

WEEK 42 (2019)

WHO DO YOU TRUST?

Occasionally I get emails asking me to produce studies for the plans and solutions I recommended in my books and these articles. Some of the emails are mildly abusive and contain a hint of reporting me to the authorities. All of the plans I produce come from numerous studies conducted by honest scientists independent of the pharma/medical mafia. My final proof is the feedback I get from enough users of my plans to convince me they work.

TRUST

I have no faith in the pharma/medical mafia. Just this last weekend, I heard many horror stories when I was attending a trade show for Natural Health Practitioners and Health Store Owners.

One story was particularly heartbreaking. A Health business owner told me that her son suffered from Kidney disease and was listed for a transplant but informed there was a long waiting list. He decided to follow the plan in my Kidney Recovery book, and he quickly felt he had recovered. He went to an appointment with the Kidney Specialist who confirmed his kidneys were working correctly.

What happened next is the sad part. The doctor immediately said that the disease would eventually come back and said he had booked him a transplant slot quickly. The poor guy sat opposite the doctor and was not strong enough to resist and went through with the transplant. Now he will be on anti-rejection drugs and their side effects for the rest of his life.

Would his kidney disease have come back? Yes, if he followed the same poor lifestyle and carried on eating the lousy diet that caused his problems. It is the same for everyone. Carbs, sugar and processed nutrient-deficient foods are the prime cause of disease.

WHO DO I TRUST?

I trust independent researchers who research lifestyle and nutrition as a solution to the disease and premature ageing. Even then, I have to see the correlation between a diverse set of studies that come to the same conclusion.

When it comes to my health checks, I use independent testing services that give me the result rather than to a doctor. The independent reports have a brief analysis of the figures using a traffic light (Red-Amber-Green) system.

My recent results show a body age of 58 instead of my 73. Since I follow the same plan as I recommend in all of my books no less than I expect. I support my claim that anyone who follows a healthy lifestyle (the one shown in my books) cannot become sick.

DON'T TRUST STATINS

Other than those with a rare genetic condition, statins have proven to be of no use helping you live longer. More than that they have serious side effects. Natural Health Researchers mainly publish negative comments, but increasingly it is medical doctors and University Researchers who claim that Statins are inappropriate for most people. Your doctor is caught in the middle and is under pressure from the medical/pharma mafia to continue to prescribe them. Search my statins at my www.naturallyhealthynews.com to see all of the articles going back nearly 20 years showing the adverse studies.

WHAT WOULD I DO?

It just so happens that my recent health check showed a slightly high cholesterol level. Before you send letters of concern, I must add that the government cholesterol levels are deliberately set low to catch more people and get them on drugs. These new lower levels are, in my opinion, a confidence trick. All of my other readings are perfect. They correlate with the 4D scans I have for all of my arteries and heart.

WHAT IF I HAD VERY HIGH CHOLESTEROL?

If a person has high cholesterol because of an awful lifestyle or even other factors, I would recommend a scan every two years. A 4D scan and a Health Check that includes the levels of Homocysteine are essential. 4D scans can see even slight arterial damage. If the damage starts to show, then actions need to be taken.

- The first is a lifestyle change, as shown in my Heart eBook.
- The next is to take [B4Health](#), a B Vitamin Complex to lower the level of Homocysteine which is the real cause of damage to your arteries.
- To achieve healthy cholesterol, take [HeartPower45](#). This contains an extract from Bergamot, a bitter citrus fruit that has a unique profile of both flavonoids and glycosides. These compounds have cholesterol-reducing benefits that has 4 studies to show it improves the health of the blood. Read more about HeartPower45 here at <https://heartpower.work>
- Lastly, is to follow the healthy lifestyle shown in my Heart eBook.

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REMEMBER

Heart Disease is the biggest killer in the West and only a healthy lifestyle and supplementing missing nutrients will get and keep you healthy.



B4Health™

B4Health™ Sublingual Spray contains essential B vitamin complex to help your body maintain healthy homocysteine levels, which in turn leads to better maintenance of normal brain, heart and cardiovascular function. Vitamin B complex is also essential for eye and emotional health, as part of a healthy nutritional and exercise regime. A superior delivery system for essential nutrients that are clinically proven, this should be part of your daily supplemental intake.

HeartPower45™

Grown in the Calabria region of Southern Italy, Bergamot is a bitter citrus fruit that has a unique profile of both flavonoids and glycosides that compound its cholesterol-reducing benefits.

Bergamot is renowned for its heart health benefits and has been shown in 11 pre-clinical and 4 clinical studies to support claims that bergamot can lower your cholesterol levels.

[**SHOP HERE FOR B4HEALTH**](#)

[**SHOP HERE FOR HEARTPOWER45**](#)