

Week 49 (2016)

More Evidence – Now Parkinson's.

One of the most condescending things anyone can say to others is, 'I told you so!' Of course, the person saying it is not always being condescending and sometimes the words slip out with love but the truth is we all really know what is right and wrong but for whatever reason we carry on doing the wrong thing. That is not to say we should not give our opinion about what is truth but when those people we are conversing with suddenly get an understanding about an important part of cause and effect we should praise that moment and ask them how they came to it.

My Truth.

Since the early 90's I have been researching the causes of disease and while I am convinced that lifestyle and nutrient deficient soils/foods are an important factor, I have been building up the evidence that the prime connection in nearly all diseases is infection. It is likely that these factors above are all implicated in the infection which is why my plans include for all possible factors.

Infections Cause? The list is endless and include:

Non immediate life threatening conditions such as arthritis, earache, headaches, shingles, facial neuralgia, endometriosis, liver and kidney diseases, bell's palsy, sore throat, vertigo, colitis, crohn's, food poisoning, ulcers, warts, shingles, cold sores, herpes, cankers, bronchitis, coughs, cystitis, prostate problems, conjunctivitis, chronic fatigue, skin problems, mastitis, and post viral syndrome, endometriosis leading to blocked fallopian tubes, (to name a few).

Life threatening including cancer, heart attacks, arterial arteries, strokes, lung diseases, liver and kidney diseases, and general chronic infections later in life.

Life debilitating conditions including rheumatoid arthritis, multiple sclerosis, diabetes type 1, uveitis, thyroid diseases, lymes disease, Alzheimer's, polymyalgia rheumatica, psoriatic arthritis, sarcoidosis, systemic lupus, temporal giant-cell arteritis, ulcerative colitis, vasculitis, wegener's granulomatosis and according to new research – parkinson's disease.

Parkinson's Disease

Readers will know that infection studies indicating Alzheimer's and Cancer are building into a conclusive cause and the latest study that brings Parkinson's into this group means that practically all of the main diseases we worry about can be prevented or better still completely cleared.

The studies for Parkinson's showed that an infection in the digestive tract eventually infects the brain much like as in Alzheimer's.

My wife, Anne, and I cared for her father when he was diagnosed with Parkinson's for many years keeping him off drugs with a good quality of life until his 80's when he died. I now feel sure we could have done better if we had realised how critical infection was as a cause.

I am presuming this study is for the most common type of Parkinson's as there are other studies showing weed killer or other toxins are implicated but these may simply be additional factors.

Probiotics May Be Essential

There are no studies that I have come across showing that healthy digestive tracts populated by the proper full range of probiotics are at risk of infections.

An example is food poisoning. If 100 people all eat the same seriously contaminated meat, only a percentage will be taken to hospital. The others will suffer various symptoms ranging from a grumbling tummy, sickness or simply nothing noticeable. The reason for this symptom free variation is a healthy digestive probiotic system.

I consider that a healthy lifestyle is critical but that supplementing with high quality probiotics is also essential as they are only available in vegetables and fruit we pick from the field and eat unwashed. When we wash, and cook food, it kills the probiotics, hence regular supplementation is necessary.

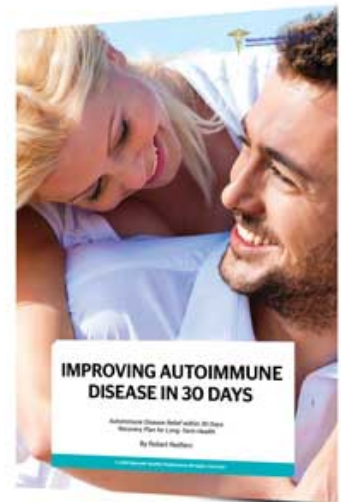
You can find the full plans needed to clear and keep the body free of all infections in most of my books.

The two books recommended for when it comes to serious life threatening/debilitating infections are my Autoimmune Book and Alzheimer's. [Click here](#) to see all of the books that cover your concerns.

The basics are

- **PRESCRIPT-ASSIST**

This product is a third-generation combination of more than x29 friendly soil-based organisms (SBOs) uniquely combined with a humic/fulvic acid prebiotic that enhances SBO proliferation. Backed by human clinical trials, including a one year follow up, this is



proven to work. It really is the best probiotic available, hands down. [Click here](#) for Prescript Assist

- Take [Nascent Iodine](#) and [Ionic Selenium](#) every day.
- Stop all carbs and other high sugar foods and drinks (they feed diseases).
- Walk 5 miles per day (or as much as you can).
- Drink 6 glasses of water each day with a pinch of bicarbonate of soda in each glass.
- Eat green vegetables and dark skinned fruits daily.
- Eat fats and oils, eg coconut oil, avocados, nuts and seeds most days.