

Important-Special Health Report .

OR What the drug Companies would rather you never thought about.

First thing we need to understand is that most people rarely think about the fact that the big drug companies make their fortunes by charging heavily for the pills, potions, tablets or drugs to manage the problem, often for many years, once illness or disease strikes and have little interest in providing effective solutions which help avoid problems in the first place.

Extensive research published in 1931 by Double Nobel Laureate *Dr. Otto Warburg 1883 – 1970* confirmed that most Ailments and Diseases, including Cancer thrive in our bodies when low oxygen, high glucose or high acid levels are present but **cannot develop or survive in an easily created alkaline environment**. This crucial ground breaking research was buried away and totally ignored by every major drug company. Even to this day the vast majority of their research is based on finding new (and more expensive) 'treatments' which **only focus on managing the Disease or Illness, not curing it** - why?

BECAUSE THERE IS VERY LITTLE PROFIT IN PREVENTING US BECOMING ILL IN THE FIRST PLACE!!

The purpose of this article is to help you understand:

The causes of Disease.

How cells age, get sick and contract disease.

What free radicals are and how they contribute to diseases like Cancer, Diabetes, Stroke or Heart Disease.

To look at the effectiveness of some popular solutions.

Symptoms are the body's way of telling you that something isn't right. They are not the cause of the illness or disease.

A Heart attacks is not the cause of heart disease, it is a symptom of Heart disease.

High blood pressure is not the cause of stress, it is a symptom of stress

A stuffed up nose isn't the cause of a cold, it is a symptom of a cold.

Cancer is not the cause of a disease, it is a symptom of Cancer.

Let me repeat – Symptoms are your body's way of telling you something is wrong. It is out of balance.

So if these are all symptoms, what is the **cause of the disease?**

Our body's health is dependent on the health of the cells we are made from. Millions of cells have been woven together in an intricate puzzle that creates human life and really all life beyond single celled organisms.

When some of these cells become unhealthy and die or replicate incorrectly the system starts to break down. If these problems aren't corrected things start to deteriorate. If taken care of with the right action these examples are minor blips, but if left untreated they can create a spreading "disease or illness" that can slow or cripple the bodies' ability to function properly.

Small problems will occur with a cells ability to function, repair itself or maybe replicate. These problems can occur from things such as excess radiation from the sun, toxic chemicals inhaled from a hazardous cleaner or more likely the cell is not getting its essential nutrients. Quite often cells are damaged by what are called free radicals. This is an atom within the cell which has a missing electron. A free radical is kind of like a suicide bomber. They actually destroy the atoms around them. This causes problems within the cell and can lead to things like premature aging, sickness, and chronic diseases.

These free radicals attack us from all directions. Everyday things we know about, smoking, pesticides, and pollution can create free radicals. But other things we don't always think of like the water we drink that has been treated with chlorine, sunlight, some foods and stress are also causes of free radicals.

To protect our bodies we need to give them the right fuel. In the same way that a car or any other machine will stop working without regular care and servicing, your body will not work properly if you don't supply it with essential nutrition. Giving your body the right fuel supplies it with all the building blocks it needs.

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An important basic building block to long term health and freedom from serious illness, especially as we age, are **antioxidants**. Although well publicised in recent times, few realise just what antioxidants do. Antioxidants are the knights in shining armour that rid the cell of the attacking free radicals. They also provide the cell with everything it needs to replicate itself and make new cells. New cells help **maintain a younger, more energetic and healthier you**.

The only catch is that very few of us eat the right foods to supply the proper amounts of all the essential nutrients, the fuel, to the cells. A recent study of 26,000 people found that not a single person received the nutritional requirements set up by the Recommend Daily Allowance, the RDA.

The most common reasons for this apparent lack of proper care for the **only body we will ever have are:-**

- Over cooking food and Microwave cooking
- Storing and freezing the food for long periods
- Increased stress within our bodies uses up essential nutrients and blocks the intake of others
- Increasing use of pesticides, insecticides preservatives and other toxic chemicals – the air, soil and even the water most people drink every day are full of these chemicals so even organic produce is not always toxin free, despite claims made by producers.

Over indulgence in 'fast foods', high sugar snacks and highly acidic soft drinks.

Recognising the effect of this long term damage will have on our ambitions for the longer, happier and healthier life we all seek, many people prefer to take preventive measures to waiting until problems strike then rely on the N.H.S. or other Healthcare provider to fix them either with drugs, surgery or other invasive treatments

- Often these efforts involve supplements of one type or another in an effort to make up for the lack of regular proper nutrition. But beware, not all supplements are created equal and it is easy to spend thousands every year on useless products which provide absolutely no value to your system.
- Many are filled with artificial ingredients some of which may even be highly toxic. Others simply pass right through your system without ever being absorbed. Still others are put together in an unnatural and improper mix that doesn't allow your body to use them.
- Although often expensive, if you wish to benefit from regular supplementation as your preventive regimen, it is important to buy only high quality natural supplements with sufficient active ingredients to provide worthwhile benefits.
- Anti - oxidant or mineral Juices made from a wide variety of herbs, botanicals or other exotic plants, berries, beans or similar usually only found in some Rain Forest or other after centuries of use by now long lost tribes or based on ancient Oriental medicines and rediscovered by Western entrepreneurs. Besides usually being too expensive to be used on a regular basis by the whole family, credible scientific support for the claims made is hard to find.
- Bottled or mineral waters have in recent years been promoted as highly health beneficial. Again the reality is that while they may appear to offer a simple solution - any medical benefits are highly dubious and almost impossible to define or support. They do however have the distinction of being amazingly expensive when compared with the Local Water Board variety which with a little special treatment is capable of bringing incredible health benefits to the whole family for just pennies a day.

The increasing reliance on expensive prescription drugs, medicines, operations are themselves symptoms of the wholesale failure to correctly care for our bodies by almost every one of us. Equally these increases are themselves confirmation of the huge profits being generated by the 'cure' industry despite the fact most people recognise the benefits of prevention rather than cure.

If you would like details of how a simple Japanese device could easily and swiftly transform your health and well being without drugs, side effects or special diets call your local special advisor on the number shown below to order your **FREE DVD** and ask about your **FREE trial**.

IF YOU ARE SICK AND TIRED OF ALWAYS FEELING SICK AND TIRED, Feeling Better is just a phone call away

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