

## Week 46 (2016)

### Cancer, Heart Disease, Lung Disease or Alzheimer's?

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Do these words frighten you? They are diseases that 95% of the population will die from. Not old age as you would think in the 21st Century but four diseases that hardly existed a few hundred years ago.

In fact in Greece 2000-2500 years ago a 65 year old person would expect to live to the same age as a person today.

In reality the whole of the multi-trillion medical research and treatment system is delivering life expectancy no better than that in Greece thousands of years ago when Hippocrates practised health care. He is considered to be the father of healthcare and as well as his famous teaching, "Let Food be thy Medicine, and Medicine be thy Food" he also said, "First Do No Harm" which became the Hippocratic Oath taken by all doctors. It is a pity the existing medical system has forgotten his teachings and his Oath. It is more like a 'Hypocritical Oath', with their dangerous drugs and unnecessary surgery.

Just in case you have been misled by the sloppy reporting by the media and the medical system, 'Life Span' is how long you will live from birth to death and 'Life Expectancy' is how long you expect to live from a certain age e.g. from 65. My parents were cared for by the medical system and were both dead before aged 65 but at aged 70 I plan (and expect) to live longer than 100. Did you notice I said 'plan' and not 'hope'? If you want a goal you must have a plan. Hoping is not enough.

#### Another billion for a cure?

Hardly a day goes by without a press release for some study or other designed to push either a new drug or a charity just needing a few billion more to give to the poor destitute Pharma companies so they can make the great breakthrough and find a cure. Cancer Charities have taken donations of many billions on the promise of a cure. The latest press release shows that the biggest killer is now Alzheimer's which has overtaken any of the others (it is claimed).

Long-time readers will know that for many years I have linked all of these diseases to a dysfunctional immune system and that in fact these diseases are all different symptoms of the same dysfunctional immune system.

## THE PRIME CAUSE OF THESE FOUR DISEASES

They are all caused by a combination of an unnatural diet, high in carbs and sugars, lacking in critical nutrients, not drinking water, not enough raw salts, not walking enough to get the body oxygenated, stress, and not enough sunshine on your body. All of which combine to weaken your immune system, thus leaving you open to disease.

### CANCER

Not following a good health plan will combine to weaken your immune system which is responsible for keeping cancer cells in order. My Proof? The medical system know this and have recently tested immunotherapy drugs with astounding results but you won't be given them as they have billions in income from the previous failed treatments. If they do, they will and are charging up to 100,000 per year for drugs which cost nothing. They could have had a near 100% success rate if they had combined it with a good health plan.



What can you do? Reverse the causes detailed above and use my book for your plan to prevent or get a healthy immune system that does not need drugs.

### HEART DISEASE

Countless studies have linked infection with both the cause of blocked arteries and death from heart attacks. Many studies have shown healthy diets and nutrient supplementation can prevent and clear heart disease. By improving ad hoc plans into a complete lifestyle plan that also supports a healthy immune system, this will take you closer to the 100% success rate. Staying with this plan should give you good health for as long as you plan to stay healthy.



### LUNG DISEASE

I am sure there are not many people who aren't already aware that infection is the killer in lung disease, no matter what title is given to the condition. My mother died at aged 62 of lung disease and for many years I saw her virtually living on antibiotics. Not once did the doctors offer a course of rehabilitation at a sanatorium which was common just 100 years ago and still prescribed in some European countries. Infection (bacteria, virus and fungus) only thrive in a body with a weak immune system. Have a recovery plan to achieve a strong



immune system and life can get better. My mother died before I had researched these things and the plan in my book has helped countless sufferers over the past 16 years.

## ALZHEIMER'S

I have saved the most challenging until last. Not because the plan is any harder or it is difficult for many people to comprehend that infection and lifestyle is the cause. Like Hippocrates, my books help you to practice health care and follow his famous teaching, "Let Food be thy Medicine, and Medicine be thy Food". Even if you follow drug taking from the medical system the plan in my eBooks follow, "First Do No Harm" so the plan is 100% safe and can help you to change your life. I am not sure it is the leading cause of death as this information comes from charities and medical sources, all with the possible aim to get money from public donations and government. It is amazing that hundreds of millions has been spent on so-called Alzheimer's research with no viable results yet a study from a university in California (UCLA) costing no more than a few thousand dollars reversed Alzheimer's using a plan similar to the one in my book.



Did I mention immune system? A pathology study in Spain identified fungus in the brain of those who had died from Alzheimer's but 'never' fungus in the brains of other deaths. Fungus only gets a-hold with a weak immune system. The good health plan in my Alzheimer's book includes everything to deliver a strong immune system to clear all infection and especially fungus.

## A 'LIFE CHANGING' GOOD HEALTH PLAN

Like Hippocrates, my books help you to practice health care and follow his famous teaching, "Let Food be thy Medicine, and Medicine be thy Food".

Even if you follow drug taking from the medical system the plan in my eBooks follow, "First Do No Harm" so the plan is 100% safe and can help you to change your life.

## GOOD HEALTH COACHING

I would never say it is easy to stick to a plan (ask anyone going on a weight loss or exercise plan) so we have a team of Good Health Coaches all qualified to give you massive support to enable you to stay on the plan.

Two Steps to Good Health:

They are all caused by a combination of an unnatural diet, high in carbs and sugars, lacking in critical nutrients, not drinking water, not enough raw salts, not walking enough to get the body oxygenated, stress, and not enough sunshine on your body. All of which combine to weaken your immune system, thus leaving you open to disease.

### **Two Steps to Good Health:**

1. Go to my [free eBooks](#) and get the books that you need for your plan and thousands of my articles to read and educate yourself.
2. Good Health Naturally has put all of my various recovery plans into 3 Packs Offers, to suit all budgets with discounts up to 30% to make it easy to purchase as little or as much as you can afford. [Click here](#)

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