escape from the group. If you start living healthier and someone else can't muster the motivation to do so, they'll try to demotivate you and pull away, just as I try to motivate people to live healthier. As a rational thinker, I also want to be surrounded by healthy people. If you find the topic interesting, Tim Harford's book "Why Do We Do What We Do?" is definitely recommended. ISBN: 978-90-

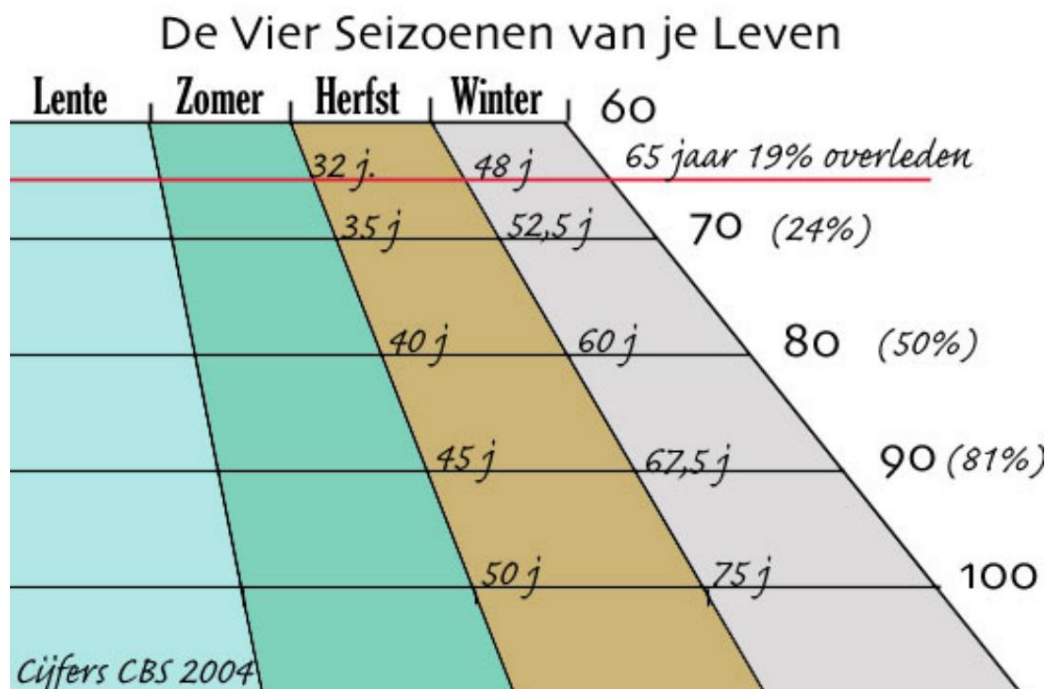
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12.1 In the autumn of your life.

At what age does that actually happen? We were chatting with an old classmate from elementary school. He found it interesting to know that, at my age, I was still full of plans, because, as he put it, "After all, we're already in the autumn of our lives." I reacted quite strongly to that, considering my plan to continue enjoying life for a long time. The autumn of your life sounds like you're already very old. I hadn't considered that there's also the winter season.

Spring is synonymous with new life, summer is for enjoying life, autumn is the falling leaves, and winter is the dormant energy of life. That old classmate's comment got me thinking again. Several of my former fellow citizens barely made it to the age of fifty. Looking back, this means they essentially began the autumn of their lives at 25. If you then consider the age of 65, at which many people claim to start enjoying life, that story is completely false. According to CBS figures from 2004, 19% of people died before the age of 65 .

Many people often unconsciously enter the autumn and winter of their lives. I can certainly understand this when you see that for some people, all life energy seems to have already been extinguished. In nature, however, despite the fixed dates given for the four seasons, we can speak of an early spring, a long summer, an early or late autumn, and a long, cold winter. Nature is flexible and changeable. Just as in nature, where all sorts of factors play a role, you can exert a significant influence on the four seasons of your own life. While one person is still in summer, another's autumn has already passed. When it comes to health, I often fall back on the analogy with our car. We simply don't consider going on vacation before the car has been serviced, because, imagine if it breaks down and ruins our vacation? That's how I'm doing with my health now. Only, I'm taking it a step further than just servicing it. I consider it a top-level sport. I'll have my health tested and, together with a specialized physician or therapist, discuss my options before undergoing further testing. Just like in motorsport, we'll see how fast we can go, fine-tune the car, and then return to the track to see if we've found any improvement. We'll make further changes and retest. Have you ever heard that in an interview with a racing driver who states that testing is crucial and never stops to beat the competition? My competitor is the test of time that I want to beat for as long as possible.



To give a few concrete examples, I had the NES scan done once just after Carnival in Brabant. The results were surprisingly good. However, when I took the test after a day spent working outdoors during a fire cleanup, the toxic gases on site caused my test to show many red fields. How did that go again? To measure is to know!

12.2 What is your frame of reference?

How do you make choices, take decisions and what impact do they have on your life?

Because if you don't openly consider new insights, you'll often unconsciously close them off. In other words, what's your frame of reference? Many people reason from their frame of reference, things gained from personal experience, seeing things from others, hearsay, or reading. You reason from this perspective every day, and so it is! You know what you know, but everyone knows there are more things you don't know than you do. A good friend of mine put it this way: "The more I learn, the more I realize I don't actually know that much." All the information we acquire is stored on your hard drive, also known as your memory.

This memory is therefore an unreliable frame of reference for your daily decisions, especially when you often don't know everything. My intuition tells me that...? As humans, we're used to avoiding pain. It can also be painful if you make a mistake, lose money on a bad decision, get rejected, etc. You are who you are primarily because of your past. However, your past has absolutely nothing to do with who you are in the present. Many experiences gained in the past, however, continue to haunt people in the present and... the future.

If the past continues to control you, can you shape your future the way you want? For example: You're unemployed and on your way to yet another job interview. You go in with the subconscious thought: "It'll probably be nothing like all the other times." Do you arrive with the necessary enthusiasm and square shoulders to land that job? Unconsciously, you're robbing yourself of many opportunities. The power of positive thinking can therefore significantly boost your future and opportunities. How reliable is your intuition then?

I've seen this happen in practice. An acquaintance of mine (62) had been unemployed for three years. I told him, "Go do something positive and get back to DJing on the radio like you used to." After a few weeks, he was enthusiastically preparing again... and before he even started, he'd found a new job! Coincidence, perhaps, but I doubt it.

Your feelings speak to the present moment; you're sitting on a terrace with a beer in the sun and a magnificent view. That's a wonderful feeling, a feeling you can recall when you think about it again or look at that holiday photo. On the first day of your ski holiday, you're in the lift going up, ten days of carefree enjoyment. Is that wonderful feeling still exactly the same on the last day? The ski lift is the same; you can enjoy it just as much. Is the thought of work waiting for you spoiling the fun?

Learning to deal with feelings, intuition, and not let your frame of reference be decisive.

Not thinking for others. What's missing is the presence of mind to make a difference. Not looking at what's wrong and trying to fix it, but seeing if you can let go, improve, and create. I gained these insights during a powerful training method at Landmark Education. Insights that aren't easily learned by reading an article like this, but by actively participating and empirically identifying your own weaknesses and improving your strengths. Learning from yourself and others leads to personal growth, self-confidence, and becoming more effective.

communicate, etc. Who wouldn't want that?

In 2004, I took this course to gain a stronger footing after approaching over 400 doctors that year about the SpectraCell vitamin absorption test. I have no medical background or training myself, but I gathered my knowledge from lectures at home and abroad, reading books, and, of course, the internet.

My main motivation for being on the right path, however, is that frame of reference. When you personally experience how important nutrition is in healing, you're motivated to explore what else is possible.

The most important thing for health, however, is your mental strength. This is also the weakest link, but it can be trained.

12.3 The power of your thoughts

Whatever you do in life, everything originates from a thought. Some thoughts make you spontaneously decide to immediately act on what you're thinking, while others remain dormant for days, weeks, months, even years. Some thoughts develop over a longer period and slowly take shape. You weigh all the pros and cons and test them in practice, or you consider whether this is for you. So, you do all of this before you finally put it into action. It's clear that everyone has thoughts that never come to fruition because...

Thoughts can be very powerful, fueling your desire and driving your will. Athletes can visualize themselves standing on the podium as winners, squeezing out that last bit of energy and then declaring, "I knew I was going to win." Powerful thoughts can also cure people of a serious illness, while negative thoughts can also have the opposite effect. That's why a double-blind study of a drug and placebo group is never pure, simply because of the power of someone's thoughts.

Due to some physical ailments, I embarked on a path of health prevention. That path has taken me a bit further than the average consumer. I've long been firmly convinced that healthy aging isn't a chance, but a choice. A possibility you can create yourself. You can also show many people the way, not by convincing them, but by informing them. Trying to convince people doesn't work, in my experience; they just dig in their heels and think, "I'll decide that for myself." Since I've been actively communicating with the group of people whose life goal is to grow old healthily and therefore want to be among the healthiest of our fellow countrymen, I've noticed that I'm connecting more with this group. Simply put, they feel inspired by my personal goal. Isn't it true that a good example always leads to others? I'm certainly not under the illusion that everyone wants this. Yes, they often do, but wanting and a strong desire to achieve this goal are two completely different things.

12.4 Motivation because?

Let's face it, everyone wants to be healthy well into old age, but life's temptations mean that only a few in our modern Western society actually achieve that goal. How did I get motivated? First, of course, by the need to get healthy again, but then the temptations come again... partly due to a lack of ready knowledge.

However, I had taken a path where I repeatedly encountered knowledgeable people. Motivational speakers who painted a picture of their own lives and journeys from unhealthy to healthy resonated with me the most. Only then could I muster the motivation to attend lectures that delved deeper. So, suddenly, I found myself listening in the middle of a medical conference in 2005! It's not like most people read the newspaper, a magazine, or a TV program. As soon as a health topic comes up, you switch channels. You quickly skip an alarming headline about unhealthy living because...

Because you think you can't influence it anyway?

Because you think you just have to get lucky?

Because ailments come with age?

Could this be why even good advice escapes attention because so many people are closed off to this news? Could these "because" dogmas have taken shape through years of conditioning? Lied to by the media, which is nothing more or less than a promotional channel for the "stomach-filling" food industry, and treated by doctors who are an extension of the pharmaceutical industry selling pills that, in most cases, don't work!

Doctors sometimes had differing opinions, but I was told several times that I wasn't allowed to record them until they retired. Now, they're often forced to function within the system! So, I also encountered barriers. I knew there were ways to live much healthier, primarily by adjusting my diet, but it was always a bridge too far. Until you meet the right people who truly give you that push in the right direction. Because they're not only role models with their own lifestyle, but also offer solutions you hadn't even considered. I experienced that turning point during David Wolfe's lecture in Belgium in 2007. His inspiring journey/lecture lasted from 2:00 PM to 10:00 PM with only a short break and... half a cup of his freshly prepared smoothie. When asked who was hungry or lacking energy at the end of the day, not a single hand was raised. "Oh, how strange," I immediately thought. Could it be that such a quick and easy smoothie could nourish me so much? I was the kind of person who could eat stacks of sandwiches before feeling full. Not that the smoothie actually made me feel full, but apparently it was more than enough to keep me from feeling hungry for that entire time. Still, it took a while before I actually started using a smoothie every day. This was again due to the influence of Mike Donkers, who was just a seat away during David Wolfe's lecture. He gave practical tips for creating a super smoothie that wouldn't break the bank, was easy to make every day, and still left room for your own interpretation and variations.

12.5 What would motivate you to live healthier?

Look, just like you, I see expectant mothers who I know will love their children deeply. But before the birth, I still see them smoking, drinking, and eating unhealthy food, which might give their child the worst possible start in life! But if they knew what they were doing, wouldn't they be motivated to change their destructive lifestyle, at least temporarily? Fear can be a good motivator, but so can receiving or rewarding yourself.

When I saw how much energy David Wolfe had and how good he looked, that was the reward for his lifestyle I wanted too. David stated, "With my lifestyle, I have so much energy that I need less sleep every day, which is comparable to 30 extra days of vacation!" I have great admiration for Mike Donkers' presentations; his unparalleled, readily available knowledge is phenomenal. But... most of the people who attend his presentations have already taken the step towards a healthier lifestyle. They are already motivated to understand the fundamentals of a healthy lifestyle. But how do you reach all those millions of people in the "Because" phase I described earlier? Not by inviting them to a presentation about health.

Will I reach them with this book? I don't think so, or maybe... if someone close to them gives this book as a gift.

12.6 What does your own body know better than you do?

If you learn to listen to your own body, it will tell you volumes about your health. We are, however, humans who can think and make decisions independently. Yet, all too often, we fail to realize how strongly we are influenced by impressions from the media and in our daily interactions. You undoubtedly remember one or more situations from your teenage years when you didn't even think about wearing certain clothes because they simply weren't fashionable. Perhaps you "learned" during that time to consider other opinions, even though you might not have agreed with them at all. I also had the experience in my youth of not liking various things, such as fish. When I did eat it later, I had to revise that opinion because it's actually quite tasty. This way, I've developed my own frame of reference about all sorts of things that have nothing to do with reality or the truth. Some people experience pain every day. If they're pain-free for a day, they feel fine. When I listen to people and hear stories of someone who was suddenly diagnosed with a serious illness, I see bewilderment on their faces when they say, "And I felt so good." Do many people even realize what feeling good can actually feel like? If your own frame of reference and your feelings aren't always reliable, what does your intuition tell you? That's how most people think they live a reasonably healthy life.

"Okay, I do occasionally slip up, but overall, I live a pretty healthy life," I often hear. Don't you ever wonder why, at age 65, only 30.7 percent of people are still completely healthy? (Statistics Netherlands) How is it then that some people effortlessly live to be 100 and older? Once you're sick, there's sometimes no turning back, even with all the money in the world!

Your own body knows better than you!

That's the only conclusion you can draw when you hear testimonials from people who changed their diet or started using nutritional supplements. Despite being convinced they were living a healthy lifestyle, they suddenly found themselves with fewer headaches, more energy, were able to lose weight seemingly effortlessly, or even slept better! There are people who, after a while, are free of medication after thinking they would have to continue taking it for the rest of their lives. People who can suddenly think clearly again and no longer experience depression. However, many people never discover these things. Simply because they simply don't even admit to changing their diet and supplements, or they fall back into their old habits after just one month.

Just like a hardened smoker coughing his lungs out says, "I really need to think about quitting soon." I can't help these people with this article to motivate them to quit smoking or live a healthier lifestyle. But you? Wouldn't you give it a try for three months to give your own body the chance to prove you've been wrong all this time? I hear many people rave about their fantastic results, subconsciously admitting they've been incredibly foolish to treat their own bodies this way all this time. Fortunately, admitting a mistake doesn't hurt when the victory feels so good. Who would your own body most want to live with: the hardened smoker who tells himself he's living a Burgundian lifestyle, or your future self who feels great every day?

12.7 Passion for health

I think there is only one solution, learn about healthy natural food, find a health coach and stop taking all that junk food that the supermarket is full of it. Enjoy unprocessed, natural foods instead of processed milk, meat with antibiotics, and animals fed GMOs, sugar, processed grains, and the chemical additives that fill junk food. All your health problems will be eliminated or at least drastically reduced. This is the challenge we face: to regain control over your health and your future. Share this knowledge and achieved results with everyone. The question is, "Who do you know who is interested in health?"

Given that over the years our political "servants" have shown no responsibility whatsoever to take legal measures to protect us from the harmful influences of the food, pharmaceutical, and chemical industries, we are obligated to carefully assess what is good for us and to react promptly when yet another measure is passed that will further undermine our health, such as the Codex Alimentarius and the introduction of GMO seeds. So be alert and wake up, before you reach the familiar crossroads where most people repeatedly take the wrong turn and go to the doctor, thereby relinquishing responsibility for their own health. Remember that it's already come to the point where pharmaceutical companies are no longer accountable for vaccinations. Total immunity! So you bear the risk of your personal decision. I also happily direct the collectors who come to donate to the heart foundation, the cancer fund, etc., after I explain my position to them. I also completely disagree with the idea that I should (have to) collectively pay for all those expensive medical treatments that I will never (dare to) use myself. (My basic insurance in 2010 cost 58 euros.) I take the maximum deductible, simply because I consider the risk of all those "treatments" much greater. Too dangerous for me! I've been adjusting my lifestyle and diet for a long time now and I'm not that afraid of illness, based on knowledge, not hope or happiness, but facts! I also no longer believe what so-called authorities try to tell me. I know better! Would you entrust your car to a mechanic who regularly has problems with his own car? Look at the results of our doctors and know the facts. Do they inspire confidence in you with more deaths than any other disease? (30,000 medical errors, 1,700 deaths every year.) And those are the official figures, perhaps just the tip of the iceberg? Take responsibility for yourself and good luck with your decisions, starting with what you put in your shopping cart next time you go to the supermarket.

Our responsibility for word of mouth advertising

We are all links in a larger whole and always connected, no matter how you look at it. What you say can influence someone else's life. An unintentional, nasty comment can make someone's day unpleasant, and a compliment can mean the opposite: a happy day. A single comment or word can inspire someone to write an article, a poem, or a song. Sharing a piece of knowledge you once heard or read can be a new starting point for someone else to live a healthier life. And... because we are connected, this could well be the starting point for tens, hundreds, or even thousands of people! My journey to a healthier life began at age forty when I realized that living unconsciously was going to lead to limitations. In other words, just putting everything in my mouth didn't give me enough fuel to do what I wanted.

wanted to do. (A lot.) Moreover, the first physical ailments appeared. My quest for health gradually led me to wonderful places, it brought me into contact with like-minded people, and it grew into a true passion. We are all links in a chain, even though they intersect. For example, in 2007, I was a guest at a lecture by David Wolfe, because Katarina de Vos had decided to send me an invitation. David gave a passionate presentation on the wonders of herbs, vitamins, minerals, and other essential fats and micronutrients that can elevate your health to an unprecedented level.

Two seats away from me was Mike Donkers, who asked a few questions that made me think, "I need to have a chat with him later." That conversation led to me being one of the first to call him a year later to collaborate on health radio. One of the key points Mike, like David Wolfe, constantly emphasizes is the need for good mineral balance. This philosophy can now be found on countless websites. When Mike introduced his super fruit smoothie, I thought, "We need to promote this extensively." That's why I've included it on virtually every page I've created on the website over the past year. As a result, many people have started using the smoothie, with results like these.

I started taking the Super Smoothie three months ago. After my radical prostate surgery two years ago, I had my PSA levels checked every three months. They kept rising, which meant I would need radiation therapy. My urologist scoffed at my suggestion to try the smoothie. He said, "I hope it does what you want, so at least it's not a waste of time." The last measurement last month should have determined whether I'd be receiving radiation. And to my great relief, my PSA had dropped for the first time in two years!! My urologist didn't quite understand it all, but I did.

Thanks Mike! (And my bleeding gums are a thing of the past. I can practically brush my teeth with a wire brush now...) Sincerely, Martin,

That email Katarina de Vos sent me in 2007 ultimately triggered the chain reaction that led Martin to regain his health in 2010. Then, in 2008, I received a call from a doctor, Saira Moeniralam, who told me, "I see you're working on health online, and I'd like to show you something you need to know." I accepted the invitation and traveled to North Holland, where I received a comprehensive introduction to the NES scan (Nutri-Energetics Systems).

The interview I did with her about the NES scan is still one of the most visited pages and has helped many people on their way to better health.

However, countless chain reactions occur daily that you're completely unaware of. People forward my newsletter or make a comment about a topic to someone they've read. Do you have any idea how far that comment can reach, today, tomorrow, three years from now? In 2001, I stumbled upon Ron Fontaine's home, who was already quite knowledgeable online. The tips he gave for getting a page ranked well in search engines were invaluable and quickly made my website searchable. We often exchange ideas to reinforce the message. A message that deserves much more attention than it does now. Anneke Bleeker has proven that just one person can initiate an action that, through collective effort, can lead to unprecedented results in curbing the pernicious vaccination campaigns. In today's world, it's become clear again and again that the government has sold its heart and soul to the corporate world. Hidden agendas are being pursued, which becomes abundantly clear when the relevant documents are requested, using the Freedom of Information Act. Despite judicial intervention, these documents are replete with thick felt-tipped lines, making the very name "representatives of the people" a farce. The media has been under scrutiny for much longer and is no longer a reliable medium for basing your future decisions. We needn't dwell on that any further.

How important are YOU? We've seen that we're all a link in the chain. We've also seen that a simple email from someone can trigger a whole chain reaction. So send that email. Share what you know with that other person, even if they don't understand you yet. You can make a difference for someone else, today, tomorrow, or in a year or so.

What about your personal motivation to stay healthy?

In early December (2007), I received an email: "Please stop bothering Jan with your health information. He had a stroke on May 2nd despite exercising, not drinking alcohol, and not smoking. He's absolutely not interested in your information anymore (he's 70 years old)." I received that message from Jan's partner. Harassing him? With a newsletter where everyone subscribes with double opt-in and can unsubscribe at the bottom of each newsletter. I know there are many Jans and Jannekes out there who think they're living a healthy lifestyle and, despite the confronting information I present to everyone, take no action! They just carry on with their ingrained lifestyle. "After all, things have been going well all these years, I feel good and I'm hardly ever sick." And then suddenly, a "May 2nd" appears. There's often no way back from the damage that has been done. If you've been reading the newsletter for over a year and haven't made any changes to your lifestyle, why are you still reading it? To find a glimmer of hope somewhere? When I mentioned on my website that vitamin E was good for smokers, it generated a lot of clicks. Not to quit smoking, but to help them continue smoking with a quick fix. Will my information be a turning point for you? I don't mind at all if people unsubscribe from the newsletter. I don't want to receive messages like Jan's. I want to receive messages from

people who tell me that I have helped them on the right track to a healthier lifestyle.

Approach a man as he is and he will remain that way.

Approach him as he may be and he will be so.

- Goethe

There's so much more to learn about cancer, cardiovascular disease, all those other illnesses, and a healthy lifestyle. This is just a signpost for further research. Many people won't learn this information until they've been diagnosed with the disease. However, this book also explains how to prevent cancer and all other illnesses in most cases. Give this book as a gift to someone you care about.

A day in which we have done nothing for another is a day wasted. - Pappa Vidyaakar

12.8 Learn to live

For years, I've been receiving Lynne McTaggart's newsletter (What Doctors Don't Tell You). Throughout those years, I was also regularly reminded of her book "Living the Field." Somehow, I never really delved into it because I apparently wasn't ready for it yet, and there was still so much to discover that I hadn't yet understood or learned. This week, I received an email from Anne with a link to a YouTube video by Gregg Braden: "Science of Miracles" (with Dutch subtitles). In it, he clearly explains what you can achieve with thoughts and how they can shape your life and the lives of others. I'd already read two books about the power of your thoughts and have made it a good habit to wake up and go to sleep with positive thoughts. In everyday life, I also quickly avoid negative influences.

I've also had personal experience with what you can achieve with the power of thought. I received a confirmation email from someone I'd been thinking about at a specific time, saying that they were experiencing the exact same feeling as me. Even though I was doing something else when I received Anne's email, I had to watch this six-part video series first. If you really let the findings from this video sink in, it's quite meaningful. It means that our thoughts have a huge impact on our health and well-being. Your life is more a reflection of your thoughts than you might imagine.

It means that the 'science' of Western medicine is becoming even more shaky. It also shows, and this is very encouraging, that we can influence what's happening around us in the world, and what's yet to happen. We're already seeing collective action topple feared dictatorships. Now that the genie is out of the bottle, this will change the entire world, and it certainly won't go unnoticed. In fact, we too are being kept in the dark by our – democratically – elected governments. With this in mind, take an hour to watch this series of six videos. In light of this knowledge, it will become even clearer that the more people become aware of the direction we are heading with governments in the "free" West sliding toward dictatorship under the false guise of democracy, governments imposing unwanted and undesirable obligations on us, and even legally stipulating that they may inject poison into our bodies if they deem it desirable... The more people truly become aware of this dark game, the more we too can join forces.

Gregg Braden's clear explanation provides us with valuable insights and tools that can provide a powerful, unbeatable, and above all, peaceful counterbalance.

Science of Miracles – Gregg Braden 1/6 Dutch subtitles (YouTube)

13. Awareness

I recently heard the term "food as a weapon" used in a video. It wasn't meant in a very positive way, but rather as a weapon to consciously reduce the growing world population. "He who controls food controls the world." There's also a book titled "Food as a Weapon Against Cancer." However, I personally (following Mike's lead) don't think this is a very well-chosen title. After all, with medication you wage war within your body; with (real) food, you collaborate with nature.

Why is food a weapon? Food can be used by politicians to deliberately create scarcity, depriving people of the energy to protest the regime. It was discovered that fluoride in water makes people docile, making them easier to control. This was also applied to prisoners in the 1930s, when the Russian government did the same in the Gulag in Siberia. Wonder why this highly toxic substance is in toothpaste and in drinking water in various countries? An experiment with more than 1 million prisoners and students who were simply given nutritional supplements resulted in people becoming less aggressive and smarter. The grades of all students improved. (Schoenthaler study 1973).

Some foods contain more pesticides, fillers, and E numbers than regular foods, and natural fruits and vegetables are largely grown with artificial fertilizers and are therefore all, without exception, low in essential nutrients, vitamins, and minerals. Consider why natural, organic foods face so much opposition and are so expensive, while junk food is artificially kept low in price, effectively creating unfair competition. Another clear example of food being used as a weapon is aspartame, the toxic sweetener that damages your nervous system and causes brain damage. It was introduced by a company registered in the name of Donald Rumsfeld, the US Secretary of Defense! The Codex Alimentarius legislation also fits into the idea of food as a weapon by imposing all sorts of legal restrictions on natural foods while leaving chemical ingredients untouched.

Countries dependent on food imports can face major problems in the event of an economic conflict, as Cuba provides an example. There, imports ground to a halt overnight, and the oil-driven economy also disrupted the domestic food supply. Wars are also resolved by boosting or halting food aid to warring parties. This weapon is, of course, as old as the proverbial road to Rome. In ancient times, cities were besieged and starved to death. However, a country doesn't have to be at war to use this food weapon. We all know the companies that have engaged in price-fixing.

The fraud cases have been common knowledge for years. This means that secret agreements between food companies and the pharmaceutical industry are also possible. If the food industry is making people unhealthy using food as a weapon, then the pharmaceutical industry can also deploy its chemical weapons with the help of the mainstream media, which misinforms the masses (keeping them ignorant).

For those who have already subjected these utterly unbelievable stories to their own scrutiny, we'll take this a step further. The stories about the New World Order, where world leaders and top industrialists openly state that they believe the world contains a few billion too many people. Nutrition, along with medication, is then a formidable weapon. With chemotherapy, it's already commonplace that it only prolongs life for a very short time. With vaccinations, experts have long known that this only causes health problems (and deaths) and offers no benefit whatsoever in preventing disease (there's no scientific evidence of this). Now, the rise of food as a weapon to reduce the world population is underway. The names of these new weapons are nanotechnology and Genetically Modified Organisms (GMOs). It's long been known that animals not only suffer health problems but also become infertile. It's therefore very plausible that people who feed



GMOs will face the same problems. Despite the strong lobby that has been raging against the introduction of these crops for years, they are increasingly coming into focus thanks to the pro-GMO policies of various political organizations that supposedly represent us! GMO products have long been reaching our plates through the back door because animal feed is simply part of our food chain, manufacturers export their products worldwide, and GMO ingredients aren't always required to be listed on the label.

13.1 Which path will you follow?

In my daily conversations, the topics of health and the many things that can't stand the light of day come up quite often. If you then bring it up again on another occasion with the question, "Have you thought about what I told you about our poor diet, Genetically Modified Organisms (GMOs), Chemtrails, the new secret weapon HAARP, 9/11, or Satanic bloodlines?" (whatever the topic was then), you often get surprising answers. Like recently:

"Yes, I thought about that, but I decided to just live every day as happily as possible."

This answer tells me that the person in question has thought about it for a short or long time and thinks (?) or hopes (?) that they won't be affected by it. Or could it also be a lack of "responsibility"? This immediately brought back an incident from many years ago.

On my way home in the middle of the night, I came across a street where a deep hole had been dug in the middle of the road for maintenance. Some "joker" had dragged away the red and white warning barrier. I put it back. That's my responsibility. It's unbelievable to hear the next day that someone has been seriously injured or worse... and that "you" could have prevented it.

I see these same loopholes in our food chain every day. If I see sweeteners with aspartame on them, it's easy enough to ask if they know what's in them and what harmful effects they have. It becomes more difficult when people have never read anything about it and ask questions like, "If that were the case, why are they allowed to sell it?" It's actually a pretty good question. After all, it's about 'trust,' and... many companies are completely untrustworthy.

The government, which gives all these companies the freedom to do this, can no longer be trusted. The media, which remains silent about this, can also no longer be trusted. Unfortunately, to live a healthy life these days, you need a significant dose of distrust. There are plenty of other examples of distrust, such as insurance and mortgages, and... the banks!

The question that then arises is:

13.2 Do you want to live in a world where you can trust fewer and fewer people?

In 1988, I was in Most, in what was then Czechoslovakia, for the European Motorcycle Championship. It was still behind the so-called "Iron Curtain" back then. I met a motorcycle racing fan from the GDR there, and we had a nice dinner with them. As our conversation progressed and I learned more about what it was like to live there, I noticed that on certain topics, he would cautiously look around before answering. Because he couldn't travel freely, I sent him the programs and motorcycle magazines for the European races for the rest of the year. I was asked to include a personal note with a table of contents and a request for a reply. All his mail was opened, and interesting items were simply "withheld." Now, providers are also required to keep our email for a year, there are cameras everywhere, and a record number of phone taps are being used in the Netherlands. And, ...a secret law is currently being drafted that will allow us to scan our personal computers, phones, and other digital media for potentially illegal software, games, and music. How far are we from the Stasi GDR?

Back to the answer I got: "Yes, I thought about it, but I've decided to just live every day as happily as possible." I'm sure that person would have put the fence back in the middle of the night, so that's not the problem. So it's clearly something else that gave me that answer.

Don't you see a solution? The first step toward a solution is awareness, knowing what's going on so you can make a conscious choice or avoid it. If you decide to stop using something because it doesn't meet your needs, you're voting with your wallet. The more people who do this, the better. It's therefore crucial that everyone takes responsibility for sharing knowledge, in their own best interest!

You want to live in a better world, don't you? In a world where you can count on trusting someone. "You" want to be able to blindly buy food that gives your body health. Right now, the government isn't even willing to cooperate on a reliable label that warns less conscious people about unhealthy food. If you think about it, there's a huge hole in the road, and they don't want to put up a warning fence, let alone prohibit a manufacturer from putting poison in your food. We, 'you' and 'I', must therefore take responsibility for improving 'our' living environment from the bottom up. The more people make conscious choices, the more manufacturers will be 'forced' to start producing responsible products. 'Your' contribution, and daily choices, are just as important. For example: BP is bottling things up in America by pouring millions of liters of poison over the oil so that it sinks to the bottom and the scale of the disaster seems less severe. That they took a HUGE risk is crystal clear. If you continue to fill up at this company, you're demonstrating that what you're doing isn't actually that criminal. they did there.

Can I trust that 'You' will also take responsibility?
Not only in your own interest, but also for all those people you love.

13.3 Suspicion, Worry and Fear

If you suffer from one or all of these unwanted mental states, you'll be painfully aware of how exhausting they can be. Stress, worry, and a lack of control over your situation constantly make you feel unwell. At best, it doesn't make you happy. Most people would do anything to be free of suspicion, worry, and fear, preferably once and for all. But seeking help... daring to ask for help, and where? Simply learning to think differently is a good start, but that's often not the ultimate solution to problems. How do worries, fear, and suspicion arise? Have you had a bad experience before? You probably assume that the next action or decision you make might recur. If things go wrong again, you develop a habit of avoiding certain things. However, if you try to break this spiral, despite setbacks, your first success will feel like a victory. Everyone has to make decisions, which exposes you to feelings of uncertainty. What will others think if...

Suspicion, worry, and fear can so severely impact your life that you no longer dare to do anything at all. At the very least, things repeatedly lead to postponement, and ultimately, postponement leads to cancellation. In the same way, you can constantly push your boundaries; a tiny success leads to a new action. Always taking a step further, personal development and personal victories. From suspicion, worries, and fear to discovery, challenge, and self-confidence. You should ask everyone who has achieved success in their sport, profession, or business how they experienced this, how they coped. You can learn so much from that, and learning is life. In times like these, it's important to find a balance between living, having fun, and enjoying life, while also maintaining a sense of reality.

13.4 Motivation

Motivation is described as the force that drives your behavior. This can be, on the one hand, to satisfy a need (hunger, thirst, sexual drive, etc.), or, on the other hand, the need to achieve something. It's difficult to say to what extent drives are innate and to what extent they can be learned. Motivation can also be the pursuit of the pleasant and avoidance of the unpleasant. Who motivates you?

Most people are motivated by this reason: Rent, mortgage, potential debt, and the cost of daily living keep you motivated to earn an income at all times. An employer knows this all too well.

For an entrepreneur, it's partly the customers they want to retain. In both cases, it's others who motivate you. Many people prove through sports or hobbies that they are excellent at motivating themselves. To no longer be dependent on others, you must learn to motivate yourself. Motivating yourself to look ahead five years seems like an eternity, but Olympic participants always do this for four years, and for developing a business, it's also commonplace. The only way to stay motivated over a longer period is to create a strong desire. If you're not motivated yourself, you can't motivate others either, and the one who motivates someone else is always in control. If your desire is too small, any larger obstacle will become a stumbling block. The question is: "How motivated are you to grow old healthily?" and: "How important can health be to continue earning an income in the future?"

13.5 Freedom

This last part of the book wasn't written to make friends, but to wake people up. Not because I want to, but because thoughtful, alert, and well-informed people can simply make better decisions.

We are all part of society, and in society, we simply need each other! Currently, a gap is developing between well-informed citizens and those who live on autopilot from vacation to vacation, from weekend to weekend, and from day to day. They read the newspaper every day and follow the news on TV and... think they are well-informed. However, a very large group of these well-informed people have lost money on dubious bank products. Every day, people get cancer, diabetes, heart attacks, or strokes from all these well-informed people because they put the wrong fuel into their bodies. Then they go to the doctor where they are further poisoned by medication. Thoughtful people who have done their own research have long known that this is a disastrous path and that health is nothing more than normal when you put good fuel into your body. If more people had acquired this knowledge, doctors and hospitals would be largely redundant. Anyone who walks into the doctor with a medical condition considers it perfectly normal to leave with a prescription. Apparently, the cause of the problem is not being addressed. If you don't figure it out for yourself, you'll be a money-making machine for doctors and the pharmaceutical industry for the rest of your life. Now that the food industry is rapidly changing, more and more thoughtless people will be caught in the doctor's net. GMOs (Genetically Modified Organisms) and nanotechnology are the two latest inventions to acquire patents on natural products.

Natural products that nature itself makes far better than our technological friends. The unthinking already use these products, some daily, without knowing they're damaging their health. The unthinking look at you like you're from Mars when you tell them the story behind 9/11, that this was—and is—used as a means to gain more power over "us." To further restrict our freedom. The unthinking have gotten vaccinated despite the flood of information on the internet showing that vaccines are generally ineffective against the flu, let alone with the amount of poison they've been injected with. The unthinking have probably not heard of a possible mandatory vaccination round and that this means the end of democracy, the beginning of total slavery where the government has become the owner of all our bodies. The unthinking, however, are kind people, many of whom I know personally, and I wish them all the best.

Many people shrug their shoulders when you start talking about the Codex Alimentarius, "Codex what?" They're apparently still unaware that food is nothing like it used to be. Then there's global warming, for which CO2 is suddenly said to be the cause. CO2, which, after all, allows plants to grow! However, trading in emissions rights promises to be a goldmine that we'll have to cough up through additional taxes. They also realize that our monetary system isn't controlled by a government, but by the world's rich, who are the real power brokers and who put forward pawns for the 'unthinking' to vote for, giving them the illusion of living in a democracy. They're also still unaware that there are forces whose goal is to create a single, overarching world government. And if you look at how quickly Europe has concentrated power in recent years, against the will of the people, that doesn't give much hope for the future. Unless...?

That this newly formed world power, also known as the New World Order, has other nefarious plans regarding what they perceive as the overpopulation of the world is completely beyond many people. It's simply incomprehensible. But no one can shut this out, and it won't go unnoticed if you ignore it. It's entirely possible and highly plausible that the H1N1 vaccinations were administered with a pre-programmed purpose. Damage that may, but is not certain, be reduced by arming the body's immune system to the teeth against these toxic invaders. Because, it's absolutely clear that they contained poison. It's high time the unthinking woke up, just like all of us who have taken this same path. Were given the same choice. Those fortunate enough to wake up a bit earlier had plenty of time to do so. For the unthinking, it will likely be a rude awakening.

After all, things have already been put into motion, such as the vaccination rounds, that could have direct consequences. It's been twenty years since I met a man from the GDR in what was then Czechoslovakia. The stories I heard from him seemed unimaginable to me, having to live like that. The Stasi spied on every citizen and restricted their many freedoms. Now we all have to go through body scans like dangerous terrorists, our emails are being stored, and a record number of phone taps are being installed. And no one protests, because it's about our safety, after all. Freedom is our greatest asset after health; that's what wars were and are being fought for. Currently, we voluntarily allow our freedoms to be curtailed. In fact, many are completely unaware of this and even approve of it.

However, others, often very ordinary people like you and me, can connect the dots and see connections that others miss.

Easily discovered online. These people are now being pilloried to ensure that the unthinking don't wake up. Because the media long ago stopped disseminating news freely and are completely at the service of the rulers pulling the strings. And the greatest desire of those rulers is to restrict the still-free internet. They are already working on that step by step. Then the alert ones who have had just a little more time to acquire knowledge will no longer be able to inform the others.

Search for health

A quest that's far from over. Like a puzzle you have to piece together without seeing the complete picture as an example. The pieces are already starting to reveal a larger picture, a picture that's already sufficient to elevate your health to a higher level. But specific cases who already have health problems will still find gaps in the puzzle and will have to continue puzzling to achieve the desired result. Taking responsibility for actively searching for those missing pieces remains the advice. However, it's downright criminal that doctors continue to ignore knowledge. Knowledge that, in some cases, has been known for decades... hundreds, or even thousands, of years but isn't applied in the "protocol." Again, I have complete confidence in the knowledge of Western medicine to "put me back together" after an accident, but don't bother with medication, because I have much more faith in Mother Nature's remedies than the, in most cases, unproven and toxic medications. The longer Western medicine ignores this, the faster it will sideline itself.

Make sure your health is in the best hands... your own!



Henk Mutsaers

Citation

All references to external websites have been removed as of December 2012 due to the further implementation of the Codex Alimentarius.

Tip: Do something special and give this eBook as a gift to friends, acquaintances, and business associates with a personal recommendation. WE are a better world.