

## People Didn't Always Die of Disease!

Most people today die of disease – but that wasn't always the case. Something happened around 1930 that was not here on this planet before. The industrial chemical-combining industries were developed. Fast forward almost a century, and we have allowed so many synthetic chemicals into our soil, food, water, air, and beverages that the body's natural detoxification systems are having a hard time coping with them. According to the *Environmental Working Group*, blood samples from newborns contained an average of 287 toxins including mercury, fire retardants, pesticides, food additives, chemicals from body care products, air pollutants, toxic plastic compounds, and Teflon.

The human body is not designed to receive synthetic chemicals outside of what the body is made of. Anything inorganic is rejected as a foreign antigen which the body has to find a way to evacuate through the mouth, nose, skin, urinary tract, or colon. If it can't, it will store them in the tissues to deal with later.

The reason why so many people are unable to get out of the house in the morning without a cup of coffee is that their body is working overtime at night to detoxify their tissues of all the stored chemicals that have been entering their body throughout the day, as well as excessive metabolic wastes from eating the wrong kinds of foods. Toxins must first enter the bloodstream for filtration by the liver and kidneys in order to be removed through the urinary tract. The problem is, when the toxins enter the bloodstream, they make people feel drowsy, sluggish, and even depressed. So, they fuel up with a heavy breakfast, moving the attention of the body from detoxification to digestion, and Hey Presto! They feel better again! They think they must have just been really hungry! But here's the thing – the body is never hungry for pancakes and waffles! These are addictive cravings. Hunger isn't the problem! It's all the poisonous chemicals in the body's tissues that are trying to work their way out.

The Standard American Diet (SAD) is full of unhealthy foods, devoid of the nutrients our bodies need to build themselves healthily, cell by cell. On a daily basis, most Americans wake up Monday morning to a jolt of caffeine from a cup of coffee and a sugar-laden donut or pastry. Breakfast, lunch, and dinner are served loaded with white flour, preservatives, emulsifiers, stabilizers, cancer-causing dyes, artificial flavors, rancid fats, hydrogenated fats, and a litany of other toxic additives washed down with sodas containing BHA, BHT, sodium benzoate, Yellow No. 5 dyes, caramel coloring, MSG, aspartame, Splenda, and phosphoric acid, all of which eventually get into the blood through digestion.

Then there are the chemicals we receive on a daily basis from the environment which are already known to be harmful. Toluene in our carpets; fluoride in our

toothpaste, carbon monoxide exhaust from traffic, and recycled air coming in from our air conditioning ducts. A trip to the bathroom will assault your body with thousands of other compounds that people voluntarily spray themselves with or spread on their skin. Cosmetics, toiletries, lipstick, perfume, deodorants, shampoos, hair dyes, shaving creams, lipstick, perfumes, toothpastes, mouthwash, soap, and colognes. These are largely not made of natural ingredients that the body can easily metabolize, so they also accumulate over the years, causing dysfunction. In many cases manufacturers are not even required by law to list what chemicals are in these products, but they all have names that people can't pronounce and that their bodies don't know what to do with.

Your skin is literally a sponge for whatever you're bathing and showering in! Out of ignorance, most people don't have a shower filter installed in their bathroom, but anything we bathe in will all enter our body through the skin, which is our biggest organ, and our lungs when we inhale the steam. Chloramine, cadmium, lead, iron, mercury, arsenic fluoride, bromide, and testosterone are all found in our shower water. H<sub>2</sub>O My Gosh!

Depending on your profession, you may also be subjected to chemical by-products from your industry. For example, if you're a mechanic that's dealing with turpentine solvents, they will leach through your skin into your bloodstream.

Vaccines are the most dangerous culprit because they are injected into the blood directly. At least if ingest chemicals through the mouth or breathe them in through the nose you can sneeze or vomit or get the runs. They can be evacuated through the normal detoxification channels. The body is *extremely* discerning about what it allows into the bloodstream because it is vital to our survival that the blood remains clean. When the doctor comes along and injects the vaccines directly, they skip all the body's usual defenses against the entry of foreign antigens and take the body straight to red alert. That is why so many people report vaccine injuries.

This has become a third rail, untouchable topic which no one is allowed to talk about, and many who do are simply blackballed and have their careers destroyed. A great PR campaign has been waged to program people to dismiss any criticism of vaccines as "conspiracy theories", but in the public discourse there is never any serious consideration of the *evidence*. (For more details, see: [Educate Before you Vaccinate.](#))

In a major city like New York or LA or Cleveland, if you count how many chemicals come into the body in a 24-hour period it may be as many as 25,000 per day! The moment we step out into our contaminated city air we breathe in substances like fluorocarbons, carbon monoxide, sulfur dioxide, PCBs, ozone, benzene, dioxins, industrial contaminants, fossil fuels and paint fumes. There are 25,000 chemicals we breathe, eat, drink, put on our skin, and rub into our scalp – and

chemicals that may pose little cancer risk on their own can trigger cancer when combined together.

When you mention it, they all say, “The liver removes all toxins from the body.” It’s like they have been issued with identical index cards telling them exactly what to say when anyone mentions a detox. And it’s true, the liver is one of our detoxification organs. But here’s the thing – when 25,000 chemicals come in Monday, your liver says, “I’ll take care of 3,000 of those,” but that’s about all that it can manage in a twenty-four-hour period. And that is supposing it’s fully healthy. Not everyone’s organs are functioning at optimal capacity.

If your kidneys are healthy, they can dump another 3,000 or so – if they are filtering and getting a lot of water to flush through the urine. Most people don’t drink enough water. If your skin is sweating, you can get rid of 2 or 3,000 more. But most people don’t sweat. If your lymphatics are pumping and moving through exercise, another load of 3,000 can be taken from the original 25,000. But a lot of people don’t exercise. If you’re respirating with the lungs, and all the sewage systems are open, you can dump another 2 to 3,000. You get the idea.

So, here’s the problem with all people that are sick – including those with cancer. Monday, 25,000 come in, and 23,000 come out. You haven’t changed your lifestyle. Tuesday, 25,000 come in, and 23,000 or come out... Wednesday, same... Thursday... Friday... And it’s day after day, week after week, month after month, year after year, decade after decade. As time goes by, the detoxification organs and filtration systems of the intestines, liver, kidneys, skin, blood circulation and lymphatic flow become very toxic themselves and weakened. Soon your body isn’t functioning so good. The detox organs aren’t able to do their job properly. Saturday 25,000 come in, only 22,000 come out. Sunday 25,000 come in, only 21,000 come out, Monday 25,000 come in, only 20,000 come out, and so on. The kidneys overrun and the blood becomes contaminated. Finally, you get your pay day.

The pay day comes from compounding toxicities that have developed in the bloodstream. As it says in Leviticus, “the life of the flesh is in the blood,” (17: 11). Well, if life is in the blood, then death and disease are in the blood as well. You either have a river of life or a river of death and disease depending on what you are putting in the bloodstream.

If what you’re swallowing, what you’re breathing, what you’re drinking and what you’re bathing in is harmful, then the blood will become a system of transmission of toxic sludge, delivering it to the 75 trillion cells that make up the organs and systems of your body. As the blood becomes contaminated, you’re going to start feeling the symptoms of *dis*-ease. Nauseousness, tiredness, headaches, bloating. The blood contamination is causing you to be enervated and sickly.

So, here's the simplicity of naturopathic medicine: You have to eat, drink, breathe, bathe in, put on your skin, and rub on your scalp, *only* what the cells are made of. Period.

Before 1920 there were no pesticides, no GMOs, no fluorocarbons, no fossil fuels. So, they lived in a world where their toxic level was way lower than ours. You'll notice that the Centurions of today – people who have lived one hundred or over – are not loaded with food intolerances and allergies, ADD and autism the way they young people are. They can live 100 years because it took 40 years before they started to get our levels of pollution into their bodies. They had a 40-year head start on us. Now the baby boomers born in the 1950s and 60s were born right into the toxins. And the injections of the vaccinations have increased. When I got vaccinated, there were only around 3 of them. Children born today are getting 25 vaccines in their first 6 months of life, and 38 by a year and a half! The full vaccine schedule comprises of 72 shots today or more. Loaded up with mercury, aluminum, formaldehyde, and formalin.

We believe that the epidemic of illnesses and allergies people are suffering from today, most of which used to be very rare, have been caused now by *multi-generational* cellular toxicity. Our parents were already born into more toxic bodies than their parents were, and we are suffering from more cellular degeneration in our generation than they were, which is why we can't seem to eat all the things that they could without getting sick younger. That means if you start taking it upon yourself to detoxify your body and help your family and friends do the same, you are really blazing a trail. You are turning back the tide on the crime of the century.