

THE DYING OF AMERICANS

Survival Guide For The Health Warrior

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Fourth Edition

2003

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THIS BOOK IS DEDICATED TO:

Those who think outside of the BOX.....despite the norms opposition.

The many people who are unknown brothers and sisters of mine that suffer and die, having led agonizing unhealthy lives due to the lies, deceptions and untruths that are allowed to flourish and propagate in the name of money, big business and the unwillingness to look over the wall and face the truth.

Caroline ... who was a continuous source of strength, enlightenment and enrichment throughout years of friendship.

Joyce ... a true humanitarian.

My parents ... who love me in spite of myself. They are true models of love and virtue.

The angels in my life ... who offer me lessons, choices and a grueling yet beautiful earthly experience.

And the unfinished story

..... the more of life

....the real evolution.

"Sit down before fact like a little child and be prepared to give up every preconceived notion.

**Follow, humbly wherever and to whatever abyss Nature leads,
or you shall learn nothing."**

Thomas Henry Huxley

BEFORE YOU READ ON

- Do not self-diagnose or self-evaluate. Proper medical care is critical to good health. If you have symptoms suggestive of any illness discussed in this book, please consult a physician, preferably a holistic medical doctor (M.D.), osteopath (D.O.), naturopath (N.D.), chiropractor (D.C.), naprapath (D.N.) or other natural healthcare specialist.
- If you are currently on a prescription medication, you absolutely must work with your doctor before discontinuing any drug.
- Remember, although many natural alternatives, such as nutritional supplements and herbs, are effective on their own, they work even better if they are part of a comprehensive natural treatment plan which focuses on an intelligent diet and lifestyle factors.
- The information provided is not intended to treat or diagnose, but please read it with an open mind.

The purpose of this manual is not to do your thinking for you, but to help you to think. If you just pick up this manual and simply read it through, you will be missing a chance to better care for yourself. As you read, whenever a truth radiates in your mind or your heart, your lesson has begun. Embrace it. Some of these lessons may confuse, anger, infuriate, question or irritate your belief system. Look at those moments as ‘aha’ moments when you need to dig deeper and think more on those things. You are your own best teacher. Don’t give yourself totally to any other. Listen to their words of others, evaluate them, and follow your own heart. To think that you are obliged to follow the author to his own conclusion would be a grave error and a great mistake. What is being shared here is meant to encourage you to become more aware of and to claim YOUR TRUTH, YOUR FREEDOM and YOUR LIFE. Perhaps the scientific research and conclusions presented here does not apply to you and your life at this time. That is for you to decide. God may be taking your journey to another place where you will be experiencing different graces and various other lessons during this lifetime.

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PREFACE TO THE FOURTH EDITION

My life has changed in insurmountable ways since the first edition of this book was published. I have had the opportunity to work with many patients, and have been amazed at how one person will do anything in his power to achieve health, while another, comparably as intelligent as the first, yet faced with an eminent health crisis, is completely unwilling to make any alterations in their life. . . physically, mentally or spiritually. I have questioned in astonishment why someone who has every possible advantage will follow a path of obvious self-destruction. These are some things that I wonder. It seems to me that conditional (or conditioned?) responses propagated under erroneous belief patterning and latent suicidal tendencies are peculiar driving forces within the American culture. We seem numb as we watch our lives plummet. We passively watch in a detached manner, as we physically, mentally and spiritually fall apart, piece-by-piece, live miserably and die. It is sad for me to see those who are sick reach out for the love and compassion of others to heal them, yet they do not treat themselves with love and compassion. Many people seem to even relish the fact that they have something to complain about and possibly receive the sympathy, support and love of others . . . something they are incapable of offering to themselves.

At present, with the way our American system functions, cancer, heart diseases and the many other deteriorating conditions rampaging this great nation will never be cured or eradicated. The materialistic methods of institutions and the media render the victim subservient and dependent instead of proactive and in control of their health destiny. Americans have come to accept the dietary, lifestyle and medical perversions instituted upon the basic physiological and biological processes of the human body. Although many may have an awareness and an uneasiness, knowing that something is wrong as they observe the deterioration of the physical, spiritual and mental health in this country, very few understand why or how. Big institutions have been able to insulate themselves from revealing the truth and the

American consumer/pawn remains unaware because we are never warned about the injustice and deceptiveness occurring. Advertising hype instills fear and anxiety as it was not designed with the American citizens' health, vibrancy and their best interest in mind. When these issues fail to reach our television sets or our favorite newspaper or magazine, we tend to dismiss our uneasiness and ignore our own concerns, and become solidly sold on the propaganda and untruths permeated within our society which are designed to increase corporate conglomerates profits. If we are waiting for enlightenment from our media, the truth will continue to evade us. As a result our lives are continually manipulated and we fall into the hands of the American Economic System. We no longer THINK OUTSIDE THE BOX and take full responsibility for our own health and destiny . . . mentally, physically, spiritually and emotionally. This is truly puzzling to me.

We are not an ignorant nation. We have access to information as no other generation ever had. We are brilliant and often know the questions, the answers and the solutions. However, we choose to ignore not only the information, but also our own common sense. There is a peculiar driving force in our nation which profits on our fears and we let it. When disastrous health conditions occur, people say "why me?" knowing in the depths of their soul, the answer to the question "why me?" We know that disease is a sign of imbalance. We know that we are living unhealthy lifestyles. We know that our bodies take a lot of punishment and that it takes a lot of work to think, act and push the body out of its naturally inherent homeostatic balance. We know that prevention is always the best medicine, yet we continue to be wooed by promises of early detection, and the current prescription fad of the day. When crisis strikes, all the "I should have..." "I could have..." and "I wish I would have..." are often in vain. We cry out with 'foxhole prayers,' yet deep inside we know that we are responsible for all aspects of our mental, emotional and spiritual health, and that we could have been working to prevent the situation we find ourselves in. Yet all is not dark and foreboding, no matter where you are on your health journey because

This is a book about possibility. It is about knowing . . . and doing. It is about education and taking full responsibility for your life. It is about reassessing beliefs, values and unconscious activities . . . about life . . . about change . . . about love. . . about health, hope and growth. The body is your framework for developing your mental, emotional and spiritual self. May your life be prosperous, abundant, long and full of vibrancy. May you choose to own your life, spirit and energy and may you make conscious and heart felt choices that will profit your destiny, giving your life longevity and a meaningful evolution. May you make a commitment now to stop letting others profit from your fears and lack of fortitude.

As a doctor and humanitarian, I am committed to standing in the possibility of love, compassion, and education and health for humanity. I offer this book of simple truths, in integrity, to you. What you

choose to do with them is entirely up to you. **However, once you are educated you are responsible to yourself.** And I believe that once we know better, we do better. To your own self be true. To you, the Health Warrior . . . embrace the truth and love yourself always; it is simply who you are.

“The greatest war in each of our lives is between the intellect and our true self within our heart.”

Mach

“Experience the things that I’ve experienced and you’ll do what I did-build a hospital”

Dr. Albert Schweitzer

PREFACE

Truth has the power to heal. Ignorance is not bliss, it is ignorant. Soft, gentle, casual conversation about health will do little in today's world. What must be done is to take a strong and powerful stand against untruths . . . for truth.

As a society we are weak and childlike against the manipulative outpouring of erroneous information and untruths so freely shared and conditioned into our minds. We are eating, drinking and poisoning ourselves to death, and making too many companies and institutions rich as we waste away, suffer needlessly, spend money to try to survive while we fall apart, grow fatter, lose energy and then die. All the nation’s big killers: heart disease and stroke, cancer, diabetes and obesity can mostly be prevented if we would just put down the cigarette, turn off the television and practice clinically-proven, scientifically-sound nutrition and exercise designed for the *homo-sapien*. The fast food moguls, dairy industry, meat industry, soda industry, and pharmaceutical industry are manipulating you, lying to you, exploiting your lack of good knowledge, taking your money, getting themselves disgustingly rich, and then pushing you off on the American health care system that is ranked as one of the worst in the world (Statistics from JAMA on this later) to fix the desolate empty body they have exploited.

Americans then rely on “The Doctor” to heal them and make it all better, **and they are not equipped to heal the biological mayhem you have created.** Their many years of education were designed to diagnose and treat your condition, once a condition has occurred and been diagnosed. Their training is not in the maintenance of health. It is a disease-oriented approach. A quote from an Introduction To Clinical Medicine, 3rd Edition, summarizes the doctors’ role best: “Yet the fundamental principles of the doctor-

patient relationship remain unchanged. Despite all the technologic and philosophic advances, the process of meeting the patient, listening intently and respectfully to his or her history, focusing on the diagnostic work-up, and instituting a therapeutic plan is still the cornerstone of each doctor-patient relationship. One central challenge of the 1990's is to continue to provide this level of individual service and communication while recognizing that health care expenses must be controlled and interventions must be justified." Doctors practicing in the medical profession have the welfare of humanity at heart. They do a great job at what they do. What they know as disease is an ultimate result produced by the body, the end product of deep long-acting forces. Even if the material treatment alone is apparently successful, this is nothing more than a temporary relief unless the real cause has been removed that caused the problem to occur in the first place.

Treat (Websters) 1. to deal with a subject in a specified manner, 2. to subject to some process, chemical, etc.

Heal (Websters) 1. to make or become well or healthy again, 2. to cure or mend

You must understand this. Your Doctor is wonderfully trained, educated and equipped to fix the immediate situation or crisis, the broken pieces that have reached an out-of-balance, diseased, infected, broken, depleted, stagnant, undernourished, non-functional, poisoned state. He is the apparent entry point for the seventy-five percent of all Americans that are experiencing death from rotting growths (cancer) or are all plugged up (heart disease). These isolated parts of you that are diagnosed with a "medical condition" and given a specific CPT code and a medically-accepted protocol allow the doctor to treat you with the tools in his arsenal. Those tools are drugs and medications, cutting and removal, radiating, stitching, operating etc., and frequently must be used because appropriate preventative measures were never employed. The average American has an unhealthy disease-promoting lifestyle, but these tools the typical medical doctor has never address, nor are meant to address, the underlying problem. These all have their imperative place when used properly and are excellent for treating a subject's symptoms in a specified manner, but they are, at best, returning the body to a "normal" functional state, not an optimally healthy state. Normal in America is not where I'm sure anyone who is reading this book wants to be.

My fullest admiration and respect goes to all doctors, their education and diagnostic abilities. CREDIT is due where credit is due. There are plenty of great doctor's who are excellent at what they do. Medicine has made great advances this century. If I break a leg or am involved in a car accident, don't preach nutrition, take me to a hospital. I want a doctor to put the pieces back together. This is what treatment is. The medical establishment's job is not healing or counseling me on the cause of my clumsiness or

addressing my disease-promoting lifestyle; it is treating the symptom I am suffering from that is endangering my life, the diagnosis... a distinct and important difference. They are well-educated and masters at what they do, and they do all they possibly can, but their job is not vibrant health maintenance and preventative health care.

“A Doctor and an HMO manager were standing outside the gates of heaven. Saint Peter asked them what they did on earth. The doctor replied, “I healed people.”

Saint Peter said, “You may enter through the gates.”

The HMO manager said, “I helped people get cost-effective-healthcare.”

Saint Peter said, “You may enter also.”

As the HMO manager walked inside, Saint Peter tapped his shoulder and said, “But you can only stay for two days.”

Now as for you who believe in Santa Claus and in your insurance company taking care of you... don't be naïve. Your insurance company, that you choose and pay for monthly, is in the business to make money and to keep their investors happy, not to keep you healthy. They are notorious for making your doctor's difficult profession more difficult. Their job is “not to cover” anything they can get away with. Most insurance companies will not cover any sort of preventative medicine because they figure you will not be with their company (due to job or policy changes) long enough to make it financially worthwhile for them. Your doctor's prescribed treatment protocol and testing is frequently ruled and regulated, and must follow protocol set by your insurance. He must justify his treatment plan, answer to them and follow their rules as well as embracing his own integrity and standing by The Hippocratic Oath. It is a tragic dilemma that has befallen our system. And as for Medicare looking out for your best interest... your old...you have served your purpose... no more taxes... you are better off dead than an expense to a failing system. Hospitals and doctors cringe at a Medicare patient, and frequently choose not to even accept Medicare, or be “providers” for their services to these patients, because unfortunately they must deliver to them provided within the confines of what Medicare covers: minimal (unless you choose to pay your expenses out-of-pocket or use one of the few worthwhile supplements). Medicare patients often must follow specific protocols. Insurance companies grasp onto this inferior and substandard fee imbursement structure and protocol and are shown a new precedent for what to charge for services, fee structures, treatment protocol, allowable testing and permitted to follow suit. Medicare and insurance regulations, your PPO and HMO are looking out for their own best interests, not yours! You must look after your own health, preventative measures and healing practices.

It is time to learn and to know the truth. It is time to claim control of our lives and regain control

information that controls our health destiny. We must expand our knowledge about what is really going on in our world and embrace this REAL AND TRUE information. We **must** make informed and educated choices. You **must** take responsibility for yourself. You are more than your consumer monetary spending and you taxes submitted. Choose life...Your own. .

I invite you to read this manual with an open mind. Knowledge and truth are powerful. Seek these in all that you do. Evolve and be a "Health Warrior". Your survival ultimately depends on it.

**“Do not believe in any authority. Rather examine all that the authority says.
Put everything to the test. Then think. Let truth be your authority, not authority your truth.”**

Mach

“When truth is known and the American people demand compassion without profit, honesty and integrity from its leaders and learn to follow the dream of love and respect for our fellow Americans as well as all earthlings, this country will enter upon a new era of prosperity: of opportunity, and spiritual and cultural advancement that will be a beacon, a model, for humanity.

Mach

**"Men dig their graves with their own teeth
and die more by those fated instruments than the weapons of their enemies."**

Thomas Moffett

"Spirit is life, mind is the builder, and the physical is the result."

Edgar Cayce

“Our capabilities are overwhelming. Our actions are often pathetic.”

Mach

HIGHLY ABRIDGED VERSION OF THIS BOOK

There are many of you out there who simply don't have time to read and also a lot who say, "let's cut to the chase." So if you want the highly abridged version of this book, to see the destination without the journey, I will be happy to oblige you. **Think - Question Authority - Don't Be Naïve - Show Love & Compassion - You Are Responsible - Stop Dysgenic Conditions - The Dying of Americans - Why Be Normal? - Search For The Truth - Care For Your Biological Terrain - Change Now - Listen To Your Heart - EXERCISE - Be Happy**

CORRECTIVE ACTIONS:

- Increase pure water - **H2O** consumption: distilled, reverse osmosis, etc. (2-3 quarts daily)
- Increase raw; preferably organic, **fruits**
- Increase raw; preferably organic, **vegetables** (especially leafy green vegetables) (no canned)
- Increase raw nuts and seeds (not peanuts)
- Increase fibrous foods
- Increase home cooked beans; legumes and lentils
- Increase soy, tofu, tempeh and TVP products in place of meat
- Increase whole grains, brown rice, millet, rye, wild rice and products containing whole grains
- Increase herbal teas, fresh vegetable and fruit juices and smoothies (not pasteurized or bottled)
- Use soy, almond or rice milks and cheeses instead of dairy
- Use organic eggs
- If you choose to eat fish: Broil or bake freshwater white fish, salmon or water packed tuna
- If you choose to eat poultry: Skinless turkey or chicken (range bred or organic)
- Make more undercooked homemade vegetable soups and stews
- Use only cold pressed, organic oils for cooking: corn, safflower, sesame, sunflower, canola.
- Use cold pressed, **organic flax and olive oil** daily, uncooked added to foods, soups and stews
- Utilize an excellent **Multiple Vitamin and Mineral** supplement (not the crappy cheap stuff)
- Care for your soul, love the spirit that is you, embrace your earthly experience and grow, learn and experience your time on earth with compassion, love and integrity toward your brother

DESTRUCTIVE PRODUCTS and BEHAVIORS:

- Smoking and minimize the use of alcohol and OTC drugs
- Sodas, sugared or carbonated drinks and useless-sports-sugar-performance drinks
- Pasteurized fruit and orange juices
- White flour products, white rice, pasta, and all those horrific cereals claiming nutrition
- Hydrogenated, hardened and rancid oils, margarine, fried oil foods, shortening and lard
- High sugar food, corn syrups, fructose
- Processed junk foods; snack cakes, cookies and chips
- Fast foods; burger, hot dogs, chicken, fries, TV dinners, etc., etc., etc
- Coffee
- Milk/Cheese and pasteurized products and ice cream especially hydrogenated artificial creamers (soy, almond and rice drinks and ice cream are okay)
- Red meat and pork especially hot dogs, sausage, luncheon and processed meats, organ meat
- Aspartame, Sweet & Low, Nutrasweet, MSG & derivatives (all are poisonous & toxic)
- Foods containing chemical additives and ingredients you can't pronounce. These were not meant for human consumption and utilize a chemist not a chef to manufacture.
- Hate, fear, pride, greed, lust, anger, envy, gluttony and sloth

For those who want to continue the journey, please go on-

***YOUR HEALTH . . . YOUR LIFE . . .
ARE ULTIMATELY
YOUR RESPONSIBILITY***

“**Amnesty is not granted for ignorance of the law of nature.**” D.W. Cavanaugh, M.D., of Cornell University states, "There is only one major disease and that is malnutrition. All ailments and afflictions to which we may fall heir to are directly traceable to this major disease."

When the body lacks one or more chemical elements, the tissue structure is weakened, the cell function is impaired, and health problems develop. *Homo sapiens*, the naked ape, man, is dependent upon this delicate balance.

"In this disconnected life people actually do not want to know what is happening in reality, so they safely read about unreality in supermarket tabloids and popular magazines, watch the evening news and precariously live out their lives through 30 minute sitcoms. No matter how outrageous these stories, they require no response or action on their parts. They gulp their sugared pop and nibble their hydrogenated chips, oblivious to the garbage and radiation that infiltrates their water, their air, their soil and their being. Pathetically, their biggest fear is ‘losing it all.’ Afraid of dying, the fear of truly living is greater."¹

Vice President Al Gore, in his bestseller book, *Earth and the Balance*, sums it up wonderfully. He says, "The need for personal equilibrium can be described in an even simpler way. The more deeply I search, the more I am convinced that it is an outer manifestation of an inner crisis that is, for lack of a better word, spiritual. As a politician, I know full well the special hazards of using ‘spiritual’ to describe a problem like this one. (environmental and health devastation). For many, it is like one of those signs that warns a motorist, ‘Steep Slope - Truckers Use Brakes.’ But what other word describes the collection of values and assumptions that determine our basic understanding of how we fit into the universe?"²

This survival manual and its journey outline ways to understand - and respond to - a dangerous dilemma that the American civilization now faces. This is dysgenesis with resultant death.

My quest for truth began in the early 1980's. Being totally bankrupt, physically, spiritually and emotionally, I made a conscious decision to live. Looking for a map to guide me on my journey, I reluctantly concluded that

¹ Dr. Bernard Jensen and Mark Anderson, *Empty Harvest*, New York, Avery Publishing, 1990, p. 153.

² Al Gore, *Earth in the Balance*, New York, Plume Printing, 1993, p. 12.

I had to look inside myself and confront some difficult and painful questions about what I was really seeking in my own life. Every day we all make decisions that guide our manifested being. These decisions may be conscious, unconscious or dictated. No person seeking true knowledge can afford to yield passively to all the guiding and appeals of a society of salesmen, advertisers, associations, and governmental agencies. All maintain self interest first. We must learn to look inside ourselves, to think, research, and regain our own personal power so we can fully control our ultimate destinies.

During the 1980's and 1990's I lived and traveled throughout the United States and Canada. I have acquired a degree in psychology and am licensed in education. I am a certified massage therapist, a Reiki Master, a certified clinical nutritionist, a personal trainer and a counselor. I have studied hematology, phlebotomy, spirituality, and neuro-linguistic programming. I am also an author, a public speaker and have been awarded licenses as a Doctor of Naprapathy and a Doctor of Naturopathy. I am a licensed minister and hold a Doctorate in Divinity from the Church of Universal Knowledge. In my spare time I compile clinical research.

As I approach mid-life, I search through these layers of received and autodidactic knowledge. I search through the intuited truths that have so serendipitously woven themselves into my life and I can't help but notice the similar journey we all are taking. We are all in search of our Shangri-La. We all want the "better life." Sometimes I wonder why I have dedicated spending my whole life pondering and pursuing things that no one else even knows exists. But then I realize others are not pondering these truths and laws because they indeed do not know they exist. I feel, in integrity, it is my duty and truly my obligation to give you a few facts that may help us all in life. Let us together take this explorative journey through the world we perceive, and have prescribed meaning to, realizing the assumptions and conditionings we live by may have nothing to do with our own best interest. Utilized knowledge is power. This is two-fold. For me . . . for you.

**"I don't like work - no man does –
but I like what is in work – the chance to find yourself.
Your own reality - for yourself, not for others –
what no other man can ever know."**

Joseph Conrad

As you can see, my search and belief systems are not new. I've worked hard to acquire them. What is new is my intensity. I am completely aware of the moment when I crossed that fine line from "commitment" to "passionate dedication." Though I now consider myself fortunate to know this truth, I must admit that learning it was a very arduous and painful lesson in my life. Truth was not understandable to me while embraced by the world, on what I thought was my intelligence guiding and controlling life's terms. Comprehension of the miraculous stood feebly by, helpless, bereft of justice, vitality, love and powerless to save my sorry soul.

In mid-July of 1996, a very close loved one was diagnosed with lung cancer. Unfortunately, the diagnosis came at the point of collapse. I've had family and friends suffer and die before. I've worked in hospitals and am no stranger to death. This situation was somehow different. As I saw death ready to take this beautiful, loving 39-year old woman out of the prime of her life, I felt connected to living and dying like never before. I somehow felt interconnected and part of the experience. It was a consuming feeling that reached into the core of my being and into my soul. Watching this angelic spirit kept alive by a respirator; bladder and bowel controlled by pumps, and life and death under the careful regulation of M.D.'s, made me truly realize the frailty of the human species. We are not as tough as we think we are. We know neither the hour nor the day. Life is a delicate balance. We are a temple . . . but unfortunately, it is built on a sandy foundation. We must not create storms, tornadoes and erosion through erroneous living. This jeopardizes the core of our foundation.

I had traded my whole life for the person I was that night as I left the intensive care unit on the north side of Chicago. I must have been primed and ready, or maybe just vulnerable to the change that occurred. I left with a sense of urgency about the things in life I value the most. This life change has caused me to be increasingly impatient with the *status quo*, with conventional wisdom, with justifications and deceptions, and with the lazy assumption that we can always muddle through, that we have enough time. We simply don't. Complacency and ignorance have allowed many health problems to breed, develop and grow. Deteriorating health welcomes eminent disaster. No one can afford to assume that everything will be all right. We all must shatter this illusion, and through work, education and the acquisition of knowledge, and opening up our hearts, regain the health we deserve. Your health . . . your life . . . are your responsibility.