

Creative food

Love your body, mind & spirit

"In a time of universal deceit, telling the truth is a revolutionary act."

George Orwell

Dearest friends, Cosmic greetings.
What follows is something we feel strongly about.

Over the years we have been quite open to the fact that the powers that be are not always what they seem. That your doctor, your politician, your chemist does not know everything, that they may be wrong. The government may not have your best interests at heart. The food (or slop) served to ailing patients on the NHS more than proves our point. It is frightening that Doctors are not trained in nutrition. So much for the Hippocratic oath. Hippocrates said, "let your food be your medicine". A huge portion of medical training is devoted to learn hack and slash procedures and to learn about pharmaceutical drugs. And you are taught to trust your doctor, so you make no attempt to care for your health and then it is too late.

Encounter with Phillip Day

Recently, on the 29th of April 2001, Eddie and I went to a meeting in which Phillip Day, author of, *Cancer, why we are still dying to know the Truth, World without Aids and Health Wars*, was speaking. It was very powerful and made quite an impression on us. It has motivated me to write this letter. Knowledge is also responsibility.

Cancer is now the number one killer in this country. It has just overtaken heart disease. I write this because I have learnt that cancer is preventable. It is not a pleasant disease, and heavens forbid should any of you have to suffer it, take appropriate measures now. We have.

Even though I am not a doctor and am not a medical expert, what the medical establishment touts does not tally. For eg.

Giving women with breast cancer mammograms with the knowledge that radiation can cause abnormal cell growth (another definition for cancer).

Encouraging people to consume a whole host of drugs, for eg. Aspirin, which induce all kinds of side effects. Yet the benefits of prevention, nutritional supplementation are not implemented.

Telling us that the sun is harmful to us. You can kill both plants and animals by keeping them in a dark room. Too much water and you will drown. Anything in excess can harm you. The establishment will pick on the sun but will not inform you that sugar is poison and a known carcinogen.

From my personal experience, before I went to be operated on I was not screened for sensitivity to general anaesthesia, the allergic reaction can kill.

God saved me that day.

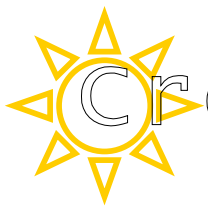
Plain common sense shows me that the alternative view documented by Phillip Day is logical and practical. Get his books they may well give you the fighting chance to save your health, save your skin and most of all prevent you from poisoning your children unwittingly. Did you know that fluoride used in toothpaste is a poison, used in rat poison and nerve gas? It is a toxic industrial waste.

I cannot emphasize enough how dangerous fluoride is. Check out the site

www.npwa.freeseerve.co.uk.

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Did you know that the brain is composed of cholesterol. So what does a cholesterol reduction drug do to your body?

It does not make sense that intelligent people will unquestioningly believe their doctor that chemotherapy can cure them of cancer when they know that the figures are bleak. The ones you hear who go into "spontaneous remission" generally tend to be the one's who have taken the alternative route. Positive thinking, prayer and right nutrition can make all the difference. **Put the right gas in the machine.**

It also never ceases to surprise me how people do not take responsibility for their behaviour, health and actions. Many are happier to subject their god given bodies to horrifying treatments and substances rather than make simple changes to their diet, take some nutritional supplements (this has become necessary due to intensive farming, chemical spraying of crops, and consequent mineral depletion) and to swap harmful personal care products for safe ones.

In my belief disease has many causes, mental, emotional, physical and karmic. Disease is a lesson for us to change and to take responsibility. Do not to negotiate in health matters.

You have only one body, take care of it, where else will you live. But do it slowly, do it all in one go and you will need a psychiatrist as well. After all, the way we care for our bodies is deeply ingrained in our psyche and is closely related to our behaviour and conditioning.

Phillip Day reiterated that Western society is starving to death. That malnutrition is killing us. Diseases of metabolic origin are plaguing the West ie. by lack of nutrition and toxin related deaths. Most degenerative diseases can be combated by changes in our diet and by proper nutritional supplementation. He documents huge amounts of research, including that by Dr. Linus Pauling Winner of 2 Nobel prizes. (Einstein said of Dr. Linus Pauling: "Linus Pauling...now there goes a real genius.") Dr. Pauling insisted that heart disease is due to a lack of Vitamin C! Chronic vitamin C deficiency causes Heart disease. Mineral and vitamin deficiency also causes our bodies to be in an acid state known as acidosis. Most of you have heard of acid rain, imagine every cell in your body being bathed in acid rain. Not nice. Our bodies need to be alkaline to function optimally; viruses cannot survive in oxygen and alkaline states. Our bodies need good nutrition to be slightly alkaline. Unfortunately almost everything in the supermarket is devoid of the "good stuff", so you have to find ways and means to supplement your diet, change your habits and throw away that which is harmful to you and your children.

Phillip Day and the Cancer Prevention Coalition endorse Neways products and so do we. We have found them to be an answer to ensure our health. Now that you have been informed. It is your choice. Till the next encounter.

God Bless, Love, Light, and Radiant Health.

Eddie and Ranjana

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