

2 - THE TRUTH

So are you ready to learn the story of how and why we got so sick and the simple solutions? Truth can sometimes be painful. Ignorance is bliss, or at least until you get sick. Waking up, seeing the chains and realizing that you need to make a change is difficult. The movie *The Matrix* put this concept forth quite well:

“It is the wool that has been pulled over your eyes to blind you from the truth... unfortunately, no one can be told what the matrix [truth] is, you have to see it for yourself. This is the last chance you have, after this there is no turning around. You take the blue pill you wake up in your bed and believe whatever you want to believe, you take the red pill and I show you how deep the rabbit hole goes...Remember, all I’m offering is the truth, nothing more. Follow me.”

The following pages pull the veil back and reveal the story of modern medicine and the simple solution to complete self-healing. Once you learn how to become your own physician and improve your health, you'll wonder why this information isn't taught in elementary school. You will become free from fad diets, prescription medicines, and the pain of being unhealthy.

If you're overweight, this book is for you. If you're in pain, always tired or depressed, this book is for you. If you can't use the restroom without great strain, don't cycle properly, lack libido, received a diagnosis, or simply want a more vibrant life, this book is for you.

This book does not address the medical treatment of any of these conditions; yet, in the end, it can solve them all. It will teach you how to harness the powerful and innate healing properties of soil, air, water, and most importantly, your own body.

So, why are so many of us sick? When we get sick, why is it that our automated response is to take a drug? How many “blue” pills were force-fed down our throats to make us this way? How many drug commercials drilled our brains with easy “fixes,” when deep down we already know the truth?

When we live unhealthy lives full of stress, and eat foods that have little nutritional value, inevitably we gain weight and get sick. Our automated response? Instead of considering lifestyle or nutrition, we go to an M.D. who prescribes drugs to suppress our symptoms.

Sad to say, doctor visits further the destruction of human health. The number one cause of death in this country is not car accidents, war, starvation nor disease.¹ It is iatrogenesis—which literally means “interference of medicine.” Diseased people in various stages of meltdown are frequently made sicker by doctors through things like opioids, unnecessary surgeries, etc. Many of us accept their diagnosis and are led to believe that the only option to get better is patentable, expensive pharmaceuticals.

Recently, I saw a 35 year-old female patient who was extremely depressed, full of anxiety, riddled with poor digestion, and in constant pain. When I asked her about her history, she

¹ Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2012, table 35[PDF – 1.3 MB] www.cdc.gov/nchs/data/series/sr_10/sr10_260.pdf

told me that she was diagnosed with bipolar disease, ovarian cysts, high cholesterol, and rheumatoid arthritis. All this at only 35!

With these diagnoses in hand, she was prescribed Effexor and Xanax for the emotional disease and had a hysterectomy for the cysts, which led to the prescription of synthetic estrogen. She was given laxatives for her slow bowel movements, cholesterol medication, Prednisone for her arthritis and Nexium for her heartburn.

Her doctor was probably well-intentioned, but hopelessly compromised by a system designed around diagnosis and drugs. The M.D. did not tell her that 90% of serotonin (the “feel-good hormone”) is produced in the gut. The M.D. also failed to acknowledge that the recommended antacids actually slow digestion, which results in more heartburn. Additionally, antacids block absorption of essential trace minerals and necessary vitamins, increasing her emotional issues.

How could an M.D., steeped in about 12 years of education, not see these obvious malfunctions? Was the M.D.’s solution to detoxify her liver, recommend a whole-food diet devoid of GMO grains and sugar, recommend plenty of sleep and rest, and heal her broken colon inexpensively with fermented foods and enzymes?

Not at all. Instead, the M.D.’s decision was to remove her ovaries and uterus, prescribe synthetic hormones that are *proven* to cause cancer, prescribe addictive psychotropic medication to block her serotonin uptake, and give her a prescription antacid and laxative for life.

But really, her doctor is not fully culpable. Until now, this unfortunate woman, along with much of our population, did not know how to take responsibility for her own health.

Society essentially directs us to “not step out of line, go to work, and if you break down, the medical complex will give you a pill to fix it.” We believe this because of brainwashing (advertisements), mis- and dis-information (government food pyramid anyone?), and corporate malfeasance (pharmaceutical companies work the cost of litigation from deaths and side-effects into their budgets).

The questions need to be asked.

Is heart disease caused by a lack of statin drugs? Is cancer caused by a lack of chemotherapy? Is osteoporosis caused by a lack of Fosomax? Is it possible that giant GMO companies like Monsanto, food companies like PepsiCo, insurance companies, pharmaceutical companies, medical schools, hospitals, and the FDA are all in bed together?

Why are 38% of us getting cancer² and 68% of us overweight³? The CDC says that diabetes is going to triple in the next 30 years⁴ and cancer is the number one cause of death in children.⁵ How does this happen? Shouldn’t we look at the root cause of this?

Is donating money to “charities” and research really the answer?

Is it possible that our food is ground zero for all these problems?

² <https://seer.cancer.gov/statfacts/html/all.html>

³ <https://www.cdc.gov/nchs/data/databriefs/db50.htm>

⁴ <https://www.cdc.gov/media/pressrel/2010/r101022.html>

⁵ <https://www.cancer.gov/types/childhood-cancers/child-adolescent-cancers-fact-sheet>

According to the University of Florida's research, the average young American male produced approximately 100 million sperm per milliliter of semen in 1929; in 1973 the average sperm count was 60 million/ml, in 1980 it was 20 million/ml, and it continues to drop.⁶

What in the world is happening?

A 1974 U.S. Senate investigation discovered that 2.4 million operations performed each year are unnecessary and kill approximately 12,000 people.⁷ How many more is it today? Why hasn't the U.S. Senate conducted another investigation in the past four decades?

The CDC recognizes that 9 out of the top 10 causes of death can be attributed to diet and lifestyle issues. Yet, insurance doesn't pay for whole food supplements and lifestyle coaching. Why? Why isn't our Congressman stumping on this topic on the campaign trail?

The only solutions and answers being offered to us by the medical complex are more research, more drugs and more healthcare. But is it working?

America spends 17.2% of our Gross Domestic Product (GDP) on health care, \$3.2 trillion. No other country on Earth spends more than 10% of GDP on health care, yet in 2015 there are 45 countries with lower rates of infant mortality.⁸ In its 2000 report, The World Health Organization ranked American healthcare 37th in overall health outcomes.⁹ In an absurd attempt to make us healthier, on average, every man, woman, and child is prescribed around 13 drugs per year (and this doesn't count the over-the-counter drugs that people take on their own). Just 12 years ago, Americans were on average prescribed less than eight drugs per person, a 62 percent increase!¹⁰ Where does this increasing drug game end?

Why do we blindly accept medications from doctors, who are paid to prescribe them? ProPublica, a non-profit investigative journalism organization, researched how doctors are paid to prescribe medication and found that from August 2013 to December 2015 doctors received \$6.25 billion in disclosed payments from pharmaceutical companies—and not all payments are reported.

How much are pharmaceutical companies really paying doctors to prescribe drugs?

The *New York Times* recently uncovered the fact that Pfizer admitted to paying \$20 million in the last six months of 2009 alone to 4,500 doctors for "consultation" and to speak on their behalf (and this doesn't include payments to doctors outside of the U.S.).¹¹

⁶ <http://www.motherearthnews.com/natural-health/male-fertility-crisis-zmaz83sozraw>

⁷ Weitz, Martin, "Health Shock"

⁸ http://data.worldbank.org/indicator/SP.DYN.IMRT.IN?year_high_desc=false

⁹ <http://www.who.int/whr/2000/en/>

¹⁰ Ullman, Dana. "How Scientific is Modern Medicine, Really?" Pathways to Family Wellness, Issue #27. 2010

¹¹ Duff, 2010. The New York Times.

Considering that there are about a million M.D.s in this country, the question begs to be answered: How much was paid to the remaining 995,500?

It's time that facts, science, and public demand challenge the status quo.

Money and power must not obviate scrutiny. If conventional health treatments do not stand up to honest, intense, and unadulterated inquiries, then logically, they must be abandoned until they can.

To continue to profit off other people's illnesses is psychopathic and destructive. This is your wake-up call. Awareness is the first step toward Whole Body Health.

How can we wake up? By seeking truth! The truth is that we can treat and heal our bodies naturally, inexpensively, and effectively and only then can we free ourselves. Only you can understand that your body has an innate healing system designed to cure you from anything. Darkness, like illness, can only be destroyed by letting in light. This book describes how to let the light in and build health, not how to fight the darkness and disease. So do you want to stay in the dark or do you want to know the truth? Do you want to take the blue pill or the red pill? Do you want to be fat, sick, and a statistic, or would you like to take action and heal yourself?

Have you answered the question? The choice is yours. If you take the red pill and continue to read, I will show you how deep the rabbit hole goes. *"Remember, all I'm offering is the truth, nothing more."*