

It's time to wake up and see the real truth.

The Food Industry is like big brother, controlling our lives and our health.

Let's look at the last 50 years. Just 50 short years ago food was real, we ate eggs, meat, butter, bread, whole milk, salt, all fruit, all vegetables, nuts, seeds, cold pressed oils, cakes, biscuits and desserts. Now just half a century on, these foods are forbidden due to research wisdom, or not available in their pure state, that is, without being laced with antibiotics, hormones, chemicals, additives, preservatives and perhaps even being genetically modified.

Health Declines Dramatically in Last 50 Years

The consumer is powerful. It is up to you the consumer to choose the right foods and to not choose the foods that the food industry thrives on and then in turn allowing the sickness industry to improve profits.

Let me explain. Just 50 years ago cancer was at a rate of 1 in 17. Heart disease was a minor disease, heart attacks were hardly ever heard of, yet now they are the biggest killer. Diabetes was a minor disease, yet in the last 20 years it has increased 300%. Children and adults alike are overweight, and for the first time in the history of humans, parents will out live their children. ADD wasn't even heard of, now it affects millions of children world wide in the western world. I could fill a thousand pages with the increase in disease, but I think by now you get my point. What is more disturbing is that in the last decade our jails have increased their numbers by 40%. There are now 22,000 men sitting in a jail some where around the country and 1,600 females. Our health and respect for life is not improving.

Heart, Cancer and Diabetes Foundation have Failed

If we are so smart and science has got us so far then why are we so sick. The Heart Foundation, Cancer Foundation and Diabetes Foundations have been going for the past 50 years, yet each one of these foundations, which were set up to stop the spread of these three diseases, has taken the diseases to heady numbers. Our biggest killers are these three diseases, yet only 50 years ago they were minor. I for one do not support these foundations. There are more people making money from these three diseases than actually have the disease. And if they haven't figured out the cause of these diseases yet (and they've had 50 years to do this), then why continue supporting and giving billions of dollars to foundations that are not getting results. No other corporation in the world would last with such bad results. Remember insanity is doing the same thing over and over again and expecting a different result, and these foundations are looking for a cure, rather than looking at what causes these diseases and in turn preventing them.

Help Yourself as no one else will help.

The information available for the prevention of disease is plentiful and very easy, it is not 'rocket science' it is common sense. Think about it, your body is made up of the foods you eat. Every cell and there are trillions of cells in the body, needs the right vitamins, minerals, proteins, sugars and fats in order for them to function. Give them the wrong foods and each cell will begin to get sick and so will the body.

I understand that there are other factors involved in some diseases, such as chemical poisoning, emotional problems, etc, but if you get the building blocks right then the chances of being sick get slimmer and slimmer.

Medicare Will Run Out of Money

We are fighting a battle that almost seems hard to beat. The health care system sets us up for sickness. We are rewarded for sickness. Let me explain. I'm a person, who exercises, eats well, I don't smoke, I don't drink, I don't take drugs or medications. In summary I live a healthy life and so does my family. The only time I use the public health system is when I or one of my family members has an injury, a broken bone or cut that needs a stitch. My need for Medicare is occasional. If I continue to live like this and reach the age of 65, my reward for looking after myself is nil, as far as financial rewards go.

Let's take another scenario. This person, eats badly, is over weight, does not exercise, smokes and drinks and generally does not take care of his or her body. This person also needs constant trips to the doctors for colds and niggling ailments. By the time this person reaches 65 his body is in such a bad state that his heart gives up and he has a heart attack. He is rushed to hospital and needs a heart transplant. The public health system spends around \$750,000 in order to save this person's life. So you could say the reward for not looking after yourself, financially is a cool $\frac{3}{4}$ million dollars. WOW.

As I write this I still shake my head at the ludicrously of this whole system. I spoke about this at a talk last week and one of the listeners came up to me later and said that one state in the USA is now giving rewards to those who stay healthy. When will there be a state in Australia that becomes smart. Premier Beatty maybe you could take a stand.

Who Will You Listen To?

Now that I've said that I can't do much about the health system or sickness system as I like to dub it, but I can do something about your health. The average age of a medical doctor is around 56, the average age of most people is around 75, which implies that the more knowledge you have about the sickness system the less likely you are going to live to a ripe old age. Who are you going to listen to the people who have made it or the people who are sick and dying young. What is amazing is that I've had wives of medical doctors ask me "how do I keep my children off antibiotics".

My philosophy and my health practises come from my family. My Dad is 76, my Mum 69, they are both active members of the community, still working in their chosen professions, they have no need for medications and are like two spring chickens, enjoying life. My Grandmother is 91 this year, my other Grandmother died at the age of 95, my grandfathers made it well into their 80's and I have great, great Uncles still alive. Their philosophy was simple. Their philosophy was all about food. Eating the right foods. My book Changing Habits Changing Lives is what they taught me and what I have learnt about natural health. It has changed many peoples lives, because once you change from 'plastic fantastic' technology driven food back to basic normal foods then the body has the chance to repair itself and make you feel good again.

Begin Again Changing Habits!

If you have the book and you've put it aside then it's time to get it out again and start at Chapter 1, 'Breakfasts'. Make your way slowly through the chapters and make the habit changes for life. If you don't have the book or audio program then get it, it will change your health. The principals of Changing Habits Changing Lives are not about deprivation, but rather about eating again and eating foods you enjoy, made with normal food, not food from the food industry. Take a leap of faith, I've seen so many people do it and it has paid off.

This newsletter can be sent onto friends and family and work associates. Don't let them be blind to the food industry and the pharmaceutical companies and the foundations that are not coming up with the right answers. Changing Habits Changing Lives explains how to get health back and to take back your life from the tentacles of the multi nationals.

Until next month.

Happy Changing Habits
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