

# TAKE BACK YOUR HEALTH POWER

2nd edition of  
Mike Adams'  
first book!



Reclaim your natural health power from those who have  
stolen your right to be healthy and happy.

M I K E   A D A M S

# **TAKE BACK YOUR HEALTH POWER**

Reclaim your natural health power from those who have  
stolen your right to be healthy and happy.

**MIKE ADAMS**

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Imagine for a moment there is a magic leaf from a magic tree that grows on the highest reaches of a sacred mountain. This magic leaf is a healing leaf. By eating it, a person is cured of all diseases and symptoms for 24 hours. They are suddenly thin, disease-free, full of energy, mentally alert, happy and healthy.

The magic leaf doesn't cost any money at all. It's totally free, provided by nature for the single purpose of healing all creatures on planet Earth. But there's one catch: The leaf must be eaten within 60 seconds of plucking it from the tree. After 60 seconds, all its healing attributes vanish!

In order to experience the healing benefits of this leaf, you have to visit the tree yourself each day. No one can pick the leaf for you, since it would take more than 60 seconds for them to bring you the leaf. You are the only person who can go get the leaf, and you have to do it every day if you wish to retain your youth and health.

So here's the question for you. If this leaf existed, and you absolutely knew that it could permanently cure you of all diseases as long as you kept eating it every day, and it could make you thin and healthy and happy, what would you be willing to do in order to get this leaf?



# Welcome to Take Back Your Health Power

You'll learn more about the concept of the "magic leaf" and the personal journey required to discover it later in this manual. First, I'd like to ask you a question:

Would you like to change your health outcome? Think about this for a moment: Would you like to live the rest of your life in a pain-free body, free from disease, full of energy, blessed with lucidity and vibrancy that makes life truly enjoyable?

What if I told you this was within your reach? What if I also told you that thousands of other people are achieving this right now by applying the information revealed in this manual? Would you be interested?

If not, I understand. Not everybody is ready for change. Many people are more afraid of making changes than continuing a life of poor health. Even though life is a pain, and they feel depressed, and they're possibly overweight, and they have all sorts of symptoms of disease, at least it's predictable. It's something they can count on. For many people, that's comfort. I've been there myself.

Some people are ready to do something different. They truly want to create a different health outcome in their lives. For whatever reason—maybe their doctor told them they only had one month to live, they witnessed the suffering of a dying relative, or perhaps they just realized that life can be better—they are ready to make a change.

This book is all about making that change. Here, you'll learn the information and wisdom that you need to take control of your health outcome for the rest of your life. You'll see clearly how everybody else in society—doctors, drug companies, marketing companies and insurance companies—are actually trying to take away your power so that you have no control over your health outcome. I want you to get your power back! With the help of this information, you'll learn the three simple steps to taking back your own power so that you and you alone control where you go from here.

Before we get started, I have to ask you to make a choice. I don't want people to read this information if they're not truly interested in making a positive health change in their own lives, and not everybody is ready for that change. By definition, creating a different health outcome will require you to do something different in your life. After all, if your existing habits and patterns led to your current state of less-than-perfect health, then those same habits and patterns are never going to produce anything different than what you're currently experiencing.

I'm here to tell you that ***you can be disease free and healthy*** for the rest of your life, but if you are going to achieve this outcome, you're going to have to do something very different from what you've been doing so far. If you're not ready to make real changes, don't continue reading. I'm asking you to make a choice, and if your choice is to continue with the same old habits and patterns you've been following all your life, you don't need to read this. But if you're truly ready to commit to making positive changes in your health, please read on.



## Why are you giving away your health power?

Lots of people are trying to sell you prescription drugs, nutritional supplements, diet books, and weight loss gimmicks that they say make being healthy *really easy*. You don't have to lift a finger! You don't have to exercise! You don't even have to move! You can eat anything you want! These are profit-motivated lies.

Being healthy is not easy at first, although it certainly gets easier over time. In this manual, I'll give you the hard facts on how to transform your level of health into something truly remarkable. I'm not going to tell you it's easy, since that would be dishonest. In fact, *anyone who tells you that you don't have to expend effort to be healthy is lying to you*. The journey to optimum health requires *real effort* and dedication.

Making healthy choices in day-to-day life is something that requires vigilance. You will have to exercise the will of your mind over the will of your taste buds. You will actually have to start *questioning medical authorities* by asking yourself whether what they're telling you really makes sense, because it often doesn't.

## How do we give away our health power?

We give away our health power any time we allow some medical authority or organization to take responsibility for our health outcome. A person who refuses to exercise and visits their doctor, saying, "Doc, give me a pill to solve this health problem," is surrendering their power to their doctor.

People who blame fast food restaurants like McDonalds for their health problems are giving their power to McDonalds. If McDonalds food is so bad for you, then *don't eat it*. That's how you get your power back, by making an informed choice.

A person who blames sky-high prescription drug costs for their financial misery is giving their power to the drug companies. In reality, there are foods, nutritional supplements and even superfoods like **chlorella** and **spirulina** that are far more powerful healers than prescription drugs, and they cost far less. By choosing to treat yourself with nutrition, ***you take your power back from prescription drug companies.***

Someone who blames their genes for their current health condition falls for a clever trap that has been set by the Western medical establishment: If they can get you to believe that your genes, not your actions, account for your state of health, ***then they've got you.*** If you fall for that myth, now you're trapped in a system of never-ending doctor visits and an ever-increasing regimen of prescription drugs necessary to combat all the terrible diseases and symptoms you're experiencing "because of your genes."

It's all an illusion constructed by those individuals and corporations who profit handsomely from this distortion. Your genes are perfectly fine. In fact, a hundred thousand generations of your ancestors have proven that fact. Every one of them thrived, survived, and produced offspring that went on to survive and thrive. That fact that you're here proves that your genes are perfectly fine.

## **Other ways we give up our health power**

We manage to give up our health power in ways that we never imagine might be unhealthy. If a person says, "I'm only going to buy foods with coupons," then they have surrendered their free choice over all foods and handed their food choice power over to the food marketing companies. It just so happens that virtually all foods that have coupons available are ***the worst foods for you.*** Healthy foods almost never have coupons. Have you ever seen a coupon for broccoli?

Interestingly, we even give up our health power by simply watching television and viewing food and beverage advertisements. These ads distort our rational purchasing choices, which is evident in the fact that advertising pays off for food and beverage companies. Universally, people insist they are not at all swayed by advertising, but statistics show they are. When you watch advertisements for foods and beverages, you are literally surrendering some degree of your free will.

We give up our health power by limiting our sources of information. If you get all your health news from U.S.-based news sources rather than reading international online newspapers, for example, you'll get a radically distorted view of the news on health and drugs that favors U.S. pharmaceutical companies. Those companies hold tremendous sway over the U.S. press. But newspapers in the U.K. like *The Independent* ([http://news.independent.co.uk/uk/health\\_medical](http://news.independent.co.uk/uk/health_medical)) offer you a very different view of health and medicine. If you don't go outside the United States to get information, you're giving your power to the editors and censors of U.S. news publishers. You're trusting *them* to decide what health news is good for *you*.

As you can see, there are many ways in which we consciously or unconsciously surrender our health power to doctors, drug companies, food corporations, and even to bizarre belief systems that keep us trapped in a world of misery, disease, and financial poverty. The more we give up our health power to others, the worse our condition becomes.

Someone benefits from all this. There's a big payoff to somebody for all this. Can you guess whose cash register is ringing up the profits from you surrendering your health power?

## Who profits from you giving up your health power?

Just follow the money. It isn't difficult to figure out. Pharmaceutical companies reap a fortune by convincing doctors to push drugs on their patients.

Yet, prescription drugs are so highly toxic, so poorly tested, and so outright dangerous to your health that they've now become the ***third leading cause of death in the United States***. That's according to the Journal of the American Medical Association, and it doesn't count the **2 million injuries** caused by prescription drugs each year. I highly recommend you read *Death By Medicine* ([www.NutritionInstituteofAmerica.org/research/DeathByMedicine/DeathByMedicine1.htm](http://www.NutritionInstituteofAmerica.org/research/DeathByMedicine/DeathByMedicine1.htm)) to get the real story on the widespread disease and death being caused by Western medicine.

Time and time again, we see pharmaceutical companies exploiting consumers for their own financial gain. For example, one drug for diabetics, Rezulin, was causing widespread, chronic liver damage while it was being happily promoted by its maker. Even when the drug was banned in Europe, it continued to be regularly promoted and prescribed in the United States with the full support of the FDA.

In time, Rezulin destroyed or damaged the livers of 100,000 patients in the United States alone before it was finally pulled from the market. Yet the FDA and the drug-maker were well aware of these dangerous effects for several years before deciding to pull the drug. During that time, the drug produced tremendous profits at the cost of untold suffering by consumers who blindly surrendered their power and paid the price for it. If those people had taken back their power and worked to correct their diabetes through lifestyle changes, they would not have needed Rezulin, and they would have perfectly healthy, fully functioning livers today.

Even the FDA's carefully worded announcement of the Rezulin recall admits that the severe toxicity of the drug was known in 1997. Yet the recall happened in 2000 (read the FDA's announcement at [www.FDA.gov/bbs/topics/NEWS/NEW00721.html](http://www.FDA.gov/bbs/topics/NEWS/NEW00721.html)).

Hormone replacement therapy offers yet another example of how drug companies exploit consumers who give up their power. HRT drugs have been aggressively prescribed for more than two decades to women and heralded as magic anti-aging drugs. Just recently, the truth came out about HRT drugs: They cause strokes and cancer in patients who take them. Their so-called anti-aging benefits are nowhere to be found.

Meanwhile, we've learned that the makers of HRT drugs were well aware of these health-damaging effects for five years before bothering to tell anyone. Read the full story at <http://news.independent.co.uk/uk/health/story.jsp?story=495511>

## **Drug companies reap obscene profits by exploiting naive consumers**

Drug companies will exploit consumers who give up their power, and they will reap year after year of obscene profits from their drug products even when they are aware that those products are destroying the health of patients.

Much the same can be said of antidepressant drugs as well, which are now known to cause extremely violent behavior in adolescents. The two students responsible for the Columbine High School massacre were both taking antidepressant drugs. Antidepressant drug makers have even warned doctors in Europe not to prescribe these drugs to children, but in the United States, they've offered no such warning.

By influencing the training at nearly every medical school in the nation, drug companies get doctors hooked on the drug mentality early on. Then they shower doctors with trips to Hawaii, free gifts, drug samples and other “bribes” to further their influence. Aided by the billions of dollars in revenue from sky-high drug profits, they fund a barrage of national television and magazine ads using direct-to-consumer (DTC) advertising techniques that result in patients going to their doctors and demanding prescriptions for drugs they don’t even need. To top it off, the drug companies and FDA work tirelessly to monopolize the prescription drug markets by shutting down Canadian pharmacies that sell drugs to U.S. consumers over the Internet. The system is downright brilliant, in an evil sort of way.

In a quest for increased profits, the drug companies have come up with creative ways to convince people they need even more drugs by *inventing imaginary diseases* like “fear of speaking in public.” Drug makers claim that, if you’re afraid to speak in public, you have a brain chemistry disorder and need to take their expensive drugs for the rest of your life.

Even Attention Deficit Disorder (ADD and ADHD) is now known to be an entirely fictitious disease, invented by profit-minded psychiatrists and the makers of Ritalin in order to sell psychotropic drugs to children. Even the **United Nations realizes Ritalin is a national scam** ([www.pbs.org/wgbh/pages/frontline/shows/medicating/backlash/un.html](http://www.pbs.org/wgbh/pages/frontline/shows/medicating/backlash/un.html)). Virtually all ADD symptoms vanish when children are taken off sugars and refined carbohydrates.

## **Doctors also profit from patients who surrender their power**

Doctors also profit when people give up their health power. When a person depends on their doctor to “fix” their health problems, they are being unfair to both themselves and the doctor. Frankly, many doctors are tired of treating patients who won’t do anything to improve their own state of health. A patient will smoke, avoid exercise, eat junk food, gain a hundred pounds of body fat, and then show up at the doctor’s office and say, “Okay, cure me, doc!” That’s the ultimate surrender of power to the doctor.

Even though doctors don’t like it, they sure do profit from it. People who don’t take charge of their own health and keep returning to their doctor for one problem after another generate enormous revenues for the medical office or hospital running the show. I know that many doctors would dispute that statement, given the fact that insurance companies and Medicare are engaged in a near-criminal refusal to pay doctors’ offices for services rendered, but many doctors have figured out how to turn an otherwise money-losing patient in to a profit center: *Just order up some blood chemistry tests, CT scans or other high-priced diagnostics.* It generates enormous profits from a patient who might otherwise represent a break-even situation for the clinic.

When people give up their health power, they actually encourage hospitals, doctors and drug companies to exploit them for financial profit. A patient who doesn’t question anything is certain to be subjected to unnecessary tests and procedures that have no purpose other than to generate profits. Since most people don’t even ask what these tests costs before agreeing to them, there’s absolutely no incentive for price competition, either. That’s one reason why there’s so much fraud in health care. People figure that their insurance will cover it, and they don’t bother checking the costs. That may be one reason why virtually all hospital bills contain billing errors in favor of the hospital, and very few patients ever question them.

## Why doctors and hospitals encourage patients to give up their power

Doctors and hospitals encourage this kind of crash-test-dummy behavior on the part of patients. Patients who ask questions, demand clarifications, and want to know the prices of medical procedures are looked upon with suspicion, if not outright scorn. The prevailing attitude from most doctors is, “Hey, I’m the doctor here! So shut up and take your medicine!” And most people do. They just go right along and let the doctor do whatever he or she wants, regardless of whether it makes any sense.

Nurses and pharmacists are no better, either. Real-world sting operations have proven that the vast majority of pharmacists and nurses will happily give patients fatal doses of toxic drugs and chemicals as long as someone claiming to be a “doctor” told them to. There’s a fascinating reference to nurses giving up their power in the book “Influence” by Robert Cialdini:

*When a physician makes a clear error, no one lower in the hierarchy will think to question it—precisely because, once a legitimate authority has given an order, subordinates stop thinking in the situation and start reacting. Mix this kind of click, whirr response into a complex hospital environment and mistakes are inevitable. Indeed, a study by the U.S. Health Care Financing Administration shows that, for patient medication alone, the average hospital has a 12 percent daily error rate*

*...A group of researchers, composed of doctors and nurses with connections to three midwestern hospitals, became increasingly concerned with the extent of mechanical obedience to doctors’ orders on the part of nurses. It seemed to the researchers that even highly trained and skilled nurses were not using that training or skill sufficiently to check on a doctor’s judgment; instead, when confronted with a physician’s directives, they would simply defer.*



[The researchers] *wanted to see what would happen if they physically removed the authority figure from the situation and substituted an unfamiliar voice on the phone, offering only the frailest evidence of authority—the claimed title “doctor.”*

*One of the researchers made an identical phone call to 22 separate nurses' stations on various surgical, medical, pediatric, and psychiatric wards. He identified himself as a hospital physician and directed the answering nurse to give 20 milligrams of a drug (Astrogen) to a specific ward patient. There were four excellent reasons for the nurse's caution in response to this order: (1) the prescription was transmitted by phone, in direct violation of hospital policy; (2) the medication itself was unauthorized. Astrogen had not been cleared for use nor placed on the ward stock list; (3) the prescribed dosage was obviously and dangerously excessive. The medication containers clearly stated that the “maximum daily dose” was only 10 milligrams, half of what had been ordered; (4) the directive was given by a man the nurse had never met, seen, or even talked with before on the phone. Yet, in 95 percent of the instances, the nurses went straight to the ward medicine cabinet where they secured the ordered dosage of Astrogen and started for the patient's room to administer it. It was at this point that they were stopped by a secret observer, who revealed the nature of the experiment (Hofling, Brotzman, Dalrymple, Graves, & Pierce, 1966).*

*The results are frightening indeed. That 95 percent of regular staff nurses complied unhesitatingly with a patently improper instruction of this sort must give us all as potential hospital patients great reason for concern. What the midwestern study shows is that the mistakes are hardly limited to the trivial slips in the administration of harmless ear drops or the like, but extend to grave and dangerous blunders.*

## Most people blindly follow doctors' advice, and some doctors like it that way

Even strong-willed people who seem to hold their own in their professional lives often seem dumbfounded when faced with that lab coat, the quintessential symbol of medical authority. They will blindly follow the advice of anyone wearing a lab coat who speaks with a voice of authority. Sadly, that's exactly the way some doctors, hospitals and drug companies like it. If you don't question anything, it's more convenient for them.

In a similar way, some doctors disdain patients' use of the Internet to look up health-related information, and they scorn patients who actually do their research and show up for their appointments armed with knowledge. Being informed **upsets the balance of power** at the doctor's office, and it **takes away power from the doctor** because suddenly they have to compete with whatever information you've gleaned from the Internet. They'd much rather you arrive uninformed. That way, you have no other views, opinions or facts to consider. They usually don't want their medical advice challenged by anyone.

Those in the medical industry profit handsomely when you agree to give up your power. When you hand your power to a doctor, hospital or a prescription drug company, you set yourself up to be financially exploited, if not physically harmed or even killed, by the actions of these groups. They're not in business to "help people" as much as they're in business to generate profits. The way to do that is to rack up charges through services and pharmaceuticals that, in reality, frequently only make you worse.

Despite all this, people give up their power like this every day. In fact, most people have already surrendered their power, and they're suffering severe health consequences as a result.

## **HEALTH RANGER QUICK TIP:**

Use these two simple rules when determining who you should listen to when it comes to your health

- 1. Don't trust information from organizations that gain profit or power from the proliferation of disease.** These organizations have a clear conflict of interest. It is obviously in the interest of pharmaceutical companies to have more customers, and the way they have more customers is to find more and more people with diseases. If you get your health information from a company that profits from disease and loses profits when people get healthy, you're very unlikely to hear information from them that's going to make you healthier.
- 2. Don't trust health information from people who are not healthy.** Good health is something that a person must experience before they're qualified to understand it or talk about it. It simply doesn't make sense to receive advice about wellness, health and disease prevention from an individual who is diseased, overweight or unhealthy, regardless of their educational background.



# You Can Take Your Power Back

In the pages that follow, you'll learn how to *find your health power and claim it as your own*. You'll discover the pathway to achieving lasting health, free from the traps and dangers of prescription drugs, and free from the control of unscrupulous doctors and hospitals.

It's not an easy path, however. It takes great courage. And you can bet that you're going to meet **strong resistance** from everyone from whom you are reclaiming your power. Your doctor, the hospital, and the pharmaceutical companies. They'll use strong fear tactics to tell you that you're committing health suicide. If you listen to anyone else, they'll warn you, you might die!

The way to get through all this is to keep taking back your power. Don't surrender to the individuals and groups who want to steal your health power. Question everything. Educate yourself about the true causes of health. Improve your dietary and exercise habits to produce a different health outcome than the one you know today. You don't need a medical degree to be healthy. In fact, a medical degree is closely associated with a *worsening* of your health. Fact: Doctors die younger than the general population!

## **Taking the first steps on your healing journey**

Imagine for a moment that I have a magic leaf from a magic tree that grows on the highest reaches of a sacred mountain. This magic leaf is a healing leaf: by eating it, a person is cured of all diseases and symptoms for 24 hours. They are suddenly thin, disease-free, full of energy, mentally alert, happy and healthy.

The magic leaf doesn't cost any money at all. It's totally free, provided by nature for the single purpose of healing all creatures on planet Earth. But there's one catch: The leaf must be eaten within 60 seconds of plucking it from the tree. After 60 seconds, all its healing attributes vanish!

In order to experience the healing benefits of this leaf, you have to visit the tree yourself each day. No one can pick the leaf for you, since it would take more than 60 seconds for them to bring you the leaf. You are the only person who can go get the leaf, and you have to do it every day if you wish to retain your youth and health.

So here's the question for you: If this leaf existed, and you absolutely knew that it could permanently cure you of all diseases as long as you kept eating it every day, and it could make you thin and health and happy, what would you be willing to do in order to get this leaf?

Let's say the magic tree grows in your backyard. All you have to do is walk out your house each day, pick the leaf, and eat it. Would you be willing to do that every day in exchange for lifelong health and happiness? Most people probably would.

What if the leaf were on a small hill, inaccessible by car? This hill requires you to walk 30 minutes up a winding dirt path. Would you spend 30 minutes walking up the path each day in order to get the magic leaf? What if it were raining or snowing? Would you still walk up the path? What if your doctor

told you there's no such thing as a magic leaf. Would you stop going? What if your family or friends told you that you were just imagining the magic leaf, would you still go after it?

I'm sure you can see where this is going.

What if the magic leaf were high on a small mountain that required three hours of strenuous hiking each day to acquire? Would you spend three hours a day, hiking up a dirt path, in exchange for health and happiness? The question is: How far are you willing to go to achieve a lasting state of health? What effort are you truly willing to exert in order to achieve the health outcome you desire?

## **Different people have different commitments to their state of health**

Some people wouldn't get up out of their chairs to be healthy. If the magic tree was right in their backyard, they'd find a reason to avoid it. They'd sit in their house suffering from chronic pain and disease for the rest of their life. They'd feel sorry for themselves and very likely turn to pharmaceuticals to try to solve their health problems. I call these people **Consumers**. I used to be a Consumer.

Others would expend a little bit of effort to get the magic leaf, but not too much. They might walk 30 minutes up a dirt path every few days, but their schedules are too busy to bother with anything more than that. They have TV shows to catch. The house needs cleaning, the dogs need to be bathed, the bills need to be paid. Who has time for climbing dirt paths? As unfortunate as it seems, these people have the intention of getting healthier, but they never seem to find the time. There's always something that pops up in their schedule that makes it "impossible" to do that 60-minute walk or take that trip to the gym. I call these people **Busybees**. For many years, I was a Busybee, too.

There are the very few who are willing to do whatever it takes to be healthy. They are willing to hike the three-hour path, all the way up the small mountain, to retrieve the leaf every day. They tackle the path each and every day, even when it's raining or they don't feel "up to it." They make time for health by scheduling the rest of their life around the daily hike. The daily hike is their highest priority, and everything else is simply scheduled around it. If there's ever a conflicting schedule, the hike comes first. I call these people **Masters**.

Regardless of which type of person you used to be, the relevant question here is, which type of person do you want to be from here forward? And, just as importantly, which type of person are you willing to commit to becoming in terms of your own diet and lifestyle? You can be any type you want, and you will earn yourself the relevant results:

Honestly, the outlook isn't very good for **Consumers**. They can look forward to a life of chronic pain and disease. They will spend a fortune on medical costs and prescription drugs, will very likely suffer clinical depression, and will have a terrible quality of life until they die at a premature age.

**Busybees** will experience on-and-off bouts with health and disease. They will never quite achieve the state of health they want, and never quite lose the weight they want, and never quite be free of depression or mood disorders, because they're simply too busy. Everything else is more important than themselves. They'll spend hours helping someone else, but very little time helping themselves get healthier. Busybees are big givers, but never feel that they deserve the gift of health.

**Masters** can look forward to a long life of mental clarity, high energy, freedom from pain and disease, and outstanding longevity. They will be happy, energized, and youthful. They are able to help others while simultaneously helping themselves. They understand that they can only truly help the



people around them if they are, themselves, in an optimum state of mental, emotional, spiritual and physical health.

I hope to help you become a **Master** by taking back your health power. As a Master, you will join the small group of citizens who truly command their own health outcome. They are not held hostage by pharmaceuticals and doctors. Instead, they exercise their free will to educate themselves and decide what health outcome they wish to achieve, and then they go after it!

## What it takes to become a master of your own health outcome

Here's the part that may come as a shock to you: *Becoming a Master is equivalent to the daily three-hour strenuous hike up the mountain.* It will require three hours a day of your time, dedication and effort to achieve.

In reality, everybody has three hours a day. It's *how they use it that matters*. Everybody has 24 hours a day, come to think of it, yet, given the same number of hours in the day, different people manage to produce very different results. How is that possible?

It happens because Masters put their health first. As a result, they give up other things such as watching television. In fact, I've never met a health Master who watched much television. It's fascinating how so many Busybees don't have time to exercise, but they always find time to watch TV! For many Busybees, the three hours a day they need to reclaim their health power can be found in their television schedule alone.

I'm telling you all this to reveal something that can truly change your life: *The magic leaf really exists.* The magic tree is real, the magic leaf is real, and the daily journey to get it is real as well. In fact, the daily journey is healing all

by itself. Three hours a day of physical exercise will literally transform your health. It doesn't even take three hours. One hour a day will do fine.

The magic leaf exists, too, but it isn't just one leaf. It's actually an assortment of leaves, herbs and superfoods that reverse disease and initiate miraculous healing effects. All you have to do is learn which ones are "magical," so to speak, and then take the daily journey required to get them into your diet.

It all comes back to the original point: How much are you willing to do in order to be healthy? If you're willing to spend a few hours a day and eat the "magic leaf" foods, herbs and superfoods I cover at [www.NaturalNews.com](http://www.NaturalNews.com), you can have the health outcome you truly desire. There's one more thing you have to do. You have to stop poisoning your body.

## How to stop poisoning yourself with disease-causing ingredients

To stop poisoning your body, you have to give up eating and drinking all *metabolic disruptors*, ingredients that interfere with normal human physiology and result in chronic disease. If you want to be truly healthy, if you want the health benefits of the "magic leaf" to be present in your life each and every day, you have to avoid **10 specific ingredients** in all your foods and beverages.

These 10 ingredients are poisoning your system. They're *giving you* cancer, diabetes, heart disease, depression, arthritis and many other disorders. You simply cannot be a health Master until you decide to avoid these ingredients for the rest of your life.

## Metabolic Disruptors: Ingredients that cause disease

Based on the available scientific evidence, these *metabolic disruptors* have been linked to the following diseases and disorders:

This Ingredient	Is Linked To These Diseases
<b>White Flour, Refined Grains</b>	Obesity, heart disease, mental disorders, cancer, hormonal disorders, behavioral disorders
<b>Refined Sugars</b>	Obesity, heart disease, mental disorders, cancer, hormonal disorders, behavioral disorders
<b>MSG</b>	Headaches, damage to the hypothalamus, reproductive disorders, obesity, growth hormone imbalance, hyperactivity, violent behavior, asthma, seizures, Parkinson's disease, Alzheimer's disease, heart disorders
<b>Hydrogenated Oils</b>	Cardiovascular heart disease, cancer, diabetes
<b>Homogenized Milk Fats</b>	Cardiovascular heart disease
<b>Cow's Milk</b>	Asthma, constipation, sinus stagnation, hormonal disorders, EFA deficiencies
<b>Sodium Nitrite</b>	Cancers, especially of the digestive tract
<b>Aspartame Sweetener</b>	Blindness, mental confusion, cancer, dizziness, loss of memory, sleep disorders
<b>Highly Acidic Ingredients</b>	Osteoporosis, loss of bone mass

## Avoiding disease-causing food ingredients helps you take back your health power

To avoid these metabolic disruptors, you will need to *start reading the ingredients labels* of the foods you buy and simply refuse to purchase any food product containing one or more of the ingredients mentioned above.

At this point, some people throw up their hands in despair and think, “I could NEVER do that!” There’s no requirement or law that forces anyone to avoid these ingredients, but there is a law of the universe called **cause and effect**, and your body chemistry operates on that law. If you eat these ingredients (the **cause**), you will experience chronic disease (the **effect**). There’s no getting around it.

In other words, you can have whatever health outcome you desire, but not while eating the 10 ingredients mentioned previously. If you eat sodium nitrite, you can look forward to colon cancer. If you eat hydrogenated oils, you can look forward to suffering from heart disease. If you eat white flour or sugar, you can look forward to a life of obesity and diabetes. I’m not telling you that avoiding these ingredients is easy, but I am telling you that if you choose to avoid them, *you will take back your power from the food companies* and put yourself in charge of your health outcome.

I’ve avoided all 10 of these ingredients for years. Thousands of other people do, too. It can be done. All you have to do is alter your grocery shopping and eating habits. This means giving up virtually all crackers, cookies, breads, soft drinks, milk products, non-organic meat products, bacon, breakfast sausage, sweets, candies, most canned soups, and so on. If that sounds difficult... the Busybee group is recruiting! Truth be told, it is difficult at first, but it’s worth it.

**COMFORT ALERT!** Giving up the foods your taste buds love to experience is not always easy. Climbing a three-hour dirt path in the rain isn’t easy, either.

Western medicine counts on the fact that most people are inherently lazy. Most people will quickly surrender their health power rather than experience the discomfort required to give up the foods and ingredients that are literally killing them.

## On your way to health mastery

Still with me? Congratulations! You're on your way to becoming a **Master** of health. And I have good news for you: After all the effort of avoiding dangerous disease-causing ingredients, after spending hours each day taking care of yourself, and after adding superfoods and healing plants and herbs to your diet, *it's all worth it!* You will be healthier, happier, drug-free and disease-free.

*Your body wants to heal itself.* All you have to do is give it the tools and physical exercise it needs, and stop poisoning yourself with dangerous food ingredients. As you do this, you are taking back your power in leaps and bounds. You are empowering yourself with the courage and the personality it takes to overcome virtually any disease or condition. You are truly joining the ranks of the health Masters!

This is only the beginning, too. Let me share with you how to take back even more power than you ever thought possible. With the strategies I'll reveal below, you'll truly be one of the most health-empowered people on the planet.

## Start learning about nutrition and the fundamental causes of health

Doctors spend years in medical school learning about the causes of disease. What would happen if doctors spent four years in medical school studying the causes of health instead? What if they studied nutrition, the links between foods and healing, the beneficial effects of physical exercise and strength training, and the phenomenal healing powers of natural sunlight? If they did that, they'd actually be able to help people get healthy. But they haven't studied the causes of healing, so you're going to have to do it instead. It's time for you to become an expert in the causes of healing.

How do you do that? It's simple. You're doing it right now! Just read all the reports available at [www.NaturalNews.com](http://www.NaturalNews.com) and [www.TruthPublishing.com](http://www.TruthPublishing.com). Read the books recommended in those reports, like "Staying Healthy With Nutrition" by Dr. Elson Haas. Take one of the three hours you've set aside for your health each day and use that time for learning. That makes your "health mastery" schedule look like this, so far:

- ➔ 1 Hour: Physical exercise
- ➔ Hour: Learning about the causes of health

Be sure to search the Internet for information about any specific health condition you may be suffering. Use Google and search for alternative treatments for your health condition in order to get information that isn't biased and controlled by drug companies and Western medical establishments, which are universally biased in favor of whatever makes them more money. For example, if you have cancer, search for "cancer alternatives." If you are suffering from diabetes, search for "diabetes and nutrition."

Educate yourself about your specific health condition. In a matter of mere

hours, you can glean valuable information about how to improve your results with virtually any disease through lifestyle changes. By educating yourself with the help of the Internet, you are taking back your power even further and you will undoubtedly experience an improved state of health as a result.

Actually, I'm giving you the fundamental answers right here in this report: Avoid all metabolic disruptors, intelligently question any advice given to you by any health professional, and learn about the true causes of health. I'll be adding more components later on in this report, but that's a tremendous start right there.

As part of your education effort, be sure to sign up for *NaturalNews Insider email alerts* at [www.NaturalNews.com/ReaderRegistration.html](http://www.NaturalNews.com/ReaderRegistration.html). This way, you'll be up to speed on the latest health research and new materials that explore the underlying causes of health and healing.

## Comparing the diets, exercise habits and grocery shopping patterns of the three types

Here's a closer look at the diets and lifestyle habits of these various types of people:

**Consumers** frequently eat at fast food restaurants. At the grocery store, they buy bags of nacho chips, ice cream, soft drinks and beer. They eat margarine (loaded with hydrogenated oils), bacon (contains sodium nitrite), fruit drinks (loaded with sugar) and are easily manipulated by television advertising. Consumers eat what they're told to eat by the marketing campaigns of food and beverage companies, which typically includes a fair amount of cow's milk and beer. They rarely exercise, and although they might have joined a gym in a moment of optimism, they don't really go. Consumers love to watch television and typically own very large TVs that dominate their living rooms.

**Busybees** use lots of coupons to buy foods at the grocery store. They think they're getting a great deal by "saving money" when, in fact, they are buying foods that are nutritionally depleted and outrageously overpriced to begin with. Busybees may avoid one or two ingredients they've read about in the press—they might switch to margarine made with non-hydrogenated oils, for example—but they will regularly consume other metabolic disruptors like white flour, sugar and MSG. Busybees often make the innocent mistake of thinking they're eating a healthy diet when, in reality, they're consuming a lot of unhealthy ingredients they didn't know were bad for them. When it comes to vitamins and nutritional supplements, Busybees take what they know about, but that often comes down to the supplements that have received the most publicity: coral calcium, noni juice, flax oil and others. They may occasionally visit a gym or exercise facility, but their commitment to exercise and physical fitness is less than ideal. When in pain or suffering from undesirable symptoms, Busybees rely heavily on over-the-counter pain medications and pharmacy products. What's most interesting about Busybees is that they're really not far from becoming Masters: all they need is a lot more information and a renewed level of commitment to their personal health.

**Masters** never use food coupons. Masters buy raw, fresh ingredients like avocados, broccoli, fruits and whole grains. They frequently visit food co-ops or health food stores to purchase items they can't find at the regular grocery stores. Masters very carefully choose menu items when eating at restaurants, or they avoid restaurants altogether. On the supplement side, Masters take the best-researched healing nutritional supplements regardless of their present popularity. They stay up to date on the latest supplements by subscribing to health newsletters or reading health websites. Their supplements typically include chlorella, spirulina, bee pollen, natural mineral supplements, oils for the brain like GLA, omega-3 oils, whole food vitamins, herbal tinctures, green tea and homeopathic remedies. Masters have memberships at gyms or the YMCA, and they exercise regularly. They make the majority of their own





meals, either from scratch or from simple ingredients. Masters drink water, primarily, with occasional teas or nut milks. Masters don't drink cow's milk, and they almost never take over-the-counter or prescription drugs. Masters also rely on the expertise of a variety of health-supporting professionals such as massage therapists, chiropractors, acupuncturists, nutritionists and so on.

Don't kick yourself if you're not currently in the group you want to be in. I've been all three. First, I started off as a Consumer, eating anything I wanted, and doing everything my doctors told me. That earned me an appendectomy by age 15. Years later, I graduated to being a Busybee. I stayed a Busybee for many years, gaining weight, getting depressed, and experiencing borderline diabetes and severe back pain throughout my 20s. Finally, as I reached my early 30s, I gradually made the transition to health Master. Even as a health

Master, I feel more like a humble student because I know there's much more to learn and improve. At the same time, I know I'll never go back to being a Consumer or a Busybee. The changes I experienced never happened overnight, and they weren't all easy, *but they were all worth it!*

## **Taking a closer look at the nutritional habits of health masters**

When a Master enters a typical grocery store, she immediately thinks, "This is mostly food for Consumers." That's absolutely true. If you want to see the effect of popular grocery store foods on your health, just feed it to your dogs for a few months. Because dogs age seven times faster than humans, you will begin to see the damaging health effects of "people food" on your dogs in just a few weeks. Keep buying the breads, snacks, soft drinks, frozen dinners, pizzas and all the other food that Consumers eat, and feed it to your dogs. Before long, they'll start to get obese, moody, diabetic and will very likely start growing cancerous tumors inside their bodies. Before long, they will die (this is , of course, only a thought experiment. Don't actually do this).

That's precisely what's happening to Consumers, only on a different time scale. Humans are a little more resilient than dogs when it comes to diet and longevity.

Surveying the grocery store, the Master immediately heads toward the fresh vegetables section and starts loading up on broccoli, green beans, onions, cauliflower and other healing foods. These will be steamed or stir-fried later, at home, and never boiled or overcooked.

After the vegetables, the Master buys fruits, starting with avocados. She'll buy oranges, apples, pears, mangos, bananas and especially all types of berries, which are packed with healing phytochemicals. These are all purchased and consumed in their raw state: never canned, never cooked.

From there, the Master will head toward the protein section of the store. If she is a meat eater, she will buy only fresh, organic meats, never commercially prepared, flavored meats packaged for long shelf life. If she is a vegetarian, she will buy tofu, beans and legumes.

The Master passes right by the dairy section. Cow's milk has no place in the diet of a health master, since cow's milk is nutritionally unbalanced for human consumption. It's the perfect food for baby calves, but not for adults of a different species.

The Master also passes right by the breads and pastries section. Virtually all breads and pastries are made with metabolic disruptors: white flour and sugar, not to mention other additives. There's no need for these foods in the body, so the Master moves on.

Next, she might head toward the whole grains section of the store. There, she will look at the lower shelves and purchase bulk-packaged whole grain rice or other grains. She never buys instant rice or flavored rice, since instant rice is digested much like sugar, and flavored rice products almost always contain MSG. It's usually hidden as other ingredients, though.

In the cracker/cookie aisle, the Master buys from a narrow selection of products: WASA crackers or Bran-a-crisp bread crisps. These are made without hydrogenated oils. Everything else, though, is a recipe for heart disease and the Master avoids it.

Wrapping up the shopping trip, the Master might grab some hummus, olive oil, flax oil, flax meal, raw unsalted nuts, plenty of eggs and egg whites, unsweetened nut milk, and of course fish, salmon and unprocessed seafood.

That's what the Master takes to the checkout counter. Their receipt says, "You saved ZERO dollars!" since nothing they purchased was on sale. Fancy that, huh? Apparently, all the food that's actually good for you is never on sale. That's because people who are nutritionally well-informed are not swayed by coupons or sales. Also, profit margins are slim on these foods, unlike boxed dinner mixes and snacks that have 500 percent markups and can easily be discounted with coupons.

### **This health journey can be your own journey**

With this shopping trip, the Master has taken back yet more of her power. She has shown that she is in control of what she buys, not the food companies. She purchased the foods that she knows will keep her healthy, not the ones prominently displayed at eye-level or on the highly profitable aisle end-caps that food manufacturers actually have to pay to be placed on.

All the foods I've just described to you are the magic leaf from the magic tree that I described earlier. In fact, if you noticed, most of these foods actually come from trees or plants. That's no coincidence. Nature is the provider of miracles when it comes to health and healing.

So far, the Master has only covered the fundamentals. Now it's time to shop for the real disease-reversing "magic leaf" superfoods that go far beyond the nutritional qualities of most grocery store foods.

Make no mistake, you can get amazing healing foods at grocery stores: onions, garlic, broccoli, nuts, oils, blueberries, and so on. But grocery stores usually don't carry the superfoods I'll reveal next.

After her grocery store visit, the master takes a trip to a local health food store (or she goes online, depending on what she prefers). There, she buys chlorella,

spirulina, or supergreens foods from other sources. These are “magic leaf” products that reverse serious disease and help the human body achieve optimum health. At home, the Master will blend these superfoods with fruits and nut milks to make a nutritious drink that she consumes at least once a day. With this one drink, she’ll be preventing and even reversing cancer, heart disease, mood disorders, nervous system disorders, diabetes, osteoporosis and much more.

Next, the Master finds two all-important superfoods: chlorella and spirulina. Both of these superfoods, she knows, are micro-algae and demonstrate miracle-class healing effects on the human body. Spirulina destroys cancer tumors. Chlorella detoxifies the liver and actually helps regenerate damaged nerve tissue. Spirulina contains a brain-boosting oil (GLA) necessary for healthy brain function. Chlorella contains polysaccharides that demonstrate a wide range of disease-fighting benefits.

The list goes on. I strongly urge you to read more about chlorella and spirulina in my special report: *Superfoods for Optimum Health: Chlorella and Spirulina* (available at [www.TruthPublishing.com](http://www.TruthPublishing.com)). It’s a free report, so educate yourself.

The Master selects a healthy quantity of chlorella and spirulina and puts it in her basket. Later, she’ll blend the spirulina powder into a nutritious fruit drink. She’ll take the chlorella in tablet form, consuming a full *5 grams* of chlorella (that’s 25 tablets), spread throughout the day.

In doing this, the Master knows that her nutrition far surpasses even the best-informed grocery store shopper. It ensures that she stays disease-free, drug-free, and healthy for the rest of her life.

All this takes time, of course, which is where the third hour comes in. The third hour is spent shopping and preparing healthy foods and superfoods. So the three-hour Master schedule looks like this:

- ➔ 1 Hour: Physical Exercise
- ➔ 1 Hour: Learning About the Causes of Health
- ➔ 1 Hour: Shopping for and Preparing Foods and Superfoods

With an investment of three hours a day, the Master takes back all her power and now has total control over her health outcome. Doctors and pharmaceutical companies no longer have control over her because she doesn't need drugs anymore. She's not sick, or diseased, or suffering from chronic symptoms of any kind. She has literally set herself free from the grip of Western medicine.

There's still the question, however, of how you make all this happen. How do you transition from being a Consumer or a Busybee to becoming a Master?

## **How to become a health master**

First, you've got to make the commitment. At some point, something just "clicks" in your head and you find yourself committed to improving your health. From that point forward, there's no doubt about the outcome: it's simply a matter of time. I don't know what it is that causes people to have the "click" that gets them committed to making a positive change, but it definitely boils down to two basic things: 1) moving away from pain, or 2) moving toward pleasure.

These are the two principles of human motivation. All behaviors in which we engage are based on this formula. If a person spends all day sitting in

the couch eating ice cream and pizza, they're doing it because the perceived pleasure of that activity is higher than the pain of not doing it.

Many people get caught in the “no exercise” and “bad diet” trap because they associate those behaviors with the short-term pleasure derived from them. They might also associate exercise with pain, or the consumption of healthy foods with pain in terms of unusual tastes. The trick is to look past the next two minutes and **see what pleasure or pain these behaviors will bring you down the road.** How great is the pleasure of looking in the mirror and seeing you've lost 15 pounds? That's tremendous! And it's certainly more pleasurable than the 60 seconds of pleasure a person might get from eating ice cream.

Similarly, what is the pain of showing up at your next family picnic or social engagement and feeling embarrassed because you're still 50 pounds overweight? I know that's painful: I've been there, too. If you can imagine that pain today and make it real enough, that future pain can actually drive you toward healthier choices in the present.

No matter what trigger you use to secure your commitment, do whatever it takes to get yourself moving in the right direction. The *Tony Robbins Personal Power II CD Series* is outstanding and can help you design these “propulsion systems” to get you moving.

Once you actually get properly motivated and committed to making all the changes you need, **take it slow.** Lasting change takes time. If you don't currently have an exercise routine, you might have to start with a mere 10 minutes of walking a day and work your way up to 60 minutes. If you're on a long list of prescription drugs, don't quit them all cold turkey: Wean yourself off those drugs over time and with the help of a qualified medical professional, preferably a naturopathic physician who will actually support your efforts.

If you're not used to eating healthy foods, give yourself time to transition. Each week, you can focus on removing one "bad" food from your diet or adding one "good" food to your diet. In just one month, you'll have two foods out of your diet and two healing foods in! If you find soft drinks hard to kick, read the report entitled, *The Five Soft Drinks Monsters*, available at **[www.TruthPublishing.com](http://www.TruthPublishing.com)**.

Making the transition will take months, if not years. As long as you're making incremental progress, *you're on the path*.

Just the fact that you've read this far tells me that you have the personal passion and desire it takes to get there. All you have to do is put this plan into action, piece by piece, until one day you wake up and realize you're a Master!

That's how it happens, too. It's a surprise one day. You just look in the mirror and realize, "Hey, I'm extremely healthy!" Or you realize you don't hurt anymore. Or your doctor says the cancer tumor has vanished or your blood glucose level is down to 75. Suddenly it hits you: You're no longer a Consumer or a Busybee. You've graduated to the level of health Master. Welcome aboard!



# The Magic Health Leaf Revealed

Three hours a day; that's your responsibility. Nature has already provided the "magic leaf" that you need to achieve optimum health. All you have to do is follow the path to get it.

That path is:

1. Spend one hour a day engaged in physical exercise. Walking is fine. If you can handle something more strenuous, get more strenuous!
2. Spend one hour a day educating yourself about the causes of health. You can learn on the Internet, by reading books, or by discussing health topics with others.
3. Spend one hour each day shopping for and preparing the foods and superfoods you need to keep you in optimum health.

That's all there is to it. By following these three simple steps, you will take total control of your health power. You will be healthier, happier and even biologically younger. You will experience a far great enjoyment of life, and your lifespan will increase. It's all worth it!