

Disease, Doctors, Drugs and Vitamins! The War is On.

For Your Sake, make sure you have the right ammunition

Live life like a Mercedes Benz Coupe not a Rust Heap!!!

Have you seen any of the following headlines? You probably come across them every day in any lifestyle or wellness magazine, liftout, brochure or in the daily paper.

Before Your **Arthritis Becomes Debilitating Read This Report!**

Diabetes Results in Loss of Limbs, Blindness and Premature Death!

Chronic Fatigue – The Little Known Mystery Disease That is Crippling Our Nation! And Many Doctors Say ‘It’s All In Our Head!’

In a Third of Cases The First Sign of **Heart Disease is Sudden Death.**

What’s happening to us?

There’s more publicity than ever before about health and illness. There are more advertisements than I ever remember seeing in the last 20 years for health organisations, programs, diets, detox programs and anti ageing.

We’re spending more money than ever on cancer research and ploughing more and more dollars into disease diagnosis and treatment but we’re getting sicker. Cancer is more rampant than ever.

My story

So what brings me here sharing this article with you? For the past 10 years it’s been my mission to learn as much as I can as to why my own health was suffering and to share what I’ve learned in breakthrough nutritional medicine. No, I’m not a doctor or a naturopath or a healer or alternative therapist or pharmacist or any other kind of guru sprouting my business to you.

I’m someone who’s done a lot of my own homework, investigation, learning and made it a point to be in the audiences of some of the finest doctors and specialists in the world. I’ve researched a lot of my own material and have had such a health benefit from what I’ve learned and seen so much health improvement around me with family members, friends and associates that I’ve made it my mission now to share this knowledge with others and to do my part in ridding the world one person at a time of disease.

I’m still loving the journey and I’m passionate that you know what you CAN do to;

- Relieve the pain of arthritis

- Deal with the weighty issues of Diabetes
- Alleviate the depression and mystery surrounding Chronic Fatigue
- Prevent the sheer horror of Heart Disease and the pain it causes families.

I hope you enjoy some of the key information snippets that I have here for you with the hope that you'll follow the path to winning the war against disease and degeneration.

No one wants to be a burden on their kids or to find the inevitable last years or months of our lives are to be spent in an aged care home. Worse still, we shouldn't have to face the fear of losing our minds, our motor function or our bodily control. This report is all about improving our health now – and STAYING that way!!

I will explain a little about what I've learned in everyday language that I hope you'll really find valuable. However I want you to be aware that what I'm sharing here with you is not fluff, hype, innuendo or opinion. Everything mentioned in this report can be backed up by Medical Journals such as Journal of American Medicine and the New England Journal of Medicine and respected physicians.

Why are we as sick as we are?

There's no simple straight forward answer but one thing you must know to put it simply;

**A diet low in essential vitamins, minerals and antioxidants
+ Free Radical Damage to our Cells
= Serious Disease that Degenerates and Ages Us Quickly.**

OK, so what does that mean in every day speak?? What do I mean by Degenerative Disease? Disease that degenerates (or literally breaks down the body) are the modern day illnesses that everyone of us are touched by in one form or another such as cancer, heart disease, alzheimers, parkinsons disease, diabetes, stroke, hypertension, arthritis, osteoporosis, endometriosis, mononucleosis, irritable bowel and the list goes on are typical examples of Degenerative Disease. This means the body is 'not at ease, it's dis-eased' and it's organs are suffering damage and breaking down.

And before you go thinking they're just 'old age' diseases, think again.

Medical evidence sourced from the journals listed above is rife that many of these illnesses are creeping into our younger generations. Cancer and Diabetes are now evidenced as childrens diseases. Osteoporosis is a teenage disease. No longer 'looked forward to' as an 'old lady' condition. There are 20 year olds with Osteoporosis.

In young teenage girls the body must have high doses of calcium and magnesium for bone and muscle formation. With the takeaway junk foods that most of the kids are eating today, there's little chance that the average 16 year old is getting her appropriate levels of calcium. And NO, a McDonalds thickshake is SO not a source of calcium nor is the milk poured on her sugar filled breakfast cereal. If the muscles aren't getting the right doses of calcium, they literally 'steal' from the bones – hence Osteoporosis is becoming very evident in teenage girls. Typical sources of calcium are yoghurts, dairy products and green leafy vegetables. You may think you feed your kids well and I've no doubt you do but there's no way she's getting what she should be to keep bones strong while going through the growing teenage years.

You've heard the term 'RDA's'? It means Recommended Daily Allowances? They came about over 50 years ago. Even back then, they were considered the absolute minimum that the human body needed to prevent diseases like Ricketts and Scurvy. These RDA's have not been updated all this time. We now live in an age where the toxic overload is greater than it's ever been while at the same time the nutrient level in our soils have all but been harvested and sprayed out completely.

No other generation but this one, throughout all of history, has ever had to deal with more toxins, pesticides, depleted soils, contamination, processed foods, transfats, stress and other environmental pollutants. There's little wonder that free radical damage is out there creating the havoc that it is. We need to start thinking now about our health and our kids health.

So couldn't I just go take a pill?

Drugs treat the symptom. They have one direction to treat one thing. They do not cure. Most have side effects. The next step would be to take another pill to treat the side effect. And before you know it, you're taking a cocktail of pills that are making you feel worse. One of the major causes of death in the United States is death by prescription drugs. There's a fabulously informative (albeit a little depressing) book by Dr Ray Strand that's well worth reading. It's entitled 'Death By Prescription' and is readily available. It's so well worth knowing what our drug cocktails are doing to us and to take your health into your own hands. This is where our future must be – to take our health into our hands and not leave it completely up to drugs and doctors. I love Dr Strands books as he lets us know what alternatives are available to us. Let me explain as simply as possible.

Nutritional Medicine is by far going to be the way of the future where we take a preventative course rather than a curative one. Its never ever too late to start. If we go see the doctor about a suspicious lump and he tells us it's cancer, that's when it's too late. Cancer takes decades to develop. He's only managed to get us at the diagnosis stage, once it's already grown and taken form. I don't know about you, but sure as heck want to feel great, look better and maintain energy as I age. I've no intention of accepting ageing as a horrible painful process dotted with regular trips to the local doctor's surgery who just wants to put me on a drugs 'menu' list .

My car analogy below will help you to see a different picture and hopefully make it clear.

What happens to an uncoated piece of steel that's left out in the weather for an extended period of time? It rusts. It's oxidizing. What happens to an untreated raw piece of timber left out in the weather for the same time? It dries up or rots. What happens to a piece of cut apple when left out in the air? You get the picture.

Are you a Mercedes or a Rust Heap?

Imagine this! You've just purchased a brand new, shiny, black, latest model, Mercedes Benz Sports Coupe. Whatever the latest model is, you know the one, it's got lots of zeros behind the price tag and goes like a bullet. You're SO excited. You can smell the leather and that wonderful new car smell. It's gorgeous, it's smooth, you're getting

admiring glances from friends and heads turn while you're in it on the highway – you love it!

OK, let's say this fabulous Benz isn't housed in a garage. It lives out on the street under a tree! It's subjected to full weather conditions and you only give it basic fuel. No high quality premium fuel, no oil, no tune-ups – just enough so that it goes. You don't rustproof it, you don't give it oil, you don't service it, you don't care for the leather interior nor do you wash or polish the paintwork.

Hypothetical I know. There's just no way we would ever treat a car like that with this much neglect, but bear with me here. There's a point to this!

After 5 years, how do you think your beautiful Benz would look? Remember this car is totally neglected. You simply don't have the time to care for it. You live a busy lifestyle. Maybe it wouldn't look so bad. After all, you paid mega bucks for it. You would hope that the factory would have given it the complete deluxe pack 'once over' to prevent too much damage to the paintwork over time.

After 10 years, how do you think your Benz is looking? How does it run? Not so great? Maybe it's making strange sounds and maybe it's faded and showing the odd rust spot. If you've not been putting premium fuel or oil into it, I'm sure it's sounding pretty sick. But what the heck! That's the habit we've started. Let's just hope it starts up again when we want it to.

After 15 years, 20 years and 25 years, what do you think this Benz looks like? I can just about guarantee you it will be falling apart. Do you think it will be a rust heap? Will it run smoothly, pick up speed when needed? Will it perform? Or will it cough and just die?

It will have rusted from the inside out and it will have oxidized, degenerated and broken down.

This is exactly what is happening to us.

Oxygen – so Vital, so Destructive.

We are literally rusting from the inside out, just like the Benz in the above analogy. Oxidative stress (which literally means the stress to our body via free radical damage caused from breathing our air) is our form of 'rusting'. With every breath we take we 'rust'. With our pollutants, emotional stress, poor diet, alcohol, cigarette smoke and environmental toxins and fumes we are oxidizing daily.

We have to deal with more free radical damage than any other generation that has ever walked the face of the earth.

Disease is the result of small negative changes taking place in our bodies over a long period of time. That's why cancer is called the slow deadly killer. It traditionally takes decades to develop but is still creeping into our younger generations.

There was a doctor called Dr Emmanuel Cheraskin who, back in the 70's, was very forward thinking and considered quite radical back in the day. He said;

“Man is a food dependant creature. Don't feed him and he will die. Feed him poorly and parts of him will die.”

The news is not all bad. There is a way to avoid all of this!

Q. What is the opposite to Oxidisation?

A. ANTioxidisation!!

Q. What is the opposite to Ageing?

A. ANTIageing

Q. What can we do to start the antiageing process?

A. Take Quality Antioxidants

Antioxidants – and high quality ones – have been proven (via the medical journals listed earlier in this report) to reduce the incidence of disease. The body produces free radicals and our environment creates more. The body also produces its own antioxidants AND we get a fair amount from our food. **But** to deal with the level of barrage of free radical damage that we need to deal with on a daily basis we **must** feed the body higher amounts of antioxidants and minerals than it can produce by itself. And if we're already being attacked by disease, our immune system is weakened – hence the need for optimal doses of antioxidants and minerals.

Believe me – when I discovered this I was skeptical to say the least. I came from a family that put all their faith into doctors. My dad, who died long and slow from degenerative disease handed his life and soul over to doctors who just handed him a cocktail of drugs. He was too frightened to even consider a high quality vitamin supplement as his doctor thought it would be a waste of time. But the radical difference to me and my family and my own mother who only started on them in her 70s has been life changing.

Yeah OK – so I'll just eat better! That'll be good enough won't it?

Yes you could eat better – we all could. But unless you eat a high level organic diet of totally fruit, vege, nuts, grains, organic dairy, mercury free fish, disease free meat, don't walk outside, don't breath today's air, no exposure to any form of toxin, don't drive a car, never catch a bus or a train and basically live in a bubble, yes you probably could get all you need in your diet. Oh and by the way, any fruit and vege you ate would have to be grown in highly nutrient soil – somewhat harder to find in today's farms. Then if you could get your optimal doses of calcium you'd need to drink 4 quarts of milk or eat 8 cans of sardines per day! Or, if you wanted to get your optimal dose of Vitamin C, you'd need to eat 16 oranges per day. Not possible. So, diet alone is NOT enough. If you still don't want to take my word for it there are many studies in reputable journals that will prove antioxidants and minerals are a must in todays' diet.

There's so much more to share with you. This report was Part 1. I'll be happy to share a few more chapters of this report in subsequent emails and I hope you get great value from the rest of the information that blew me away when I learned it.

Learn a little more about things like;

- the 25 year nurses study that proved vitamins and minerals prevent sudden death by a whopping 81%. The results were published recently and are staggering.
- how Fish Oil is crucial for pregnant women and the developing foetus.
- how Omega 3 fatty acids are proving far more beneficial to children with ADHD than drugs could ever be
- how the worlds highest quality antioxidants and minerals help breast cancer and menopausal women
- why you must have pharmaceutical quality vitamin supplements in your diet and NOT supermarket brand
- how allergies including asthma are getting fabulous results naturally
- Channel 7 did a report not so long ago – we'll share this with you
- Simple things like Grapeseed Extract, Green Tea, Milk Thistle, Olive oil, Pomegranate are absolute life savers. Find out why.

I look forward to sending you your next installment.