

## INTRODUCTION (10 min)

There has been a worldwide power struggle going on for years now and you and I are the prize. Unfortunately, with enough time and propaganda, the public eventually grows numb and let's just about anything slide by because... through the bombardment, we don't see it coming.

Well I would be remiss if I didn't at least crystallize a few facts going forward and clean the rear view mirror a little. I'm not going to mention the mercury murders, the weaponized vaccines, and Frankenfoods that we have discussed at previous meetings. We know the science behind those. And I'm not going to spend a lot of time on any one issue because there are too many to mention.

But I will try to hit the highlights with the goal of making you think twice before you believe the media hype about consumer health guidelines or pharmaceutical breakthroughs or the next miracle drug touted on the evening news. Because this propaganda is probably the largest hidden cause of chronic conditions in this country. But because the solution is up here, we're not going to discuss it today... so here goes.

The FDA is one of the most, if not *the* most, powerful regulatory agency in America. Most other agencies have a series of checks and balances that help tame the power hunger that always develops within government structures. Even the IRS, the second most powerful regulatory body, has an appeals process. Other regulatory bodies are accountable to the President or indirectly to the public.

The FDA is the only agency that can search and seize without a warrant, subdue free speech, dictate what citizens can buy and what businesses can sell, levy fines at will, incarcerate without due process, indirectly make laws concerning the health and welfare of taxpayers without a vote, and put entire companies out of business almost before they start.

How did a country founded on civil liberties let this happen? (*Ad lib here*) If you don't believe this could happen going forward, let's look back at a few things that have already happened.

The Amer Heart Asso, fully aware of the science behind cholesterol and the fact that (like air) it's needed by every single cell in the body, has been recommending a low cholesterol diet for more than 30 years, waging war on one of nature's most perfect foods, the egg, in an effort to assist the campaign to sell cholesterol lowering drugs to depopulate the planet.

Statins, one of the most profitable class of drugs ever marketed, have not only shown to be ineffective, but they actually increase the risk of heart failure + liver damage + muscle damage + type 2 diabetes.

Last years study, a review by the Cochrane Database, looked at 14 different trials involving more than 34M patients. It showed 1000 people would need to be treated with statins to prevent 1 death... a clinical insignificance considering the damage we know these drugs cause.

And how about salt? There *is* a direct relationship between salt intake and death rates but it's not what you've been led to believe. According to last May's study of 3681 people published in the Journal of the Amer Med Asso (JAMA), the lower the salt intake, the greater the death rate. The conclusion

of this study was that people with greater salt intake have significantly less heart disease and death from it.

And what about margarine and vegetable oil being promoted as safe healthy alternatives to more saturated fats like butter and coconut oil?

The latest review of research published in *Scientific American* found that obesity has skyrocketed ever since the federal guidelines in 1980 recommended reducing saturated fat by cutting back on meat and dairy products and replacing them with carbohydrates. Not only that, heart disease remains the #1 killer in this country.

Thanks to increases in carbohydrate consumption & decrease in egg consumption, type II diabetes is now more common than ever, tripling in the last 30 years and now affecting children as young as 4.

The Children's Hospital, Oakland Research Institute recently analyzed the food intake of roughly 350M individuals and found no link at all between the amount of saturated fat a person consumed and their risk of heart disease. It appears that saturated fat raises levels of good cholesterol, offsetting any rise in total cholesterol.

Soon after, Harvard researchers released data from 20 worldwide studies showing that eating 4 oz of fresh meat (not processed) every day didn't increase the risk of heart disease. 1/13/10.

These Fed guidelines have taken their toll, resulting in millions of needless deaths and suffering. Research has shown: trans-fatty, acid-rich margarine, refined vegetable oils, and a diet high in grains actually cause: cardiovascular disease, hormone problems, obesity, depression and a host of other problems, while butter and coconut oil in the diet do just the opposite.

How did we let this happen? Maybe more importantly, what are we going to do about it going forward?

Now we can add water fluoridation to the propaganda list. How many scientists and researchers were persecuted and lost their academic standing for trying to warn the public of the dangers of ingesting fluoride? How many well educated, concerned citizens are labeled as kooks and subversives because they oppose the unchecked fluoridation of drinking water?

Just recently, faced with overwhelming research data, our EPA and Centers for Disease Control had to lower the maximum allowed level of fluoride in water by 40%. (*from 1.2 ppm to .7 ppm*) This is after more than 60% of the US population now drinks water with added fluoride and after fluoride has been banned in 9 European countries, China, and Japan on the basis that it's toxic and provides no benefit in cavity prevention. It does, however, damage the bones, thyroid, kidneys, liver and brain.

Even worse, 41% of US teenagers have some degree of dental fluorosis (one of the first signs of fluoride toxicity) and 90% of municipalities are using the untested compound called hexafluorosilic acid to treat their water. This is a heavy-metal-containing waste product of fertilizer manufacturing.

How did we let this happen?

The FDA has approved the use of psychiatric medications for use in adults as well as in our children. As of 2007, 5.4 million children between the ages of 7 + 17 had been diagnosed with ADHD (that's 9½%

of that entire age group). 2/3 of those are being treated with medication, and these numbers are increasing every year.

Yet the commonly known side-effects of these drugs as listed on the label are depression, anxiety, suicidal tendencies, aggression, violence, diabetes, obesity and seizures, among dozens of others.

As with so many other drugs, these have been shown to cause or exacerbate the exact problems they reportedly are meant to treat. In addition, there is a great deal of research suggesting that manipulating brain chemistry during childhood development leads to permanent impairment and damage. The entire concept is criminal.

How did we let this happen?

In addition to what I just mentioned, medications, genetically modified foods, chlorinated water, and hormone/pesticide laced foods, are all a constant assault on the body's friendly bacteria, also referred to as our "second immune system."

You're going to hear a lot about the immune system today. You're going to hear the truth about the science behind the reasons for all these so-called "chronic" conditions, which are basically man-made.

One of the biggest hurdles for you as a health-conscious consumer is to learn the facts. And one of the hardest facts to accept is the undeniable incestuous relationship between the pharmaceutical industry and the government agencies that were originally created to protect the health and interests of the public... not so anymore.

The bottom line is, you must stop second-guessing yourself. Stop giving your power away to the government or your doctor or your spouse or someone else who you think knows more about your medical situation than you do. The buck stops with you and your very life now depends on your understanding the facts... not as the media, the FDA, or some other agency proclaims but the real facts.

That's what these meetings are all about. If you've been attending my events since 2005, you're already one step ahead of most people who are basically ignorant in health related matters. It's up to you to do your own homework, weigh the options, use your own best judgment and when in doubt, follow the money.

Today you're going to have the opportunity to hear several different perspectives on how to solve the chronic illness puzzle. Please don't forget that the largest solution to these problems lies in your head and there are powers that be who are seeking to influence and exploit you because it's much more lucrative to treat a disease, than it is to cure it. So today... listen carefully. Make it your priority to stay informed.

Don't allow yourself to be held hostage by a corrupt & corrosive political and medical system. Even if all you can do is sign a petition now and then, become part of the solution. Make your voice heard.

Please, don't let this happen again. Thank you.

Let's take a short break...