

# Beating The Virus

By Boosting Your  
Immune System



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# Table of Contents

<b>Chapter</b>	<b>Chapter Title</b>	<b>Page</b>
1	The Power of Wise Living	<a href="#">5</a>
2	The Science of Wise Living	<a href="#">10</a>
Note 1	Self Evaluation	<a href="#">19</a>
Note 2	Water Intake	<a href="#">22</a>
Note 3	Exercise	<a href="#">23</a>
Note 4	Massage	<a href="#">23</a>
Note 5	Ventilation	<a href="#">24</a>
Note 6	Sugar	<a href="#">24</a>
Note 7	Sugar-Laden Drinks	<a href="#">27</a>
Note 8	Sunlight	<a href="#">27</a>
Note 9	EMF Exposure	<a href="#">30</a>
Note 10	Bowel Management	<a href="#">32</a>
Note 11	Wise Eating	<a href="#">32</a>
Note 12	Wise Dieting	<a href="#">34</a>
Note 13	Fried Foods	<a href="#">39</a>
Note 14	The Healing Crisis	<a href="#">40</a>
Note 15	Health Awareness	<a href="#">41</a>
Note 16	The Power of Touch	<a href="#">44</a>
Note 17	Essential Fatty Acids	<a href="#">45</a>
Note 18	Hydrogenated Fats	<a href="#">48</a>
Note 19	Bathing	<a href="#">50</a>
Note 20	Stimulants	<a href="#">50</a>
Note 21	Stress Management	<a href="#">51</a>
Note 22	Alcohol and Tobacco	<a href="#">52</a>

## Table of Contents (Continued)

<b>Chapter</b>	<b>Chapter Title</b>	<b>Page</b>
Note 23	Spiritual Health	<a href="#"><u>52</u></a>
Note 24	Flesh Foods	<a href="#"><u>58</u></a>
Note 25	Microwave Ovens	<a href="#"><u>59</u></a>
Note 26	Mercury Dental Fillings	<a href="#"><u>60</u></a>
Note 27	Food Preservatives	<a href="#"><u>61</u></a>
Note 28	Insomnia	<a href="#"><u>61</u></a>
Note 29	Homogenized Milk	<a href="#"><u>63</u></a>

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**Compilation & Commentary**

Neville Mandy

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## Chapter One

# The Power of Wise Living

Warm greetings to you dear reader. It is my sincere prayer that this book will prove to be a great blessing to you and to yours.

As the founder and former owner of the Nature's Choice Health Food Company, it has been my special privilege to have played a part in helping millions of people to improve their vitality. Thanks to the thrilling feedback that we received from our customers, from those who read my books, and from those who attended our health seminars, I am fully persuaded that . . .

***There is miraculous  
healing and protective power  
in wise living.***

To prove the point, I will tell you a little more about our health seminars:

For more than ten years my associates and I conducted these seminars throughout our country. The average seminar usually spanned a period of seven to ten days. During this time, delegates lived on campus (we hired school dormitories during school vacations), their meals were specially prepared by my good wife and her team

and, as far as time permitted in-between lectures, we all followed the principles that are outlined in this book.

The number of delegates who attended these seminars usually ranged from 40 to 150 people per seminar. These were people from all walks of life and from all professions, including teachers, nurses and even a few medical practitioners.

Time and again delegates recovered from long-standing ailments while still at the seminar. Some who could not walk much more than a few steps on the first day of the seminar were walking briskly for three to five kilometers per day within but a few days. Many hypertension sufferers found that their blood pressure had normalized by the end of the seminar. Skin ailments cleared up and many even reported that their hair was far more manageable. Several people who had suffered with headaches for years, and who had relied heavily on pain killers, were astounded when their headaches disappeared.

What is most amazing about these results is that they came about only because delegates were following a healthier lifestyle and because they were enjoying a more natural and a more nourishing diet. Besides a herbal laxative and/or bowel flush for the first few days, and daily steam baths or saunas at the seminars conducted in the earlier years, no specific medication or medical therapy was prescribed (we did however ensure that long-standing prescriptions were strictly adhered to).

After the seminars, those who adopted the program as a way of life started recovering from many of the more deep-

seated ailments, and here we are speaking about ailments that range from gout to heart problems, from depression to constant colds, from migraine to low blood sugar, etcetera.

Even those who were healthy prior to the seminar, and who followed the program thereafter, soon achieved a level of vitality that they had never experienced before.

For those who adopted the “*Wise Living Guidelines*” as a way of life, one of the most remarkable outcomes lies in the fact that they all seemed to have an improved resistance to colds and flu. Thanks to my strict and ongoing adherence to these principles, I have been free of colds and flu for more than twenty-five years.

These facts only go to prove that:

***Wise living really does boost  
the immune system***

## But What Is The Immune System?

The Wikipedia defines the immune system as follows:

[The immune system] is a ***host defense system*** comprising many biological structures and processes within an organism ***that protects against disease.*** (Wikipedia)

What an encouraging thought: God has equipped our bodies with “many biological structures and processes” that protect us against disease. The problem we face, however, is that far too many of us are but vaguely aware of this marvelous, natural “defense system,” and, at a

guess, most of us have little clue as to what we can do to care for it and ensure that it functions normally.

After all, how many of us drink enough water each day? How many of us are EMF aware? How many of us fulfil our need of regular sunlight exposure? How many of us exercise regularly? How many of us eat and drink with wisdom? Etcetera.

Yet, by neglecting these most basic needs of life, we undermine our vitality, and we lay out the red carpet for a condition that is known as immunodeficiency.

## But What Is Immunodeficiency?

Immunodeficiency occurs when the immune system is less active than NORMAL, **resulting in recurring and life-threatening infections.**  
(Wikipedia)

As a general rule, therefore, life-threatening infections do not just overwhelm us. They come upon us when our “immune system is less active than normal” - and, to be sure, the main reason why the immune system becomes less active than normal is because we do not care for our bodies as we should.

While the medical experts of the world have excelled at enlightening us about face masks, sanitizer and social distancing, etcetera, the life-saving truth that is going to turn the tide in this fearful Covid-19 battle is as profound as it is simple:

***Wise living boosts the immune system  
and protects us against infection.***

For good measure, let us express this another way:



Face masks, sanitizers, and social distancing, etcetera, will help us to avoid many viruses, but . . .

**Wise living** and a healthy immune system will neutralize the viruses we could not avoid, and these are the viruses that take us down.

**The Science of Wise Living**, therefore, is our last and best defense against any infection.

## Chapter Two

# The Science of Wise Living

With that short introduction behind us, let us now turn our attention to the *Wise-Living Guidelines*. These guidelines (see overleaf) will help to boost our vitality and our immunity and could ultimately save our lives.

All in all, we will be looking at more than 30 guidelines, most of which are supported by a supplementary note. In most part, this is but a list of better choices – a substitution plan, if you wish. It simply suggests better alternatives to those foods and practices that are known to burden the human system.

Please do not try and follow all the guidelines from day one, or even from month one, as this could discourage you. I suggest the following:

STEP 1: Read through the first page of the list and, for now, ignore the rest of the list.

STEP 2: In the rightmost column, tick the guidelines on the first page of the list that you are already following.

STEP 3: Start improving your lifestyle by addressing the unticked items on the first page of the list.

STEP 4: When you are comfortable with the progress you have made with page one of the list, only then proceed to page two of the list and follow the same

procedure – one page at a time. Do not push yourself beyond your comfort levels.

To repeat: At no time should you punish yourself by pushing yourself beyond your comfort levels. This is a wise-living program – it is not a straight-jacket.

Even if you only follow five guidelines, they will help to normalize your vitality and your immune system and might even save your life. If you manage to follow ten guidelines, all the better, for, by so doing you will most certainly improve your odds for survival.

If your work situation does not allow you to follow an “outdoor” activity, try and fit it into your lunch break.

## Important

- 1) Please take careful note that the information in this book does not replace or annul any medical advice or lockdown regulations that may apply in your area. This information must be considered as complimentary to any such advice or regulation, it does not do away with the need for social distancing, face masks and sanitizer, etcetera.
- 2) Please read the Cautions & Suggestions on [page 65](#) and the Disclaimer on [page 66](#) before embarking on this program.
- 3) If you are troubled by insomnia, see [Note 28](#).

<h1>Wise Living Guidelines</h1>		✓
<u>Self-Evaluation</u>		
Those who are most inclined to care for themselves are those who place a right value on themselves. Just in case you are not valuing yourself as you should, I would like to remind you that you are a miracle of the highest order.	<a href="#">See Note 1</a>	
<u>Bowel Flush</u>		
If you suspect that your system could be toxic, or that your bowels are sluggish, take a herbal laxative (Senna), or a cup of Black Forest Tea each evening for three successive evenings. Do not overuse laxatives.		
<u>Water Intake</u>		
Drink a minimum of 2 large glasses of water at least 30 minutes prior to breakfast and lunch every day. Avoid taking liquids with meals.	<a href="#">See Note 2</a>	
<u>Exercise</u>		
As a daily practice, take a short brisk walk after every meal. Then take a vigorous thirty-minute walk after work, or at some other time that is not too close to a mealtime.	<a href="#">See Note 3</a>	
<u>Massage</u>		
If you are unable to exercise, and a suitably qualified therapist is available, consider undergoing lymph drainage massage as suggested by your therapist.	<a href="#">See Note 4</a>	
<u>Ventilation</u>		
Always ensure there is a gentle movement of air through your living and sleeping quarters. Do	<a href="#">See Note 5</a>	

<p>deep breathing exercises regularly. Burglar bars and fly screens are a great investment.</p>		
<p style="text-align: center;"><u>Sugar</u></p> <p>Instead of using refined (white or brown) table sugar, sweeten drinks with natural honey, fructose, xylitol or stevia. Sweeten porridges etcetera with fructose, or sweet molasses, or honey to taste or, wherever practical, use dried fruit (raisins, sultanas or chopped dates and/or banana).</p>	<p><a href="#">See Note 6</a></p>	
<p style="text-align: center;"><u>Soft Drinks</u></p> <p>Instead of using sugar-laden soft drinks and energy drinks, let water serve as your primary thirst quencher. If this practice deprives you of taste satisfaction, enjoy your favorite sugar-free sweet after your water. Yes, this idea sounds strange, but it could be the most important suggestion in this program.</p>	<p><a href="#">See Note 7</a></p>	
<p style="text-align: center;"><u>Sunlight</u></p> <p>Weather permitting, take a 30-minute sunbath at least every second day. Lie on your stomach for 15 minutes and then on your back for 15 minutes. Always expose as much of your skin to the sun as decency permits. Remember, sunlight converts cholesterol into Vitamin D.</p>	<p><a href="#">See Note 8</a></p>	
<p style="text-align: center;"><u>EMF Exposure</u></p> <p>It is now a well-known fact that electromagnetic Fields (EMF's) undermine the immune system. Here are several important guidelines to help you to limit your exposure to EMF's.</p>	<p><a href="#">See Note 9</a></p>	

<p style="text-align: center;"><u>Bowel Management</u></p> <p>Work at achieving at least one natural bowel movement every day. This is more important than most people realize. See the note for more details.</p>	<p><a href="#">See Note 10</a></p>	
<p style="text-align: center;"><u>Wise Eating</u></p> <p>Become whole food aware and make every effort to find a health food retailer who carries a wide range of healthy, sugar-free whole foods and natural food products.</p>	<p><a href="#">See Note 11</a></p>	
<p style="text-align: center;"><u>Food Preparation</u></p> <p>When we boil vegetables, we leave a wealth of valuable nutrients in the water? Rather steam your vegetables - vegetable steamers are inexpensive. Or you may oven-roast your vegetables in a flat covered glass dish with a little cream and salt. Do not fry or stir-fry anything.</p>		
<p style="text-align: center;"><u>Wise Dieting</u></p> <p>Dieting can be a great cause of stress, and even of sickness. The Eat-As-Much-As-You-Like Diet is logical, simple, safe, and stress free – and it really works wonders.</p>	<p><a href="#">See Note 12</a></p>	
<p style="text-align: center;"><u>Fried Foods</u></p> <p>Instead of using fried foods, bake, grill, or boil your food. Do anything but fry your food - especially if the oil is hydrogenated.</p>	<p><a href="#">See Note 13</a></p>	
<p style="text-align: center;"><u>The Healing Crisis</u></p> <p>When you improve your lifestyle and diet, your body will find the energy and the ability to perform vital housekeeping tasks. This is known as a “Healing Crisis.” Please familiarize yourself</p>	<p><a href="#">See Note 14</a></p>	

<p>with this natural process before continuing with this program.</p>		
<p style="text-align: center;"><u>Health Awareness</u></p> <p>Because our health is our greatest asset, we all need to educate ourselves in matters of natural health and healing. A few foundational concepts are included in the note.</p>	<p style="text-align: center;"><a href="#">See Note 15</a></p>	
<p style="text-align: center;"><u>The Power of Touch</u></p> <p>Touch is a wonderful healer and pacifier. Read this most amazing true story and marvel at the healing power of touch.</p>	<p style="text-align: center;"><a href="#">See Note 16</a></p>	
<p style="text-align: center;"><u>Essential Fatty Acids (EFA's)</u></p> <p>Be sure to maintain your essential fatty acid (EFA) status. To do this, eat at least 7 walnut halves a day or take a natural supplement. Stress is a common symptom of EFA deficiency.</p>	<p style="text-align: center;"><a href="#">See Note 17</a></p>	
<p style="text-align: center;"><u>Hydrogenated Fats</u></p> <p>Instead of using margarine and common cooking oils, search out and use the non-hydrogenated alternatives.</p>	<p style="text-align: center;"><a href="#">See Note 18</a></p>	
<p style="text-align: center;"><u>Bathing</u></p> <p>Bath or shower at least once a day. If you are ill and circumstances permit, try bathing twice a day until you are fully recovered. Rub your skin vigorously with a loofah, or a rough face cloth, prior to every bath or shower.</p>	<p style="text-align: center;"><a href="#">See Note 19</a></p>	
<p style="text-align: center;"><u>Stimulants</u></p> <p>Avoid all stimulants (tea, coffee, chocolate, curry, adrenalin sports, stimulating movies and stimulating reading).</p>	<p style="text-align: center;"><a href="#">See Note 20</a></p>	

<p style="text-align: center;"><u>Stress Management</u></p> <p>Stress has become so much a part of life that we might even find ourselves worrying about why we are not stressed. But there is much that we can do to reduce our stress levels.</p>	<a href="#">See Note 21</a>	
<p style="text-align: center;"><u>Alcohol &amp; Tobacco</u></p> <p>Avoid alcohol &amp; tobacco. They not only hurt you physically, mentally, and physically, they also hurt your self-image and the relationships that matter most to you in life.</p>	<a href="#">See Note 22</a>	
<p style="text-align: center;"><u>Spiritual Health</u></p> <p>Covid-19 has overturned the world and has brought us all face to face with the stark realities of life. With death’s finger reaching out to every doorbell, this is a good time to think about our beginnings – and about what we are.</p>	<a href="#">See Note 23</a>	
<p style="text-align: center;"><u>Spreads</u></p> <p>Instead of using butter or margarine on bread, use mashed avocado, or whipped cream, or a nut-butter that is free of hydrogenated fats.</p>		
<p style="text-align: center;"><u>Flesh Foods</u></p> <p>Throughout the world, more and more people are turning to a vegetarian or a vegan diet – and this for various reasons. If you are still using flesh foods, you should start getting accustomed to using "flesh-free" meals every so often. More and more people are adopting the “Meatless Monday” routine as a starting point. Flesh foods are not necessary for a balanced diet. Please give a kindly thought for our animal friends.</p>	<a href="#">See Note 24</a>	



<p style="text-align: center;"><u>Microwave Ovens</u></p> <p>Do not use a microwave oven for anything other than warming your plates and, even then, leave the room while the microwave is in operation.</p>	<p style="text-align: center;"><a href="#"><u>See Note 25</u></a></p>	
<p style="text-align: center;"><u>Silver/Mercury Dental Fillings</u></p> <p>Mercury is the second most toxic substance on the planet – it has no place in our teeth. Take appropriate action if you have silver/mercury dental fillings in your mouth.</p>	<p style="text-align: center;"><a href="#"><u>See Note 26</u></a></p>	
<p style="text-align: center;"><u>Food Preservatives Etcetera</u></p> <p>Avoid foods containing preservatives and chemical additives. While preservatives do limit bacterial action in your food, they also destroy the friendly bacteria in your digestive tract.</p>	<p style="text-align: center;"><a href="#"><u>See Note 27</u></a></p>	
<p style="text-align: center;"><u>Insomnia</u></p> <p>For those who are struggling with sleep problems, here are a few discoveries that have helped me tremendously over the years. At the age of 74, I finally sleep like a baby. You can too.</p>	<p style="text-align: center;"><a href="#"><u>See Note 28</u></a></p>	
<p style="text-align: center;"><u>Homogenized Milk</u></p> <p>Homogenization is a process whereby the fat particulate in milk is reduced to a fraction of its size. This process extends shelf life and improves mouth feel, but it wreaks havoc on our health.</p>	<p style="text-align: center;"><a href="#"><u>See Note 29</u></a></p>	
<p style="text-align: center;"><u>Jams &amp; Preserves</u></p> <p>Avoid sugary jams and preserves, the sugar concentration in these products is far too high. Use honey, St Dalfour jams, or natural alternatives (sparingly) instead.</p>		
<p style="text-align: center;"><u>Better Chips &amp; Potatoes</u></p> <p>Instead of using fried chips or fried potatoes, par-boil cut chips/potatoes, rub them out with a little</p>		

cream or olive oil. Place in a flat pan. Oven-bake at 180°C until golden brown. Delicious.

Two Meal a Day Plan

If you are not involved in heavy manual work, you should derive great benefit from a two-meal a day plan. Those who are ill should try this – the results are usually very gratifying. On a three meal a day plan, we should always have a very light meal at night. Those who suffer from insomnia will often find great improvement in their sleeping patterns if they take their main meal at lunch time and only a salad or fruit and/or a light snack at night.

# Supplementary Notes

## Note 1: Self Evaluation

Let us take a journey back in time, to the beginning of your own journey through life – that journey which began in your mother’s womb . . .

Just four weeks after you were conceived, your brain was recognizable, your heart and intestinal tract were being formed, your arms and legs were already visible as stumps, and your kidneys were already well developed – that is, after just 28 days.

By week five you were less than one centimeter long, your head was half the length of your body and believe it or not, your heart had begun to pump.

By week six, nerve connections were linking up at the rate of 250,000 connections per minute – that is, no less than 360 MILLION new nerve connections per day.

At this time your eyes and ears were already well formed, your mouth had taken shape, and your skeleton had begun to form.

By week seven your stomach was secreting digestive acid and your fingers and toes were well differentiated.

In less than two months, you had been transformed from a single cell into a fully functional human being?

How could this remarkable transition take place in just 60 days? What does this tell us about that original cell? What does this tell us about the Designer of the human cell? Was it a “simple” cell, as some are inclined to think of it? In truth, there simply is no such thing as a simple human cell!

Today that original cell (called “you”) has replicated (sub-divided) itself into over 100 trillion cells. That’s right, today you are made up of over . . .

## **100,000,000,000,000 cells.**

By some process unknown to science, certain of these cells were destined to become immune cells, others to become brain cells, others to become blood, lymph, tissue or nerve cells, others again combined to form the various organs of the body, each organ to serve its unique function in the various systems of the body.

These systems, in turn, are so interdependent that it is impossible for any system or group of systems to function without the others. Imagine the brain functioning without oxygen provided by the lungs. Imagine the muscles contracting without energy made available from food absorbed by the digestive tract. Imagine the transportation of energy to all the muscle cells without blood plasma and the circulatory system.

Ultimately, however, all of these systems work to provide for the needs of the body cells out of which they had their beginnings and from which they are composed. For example, the respiratory tract enables the body to obtain oxygen needed by all the cells. The digestive system provides the amino acids, glucose, and other raw materials needed by all the cells. And the kidneys, lungs, bowels and skin all work tirelessly to excrete the waste products produced by the cells during the process of energy production.

Residing in the nucleus of each of your cells is what is known as DNA. This is the code of your life – the genetic information that drives every step along the pathway from fertilized egg to adult. DNA carries the record of your anatomical and physiologic makeup, and the manual of all body structures and functions – including the code of everything you inherited from your parents.

In one single cell there are some 6 BILLION “steps” of DNA. In computer jargon we might say that the DNA in one microscopic cell contains some 6 billion bytes (“digits”) of intelligent information. That is . . .

## 6,000,000,000 bytes of information per cell

“The amount of information that could be stored in a pinhead’s volume of DNA is staggering. It is the equivalent information content of a pile of paperback books 500 times as tall as the distance from Earth to the moon, each with a different, yet specific content.” (Royal Truman, [www.trueorigin.org](http://www.trueorigin.org))

“The instructions in one DNA molecule, if spelled out in words, would fill several sets of encyclopedias. Despite this enormous amount of information, the physical amount of DNA is small. Some estimate that the DNA of all the people who are alive today could fit into a teaspoon.” (Dr. William Dysinger, *Heaven’s Lifestyle Today*, p.16)

Remarkably, the DNA in one cell is a mirror copy of the DNA in every other cell in your body – yet you are absolutely unique in that your DNA is unlike the DNA of any other person on our planet.

What else can we conclude from these facts but that you carry around in your body a mind-boggling mega-load of information – a mega-load that is equivalent to **ONE HUNDRED TRILLION computer hard drives**, each of which is stored to capacity with 6 billion bytes of intricately “pre-programmed” information?

**100 trillion x 6 billion = ?????**

That is the sum total of all the information that it takes to run your marvelous, incredible, amazing, fantastic, miraculous life – and this is not just mumbo-jumbo type of information, but extremely complex information that is constantly drawn upon in a perfectly coordinated and impeccably organized fashion in order to meet the uncompromising needs of the body.

Whichever way we look at it, there is no getting away from the obvious – **you are a masterpiece of creation** – infinitely complex, awesomely intricate, bewildering in design, wonderful beyond words – a miracle of the very first order.

This being the case, do we not owe it to ourselves to study this miracle, and to make every effort to meet the needs of this miracle?

Should our first priority in life not be to saturate our minds with knowledge that will help us to preserve this miracle, and to keep it healthy, that we might enjoy the true wonders of being truly alive?

## Note 2: Water Intake

Water is a miracle cleanser, it penetrates where nothing else will penetrate, it absorbs whatever is absorbable and, because it is free-flowing, it carries away whatever it has absorbed. Water, therefore, is just what the body needs to maintain inner cleanliness. It is a natural energy booster, it serves a multitude of important functions in the life processes, and it is a vital aid to the cleansing mechanisms of the body. To improve your energy levels, to support your body's efforts to maintain wellness, to ensure that you always feel your very best, make it a daily goal to drink sufficient water. As the following statement confirms, we should always avoid taking liquids together with our meals:

“Water [or any liquid] taken with meals cuts down on the production of saliva and discourages chewing, making the length of time food spends in the mouth much shorter. Digestion is thereby hindered. Also, since digestive enzymes both in the mouth and in the stomach and intestines are diluted by beverages taken with meals, digestion is further delayed. [Because of the liquid present,] the stomach must make more acid to maintain a proper pH. All these factors add to the likelihood of fermentation in the digestive tract, gas formation, and various types of discomfort and poor functioning of digestion and elimination.” (Dr. Agatha Thrash, *Nutrition For Vegetarians*, p.88)

## Note 3: Exercise

Exercise is a must for natural bowel function, to aid elimination, to help drain the lymph system, and to condition and tone every cell and organ in the body, and so much more.

“Exercise greatly improves blood [and lymph] circulation. This in turn improves the delivery of oxygen to every cell in the body [energy in] as well as the removal of poisonous compounds from those cells [waste out]. This will improve membrane transfer of nutrients and waste, which allows for better mobilization and implementation of all defensive protective mechanisms.” (Dr. Robert E. Willner, M.D., Ph.D., *Deadly Deception*, p.108)

## Note 4: Massage

“Your body’s lymph system is a kind of metabolic rubbish dump. It helps [the body] rid itself of dead cells, toxins, metabolic wastes, pathogenic bacteria, foreign substances and assorted junk the cells cast off. Unlike the circulatory system in which the circulation of blood is controlled by the pumping of the heart, the lymphatic system has no such pump. The plasma that has seeped through capillary walls gathers in the tissues and then slowly enters the lymphatic channels – tiny vessels with one-way valves in them for carrying lymph, along with whatever small bits of foreign matter, wastes and bacteria it has gathered – through the lymph nodes and eventually back to the bloodstream. It is the normal contractions and relaxations of muscles [hence our need of exercise] and the force of gravity on the body which act to pump the lymph back through its channels and eliminate these wastes.” (Lesley & Susannah Kenton, *Raw Energy*, P.106)

In this light we can appreciate the value of regular exercise, as well as the value of any form of massage that encourages lymph drainage. By the same token, we will understand why it is that

inactive people usually do not feel too well and why they might be more prone to illness.

During times of illness we usually do not feel too energetic and exercise is often physically impossible. At such times lymph drainage (massage) and skin brushing are especially recommended.

## Note 5: Ventilation

Human beings are taking many of life's essentials for granted, and none more so than fresh, clean air - and especially at night when fresh air is most needed. The result is a never-ending round of sickness and debility. When we consider that the human body can usually go without food for more than a month, without water for more than a week, but without air for only a few minutes, we get a better idea of the importance of fresh clean air 24 hours a day. Every activity and every function of the body requires energy. This energy is produced in our body by burning the "fuel" present in living cells. This fuel comes from the food we eat; the "flame" that consumes the fuel is oxygen. Thus, we see how every movement and every thought is dependent to some degree on the quality of the air that we breathe throughout the day and night.

“Night time is repairing time. Lack of fresh air during sleeping hours is a crime against one's own body. A closed room free from draughts is a lethal chamber in which millions of children pay the penalty for the foolish fears of parents against "night air". Air at nights is much purer than during the day; the moisture frees it from dust and its accompanying impurities.”  
(George Teasdale, *Nature Heals!*, p.53)

## Note 6: Sugar

Having seen the health of so many people improve dramatically when they stopped using sugar and hydrogenated fat (see [Note 18](#)), we cannot place too much emphasis on this guideline.



Some years ago, researchers carried out a series of studies that examined how sugar consumption weakens the ability of white blood cells to destroy bacteria (germs). The results of this study showed that if a person eats no sugar for 12 hours, each white blood cell could destroy an average of 14 bacteria. When 24 teaspoons of sugar were consumed (the amount in a medium piece of cheesecake or a milk shake), the white blood cells were so compromised that they could only destroy an average of one bacterium each.

How Refined White Sugar Weakens Our White Blood Cell's Ability To Destroy Bacteria		
Teaspoons of Sugar	Number of Bacteria Destroyed	This Amount of Sugar is Often Found in . . .
Zero	14	-
6	10	1 Scoop of Ice Cream
12	5.5	1 Soft Drink
18	2	Less Than Half a Malted Drink
24	1	1 Sweet Cheesecake Slice

Kijak. E.; Foust G; Steinman R.R.; Relationship of Blood Sugar Level and Leukocytic Phagocytosis; Southern California Dental Association; 32(9):349-351

Is it any wonder that enlightened researchers are saying what they are saying about the dangers of refined white sugar - and of this denatured product's ability to compromise the immune system?

"If only a fraction of what is already known about the effects of sugar were to be revealed in relation to any other food additive,

this material would promptly be banned." (Dr J. Yudkin., *Sweet and Dangerous*, p.5)

"White sugar is the curse of the civilized world." (Dr. Michael Sharon, *Complete Nutrition*, p.29)

According to Dr Boris Chaitow, founder of the High Rustenburg Hydro, "[refined] sugar by its very nature and its function in the system, constitutes one of the most damaging of the so-called foods modern society imposes on itself. It is highly concentrated, taken out of its context, and above all inflicts on the poor pancreas a burden which is eventually responsible for two of society's serious physical stresses, namely diabetes and hypoglycemia." (Dr. Boris Chaitow, *My Healing Secrets*, p.67)

"Refined sugar, divorced from its associates, is one of the tragedies of our civilized diet. This is the result of scientific tampering with one of Nature's products. Sugar is mineral hungry - it robs the system of its vital organic salts, thereby causing, or laying the foundation for, many serious and distressing diseases. Reliable tests show that the discontinuance of the use of sugar reduces the frequency of adenoiditis and tonsillitis amongst children almost one hundred percent. Honey [raw or natural] is an excellent substitute; in fact, it is the natural sweet. Refined sugar [white and brown] is unnatural; it is artificial and wholly harmful in whatever way it is taken. Honey supplies heat and energy; its use should be encouraged to satisfy a natural desire for sweet things. Fruits and vegetables contain all the sugar, in its very best form, that the system requires." (George Teasdale, *Nature Heals!*, pp.16, 61)

Remember, refined white flour is converted into and enters the stomach as sugar - so avoid it as you would sugar.

If you have any doubts as to the damaging effects of sugar, please see Note 7 below.

## Note 7: Sugar-Laden Drinks

Soft Drinks and energy drinks are usually loaded with sugar (see [Note 6](#) above). It is indeed a testimony to the power of advertising that sugar-laced drinks such as these can be fobbed off on a gullible and trusting public in the name of energy and health. Sugar may give us short-lived energy but at what a price?

“Sugar-laden soft drinks should generally be avoided. Not only can they upset blood-sugar control, but they may also suppress the immune system, reduce levels of ‘healthy’ HDL cholesterol, and increase levels of uric acid (which may increase the risk of gout).

Sugared soft drinks have also been found to be linked to childhood obesity.” (Dr John Briffa, *Ultimate Health*, p.15)

Most packaged fruit juices are produced from fruit concentrate. These concentrates have been subjected to extremely high temperatures in order to render them sterile. Such extreme heat destroys the enzymes in the fruit juice and most of the nutritional value. Besides being packaged in aluminium, these fruit extracts also “concentrate toxins from pesticide laden fruit.” (Paul Pitchford, *Healing With Whole Foods*, p.626)

Far better to juice your own fresh fruit. Be warned, however, that the sugar content of even natural juices is high and, as such, even the most natural of juices should still be used sparingly. Always quench your thirst with water and then use juices as no more than an occasional spoil.

## Note 8: Sunlight

“The value of sunlight has been amply demonstrated by hospital experience, which shows a much larger percentage of recovery in rooms amply exposed to the sun than in those excluded from its rays.” (Dr J. M. Hoffman, *The Missing Link*, p.318)

A study done at Tulane University on the effect of ultraviolet light on blood pressure showed that a group of people who were suffering from hypertension had a marked lowering of the blood pressure that lasted 5 or 6 days after a single exposure to the sun. In another study it was discovered that the output of blood from the heart was increased by an average of 39% and continued for 5 or 6 days following a single ultraviolet light exposure. (*American Journal of Physiology*, 114:594)

Yet another study involved 30 patients who had hardening of the arteries. Each of these patients' blood cholesterol level was taken just prior to their being exposed to the sun. Blood cholesterol levels were taken again two hours after the exposure. The results showed that the sunlight had brought about a 13% decrease in the patients' blood cholesterol level. (*Circulation*, 8:438)

And what a difference sunlight can make to our immune system . . . “In the skin there are cells known as keratinocytes which produce a very powerful immune-boosting substance called interleukin-1 (IL-1). This rapidly increases the number of T-cells by encouraging them to reproduce. IL-1 is stimulated by natural daylight which is a good reason to spend some time every day outdoors exposing yourself, so to speak. According to research done in Russia, exposure to ultraviolet light approximately doubles the ability of white blood cells to fight off infections.” (Jennifer Meek & Patrick Holford, *Boost Your Immune System*, p.102)

If you cannot find time for a daily sunbath, have lunch in the sun and expose as much of your skin to the sun as decency permits. Also expose your skin to the sun when taking your daily walks - weather permitting.

Living, working and sleeping in rooms that do not get direct sunlight will stunt growth and weaken the entire system. We should install Perspex skylights in the ceiling of rooms that do not get any sun. Glass is not suitable for this purpose as the rays of the sun “cannot pass in effective amounts through

ordinary window glass.” (Dr. L & D Rosenvold, *Science and Modern Manna*, p.43). According to the herbalist, Al Wolfson, Perspex and other clear plastics allow ultraviolet rays etcetera to filter into the room.

Considering the value of sunlight, you should not hang net curtains over your windows. Why deprive your house of sunlight and light, and why deprive yourself of a relaxing, stress-relieving view of the outdoors? Remember germs hate sunlight. More than this, net curtains are all produced from synthetic fabrics and these materials create a serious imbalance between the positive and the negative ions in the air.

“A major significance of **negative ions** is their ability to remove smog, cigarette smoke, pollen, dust, harmful bacteria, viruses, and other pollutants from the air. When air contains more negative ions than positive ones, tiny airborne particles suspended in it will acquire a negative charge. When this happens, their static electricity causes the particles to coagulate into large enough clusters to fall from the air. The result is air that is much more pure than is normally encountered. When positive ions predominate over the negative ones, little cleaning of the air takes place. The result is dead stuffy air. Most synthetic materials, such as plastics, synthetic fabrics, and most paints, exhibit a tendency to accumulate negative charges. The accumulated negative charge creates a negative electric field, which attracts positive air ions and repels negative air ions. When the body is clothed in synthetic fabric, its natural positive electric field is shielded out and replaced by the synthetic fabric's negative field. Natural fabrics, such as wool or cotton, do not have this shielding effect. When paint, plastics, or furnishings made from synthetic materials are present in a room, they set up negative electric fields which discourage the presence of negative air.” (Robert Gray, *The Colon Health Handbook*, pp.40,41)

## Note 9: EMF Exposure

WARNING: Over-exposure to EMF's (Electro-Magnetic Fields) can put an end to your productive life. Please take this information very seriously. An estimated *three hundred million* people now suffer from EHS (Electro-magnetic Hypersensitivity Syndrome) and, in varying degrees, their lives have been reduced to a living hell. Some spend their lives in radiation shielding tents (put up inside their homes), many cannot venture outdoors, many have been forced to move to remote farms, all are seriously affected by cell phones and cell towers, Wi-Fi, computers and their routers etcetera, and all have had their immune systems compromised by EMF exposure.

All electrical appliances and gadgets emit EMF's. Microwave ovens, electric blankets, underfloor heating, electric hobs and ovens, are all harmful. In years gone by, mankind was not seriously affected by exposure to such devices, that is, until the advent of cell phones & towers (3G, 4G & 5G), and Wi-Fi. Lured by the promise of a quicker and better online experience, we have embraced this new technology with open arms.

Yet no-one warned us of the MANY DANGERS. No-one warned us that we would be exposed to dangerous levels of radiation 24/7 for life. No-one warned us that our immune systems would be blasted with ever-increasing levels of EMF's for life. See [www.5Gconcerns.org](http://www.5Gconcerns.org) for the bigger picture.

The end-result is that mankind is now blanketed with frightening levels of radiation (EMF's) and, believe it or not, there is no industry-independent scientific evidence proving that it is safe. There is, however, no end of scientific and medical evidence proving that it is harmful to health - but the pleas of scientists and experts seem merely to fall on deaf ears.

For example, 5G is being imposed on us at an alarming rate, yet 5G is an extremely powerful source of EMF's, and these EMF emitting 5G devices are most certainly undermining our immune systems, and they have most certainly made us more

susceptible to Covid-19. For scientific proof relative to the above, see Chapter 8 at [www.bioinitiative.org](http://www.bioinitiative.org).

Think it through for yourself, and act accordingly. For starters, here are a few hints as to how you can limit your exposure to EMF's. If you had the necessary EMF measuring devices, they would more than convince you as to why the following measures deserve our careful attention:

- Avoid crowded places – especially shopping malls. Besides cell radiation from shoppers and local towers, you will normally be blasted by up to 40 WIFI networks simultaneously.
- Only ever use your cell on speaker. Place it as far from your body as possible. Mine picks up my voice from two meters.
- Do not leave any cell phone or WIFI device on at night.
- Keep your cell phone on airplane mode. Prepare your messages in this mode. Then connect for as brief a period as possible to send and receive.
- Consider cladding your living room windows with radiation shielding film – available via [www.emfsa.co.za](http://www.emfsa.co.za).
- Do not use baby monitors, electric blankets, underfloor heating, or anything that exposes you to EMF for extended periods of time.
- Buy your own RadAware & EMF meters from [www.emfsa.co.za](http://www.emfsa.co.za) and enlighten your acquaintances.
- As circumstances permit, operate your laptop on battery, on airplane mode, on full brightness, and zero volume. Switch on your router only when you need it.
- The world is on a pathway to self-destruction. This is not alarmist talk. I share this with you because I myself am now an EHS sufferer. The only way that you can protect yourself and your loved ones from what is

coming on the earth is by becoming EMF aware. Start with the websites listed below and move on from there.

- Please wrap the rest of your life around the fact that EMF's undermine your immune system and live accordingly.

The following websites are highly recommended:

[www.phiremedical.org](http://www.phiremedical.org)

[www.ehtrust.org](http://www.ehtrust.org)

[www.emfsa.co.za](http://www.emfsa.co.za)

## Note 10: Bowel Management

If not attended to, constipation will give rise to auto-intoxication, and this condition can be a major cause of any number of other ailments, many of which can be very serious. While laxatives do provide short-term relief, the long-term use of laxatives is not wise, and can lead to dependence.

Far better to seek out the root cause of our constipated condition, which is most often dietary in nature, and then make the necessary changes.

As a first step, please read chapters 1 and 2 of the *No More Illness* book at [www.courage4u.org](http://www.courage4u.org).

## Note 11: Wise Eating

Of all the creatures on this planet, man and his pets are the most sickly - by far. One reason why this is so is because mankind has become obsessed with taking apart the foods that our Maker saw fit to put together - and this act of "taking apart" or "refining" is always and only in the interests of the supply-chain (shelf-life, mouth-feel, profit) and never in the better interests of the end-user.

In the final analysis, most of the prettily packaged food products sold by the average supermarket today are made up



of little more than varying combinations of refined white sugar, refined white flour, refined hydrogenated fat and a frightening array of preservatives and food chemicals. The human body cannot produce good blood from such denatured foods, and it cannot maintain wellness when constantly fed such foods. And yet these are the kinds of foods that most people are living on today.

White rice, for example, is brown rice that has had its mineral-rich, nutrient-rich, fiber-rich outer layers removed in the name of "food-science." Little wonder illness is epidemic throughout the world. Little wonder our immune systems are compromised. Little wonder so many people complain of a lack of energy.

Because we use such denatured foods so frequently, our appetites are never truly satisfied, our systems are malnourished, we are lethargic, and we will usually have a problem with constipation. With healthy whole foods now freely available, it is no longer difficult to limit our intake of processed foods.

Then there is the matter of Nature's finest whole foods – these being fresh fruit, fresh vegetables, and unprocessed nuts.

Fresh vegetables are far superior to the frozen alternative. For taste and nutrition, nothing beats home-grown vegetables. Peas, carrots, spinach and tomatoes, etcetera, are so easy to grow. Canned fruit should be avoided. It is high in sugar and is usually canned in "tin" that is really aluminium.

Get back to using food as close as possible to how Nature presents it to us. Fresh fruit, fresh vegetables, whole grains and raw foods are unbeatable. These products should feature prominently in the diet. Get back to using brown rice and whole grain products and marvel at how much better and how much more energetic you will feel, and how your bowel function will improve.

Do yourself a huge favor and read chapters 1 to 5 of the *No More Illness* book at [www.courage4u.org](http://www.courage4u.org).

## Note 12: Wise Dieting

If you are of the opinion that an "Eat-as-much-as-you-like Diet" is just too good to be true, then please follow the logic below and discover for yourself just how easy it is to lose weight - naturally.

The information in this section could put an end to your weight problems for ever, so please, sit back, relax, and give the following overview your undivided attention - it is the product of over 25 years of hands-on experience. The information that you are about to read is gilt-edged, tried-and-tested truth.

In chapter one I shared with you the thrilling experience we had at our health seminars. One of the more marked benefits of the program, however, and one that we did not plan on or expect, was that after the seminar all who continued to follow the program lost weight at a rate that was truly astounding - up to 5kg per week - and this without having to starve in any way. This rate of weight loss continued until they reached their natural body weight.

Within just a few weeks, those who continued with the program had to visit the tailor for major clothing alterations (so be prepared) . . . women who had triple chins slimmed down to their normal body weight, and chubby young girls simply melted down and amazed everyone as their long-concealed beauty came to the fore.

At first, we did not quite understand why everyone lost weight so effortlessly, but now that we do understand, we are thrilled to share our discovery with you.

### **First Principle Ask The Right Questions**

Table of Contents

Wise Living Guidelines

If we need to lose a few kilograms, the first question we need to ask ourselves is not, how can I lose weight, but why did I gain weight in the first place?

This is where most "quick-fix" diets fall apart, for the simple reason that it is impossible to permanently lose weight until such time as we have learnt how to permanently avoid gaining weight.

So if some or other diet advocates a starvation type program, or if it offers you some magical supplements along with some magical suggestions, and it does not address the factors that caused you to gain weight in the first place, you can only really expect short-term results at best.

It is because of this obvious and very common oversight that: "Ninety-nine percent of people who go on a diet regain all the weight or more within two years. (Ann Louise Gittleman, M.S., *Beyond Pritikin*, p.45)

It is no surprise, therefore, that more and more people are becoming disenchanted with diets. After all, most diets recommend short-term measures, and short-term measures can only ever achieve short-term results.

This diet, however, is so "comfortable" and so logical, and it has so many positive spin-offs, that it persuades even the most skeptical dieter to put it to the test - and it really works.

### **Second Principle**

#### **It's not how much you eat, but what you eat.**

This diet begins where any rational diet must begin, and where most diets do not begin, and that is with food quality. As such, this diet does not focus on what you should not eat, but on what you should eat. The rationale behind this thinking will become apparent as we proceed.

As regards food quality, let us once again consider the process that converts brown rice into polished white rice. This process destroys plus/minus . . .

- 70% of the vitamin B3 (niacin),
- 80% of the vitamin B1,
- 90% of the vitamin B6,
- 50% of both the manganese and the phosphorus,
- 60% of the iron, and
- 90% of the dietary fiber and EFA's in the rice?

This, of course, just does not make sense? Why would intelligent people take the perfect foods of nature and render them almost nutritionally useless by removing most of their vital nutrients?

Like myself, Dr Zehr is bewildered by this senseless process. Here is what he has to say about food refining:

“Take beautiful whole grain and strip it of the fiber which the body needs for proper bowel function. Then, rob it of the life-giving germ and the endosperm that contain vitamins, minerals and protein. Next, apply chlorine dioxide gas to bleach what remains. Now that it looks beautifully white, is insect proof (insects cannot survive on it!), and has an indefinite shelf-life, sell it to every baker in the land and let them bake lifeless bread to form the main staple of the nation's diet. Oh, by the way, since the flour has been robbed of its wealth and natural riches, add a trace of synthetic vitamins and call it "enriched." In case you are not yet convinced, here is one more point to consider: white flour is more effective as a wallpaper paste than as a food.” (Dr Albert Zehr, *Healthy Steps*, pp.7-8)

As a result of food refining, the great majority of people, most of whom would never dream of filling their motor cars with 20 octane fuel, are unwittingly trying to fuel their lives with "20 octane" foods - and the end result is a world filled with sickly, energy-less, overweight people.

## **More About Refined Foods**

Refined foods, of course, would include white pasta, white rice, white sugar, white flour, margarine and common cooking oils. Combinations of these denatured products are also used to produce most processed and packaged "supermarket" foods, including sweets, cereals, cakes, biscuits and bread. Even "brown" bread and "whole wheat" flour are often made up of primarily white flour, to which a little molasses has been added for color, and to which a little bran has been added back in an effort to fool the consumer into believing that it is the real thing.

Refined foods are high in carbohydrates, very low on fiber, and very low on vitamins, minerals, and trace elements. Sugar is the doyen of refined foods in that it is an empty calorie, in other words, it contains no vitamins, minerals or trace elements whatsoever - and no fiber.

### **Let's Start Losing Weight**

By carefully considering the following information, you will have made the first step towards a happy, energetic, "fat-free" life.

First Big Thought: Considering the nutritional "emptiness" of refined foods, and bearing in mind the fact that most people have a very high intake of refined foods, it is more than obvious that restricted diets are just what most people do not need.

Second Big Thought: Refined foods may fill our stomachs, and they may please our palates, but they do very little to satisfy the nutritional needs of the body. As such, the use of refined foods will always result in an urgent message being sent to the brain, one that we cannot help but to hear, but one that we will almost always misinterpret: This message from the body to the brain is a desperate cry for more nutritious food, yet we will almost always interpret this message as a cry for more food - and that is where most weight problems begin. Thus, the use of refined foods locks us into a vicious cycle, a vicious cycle

that forces us to eat more and more of the very foods that satisfy the appetite less and less.

Third Big Thought: To cut a long story short, refined foods such as white flour, white bread, white rice, etcetera, and all products that are made up of refined foods, quickly land up in the blood stream as sugar. This sugar whips a normally tired pancreas into action in a desperate attempt to clear this sugar overload from the blood stream, and to get it accepted into the body cells. Thus, we land up with a mega load of carbohydrates that the body has no other option but to convert into fat.

Fourth Big Thought: Carbohydrates that are not refined are known as complex carbohydrates. Complex carbohydrates are high in fiber. On their journey through the intestines, the fiber, which is a calorie in itself, absorbs other calories and these calories are carried out of the body via the stools. High fiber foods make good sense, therefore, because they prevent the body from absorbing all of the calories in your food - which is certainly not the case with refined products such as sugar.

When we use refined carbohydrates such as white sugar, white pasta, white bread etcetera, the carbohydrates (calories) are not bound up with fiber and, as such, they pass rapidly and directly through the intestinal walls into the blood stream where they wreak havoc on the pancreas and the adrenal glands, and more, and the body's only solution is to store these excess carbohydrates or sugars as fat.

Then, to make matters worse, we will use energy drinks, soft drinks, and flavored waters freely, all of which are high in carbohydrates and extremely low on vitamins, minerals and trace elements, and again these refined carbohydrates will move directly into the blood stream, and again, in desperation, the body will store them as fat.

In a nutshell, this is why so many people are having a problem with appetite and with weight gain, this is why the USA is being labeled as an "obese nation," and this is why food refining is so good for business - after all, if the food you sell never satisfies

the nutritional needs of the nation, and if it leads to all sorts of cravings and an insatiable appetite, this will mean that people have to eat more, and this can only mean fat profits for the food industry (excuse the pun).

It makes good sense, as the first step in any diet, to turn our backs on refined foods for they come with a heavy price (again, please excuse the pun). While it may take a few days for your taste to adjust to whole foods, we strongly suggest that you consider the guidelines that are included in this program. Believe me, this simple substitution program really works.

May you be encouraged by the thought that you do not have to eat less, you only have to eat wisely. Then you will discover that the name of this diet is perfectly justified, for when you eat right your food will satisfy like never before and you will actually reach a stage where you will not be able to overeat. Then you will *eat as much as you like* because you will "like" (choose) to eat only enough to satisfy your body's nutritional needs.

So go for natural whole foods, fruits, nuts, vegetables and grains, and forget about dieting. After only a week or two on a whole food diet, you will start feeling like a new person. Your energy levels will improve, your hair condition will improve, your skin condition will improve, you will lose any desire to overeat or to nibble throughout the day, your mind will become sharper, and a wonderful sense of wellbeing will settle over you.

You only have one life, please make the very best of it.

## Note 13: Fried Foods

“What happens in frying? Temperatures up to 600-700°F [300°C] may be obtained. If fried foods become burned or scorched, temperatures up to 1000°F or 1100°F [500°C] may have been reached. At these temperatures "**cis**" fatty acids are converted to [harmful] "**trans**" fatty acids. In other words, the unsaturated fats behave as if they were saturated. Thus, fried

foods are more likely than un-fried foods to increase the likelihood of hardening of the arteries. When fat is reheated to frying temperatures the second time, as in a deep fryer [or a popcorn vendor], the fat is more likely to develop the cancer producing agent acrolein.” (Dr Agatha Thrash, *Nutrition for Vegetarians*, p. 46)

“Frying with oils once will not kill us, and so [this practice] seems harmless. Our body copes with toxic substances. But over 10, 20, or 30 years, our cells accumulate altered and toxic products for which they have no efficient detoxifying mechanisms. The altered and toxic substances interfere with our body's life chemistry, our `bio-chemistry'. Cells then degenerate, and these degenerative processes manifest as degenerative diseases.” (Udo Erasmus PhD., *Fats that Heal, Fats that Kill*, pg. 125-126).

Oils used more than once for frying are especially dangerous (have you ever peeped inside the frying pot of a popcorn vending machine?) Unless otherwise advertised, non-stick surfaces are usually toxic – and especially at high temperatures.

## Note 14: The Healing Crisis

This program will give your system the vitality and the opportunity to perform much needed housekeeping tasks. Soon after starting this program, therefore, you might come down with a cold or a cough, or you might develop minor skin blemishes or some other eliminative outbreak. These are the cleansing actions of Nature and, rather than hinder their cleansing action by the use of suppressive medications, you should allow Nature to complete her purifying and healing work. This cleansing reaction is commonly referred to as a “healing crisis” and is usually no cause for concern.



## Note 15: Health Awareness

Our bodies are under siege 24 hours a day, and we simply cannot afford to take this fact for granted. As such, we have to become proactive about our health – both in terms of educating ourselves and in terms of practicing what we learn. What can we do to limit our exposure to pollutants? What can we do to help our systems to eliminate unwanted substances from the body? What can we do to shield ourselves from the thousands of toxic chemicals in the atmosphere, in our water supply, in many of the foods that we eat, in certain cosmetics, and even, to some extent, in our medicines? There are many things we can do, but our first priority is to become health aware. To help you along this rocky path, please give close attention to the following:

### Wise Words About Drugs

While medicinal drugs do have their rightful place, and while such drugs are often indispensable, drugs do not in any way add to our accumulation of health. They will sometimes keep us alive, they will sometimes supply a substance that the body needs, they will sometimes regulate some bodily function, but drugs, being toxic, are more inclined to undermine our health than they are inclined to improve our health. As such, always ask your health professional if drugs are really necessary, always read the insert that comes with your drugs and take careful note of the side effects, always investigate the possibility that your condition could be an adverse drug reaction and, if you are taking more than one drug, never discount the possibility that your condition could be the result of an interaction between the drugs that you are taking. For a more detailed understanding of the nature of disease and the dangers of drugs, please visit [www.courage4u.org](http://www.courage4u.org) and read the first 6 chapters of the No More Illness book.

## Wise Words About Disease Causes:

“Our body is constantly exposed to a stream of substances which can lead to toxicity within it. Some of these, such as the pollutants we breathe and the herbicides and pesticides that lace many of the foods we eat, come from the outside. Others are the result of the metabolic and physiological processes that go on within our bodies every day. This toxic accumulation effectively poisons the body, and may give rise to a range of health issues.” (Dr. John Briffa, *Ultimate Health*, p.23)

Most people have been and still are being conditioned into believing that colds and flu, and diseases in general, are caused either by germs and viruses, or by genetic factors, draughts, accidents and/or falls in childhood etcetera. The common factor in all of these views is the belief that disease is generally caused by factors over which we have no control.

There is one huge flaw in this understanding of disease, however, and that is the simple and well-established fact that people who follow a natural lifestyle and diet are known to build up a natural resistance to disease and, as a result, they will seldom fall ill. Is it merely a matter of fate that health conscious people are not troubled by the “common causes” of disease as other people are? Obviously not.

The simple answer is that wise living and eating has (1) kept their immune systems strong and well able to repel any germ and/or viral invasion, (2) kept their digestive tracts, and their systems in general, clean and healthy, (3) kept their blood pure and alkaline, (4) kept their bowels functioning effectively and regularly, (5) kept their hormones and body chemistry in balance, etcetera. In simple terms, their healthy living habits have earned them an accumulation of "wellness" that is perfectly able to keep disease at bay.

A good lifestyle, and “good nutrition are essential for normal organ development and functioning, for normal reproduction, growth, and maintenance; for optimum activity level and

working efficiency; for resistance to infection and disease; and for the ability to repair bodily damage or injury.” (Nutrition Search Inc., *Nutrition Almanac*, p.1)

In this light, we will appreciate that while germs and viruses do play a role in the onset of infectious diseases, in the truest sense they are not the **primary** causes of disease. As Doctor Hartley-Hennessey puts it, “Colds and flu are no more caused by germs and viruses than garbage is caused by flies.” First comes the garbage, then come the flies. In the case of infection, first comes the impure state of the body and the compromised immune system (the primary cause), then come the germs and viruses etcetera (the secondary cause).

Disease always has a cause and that cause is all too often found in unwise eating and living habits that have undermined the body's defense mechanisms, filled the system with toxins, unbalanced body chemistry and laid out the red carpet for disease. Poor diet (junk/refined food etc.) is most certainly one of the major causes of disease today for the body's vital reserves can never be sustained by a diet that includes all too little in the way of fresh fruit, vegetables and genuine whole grain products, and all too much in the way of refined white sugar, refined white flour, refined white rice, refined white pasta, refined hydrogenated fat (margarine and common cooking oils), flesh foods, and highly processed "junk" foods and drinks that are laced with sugar, preservatives and a multitude of food chemicals and additives.

### Wise Words About Foods:

There are foods, such as sugar, that impair the functioning of your immune system, there are foods, such as refined white flour and refined white pasta, that cause constipation, which, in turn, causes many other ailments, and there are foods, such as margarine and common cooking oils that are foreign to the human system and loaded with harmful trans-fats. You simply have to find alternatives to these foods before you can expect

healing. Follow the simple suggestions in this book and marvel at how your life will change.

## Wise Words About Colds:

“The cold is Nature’s simplest form of “healing crisis.” – it is the form Nature uses most often for the work of eliminating systemic refuse [impurities] from the human system.” (Dr. Harry Benjamin, *Everybody’s Guide To Nature Cure*, p.100)

Far from being an “enemy,” therefore, the common cold may be considered to be a “friend” in that it helps the body to cleanse the system of unwanted impurities. How did these impurities enter the system in the first place? Usually as a result of a faulty lifestyle and diet, and/or via pollution in all its forms. (These impurities constitute a perfect breeding ground for germs.)

Once we understand that our acute ailments (colds, coughs, pimples, sneezing etcetera) are performing a vital housekeeping function, we will see the real value in exercise, drinking water at the right times, and massage etcetera, for these all help Nature to cleanse the system.

When we have a cold or a cough, or any eliminative outbreak, we should avoid the use of decongestant drugs. These medications suppress Nature's cleansing action and, in so doing, they hinder Nature's effort to make us well. If acute disease is an effort of nature to cleanse the system, then it surely makes no sense whatsoever to hinder this effort by using suppressive, toxic drugs.

## Note 16: The Power of Touch

Back in the thirteenth century, Frederick II, King of Germany and the Holy Roman Emperor, decided to conduct an atrocious and inhuman experiment. Wondering what language children would naturally speak if they were never spoken to from birth, he had a hunch they would speak German because he believed German was superior to all other human languages. He

commanded that babies be taken from their parents at birth and be placed under the care of nurses who were forbidden to talk with them. The nurses were further directed not to bond with the babies and were not allowed to **touch** them: all feeding, changing, and handling of the babies was done with utensils to ensure no physical contact. Guess which language they grew up speaking?

None.

But why?

They all died!

In 1248, an Italian historian named Salimbene reported the results of this diabolical experiment in this fashion, “They could not live without petting!” The newborns died for want of affectionate **touch**: they could not survive without the sense of love and connectedness that is communicated to the body and mind by **touch**.

Let us not believe for one minute that any of us ever loses our need of others, and our need of tender affection. **Touch** is sunlight to the soul. Our kids need it, our friends need it, we need it, and the one sure way of getting it, is to give it.

So why would we include an article on touch in a program that is aimed at boosting the immune system? Simply this. A lack of touch can break the spirit, and when the spirit is broken, systemic breakdown is inevitable.

**A word of caution.** Touch must always be appropriate to the occasion and to prevailing circumstances.

## Note 17: Essential Fatty Acids (EFA’s)

Are you battling with stress? Is the growing intensity of life wearing you down? It could be that you are simply deficient in essential fatty acids (EFA’s). If this is the case, you would most probably find that EFA supplementation could dramatically

improve every aspect of your life – and you should feel the difference from day one.

Please allow me to explain: In simple terms, our nerves are encased in a protective coating called a myelin sheath. This myelin sheath is made up primarily of omega-3 and omega-6 essential fatty acids (these are called *essential* because the body cannot manufacture them – which means we have to get them from our diet). When we are not getting a sufficient supply of these essential fatty acids, our myelin sheaths do not develop properly and, as such, they will not adequately protect our nerves. This is one major cause of what is commonly referred to as *frayed nerves*.

But frayed nerves are not the only symptom of an EFA deficiency – not by any means:

According to Doctor Donald Rudin, Omega 3 Fatty Acid deficiency is “***the basic cause of mental illness today.***” (*Biological Psychiatry*, Vol. 16, No.9)

As surprising as Dr. Rudin’s claim may be, I have had the pleasure of seeing a friend’s wife discharged from a mental home just 24 hours after she started EFA supplementation. I have also seen many other people greatly benefitted when they started EFA supplementation.

Of course, Dr Rudin is not suggesting that all mental illness is the result of an essential fatty acid deficiency, but I would be willing to wager that all-too-many mental patients in this world would experience great improvement if their EFA status were regularly monitored. It’s as simple as that.

Yet the medically recognized symptoms of EFA deficiency run far deeper than this:

According to Dr Steven Davies & Dr Alan Stewart, the following are some of the more common symptoms that could be

associated with an essential fatty acid deficiency . . . hair falls out, dandruff, eczema-like skin lesions, dry skin, wounds fail to heal normally, all body membranes become permeable to water (sweating for no apparent reason), excessive thirst (often with concentrated urine due to skin water-loss), reproductive failure (especially in males), kidneys enlarge, blood in the urine, kidney failure, liver undergoes fatty degeneration, salivary, tear and pancreas glands wither, depigmentation of skin, impaired cholesterol transport, capillaries become more fragile, impaired growth, loss of muscle tone, mental disturbances, poor vision, heart abnormalities, diarrhoea, bronchial disorders, and phrynoderma (gooseflesh-like pimples on upper arms, thighs, buttocks). (*Nutritional Medicine*, p.11)

But we might ask, why has essential fatty acid deficiency become such a problem in recent decades?

Dr. Rudin's research reveals that the level of essential fatty acids in the American diet has been **reduced by 80%** in the past 100 years. (*Biological Psychiatry*, Vol. 16, No.9)

This being the case, there is no mystery as to why emotional and mental problems are epidemic in our world today, and why so many people are suffering from stress and from ailments that seemingly have no traceable cause?

But what has brought this tragedy upon us?

- 1) Our soils are becoming depleted and are no longer able to produce nutritionally balanced crops.
- 2) Our food choices are generally leaning more and more towards denatured junk foods that are almost always hopelessly deficient in EFA's.

If you suspect that you are EFA deficient, seek counsel from your local health food stockist and eat a minimum of 7 walnut halves every day.

## Note 18: Hydrogenated Fats

“For optimal health, it appears important to eliminate the intake of margarine and other foods that contain trans-fatty acids and hydrogenated oils [which includes most processed foods]. Hydrogenation – the addition of hydrogen molecules – changes the structure of natural essential fatty acids from their original **cis-** configuration to an unnatural **trans-** configuration. These trans- fatty acids interfere with the body’s ability to utilize essential fatty acids. Many researchers and nutritionists have been concerned about the health effects of margarine since it was first introduced. Although many Americans assume that they do their bodies good by consuming margarine instead of butter and saturated fats, in truth, they are doing more harm. Margarine and other hydrogenated vegetable oils not only raise LDL cholesterol (the “bad” form of cholesterol linked to heart disease); they also lower the protective HDL (“good”) cholesterol level, interfere with essential fatty acid metabolism, and are suspected of causing certain cancers, including breast cancer.” (Dr. Michael Murray, N.D., and Dr. Joseph Pizzorno, N.D., *Encyclopedia of Natural Medicine*, p.52)

“With an enemy as dangerous and harmful to health as hydrogenation, I make no compromise. There can be no compromise. I maintain it has no place in any food used by humans or animals.

“Once the oil has gone through the process of hydrogenation, it is no longer an oil but a plastic, a celluloid or perhaps I may stretch a point and call it a fat. I believe the end-result is a useless, counterfeit, synthetic, plastic, celluloid-like, harmful chemical concoction that is an insult to human intelligence. Some of the oils used in margarine might have been vegetable at the onset, but any one or all of the 18 or more devitalizing processes to which it was subjected, destroyed any vestige of naturalness and turned it into a synthetic chemical or plastic.



“Yes, I maintain that hydrogenation is more dangerous than drugs, more dangerous than sprays and more dangerous than chemical fertilizers. I clearly emphasize that hydrogenation is a greater danger to our health and to our well-being than any other factor in our society.” (J. H. Tobe, *Margarine and Your Heart Attack*, pp. 15, 8, 39, 1).

Hydrogenated fats are commonly found in margarine, common cooking oil, salad oil, shortening, interesterified fats and in almost all processed products that have fat or partially-hardened fat as an ingredient.

Use natural cold pressed oils that are also cold processed. Virgin olive oil is usually a safe bet, or use fresh cream in recipes instead of oil. Butter is a better option, but should be used sparingly, if at all.

Never fry anything in anything.

**Warning:** Interesterified fats are said to contain a lower level of trans-fats but they are as harmful as hydrogenated fats because they have been through the same processes.

## Note 19: Bathing

The body eliminates waste and impurities from the system via the lungs, the bowels, the kidneys and the skin. To assist elimination via the skin, take the trouble to brush your skin with a course face cloth or loofah before bathing. Hot baths can also assist elimination in that they promote perspiration through the skin. When ill, and if strength permits, a bath or a shower should be taken in the morning and at night.

## Note 20: Stimulants

“The normal biological response to a sense of danger is stimulation of the adrenal glands to release increased levels of hormones, particularly the catecholamines – epinephrine (adrenalin) and norepinephrine. [These are] cardiovascular stimulants that increase heart rate, constrict blood vessels, stimulate the brain, and **affect every other body system** to prepare it for “fight” or “flight.” The problem comes in when there is really no danger but our body reacts as if there were [as when reading a stimulating book, watching a stimulating movie, or in response to stress, caffeine, nicotine and sugar intake]. Then, if greater physical demands and activity do not provide an outlet for the increased adrenal activity, it may be turned inward and play havoc with our physiology and organs, as well as with our emotions and our mind.” (Dr. Elson M. Haas, *Staying Healthy With Nutrition*, pp.284, 738)

“Tea, coffee, and similar beverages are brain and nerve excitants or stimulants. They do not contain an atom of food or nourishment. They cannot build up, they only "stir up." They are like a whip to a tired horse, there is a false show of energy, but the weary animal, under the leash may fall exhausted. Caffeine stimulation forces the system to borrow from tomorrow's reserves for present use. This is like borrowing money to pay a debt. One may feel a sense of present relief but one day the principal must be returned with interest.” (Dr. A.

W. Truman, Article - That Coffee Break May Break You, *The Quiet Hour Echoes - Volume 11-66*)

While stimulants may give us a temporary “lift,” that lift is always followed by a corresponding “fall.” This fall is usually “remedied” by taking or seeking yet another stimulant - and thus a vicious cycle is set up – one that will usually lead to more serious problems with time.

Clearly, therefore, the need of the sick body is not for stimulation but for rest and, as such, those who are struggling with illness, or who wish to boost their vitality, should make every effort to expose themselves to restful surroundings and stress-free circumstances while avoiding all that would tend to stimulate the adrenals.

## Note 21: Stress Management

It is difficult to avoid stress in our present world, but there are many things that we can do to help ourselves to better cope with stress.

A daily sunbath is one of the best, daily exercise is excellent, quiet quality time with the kids and/or your spouse is a daily must, as is time for relaxation. The avoidance of stimulants - see [Note 20](#). will do wonders to strengthen your nervous system. Supplemental Essential Fatty Acids are a must – see [Note 17](#). Switching off the television and radio, dimming the lights, and counting your blessings is a wonderful stress reliever. Letting go of those responsibilities that others can manage as well as you can, is another. Do you have to run the boy scout pack? Do you have to serve as chairman of the local neighborhood watch?

Remember, a problem shared is a problem halved – that is why it is always good to pray. Prayer also relieves stress in that it helps us to share our burdens (and thus halve them), and to

see things in their true perspective. One quick way to shrink your problems is to look at them from a vantage point above the clouds.

## Note 22: Alcohol & Tobacco

“Alcoholic beverages are regarded by social analysts as America’s number one public enemy. This “beloved enemy” claims at least 100,000 American lives per year. This is five times as many as all illegal drugs combined.” (Dr Neil Nedley, *Proof Positive*, p.426)

The verdict is out on alcohol and tobacco. We do not need reminding as to how they damage us on a physical, spiritual, social, and mental level.

Seek help – if necessary.

## Note 23: Spiritual Health

Suddenly our world has changed, and it has changed dramatically.

Suddenly death in all its icy coldness has grabbed the headlines as never before.

Suddenly people of all persuasions are adopting a whole new value system and way of life. According to one prominent preacher, for every 80,000 people who die from Covid-19, the number of people who google the words “pray” or “prayer” doubles.

Suddenly surprising numbers of people are being admitted to ICU, daily, where they spend long, lonely, agonizing days asking questions that they might never have asked before – like, **Will I live** – or, **What happens when I die** – or, **Is there a God** – or, **am I going to die alone**.

And our hearts can only reach out to these dear souls. Death is such a tragedy, but to die alone, and this without hope, is a

tragedy that defies description – and it is such an unnecessary tragedy.

In the sincere hope that this exercise will help others to escape this most trying situation, I humbly share with you a few thoughts that serve as mighty anchors to my soul.

Figure 23-1 below is an illustration highlighting but a mere sampling of the enormous complexity of the human body. It reveals how every organ in the human body is . . .

- a) connected to the brain via the nervous system, and
- b) connected to the heart via the vascular system.

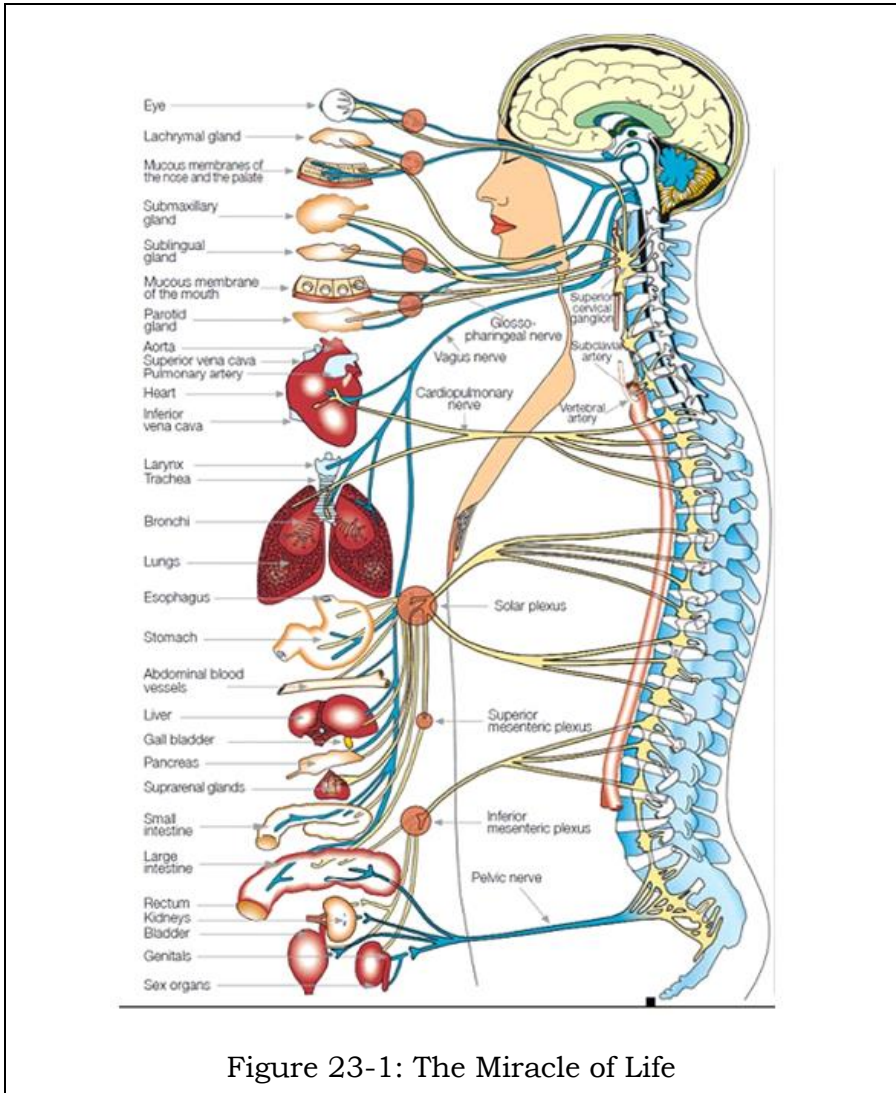


Figure 23-1: The Miracle of Life

As we grapple for words to describe the overwhelming complexity of it all, we can only wonder as to the origin of this

miracle, and we have to wrestle with the question: ***Could this be the product of chance?***

To answer this all-important question, we have only to put it to the test of reason and logic.

Please carefully consider the following:

- If all the scientists in all the world, . . .
- with all the knowledge in all the world, . . .
- and all the technology in all the world, . . .
- cannot make one living hair, or even one living cell, . . .
- then how did something that is best described as ***nothing***,
- ***nothing*** that knows nothing,
- ***nothing*** that could only have been aided by nothing,
- produce a living organism of such infinite complexity, such remarkable efficiency, and such outstanding intelligence?

Did a non-intelligent “something” conceive of and produce an intelligent being that sees, loves, thinks, smells, hears, cries, laughs, speaks, feels, smiles, etcetera?

Did something that is best described as “*nothing*” conceive of a reproductive plan whereby a male and a female would be drawn together in loving attraction, and would miraculously replicate themselves on the sacred altar of intimate togetherness?

Did a fully functional male and a fully functional female of every known species emerge simultaneously out of a mysterious explosion, or from some primordial mud pit?

There is not a scientist anywhere in this world who can provide satisfactory answers to these questions. To my way of thinking, it is infinitely easier to believe that an intelligent Being made life than it is to believe that non-intelligent nothingness made life.

If I told every person alive today that I discovered a fully functional watch in a previously unentered cave, not one individual would believe me. Yet the theory of evolution suggests that something that is infinitely more complex than a watch is the product of non-intelligent nothingness?

Now let us look at this matter from another angle:

The following diagram depicts the ten primary systems that work together to sustain our lives. These systems are so interdependent that it would be impossible for any one of them to function without all the others. The brain could not function without oxygen provided by the lungs. The muscles could not contract without energy made available by the digestive system. Energy could not be transported to all the other systems were it not for the circulatory system, etcetera.

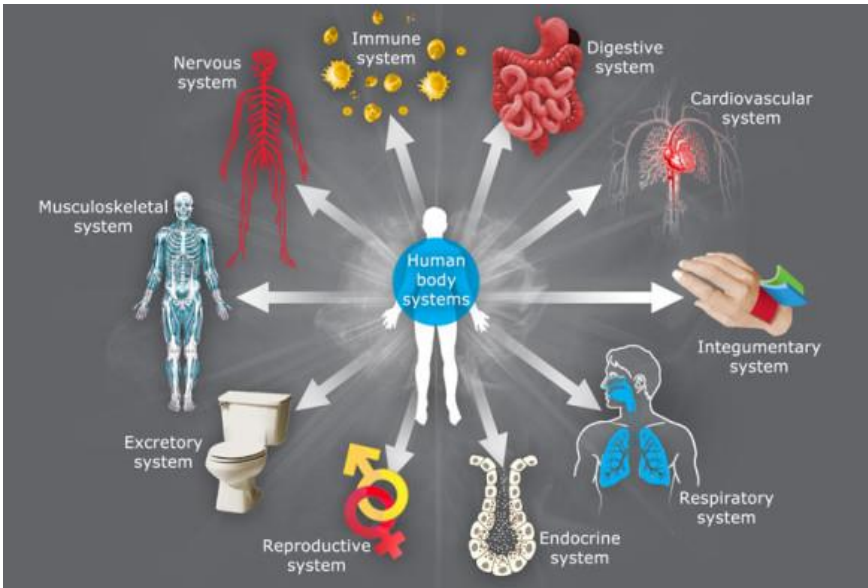


Figure 23-2: Human Body Systems

Did nothing interweave all these systems, each of which is a miracle in itself, into one compact and super-efficient body – a



body that serves as nothing less than a perfect monument to infinite brilliance?

How could we have evolved if human life cannot exist in the absence of all ten systems? In the simplest of terms, how could we have evolved from nothingness if the complexity of human life is irreducible? Is it possible that all ten systems emerged simultaneously out of a mud pit or a big bang?

Let us now look at this matter on a much bigger stage:

The theory of evolution is founded on the big bang theory. According to astrologers, the stars move with a precision that is best described as absolute. In order to believe in the big bang theory, therefore, we would have to believe that ***nothing*** transformed the outcome of a chaotic explosion into billions of galaxies, many of which comprise billions of stars, and every one of those stars moves in relation to all the other stars with perfect and seemingly eternal precision? Really?

And so, we could continue, almost *ad infinitum*, asking questions that Charles Darwin himself could never answer. To prove the point, please visit [www.trueorigin.org](http://www.trueorigin.org).

Many years ago, my personal convictions bounced between a belief in God and a halfhearted belief in the theory of evolution – that is, until the day that death stared me in the face. I will not share all the details with you, but I found myself in a frightening situation that had me thoroughly convinced that I was about to die. I was alone and, suddenly I felt a dire need for someone to hold onto, and a hope to cling to.

In my desperation I stared at my hand and, for the first time ever, I realized that I was looking at a miracle. Involuntarily I started moving my fingers, and spontaneously I uttered the words: “*But evolution could never have made this.*”

In that unforgettable moment I met my Maker – my True Maker. He was not the stern, unfeeling tyrant that had been imposed on my thinking ever since my childhood, He was not

an unkindly authoritarian who spent his life taking note of my every mistake, but a kind, loving, caring and compassionate heavenly Father and Friend, One who has delighted my soul with His unbounded love and wonders ever since.

Knowing Him, thoughts about the inevitable no longer frighten me. The fear of death has been replaced by an abiding trust. I firmly believe that, in spite of my many mistakes, I will wake up at some time after I die – with Him – and thanks only to Him.

My dear reader, if you are an unbeliever, I humbly urge you to give God a chance. It costs nothing to ponder on the probability of a loving, forgiving Maker. He did not make us to abandon us to a world gone wrong, He made us because He loves us. No matter who you are, no matter what you have done, God has made a way whereby every one of us can live, and die, with a realistic hope of living forever – with Him.

*Most kind and loving Father, I commit my reader to your care and keeping. Please guide him or her over the rough pathways of this life into the eternal glories beyond.*

If you would like to learn more about God, and how you can develop a forever friendship with Him, I invite you to read the Finding Peace at [www.courage4u.org](http://www.courage4u.org).

## Note 24: Flesh Foods

“During World War II there was a meat shortage in Denmark. So, the Danish government based the national diet on whole grain and bran bread, barley porridge, potatoes, greens and dairy products. The Danes emerged from the war with improved health. The death rate fell by 40 per cent in one year. When they returned to their meat-centered diet, mortality rates from circulatory diseases went up again to their pre-war levels.” (Dr. Michael Sharon, *Complete Nutrition*, p.180)

Meat has never been the ideal food. Firstly because it is devoid of fiber and high in saturated fat, and secondly because, as Dr Neil Nedley confirms, many serious diseases, such as Cancer, Crohn's Disease, prion diseases (Mad Cow Disease), Salmonella Disease, and Bovine leukemia virus disease, and many more, are now associated with the eating of animal products. (*Proof Positive*, p.230).

According to Dr Richard Lacey, a prominent microbiologist and BSE researcher, "There is now an overwhelming scientific and medical case for avoiding meat and meat products despite the [US] government's attempts to persuade us otherwise." (As quoted by Dr. Neil Nedley, *Ibid*, p.221)

## Note 25: Microwave Ovens

"Mums who heat babies' milk in a microwave oven are exposing them to brain and liver damage, scientists warn in the leading medical journal ***The Lancet***. Researchers were shocked to find the super-fast ovens turn proteins in milk into poisons which attack vital organs. Now they fear everyone who eats microwaved food may be at risk because the same proteins are found in snacks such as pizzas, curries, quiches and TV dinners. Tests by children's doctors in Austria showed that heating babies' milk at high speed in a microwave changed its chemical structure abnormally. Protein-forming amino acids - found in dairy products, processed foods, meat and fish - which normally strengthen cells in the body, attack it instead. The brain, liver and kidneys are particularly effected-with possible fatal results. Dr. Gerd Lubec, who first discovered the dangers, stormed: 'The manufacturers have done nothing. They must carry out tests.' Experts yesterday backed the alarming warning to busy mums, who find microwaves a boon to heat milk quickly. Doctor Vernon Coleman fears thousands could die every year from the effects of food cooked in microwaves.

He warns: The news that microwave ovens may turn the ingredients in usually safe foods into potentially toxic substances has to be taken very seriously.” (John Pullman, *The Sun [UK]*, January 18, 1990)

## Note 26: Mercury Dental Fillings

“Autopsy studies have shown a positive correlation between the number of occlusal surfaces (where teeth fit together) of dental amalgam and mercury levels in the brain and kidney cortex. Research has also shown mercury dental amalgam to have an adverse effect on the T-lymphocyte count (a vital component of the immune system). With the concern about the immune system diseases of today [SARS, AIDS, COVID-19], does it make sense using a dental amalgam material **that may have a drastic effect on one's defense system?** Multiple Sclerosis patients have been found to have eight times higher levels of mercury in the cerebral spinal fluid compared to neurologically healthy controls. Inorganic mercury is capable of producing symptoms which are indistinguishable from those of multiple sclerosis.

“Dentists have the highest suicide and divorce rate of all professionals. Neuro-psychological dysfunction was present in 90% of dentists tested by Joel Butler, Ph.D., a professor of psychology at the University of North Texas. **Another alarm:** Female dental hygienists have a higher spontaneous abortion rate, an increased incidence of premature labor, and an elevated perinatal mortality. The neonatal blood of these women who were exposed to mercury while working in dental offices was found to contain significantly higher mercury levels than in control women with no occupational exposure to mercury. **Another concern:** Why do dentists, according to the insurance industry, have one of the highest utilization rates of medical insurance? Dr. Magnus Nylander published a report

in *The Lancet* describing an increased uptake of mercury in the pituitary glands of dentists. Just because over 100 million people have mercury fillings in their mouths [what a tragedy?], we must not assume that this is medically safe. A report which appeared in a Swedish newspaper in May 1987, stated “The Swedish Health Board declares amalgam toxic and unsuitable as a dental filling material.” [The latter-mentioned report was later challenged in public hearings and was upheld.] (Dr James P. Carter, M.D.; Dr. P.H., *Racketeering In Medicine*, pp.62-63)

If you have silver/mercury dental fillings, it is of utmost importance that you read Chapter 9 of the No More Illness Book at [www.courage4u.org](http://www.courage4u.org) and take appropriate action.

## Note 27: Food Preservatives Etc.

“Preservatives can be considered in the classification of poisonous drugs because they have the same ill effects on the tissues in which they settle. Many of our canned foods are being preserved with drugs. In the past, arsenic was used in the canning of peas. We find that some companies are using certain poisonous fluids and drugs to preserve canned meats. Soda is frequently used as a preservative. Coal tar [a known cancer-producing agent] products often are used for coloring and flavoring.” (B. Jensen D.C., N.D., *The Science and Practice of Iridology*, p168)

## Note 28: Insomnia

Some of us can sleep through a storm, others of us are not so fortunate. I have battled with insomnia for most of my adult life – but I have learnt a few valuable lessons that I will share with you in simple point form.

- If you are struggling to catch up on your sleeping hours, always remember that “two hours of good sleep before

twelve o'clock is worth more than four hours after twelve o'clock.”

- Night-time is resting time, and it is vitally important that you give your stomach a chance to rest by avoiding heavy meals in the evenings. As the adage goes, “breakfast like a king, lunch like a prince, and supper like a pauper.”
- Exercise is nature’s finest sleeping pill. The more you exercise during the day, the more your sleeping pattern will improve, and the deeper you will sleep.
- If you are troubled by nightmares and/or busy and/or complicated dreams, avoid irradiated spices. If that does not solve the problem, avoid anything irradiated, all preservatives, and anything cooked or canned in aluminium. This will take a little research.
- If restless leg syndrome keeps you awake, try cutting out all foods that might have been cooked in or canned in aluminium. Food cooked in other metal cookware might also cause this syndrome.
- Wi-Fi should not be used at all. It is known to cause many health problems. If you must use Wi-Fi, only use applications that can be switched off when not in use. Wi-Fi and all other radiating devices such as cell phones and smart watches, etcetera, must be switched off at night.
- Electric blankets and underfloor heating, and all electric devices give off a powerful electromagnetic (EMF) field that is positively harmful. Rather dress warmly and use hot-water bottles.
- For a deeper sleep, have a good electrician install a remote-controlled, non-Wi-Fi enabled “kill-switch” on your electrical distribution (DB) board. This will kill all power to your home except the fridge, geysers, and other essentials.
- Mercury is the second most toxic substance on the planet. When I became mercury toxic thanks to dental fillings, I hardly slept for ten years. Do the obvious and avoid

mercury in all forms (as in eye-liner, antiseptics, mercurochrome, etcetera). A broken thermometer, anywhere, is a disaster warranting specialist attention.

- A duck-down duvet and pillow, 100% cotton sheets, pillow cases and duvet covers, woolen blankets and foam rubber mattress inserts are all essentials for a good night sleep – especially if you are a sensitive individual as I am. Synthetic fabrics, as commonly used in bedding and mattresses, are an outright no-no for serious insomniacs. Speak to any mattress or foam rubber supplier about “eggbox” foam rubber mattress inserts.

## Note 29: Homogenized Milk

“Cow’s milk is normally a nutritious food. However, when it is tampered with by way of homogenization, it becomes a type of slow poison for the circulatory system. Homogenization is a mechanical process in which milk is passed through pipes and fine filters at a pressure of 2500 psi and a speed of 600 feet per second. The fat portion of the milk is thus broken up into very small globules. Like mist in a fog, small fat particles remain in suspension and do not rise to the top of the milk.”

“Milk is homogenized primarily to extend its shelf life. There are economic advantages to selling a product with a longer shelf life.” (*Nicholas Sampsidis M.S, Homogenized, p.7*)

“Homogenized cow's milk transforms healthy butter fat into microscopic spheres of fat containing xanthine oxidase (XO) which is one of the most powerful digestive enzymes there is. The spheres are small enough to pass intact right through the stomach and intestinal walls without first being digested. Thus, this extremely powerful protein "knife," XO, floats throughout the body in the blood and lymph systems. When the XO breaks free from its fat envelope, it attacks the inner wall of whatever vessel it is in. This creates a wound. The wound triggers the arrival of "patching plaster" to seal off that wound. ***This "patching plaster" is cholesterol.*** Hardening of

the arteries, heart disease, chest pain, heart attack is the result.” (Paul Pitchford, *Healing With Whole Foods*, p.19)

Almost all dairy milk that is on sale through retail outlets is homogenized. In years gone by homogenized milk was advertised as such on the carton, but this is no longer the case in certain countries. If you are troubled by high cholesterol levels, or if you wish to avoid health problems, find a supplier of non-homogenized milk or use a non-dairy alternative.



## Cautions & Suggestions

(a) In the case of any serious illness, always consult a suitably qualified, diet-oriented health professional.

(b) Always bear in mind that when charcoal is taken orally, it could neutralize the effect of prescription medicines. Also remember that while herbal remedies might be safe in themselves, they could react negatively with certain medications. This being the case, always consult with your physician before using charcoal or any herbal preparation. Your physician might recommend that you not use these substances within two hours before or after taking your medication.

(c) Under no circumstances should you stop taking your medication, or change the dose, unless advised to do so by your prescribing physician.

(d) Many people treat herbs and medication as a form of magic, expecting to be healed despite their faulty lifestyle and dietary habits. In the long term, this never works. The Wise Living Guidelines given herein will usually bring about surprising and lasting results - whether or not you are on medication, and whether or not you use herbs.

(e) We strongly recommend that the guidelines presented herein should be adopted, not just as short-term "remedies" - but, wherever applicable, as integral components in your lifestyle and diet.

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# Disclaimer

Every effort has been made to ensure the accuracy of the information contained in this document - whose purpose is not to supply medical advice but to educate. No individual should use this information for self-diagnosis, or for treatment, or for justification in accepting or declining any medical advice, therapy or treatment for any health condition. Any application whatsoever of the information herein is at the reader's own discretion and risk. Any person with a specific health problem and/or who is taking medication, must first seek advice from his personal physician or health-care provider before starting an intensive lifestyle/nutrition program. The author, the publishers, and their agents and distributors shall have neither liability or responsibility to any person or entity with respect to loss, damage, or injury caused by, or alleged to be caused - either directly or indirectly - by the information contained in this document. The author, the publishers, and their agents and distributors assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein.

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