

## ‘NUTRITIONAL TIPS’

### THREE KEYS TO THE CLOSED DOOR

So often our lives seem to have ‘Closed Doors’ and frequently in the area of health. Perhaps we might address this for a moment. Accurate information opens doors!

‘**Cancer**’, and its numerous dark compatriots, seems to be topical and unavoidable in this era. ‘MS, ALS, Alzheimers, C.H.D., A.D.H.D., Diabetes, Hypertension, Heartburn, Constipation or Digestive Disorders, Psychosis, Arthritis, and so many more common words are ruling our wellness ... holding demonic roles center stage!

Might I suggest that you use your Internet (Google.com) to search under ‘Key Word’, ‘**Lorraine Day, MD**’ who wrote the great work and video ‘**Cancer Does Not Scare Me Any More**’. She not only has interesting medical facts and reality tales, but also she has walked the cancer hike to wellness. You shall be rewarded or heartened by her knowledge. Sooner than later!

We are generally presented with but two options when afflicted; expensive drugs combined with pain treatment or death. How short sighted and equally false! I need to tell you that the primary benefactors, in this seemingly very uphill battle, are medical practitioners and the greedy overpriced and government-protected pharmaceutical companies. Most of the ‘**Hold Off Placebo Drugs**’ are not cures but crass unethical, expensive cover-ups. Do they cover up the symptoms and/or the truth? Placebo drugs usually do not even come close to solving the cause. In fact, ‘Radiation and Chemo Therapy’ for cancer, although they might stall the so-called inevitable or accomplish remission, are known to usually ultimately kill the patient. **They do not cure cancer!** It is well known in expert circles that these terrifyingly expensive processes are not cures! Which death is worse? There are people or groups of people who knowingly consider cancer to be a crude form of population control. How perverted!

Consider the ‘**Common Headache**’. Aspirin is not a cure, but simply, as an analgesic, masks the feelings. This cheap to produce but expensive to buy chemical is just a ‘Quick Fix’. That has its practical place but not as a practical cure. Aspirin as a cure is pure fantasy. In this arena it is purely deficient. Drug companies hope that we commit to it as a cure as that means endless consumption. Has a drug company ever addressed the reason and solution to headaches? If we track income, we might discover truth and motive.

Consider ‘**Joint Pains**’. How many products are available to combat this chronic North American ailment? As many as we, the consumer, can tolerate! Any scientist shall tell you that the plethora of expensive drugs is a ‘Mask’ and not an ‘Open Door’. We could go on with this list for a very long time. Holistic medicine challenges the pharmaceuticals but is powerfully subordinated as a touch of voodoo. I guess all past societies, who did not have modern corporate groups campaigning proprietary drugs, were just ‘Dark Age Remnants’?

How laudable now that, in the firestorm of ‘**Medicare and Affordable Medications**’, the misdirected interest of government via the doomed new laws and programs, the pharmaceutical companies have unleashed expensive national TV brainwashing campaigns telling us it costs more taxpayer’s funds and requires more talent to produce a new drug that to get to the moon or

conquer outer space. Do we hear conscience crying out? Not a chance! We are hearing the way to ongoing greed softened in the public's eye.

The three ailments above and many more are almost unwaveringly the result of **1)Malnutrition**, **2)Dehydration** and **3)Stress**. These innocuous three are easily battled and driven back into a state of 'Supplicant Balance'. Why do we not do so as a daily behavior? Lack of education! Who educates? Parents and government! Why does the government, in possession of all the peoples transferred money and power, not address these simplicities day after day? Lobbying! Special Interest Groups! (SIGS) Greed!

'**Cancer**' is a modern social disease of deficiency and excess. Too little knowledge and wellness behavior! Too many chemicals and poor nutrition! What scientists know is not told. The government is not lobbied to promote the freely available facts. It just is not good business. In fact, it is not even business! It is free! Lobbying is usually for money and power!

**FACT:** 1)We are what we eat. Nutrition is central to health. **FACT:** 2)We require copious amount of fresh clean pure water, without dangerous carcinogen chemicals such as fluorides, chlorides and even worse. Our body systems, at all levels, must have proper fluids or hydrations. **FACT:** 3)We must keep our 'Stress Levels' much lower than the chronic levels that are at in today's hectic shallow lifestyle we live in North America. The core source of this killer here is the pursuit, not of wealth but of adequate funds to simply survive.

When these simple '**THREE**' are in balance, our body chemistry improves to a healthy level by which we can maintain our own health. The body is a magical internal 'Pharmacy' that seldom misses. We seem to hamper this God given function every modern day.

'**Forgiveness**' changes our cellular fluids and structure. Good feelings, the release of 'Animus', improves our 'PH' and thus engenders our internal core '**Cellular Vitality**'. Good '**Cellular Frequency**' increases cellular integrity and its defense mechanism. 'Anxiety, Anger and Stress' do just the opposite. Bad 'Brain Chemistry' produces 'Cortisol and Adrenalin'. These are triggered hormones that can suppress our auto immune system. This having been done, we are on the slippery slope to broad-spectrum kinetic diseases such as cancer. Any '**Immuno Suppression**' is markedly counter to our best interests. That includes hugely expensive pharmaceutical antibiotics and related drugs!

If you violate '**Physiological Laws**' there is and shall be a price to pay!

Think '**NUTRITION, HYDRATION and RELAXATION or CALMNESS**' ... a way of life!

Good health and a long prosperous and comfortable life to you!

"Welcome Aboard!"

"Enjoy The Ride!"

## **PERFORMANCE EXCELLENCE**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7