

“A cure for cancers and all disease.”

In the 1921 a German family fled from their home country and settled in the USA. These were free thinkers (like me), and did not like what they saw the medical profession doing in treating cancer and other diseases. They discovered that most diseases were a result of metabolic problem and not really a physical problem. Most people were using about half their energy in digesting food and sparing hardly any energy for wellness. You make simple lifestyle changes and cure happens naturally without medication. This was the profound promise made by the Garson Therapy.

Dr Garson found the breakthrough when he treated his own wife suffering from tuberculosis and cured her within months. Then he repeated this with client after client and they all got well very quickly when it was taking the medical profession years to do the same thing with expensive drugs. Then he started looking at other diseases including cancer and the results were equally as good.

Almost every patent that was sent home to die by the orthodox medical profession was saved by Dr Garson. This was scandalous, a medical doctor turning his back on conventional treatment for cancer (A new study suggest a five-year success rate of 2.3% using chemotherapy). Not only was the drug industry, the medical profession up in arms about this ‘quackery’ but so was the American Cancer Society (ACS - the most corrupt organisation on earth after the FDA). The ACS was raking in millions from public generosity and here was a man that was going to destroy their livelihood.

Dr Garson was not deterred from all of this opposition to his work, and started to compile a record of the people he had helped (the medical profession had given up on). After 50 cases of total cancer eradication, he started to write a book on the Garson Cancer Therapy but got inexplicably ill. He was off work for a year, and when he came back, he found that his manuscript was gone. Then he found that one of the nurses was passing all of this information to a rouge doctor. Then painstakingly, he started to compile another book which he published a year later. Again he became inexplicably ill for the second time, but this time he tested himself and found that he had been poisoned by cyanide (probably like the last time). This time Dr Garson died a few months later, unlawfully killed by the drug industry.

There were many clinics in the USA practicing this therapy and doing such a fantastic job of saving lives, but the American Medical Association (AMA) together with the help of ACS and the FDA closed them down. Dr Garson's wife fled to Mexico where she is still helping people overcome their illnesses who had no hope of being cured by conventional (useless) cancer treatments.

All of this and more are covered in our wellness section.

“A cheap and simple cancer cure you can't have.”

In 1931 a scientist-inventor named Royal Raymond Rife invented a cure for ALL disease using specific radio frequencies (RF) applied through the body using a plasma tube. For cancer, it involved a three-minute treatment session, twice a week. Sixteen cases were treated at the clinic for many types of malignancy.

“Rife was presented with 16 terminal cancer victims afflicted by a variety of malignancies. The USC team of physicians declared 14 of those 16 were clinically cured within 70 days. The other 2 took 20 days longer. The treatments included short breaks with nutrients to promote lymphatic elimination of the destroyed microbes.”

http://www.naturalnews.com/027104_cancer_Chi_cancer_cure.html#ixzz1NDNvqZwK

Many independent doctors around the USA, using Rife's equipment, repeated this experiment and all of them got exactly the same results – a simple and inexpensive cure for cancer costing pennies.

This was perceived by the new emerging American Medical Association (AMA) as a threat to their livelihood – every person cured is a customer lost. They influenced the FDA, who raided all the people using this emerging technology, and closed them down for practicing medical quackery.

John Holt, an Australia MD took up the mantle where Rife left off. Over 30 years he has had an incredible success rate treating cancer with his RF device. The Australian TV provided Dr Holt a free six-month coverage of his methods but to no avail. Finally, his colleagues hounded Dr Holt out of office for practicing medical fraud. He finally retired in 2004 thoroughly disgusted by the current system that puts money before human lives.

Other people such as Dr Lanus Pauling, Dr Steven Kaali, Dr Bob Beck, Dr Ryke Geerd Hamer, Dr Hulda Clarke, Dr Tullio Simoncini, Dr Evangelos Michelakis, Dr. Francisco Contreras, Dr Max Garson, Dr Harry Hoxey, Dr Dean Burk, Dr Joel Wallach and many more, in their own way, reinvented cancer cures but have been ignored by the orthodox medical profession. To find out about the disgusting truth about the drug industry then look at "CANCER - The Forbidden Cures" DVD by Massimo Mazzucco or Cancer is a Fungus (Book) by Dr Tullio Simoncini.

Incredible breakthroughs have been suppressed in order to protect the drug industry, and the livelihood of the medical profession. The same is true of hypnotherapy which has been around since time immemorial, but even today they would rather put someone on anti-depressants for life (costing £100k+), rather than invest in a few hours of hypnoses (costing around £100), that would get the person off anti-depressants for good. Most doctors (psychiatrists) get about 30% of their salary as pharmaceutical company kickbacks. What's the point of doctors taking the Hippocratic Oath to practice medicine ethically, when time after time, they put their own livelihood before human lives.

"Field of Diamonds."

Russell Conwell's produced a lecture called the Field of Diamonds that proved so popular that he was asked to repeat it six thousand times. It tells a story about a South African farmer who sold his farm and went prospecting for gold. Finally, tired exhausted and broke, he threw himself off a cliff and died. Meanwhile, the person he sold the farm to, one day was watering his mule and picked up something that glistened in the sun. He had this stone valued and found out that it was a diamond of inestimable value. In fact the whole farm for miles around was littered with diamonds. The old farmer went out looking for wealth and fortune but forgot to look right under his nose. This is what the medical profession has been doing for the last 100 years.

Soon after the FDA went out and destroyed Dr Rife's RF generators so they could not be used to treat cancer, President Kennedy declared war on cancer. Soon you had more people researching cancer than actually suffering from it. Since then, we have spent billions of dollars, coming up with an illusive cancer treatment and have totally ignored cures that have been around before the word 'cancer' was ever invented.

Things have not changed since the 60's when Dr Ignaz Philipp Semmelweiss proved that you could save lives by washing your hands before you performed an operation. Within a year of adopting the new regime, the death rate in the wards from diseases fell to almost zero. Semmelweiss's colleagues were outraged. It seemed to prove them murderers. Semmelweiss was hounded from his position. Old practices were resumed. The death rate rose to its previous level as doctors continued blissfully killing people for another decade. Semmelweiss died ten years later (1865), at age of 47, just too soon to see his methods vindicated by Louis Pasteur theory of germs around 1864. Well here is the blatant truth: even in to this day, they still have not stopped killing people – greed always gets in the way of common sense.

Daft ideas don't just stop here. Hypnotherapist have been getting people to overcome virtually every addiction under the sun (in two hours or less), but the medical profession would rather put you on anti-psychotic drugs with a miserable success rate, that you have to take for 12 weeks, but with the dangerous side effects (can kill you). Why spend pennies when you can give the pharmaceutical companies millions out of scarce public funds, and pocket a few bob yourself at the same time. Greed holds no bounds!

“Simple and profound medical cures you can't have on the NHS.”

According to Dr. Simoncini in Italy, if you use diet and anti-fungal against candida then you cause the candida to burrow deeper into the body away from the intestines in search of simple carbohydrates and away from the anti-fungals. Then the candida infection becomes more invasive and more systemic. Then you can have candida in your liver, kidneys, lungs etc.

Yet you can make a device that will cost you around £50 by getting parts from Maplin Electronics or Radio Shack, including a soldering iron to make a simple Zapper.

In an experiment using a petri dish full of candida, they applied this system for 30 minutes a day. After 10 days there was hardly any candida left in the petri disk, after 30 days all of the candida had gone.

People who have been suffering from candida and tried to cure themselves using pharmaceutical drugs failed, turned to this technology, and within 3-6 months they were candida free.

People have been aware of energy medicine (heat, light, Magnetism and electricity) for thousands of years. When koi Carp get Harpies Virus you elevate its body temperature to 36 Degree Celsius to kill the virus. Electric eels have been used for centuries to fight certain types of disease. Leeches are used, even today, as a natural anti-coagulant in advance plastic surgery. Light phototherapy is used to accelerate the production of Vitamin-D to treat jaundice and to fight cancer. Magnetism has been used for centuries for rapid healing of painful joints. Acupuncture has been used as a natural pain control in Chinese medicine for thousands of years.

Bioresonance is based on a much better technology than a simple zapper, and can deal with all sorts of bacteria, viruses including lime disease. People have spent their entire life savings trying to overcome their lime disease without success, but become disease free after a few weeks on the bioresonance system. Some people can throw away a sack full of asthma pills or never take anti-histamines for their hay fever ever again, after a few weeks of exposure to bioresoance. A lot of well documented research has already been done in China but is ignored by the evidence based system.

All of these things are self-evident truth but you still can't have them on the NHS sorry. You can't have them because there are no well-conducted scientific studies proving that this technology works – why do they need excuses to deny us treatment that works? This is what my MP, Valerie Vaz had to say:

“I agree up to a point that results based evidence is useful, however without clinical evidence the effects of medication are not clear which can lead to dangerous consequences. You may be interested to read the most recent report into commissioning by the Health Committee, of which I am a member. “

Hang on a moment, hypnotherapy, plant derivatives or electronic medicine can't be treated like drugs – no one has ever died from any of these, which can't be said for pharmaceutical drugs that have killed millions.

Ask for the law to be changed as in Canada, if it works, use it. Otherwise, continue to be a slave to a system that is short changing us all and making us pay with our lives. Copy this document and send it to your GP, Counsellor or MP. If we do nothing then nothing will happen – act now!

"Dangerous manoeuvres."

So why does the EU want to ban natural remedies. The current system is so horrible that it costs about a million dollars to put anything through the FDA for approval. So after spending money like water, the drug companies want to protect their investment. The EU now wants to ban all natural remedies that have not been around for at least 30 years – that means probably most of the natural things that you can buy now, will no longer be available very soon.

The real problem is that almost all of the pharmaceutical drugs have a safe natural equivalent in life. Take for instance Viagra, the most successful product every launched. However, there are incredibly safe and effective natural preparations that beat the pants of this poison, but without any dangerous side effects, such as the sudden and dramatic loss of hearing. The natural products also increase your libido or desire for passion, which Viagra can't. There are also safe equivalents for products like warfarin (the blood thinner) but without irreversible damaging effects to your kidneys (chronic renal failure). Also, I don't have to tell you that good hypnotherapy beats the pants off anti-addiction drugs, anti-depressants and many other psychosomatic disorders like insomnia, IBS and ME – hypnotherapy is God's gift to mankind.

Now let's take an example of someone being brave enough to pitch a natural preparation against Viagra. First of all, poor alternative health professionals do not have those kinds of resources, but even if we did, and we got FDA approval, we could still not be able to protect our investment - overnight other people would offer the same natural preparations (natural things are not patentable). Expecting every natural method to undergo the approval process is not only daft but also extremely unrealistic. A better model is to allow everything that works to be utilised rather than restrict the health profession to the use of approved methods. Only by doing this will we reduce the ever-increasing health care costs (natural remedies are extremely cheap), but also allow natural cancer cures, like energy medicine or intravenous Vitamin-C therapy to get a look-in.

I woke up one morning with a thumping earache. Instead of running off to my GP for some antibiotics, I decided to try a natural cure. This time I passed ozonated air through a plastic tube directly into my ear – the pain went within two minutes of the treatment. The treatment was so effective that I forgot I

even had an ear infection after a few hours. Some while ago, we saw a little girl who suffered from very painful cold sores, within five minutes of using the red laser the pain had gone - a day later, the wound had totally healed up. We have had the same sort of success with asthma and allergies, after a few sessions of bioresonance you never need to take your anti-histamine, or use your inhalers ever again. Now, how do you get natural remedies like these through the approval process so that the NHS can use them? The answer is that as things stand, you can't.

One day trying to help yourself may also become illegal – in Germany people like hypnotherapists are banned from using regression – (the most powerful method of releasing trauma). This way, they can continue to sell us anti-depressants for life rather the cure our depression (once and for all) in less than two hours. So what if anti-depressants are dangerous, unethical and immoral – at least they keep the psychiatrists and the drug companies happy.

"The law and your health."

If you needed some help with a minor emotional problem then your health insurance will pay for you to go and see a psychiatrist, but will not pay for you to go and see a hypnotherapist. Now if you went to 12 different psychiatrists, then you will end up with 12 totally different diagnostics and the poisons (anti-depressants) that go with them. Some may even give you multiple prescriptions for an illusionary illness – there is no science behind any of this. Once you are on these poisons, then you may be on them for life without any prospect of getting better, yet you could go to a good hypnotherapist who knows what he/she is doing and get your life back in a few hours - after the hypnotherapist removes the trauma of your past (route cause of your problem) you will NEVER need to take anti-depressants ever again.

If you develop cancer then the insurance company will pay for you to have the orthodox cancer treatment consisting of surgery, chemotherapy and radiation with a success rate of 4% that has not changed over the last 60 years or so, but will not pay for you to go to an alternative health clinic achieving over 80% success rate without mutilating or poisoning your body.

Even our beloved NHS is bound by these rules and that's why they can't offer you anything but approved drugs and procedures that just don't work. The law

was designed to serve us but is now used to serve the Big Pharma. A EU directive is about to abolish our right to natural supplements so we become even more reliant on pharmaceutical drugs. The law as it stands is crippling our health service and bankrupting our nation with escalating health costs, but without giving us any redeeming value in return.

For example the diabetics drug Avandia which kills about a third of the people taking it, was finally abolished in the whole of the EEC in 2010. Yet your doctor can still prescribe it, but the pharmacy has been instructed by the government to substitute a safer alternative. The USA is where they 'blew the whistle' on Glaxo Smith and Cline, after a two years senate investigation, but guess what? Because it's an approved drug it's still being prescribed in the USA and around the world, happily killing people with reckless abandon. Can you now see why the ridiculous approval process is a nothing but a licence for the Big Pharma to print money at any cost? The pharmaceutical companies write the 'script' then everyone has to fall in line to get it approved. You can get anything approved if you have the money – even useless and worthless anti-depressants which double the suicide rate, and reduce life expectancy by 40%, but have not demonstrated a single cure.

Sometimes you wonder if there is any point in taking out health insurance at all. Maybe we should just take responsibility for looking after our own health, so we don't fall victim to a corrupt system that is short changing us all.

"The same deck of cards?"

We are told the government is overhauling the NHS, so we can be provided with better services. Instead of the GPs controlling the NHS budget, we are now seeing other members of the NHS getting involved, together with local counsellors – can you see anything wrong with that? The problem is that the "old boys club" that produced the mess in the first place, is being allowed to create a bigger mess for the second time – a ground swell opportunity is being lost.

The government is now trying to shuffle the same deck of cards. The same bad practices and wastages will continue. The only way this state of affairs can be changed is by introducing some fresh ideas from other people outside the NHS. The decision process must allow people outside the NHS who are in the

business of looking after people (alternative and complementary therapist) to have a say in the formation of the new NHS. We need to abolish NICE (the biggest obstacle to progress) and change the law (as in Canada) so anything that works should be allowed, rather than straightjacket the health profession to the “approved” methods that just don’t work. If we don’t do this then we will never get a cheaper and safer treatment options and the “old boys club” will continue to maim and kill people for years to come.

We must get away from the old “Evidence based system” that only serves the drug barons, and move to a “Results based system” that serves the public. If NHS offerings were measured against real world results, there would be radical overhauls. For example the majority of NHS anti-addiction clinics would be closed overnight. Also, sleeping pills would be dropped in the nearest bin together with anti-addiction drugs, anti-depressants, statins and anti-hypertensive. The irresponsible use of antibiotics that are doing untold damage to our society (massive explosion in diabetes) would also be reined in. Information medicine (energetic and informational) together with mind therapy (hypnotherapy etc.) should be the number one treatment for all disease including cancer and aids. Surgery, chemotherapy and radiation should be replaced with intravenous vitamin-C for all hard cancers, and bicarbonate therapy for soft cancers and leukaemia.

A few sessions of informational medicine would replace sack full of pills for asthma, allergies could be eliminated overnight and rapid healing of body parts could be done without drugs or surgery. All painkillers could be eliminated with information medicine together with continuous passive motion and decompression devices. The possibilities are endless at what could be done if only we could take the power away from the people who have a vested interest to protect their jobs, and hand it over to the people who use these services - us.

The job of the average GP should be relegated to education rather the handing out of useless pills.

The dictators in the Middle East are murdering their own people with bombs. The only difference here is that we are murdering our own people more covertly with useless and worthless drugs. At end of the day, murder is murder no matter how you dress it up. The bottom line is that it’s all done for power and money. The people in the Middle East are fighting tanks with slingshots.

Why don't we fight with tools that democracy has given us, with our vote - write to your MP right now! Don't let ignorant and greedy people get away with murder. If there was ever a time to speak out then this is it. Act now!

"A child of five knows better."

I asked a child of five, the following question? Which is a better way of quitting smoking, drinking or overcoming other horrible addictions, insomnia or depression?

- Using dangerous chemicals, over 12 weeks, months or years, or for life, with lots of harmful side effects;
- Using hypnosis (even better when combined with Laser and bioresonance), in two hours, without any dangerous side effects;
- Chemical methods costing £3,000 to get someone to quit smoking for just two weeks out of four, or £300 to get someone to quit smoking using hypnosis (with laser and bioresonance) and keep them quit for 12 months.

The child replies, "What a dumb question, you overcome your problems with hypnosis, because it is quick, safe and inexpensive". Now why doesn't your average GP, the NHS or people in government understand that?

"The moon does not exist."

Can you imagine lots of GPs, doctors, consultants, psychiatrists, senior members of the NHS, NICE, useless charities and the government ministers sitting under the moonlight, discussing the existence of our celestial neighbour?

A therapist says, don't be daft, of course the moon exists, its what lights up the sky at night, it influences the tidal waves and stops the Earth from wobbling like a spinning top. Our esteemed learned friends beg to disagree, pointing out that there are no well-conducted scientific studies proving the existence of such an astral body. But its self-evident truth cries the therapist. The consultants laugh out loud at this and say, no its anecdotal evidence, we only endorse evidence based methods.

But who is going to put this through the FDA cries the therapist? A scientific trial costs a million dollars and because there is no money to be made from this, no one will be willing to pay for it. Government ministers, who could fund such a study, are too busy trying to come up with creative accounting methods for expenses claims, abdicate their responsibility as always, and walk away.

There are so many safe, effective and inexpensive treatments out there for things like addictions, depression and cancer, but you can't have them, not because they don't work, but because there is no money to be made from them.

So our learned friends continue to enjoy 100k salaries, index linked pensions, still ignorant as the day they were born and extremely happy to continue that way. With sweet kickbacks from the big Pharma, they have no incentive to change. Self-evident truth does not need any form of scientific evidence, but you try telling them that.

“The absurd approval process.”

There was an article in the British Medical Journal (BMJ) about the absurdity of the drug approval process. The fact that parachutes save lives is not good enough for the supporters of the Evidence Based System; they want conclusive proof that it works, using well-conducted clinical trials.

A thousand people are given a real parachute and another thousand people are given a placebo, which looks like a parachute but does not open when required. They all jump out of the aeroplane and half of them die when they hit the ground. The cost of this experiment will cost a million dollars not to mention the lives lost in order to get approval for the parachute as a valid treatment to avoid trauma, resulting in death, when jumping from an aeroplane.

Now, in order to get an extra six months approval you simply have to repeat this experiment with children. In the real world, children are fed useless mind altering, suicide-inducing psychotropic drugs (anti-depressants) in order to get an extra six months approval. Some parents fight tooth and nail to get their children tested for Attention Deficit Hyperactivity Disorder (ADHD or ADD) so they can put them on these mind-numbing drugs – this also enables them to qualify for government hand-outs. These drugs do nothing for the child apart

from destroying their youth. The welfare state can create irresponsible behaviour; create an environment for a sick society - get a sick society.

Children with autism are regularly given antidepressants – but it's a therapy that doesn't work, and exposes them to serious adverse reactions such as an increased risk of suicide. <http://www2.cochrane.org/reviews/en/ab004677.html>

“Drug bills can bankrupt nations.”

The drug companies are making lots of money padding useless drugs to the unsuspecting public. The cost of these drugs goes up by 7% every year but the Gross Domestic Product (GDP) goes up by 2% a year, if that. For the moment, financing expensive drugs is a problem for the poor countries but how long will it take before this becomes a problem for the developed countries as well?

You see, providence has a strange way of catching up with us. You can't continue to cheat humanity and get away with it forever. Even with a state funded NHS there has to be a limit to how much money you can continue to pour into a bottomless pit? A system, dependent entirely on worthless drugs.

In the USA, most people are being forced out of the health care programme as Health Insurance costs escalate every year. Health insurance companies are now excluding more and more things, so very soon, in a few years time; health insurance will become pretty useless anyway. In the UK, every year, about a dozen PCT's cannot balance their books (they become technically bankrupt) – if they were not state funded they would have gone bankrupt a long time ago. Not even nations can continue to fund a system that is fundamentally rotten to its very core.

"Let's turn off the life support machine."

There have been numerous cases where the doctors wanted to turn off the life support machine when people were dying from things like pneumonia, small pox, swine flu, hepatitis, aids or even cancer. The family either persuaded the doctor to administer intravenous Vitamin-C covertly or under the threat of legal action. Within a week of starting the course, these people had fully recovered and were discharged from hospital. Yet the NHS will pay for every daft method that doesn't work, but will not endorse extremely effective, safe

and inexpensive natural methods. Surgery, chemotherapy and radiations has killed millions of people, intravenous Vitamin-C has killed no one to date.

http://www.laleva.org/eng/2010/10/vitamin_c_saves_man_dying_of_viral_pneumonia.html

“There is no end to daft idea’s in the health industry.”

In its never-ending attempt to fabricate "mental disorders" out of every human activity, the psychiatric industry is now pushing the most ridiculous disease they've invented yet: **Healthy eating disorder**.

This is no joke: If you focus on eating healthy foods, you're "mentally diseased" and probably need some sort of chemical treatment involving powerful psychotropic drugs. The paragraphs that follow probably explain why the daft morons are so afraid of natural remedies. (NaturalNews)

“Foods are better than drugs.”

A recent study published in the "American Journal of Clinical Nutrition" shows that eating certain foods can lower your cholesterol levels just as well as taking statin drugs. This is the second study we've seen revealing that certain foods are as effective, or even more effective, than prescription drugs in regulating biochemical markers such as cholesterol levels or in treating conditions such as chronic depression. In this particular study, researchers found that foods such as soy protein, tofu, various other soy products plus almonds and cereal fibre, as well as plant sterols, can lower total cholesterol and especially LDL cholesterol, better than statin drugs. In fact taking soy lecithin is more effective and much safer than taking statins.

Once again, this is no surprise at all to nutritionists. We have known for a long time that if you want to have healthy biochemistry and healthy cholesterol levels, you have to turn to natural foods and adopt the strategies of natural health. We've also known that drugs are all but worthless compared to the healing power of foods.

The bottom line is that it turns out we have 40 % of the population in the United States of America now taking prescription drugs. Virtually all of those drugs are medically unjustified. There is no need for anyone to be on any statin drug. There is no need for anyone to be on antidepressant drugs. There is no need for people to be on beta-blockers and other drugs related to cardiovascular health. You can go down a list and look at the thousands of drugs that are available, and in nearly every case, there is a food, an herb, a nutritional supplement, or a lifestyle change that will work far better and eliminate the need for that drug entirely.

And yet we live in a nation that's focused on drugs, and not focused on healing foods. If we would just turn to the healing foods, we could solve this health problem and return to a national state of outstanding health, with a shocking drop in health care costs to boot.

<http://www.naturalnews.com/008310.html#ixzz1H18Sb0Ub>

“Beat your depression with food.”

Battling depression can at times be a tricky affair. There are many doctors who invariably prescribe antidepressant drugs for curing depression. But you should know that natural means are always better than using drugs with side effects. It has been proved by researches that people respond very well to natural therapies without toxic effects. There are many foods to beat depression naturally and effectively (Do this as part of our luggage of life programme).

1. A fish diet can do wonders to improve your state of mind. It can even cure depression. Serotonin is one of the brain's key chemical messengers and lack of it is considered to be the reason behind depression. The Omega 3 fats in fish have the potential to alter serotonin, thereby influencing the state of your mind. The main sources of Omega 3 fatty acids are deep-sea fish such as tuna, swordfish and salmon.

2. Vitamin D (richly found in cod liver oil and sunshine), sunflower seeds, mangoes, avocados, turkey, bananas, almonds, broccoli, almonds etc. are other sources of serotonin.

3. As a bedtime 'relaxant' you can use Chamomile tea, made from the herb chamomile, which is rich in magnesium. It works as mood foods needed to transform the amino acid tryptophan to serotonin.

4. As you know depression arises from stress, it is essential for you to relax and unwind to get rid of the terrible mental condition. Ginseng is a tonic herb popular for its usefulness in assisting the body to deal with stress. It helps to balance body energies and to relax and relieve stress apart from providing stamina.

5. If you are a victim of depression, whether mild or major, you will be having low blood concentrations of the B vitamin nutrient foliate. Asparagus,

chickpeas, lentils, spinach, beans and other leafy green vegetables are the major sources of foliate.

“Alkaline water promotes radiant health.”

As Kevin Trudeau said, “You cannot get cancer in an alkaline body”. The problem is that our modern diet devoid of fresh fruits and vegetables tends to make our bodies acidic and wide open to disease. High water content foods are not only alkaline producing when they are metabolised but provide us with life. Cooked foods promote slow death. Microwave food promotes rapid death.

Even if you are eating lots of fresh fruits and vegetables you can still benefit from alkaline water. You can make this yourself by electrolysis that also kills all the pathogens in the water but also precipitates the nasty solids (that are clogging our bodies) out of the water as well. Drinking lots of alkaline water turns the body from acid to alkaline within weeks. You can test this by running a testing stick down your inside elbow and depending how long it takes for your body to go from blue to red will tell you how acidic or alkaline your body is. Why don't they offer this as standard test under the NHS?

“Ozonated water and oil can increase your longevity.”

The best way to rid your body from free radical damage is to drink water that has been ozonated. You take some very cold water and extra virgin oil from the fridge (the colder the more ozone will be absorbed), and run ozone through it for 30 minutes, then you drink the water and oil within one hour (or the ozone will turn back into oxygen). The oil will cross over to your liver and brain and remove free radical damage – may even reverse the onset of diabetes. Now why doesn't your GP tell you about this simple preventative health care trick?

“Even since I suffered from phenomena some ten years ago, my lungs have become weak. So every time I get a cold or flue my lungs fill up with fluid - I can be heard coughing and spluttering for weeks afterwards – not good if you are a therapist. Then I learnt about ozonated air, it could damage your lungs they said. Then I looked up the research that was done on rats where this idiotic notion came from. They exposed rates for three days to nothing but ozone and the rat's lungs became full of fluid. However, after three days no

amount of exposure to ozone, they did not develop reparatory problems. Empowered by this new knowledge, I decided to breathe some ozonated air mixed with air into my lungs, about five seconds a day over several days. As the ozone killed off all the bacteria and viruses in my lungs, my coughing vanished overnight. The moral of the story is don't buy into the 'bull' given to you by ignorant people in the health industry. Now you may be asking who came up with the notion of the Recommended Daily Allowance –monkeys?"

"Far Infrared Therapy can stop Metastatic Cancers."

Far Infrared Therapy (hyperthermia) in combination with Alkaline, Ozonated water as part of a lifestyle change to prevent metastatic cancers and promote great health.

Hyperthermia has been used in animal husbandry for years. When the Koi Carp is suffering from Koi Herpes Virus you take it out of the cold-water tank and 'cook it' at 82 degrees Fahrenheit (28 degrees Celsius) for a few hours. This simple procedure saves the fish from certain death. Now why don't the people in the NHS tell you about hyperthermia?

"Research has shown that high temperatures (up to 45 degrees Celsius) can damage and kill cancer cells, usually with minimal injury to normal tissues. By killing cancer cells and damaging proteins and structures within cells, hyperthermia may shrink tumours."

"According to Dr Rife, the environment of the host plays a great part in the growth of cancer cells. He demonstrated that bacteria or viruses could transmute from one form to another depending on the medium. It is very difficult for cancer to take hold in an alkaline body. High water content food (raw fruits, vegetables with small quantities of seeds and nuts) turns the body alkaline, cooked foods turn the body acid. Drinking alkaline ozonated water makes a lot of sense not just for prevention of cancer but also for all other diseases associated with the pollution and free radical damage."

"Are you grounded?"

When was the last time you walked bare foot? We live in a world of synthetic everything – from our cloths, to our bedding to even the paint on our walls. We are also bombarded by electro magnetic radiation from the mains wires, from Wi-Fi, from mobile phones, from TV and Radio and from GPS. This constant bombardment is doing untold damage to our bodies. People in the third world who sleep on the ground do not suffer from a lot of the health

problems we suffer from in the developed countries – they are grounded, we are not.

Get yourself a ground sheet or a magnetic sheet that can be grounded to earth. Some come with a wire attached to a copper weight that touches the floor. The problem is that if we have synthetic carpets then we are still not getting as much benefit as we should. So running an earth wire to the ground outside makes a lot of sense. Some people overcome their insomnia, anxiety, depression, indigestion, inflammation and other health challenges with this method. Also go out and get some sunshine in your eyes and also benefit from some grounding. When was the last time you walked on the beach barefoot?

“A letter to my MP.”

Dear Valerie Vaz,

I know people in office are under a lot of pressure to bow down to the old school, and keep things as they are. The problem is that it's a bit like the advert about oil where the guy says you can buy me now, or you can buy me later. The same goes for the pain in reforming our beloved NHS, either you can undertake painful reforms now or later. However, you cannot postpone reforms to the NHS forever because there is a limit to how much you can keep putting into a bottomless pit.

The letter to Her Majesty the Queen and her response has also been included. What you may find interesting is the article on why state funded monopolies like the NHS are bad for everyone. It also highlights the totally unfair playing field that has been created between the private and public sector including the farce over pensions. These people have no idea how lucky they are.

It's pretty sad that the Labour Government who was the champion of the NHS totally failed to overhaul the system when it was in power. The NHS wants to do everything but is pretty useless at everything. They have simply become pawns for the Big Pharma. Safe and extremely effective methods are not allowed a look in such as the Intravenous Vitamin-C, a safe, inexpensive and extremely effective cancer cure that does away with mutilation and death. The approval process that we bought into from the FDA has in itself become the problem. The only way around this bottleneck for humanity is to change the law - in Canada you are allowed any method that works rather than restrict the

health professionals from using only FDA approved methods. All of this is covered in my online publications; most of them can be accessed from my letter to Her Majesty The Queen.

Yours sincerely, Shokat Ali

“Want to know more then read on.”

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Disgrace1.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Disgrace2.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Monopolies.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Queen.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Response.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Depression.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Support.pdf>

“Our free publications.”

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/AddictionsDemystified.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/AddictionsDemystifiedB.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/AddictionsDemystifiedC.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/LPBrochure.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Maureen-and-lan.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Alcohol-and-depression.pdf>

<http://www.lifeprinciples.co.uk/wp-content/uploads/2012/12/Master-NLP-Practitioner.pdf>

“Third party websites.”

http://www.usfilms.ea29.com/cancer-the-forbidden-cures_1358726.html This website will allow you to order the “CANCER The Forbidden Cures” DVD by Massimo Mazzucco." and "Cancer is a Fungus (Book) by Dr Tullio Simoncini. I suggest you get them both.

<http://www.KTRadioNetwork.com> Everything they don't want you to know about.

<http://www.RealityZone.com> Dr. G. Edward Griffin

<http://www.EarthPulse.com> Dr. Nick Begich

<http://www.InfoWars.com> Alex Jones

<http://www.DrLenHorowitz.com> Dr. Len /horowitz

<http://www.JimFalsom.net> James Falsom

<http://www.Rife.com> Work History of Dr. Royal Rife

<http://www.RifeVideos.com> Rife Machine History Educational Website.

<http://www.laleva.org/eng/img/10DrugsYouShouldNeverTake.pdf> Ten drugs you should never take.

“Must have Books and DVDs .”

Harry Hoxsey;

Hulda Clarke;

Bob Beck;

Leonard Horowitz;

Miracle Mineral Supplements;

Vitamin B-17 (Laetrile);

David Brownstein;

G. Edward Griffen;

Who Killed The Electric Car;

Nick Begich;

Wilhelm Reich;

Making A Killing (Psychotropic Medicine);

The Cancer Cure That Worked; Written by Barry Lynes (in print)

The Healing Of Cancer; Written by Barry Lynes (out of print) *

The Kevin Trudeau Show goes where no other show dares to go! For decades, Kevin has been trusted by millions of Americans to reveal the truth about: Health, Wealth, Government, Media and Corporate America. Listen to Kevin on www.KTRadioNetwork.com.

* If anyone has this then maybe we should just turn it into PDF and upload it onto the Internet for the world to read, until it can come back into print? Ask you local library – someone must have one?