

Excerpts from...

How to have the **BEST** odds of

Avoiding Degenerative Disease

**The Operation and Maintenance
Manual for Human Beings**

How to give yourself the best chance of
avoiding unnecessary disease, needless
suffering, and premature death, and how to
feel better than you ever thought possible.

Don Bennett, DAS

Dear Reader,

This is a “mini version” of the book. Stressed throughout the book is the importance of paying equal attention to all the “basics of health”. It is impossible to be as healthy as you are capable of being (and thus have the BEST chance of avoiding serious disease) unless you embrace all aspects of healthy living, and not merely one or two, even if you think those are the “most important”. It is also impossible to create an edited version of this book that will give the reader a comprehensive overview of just what is needed to obtain and maintain vibrant health. Instead, this excerpted edition is intended to give you a taste of the author’s take on health. If it resonates with you in any way, please do consider getting the complete book; its table of contents appears here to give you an idea of what’s not included in this version. Ordering information can be found in the back of this edition.

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Text styles used throughout this book

To help you distinguish who's "speaking" as you read through this book, different fonts (type-faces) were used.

The author used this style font, and it's the one you'll see most often.

Quotes from other contributors in the book use this style font, *and this font also (which is an italicized version of the above).*

The eighteen articles written by the author that appear in Appendix G use this "standard article" font.

Dedication

This book is dedicated to my Mom, who taught me, by example, the importance of speaking out when something needs to be said, even if it won't be popularly received.

Thanks

I wish to express my gratitude to all the pioneers of the science of healthful living, and their modern-day counterparts, who have helped bring to light what it means to be human as it regards health. Thank you to Esther Joy for her invaluable copyediting skills, and my sincerest thanks to my "Moose" for her ever-present encouragement and support; a true friend is indeed the rarest of all blessings.

Warning

This book contains some hard-hitting, honest, straightforward information. You will not find any sugarcoated, sanitized, tell-'em-what-they-want-to-hear journalism. This book is for those who want to raise their level of awareness, and know what's *really* going on, and how it affects their most valuable possession; their health.

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." – Marcel Proust

Foreword

By Professor Rozalind A. Gruben-Graham

There is a distinct difference between sensationalism and the sharing of stark truths. The former is a deliberate distortion of reality in order to bring about a desired response. The latter is an authentic communication in the pursuit of honesty. Evidence that our personal day-to-day habits are by far the greatest influence in sculpting our health has been collected, documented, and largely kept hidden from the public eye.

For decades, any meaningful information relating to diet and lifestyle's influence on human health has been trickling down from the scientific community as diluted drops of valueless advice, while stark truths accounting for the causes of all types of diseases, from the degenerative to the acute, have been aggressively guarded.

By keeping these truths under bureaucratic lock and key, medical professionals are assured that we will continue to rely upon them for our healthcare, and spend billions of dollars each year on drugs, surgery, and other invasive procedures. As long as we remain in the dark, we enable medical researchers to perpetually secure billions of dollars in grant money from pharmaceutical companies and other healthcare-related industries. The irony is that much of the research being carried out is for the purpose of finding cures for diseases that can be prevented.

The evolution of westernized people has resulted in most of us having strayed so far from our natural instincts, common sense, and innate body wisdom that we have become disempowered to the point of seeing life as a continual struggle to avoid suffering. We have become totally dependent upon an invasive, aggressive, and illogical system for our physical survival. But a few brave visionaries have dared to defy the medical and pharmaceutical dictators, offering the only real escape route from the clutches of drug and knife. Such revolutionary thinkers have arisen from the ashes of pain and suffering, flung open the windows, and let the light of truth flood into the darkest recesses of our diseased society. A few of them have been met with mere disdain, while many have been subjected to ridicule, violence, and ostracism.

The book you hold in your hands is a courageous attempt from one exceptionally brilliant man to offer you stark truths about your health. What is offered within these pages is not sensationalism of a radical philosophy, but a sincere attempt to contribute to the healing of our world. The words contained within were born from one man's passion; a passion

that ignited in his heart upon discovering fundamental natural laws which, if honored, hold the secret key to your personal health liberation and the survival of our species.

Preface

The main purpose of this book is to acquaint you with the things a human being requires to experience vibrant health, and with the things a human being requires to have the best odds of avoiding degenerative disease. You will likely find this book to be thought-provoking, and it will no doubt challenge some of your long-held beliefs. This is a good thing, especially if those beliefs are based on false and/or misleading information; in-other-words, beliefs that are not in your best interest, health-wise. If you can temporarily suspend any disbelief you may experience while reading this book, and read what follows with an open mind, you'll be able to take advantage of the enlightening and empowering information contained within. On the other hand, if after getting through a few chapters, you lose interest and toss this book aside, you will have made those who fear independent thought, and those who profit at the expense of ill-health, very happy. But if you can come to embrace some of the views of healthful living outlined in this book, *you'll* be very happy.

“Be not the slave of your own past – plunge into the sublime seas, dive deep, and swim far, so you shall come back with new self-respect, with new power, and with an advanced experience that shall explain and overlook the old.” – Ralph Waldo Emerson

Why I Wrote This Book

At the conclusion of many of my lectures and classes I'm often told, "You should write a book." Unlike many writers, there was no inner force driving me to write this book; I much prefer presenting this information in person. But after hearing the above suggestion enough times, I got the message – a book would help get *my* message out to a larger audience... so, here it is!

But ultimately my motivation for doing what I do, whether through my writings or my talks, is this: I don't like seeing people being taken advantage of. I had a taste of this as a child, and I didn't enjoy it. And I couldn't relate to those who took advantage of others. How could they do it? I would never do it. Was I being judgmental? Was it simply a matter of "to each their own"? Well, no, it wasn't, because behaving this way harmed other people, so it was wrong; period. It doesn't matter if it's one person taking advantage of another, or if it's an industry of people taking advantage of a nation of people... it's wrong. And if what you lost was just some dollars, it wouldn't be all that bad; money comes and goes. But if what you lost was your health, your ability to be happy, and some of your lifespan, THAT'S unforgivable! So with that in mind, I penned this book. And my hope is that it will help you recognize when you're being taken advantage of at the expense of your health.

I also don't like being lied to. Untruthful information makes it impossible to make decisions that are in my best interest. And I don't like seeing other people being given false information either. The person giving it to you may believe it's true, and may honestly have your best interest at heart, but if the information is false, it's potentially harmful. You'll find this book filled with both fact and fiction. The good news is, they are labeled accordingly.

*"A lie travels around the world while
the truth is putting on its boots."*

Winston Churchill

Introduction

Animals in Nature don't need an instruction book to know how to live so that they can be vibrantly healthy. Their health is a product of their environment, and since they don't have free-will, their instincts will guide them accordingly. So as long as they remain in their biological "eco-niche", and get enough to eat without being eaten, barring accidents (and human intervention), they'll most likely live out their longevity potentials in reasonably robust health.

But when you take an animal out of its natural environment, and place it in an unnatural environment, all bets are off; his hardwired instincts will be of little help. Look at what happens when other animal species live in our society. They no longer get to eat what they would in Nature, very often their ability to be physically active is hampered, and there may be some stress associated with not being able to roam as they would in their natural habitat. The end result is, they're not as healthy as they could be. One only needs to look at the abundance of animal hospitals, veterinarians, and services that automatically mail your pet's medications to you on a monthly basis, to see that domesticated animals suffer from many of the same diseases we do... diseases they would not suffer from in the wild.

PLEASE DO NOT FEED THE DEER

They are wild animals, not pets or domestic animals,
and they experience problems when they are given
foods that they would not encounter in nature.

Sign at *Redtop Mountain State Park*, Acworth, Georgia

In a sense, today's human beings are not unlike the domesticated animals we live with; we no longer roam the great outdoors, finding our food where it grows, and getting plenty of physical activity, fresh air, clean water, and sunshine in the process. But that's what we're *designed* to do! So unless we find a way to approximate that behavior in our current culture, "bio-logic" dictates that our health will suffer accordingly. And the consequence of our living in an unnatural environment is evidenced by today's ever increasing ill-health.

Humans are a very programmable species. Unlike other animals, we don't come into this world knowing what we need to do to survive. If our parents abandoned us at birth, and we were left to fend for ourselves, we'd be goners. We need to be raised; to be patterned. We learn by observing the actions of others, and mimicking what we observe. This serves us well when what we experience is health-enhancing behavior. But if the programming we receive from our parents, peers, and the media cultivates habits within us that erode the vibrant health we were born with, and promote ill-health as we age, then we truly need a "maintenance manual" if we want to be able to take advantage of our health potential.

What we *really* need to be healthy is a healthy dose of reality. Just keep in mind that it may be hard to swallow because of how you've been conditioned.

"One sees what one wants to see when there is in mind a pre-conceived notion... A fervently believed idea, even if wrong, dies hard."

Hal Hellman

An Important Note about Reality

When comedian Robin Williams said, "Reality; what a concept!" it got me thinking. When we think in terms of how a person looks at life, we often classify them as either an optimist or a pessimist. But there's a third category; not as emotionally stimulating as the other two, but a real way of looking at things never-the-less. It's called being a realist. And although realists are not fun to converse with if they rock your boat-of-beliefs, if you want to base your beliefs on the truth, realists are precisely the people you want to cozy up to.

So let's get real for a moment. If you're not living in the real world, you're living in a _____ world; fill in the blank. Fantasy can be far more enjoyable than reality; just ask anyone who's spent time at Disneyland. But eventually you've got to get in your car and head back to the real world. Reality is where your liver, brain, blood, and intestines live. Your emotional "heart" may be elsewhere, but the heart that pumps blood all day exists in the real world. Indeed, every cell of your body is subject to the physical laws of Nature, and although your state of mind influences their operation to a degree, making believe you don't have cancer if you have it, isn't the best remedial route to take if you want to be healthy.

If you want to have the *best* odds of living a happy and healthy life, you need to be a realist when it comes to your health. I mention this because much of the information most people have regarding health and diet comes from a fantasy world; a world where you can have your cake and eat it too; literally. In that world, it's a fact that you can eat whatever you want, and lose weight. In the real world however, this is fiction. Oh you will lose weight, but you'll lose it along with your health. That's the reality of it. You can choose not to believe the reality part, but your health will follow the laws of Nature regardless of whose information *you* follow.

This book is for those who want to know the "realities of health". It's for those who want to know the truth "though the heavens may fall", meaning you may not always like what you hear; indeed, a lot of what you'll discover will tick you off. But no one likes being taken advantage of. And when you realize this has happened to you, and it's at the expense of your health, and it was for the sake of profit, it *should* frost your cookies.

This enlightening information would be frustrating if you didn't know what you could do about it, so the goal of this book is to be both informative *and* educational. You'll be empowered to be able to adjust aspects of your life for the better... for *your* benefit, not the benefit of some industry's financial bottom line.

“Reality isn't the way you wish things to be, nor the way they appear to be, but the way they actually are.”

Robert J. Ringer

1

How Healthy Do You Want to Be?

If there's one thing that has amazed me about human nature, it's the vastly different degrees to which people value their health. For some, it's one of their highest priorities, while others couldn't care less.

Obviously this book is for those who *do* care. But it's important that you understand why some people care very little about their health, because as you make health-enhancing adjustments to your lifestyle, those people are going to take notice, and they may see your new lifestyle habits as a condemnation of their own, even though you haven't said a word to them about what you're doing.

I've met people who lead miserable lives, and wouldn't consider doing anything that would prolong their unhappy existence. And I've met people who were in love with life; who cherished every minute, and these folks were all ears when it came to hearing of ways to be healthier. Think of the difference like this: Have you ever been at a party where you were having the absolute worst time? It wasn't so bad that you'd leave the party prematurely, but the end of the party couldn't come soon enough. This is in contrast to being at a party where you're having an absolutely *marvelous* time, and you don't want it to ever end. The sad truth is, some people are just not "enjoying the party"; and you may think this is simply a psychological issue, but your physical state of health greatly affects your emotional state of health.

The *Mind-Body Connection* gets a lot of press. You can't pick up an alternative health magazine without finding an article about how your state of mind affects your physical health. But what about its counterpart, the *Body-Mind Connection*? It plays just as big a role, but we don't hear much about it.

Your physical health greatly affects your emotional well-being; more than most people realize. But the pharmaceutical industry would rather you control your emotional state with drugs, and the food industry would rather you alter your mood with food (grain products contain opioids, dairy products contain caso-morphine, and there's a substance in chocolate that can make you feel like you're in love). But these methods negatively affect your physical health, which in

turn negatively affects your emotions, which makes you gravitate towards mood altering foods and pharmaceuticals; a vicious cycle, but one that's very profitable for certain industries.

If you want to be able to experience your "happiness potential", there's one thing you *must* do: become physically healthy. I've had experience with many people who've modified the way they lived in order to deal with a serious health problem, and who invariably reported the side benefit of being happier, less stressed, less snippy, more tolerant (of things like being stuck in traffic and "the kids"), and this emotional change for the better was not merely as a result of being glad they were no longer plagued with a health problem. The less irritated the body is, the less irritable you will be. The less burdened the body is, the less burdened you will feel. Make no mistake about it, these things go hand-in-hand.

Ever notice how easy it is to make some babies smile, and how other babies are cranky a lot? The easy-to-smile and laugh state of being is our *normal* state. But if that baby is irritated on the inside, he will be irritated emotionally. Try this exercise: Think back to a time when you laughed heartily. Now, in your mind, go back to the moment just before you laughed, but this time you've got a headache, a toothache, and you just hit your thumb with a hammer. And now here comes the funny thing that made you laugh... Did you laugh this time? This illustrates how your physical state affects your emotional state. As your body's health goes, so goes your emotional health.

Other aspects of the physical realm that directly affect mood are: not enough sunshine, being sub-clinically dehydrated, nutrient deficiencies, not enough physical activity, and consuming hormones which cause hormonal imbalances. These will be covered in later chapters.

So if the people who are not currently "enjoying the party" could be made to understand the *Body-Mind Connection*, and they possess the wisdom and wherewithal to make adjustments in their lifestyle habits, they would then have the opportunity to be at a party they hope never ends.

There's another category of individual, one who definitely enjoys life, but doesn't give a rat's rump about his health. These folks couldn't imagine living without their beer, cigarettes, burgers, ice cream, coffee, donuts, recreational drugs, etc. And they are being perfectly honest with you when they tell you that they know their lifestyle will kill them prematurely, and that this is fine-'n-dandy with them. Although I

personally can't relate to their way of living, I respect their decision to live the way they do because they are not fooling themselves into thinking they can burn the candle at both ends and it won't affect their health.

My experience has been that when you become healthy, those mood-altering items mentioned above make you feel *worse* instead of better. To say that when you regain vibrant health you can then be "high on life" wouldn't be an exaggeration. Hard to imagine? Of course it is... until you experience it.

And let's not forget about those who simply believe it (disease) won't happen to them. Children's subconscious feeling of immortality lets them do some very unwise things, but they (hopefully) learn from their unwise decisions. Some adults are no more than children in older bodies. And even if presented with compelling evidence of the health-damaging effects of holding a cell phone up to their head, they'll dismiss the information out-of-hand and continue the practice because that's what they want to do. The problem is, learning from these kinds of unwise decisions may include needless suffering and premature death... and that's one heck of a serious lesson.

It may feel nice to have an optimistic outlook and believe "it" won't happen to you, but realistically, unless you're doing what's necessary to support your belief, it's nothing more than wishful thinking. And in my experience, those who have this unrealistically optimistic outlook, and won't listen to anything having to do with healthful-living habits, are very similar to the type of individual mentioned above who knows that their lifestyle choices are going to do them in, except that these folks are not being honest with themselves.

You DO Have a Choice!

Let's take a survey. If you had a choice, what would you rather die of: A) accident, B) degenerative disease, or C) natural causes (old age in reasonably good health)? Everyone picks C, but they're quick to say that this is a silly survey, because most people today die from a disease. And the Center for Disease Control (CDC) would confirm that. Hardly anyone is dying from old age anymore. But there was a time when many people did! There was a time when it was on the CDC's "Top 20 Causes of Death" list, but not anymore. Why not? It's no longer "statistically significant". And that's sad. But the survey did say, "If you had a choice..." and the fact is, you DO have a choice; you DON'T have to die from a degenerative disease (but you wouldn't think so by looking at today's

society). If you chose C, this book will help you achieve that most valuable commodity: vibrant health.

All or Nothing at All?

Must you embrace *all* the healthful-living practices outlined in this book? Of course not. There are some folks who, for one reason or another, will adopt *some* healthful habits, but not all; and their health will improve proportionally. The more healthy lifestyle habits you embrace, the healthier you will be. And although what you're *willing* to do plays a part in your decisions, remember, how much you do should depend heavily on how healthy and disease-free you *desire* to be. Being that old habits die hard, making sure your desires drive your decisions gives you the best chance of achieving your health-improvement goals.

“Your soul will shout for joy and triumph over all misery of life, leaving it all behind you. For the first time you will feel a vibration of vitality through your body that shakes you delightfully”.

Arnold Ehret commenting on the benefits of regaining your health through healthy living.

2

Disease: Prevention vs Avoidance

Mmmm, a sunny day, comfortable temperatures, fresh air; feels good, doesn't it? But could you enjoy beautiful weather if you had a migraine headache, a tooth that needed a root canal, arthritis, asthma, and you were undergoing kidney dialysis, chemotherapy, and were on 12 different medications? Probably not.

As I pointed out in the previous chapter, the healthier you are physically, the easier it is to enjoy life. I just wanted to re-plant that thought in your mind so you would keep it close at hand while you ponder this very important chapter.

First, let's take another survey: Please pick one...

- A. I'd rather get cancer and try and get rid of it.
- B. I'd rather not get cancer in the first place.

Everyone answers "B"; it's a no-brainer. But what is the best way to achieve this most worthy goal? There are many differing opinions. And to complicate matters even further, there are "experts" who say that there is very little you can do about it. Some say there is no way to prevent cancer. And they also say, "We don't know what causes cancer". The fact is, we *do* know what causes cancer, and other degenerative diseases. So, do the experts not know? Or do they know, but aren't saying? There must be a reason the information isn't made public. Could it be because there's a huge amount of \$\$\$ involved? (Today there are more people making a living from disease than dying from it, and when an industry is big business, don't expect to get the truth from it – or from anyone it influences – if the truth will jeopardize the industry's profit margin.)

Now let's look at cancer prevention. But don't look to sources like the American Cancer Society (ACS) for information on prevention. They have a long-standing track record of indifference and even hostility to cancer prevention. Why? In the case of the ACS, they are a society whose charter says that they will disband once cancer is no longer an "epidemic". I'm of the belief that the hefty salaries of the upper management at ACS may be affecting their judgment just a tad.

Some health practitioners advocate early detection as a way to deal with disease. This is not my idea of prevention (see the survey on the

previous page). Should you avail yourself of the things that cause cancer until cancer is detected, and then stop doing the things that caused it and begin treatment? Or should you take a pre-emptive approach, and stop doing the things that cause cancer BEFORE cancerous cells get out of hand. (Note: We all have cancerous cells in our body every day. Cancerous cells are NOT the problem. As long as our body can stay ahead of these cells growing into a mass, we'll be fine, and we can live our entire lives without "cancer" as we know it today.)

Some health practitioners recommend consuming pills or potions or doing therapies to fight a disease that you're "predisposed" to, as a preventative measure. This too is not my idea of prevention.

So I don't use the term "prevention" because its meaning has been co-opted. I say, let's *avoid* disease. Let's not get it and then fight it. I say let's not let it begin getting out of hand in the first place! THAT'S how to have the best chance of never being diagnosed with it.

So how do we avoid cancer, arthritis, heart attacks, diabetes, etc? First let's look at the one basic cause of *all* degenerative disease:

The Cumulative Effects of the Contributing Factors

This is what causes cancer and other diseases; the contributing factors' effects over time. So once you know what the contributing factors are, there's no reason for you to get cancer, or any other degenerative disease for that matter. Here now are the contributing factors (they will be covered in more detail in later chapters).

DIET – Eating foods that contain toxins (like pesticides, dioxin, PCBs, mercury), eating damaged foods (foods that have been exposed to something that damages and/or destroys nutrients, like microwaves, or heating the food above 105 degrees), and eating low water-content foods like chips, meat, and bread. The more fresh, ripe, organic, whole, undamaged fruits, vegetables, nuts and seeds you eat, and the less cooked animal products you eat, the better your chances of avoiding cancer (milk products, for example, are a rocket fuel for cancer).

EXERCISE – Not getting enough. Cancerous cells are eliminated from the body via the lymphatic system. Lymph fluid is circulated by the motion of the body. When the body doesn't move enough, the lymph fluid stagnates, and cancerous cells stay put and can multiply. Vigorous walking and jumping on a trampoline are best. Running is good for the

lymph system, but not so good for the skeletal system. Do something that's good for both.

SLEEP – Lack of sleep, especially deep sleep, is a causative factor in disease. Don't eat just before bed, don't take problems to bed with you, sleep in a 100% dark room, and get an alarm clock that doesn't wake you out of a deep sleep.

SUNSHINE – Lack of sunshine on our skin allows cancer to grow by hampering our body's ability to deal with cancer. Myth: Sun causes skin cancer. Reality: It doesn't. It can be a secondary factor if you're eliminating toxins through your pores and you get a sunburn, but in most cases it isn't the primary cause (there are cultures that get tons of sun, yet don't get skin cancer, and there are folks who get malignant melanomas that never got a lot of sun).

WATER – Chronic dehydration is a big factor in cancer. Drinking with your meals is not good. If you feel the need to drink with a meal, then the meal is probably a low water-content meal, and we're designed for medium to high water-content foods. Drinking water that contains toxins is a major factor in cancer; don't drink unfiltered tap water, use a high quality solid carbon block filter. Filters that claim to alkalinize, oxygenate, or structure the water are a waste of money.

STRESS – If you want disease, one of the best ways to get it is to be stressed. Stress severely taxes our immune system which allows disease to flourish. The good news: the healthier you are physically, the happier you will be emotionally, and therefore the less stress you will experience.

TOXINS & POISONS – This is a big contributing factor, but one that we have a lot of control over. Eat organically grown foods, don't drink alcohol, don't smoke, don't put products on your body that contain chemicals, don't damage your food (which creates toxins), and don't hold your cell phone up to your head while you're talking (use an ear piece). Toxins are a huge cause of cancer because of what I call the *Double Whammy Effect*. Toxins do two things: they cause cancerous cells, AND they burden the body's ability to deal with those cancerous cells... a devastating combination.

How much of those recommendations would you consider embracing? I guess it all depends on how much you want to avoid cancer (and all the other degenerative diseases that are caused by the same things that cause cancer). Do you think your odds of not dying from cancer would be

better if you embraced the above recommendations *before* you received a diagnosis of cancer, or after? Silly question, yes, but most people wait until they get a disease to start doing something about it. You have a choice to not be one of those people.

And what about the hundreds of therapies that are touted to help prevent cancer? Those seven items mentioned above are the Basics of Health. As I've said, if you're not paying attention to these basics, all the therapies in the world are going to have the same affect on disease prevention as you spitting into the ocean has on the ocean. Strong words, yes, but it needs to be said. Too many people who have put their faith in therapies and treatments, while not paying attention to the Basics of Health, have died from diseases that were preventable. This is a serious situation. Today about one out of 1.4 people will get cancer, and people who are diagnosed with it will die prematurely. Make no mistake about it, many are dying *not* from a chemotherapy deficiency, but from an *information* deficiency.

Harvey Diamond, author of *Fit for Life – A New Beginning*, writes...

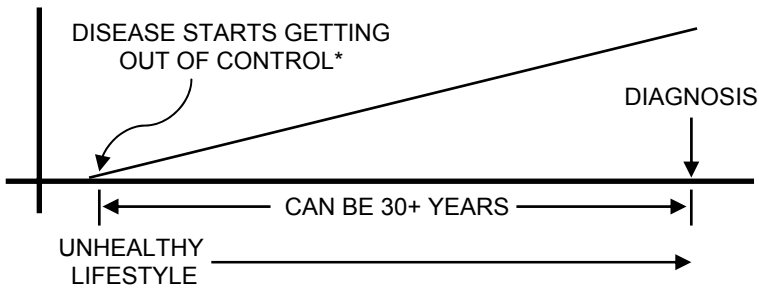
“Cancer is not the problem, it is the end result of a problem. And because this simple truth has been so universally misunderstood, billions upon billions of dollars have been squandered in a futile attempt to treat and/or cure people after it’s too late, and they are in jeopardy of losing their life. Worse yet is that so many millions of people suffer immeasurably before ultimately dying unnecessarily from something that could have been prevented in the first place. In fact, I am hard-pressed to think of any malady easier to prevent than cancer.”

This goes for all other degenerative diseases too. It's amazing how many conditions you've been led to believe aren't preventable, but in fact are very avoidable... if you're aware of the realities of health.

[Snip]

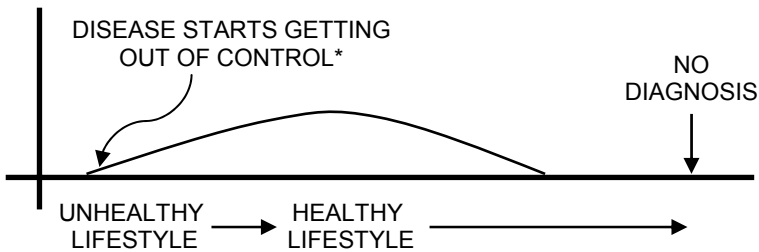
Disease Timeline

Disease doesn't occur overnight. In most cases it can take years, even decades, to progress to the point where you get symptoms; the diagnosis of a serious disease may seem sudden, but the disease was a-long-time-in-the-making to get to that point.



* Disease progresses faster than the body can deal with it.

By respecting your body, and the laws of Nature, you can have the best odds of experiencing a much different timeline...



* Disease progresses faster than the body can deal with it.

“When health is absent, wisdom cannot reveal itself, art cannot manifest, strength is not to be found, wealth becomes useless, and reason becomes powerless.”

*Herophiles, 300 B.C.
Physician to Alexander the Great*

5

Health 101

When I ask people, “How do you feel?”, many times I hear, “Fine!” But I have experienced, first-hand, that even while feeling fine, degenerative disease can be developing. And if you’re like most Americans, it probably is. I’m not trying to scare you, but the numbers don’t lie.

And like many people, you probably aren’t experiencing optimal health. Why is this?

- Optimal health isn’t good for certain industries: (health-care, medical, pharmaceutical, media, and certain food-product industries)
- Public school didn’t teach you how to attain and maintain optimal health.
- Today’s mainstream media wears blinders regarding the dissemination of objective, optimal health information.
- Today’s medical schools don’t advocate a natural approach to health maintenance, instead focusing on diagnosis and treatment of disease and its symptoms, therefore...
- The vast majority of medical professionals can’t help people attain optimal health because they don’t know how; they can only practice what they’ve been taught.
- You’ve probably been conditioned to some degree to believe the following...

...ill-health, aches, pains and disease are a natural part of aging and are inevitable.

...your diseases can best be treated by the medical/pharmaceutical industry.

...anything in moderation is okay.

...you're gonna be dead one day anyway, so eat, drink, and be merry.

...certain things are healthy for you (when they're anything but).

It's no wonder why most people never experience their true health potential.

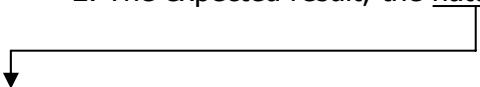
Now ask yourself, "If I could feel better, enjoy a higher quality-of-life now and in the future, reduce my odds of needing hospital visits/invasive surgical procedures/medical treatments by greatly reducing my risk of cancer, coronary artery disease, stroke, diabetes, arthritis and who knows what else, wouldn't I want to know how?"

Now, if your first thought is, "I'll bet this'll require tons of sacrifice, and sure, I'll be healthier, but I'll be miserable...", you owe it to yourself to ask yourself this question: If after attaining a high level of health (where you *really* look and feel better) you were to realize that although you've made some lifestyle adjustments, you don't feel like you've sacrificed anything; and you're not only *not* miserable, but you feel better mentally and emotionally too, wouldn't you want to give yourself the chance to attain this?

Most people would, but they don't try because they don't know it's even possible, and they don't have the necessary information. So they're destined to live a normal life, with all its physical maladies, aches, pains, various degenerative diseases, and common ailments, and to live out what they've all come to believe is a normal lifespan. In reality what they're likely to get is an *average* lifespan, and this may be the norm, but it certainly isn't normal for a human being. And it isn't the lifespan Nature intended; it isn't *natural*.

Please remember this: There's a big difference between normal as in "the norm", and normal as in "natural".

- Normal: 1. Conforming with a standard; typical; average; the norm.
2. The expected result; the natural outcome.



Natural: Conforming to the usual or ordinary course of Nature.

When you look at the number of people who have had their lives turned upside down due to their own degenerative disease, or that of a loved one, or you see those who simply experience a crummy quality-of-life and die prematurely, and you realize that this is the average person, health-wise, do you really want to be one of the average people? Or would you rather have a *natural* level of health?

What is “natural health”?

Let’s look at the life of an automobile. We can assume that if we give it the fuel it’s designed for, and we maintain it by not doing things to it that would lead to its premature demise, barring any defects or accidents, it will “live out” a normal lifespan, and run at peak performance. This means that even though you could put vodka in its gas tank, and it may appear to run just fine, you would, never-the-less, be shortening the life of the engine and other associated systems, leading to the car’s premature “death”.

If you treated it in a way it wasn’t designed to be treated, you would, over time, wear out and degrade certain parts so that you would not attain the full potential from those parts, and, again, this would contribute to its premature death.

And if you were to maintain the car according to what some well-intentioned, but misinformed person recommended, you may also find that your car didn’t last as long as it could have. And you might seek out the advice of a professional who, unbeknownst to you, performs unnecessary procedures on the car, which wastes your time and money, and may contribute to additional procedures being necessary in the future.

Or you could educate yourself (much to the dismay of the professionals) and maintain the car on your own, or at the very least, be an “informed consumer” who knows when they’re being given professional advice that is not in their best interests.

The above analogies also hold true for the human body. There are things it needs, and it needs these things in certain amounts. If you don’t give it these things, and in the amounts it needs, you probably aren’t operating anywhere near peak performance, and you’re probably not experiencing your maximal quality-of-life, and you may be shortening your body’s potential lifespan. (Please keep in mind, too much of a

needed thing can be more damaging to your body than too little. Most degenerative diseases today are diseases of excess, *not* of deficiency.)

And let's not forget about the things your body doesn't need and doesn't want (even though *you* may want them). These things are usually contributing factors to ill-health. Do you *really* want these things? Or have you been conditioned to desire them, for the sake of some industry's profit, at the expense of your health? (I don't know about you, but I don't like being taken advantage of.)

What can you do to give yourself the best chance of living a healthy life?

1. Listen to your body... ignoring it can be disastrous. Pay attention to its warning signs... learn what they are. And look for the underlying causes of these signs/symptoms, instead of merely treating the symptoms.

2. Decide who you are. Are you your own person, or are you, instead, someone whose behavior is dictated by corporations for the sake of their financial bottom line (to them, you are simply a revenue generating unit). Who do *you* want to be?

3. Question the wisdom of your actions. Do you work against your body's natural desires? If it wants to perspire, do you decide otherwise and seek out a chemical that will stop the process? If your body wants to correct less than perfect vision, do you hinder this process in some way so that you short-circuit your body's attempt at correction? (I wore glasses, but no longer need to. At first I thought this was amazing, but now I see it's just Mother Nature doing her thing). Do you wear certain articles of clothing that cause you discomfort because "it's what a woman/man wears"? Or would it be wise to refrain from wearing things that could contribute to back pain, breast cancer, allergies, etc.? Do you eat or drink things that taste "good", but bring you discomfort?

4. Question things you took for granted. Take what you see on television at face value... think about it... consider such things as agendas, motives, and the economics of advertising. Remember, it's called television *programming* for a reason. Do you believe that television presents information in a fair, even-handed, and unbiased way? Beware of half-truths and misleading info. The same holds true for other forms of media, and for things such as for-a-fee alternative health care newsletters and services.

5. Get introspective. Question *why* you do what you do. Are you doing it because you really want to, or are you doing it to conform to what society or certain industries want you to do. If it's the latter, these lifestyle choices may not be in your best interest, health-wise. (Remember, these industries have powerful motivational armies consisting of ad agencies, radio and television programming, and a very influential but unwitting sales force made up of your friends, family, and co-workers; people who are both consumers and defenders of these industry's health-damaging products).

6. Educate yourself. Learn to distinguish between mis-informative "facts", and real facts regarding natural health. Read books on natural healing (99.9% of the time only the body is capable of accomplishing complete and permanent healing; drugs and herbs do not cure, only the body can cure). Look into the *science of health* (called *hygiene*, the word is now taken to mean "cleanliness", but that was not its original definition).

7. Seek a health strategy that bases its practices on Nature and scientific principles. If it doesn't offer you an in-depth understanding of your true health needs – fresh wholesome foods, adequate physical activity, sufficient rest and sleep, fresh air, pure-as-possible water, not-too-much-not-too-little sunshine, toxin avoidance, self-esteem, laughter, and healthy interpersonal relationships – then you're doing yourself a disservice if your goal is to live to your health, happiness, and longevity potentials.

"He who knows nothing is nearer to the truth than he whose mind is filled with falsehoods and errors." – Thomas Jefferson



Hygia

The Greek Goddess of Health
(One of the lesser known Goddesses.)

This book is based on the principles of hygiene. A turn-of-the-century dictionary definition of hygiene was “the study of the science of health”. Hygiene may be further defined as being the science and art of restoring and preserving health by those substances and influences that have a normal relation to life: healthy food, pure water, sunlight, rest, sleep, relaxation, physical activity, play, comfortable environment, and positive social relationships. It covers the total needs of humans, and not merely a few of their requirements. Hygiene is neither a practice of medicine, a “healing art”, nor a system of therapeutics. It offers no cures, does not pretend to cure, and in fact strives to debunk the popular notion of cures. Instead, hygiene emphasizes that adherence to its principles, which are based on the Laws of Nature, permits the body to heal itself.

6

The Basics of Health

Any discussion of health requires a basic understanding of some of the maxims of health. A maxim is simply a truism. It doesn't require multiple peer-reviewed double-blind studies to validate what it says; it simply is so.

Maxim of Health: Unless you are paying attention to *all* the Basics of Health, it is physiologically impossible to be as healthy as your body is capable of being.

Maxim of Health: Unless you are paying *equal* attention to all the Basics of Health, it is physiologically impossible to be as healthy as your body is capable of being.

Many people focus on one or maybe two Basics of Health, and don't pay much attention, if any, to the others. Some concentrate on diet while not being physically active, some diligently get the exercise their body needs but feed it unhealthy food, and some work at keeping their stress levels low but don't get enough sleep. In today's society, diet seems to get a disproportionate amount of attention compared to the other Basics of Health, and some of those basics are tainted with so much misinformation that people can make only ill-informed decisions, which of course isn't in their best interests, health-wise.

Maxim of Health: If you're not abiding by all the Basics of Health, all the therapies and practices in the world...

Antioxidant Therapy, Aromatherapy, Energy Therapy, Essential Oil Therapy, Chiropractic, Transformational Breathing, Acupressure, Acupuncture, Biofeedback, Hypnotherapy, Colon Therapy, Crystal Therapy, Consegrity Therapy, Color Therapy, Chelation Therapy, Craniosacral Therapy, Reflexology, Neuro-muscular Therapy, Urine Therapy, Reiki, Bee Venom Therapy, Passive Positional Therapy, Bach Flower Therapy, Therapeutic Touch Therapy, Herbal Therapy, Sound Therapy, Applied Kinesiology, Bioenergetic Synchronization Therapy, Oxygen Therapy, DNA Activations, etc...

...aren't going to do you much good. And if you *are* adhering to all the Basics of Health, you probably wouldn't benefit much from therapies (assuming they are, in reality, beneficial).

Also, drugs and therapies can give people a false sense of security, and therefore might be used in place of truly helpful things that could be of *real* benefit.

A few clarifying points regarding therapies: I don't consider massage a therapy, I consider it a healthy part of one's lifestyle; colonics may be useful in certain situations but *not* on an ongoing/regular basis; if your breathing is shallow, you may benefit from a breathing workshop; if you wear glasses, you may benefit from an eyesight improvement workshop.

Maxim of Health: The more in harmony you live with (your) Nature, the healthier you will be.

Simply put, the further away you live from Nature's Basics of Health, the less healthy you can be.

The Basics of Health	Factors in Disease
Physical activity	Physical activity
Diet	Diet
Water	Water
Sunshine	Sunshine
Sleep	Sleep
Stress management	Stress
Toxin avoidance	Toxins
Information	Misinformation

As you can see from the two lists above, health and disease are caused by the same things. For example: In health, enough and appropriate exercise; in disease, not enough and/or worthless exercise (or worse, harmful exercise). In both health and ill-health, you need the exact same things: enough sleep, enough relaxation, enough water, enough stress management, enough sunshine, enough toxin avoidance, and enough food (which may be none when you're ill). Vibrant health and

ill-health are a continuum; they are two sides of the same coin. Just as you can cause ill-health, you can also cause vibrant health.

And being healthy is not simply a lack of symptoms. Cancer can take decades to grow to the point where you begin to experience noticeable symptoms. And those folks who succumb to a fatal heart attack usually get no physical warnings of what is about to happen (although their lifestyle practices often suggest the probability).

Many people today are quick to accept ill-health as the normal consequence of growing older, and if you agree with that contention, it then becomes a self-fulfilling prophecy. If you assume that aches, pains, and symptoms requiring medication are inevitable, then you won't be open to hearing information that suggests otherwise. In today's society vibrant health isn't the norm, but it's what you deserve, and will very likely get when you respect the Basics of Health.

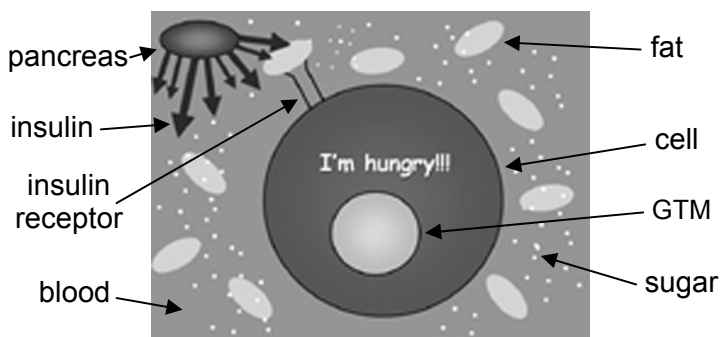
*“Vitality and beauty are gifts
of Nature for those who live
according to its laws.”*

Leonardo da Vinci

The Cure for Diabetes and Candidiasis

When we consume processed foods that are high in fat, the fat can interfere with sugar getting out of the blood and into the cells. When there's too much sugar in the blood for a prolonged period, an overgrowth of the yeast, candida, can develop as a consequence of dealing with the sustained high blood sugar. Know anyone with candidiasis? It's easily avoided if you cut out eating high fat foods, and eat "fatty" natural foods in appropriate amounts (There is more to the candidiasis issue such as replenishing good intestinal flora after taking antibiotics, but take heart, candidiasis is easily resolved – there is no reason to have it for a prolonged period of time).

Diabetes can be caused by the exact same thing: too much fat in the diet results in too much fat in the blood. And if that fat prevents insulin from coming in contact with a cell's insulin receptor, the cell cannot take in the sugar. Result: The blood's sugar level starts getting dangerously high (and cells are starved for fuel). The poor pancreas (and adrenals) becomes overworked trying to pump out more insulin in an effort to bring down the excessively high blood sugar level. Eventually the pancreas can get worn out; it isn't dead, only in need of a rest. I personally know people who were taking insulin to control their Type 2 diabetes, who were able to come off their medication and have normal blood sugar levels. The cure? A whole food, plant-based diet that didn't provide too much fat, and, naturally, an adherence to the other Basics of Health as well. The diagram below illustrates the condition that leads to diabetes and candidiasis.



In this diagram, the round object inside the cell is the cell's Glucose Transporter Module (GTM). Normally, when the pancreas releases insulin,

the insulin comes in contact with a cell's insulin receptor which triggers the GTM to move to the cell wall and merge its membrane with the cell's membrane which allows sugar to move out of the blood and into the cell. But the excess fat in the blood prevents the insulin from touching the cell's insulin receptor, so the GTM gets no signal to move; and because this happens to many cells, blood sugar rises. Lower the fat, and eliminate cooked animal fat and processed oils, and the problem can resolve itself.

Dr. Charles Attwood once described a pint of blood he had drawn from a patient. Just prior to drawing the blood, the young man had eaten hamburgers, fries, and a milk shake. The blood was "murky and opaque," according to Dr. Attwood. "After 15 minutes, a one-half inch layer of fat had risen to the top of the plastic package containing the blood."

See also: *The Conservative Management of Diabetes* at health101.org

Adequate vitamin D production (from sufficient sunshine) is important for calcium utilization. And there is growing evidence that sufficient vitamin D levels may reduce the risk of breast and prostate cancers, type 1 **diabetes**, PMS, and polycystic ovarian syndrome.

A Scandinavian research study found that babies who were given 50 micrograms of vitamin D per day as a supplement had about one sixth of the incidence of type 1 (juvenile) diabetes, compared with those not given the supplement. The higher above the equator you are, the less sun you'll get, and Scandinavia is further north than the U.S.

"Let me state here my position on the eating of meat. Neither I nor my wife eat meat. I concluded long ago, through my studies, that if I wanted to have the health and longevity that Nature intended, I would consider the consumption of meat a serious deterrent to her work." – Dr. Norman Walker

Raw Food Studies

Those who say there are no studies showing that a plant-based diet is healthier than an animal-based diet, simply haven't looked for them... they exist. I've put some of these studies on the health101.org website; here are a few excerpts.

Antioxidant Status in Long-Term Adherents to a Strict Uncooked Vegan Diet

Rauma AL, Torronen R, Hanninen O, Verhagen H, Mykkanen H. Department of Clinical Nutrition, University of Kuopio, Finland.

Am J Clin Nutr 1995 Dec;62(6):1221-1227

“...The present data indicate that the ‘raw food diet’ provides significantly more dietary antioxidants than does the cooked, omnivorous diet, and that the long-term adherents to this diet have a better antioxidant status than do omnivorous control subjects.”

Effect of a Strict Vegan Diet on Energy and Nutrient Intakes by Finnish Rheumatoid Patients

Department of Clinical Nutrition, University of Kuopio, Finland

Eur J Clin Nutr 1993 Oct;47(10):747-749

“...Shifting to the uncooked vegan diet significantly increased the intakes of energy and many nutrients. In spite of the increased energy intake, the group on the vegan diet lost 9% of their body weight during the intervention period...”

Vegan Diet in Physiological Health Promotion

Hanninen O, Rauma AL, Kaartinen K, Nenonen M.

Department of Physiology, University of Kuopio, Finland.

Acta Physiol Hung 1999;86(3-4):171-180

“...The fibromyalgic subjects eating raw foods lost weight compared to their omnivorous controls. The results on their joint stiffness and pain (visual analogue scale), on their quality of sleep, on their health assessment questionnaire, and on their general health questionnaire all improved. It appears that the adoption of a vegan diet exemplified by a raw food diet leads to a lessening of several health risk factors to cardiovascular diseases and cancer. Rheumatoid patients subjectively benefited from the vegan diet which was also seen in serum parameters and fecal analyses.”

Knowledge is Power

[Snip]

A discussion of the problems with an animal-based diet wouldn't be complete without mentioning the hazards of dairy products. Whole books have been written on this subject, so I'll just touch on a few of the more important issues. And no one says it better than Robert Cohen, the "Not Milk Man"...

IGF-1, A Hormone We Have in Common

"In 1962, a protein hormone was identified and named Insulin-like Growth Factor One (IGF-1).

There are approximately 4,700 different mammals in the animal kingdom, and millions of different proteins and hormones in Nature. Life has such remarkable diversity, yet there is one hormone that is the same in two different species. The most powerful growth hormone in the human body is IGF-1. That is also the most powerful growth hormone to be found in a cow's body. Protein hormones are made up of amino acids. Human IGF-1 and bovine IGF-1 each contain 70 amino acids in the *identical* sequence. Bovine IGF-1 and human IGF-1 are the same!

Humans manufacture IGF-1 in their bodies, but they can also get it from milk, cheese, and ice cream. IGF-1 has been identified as a key factor in the growth of every human cancer. Consume dairy products, and you double the amount of (free and unbound) IGF-1 in your body. The nations with the highest rates of breast cancer include Denmark, Norway, Holland, and Sweden, closely followed by the U.S. These nations also have the highest per-capita consumption rates of milk and cheese. Coincidence?

When consumed in cow's milk and other dairy products, IGF-1 survives digestion (and pasteurization). Breast feeding works to protect lactoferrins and immunoglobulins from digestion (which benefits the nursing infant); milk is a hormonal delivery system. By consuming dairy products, you deliver IGF-1 in a bioactive form to your body's cells. When IGF-1 from cow products alights upon an existing cancer, it's like pouring gasoline on a fire; what were once cancerous cells under control, is now cancer as we know it today.

The "healthiest" organic milk from the most pampered cow naturally contains powerful steroid and protein growth hormones, but these are

meant for baby calves, not for baby humans, and certainly not for adult humans. But if this fact weren't bad enough, the February, 2006 issue of the journal *Dairy Science* contained a study in which levels of IGF-1 were measured in stored dairy products. Researchers found that after milk was homogenized, the bioavailability of IGF-1 becomes significantly higher when compared with that of un-homogenized milk.

Milk Builds Bigger Bodies, Not Stronger Ones

Blood serum levels of IGF-1 were measured in Danish children at the Department of Human Nutrition and the Centre for Advanced Food Studies, The Royal Veterinary and Agricultural University, Fredericksburg, Denmark, and the Department of Growth and Reproduction, Copenhagen.

Researchers had previously noted that intake of milk protein is associated with "greater velocity of linear growth in childhood." The objective of this study was to "examine associations between protein intake, serum insulin-like growth factor one (IGF-1) concentrations, and height in healthy children." Data led the scientists to conclude:

"Milk intake was positively associated with IGF-1 concentrations and height. An increase in milk intake from 200 to 600 ml/d corresponded to a 30% increase in circulating IGF-1."

When you combine this with the hundreds of studies in the scientific literature that have previously established that IGF-1 is a key factor in the proliferation and growth of every human cancer, shouldn't every parent be advised of the danger of ingesting cow IGF-1 for his or her children? And shouldn't every child be equally concerned for their parents and grandparents?

Milk and Cancer

"Human Insulin-like growth factor (IGF-1) and bovine IGF-1 are identical. Both contain 70 amino acids in the identical sequence." – Judith C. Juskevich and C. Greg Guyer. *SCIENCE*, vol. 249. August 24, 1990.

"IGF-1 accelerates the growth of breast cancer cells." – M. Lippman. *Science*, Vol. 259, January 29, 1993.

"IGF-1 has been identified as a key factor in breast cancer."
– Hankinson. *The Lancet*, vol. 351. May 9, 1998

“A strong positive association was observed between IGF-1 levels and prostate cancer risk.” – Science, vol. 279. January 23, 1998

“Insulin-like growth factors (IGFs), in particular IGF-1 and IGF-2, strongly stimulate the proliferation of a variety of cancer cells, including those from lung cancer. High plasma levels of IGF-1 were associated with an increased risk of lung cancer. Plasma levels of IGF-1 are higher...in patients with lung cancer than in control subjects.” – Journal of the National Cancer Institute, vol. 91, no. 2. January 20, 1999.

“The insulin-like growth factor (IGF) system is widely involved in human carcinogenesis. A significant association between high circulating IGF-1 concentrations and an increased risk of lung, colon, prostate and pre-menopausal breast cancer has recently been reported. Lowering plasma IGF-1 may thus represent an attractive strategy to be pursued.” – Int J Cancer, 2000 Aug, 87:4, 601-5.

“Serum IGF-1 levels increased significantly in milk drinkers.” – Robert P. Heaney, Journal of the American Dietetic Association, vol. 99, no. 10. October, 1999

“Increased circulating insulin-like growth factor one (IGF-1) concentrations have been associated with increased risk of several types of cancer, including colon, prostate, and breast.” – February, 2005 issue of the American Journal of Clinical Nutrition (2005 Feb;81,2:503-7)

“For prostate cancer, epidemiologic studies consistently show a positive association with high consumption of milk, dairy products, and meats.” – Giovannucci E., Adv Exp Med Biol 1999;472:29-42

“Higher intake of meat and dairy products has been associated with greater risk of prostate cancer...” – Willett WC, Salud Publica Mex 1997, Jul-Aug;39(4):298-309

“Positive correlations between foods and cancer mortality rates were particularly strong in the case of meats and milk for breast cancer, milk for prostate and ovarian cancer, and meats for colon cancer.” – Rose DP, Cancer 1986, Dec; 1;58(11):2363-71

“Diets high in dairy products and meats are related to higher risk of prostate cancer incidence or mortality in most ecologic, case-control, and

prospective studies.” – Giovannucci E., *Cancer Causes Control* 1998, Dec;9(6):567-82

“Suggestive positive associations were also seen between fatal prostate cancer and the consumption of milk, cheese, eggs, and meat.” – Snowdon DA, *Am J Epidemiol* 1984, Aug;120(2):244-50

“The strongest and most consistent effects are positive associations with animal products such as red meats, eggs, and dairy foods, and possibly by implication, fat.” – Giles G, Ireland P., *Int J Cancer* 1997; Suppl 10:13-7

“Biomarkers, including testosterone and insulin-like growth factor, and nutritional factors, especially meat, fat, and dairy intake, have been linked to greater risk of disease.” – Chan JM, *Semin Cancer Biol* 1998, Aug;8(4):263-73

“I’m allergic to milk”... Good; you’re supposed to be!

As for lactose intolerance, *Consumer Reports* promotes the antidote, products containing lactase, while ignoring the real problem. The *Journal of Clinical Gastroenterology* reported that “lactose malabsorption is a chronic organic pathologic condition characterized by abdominal pain and distention, flatulence, and the passage of loose, watery stools”. Researchers noted that the introduction of a lactose-free dietary regime relieves symptoms in most patients... patients who remain largely unaware of the relationship between food intake and symptoms.

Consumer Reports explored whether milk is safe for kids. They ignored the advice of the most respected pediatrician in American history, Dr. Benjamin Spock, who said that no human child should ever drink cow’s milk.

They ignored the advice of Dr. Frank Oski, former Chief of Pediatrics at Johns Hopkins, who advised all people to not drink milk or eat dairy products. Oski wrote that at least 50% of all children in the United States are allergic to milk, many undiagnosed. Oski believed that dairy products are the leading cause of food allergy, often revealed by constipation, diarrhea, and fatigue.

Consumer Reports has a clear agenda. They wish to preserve their subscriber base. People hearing that dairy products are unhealthy usually respond by attacking the messenger.

The Problem with Soy Products

When public awareness of the health-damaging effects of an animal-based diet began to rise, and significant numbers of people began joining the ranks of those who abstained from eating animals for moral and ethical reasons, the food industry saw an opportunity: Provide foods that mimicked the animal-based fare that society was accustomed to eating, but manufacture them from a plant-based source.

The soy bean industry was already in place to do just that. For decades it had provided soy-based feed for livestock. Why feed soy to animals? It messed with their thyroid causing them to grow bigger. And when you get paid for your cattle by the pound, the bigger the better. But the soy industry's rationale for manufacturing soy foods for cattle didn't stop them from making soy foods for people.

Today, soy products are all over the place: soy burgers, soy turkey, soy chicken, soy milk, soy ice cream, soy non-dairy creamer, soy fish sticks, soy hotdogs, soy bacon, etc. And just because soy is a plant-based substance, doesn't mean it's a healthy alternative to animal foods; it just means it's an alternative.

Soy products bring with them their own set of health problems, and this is summarized nicely by William Campbell Douglass II, MD.

“Despite its status as the darling of the vegetarian world, soy is NOT a health food. In fact, it's neither healthy nor is it food, if your definition of that word includes some measure of actual nourishment. And it isn't merely worthless as a food, it's downright harmful. Hundreds of studies have linked soy proteins and derivatives to:

- Heart disease
- Cancer, especially of the breast
- Allergies and reduced immunity
- Thyroid dysfunction
- Malnutrition and digestive problems
- Nutrient deficiencies
- Reproductive disorders
- Cognitive and mental decline

And these are just the NATURAL side-effects of soy foodstuffs. I shudder to think of how many other ills we're risking by ingesting the residues of the acid and alkaline baths, petroleum solvents, and who knows how many other hazardous chemicals involved in the manufacture of some of the most common soy variants.

These facts notwithstanding, soy byproducts and proteins have found their way into just about everything. In fact, it's estimated that 60% of the refined foods on store shelves and sold in fast-food joints have some kind of soy protein in them.

And if those madcaps over at the Food and Drug Administration have it their way, the amount of soy Americans are consuming will likely double in the very near future. Why? Because they're about to allow the manufacturers of every breakfast cereal, veggie burger, energy bar, milk substitute, and every other doggone thing under the sun that contains soy protein or soy byproducts in it to claim that it PREVENTS CANCER.

Yep, you read that right. Despite the findings of stacks of bona-fide research, the FDA is about to buckle yet again to the Big Food business (like it did with that Food Pyramid farce) and let them claim their soy and sugar-saturated junk food is the key to dodging cancer.

Absurd as the notion is, the FDA is about to give a big rubber stamp to refined-food makers that says 'Prevents Cancer' on it. This, despite the fact that many toxicology texts list the plant estrogens found in soy protein products as CARCINOGENS. How can this happen, you ask? As usual, it's all about money. This move will mean billions in the pockets of American food makers."

For more detailed information on the problems with soy, read the article, *Newest Research on Why You Should Avoid Soy* on the health101.org website.

And be forewarned, there are some health advocates who will caution you about the health hazards of consuming meat and dairy, but will speak highly of soy products. In their quest to get people to stop eating animal products, they either look the other way or are unable to consider the research regarding the harmful effects of soy. But their well-intentioned agenda shouldn't discredit the truthful information they provide on the health hazards of consuming animal products.

[Snip]

Spirited Walking: An Uplifting Physical Activity

Walking is a great activity; the more walking you do, the better. But to really get your lymphatic fluid flowing (which helps prevent disease), try walking with a “spring in your step”. To see this motion without walking, stand with your feet side-by-side, a few inches apart, and gently bounce up and down on your toes. Your toes should not leave the floor, and your heels should almost contact the floor on the downward part of the movement. You have your calf muscles to thank for this.

Now, as you briskly walk, add a little bounce into your step. You’ll find if you shorten your stride, it will make “bopping along” feel more natural. Yes, when you add a spring to your step, you’ll tend to walk slower than if you weren’t walking spiritedly, but remember, it’s not a race; you want to get the most benefit out of your walking.

Am I Doing it Right? – If you’re doing it correctly, you should feel your chest area bouncing (both men and women). For women, this does not mean that you must now switch to a more “supportive” bra; on the contrary, if you want to lessen your risk of breast cancer, you WANT your chest bouncing when you walk briskly (see *Bras & Breast Cancer* at health101.org). So-called sports bras actually increase your risk of breast cancer. (see *Bras & Breast Cancer*.. I know I’m repeating myself, but breast cancer is more preventable than you’ve been led to believe; breast cancer is avoidable if you know the facts.)

The Benefits – The motion that spirited walking produces causes your lymphatic fluid to circulate (it doesn’t circulate much when walking slowly, cycling, or rollerblading). The movement of lymph fluid is critical to preventing disease! Spirited walking is also a great workout for your calf muscles and other leg muscles. And since your steps are shorter, your footfalls are less “heel intensive”, which means less impact transmitted to your knees and spine. And since it’s a walking gait (body weight always supported by at least one leg), it’s gentler on your joints than jogging or running.

What Do I Do With My Arms? – Keep them, you need them to hug people. Seriously, let them swing naturally. Avoid using hand weights. If your mood is such that your arms also start bopping, great! At this point, you may find yourself whistling... and you may also notice other people looking at you wondering what you’re so happy about.

The Variables – The three things you have control over while strut'n your stuff are:

1. The amount of bounce. This is controlled by how much your calf muscles are working. You don't have to bounce so hard that things start falling out of your pockets, just make sure you can feel your chest bouncing.
2. The length of stride. The longer the stride, the harder it is to bounce, so don't walk like you're late getting somewhere. Enjoy your walk.
3. The speed of your walk. This variable is based on your energy level; some days you'll walk at a brisk clip, other days your pace will be slower. But remember, ambling, strolling, or moseying may be nice to relieve stress and smell the roses, but those slow paces don't do much for your lymph system.

By varying the above three things, you'll discover many combinations; find the one that feels most natural to you.

A Great Indicator – As its name implies, spirited walking is easier to do when you're in good spirits. If you're down-in-the-dumps, you may not feel like bopping down the boulevard, but you should give it your best shot. Getting your body moving up and down not only benefits your physical self, it also does wonders for your spirits. So, spirited walking doesn't just describe how it looks, it also helps improve your mood. Accordingly, the easier you take to this type of walking, the healthier you are in body, mind... and spirit!

[Snip]

11

The Basics of Health – Sunshine

Whether you believe in creation, evolution, or both, humans came from a geographic region very different from the one in North America. Most of us now live in an area that makes it extremely difficult for the sunlight that shines on our skin to create vitamin D.

A lighter than normal skin tone makes vitamin D production easier in a latitude that's a goodly amount north or south of the equator, but this adaptive mechanism, which kicked into high gear when humans migrated from where we originally lived, can only do so much. The further away from our natural environment we get, the harder it is to be vibrantly healthy, and as far as sunlight goes, we are certainly "out of our environment".

Adequate vitamin D production is important for calcium utilization. And there is growing evidence that sufficient vitamin D levels may reduce the risk of breast and prostate cancers, type 1 diabetes, PMS, and polycystic ovarian syndrome.

A Scandinavian research study found that babies who were given 50 micrograms of vitamin D per day as a supplement had about one sixth of the incidence of type 1 (juvenile) diabetes, compared with those not given the supplement. The higher above the equator you are, the less sun you'll get, and Scandinavia is further north than the U.S.

If you're eating a healthy diet with no fortified foods and no supplements, you might be susceptible to a drop in vitamin D stores in the winter (when the sun's angle through the atmosphere allows even less ultraviolet light to penetrate), especially if you did not build up a good store of D from sun exposure in the months preceding winter.

To protect yourself against a vitamin D deficiency, get frequent short periods of exposure to the sun on as much skin as possible when the sun is high enough in the sky (about 40 degrees or more above the horizon). Twenty minutes of exposure is adequate for maximum vitamin D generation in those with light skin tones; people with darker skin tones may need up to an hour in the U.S.

Sun-bathing much more than that increases the risk of cancer-promoting sunburn without any additional benefit.

The amount of vitamin D produced when your skin is exposed to the sun is proportional to the area of skin exposed. If you live where it isn't warm all the time, and if, because of social customs, you can't go through your daily outdoor activities in your birthday suit, your clothing further hampers your body's ability to get enough vitamin D. So the less clothing the better, especially when sunbathing. If after you've received enough sunshine you want to remain outdoors, wear loose fitting, white, thin, cotton clothing and a wide brimmed hat, or sit in the shade; avoid using sunscreen.

Many unhealthy foods are fortified with vitamin D, and if you're moving away from these foods, you need to be sure to get enough sunshine on your skin, and possibly consider supplementation if you live in an area where this is difficult to do.

And for the record, tanning booths may make you look healthier, but they do nothing for vitamin D production. And if you're living much above the equator, artificially darkening the skin impedes vitamin D production, as do sunscreens (but that doesn't stop the sunscreen companies from using fear to get you to buy their product. A TV commercial depicting a somber mother – you can see her daughter in the background – has her saying, *“Ever since my husband died of skin cancer, we use sunscreen all the time... not just at the beach... My family is too important.”* Powerful stuff!)

Here's a very enlightening article; keep in mind that England's sunshine is even less intense than it is in the U.S.

Health Benefits of Sunlight are Denied by Current Public Health Policy in the UK By Oliver Gillie

Human beings need regular exposure to sunlight on their skin so that they can make vitamin D which is vital for health. Yet the British government advises the public to “cover up, keep in the shade”. This advice is mistakenly modeled on a program developed in Australia where a tropical to Mediterranean type of climate provides much more vitamin D. Faulty calculations made by the National Radiological Protection Laboratory have misled UK government advisers into thinking that casual exposure of hands and face to the sun in the UK will provide sufficient vitamin D for health, when in fact casual exposure does not provide enough vitamin D in the British Isles, and the majority of people in the

UK have an insufficient level of vitamin D in their blood, particularly in winter.

The risk of skin cancer from sun exposure is much smaller than the public has been led to believe, while the risks of vitamin D deficiency or insufficiency, which are seldom mentioned, are now known to be very substantial. Insufficient vitamin D at crucial times of life or for prolonged periods appears to increase the risk of several cancers, including breast and bowel cancer, diabetes, high blood pressure, schizophrenia, multiple sclerosis, osteoporosis, and many other chronic diseases including even tooth decay.

The UK government campaign for prevention of skin cancer, led by *Cancer Research UK*, has in effect been a campaign against sunbathing. Perhaps its most misleading aspect has been the slogan: "There is no such thing as a healthy tan". This ignores evidence that people who have a deep tan are less likely to get melanoma (the most serious form of skin cancer), while people who get sunburned (an indication of extensive exposure to the sun) are less likely to get multiple sclerosis or prostate cancer. My report, *Sunlight Robbery*, explains how government policy has gone badly wrong and urges people to sunbathe whenever they can, wearing as few clothes as possible, while taking care not to bake or burn.

Download a copy of this free report at
health101.org/booklink#10

And here are some thought-provoking comments on sunshine from Dr. Bernarr Zovluck...

"Sunbathing helped heal the skin cancer of Dr. Harland Call. His skin cancer was diagnosed by two medical doctors, one of whom was a surgeon who recommended surgical removal. Dr. Call employed sunbathing of the affected area. Within a short time, the skin cancer disappeared, after which he reported back to the M.D. who had recommended surgical removal. When the local doctor examined him, it was confirmed that the skin cancer was gone.

Cancer is helped by sunbathing, says Dr. Zane R. Kime. Kime writes that those who get more sunlight have less cancer. Sunbathing helps heal cancer by building up the immune system, and increasing oxygen in the tissues. Sunlight does not cause skin cancer. Healthy people do not get skin cancer, and unhealthy people do get it.

Repeated sunburning, not suntanning, causes skin cancer, writes Dr. Michael Gray. Chronic sunburn combines with free radicals to cause skin

cancer. Sunlight can change free radicals, dietary fat, cholesterol, and deranged antioxidants from cooked foods into skin cancer. Cooked foods have had their antioxidants, particularly vitamins C and E, reduced or deranged by cooking. Gray goes on to say that skin cancer is also caused in those who smoked tobacco and marijuana and expose themselves to sunlight. Smoked leaves contain toxins that induce skin cells to mutate in the presence of sunlight, causing skin cancer.”

So don't view the sun as your enemy. Sure it can be toxic in too high a dose, but so can water. Just pay attention when you're sunbathing, don't read, don't carry on conversations that distract you from noticing when it's time to call it quits, and of course, don't fall asleep. And don't shower immediately after sunning yourself; give time for the vitamin D that was produced on your skin to be completely absorbed. Additionally, if you're sweating as you sun your front side, don't flip over when your front has had enough. If you do, and you're lying on a towel, that towel will absorb both your sweat and the vitamin D that was just produced. Sit in the shade for a while to give the D time to be absorbed through your skin, then sun your back.

And avoid sunscreens and tanning butters (and all other topical chemical concoctions). Another good reason to avoid sunscreens: The FDA is being asked to declare all currently available sunscreens containing engineered nanoparticles as an imminent health hazard (see the article on the dangers of nanotechnology at health101.org)

Also, there are “tan-through” bathing suits that let the sun through, but not the view. These will help you sun yourself where “the sun don't shine”. See health101.org/booklink#8

One last thing I should mention: Wearing sunglasses unless you absolutely positively must wear them, is *very* bad for the eyes. The same goes for those high-tech eyeglasses that darken when you go outdoors.

(And did you notice, the front and back covers of this book sport a beautiful photo of sunshine.)



Wisdom circa 1947

Notice on the bottom, “Eat more fruit and keep fit”

To see a full color version of this wonderful wall calendar, go to health101.org/calendar.htm

Bras and Breast Cancer Connection

By Ralph L. Reed, Ph.D. reedr@ucs.orst.edu

Although I am an environmental chemist (Ph.D in biochemistry), I have been doing a lot of literature research on breast cancer since I saw an article in the *National Library of Medicine* database over a year ago. That article documented an increase in breast cancer rates between women who do wear bras versus those that do not.

That Harvard study fascinated me, and I searched the medical literature for possible explanations. In January 1996 I discovered a book by Singer and Grismaijer, and their explanation of impaired lymphatic flow intrigued me. I have since read everything that I can find on lymphatic flow, and what I have found has amazed me. In essence, what Singer and Grismaijer discovered was that the odds of getting breast cancer dramatically increased with bra-wearing.

- Women who wore their bras 24 hours per day had a 3 out of 4 chance of developing breast cancer.
- Women who wore bras more than 12 hour per day but not to bed had a 1 out of 7 risk.
- Women who wore bras rarely or never had a 1 out of 168 chance of getting breast cancer. The overall difference between 24 hour wearing and not at all was 125-fold!

The results of this study are compelling, even considering that it was not a controlled study for other risk factors. Bear in mind that known (published in medical journals) risk factors for breast cancer are mostly in the range of less than three-fold differences. It should also be noted that Singer and Grismaijer surveyed bra-wearing behavior of the past, which is excellent for a disease with such a long development period. In their book, the authors show how most of the known risk factors can be related to bra-wearing behavior and/or the lymphatic system.

For example, breast feeding and pregnancy cause full development of the mammary lymphatics. Also, women of higher economic status have higher breast cancer rates, and one would expect that they would wear their bras more hours per day. Women who exercise have lower risk, which could relate to better lymphatic circulation (and I would add, more breast movement).

To this discussion, I would like to mention that lymphatic circulation in many tissues (especially the primary lymphatics) is highly dependent on

movement. When you sit for a long time on an airplane flight, your feet and ankles can swell because lymphatic circulation goes to near zero. Wearing a bra, especially a constricting one with underwires, and especially to bed, prevents normal lymphatic flow and would likely lead to anoxia (lower than normal oxygen content), which has been related to fibrosis, which has been linked to increased cancer risk.

Women evolved under conditions where there was breast movement with every step that they took when they walked or ran. My reading of the scientific literature about lymphatic flow shows me that this may be as important as the constriction factor. Every subtle bounce of the breast while moving, walking, running, etc. gently massages the breast and increases lymphatic flow and thus cleans the breast of toxins and wastes that arise from cellular metabolism.

Of course, there may be other mechanisms for the damage that bras apparently cause. One such mechanism could be temperature. Cancers can be temperature-dependent; breast cancer is hormone-dependent, temperature can alter hormone function, and breast temperature can be elevated by bra wearing.

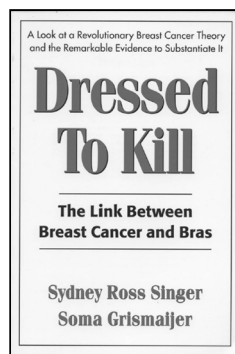
All these facts are from the medical literature. By whatever mechanism, someone will eventually explain why Singer and Grismaijer found a 125-fold difference in cancer rates between bra-free breasts and those constricted by 24-hour-per-day bra-wearing.

If you haven't already done so, I suggest that you read the book by Singer and Grismaijer, *Dressed to Kill*, Avery Press, 1995. (By the way, I have no connection to the authors.)

Also, just for an interesting experiment, the next time you walk down the street, notice visually how constricting bras are. On many women you can actually see "dents" around the sides of their chests where their bras are, even in something as opaque as a black t-shirt.

A physical therapist friend of mine, after reading *Dressed to Kill*, said that she was amazed at what she saw in her practice at a local medical clinic. She noticed how many women have red creases and grooves on their bodies caused by their bras. Singer and Grismaijer also suggest that you simply stop wearing one for two weeks and see how you feel.

Years ago, many people thought that the idea of cigarettes causing lung cancer was laughable. Even if further research regarding bras and breast cancer



with highly controlled studies only showed a difference of 5-fold, or even 2-fold, it would be no laughing matter.

Please consider getting this book for yourself or for some-one you love... it's listed in Appendix B.

[snip]

17

Food for Thought

- Healing is a biological process. Vibrant health results from healthful living.
- Vibrant health is the body's natural state. Your body is self-repairing, self-regulating, and self-healing, but only if you don't get in its way, and only if you give it what it requires.
- Health-care is self-care! Living in a way that restores, builds, and maintains health is the key.
- Health and disease are a continuum. The same physiological laws govern life both in sickness and in health.
- The symptoms which are associated with acute disease that are generated by the body are important processes that are needed for efficient and complete healing to occur. Suppression of these symptoms may have negative, and even dire, consequences. To recover health one must remove the causes of disease, and avoid the all-too-common mistake of trying to suppress symptoms.
- If, because of unnatural lifestyle practices, the trillions of cells in your body are operating sub-optimally, their function will be affected. A cell's function can affect eyesight, sense of taste, energy level, emotions, immune system response, sex drive, weight, body shape, skin tone, hair tone, motor skills... and the list goes on and on. You've lived with your cell's present level of functionality for so long, it may be difficult to imagine how these functions can be better than they are now. But when they are, and you think back to how they were, you may find yourself saying, "I wish I had done this sooner".
- Each year more than 800,000 people in America die from preventable diseases. There is health information available that can empower you to live a healthier, happier life than you ever thought possible; and this information will help you avoid unnecessary suffering and premature

death that conventional living brings to so many people. This “manual” will help point you in the right direction.

- Very often what accounts for the positive changes in one’s health is what one *stops* doing, as opposed to what one starts doing. The improvements to health often attributed to drinking carrot juice, for example, most likely came from the things the person stopped doing around the same time he started drinking carrot juice, and not from the drinking of carrot juice.
- When you juice a sweet fruit you do concentrate the nutrients but you also totally remove a very important nutrient: fiber. One of fiber’s roles is to control the speed with which the fruit’s sugar enters the blood. And since juicing also concentrates the sugar, the absence of fiber along with those concentrated amounts of sugar is a *very* bad combination. And since the nutrients are now traveling through your digestive system in liquid form, and not in a semi-solid form as they were meant to, they aren’t spending as much “face time” with your small intestines (the organ responsible for absorbing nutrients) as they would have if they had remained part of the fruit, so you aren’t really taking full advantage of those concentrated nutrients. It’s better to eat the fruit whole if you can... just chew it well.
- Grain is known as the “staff of life”, and most people assume this means that grain is an important part of our diet. But this expression from “biblical times” actually means grains were a crutch to lean on when “the good stuff” (fruits) wasn’t available... you could survive on the things made from grain. Remember, at that time, a staff didn’t mean a group of people who work for someone, a staff was a walking stick used to aid people who had injured legs or who just needed help negotiating the terrible roads of the time... a crutch of sorts. With this in mind, you can now read this expression with a better understanding of its true meaning, “Grain is the crutch of life.”
- Modern medicines stem from the wizards of olden times who were both pharmaceutical companies and pharmacists rolled into one. They knew not how their concoctions worked, only that the potions did appear to cure what was ailing the king. They couldn’t have known that their elixirs were simply masking the symptoms of an underlying problem, and the kings held them in high esteem.

- Most people don't start to value their health until they begin to lose it. Good health is more than just the absence of symptoms; it's more than just being above room temperature and feeling no pain. Most people are merely surviving and not thriving, and there's a HUGE difference.
- To help your digestion and to increase your appreciation of what you're eating, always eat in a peaceful environment. No matter how hectic your day is, slow down and kick back when you're eating. And to help you eat only when hungry, avoid giving your meals names, i.e. "lunch", "dinner", "breakfast". There's absolutely no need for your meals to have names associated with them; this cultural convention exists to facilitate the scheduling of meals, but this arbitrary scheduling doesn't respect your body's needs.
- I mentioned in Chapter 8 how cooking specifically affects proteins because of the connection to autoimmune diseases, but knowledge of how cooking affects carbohydrates is good to know too. Cooking "caramelizes" carbohydrates which produces acetic acid which acidifies the body contributing to osteoporosis and cancer. The sugar from the caramelized carbs is also made available to the blood at an abnormally high rate, spiking the blood sugar level upwards and ultimately spiking it in the opposite, downward, direction later; this roller coaster ride contributes to blood sugar regulatory conditions such as diabetes and candidiasis, and is the cause of the high and low energy levels that many people experience throughout the day.
- Calcium is the most abundant nutrient in bone, but it is *not* the most important. Calcium has received a lot of press, but this is mainly due to the dairy industry. Without the other equally important ingredients of bone, like magnesium, phosphorus, sodium, zinc, and collagen to name a few, you'd have no bones. If you're getting plenty of bioavailable calcium in your diet, but no magnesium, your bones will suffer. So is there a "most important" nutrient in bone? Yes there is! It's the one you're most deficient in.
- Gorillas are a lot stronger than any human being, and they don't get osteoporosis. Where do they get their protein and calcium? From fruits and green leafy veggies. Do they have dietary genetics that are different from or superior to ours? No.

- This book explains what happens to protein when you cook it (page 45), but if you'd like to *see* what happens with your own eyes, you can try this: Take the "white" of an egg (pure protein) and look at it, touch it, smell it, and taste it. Then drop it onto a hot frying pan and then look at it, touch it, smell it, and taste it. All four senses will detect the radical changes which are caused by the application of heat to the protein molecules; this is an observable demonstration of denaturation (page 45). And if you run into people who still don't believe that the heat used in cooking damages organic matter, invite them to put the palm of their hand on a hot frying pan.

- In today's society, you personally can control the relative state of your health by more than 70%, and you can have a big affect on the rate at which you age and your quality of life. What accounts for this huge amount of control? The thousands of different unhealthy things you can choose to partake of or avoid. These choices weren't available a long, long time ago. Today you can chose to eat an unhealthy diet, but there was a time when you couldn't; all you could eat was a healthy diet. In those days you were whatever your chronological age was; today your "Relative Biological Age" can be *very* different from your calendar age. Relative to what? To the age of the general population who eat a Standard Western Diet and have health-eroding lifestyle habits.

Two Obstacles to Vibrant Health

1. Our current health-care system. It focuses on the relief of pain, the elimination of symptoms, keeping the patient alive for as long as possible, and on the management of disease vs helping you heal it.

2. Misinformation. There's tons of it out there. Some is intentional (defined as disinformation), and some is circulated by well-meaning people who don't know that the information is faulty. And it isn't restricted to mainstream industries who have things to hide; even the alternative health care field circulates misinformation, both unwittingly and (unfortunately) knowingly.

It's a (Sad) Sign of the Times

It's not a promising sign when there are clothing stores that cater exclusively to women who have had mastectomies. I'm sure these women are glad such stores exist, but we as a species should vigorously question

why there is such a need for a store like this. And if we do, we'll find that breast cancer is very preventable.

Addictions: All in Our Head?

On page 74, under *Food Allergies*, I said how it was impossible to be allergic to something you're not designed to eat in the first place. The same goes for addictions. You can't be physically addicted to something you're not designed to have, especially if it's something that's harmful to your body.

As a colleague of mine puts it, what you're addicted to is the "shift in experience" you get from things like chocolate, marijuana, alcohol, cigarettes, cocaine, etc. But because people feel worse when they quit "cold turkey", they assume they were *physically* addicted, and their body had developed a need for whatever it was they were partaking of. This is not true.

Although this shift in experience manifests itself in physical ways (stimulating the pleasure centers of the brain), the addiction is purely emotional in nature. If you're born without a requirement for nicotine, your body is never going to develop a need for nicotine, or any other toxic substance.

One of the reasons you feel terrible when you stop using these things is this: When toxins come in faster than the body can eliminate them, the uneliminated toxins are stored, and once you are no longer taking in these burdensome substances, nerve energy is freed up and the body vigorously eliminates what was stored... and this process feels awful. Commonly referred to as "withdrawal", it should be called what it really is, "detoxification".

Unhealthy Cravings Aren't Physical Either

I stopped eating fried chicken ages ago, and you couldn't pay me to eat even one piece today. But that doesn't stop me from experiencing pleasant memories when I smell fried chicken. I'm reminded of the times when my family ate dinner together as a family. We always ordered delivery of fried chicken. These were pleasant times, and therefore remain pleasant memories.

So we can associate pleasurable experiences with certain smells and tastes. These connections will always be there, even when you no longer

consume those foods. And your reactions to those foods (their smell, the thought of eating them) need to be understood so you can accept these reactions for what they are, and be able to “just say no”.

The Remedy Mentality

Things like wheatgrass juice, echinacea, ginger, and cayenne pepper don’t have the power to heal anything... only your body has the ability to heal. Yes, it’s been said that cayenne pepper is good for cleansing the blood. And why is it so good for cleansing the blood? Because it’s soooo bad for the body! The body sees it as a serious irritant, and all the appropriate systems get ramped up to deal with the irritant, and the blood gets “cleansed” in the process, and so people labeled cayenne pepper as a “great blood cleanser”. How about letting the body cleanse the blood on its own schedule, and in its own way (which would no doubt be a way that doesn’t harm the body). Do we intervene with methods that force the body into action because we feel the body won’t do it on its own? If we did, we’d be wrong. If you ingest a lot of wheatgrass juice, you will damage your adrenal glands. So how is consuming an amount that won’t noticeably adversely affect your adrenal glands a healthy thing to do?

“Do Whatever Works for You”

A common piece of advice when experimenting with different healthy lifestyle habits is to “do whatever works for you”. There is a definite danger when following this advice, and it revolves around the definition of the word “works”. If you’re not knowledgeable with respect to what you’re experiencing when making significant changes in one of your lifestyle practices, you may draw the wrong conclusions. For instance: How you feel is not always a good indicator of what is really working for you. If you switch from a Standard American Diet to a healthy human diet overnight, you may feel worse before you feel better. (On page 134 I discuss this in detail.) If you don’t realize that this is normal, you may go back to what you were previously eating as an experiment. And when you feel better – which you most certainly will – you may misinterpret this and mistakenly conclude that a plant-based diet doesn’t “work” for you, and that, for example, eating a lot of protein does.

So be very careful when deciding what works for you; being a well-educated consumer is your best defense against incorrect conclusions.

It's Okay, as Long as You Can Get Away with it

When companies who've discovered their products are actually harmful to human health try and hide that information from the public, don't take it personally, they're just trying to protect their paychecks (usually very *large* paychecks). An overriding motto in our capitalist society is "Let the buyer beware" (it's *your* responsibility to make sure the products and services you use don't harm you), and this allows these folks to sleep soundly at night. It's kind'a like a person who knows they're not supposed to cross the street in the middle of the block, but they do it anyway; if they can do it and get away with it, then it's okay. But the difference is, successfully crossing the street in the middle of the block harms no one, but Dupont's successfully hiding the dangers of their product Teflon, used in cooking utensils, potentially harms millions of people.

Is it Fun Having Your Buttons Pushed?

Printed on the back of a Frito-Lay's truck: "**Food for the fun of it!**" And that's exactly what it is; fun food, not healthy food. The irony is, after a lifetime of "fun food", it becomes more difficult to have fun. It's hard to enjoy yourself when your vitality is gone, you're on six different meds, and you just got a diagnosis of something serious. Remember, they're called "Happy Meals" not "Healthy Meals".

No Sweat!

There's a money-making remedy for just about every symptom. If you suffer from over-perspiration, you can go to the Hyperhidrosis Center where you can try medications such as Botox, or surgery:

"For persons whose sweating is limited to the underarm... surgical removal of the sweat glands in the armpits may be worthwhile...These recently developed endoscopic techniques now allow for...a rapid return to normal activities."

Some of those “normal activities” are very likely what’s causing the excessive sweating in the first place. If the body wants to sweat (an avenue of elimination), wouldn’t it be considered disrespectful to your body to spray on an anti-perspiring chemical, or to say, “Oh yeah, not going to stop sweating huh. I’ll show you... I’m rip’n out your sweat glands!”

R-E-S-P-E-C-T

If you disrespect someone who you should be respectful of, like a teacher or parent, nothing good is going to come of it. The same holds true if you disrespect your body. That which was responsible for the design of the human body knows best what our body needs and what it shouldn’t be exposed to. If you choose not to respect that design, as with a car, don’t expect to get the maximum life or best performance out of your body. And since “performance” has a lot to do with how you feel, your emotional state, your energy levels, and your ability to enjoy life, a lack of respect for your body affects how you experience your existence in this world. If you try and counteract less-than-optimal performance with mood-altering foods, drugs, and stimulants, you *will* pay a price at some point, and if you’re like most people, at that point, you will have regrets.

What’s For Dinner?

How do we choose what to eat at a meal?

- We eat by ethnicity (Chinese, Italian, Mexican, Japanese, Indian, Thai)
- We eat what’s being served us
- We eat what’s handy
- We eat what’s cheap (you get what you pay for)
- We eat concoctions that have no equivalent in Nature (pizza, burger, stew, casserole, soup, sandwich)

None of these ways of eating respects the body’s needs. Disrespecting your body breaks one of Nature’s Laws... and we know what happens when we do that.

Over-weight? It's All in Your Genes

Diet experts are fond of playing the genetics card; your over-weight condition is the fault of your genes because you may have the "thrifty gene". I'll explain this nonsense this way: When humans roamed away from an environment where food was plentiful to places where food was scarce during certain times of the year (because of a cold climate's short growing season), the theory is that those people's genetics changed to allow them to store more fuel as fat, and to suppress their "okay I'm full, stop eating" response so that they could pile on the pounds to get them through lean times, and the process would be reversed in seasons when food was readily available. This survival mechanism may have been helpful then, but in a society where food is always available, this "thrifty gene" is supposed to work against us. The problem is, when people with the "thrifty gene" find plenty of food to eat, their insulin resistance that allowed them to store fat, and their insatiable appetite, should both return to normal, but if you're eating nutritionless food, this may not happen.

Here's what differing genetics really means: If you've inherited this "thrifty gene" (from cultures with nomadic histories that explored cold climates), yes, you will tend towards being over-weight if you eat an unhealthy diet. But if you eat a healthy diet, you'll weigh a normal weight and look as good as those "lucky" people who can eat anything and everything they want and are always slim. In-other-words, if you eat a healthy diet it doesn't matter what kind of genes you have, or whether you have a "fast" or "slow" metabolism.

And as far as the "thrifty gene" being responsible for an unquenchable appetite, it's more likely that over-eating is caused by lack of nutrition. So just give your body wholesome, nutritious food, and even if you do have this "thrifty gene", your body will assume food is plentiful.

It's interesting to note that the researchers studying this "thrifty gene" are quick to point out that our environment and culture are as much to blame for obesity as our genes are. This "thrifty gene" research was done on the Pima Indians of Arizona who are assumed to have this gene because of their culture's history and their present abnormally high rates of obesity and diabetes. The Pima Indians of Mexico are closely related to the Pima of Arizona, but due to their labor-intensive lifestyles and low-fat diets the Mexican Pima do not suffer from obesity, diabetes, or other associated illnesses. Hmmm. Though the Mexican Pima likely share the

“thrifty gene” with their northern neighbors, their thinness is more evidence that an abundance of fatty foods and modern sedentary lifestyles are the *real* culprits. So genetics, whether it regards diet or a specific disease you’re supposedly predisposed to, is a non-issue.

And by-the-way, those “lucky” people who can feast on the worst, most unhealthiest foods and are never over-weight are actually the *unlucky* ones because they often eat that way wrongly assuming that because they stay perpetually thin, this way of eating isn’t doing them any harm. But these “lucky” people get the same degenerative diseases as those who gain weight from just looking at a piece of cake (with the exception of weight-related joint problems). This doesn’t seem to matter to the pharmaceutical companies though. They’re trying their darndest to develop a pill which will allow those who gain weight easily to sit on the couch and watch TV all day and eat to their heart’s content and not gain weight, just like those “lucky” people. If you take this pill, you’ll look good alright... you’ll look good on the way to your chemotherapy sessions, you’ll look good when you visit the pharmacy, you’ll look good on the operating table, and when people see you at the funeral parlor they’ll comment, “My, doesn’t he look good.”

This Really Frosts My Cookies!

When the truth hits you, and the reality sinks in that you have been conditioned to believe things that aren’t true, you may find yourself getting anywhere from slightly irritated to downright angry. But don’t take it personally, it’s just business-as-usual. At this point it’s best to redirect your irritation into action, and do something about it. You won’t be able to change despicable business practices, but you can impact the sales of health-damaging products by no longer being a consumer (or defender) of those products.

I Can’t Give Up Salad Dressing!!!

You don’t have to, just switch to a healthy dressing. A dressing is nothing more than a fat and an acid (which emulsifies the fat). So, orange juice and avocado makes a great dressing, lime and durian is another. A great dressing doesn’t need more than two ingredients. And, true, they’re not the best combinations, but the amount is small compared to what you’re pouring it on. And instead of pouring it, which

can overwhelm and hide the natural taste of what you're pouring it on, put the dressing on the side and use it as a dip.

The Human Diet – Two More Clues

I often hear that my colleagues and I make a very compelling case for the human diet being plant-based, but some people want to know what else can be said in defense of a plant-based diet. Firstly, we don't need to defend the fact that humans are designed to eat a plant-based diet. Those who attack this premise are merely arguing with the facts, and the facts don't need defending; they speak for themselves to those who are open-minded enough to be able to hear them. You'll no doubt run into lots of differing opinions on the subject, and that's fine; people are entitled to their own opinions. What they're *not* entitled to are their own facts. That being said, here's yet another clue as to what we're supposed to eat: All animals are built with the equipment they need to obtain their food. Human's equipment consists of hands to pick, pluck, and grab our food, and limbs to climb to get our food. Our teeth are designed for succulent fruits and leafy greens and not for tearing animal flesh. Cooking appliances and knives make the cutting of animal flesh easier, but those items are recent inventions – human timeline wise. Just because we've figured out how to eat animals and how to make potato chips, ice cream, and bread, doesn't mean we're designed to eat these things.

Another test of our dietary design (in addition to the ones mentioned on page 76) is the "exclusivity" test. Can you eat a specific food group exclusively, and not just survive, but thrive on it. The only diet that human beings can do this with is fruit and green leafy vegetables.

Where Does the Truth Lie?

People sometimes wonder if it's best to balance the information they receive from industries with the information available from people like myself because they're under the impression that the truth may lie somewhere in between. Here's my take on this is: Since the truth can be located anywhere within a particular dialog, in my opinion one of the best ways to examine information in order to get at the truth is to "consider the source". And by that I mean you should take into account what could be motivating the person, industry, or organization to say what's being said; what is the agenda, and is it a hidden agenda. When the dairy

industry says, "Drinking milk can help prevent the spread of breast cancer into nearby bones according to research in Australia...Using mice, scientists found that consuming a high calcium diet fortified bone and prevented the spread of the cancerous cells." – *Hoard's Dairyman* (the National Dairy Farm Magazine), consider the source. If you examine the information, you'll find that a diet with an adequate amount of bioavailable calcium can help prevent the spread of cancerous cells into bone, but that statement gives you the impression that milk, because it contains calcium, can help prevent the spread of cancer, which it can't. Why? Because the calcium in milk is not very bioavailable; calcium needs certain other nutrients along with it to be utilized by the body, and milk is woefully deficient in magnesium, one of these co-factors. But the clever wording lets you make the "association" between milk and calcium's ability to help prevent the spread of cancer cells. So obviously this is a misleading statement, but one that industries can get away with. And it seems disingenuous to me, considering what is known about the connection between dairy products and cancer (see page 60), that it's being suggested to consume a product that is implicated in the cause of cancer in order to help prevent its spread.

And it would be wise to consider the motivations of the pharmaceutical industry when they say, "While there is nothing that can reduce COPD (Chronic Obstructive Pulmonary Disease like emphysema, asthma)..." This statement appeared in an ad for their product Advair. I know from personal experience that there are indeed things that can be done to reduce and even eliminate COPD, and I think it's sad that an industry is trying to convince people that drugs are the only way to go considering the fact that COPD is the fourth leading cause of death. (And there is mounting evidence that there may be an autoimmune component to COPD – see bottom of page 45 for an explanation of how products thought to be safe to consume can cause autoimmune disease).

What's a good methodology to use when trying to figure out what we're supposed to eat? Take science and apply it to Nature. When you apply the investigative and deductive principles of science to Nature, you can uncover the reality of our physical requirements. Nature doesn't lie, and science (hard science as opposed to junk science) has no inherent biases, so as long as you set aside any biases/personal preferences *you* may have, you can uncover the truth.

The Social Aspects of Healthy Living

How do you adopt healthy lifestyle practices (that the majority of society doesn't practice) without feeling like an outcast? There are two routes. You can down play it and keep quiet about what you're doing so as not to call attention to yourself, or you can be just as okay with your lifestyle as those who eat at McDonalds are with theirs, so if anyone has a problem with the way you choose to live, it's their problem, not yours. Either way, having a firm working knowledge of what you're doing will give you the confidence to allow negative comments to go in one ear and out the other; comments like, "Oh no, you need to eat some cooked food!" and "What you're doing is crazy!" And if you don't want to have to explain yourself every time you go out to eat with friends, just say, "My doctor put me on this diet" and add "...and I'm actually feeling much better!" And for those who want you to eat the same way they do so they feel "comfortable" there's always "You'll notice I don't tell you how to eat, please extend me that same courtesy." But remember, some people truly care about you, and are just looking out for what they believe are your best interests, so be gentle with them. And don't get overzealous if you do talk about what you're doing, and avoid getting defensive. You'll get through to a lot more people if you teach by example. And another thing to consider: Adopting a healthier than average lifestyle can reveal those who are your true friends; while on this path you may lose some "friends" but you will make new friends along the way.

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In Conclusion

If every month, someone was stealing \$100 from your bank account without your knowledge, would you be mad if you found out? Of course you would! But if you never bothered to check your statements or balance your checkbook, and you never discovered it was happening, would you be mad? Of course not, because you wouldn't know it was happening. But just because you didn't know it was happening, you were still being deprived of what was yours. Your health is no different. Today, people's health is being slowly drained from them without their knowledge. It's being taken by health-destroying consumables, by toxins, and by misinformation. And you're also losing your health because the health-care industry is not showing you how to keep from losing it in the first place. And when you lose enough of it to get a diagnosis of something serious, the health-care industry tries to manage your health loss instead of helping you heal and regain what you've lost.

So now you know some things you didn't know before, and now you have a decision to make. And even if you throw this book away when you're done, and make no adjustments to your lifestyle at all, that's still considered a decision. So you're going to make a decision one way or the other... let it be one that's in your best interest.

No one would think you're nuts if they found out that you've been investing for your financial future; it's a wise thing to do. But how many people are wise enough to think ahead and consider their future health; sooner or later you're going to be experiencing it. And just like your future financial health, the time to start investing in your future physical health is yesterday. If you wait to start investing financially until the point when you need to reap the benefits of financial investing, it's obviously too late. The same is true for investments in your future health. Don't wait until your health starts to fail before you start doing something about it, because at that point it's probably a case of too-little-too-late. We're a society of "reactive" people, and because of this, we're a very unhealthy society. Consider taking a "proactive" approach to health.

Many times a day, knowingly and unknowingly, we make decisions that promote long-lasting life or premature death; decisions that pave the

way to vibrant health or needless suffering. If these decisions are not accompanied by independent thought, they are then essentially made by companies, industries, and society, and will not likely be in your best interest. I've chosen those lifestyle practices that lead to long-lasting life and vibrant health. Living this way is... different, but for me it's more enjoyable than the average American lifestyle I once lived because my ability to enjoy anything is affected by my physical and emotional health. All I can say is, try it... the cooked food, coffee, chocolate, donuts, and the couch will always be there if you decide you want to go back... whatever path you take, just make sure it's *your* decision.

I hope you've gotten something out of these writings, and if you're still reading this, then you'll be happy to know there's more informative and enlightening information in the appendices that follow (and some entertaining stuff too).

Be well, smile often, and laugh lots!

“Where you end up isn’t the most important thing; it’s the road you take to get there. The road you take is what you’ll look back on and call your life.” – Tim Wile

Appendix A – About the Author

Don Bennett, DAS



At a young age, Don discovered inconsistencies within the health field, such as doctors who smoked, and nutritionists who ate foods that were known to be harmful. Being a seeker of truth, he set out to learn the realities of health for himself. Discovering that traditional curriculums were filled with biases, hidden agendas, misinformation,

and missing information, Don became self-taught, avoiding the hurdles set up by academic tradition. He took a common-sense approach to such subjects as physiology, anatomy, and biology, and learned the value of looking past the “conventional wisdoms”. This approach, in conjunction with studying the teachings of the pioneers of healthful living and their modern day equivalents, and putting into practice what he had learned, allowed him to discover the realities of health. Thirty years later, as a Disease Avoidance Specialist, Don now shares this wealth of enlightening and empowering knowledge with others for their consideration and benefit. Don lives his life by these two mottos: “Seek the truth though the heavens may fall” and “Do unto others as you would have others do unto you”.

Appendix B – Continuing Education

Here's where the analogy to a car's owner's manual ends. Since there is tons more mis- and dis-information surrounding the best way for a human being to be healthy than there is for car maintenance, you'll need more than just an "owner's manual" if you want to truly know how to live to your health, happiness, and longevity potentials.

I've spent over 30 years, and more money than I care to remember, amassing a health library... and it would fill a wall. But fortunately, you need only a few choice books to fill out your knowledge-base of truly healthful-living practices. Below are the nine books I wholeheartedly recommend you get; consider them companion books to this book. The authors and I are all basically playing from the same sheet of music; we all respect Nature, our body's innate wisdom, and your right to have the truth. Reading this material will reinforce, support, and expand your understanding of healthful living.

Your Natural Diet: Alive Raw Foods

By Dr. T.C. Fry & David Klein

health101.org/booklink#12

(707) 829-0362

"Your Natural Diet: Alive Raw Foods is a tour de force by authorities on the raw food diet. Anyone who cares about attaining vibrant health should be grateful to the authors. The book is a treasure trove of practical advice for the newcomer and offers pearls of wisdom for those already on this path. This stunningly original book blends personal experience with world-class knowledge of true nutritional science with a firsthand account of David Klein's road to vibrant health. An immensely enjoyable read!" – A. William Menzin, M.D.

Dressed to Kill: The Link Between Bras & Breast Cancer

By Sydney Ross Singer & Soma Grismaijer

health101.org/booklink#13

(808) 935-5563

The authors (one a woman) have collected striking evidence that bra-wearing is a major risk factor associated with breast cancer: women who wore bras more than 12 hours per day had a one out of seven risk, and women who wore bras rarely or never, had a one out of 168 chance of

getting breast cancer. The snug fitting garment inhibits the proper functioning of the lymphatic system (an internal network of vessels and nodes that flushes wastes from the body) and leads to a buildup of carcinogenic compounds in the constricted areas. Women evolved under conditions where there was breast movement with every step they took. This causes lymphatic flow which cleans the breast of toxins and wastes that arise from cellular metabolism. This book is a must-read for any woman who'd rather not get breast cancer. (A discussion of this book appears on page 151)

[snip]

Appendix C – Resources

The two best pieces of exercise equipment...
health101.org/products

Additional information on the *SuperSlow* exercise protocol...
health101.org/booklink#30

The best solid carbon block water filter...
health101.org/products

The best shower filter and Reverse Osmosis water filter...
health101.org/booklink#5

The best lab-made multi-vitamin...
health101.org/products

The best “green food” supplement...
(available at most good health food stores)
health101.org/booklink#7

One of the best (if not the best) B12 supplements...
(available at most good health food stores)
health101.org/booklink#2

Tan-through swimwear...
health101.org/booklink#8

The best most natural shampoo made...
health101.org/booklink#28

I’ve mentioned the tropical fruit, durian, a lot, so here’s some info...
health101.org/booklink#31

Three excellent websites that contain the truth about dairy products...
health101.org/booklink#32

This book’s web page...
health101.org/book

Appendix D – Author’s Favorite Quotes

“Custom will reconcile people to any atrocity.” – George Bernard Shaw

“I’ve learned that if you want to cheer yourself up, you should try cheering someone else up. I’ve learned that you can tell a lot about someone by the way they handle these three things: a rainy day, lost luggage, and tangled Christmas tree lights. I’ve learned that making a living is not the same thing as making a life.” – Unknown

“The incidence of disease has increased in proportion to the progress of science... We should consider disease and premature death as a personal defeat... It is impossible to do without medicine so long as we consume cooked food... The only elixir is a natural diet.”
– Akbarali Jetha

“I used to think the brain was the most wonderful organ in my body. Then I realized who was telling me this.” – Emo Phillips

“The significant problems we have cannot be solved at the same level of thinking with which we created them.” – Albert Einstein

“Happiness is not a state to arrive at, but rather a manner of traveling.” – Unknown

“When a man’s science exceedeth his sense, he perishes by his ignorance.” – Chinese Proverb

“An error can never become true however many times you repeat it. The truth can never be wrong, even if no one hears it.” – Mahatma Gandhi

“Habit may lead us to belief and expectation, but not to knowledge, and still less to understanding.” – David Hume

“Any child can tell you that the sole purpose of a middle name is so he can tell when he’s *really* in trouble.” – Dennis Fakes

“Fatal cases in all epidemics are food ‘drunkards’ who are very much enervated, toxemic, and infected from putrescence in the bowels.” – John Tilden, MD, 1909 (enervated: depleted of nerve energy)

“Happiness begins by facing life with a wink and a smile.” – Chinese Proverb

“Joy is natural to the human being; it is not something we have to create. It is there already! All we have to do is clear away whatever is in the way of our experiencing it.” – Leslie Kenton

“All degenerative diseases and their incalculably-high economic, social, personal, and familial costs, in addition to the global environmental costs of animal-centric diets, and ‘medical systems’ themselves, are strictly the result of mis-information about diet that has been programmed into the mass consciousness for the sake of profit.” – Laurie Forte

“Isn’t man an amazing animal? He kills wildlife – birds, kangaroos, deer, all kinds of cats, coyotes, beavers, groundhogs, mice, foxes, and dingoes –

by the millions in order to protect his domestic animals and their feed. Then he kills domestic animals by the billions and eats them. This in turn kills man by the millions, because eating all those animals leads to degenerative – and fatal – health conditions like heart disease, kidney disease, and cancer. So then man tortures and kills millions more animals to look for cures for these diseases. Elsewhere, millions of other human beings are dying of hunger and malnutrition because the food they could be eating is being used to fatten domestic animals that so many humans eat. Meanwhile, some people are dying of sad laughter at the absurdity of man who kills so easily, and once a year sends out cards praying for “Peace on Earth.” – Excerpted from Old MacDonald’s Factory Farm by C. David Coats, 1989

“To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better; whether by a healthy child, a garden patch, or a redeemed social condition, to know even one life has breathed easier because you have lived. This is to have succeeded.” – Ralph Waldo Emerson

“When you argue with reality, you lose – but only 100% of the time.” – Byron Katie

“Anyone who thinks people lack originality should watch them folding road maps.” – Franklin P. Jones

“It’s not the years in your life that count, it’s the life in your years.” – Abraham Lincoln

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