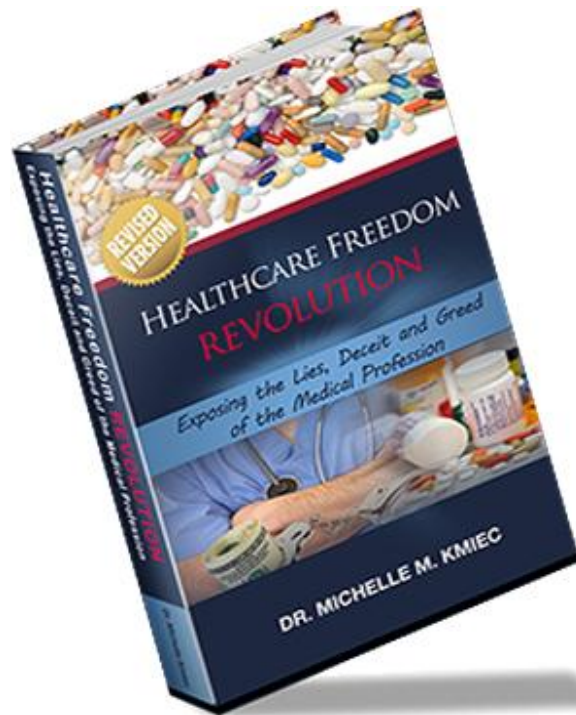


Healthcare Freedom Revolution

*Exposing the Lies, Deceit and Greed of the
Medical Profession*

By Michelle M. Kmiec, DC



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Preface

"The most fatal illusion is the settled point of view.
Since life is growth and motion, a fixed point of
view kills anyone who has one."

-Brooks Atkinson

Why we need a Health care Freedom Revolution

There is something fundamentally wrong with a system that implies freedom, but cleverly dictates the degree of freedom allowed to you. Such is the case with our present health care system. When it comes to health care, most people put their lives in the hands of our so-called experts. Who are these experts? They are the scientists behind drug research, and the doctors who administer these drugs; all with FDA (Federal Drug Administration) approval.

For you, me, and most people, improved health equals curing our condition. But sadly, to these health care “experts”, improved health equals *symptom relief*, rather than an actual cure. People trust that FDA approved research, was done ethically thus, they are convinced (actually brainwashed), that the treatment their doctor recommends is the *one and only legitimate option*. Anything else is nothing more than snake oil.

Such is the case with cancer. Unknown to most, there are many options and treatments for cancer (of any type), that have been shown to be far more effective than the current “only” legitimate option; chemotherapy, radiation and surgery. In other words, “cut it out and zap it out”. Despite the overwhelming ineffectiveness of this approach, this is still what the scientific and medical organizations, in conjunction with pharmaceutical drug companies, have deemed to be your best and only option. This is unacceptable. Much like how bloodletting was once the one and only medical treatment of the dark ages. Anything else was considered heresy.

The claim by some is, that alternative treatments have not been “proven” to be effective. Well, at least not by our scientific method of testing of whether a treatment is effective or not. The irony here is that most drug treatments, as well as chemo treatments *fail miserably* when applied to the very same scientific method! How can I say such a thing? All you have to do is take a look at the statistics, and do a bit of investigating. And this is exactly what I did.

Cancer is on the rise despite the increase of drug therapies and radiation. Wouldn't this suggest that something is either wrong with our current health care approach, or perhaps with the scientific method itself (and remember, this our only trusted measure of whether something is effective or not)? As you will soon discover, based on the current health status of Americans, our method is indeed ineffective.

So, why haven't our brilliant scientists and leaders in the medical professions noticed this obvious problem? The answer is simple. Because health care, which was once a public service (you know, when your doctor used to actually care about your welfare, rather than having you go broke from medical treatments!), has become *big business for profit*. Much like how you will never have the latest and greatest computer or cell phone, because a better version is always around the corner on a never-ending assembly line. This reminds me of the famous "I Love Lucy" episode, when Lucy Ricardo and Ethel Mertz were wrapping little chocolates. The harder they tried to catch up, the faster those little chocolates came down the assembly line. So is the case with the latest, greatest, and fastest of our technological gadgets.

How does this have anything to do with health care? It's simple.

The reason for the rapid changes in technology is bottom-line profit. *It's all about knowing how to maximize the highest gain of profit, while maintaining public compliance*. As long as millions of people line up to buy the "newest" latest, greatest, and fastest product, and knowing that they will line up every time, is what I have coined '*expertly refined marketing*'. And the result executes obscene profit.

Imagine the impact of finding the cure for something as mundane as the common cold. What would be the profit loss of such a thing? Let alone, something more serious like heart disease or cancer. These scientists and medical doctors who approve and promote the "newest" latest, greatest, and fastest (acting) drugs are not stupid. They are very well aware of the side-effects, the lack of overall effectiveness, and most of all, *the lack of any drugs ability to reverse or cure the disease it was "designed" to treat*.

But for every "newest" latest, greatest, and fastest drug, there are also the "newest" latest, greatest, and *faster* drugs to treat the side-effects that the original drug caused! How about the profits involved here? Don't forget about the billions of dollars spent each year just to advertize these drugs. Not to mention all the new doctor visits just to inquire if you need the "newest" latest, greatest, and fastest drug; *and usually you do*.

We already know that maintaining public compliance is simple when you manipulate the public properly. So what we have here is the perfect recipe for the biggest business scam ever seen in America's history. Worse of all, we not only applaud it, we defend it on perfect cue.

And with great hypocrisy, anything alternative is condemned; especially if there is a smidge of profit involved within that industry. Haven't we all heard about how chiropractics are only after your money, and how vitamin companies sell products that "don't work" to the hopeful person with some disease? Most people are totally unaware of the truth behind that propaganda. Oh sure, there has been much written about the benefits of alternative treatments, but how aware is public regarding the *studies regarding the benefits of alternative treatments*? The better question is...*why hasn't the medical community taken notice to these studies*?

Wouldn't a true doctor, a doctor who believes in the Hippocratic Oath, and whose only aim is to improve the health of their patient and cure them if possible, explore *all options* for a cure? And shouldn't we, the public, have the right (the freedom) of choice to decide which type of treatment we want to try? Especially in cases where the side-effects of some drug *is actually death*? When did we allow one group

of people to have the sole power (and profit) to determine what treatment we can or cannot apply? Oh yes...they argue, “It’s to protect the public from sham artists and snake oil salesmen”.

Well, let me propose these questions:

- **If the chemo does not work, or actually does kill the cancer, but happens to kill the patient due to poisoning...isn’t that snake oil? Or is it simply a side-effect?**
- **If the person taking meds to prevent a stroke due to “high cholesterol” happens to die from liver failure (the side-effect of most cholesterol drugs)...isn’t that snake oil? Or is it simply a side-effect?**
- **If too many people die from an FDA approved drug, which later is re-called (when lawsuit payouts become higher than profit)... isn’t that snake oil? Or is it simply a side-effect?**

So, if the terminology of “snake oil” means promoting for profit without results, what do we call the few examples I have mentioned? Well, I guess that is why powerful drug companies hire countless lawyers. So, cleverly constructed words such as “may help” and/or “could cause death” are implemented along with the “health care” which the doctor provides. This along with advice given to medical doctors against offering hope to the ill patient; so as they cannot be blamed when inevitable disaster occurs; and far too often it does.

So, what we really have here is a *Scientific Community Aligned with Misleading Statements* (or better known as **SCAMS**...Oops!)

We don’t need Health care Reform! What we need is a Health care Revolution!

As you’ll soon see, options do exist. Real options that have been proven effective, but have been suppressed and/or buried! So many options in fact, that it would be impossible to cover even 1% of them in the confines of this book. But, you will at least understand the immensity of how corrupt our medical system is, and hopefully, you will begin your own quest for the truth...and more importantly, know where to find it.

Health care Freedom Revolution is a book designed to promote the truth about “alternative” medicine and natural therapies. I used quotations around the word “alternative” not to demean it in any way, but to suggest the possibility that alternative therapies may be *far more effective than those of the conventional medical model*.

Alternative therapies must be released from the conventional medical noose, because “alternative” implies an inferior therapy to the uniformed. *Nothing could be further from the truth.*

As a licensed chiropractor, I have treated many patients in “dire straits” financially. Fundamentally, I found it extremely difficult to charge these patients for the health care they really deserve. Especially when they have already been subjected to the conventional medical model, with only a misdiagnosis and an outrageous medical bill to show for it!

My wish is to see a world one day, where the well-being of one human being is not a means for another to profit. This in no way implies that doctors should not be paid for their services. However, in our current state of inflated health care costs, something is indeed wrong with our system. Presently, the sick and

injured have to make an impossible decision: to either receive care at the expense of becoming financially ruined, or to remain sick or injured and left to simply hope for the best. Both of these scenarios are undeniably unacceptable.

I decided to write *Health care Freedom Revolution*, as well as, create and develop *Online Holistic Health Website* (www.onlineholistichealth.com), for the sole purpose of exposing the corruption in our health care system, and to prove that effective options do exist. Natural health care is shadowed under the umbrella of fear guided by a campaign of confusing misinformation caused by money-grabbing profiteers.

I simply believe that when people become sick or injured, they deserve to know ALL information regarding their condition, and not only the selected information *presented by one ideology of thought*. Not only do people deserve the correct health care treatment, they also deserve a treatment that won't destroy their lives financially. And more often than not, that treatment is not a pharmaceutical drug or surgery, but it is a simple therapeutic natural treatment.

What I can't intelligently understand is why an inexpensive and natural "potential" cure is ignored or worse...banned! All to support expensive drugs, which never seem to cure anything, but make countless rich from the willingness of people to believe that "*their doctor knows best*".

My hope is that this book serves as a health care life-preserver for all those who seek answers. It's your right to know!

Remember...It's your life...own it!

To your quest of true health,

Michelle M. Kmiec, DC

Introduction

All too prevalent, are "**bold print headlines**" stating black or white (good or bad) declarations in hopes of swaying public opinion in any direction that suits their purposes; whatever that may be. So to help clear up the confusion, within these pages you'll see side by side comparisons of the effectiveness of natural treatments (the focus of this book is on vitamin therapies) vs. pharmaceutical drugs.

Most people are unaware, that many alternative preventive and therapeutic treatments are supported by research. And finding that research is often a feat greater than climbing Mt. Everest! When you finally find "bits" of information, it is surrounded by "half-truths" in favor of pharmaceutical companies and conventional medical falsehoods. No wonder people are so confused!

My intent is to take the guess work out of your pursuit for health care answers by bringing you true holistic health information that will educate you on all possibilities. Although there are a multitude of books with a similar purpose, the premise of ***Health care Freedom Revolution*** is to help you make the right choice. Not by swaying you to buy certain supplements, or products for the sole purpose of profit, *but by exposing you to all options, so you can make the best possible choice for your health.*

People are frustrated with the onslaught of prescription drugs for every ailment, while over-looking possible natural treatments for their condition. So, instead of being cured, you have the mask of illusion conveniently packaged in a pill.

And in most cases, you unknowingly accept the unforeseen side-effects that are sure to ensue.

Health care shouldn't be a Guessing Game

Medical (Allistic) care or natural (Holistic) care? Why aren't people pointed in the right direction instead of having to play the guessing game about which treatment will work best? It's simple.

The capitalistic nature of our present health care system, dictates whether a treatment is drug-based or natural-based.

Drugs can be patentable, thus, they are profitable. Natural remedies are not. In other words, *it's all about money.*

To make matters worse, making the connection between research and biology is often too scientific, too complicated, and boring for a lay person to read...let alone understand it. So what do we do? We tend to try (or not to try) holistic treatments based on:

- Bold print headlines (i.e. Latest Research Study Found that Ping Pong Balls may cause Cancer!)
- What we see on the news or internet
- Recommendation of a friend or family member
- Listening blindly to your doctor without question
- Having a misperceived notion that your doctor has researched all other possible treatments

Why don't most medical doctors recommend natural treatments? Well, it's not because your doctor doesn't care (although some would dispute this), but it's simply because, in most cases, your doctor is unaware of alternative treatments, or is unaware of the research behind those treatments. Or sometimes...*knows about those treatments, but dismisses them anyway because their peers would frown upon it.*

Statistics Prove Our Current System Isn't Working

When you look at the staggering increase of prescription drugs, you might make the logical assumption that these drugs are working. Right? Sorry but, this couldn't be farther from the truth. Recent statistics concerning the rising numbers of people inflicted with some sort of disease, despite the use of pharmaceuticals, is overwhelming - and severely underreported, not by patients, but by the developers of the drugs themselves.

Of course, let us not forget the cost of all the never-ending parade of television drug advertisements. And how about the billions of dollars that have been given to drug companies each year in the name of finding the so-called "cure" of such and such disease. My goodness, surely we must be closer to a cure by now!

Well, in truth, we are closer to a cure. But, the cure doesn't lay in prescription drugs and countless unnecessary surgeries. Many will be surprised to learn that the cure has been here all along. And yet, despite the research to support them, nutraceuticals (vitamins, minerals, herbs, etc.) are still shunned by modern medicine.

Why this "health" paradox?

Be Knowledgeable about All Your Health care Choices!

Too much bias exists within today's medical dogma. Meaning, instead of searching for all options, today's medical system only pursues pharmaceutical drugs and surgery, while discrediting all other viable treatments. With all the countless diseases and conditions that plague our modern world, shouldn't there be more options? This is really an unethical position of conventional medicine, because it ensures sole profit and monopoly at the expense of the patient; who whole-heartedly, put their life in the hands of modern medicine.

I have gone to great lengths to provide scientific research from the USA, and from around the world, regarding "alternative" treatments that have shown to be effective, and without the horrific side-effects that shadow prescription drugs. However, it should be noted, that when a holistic treatment is taken therapeutically, although natural, it should be considered as a "medicine" and administered with care.

Each person is an individual, and has complaints/symptoms unique to their condition. Common "illness terms" such as: heart disease, cancer, autoimmune and diabetes have become generic entities, which have all fallen under the proverbial medical condition umbrella.

Patients with these conditions are treated in nearly the same manner, despite the unique intricacies that played a part in the person's illness in the first place! Why has it become less important to address the health deficiencies that lead the person into a disease condition in the first place, rather than, simply addressing only the symptoms? This is greatest difference between the natural health care approach and the pharmaceutical approach. It is for this reason, that natural health care has become the fastest growing treatment of choice by so many people; and growing every year. The public is simply tired of being

mistreated by medical doctors stricken with a “God-Complex”. A complex where they feel they need to be right at any and all cost...even when their ol’ mighty research proves them wrong!

When deciding to take any supplement in therapeutic dosages, it is wise and recommended to consult with a health care professional. But the question is: Where can you find such a professional?

You need to find one whose sole propose is of aiding others toward health, rather than away from disease. The distinction is subtle but significant!

The health care professional, who works with you *towards health*, chooses holistic approaches, whereas, the health care professional who works with you *away from disease*, chooses to focus on the disease alone, and ignores the body as a whole.

Health care professionals, who work with you *away from disease*, include:

- **Most medical doctors**
- Few doctors of chiropractic
- Few naturopathic doctors
- Few acupuncturists

Health care professionals, who work with you *toward health*, include:

- Few medical doctors
- **Most doctors of chiropractic**
- **Most naturopathic doctors**
- **Most acupuncturists**

Unfortunately, in the United States the choice for the latter is under the never-ending siege of the conventional medical propaganda machine; including the FDA. The one who convinces you that the only way to achieve “health” is via chemical drugs, while convincing you that anything natural is toxic and dangerous, has some pretty strange ideas about what health is. Despite how illogical it sounds, these "doctors" are unbelievably close in achieving their quest...to have full domination over your life and your money.

Because of books like ***Health care Freedom Revolution***, and websites such as ***Online Holistic Health*** bringing out the truth regarding natural health care and treatments, people are finally realizing there are options to “drug and cut” medicine.

It is your right to have the choice!

Only with the knowledge of ALL information (and not just selective), can a person make intelligent decisions regarding the most precious thing we can ever hope to have...

...our life!

Chapter One

Health care: Why so Controversial?

In today's society, especially here in the United States, we are presented with an overwhelming amount of information about health; both credible and not. This causes the ultimate dilemma of making a decision between two things: *one offering fear of disease and the other offering hope of optimal health.*

Each presents a seemingly viable argument for its case. Often times, however, the information you are reading isn't exactly presenting you with all the facts, but rather, a series of very convincing "half-truths". This is especially true when they are preceded by headlines such as: "Latest research says..." or "Recent study reveals that..." and my personal favorite, "Doctor recommended".

Luckily, based upon the latest statistics, the public is not as easily swayed these days. We don't believe everything we hear or read anymore. People just like you are searching the internet more than ever for answers to health issues. It seems that we, as a society, are really starting to get savvy, and skeptical, about modern medicine's answer for everything...which is a prescription drug, or two, will take care of all your health care concerns.

So, which side do you think the advocates of pharmaceutical drugs are on? Fear or hope?

Plus, contrary to popular belief, a virtual treasure trove of time-tested and researched health information exists from other countries besides the United States such as: Europe, Canada, Australia, New Zealand, Russia, Asia and South America. Best of all, much of this research was not under the influence by special interest groups that we have here in America (IE. Big U.S. pharmaceutical companies.)

Some may try to argue, that any research from other countries other than the United States is not credible because their research hasn't been carried out to our strict guidelines and standards; meaning under our scientific method of evidence-based medicine. Really? Try telling the Canadian or the Australian that their health care is inferior to ours.

Ah, but here's the rub...many of these "other" countries have had countless medical advances in conventional medicine, as well as, natural medicine. These advances have benefited the world. And despite this, the medical and scientific "experts" would still have us believe, that only we, the United States, have all the answers. Well contrary to belief, our health statistics aren't showing this to be true as you will soon see.

With our world becoming smaller and smaller, isn't it about time we embrace the truth, rather than splitting hairs over the country of origin?

Now, let's take a minute to talk about health controversies, and they are more than plentiful. Here are just a few examples of some that are prevalent today:

- Natural "holistic" health care vs. conventional "allistic" health care
- Supplements and natural treatments vs. drug treatments (or both)
- Chiropractor/naturopath vs. medical doctor
- Organic foods vs. conventional foods
- Good or Bad: Soy, eggs, coffee/caffeine, ozone, sun, meat, alcohol, milk, fish, butter, etc?
- Your health condition vs. confusing internet information
- Choice regarding health care
- Why can't so-called "health experts" agree on anything?
- Health impacts of Genetically Modified Foods

It's certainly easy to understand why people are so frustrated. To make matters worse, on every topic imaginable, there are advocates promoting strongly for and against whatever the controversial topic is. No wonder a person could be easily confused about what to do! It's enough to pull your hair out...but I must warn you, acceptable reasons for pulling your hair out, are no doubt, also controversial!

I remember the day that pushed me over the edge and led me to write *Health care Freedom Revolution* and to create my website – www.onlineholistichealth.com. Shortly after I read an article about Dr. Linus Pauling (one of the twentieth century's most influential scientist and Nobel Prize winner in chemistry), and his discovery regarding Vitamin C therapy, I watched the following bold print headline scrolling across the bottom of one of those 24-hour cable "news" channels:

“Recent Research Shows that Vitamin C May Cause Cancer.”

What? Vitamin C? Not the chemicals in our air, in our water, in our food, and in our soil? Nope. Not a word about those having any link to cancer, or any other "health" condition for matter. No! It's Vitamin C that's the danger.

It was on that day, that I decided to do my part to make a difference and get the truth out...with research and all!

Because we live in an extremely fast paced society ruled by time and money, we often lose sight of what is most important; *our lives!* This new "lifestyle of norm" is ruled by stress. My goal is to ease some of that stress in your search for health care truth, and to try to bring clarity out of the murk...*and it's pretty damn murky!*

U.S. Extension of Life: An Illusion?

Any extension of life we currently believe to have, is merely one of illusion. It is an illusion developed by the pursuit of capitalistic profiteering with respect to the unprecedented growth of pharmaceutical drugs, along with the ever growing drug induced side-effects... all in the name of "health".

However, *this is only part* of the monumental problem that is blind to so many.

Pharmaceutical companies are not alone in this corruption. We can also thank the hundreds of industries releasing tons of chemicals in our air and water including: pesticides, herbicides, toxic factory emissions, fossil fuels, nuclear waste, and on and on. To these companies, their concern lay solely with “bottom line” profit. Public safety barely merits a second glance. Yes, we live in a virtual cesspool of filth, and the side-effect of all this pollution translates to diseases we know all too well: cancer, heart disease, diabetes, autoimmune, etc. But don’t worry; there are countless pharmaceutical drugs that medical doctors are quick to prescribe, in the hopes to counteract the diseases that of all this pollution caused.

We humans are not alone in this “chemical bliss” we call home. We share this “cess-bliss” with other living organisms without whom, we’d become extinct within months, if not days. To whom am I referring? *The plants, animals and water systems we need to survive. Without them, all life would cease to exist...with or without profit.*

Don’t fear. We have modern tests to determine just about anything; including popular blood panels along with established accepted upper and lower levels of what is deemed to be healthy. These tests can tell us everything from cholesterol, vitamin status, thyroid function, hormone levels, inflammation, and drug toxicities, and more. But it’s important to note, that these “levels” were based on the *observation of what science had deemed “healthy”* because remember, how else could we determine these “healthy” levels *when these tests had never before existed?* With that said, how then do we truly know what “healthy levels” are when referring to blood lab analysis?

This is an important question because these blood level values were established mainly in the 1950’s, when our environment was *already polluted*. How can we really be sure these values, of upper and lower levels, are a means of determining what “healthy” really is? And let’s not forget, that these “values” were established as a means to prevent obvious *basic illnesses and diseases* such as scurvy (Vitamin C deficiency).

Couldn’t one easily speculate that given a different environment, our lab tests would be very different? Under which condition do you think the more accurate test would be for a human being? Because one could argue that the more polluted the environment, the more nutritional deficiencies could be present, right? And with pollution levels rising at alarming rates, is it really any coincidence that chronic illnesses are also on the rise? Even despite our so-called advanced modern medicine with its ever-wielding pen on the prescription pad? You’d think our beloved “scientists” and “doctors” would take another look at these “levels”, especially since *nearly 100% of all known disease is of some unknown cause!*

What if the causes of these diseases are the lack of establishing “real” blood panel levels for health, thus actually causing the deficiencies?

Yet, even with chemical pollution levels rising off the charts, medical science stays strong and steadfast with these so-called “healthy” blood panel levels. How can a credible scientist be expected to do real research when we, as a society, are once again clouded by a storm of dogmatic positions?

In whose hands do we place our health when the dogma is actually no longer about health, but about status, position and profit?

And what about the American Medical Association (AMA), Food and Drug Association (FDA) and Environmental Protection Agency (EPA) that allows these distorted standards? Just how righteous are our politicians when they are manipulated by the whims of these groups? Can anyone say, “*Health care reform*”!

Perhaps it is genuinely an oxymoron to combine “righteous” and “politicians” in the same sentence. Why? Because the absolute main concern of any politician lays exclusively in re-election, and in the fear of political banishment. So where are our hero’s?

Then, as if right on cue, the skeptics against natural health care line up and parrot the same mantra—*that natural products such as: vitamins, minerals, amino acids, etc are dangerous and should be banned.* Why? Well now that IS the question isn’t it?

Why is it that an anecdotal story of some negative outcome is accepted more readily, than a positive outcome, which is often deemed as false?

For example, let’s illustrate a case where a person with stage four cancer is cured by a natural treatment. Invariably the reaction of many medical doctors will be one of skepticism, and claim that there must have been a misdiagnosis invalidating the existence of the disease in the first place. Of course, dismissing the effectiveness of the natural cure. But on the other hand, if a natural treatment is tried in the same situation and fails, then the response is one of, “well, why didn’t they go to a “real” doctor and get “real” medicine?”

To further illustrate the bias conventional medicine, if a medical treatment (the “real” medicine) is tried but fails, the response will predictably be one of, “well, we did everything that we could”, “of course they could not survive”, or “the cancer was too advanced!”

In spite of this double standard, the medical profession keeps claiming that these conditions require “real” medicine. As if “real” medicine can cure you!

Well not so, per the increasing statistics of every major health condition in the United States!

People misuse Tylenol, and thousands die every year; yet, it is promoted as a “safe” means of pain control. In fact one of their TV commercials (among the many) advertises Tylenol with the following quote... “Feel Better”. But, how often do you hear about the thousands who die as a result of taking Tylenol every year?

In fact, other pain killers in the Non-Steroidal Anti-Inflammatory Drugs (NSAID) family (aspirin, ibuprofen, etc) can cause stomach bleeding with no warning, including an increased risk of heart attack and stroke.

Celebrex, a “prescription only” NSAID, was temporarily banned due to deaths. But it is, of course, back on the market with its cleverly cute TV commercial saying, “All prescription NSAIDs, including ibuprofen, naproxen, and CELEBREX share the same cardiovascular warning: they may increase the chance of heart attack or stroke, which can lead to death.” Oh well, okay then! Thanks for clearing that up! Now that I know it’s *just as dangerous*, no problem!

When people misuse a natural substance, all we hear is the outcry that it is “dangerous”, and should be banned. What? And the deaths from Tylenol or from NSAIDS that kill thousands per year aren’t enough to warrant an outcry?

No medical doctor or skeptic touts the benefits of a natural substance, but only the rare negative effects that sometimes do occur. Why is that? *Because the FDA has banned the use of advertising the benefits of natural substances.* Only the words “may help” are acceptable, along with the ever popular disclaimer, “These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnosis, treat, cure, or prevent any disease.”

When a rare negative side-effect does occur with natural substance, it is usually due to the lack of taking a co-factor along with it. For example: if one takes tryptophan (an essential amino acid), one should also take vitamin B6 and magnesium (co-factors). Shouldn’t that advice be on the bottle instead of some campaign to make it the natural substance illegal; much like the warning label that is on NSAID and Tylenol bottles, about the dangers of taking them with alcohol, which could possibly cause stomach bleeding or liver disease?

The widely advertised issue (more like an ignorant “witch hunt”) with ma huang, of which Ephedrine is the active ingredient, caused a disproportional outcry to ban its use; and of course...it was indeed banned accentuating nothing of the details. It was stated that some hundred people died because of its use. And that was that.

Victory and vindication for skeptic’s against natural health care!

Well, this is not good enough for me. Let’s break this down to what was the *real cause of these deaths.*

Any death is unfortunate and should never be taken lightly. With that said, those untimely hundred deaths were spot-lighted on every 24-hour cable news channel with vengeance. But, what about the *thousands* who die each year of Tylenol and NSAID use? No spot-light on them? Zero out-cries for their lives? Why no ban on those products? Doesn’t the FDA care about preventing any more deaths like with ma huang?

The double standards are nothing less than insane.

Here’s what really happened:

Ma huang (*Ephedra sinensis*), has been regarded as a key medicinal herb that has been used in China for well over 3,000 years. The herb, when in *conjunction with other herbs*, was used in medicinal teas to help relieve the symptoms associated with: colds, flu, allergies and other upper respiratory tract conditions such as asthma.

However, in the great wisdom of western society with its reductionist view of medicine, manufacturers decided to disregard the traditional use of this herb, which remember had been traditionally used *in combination with other herbs*, and instead, they sold it as a *single herb*.

Now, the reason ma huang was used with other herbs, is because the other herbs *counteracted any possible negative side-effects* such as: nervousness, sleeplessness, high blood pressure, heart palpitations (which by the way, were the same list of possible side-effects listed on the box of Sudafed, or other allergy over-the-counter medications, that contained Ephedra).

Another possible side-effect is the *apparent loss of appetite*. And it was because of this side-effect that ma huang was *promoted as a weight control tool*.

So, began the controversy regarding ma huang.

Ma huang was never intended to be a substance for weight loss; yet, other manufacturers decided to use it in this manner. To make matters even worse, if the herb was taken in greater amounts than as directed; it *doubled and tripled the risk of a cardiovascular incident*. And compounding ma huang with exercise, only further increased blood pressure. Are you starting to get the picture?

So, what you had was weight loss, plus all the other side-effects which when put together, were a recipe for possible death. And that is exactly what ultimately occurred.

The deaths occurred due to the misuse of the herb, and not due to the herb itself. All the families of those who died should really sue those companies who removed those other herbs and sold the product as a weight loss remedy!

Sadly, that part of the story did not get reported.

Paradoxical “Search for the Cure”: Isn’t it at least worth a Peek?

Just how progressive is the USA when it comes to natural health care? Apparently, not very. Natural cures for many of today’s so-called chronic and degenerative diseases, have long existed, yet, conventional medicine has not found a cure for any of these conditions. This is totally paradoxical, since despite all of the “*search for the cure*” campaigns, along with more prescriptions drugs than we know what to do with, the incidences of all major diseases are on the increase! And since most diseases are on the increase - maybe, just maybe, conventional medicine is on the wrong track. Well, wrong track for curing diseases; right track for making obscene profits!

Doesn’t this seem to be in direct conflict with the famous phrase of the Hippocratic Oath, “**First, do no harm**”? If this were really the case, then *all health care options* would be studied; and more importantly...*studied ethically*. This, of course, brings up the question of just how ethical research studies are done. Especially when the pharmaceutical company’s upper hand is bigger, and has with far more influence, than our government itself.

It has been long known that Vitamin C cures scurvy. Vitamin D cures rickets, Vitamin B1 (thiamin) cures beriberi, and Vitamin B3 (niacin) cures pellagra. We haven’t even discussed minerals and amino acids. Surely, big medicine hasn’t learned everything there is to know about these natural substances. Especially in this age of extreme air, soil and water pollution, processed and fast foods, food additives, irradiation and genetically modified organisms (GMO)!

Couldn’t it be that our irresponsible industry practices are finally catching up with us? *Why is it that the practice of modern medicine lays solely in “symptom” control rather than in “cause” control?* Simply

look up any disease you can think of on the internet and I guarantee you that 99% of them will say, "Cause unknown". Given the cess-pool of murk in which we live in, *do you really think the cause is "unknown?"*

Let me propose this question: If little vitamins can cure ancient diseases from our past, why is it not possible that other vitamins might cure some of our current problems? Of course, with the Recommended Dietary Intakes (RDI) set at such ridiculous low levels, getting any traction on this concept is almost impossible. *Despite the fact that there are studies that show that most Americans don't even meet those low RDI standards!*

So, how do we get all of our vitamins and minerals? Simple, we should get everything we need from the food we eat...but, do we? Let's see.

Many people love processed foods. They are fast, simple, and convenient. However, processed food loses nearly all its nutritional content in its preparation, so much so, that it is often refortified to give the "food" some sort of nutritional value. These foods are loaded with food additives, preservatives, waxes and chemicals. The added substances are foreign to the body, and are not natural by any stretch of the imagination. When consumed, the body needs to do something with these foreign substances, many of which activate the immune system to attack them, resulting in inflammation. And with inflammation, weakens the immune system even further, continuing the chain reaction of more nutrient depletion.

So, how do you replenish these nutrients while on this merry-go-round leading nowhere but to eventual disease? Well, modern medicine has the answer...Pharmaceutical Drugs!

Pharmaceutical drugs are extremely taxing on the body. They strip the body of important nutrients. But where are the medical doctors' warnings? Why don't they offer nutritional consults (sorry, oxymoron!)? They rarely even advise their patients to take a probiotic when prescribed antibiotics, which would prevent yeast infections and gastrointestinal issues, which further weaken the immune system. Let alone how Beta-blockers (sometimes prescribed for arrhythmia) strip the heart of CoQ10; an essential and vital nutrient of the heart, which a *deficiency is known to cause the arrhythmias!*

How about the constant level of stress in which we live...especially in these days of economic crisis? It is a well-known fact that stress depletes the body of nutrients, and is thought of as the *cause of all disease*. But, stress is not solely a mental/emotional issue. Stress can be equally physical, much like our body trying to survive in our polluted world. To make matters worse, the long-term effect of manmade electromagnetic pollution, so prevalent in our modern world, is entirely unknown.

Cell Phones have been scrutinized as possibly causing brain tumors, with the opposition saying there is no such proof for that claim. One major advocate of these claims is our greatest "protector of health"; the FDA. Wasn't it the FDA, that despite the known dangers of cigarette smoking, as well as, the dangers of second-hand-smoke, continue to allow the cigarette industry to stay alive with no bans in sight? Oh yes, *freedom of choice*. If you want to smoke despite the dangers please feel free to; yet, vitamins are almost always on the FDA hit list, even though research has proven vitamin therapy to be not only safe, but extremely effective.

So how can vitamins help cure or prevent a disease like cancer?

There has been much research supporting Vitamin C mega-dose therapy, and the reduction of tumors. Dr. Linus Paling, Nobel Prize winner in chemistry, documented the reversal of cancer progression in patients with high doses of Vitamin C; doses ranging as high as 30 grams (that's 30,000 mg!) without any harmful side-effects, not even an incident of kidney stones. However, high dose Vitamin C may often result in diarrhea, so it is recommended to increase the Vitamin C dosage until bowel tolerance. Interestingly, extremely sick patients never even got that particular side-effect!

How about Vitamins B15 and B17? Maybe you have never heard of these amazing "B" Vitamins. They have long been known as *nature's cancer prevention and cure*. Sadly, as it so often occurs when a natural substance gives the medical drug world a slam in its drug purse, they were banned. What was the reason? Vitamins B15 and B17 are toxic. *Toxic? What do they think chemotherapy is?*

What if, like Vitamin B1 is to beriberi and Vitamin B3 is to pellagra...Vitamins C, B15 and B17 are to cancer?

The outrage is further aggravated by Codex, a World Health Organization (WHO) subsidiary, who is blazing forward, with fully-loaded guns, in its attempt to outlaw all vitamins, minerals, amino acids and herbs. Their stance is that these substances should be available by prescription only.

When did these natural substances become the danger and drugs, chemicals, and artificial substances become the safe choice? And when did we become so hypnotized by such nonsense that we actually started to believe it?

The air we breathe, and the water we drink, are so overly polluted that we have almost considered this polluted atmosphere normal! You'd really think that by now, we'd be living in a cleaner world as our technology has improved a thousand fold in just the last century. You'd think that we would have implemented more advanced methods of industry, automobiles, and waste management. But in reality, we continue to live with the idea that if we can't see it, it doesn't exist. So, we dump trash into the oceans. Out of site out of mind...

Nevertheless, our bodies are not fooled by "science for profit" propaganda of so-called "clean pollution".

The time has come to wake-up, America, from this 'medical-drug-induced-trance', before it's too late.

Your very health is at risk!

Chapter Two

The Meaning of Science

This is actually a fascinating topic for me, because it has so many different meanings depending on where you call home. Of course, for those of us living in the United States, we believe that our science is the best. Why? Because we adhere to “Evidence Based Guidelines”, as it pertains to the scientific method. This infers to the practice of evidence-based medicine, which includes guidelines, policy, and regulations that are governed by some organization, institution, or association.

The idea of one group of human beings, feeling superior to another is typical throughout the history of humanity. The Egyptians, Romans, Greeks and different European countries, have all fallen prey to the illusion that their methodology is superior. The Asian dynasties felt so superior, that they simply refused to be contaminated by other cultures.

Why would the United States be any different?

I believe, at the core, that the premise of the scientific method is a good one. After all, we must have a security system in place to prevent deviation from the true knowledge that science can bring us, from the skewed “truth” that can come from the corruption of power and money. So, if science is not immune from corruption, who then checks the bases of the methodology with respect to the scientific method?

What happens when this system itself falls prey to corruption?

The general population has placed its utmost trust in those who have acquired certain higher education and/or attained a certain status; such as a doctor, professor, priest, rabbi, president, or even an actor, singer, or sports star, etc...And why do we do this? Well, we take it for granted that these individuals must have some sort of higher purpose for what they do. If they have sacrificed a great portion of their lives in the pursuit of such pristine societal positions, then their motives must be true and pure.

Most likely, their original motive started out with good intentions. However, something very strange was, and still is, lurking in our scholarly schools. *It is that of repetitious teaching of the institutions dogmatic “school of thought”...no questions asked, nor required.*

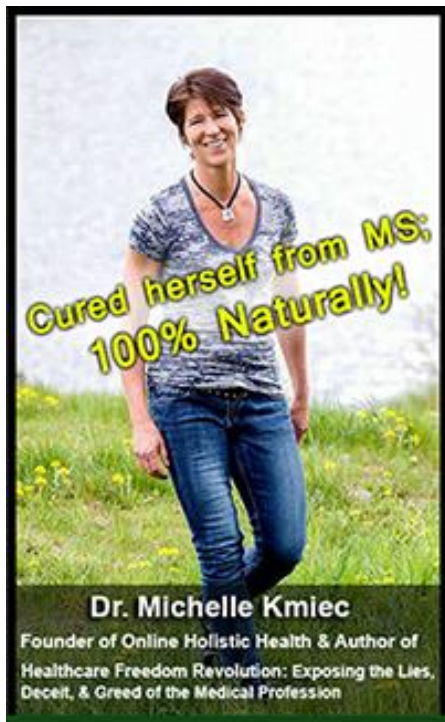
So is the case with modern medicine....

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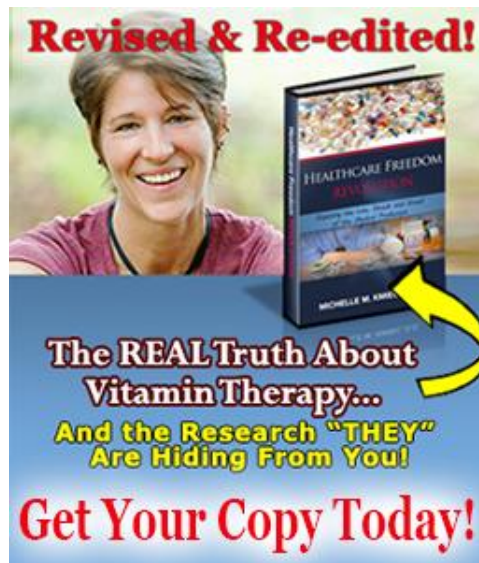
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