

SECRETS OF ETERNAL HEALTH



My Diet
Coach 

**Discover
the true
cause of
disease**

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PART

01

**The Medical
Conspiracy**



CHAPTER 1:

Pharmacide

Medicine is Sick Care, Not Health Care

Let me ask you a question: If you have a successful business, would you release something that would put you out of business? Probably not. Listen carefully, because I'm going to let you in on a little secret.

A secret that it took me a long time to learn (and the hard way, at that). This secret is very controversial and may get me in trouble, but you deserve to know the truth: The medical industry WANTS YOU TO BE SICK! The medical industry doesn't want you healthy. Think about it. If you're healthy, you wouldn't need to see your doctor.

You wouldn't need prescription or over the counter drugs. You wouldn't need surgeries or expensive medical devices. You wouldn't even need health insurance! If you (and the rest of America) were healthy, think of all the people who would lose their jobs. Think about all the profits lost. It's not in their best financial interest to keep you healthy. I know, it must be hard to imagine that the medical industry wants you to stay sick. But think about it. All of the industries, all of the money, all of the people who are employed when you are sick.



While it is true that various entities are involved in the healthcare industry, including doctors, pharmaceutical companies, medical suppliers, insurance companies, and others, it is an oversimplification and generalization to assert that these entities benefit from people being sick. The healthcare industry is diverse, and its participants have different roles and objectives, but the overarching goal is to improve and maintain people's health.

Medical Advancements

It's essential to approach these claims with a critical and nuanced perspective. While it is true that advancements in medicine and technology have contributed to significant improvements in healthcare over the years, attributing all these achievements solely to financial motives oversimplifies the complex reality of medical progress.

1.

Emergency care breakthroughs: The advancements in emergency care have undoubtedly improved survival rates for various critical conditions. However, the primary objective of emergency medical professionals is to save lives and provide immediate care, not to retain patients as paying customers. The focus is on delivering timely and effective treatment to ensure the best possible outcome for patients in life-threatening situations.

2.

Diagnostics improvements: Better diagnostic tools and techniques allow healthcare professionals to detect diseases earlier, which can lead to more effective treatments and better patient outcomes. Detecting diseases early does not necessarily equate to selling more drugs or surgeries. In many cases, early detection can lead to less invasive treatments, reduced healthcare costs, and improved quality of life for patients.

3.

Technological advancements in surgery: Minimally invasive surgeries, robotic-assisted procedures, and other technological advancements aim to improve surgical outcomes and reduce patient discomfort and recovery time. The goal is to enhance the precision and safety of surgical interventions, not simply to increase the number of operations for financial gain.

While there may be instances of unethical practices in the healthcare industry, it is crucial to recognize that the vast majority of healthcare professionals and organizations prioritize patient care and ethical practices. Many medical breakthroughs are the result of dedicated research, innovation, and collaboration within the medical community to improve human health and well-being.

Leading Cause Of Death 2013 (Source: CDC 2013, USA DATA)

1. Heart Disease

(611,105 deaths/year)

2. Cancer

(584,881 deaths/year)

3. Chronic Lung Disease

(149,205 deaths/year)

4. Stroke

(128,978 deaths/year)

5. Alzheimer's Disease

(84,767 deaths/year)

6. Diabetes

(75,587 deaths/year)

7. Influenza & Pneumonia

(56,979 deaths/year)

8. Kidney Disease

(47,112 deaths/year)

9. Septicemia

(39,854 deaths/year)

10. Liver Disease

(33,567 deaths/year)

That's over 1.8 million preventable deaths per year in the United States alone!



The claims made in the provided text are based on a misunderstanding of the progress and complexities in the field of medicine. Let's address these points one by one:

1.

Cures for diseases: While it is true that the medical industry has made significant progress in treating and managing various diseases, it is essential to understand that finding cures for complex diseases can be a challenging and time-consuming process. Many diseases that were once considered incurable or deadly are now treatable, allowing patients to live longer and healthier lives. Medical research continues to focus on finding cures for diseases, and breakthroughs do happen, but the process is not instantaneous.

2.

Pharmaceutical companies and profits: Pharmaceutical companies play a crucial role in developing medications and treatments for various conditions. It is accurate that these companies earn profits from their products, which often fuels further research and development. However, it is essential to note that a significant portion of their revenue is reinvested in research and clinical trials to bring new and innovative treatments to market. It is also vital to have regulations in place to ensure that medications are safe and effective.

3.

Drug usage and healthcare visits: The fact that people are taking prescription drugs and visiting doctors does not inherently indicate that the medical industry wants people to stay sick. People seek medical care to address health issues and improve their well-being. Visiting doctors, taking prescribed medications, and undergoing surgeries are essential components of healthcare that aim to diagnose, treat, and manage various conditions to enhance the quality of life and extend lifespan.

4.

Disease statistics: Disease prevalence can vary based on several factors, including lifestyle, genetics, and environmental influences. While certain diseases may be on the rise, it is essential to consider the progress made in preventing and managing various conditions. Advances in medical technology and healthcare practices have undoubtedly contributed to increased life expectancy and improved overall health.



CHAPTER 2:

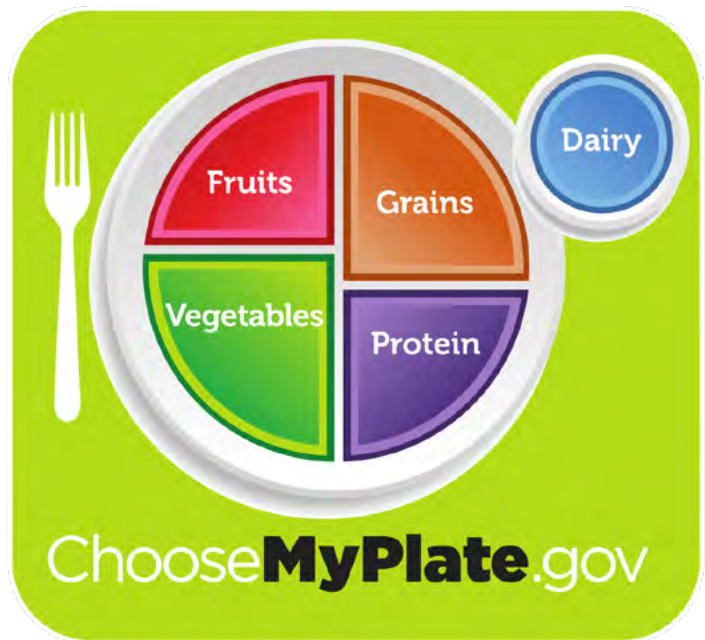
False Education

Education equips individuals with knowledge, but it's essential to promote critical thinking and media literacy. While misinformation exists, generalizing that the system aims to confuse or disempower is not accurate. Improved education and transparency can empower individuals to make informed health decisions.

Public Education

It is essential to approach education and information critically, even when it comes to science and health-related topics. While education plays a significant role in shaping our beliefs and understanding, it is vital to question and verify the information presented to us.

Science is a valuable tool for understanding the world, but it is not infallible. Scientific knowledge evolves as new evidence emerges, and theories are refined or replaced over time. Questioning scientific findings and seeking evidence-based information is an essential part of the scientific process.



Similarly, when it comes to health and nutrition, it is essential to be open to updated information and consider multiple perspectives. Nutritional guidelines may change as research progresses, and what we were taught in the past might be subject to revision. Being critical thinkers can empower us to make informed decisions about our health and well-being. It is okay to question what we were taught and seek reliable, evidence based sources to form our beliefs and make decisions about our lives.



CHAPTER 3:

Government Corruption


It is true that pharmaceutical drugs can have side effects, and these potential adverse effects are an important consideration when prescribing medications. The safety and efficacy of drugs are assessed through rigorous clinical trials and regulatory processes to ensure patient safety.

The process of developing and getting a drug approved is complex and costly. Pharmaceutical companies invest significant resources in research, development, and clinical trials to bring new medications to the market. The approval process involves extensive testing to assess the drug's safety and effectiveness.

Regulatory bodies, such as the U.S. Food and Drug Administration (FDA), carefully review the data from clinical trials and evaluate the risks and benefits of a new drug before granting approval. The approval is based on the drug's demonstrated benefits compared to its potential risks.

While some drugs may have side effects, the benefits they provide can outweigh these risks in many cases. Healthcare providers carefully consider a patient's individual health condition and medical history before prescribing any medication.

It is crucial to acknowledge that no drug is entirely risk-free, and healthcare professionals and patients must work together to make informed decisions about treatment options. Patients should be educated about the potential risks and benefits of any medication they are prescribed and communicate openly with their healthcare providers about any concerns or side effects they may experience.

A top-down view of various medical supplies on a solid blue background. In the upper left, a black stethoscope is partially visible. To its right is a white spray bottle. In the lower left, there is a clipboard with a silver clip, a blue digital scale, and several syringes. Scattered around are various pills: white capsules, white round tablets, and a blister pack. A white computer mouse and a portion of a laptop keyboard are visible on the right side. At the bottom, there is a roll of white tape and a white container.

Overall, the goal of drug development and regulatory processes is to ensure that medications are safe, effective, and beneficial to patients, while minimizing potential risks and side effects.

CHAPTER 4:

SAD Food Industry

It is important to approach claims about corruption and connections between different industries with a critical mindset. While there may be instances of corporate influence and conflicts of interest, it is essential to rely on credible sources and evidence-based information to draw accurate conclusions.

There can be various relationships and connections between industries, including pharmaceutical companies, food companies, and regulatory bodies. It is crucial for regulatory agencies to maintain transparency and integrity to ensure the safety and well-being of the public.

Government Food Guidelines

Claims about dietary recommendations and their relationship with the food industry are controversial and require careful consideration. It is crucial to rely on credible sources and scientific evidence when discussing nutrition and public health.

Federal dietary recommendations are based on a combination of nutrition science, public health considerations, and expert evaluations. They are intended to provide general guidance to the public on healthy eating patterns for overall well-being and disease prevention.

While certain dietary guidelines have evolved over time, the primary aim is to promote health and nutrition. Any potential influence from the food industry should be closely monitored to ensure the integrity of public health messaging.

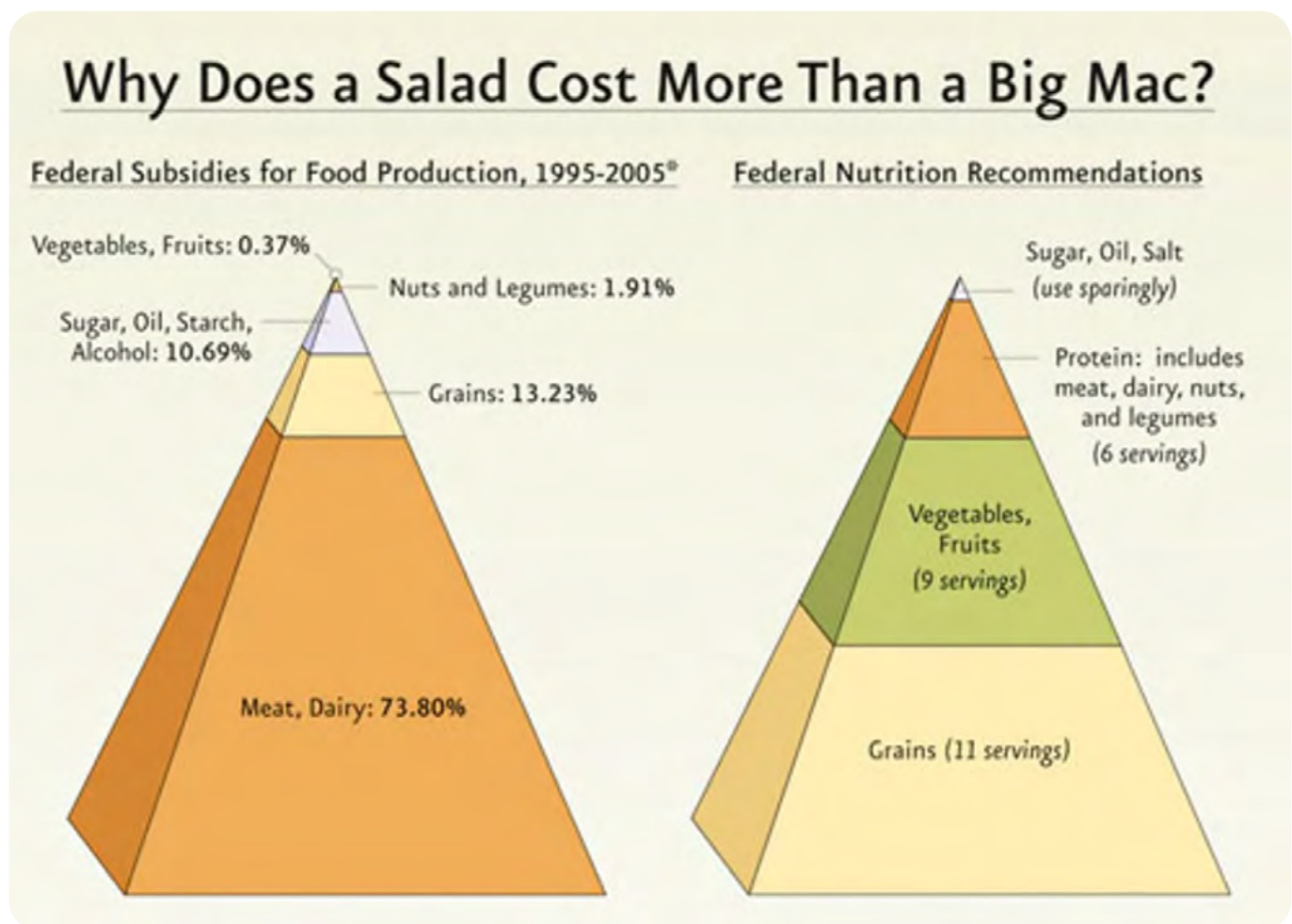
The relationship between diet and health is well-established in scientific research, and a balanced and nutritious diet is crucial for maintaining good health. However, attributing all health issues solely to diet oversimplifies the complex interplay of various factors contributing to an individual's health.



Government Subsidies

The pricing disparity between fast food and fresh produce can indeed be influenced by various factors, including government subsidies and agricultural policies. However, it is essential to approach this topic with a nuanced perspective.

Government subsidies can impact the cost of certain food ingredients, including crops used in processed foods. These subsidies are often intended to support agricultural production and stabilize food prices.



It is true that certain food industries have a significant influence on dietary guidelines and nutrition recommendations. The inclusion of specific food groups in dietary guidelines can be influenced by various factors, including lobbying and industry interests.

Food industries may lobby the government, influencing policies on food availability and pricing. The cost disparity between fast food and healthy options is influenced by various factors, including production and marketing. Government initiatives can address these issues through public health campaigns and improving access to nutritious foods. A comprehensive approach is needed to promote healthier eating habits and create a more equitable food environment.



The “Health Food” and Food Label Hoax

Food companies often use marketing strategies to promote their products, including making health claims. The regulations surrounding health claims on food packaging can be complex and vary based on different factors, such as the specific nutrient or health benefit being claimed.

The FDA regulates food and drugs in the United States, and the labeling of food products is subject to specific guidelines and requirements. While certain health claims may be allowed for packaged foods that meet specific criteria, it is essential for consumers to be critical of such claims and verify them through reliable sources.

Processed and convenience foods are formulated by food scientists and chemists to optimize taste and appeal to consumers. They may contain higher levels of sugar, salt, and fat, which can enhance the flavors and make them more addictive. The combination of these components is often referred to as the “bliss point” or “sweet spot,” which can trigger cravings and lead to overconsumption.



CHAPTER 5:

Current Understanding

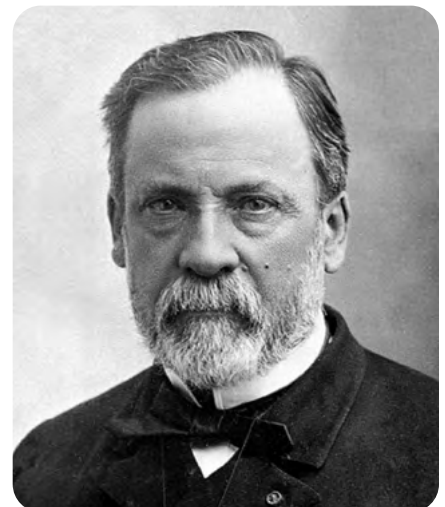
In this section, I will present a different perspective on the true cause of disease, challenging the conventional understanding of the origins of illness.

Before delving into the real cause of disease, it's essential to discuss the prevailing explanations offered by traditional medical theories. These theories, known as the Germ Theory and the DNA Theory, attribute disease either to infections from external pathogens (germs) or genetic factors inherited at birth.

However, these explanations have limitations, and I will present an alternative viewpoint that challenges these traditional ideas. This alternative perspective will shed light on a new understanding of the origins of diseases, presenting a different paradigm that can revolutionize our approach to health and well-being.

1. Germ Theory

The Germ Theory of disease first came to be in the mid-1800s. Around this time, there was a French scientist named Louis Pasteur. He was in charge of chemistry at a leading university in Germany. Pasteur was doing a lot of work with germs and microorganisms. He discovered that most infectious diseases are caused by harmful germs.



Pasteur is also credited with introducing the world to viruses. For those of you who can't remember your biology, a virus is an infectious agent that replicates inside the cells of humans, animals or plants. It is not to be confused with bacteria.

Basically, Pasteur believed that disease was caused by viruses, bacteria or yeast and that the reason you get sick is because you "catch something" from the environment.

If you look around, Pasteur and the Germ Theory's legacy is still around us. We're terrified of germs.

Pasteur is credited with the pasteurization process – heating food and drink (such as milk, beer and wine) to a specific temperature to remove any microorganisms. We also use irradiation to disinfect all food before it goes to the supermarket.

Antibacterial wipes, lotions and hand soaps are another legacy of the Germ Theory. We live our lives terrified of bugs. In reality, using antibiotics only leads to more problems.

You may have heard about superbugs, strains of bacteria that have become resistant to antibiotics and are more lethal than ever. Where before you would get a simple cold, now some of these infections can be life threatening.

I'm not going to spend too much more time talking about Pasteur because he's basically wrong.

Around the same time, there was another French scientist named Antoine Bechamp. Bechamp, like Pasteur, believed that bacteria was all around us. But unlike Pasteur, Bechamp believed that the internal environment, not the bacteria itself, was to blame.

He noticed that bacteria was basically all around you. There is literally no way to avoid it. But why aren't we sick all the time. The medical establishment would like you to believe it's your immune system. But the truth is, as Bechamp discovered, it's the environment in your body that plays the biggest factor.

You see, bacteria, viruses and yeast are an important part of the "carbon cycle". Their job is to clean up the mess in an environment and break it down so the material can be reused.

If your blood is dirty, the bacteria that's always in the environment start to multiply to clean up the mess. The cold you get is actually a good thing. It's your body's way of removing the toxins from your body.

Unfortunately, Bechamp theories were quickly written off, and the world embraced Pasteur and his fear of germs.

The funny thing is, on his deathbed, Pasteur finally admitted he was wrong and that Bechamp was right.

Before we move on, I want to repeat the most important point: It's not germs that make you sick, it's a toxic environment within your body that cause germs to multiple to clean up the mess. In reality, germs are your friends.

2. DNA Theory

Which brings me to the next cause of disease that the medical industry tries to blame, DNA.

This is perfect for the medical industry. They say you're stuck with your DNA and there's nothing you can do about it.

They remind us that diet and lifestyle have nothing to do with health. It's all in your DNA, you're born with it and you should blame your parents.

