

FROM THE AUTHOR OF *HOW TO HALT DIABETES IN 25 DAYS*

THE ILLUSION OF DISEASE

How to Create Perfect Health by
Freeing Yourself from False Beliefs
About Disease

MIKE ADAMS

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CHAPTER 1

Welcome to *The Illusion of Disease*. You're going to learn some fascinating information that's never before been made public in any way about the false beliefs that now serve as the foundation of conventional medicine, and how this system of medicine has literally infected the minds of American's with a thought virus—some people call it a meme.

A virus of the mind

It's a thought virus, and it's a highly infectious virus. It has infected all the brains of the doctors, the physicians, the oncologists, the medical school professors, and the peer-reviewed medical journals. It has infected lawmakers and members of the mainstream media, and in fact it has infected most members of the public.

It has probably infected you.

Well now we are going to challenge that infection, and we are going to teach you a way to de-hypnotize yourself from the information that conventional medicine has tried to put into your head so you believe in the things they want you to believe in. They want you to buy their drugs and spend money on their products even when you don't need them, and most of all they want you to believe in their definitions of disease. They've come up with a very tricky set of linguistics—we call them linguistic strategies for deception—and they use these to invade your brain—literally.

I know this sounds crazy, but I'm going to show you how it's absolutely true. You've been infected with a thought virus, and it has made you act in certain ways about health and disease that are completely irrational and non-scientific, but they have led you to do things that enrich the drug companies. So in this book, I'm going to expose that illusion.

We're going to pull back the curtain in Oz, so to speak, and we're going to expose the man behind the curtain who is pulling the levers in modern medicine today, and has managed to convince all kinds of people that they are sick and that they need pharmaceuticals when, in reality, they don't need any of those things, and they're not sick at all.

This sounds like a pretty big task, but we're gonna dive right into it and start showing you this starting right now. To get started let's take a look at the difference between real disease and fictitious disease—what I call 'disease illusions.' Now, there is such a thing as real disease. You can be infected with something like, let's say, malaria.

Malaria is a real disease

If you run around the jungles of Panama, and you let mosquitoes bite you...maybe you don't even let them, but they do, and those mosquitoes are carrying malaria in the form of bacteria that live inside the mosquitoes, then during the process of them biting you they actually inject an anti-coagulant chemical into your skin so they can suck your blood more easily and quickly. This is how mosquitoes actually work, and it's this chemical that makes you itch, and it creates a histamine response—a small inflammatory response—after the mosquito leaves, and that's what creates the little bump on your skin.

During this process of injecting you with this chemical they might inject you with the malaria bacteria, and then this bacteria finds a new home in your body and starts to spread. You can start to suffer symptoms of malaria, which are not very happy, friendly symptoms. And of course you can die from that. Many individuals have died from it.

Of course there are some medicines that can help protect you from malaria. The most effective treatment is, of course, the drug, as its sometimes called, called Quinine. Quinine is, of course, derived from a tree. It's not even right to call it a drug—it's just a natural medicine that comes from the bark of a South American tree called the Cinchona tree. So isn't it interesting by the way, just as a side note, that the region where you might get this disease, Mother Nature has also put the medicine to defend against that disease? Isn't that interesting?

You'll find that true in many different examples across issues of medicine and health across the world. Many places where you have a certain risk factor, and we'll talk about risk factors later, where you might be susceptible to a certain type of health challenge, Mother Nature will put the answers right there for you. For example, what grows easily in many desert regions where you might have a lack of water? Well, citrus!

You can grow oranges, limes, and lemons in very hot, dry regions, and you can even grow coconuts in many such regions. Both citrus and coconuts provide the essential nutrients that your body needs to stay hydrated in a hot environment. This is just one of many examples where Mother Nature puts the answers right there at your doorstep, and all you have to do is be wise enough to recognize the healing power of Mother Nature as you go through life and face certain types of health challenges. Just realize that Mother

Nature has put those things there for a purpose.

Now we're talking about malaria as an example of a real disease. How do I define real disease? It's something that you can see under a microscope—something that invades your body from the outside, alright? So malaria invades your body from the outside.

It's a living organism—that's why we consider bacteria, fungi, parasites, and even viruses—even though they are really just DNA fragments—I would consider them all to be legitimate diseases. That's what I consider the appropriate use of that term. You can see it under a microscope, you can see it when it invades that body, you can isolate it from the body, and it is made of physical matter.

So a real disease is something that exists in the real world. You can touch it, you can weigh it, and you can see it, and it has some kind of negative effect on the human body.

How to spot a fake disease

That's a real disease, so what's a fictitious disease? A fictitious disease is something that isn't real—you can't touch it, you can't weigh it, you can't see it under a microscope, and it really only exists in the minds of people who invented it and marketed it to the public.

For example, ADHD—Attention-Deficit Hyperactivity Disorder. That's your first clue—disorder. The word disorder almost always means they just made this up. They literally voted this disease into existence. A bunch of psychiatric experts sat around a table and said “Hey, let's come up with a name for kids who are hyperac-

tive—lets make it a disease!” Then they say “Hey yeah that’s a great idea, lets take a vote, who says this is a disease?”

They take a vote, and if it’s a majority vote it gets put into the Diagnostic and Statistical Manual, the DSM of psychiatric medicine, which is called the bible of psychiatric disorders, and then it becomes a so-called disease, but what is it? Can you see it under a microscope? No. Can you weigh ADHD? No. Can you isolate

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it from the human body? No. Does it invade the body from the outside? Huh-uh. Is it alive? A bacteria, a parasite, a virus? No.

Is there any physical evidence whatsoever that this so-called disease exists? The answer is no—none whatsoever. That's a fictitious disease and that's what I'm talking about when I talk about the differences between real disease and fictitious diseases.

If we were to take a look, then, at the definition of a fictitious disease it's pretty easy to put that together, actually. Fictitious disease is one that really doesn't have any basis in the physical world. Again, you can't weight it, touch it, or see it, and really there is no physical evidence for the disease.

Rather, a fictitious disease is something where doctors have observed some symptoms, and they can record all kinds of physiological effects, and they're often expressed by numbers from a lab test, for example your cholesterol number is this number, your blood pressure is another number—two numbers to be exact. Your body weight is a certain number. Your C-reactive proteins come back as another number from a lab test.

They may also express these as behaviors. If a person does this too much, then they notice that is a symptom. They give the symptom a name, and if a person does something else too much they give it a different name—a different symptom. The thing to understand in all this is that the names given to these so-called diseases are completely arbitrary.

The names are made up by people who try to make them sound really scientific. For example, it makes it sound like the disease has more authority—like it carries more weight, right?

Let's take a disease that's very common in modern society—or a so-called disease, and let's look at the symptoms. Now, I'll give you the symptoms first so you can think about this.

Observing symptoms, naming patterns

The symptoms are very high, sustained fasting blood glucose levels, alright? So you've got high blood pressure. You might have lack of circulation in the extremities like in the hands and toes. You might have some early-stage kidney damage and you might have some degeneration of the nerve tissues in the eye such as the retina, so you might have some retina damage. This person probably is overweight, has joint pain, suffers from depression, and perhaps certain types of eating disorders; there's that word disorder again.

These are the symptoms. Now if you have enough people who have similar symptoms they form a pattern. The doctors observe this pattern, and they get together and they say "Well gee, let's give this pattern a name, so we can talk about it with a simpler, shorthand name instead of having to list all the symptoms!" So instead of saying "Oh, Mrs. Jones has high blood sugar and lack of circulation in the extremities, is overweight, and has poor insulin response and so on, we can just give it one word, 'Bla,' or whatever that word is.

Now you notice these words are just completely arbitrary. You just make them up. By now, you've probably guessed the disease I'm talking about is type-2 diabetes. Those are the patterns that have been given the name type-2 diabetes. It's just been given a label.

What if those doctors who made up the name, instead of giving it the name diabetes, they decided to give it the name 'heebee-

geebees.’ They say, “Mrs. Jones, you’ve been diagnosed with heebeegeebees, and to all the people who come in with similar patterns of symptoms they say, “Well, I’m sorry to tell you this, Mr. Johnson, but you have heebeegeebees.”

Now if this were the case, people wouldn’t take it so seriously. They wouldn’t think they really ‘have’ heebeegeebees, right? And we’re gonna talk about that verb, ‘have.’ That verb is a very tricky linguistic process that doctors use—that modern medicine uses—to make you think that this is a permanent condition, or that this is something that has somehow invaded you or taken you over.

But let’s get back to the word diabetes versus heebeegeebees. If we just said, “Ok, it’s heebeegeebees,” People would ask, “What the heck is that?” And the doctor might say, “Well, it’s a pattern of symptoms—it’s if you have high blood pressure, overweight, pain in the joints, and so on and so forth.”

An intelligent person might ask “Well gee, doc, can’t I reverse some of those things? You know, if it’s based on all these things—lack of exercise, insulin resistance, high blood sugar—aren’t those just things that are in my physiology that I might be able to change those things very quickly? Isn’t that possible? I mean how did those symptoms get here in the first place? Didn’t they just get here because at some point I was born normal. I didn’t have heebeegeebees when I was born, but at some point those physiological symptoms came into play. They must have had a cause, right?”

“I mean there must be some reason. It wasn’t just out of nowhere I was struck by lightning and suddenly I had diabetes. There must have been an underlying cause, then the cause created the symp-

toms, and then I came into you, the doctor, and you looked at the symptoms and you said, ‘Hey, they fit the pattern of something we have decided to call heebeegeebees...’” or diabetes to use the modern term.

Reversing disease by altering individual causes

An intelligent patient might ask, how can I reverse these things? Now if you talk about it in terms of heebeegeebees then a doctor might say well I guess you could, I mean you have high blood sugar. You can change that by changing what you eat. If you have insulin resistance you can change that by changing how much you exercise.

If you’re overweight you can also change that by the way you exercise and by changing your food choices—maybe by not eating refined sugars or drinking high-fructose corn syrup in sodas, or not eating so much saturated animal fat, or eating more of a plant-based diet. Drinking more fruit and vegetable juices and eating more superfoods, for example.

All of these things we know can be reversed if you look at them all separately—isolated. Each can be changed because each has an underlying cause. Change the cause, you change the effect. Makes sense.

If you change how you eat, you change how your body responds—you change your physiology. That change is the symptoms that have been labeled heebeegeebees—diabetes. If we change the name we change the way we even label the disease, and suddenly we have more options instead of calling it type-2 diabetes, which sounds ominous and dangerous and powerful.

“Oh my God! You’ve been diagnosed with type-2 diabetes! **ROAR!**” That’s what modern medicine tries to do to you; it’s like a death sentence.

Nobody ‘has’ diabetes

What if instead of “You have diabetes,” we said “You currently express a pattern of symptoms that we’ll call heebeegeebees, and if you so choose you could alter your decisions and behavior in a way that would alter those causes, and cause those symptoms to vanish, and then you would no longer have heebeegeebees.” You would no longer fit the pattern of symptoms, you see.

That would give you a lot of options and would even make it a little more fun, because it seems a lot less serious to be diagnosed with heebeegeebees than diabetes. I want to encourage you right now; if you have been given a diagnosis of diabetes, especially type-2 diabetes, I want you to change that in your own mind.

I want you to translate that word into heebeegeebees, and make it sound more comedic—more funny. It doesn’t mean that you shouldn’t take this health challenge seriously—you certainly should, and in fact I hope that after listening to this you’ll be able to take it even more seriously in terms of making better decisions about the foods you eat and how much exercise you choose to engage in, and the kinds of nutritional supplements you choose to take in. As you do that you can begin to cause the symptoms of heebeegeebees to vanish—to reverse.

You will no longer express the symptoms. Your physiology changes in response to your actions, and then you end up going to the doctor and the doctor says “Well, gee, you no longer have

the symptoms of heebeegeebees. I guess you just don't have it anymore, do ya?" That's the result that we're looking for.

Now isn't it interesting that the entire medical community including the American Diabetes Association insists that there is no such thing as a cure for diabetes? Now, there are a lot of linguistic tricks happening in that statement right there. Just in that belief, that is the virus of your mind that they've infected you with. They've infected you with the idea that, number one, diabetes is a real disease, and number two, once you get it you can never get rid of it.

Both of these ideas are completely false. Now, first as we explained just a few minutes ago, so-called diabetes is really just a fictitious name invented—just made up by people—and it was attached to a pattern of symptoms. It's just a pattern that they happened to notice in people that was occurring over and over again. A pattern of symptoms with a cause, and the cause can be changed because your physiology expresses certain symptoms based on causes—based on your behavior.

What you eat, what kind of exercise you do, what kind of nutrition you get, and so on. What kind of toxic chemicals you might be exposed to in your foods or your personal care products or the air in your home or your office, or how much vitamin D you might be getting from sunlight and so on. All of these are inputs, or factors, that determine the results that you get in terms of your health, and if they are good results they are not really given a name, are they?

If you have great blood pressure and really healthy muscle tone, and you have healthy blood sugar levels and all that, they don't give that a name do they? They only give it a name if it's not the

numbers they want to see. Then they give it a name—they call it a disease.

I've always found that interesting too. Why not give it a name if it's really good? What if all these numbers are perfect in your life—shouldn't they give it a name that's like a label that indicates that you're doing everything right? Maybe they should call it 'succeedees.' Hey, you have succeedees! How do you like having succeedees? Feels pretty good, doesn't it? It's the opposite of heebie-geebees, which is when the numbers are bad. When the numbers are good we'll call it succeedees, or maybe superceedees.

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‘Curing’ diabetes is as simple as changing a number

You see, you can throw anything in there you wanted. Just change the name to anything you want. Look, the health system has no more authority over making up this name than you do. You can call it whatever you want. The disease doesn’t exist. There is no such thing as diabetes. It’s just a made-up concept. A made-up name.

The label doesn’t really mean anything. To prove it to yourself, by the way, if you take a person who has been given the label ‘diabetes’, you know, we can cure that person of diabetes in a matter of just a few weeks by changing their diet and exercise and so on. They will no longer have the symptoms of the disease at all.

In fact, the underlying physiology will change. It will change to the point where even if they go to a conventional doctor the doctor will do a blood sugar test and say “Well, gee, you don’t have diabetes,” or heebeegeebees, or whatever we want to call it. “You don’t have it anymore, because you no longer meet the definition of what that is, which is by the way a fasting blood sugar glucose level over 125, to use the U.S. system—they use a different system in the U.K.

If your number is over 125 they say “Whammo! You have diabetes.” If it’s under 125 they say you don’t. So what, let me ask you, do you call it when a person who has a fasting blood glucose level of, lets say, 150, what do you call it when they change that number and it becomes 100? The number drops 50 points, what do you call that?

That’s a cure for diabetes, my friends, because you no longer fit the definition of diabetes. See if the doctor said you had diabetes six

months ago when your number was 150 and today you go in and your number is 100, that means you used to have diabetes and now you no longer have it. Right? Follow me on the logic here?

You no longer have it, so where did it go? That's the question. Where did it go? Did someone capture it as it left your body? Does your body weigh less as the diabetes left you? Did the diabetes sneak out of a nostril, perhaps, and then it found its way into someone else, and that person has diabetes now instead of you?

Where did the diabetes go?

Well, the answer is you never had diabetes, my friends. There is no such thing. It didn't go anywhere, it's just that you no longer meet the definition of what they call heebeegeebees, or, excuse me, diabetes. You no longer meet the definition. As long as you have the ability to control what you eat or how much you exercise or what you choose to take in terms of nutritional supplements that can control blood sugar and boost metabolism and insulin sensitivity and these types of things—as long as you have that power then you have complete power to control whether your body is going to express the physiological symptoms given the name diabetes. You have complete control over whether you wish to do that or not.

Change what you do, and you will get different results. If those results no longer meet the definition of diabetes it means you have cured yourself of diabetes. I know because I have done it. I was never officially diagnosed with type-2 diabetes, but I was right on the edge—I was borderline diabetic. I was certainly hypoglycemic, which is typically considered pre-diabetic.

What is it to 'have' a disease?

Now, I told you all of that to tell you this; the American Diabetes Association insists that there is no cure for diabetes. That process I just described to you where someone goes from 150 to 100 on their fasting blood glucose—the American Diabetes Association somehow insists that this is somehow impossible. They say it right on their website. Once you have the disease, they say, you have it for life.

Wow, what a clever scam! What a really clever gimmick to keep people trapped in a system of taking pharmaceuticals from the companies that make money manufacturing those pharmaceuticals, and they donate money to the American Diabetes Association. Pretty clever scam, wouldn't you say? If they can convince people that they have no options, they can convince you that you don't have any control over your own body—then if they can get you to believe that you have this fictitious disease that's just been invented then they've got you trapped, don't they?

They've got you trapped because people will go home and they'll say "Oh my God! I just came home from the doctor, I have diabetes, wah!" They think their life is over and they have to start taking these drugs, and they don't understand they have options. They don't understand that the whole thing has been completely made up, and that powerful, seductive language has been used, and that they have unwittingly adopted that language on their own in order to alter the way they think about health and disease.

Let me give you an example of that right now. First is the usage of the verb to 'have.' Simply to 'have.' Isn't it interesting that when the doctor tells you about the numbers that came back on your lab test—if you were diagnosed with heebeegeebees—when the

doctor tells you about these numbers he doesn't tell you something factual like "Your lab test came back and the numbers show this—fasting blood glucose level 135, which means you express a pattern of symptoms arbitrarily given a label called diabetes by the medical establishment.

What he says is, "You have diabetes." Boom, there's that verb 'have.' What does it mean, exactly, to have something that doesn't exist? Well, most people think of it in the way they might think about malaria. When they think they 'have' diabetes, they think "Oh my God, it's something that's invaded me! It's taken over my body like that black suit in Spiderman..." you know, that sort of took over his body? "Oh my God I've got Spiderman's black suit diabetes—it just took over my blood and pancreas and now I can't do anything about it, and the American Diabetes Association says there's no cure, so what am I to do? I must just take these pharmaceuticals for the rest of my life because my doctor says I have diabetes. I 'have' it. It must be part of me now. It must be inseparable from who I am. Oh my goodness, I 'have' diabetes."

That's a linguistic trick, friends. That's how they manipulate your brain. They do that to make you think that you don't have options.

That's how they use the verb 'have' to infect your brain with a language virus. They make you think that you 'have' a disease by using that word. You 'have' diabetes. You 'have' cancer. You 'have' heart disease. As we already mentioned, these are completely arbitrary names—they are all made up.

You can't have something that you can't get rid of, can you? I mean how do you isolate yourself from diabetes? Can you remove it from that body? Is it physical? Can it be touched and weighed,

or viewed under a microscope? Can it be isolated? What does it look like? What is its structure? The truth is you can't weigh any of these diseases. They weigh nothing, they aren't real, but they make you think it's real by using the verb 'have'.

It makes you think in the same way as if you had malaria, which is a real disease because it's an invasion of bacteria injected into you by the mosquitoes. The verb to 'have' is not the only linguistic trick they rely on.

What happens when disease defines you?

They have one more trick that's even more insidious, and this is really, really clever; wait till you hear how they do this to make you think you have a disease, alright? This is the verb 'am'. How do they use this? They get patients to talk about themselves in terms of their own identity. They associate their identity with the disease.

First, step one is the doctor goes to a patient and says you 'have' diabetes, alright? By itself that's very disempowering. It infects the patient's mind with a language virus. Even though they don't have a real disease called diabetes, they do have a real language virus in their head now. The way you know the virus has been successfully implanted is when the patient repeats back to the doctor "Oh, I have diabetes."

The virus is implanted, and is now operating in the person's head. They will begin spreading the virus to other people by using that same language—they'll tell people "I have diabetes," and that's spreading the virus. The way you know the virus has gone deeper and invaded the entire being of that person is when they change

their language and use the word ‘am.’ “I am diabetic.” That’s when you know they’re completely wrapped up by these linguistic tricks that have been created by conventional medicine.

When a person says “I am diabetic,” that’s an amazing statement because it means they identify their very being as being that disease. A person might say “I am white,” or “I am Hispanic,” or “I am American” or “I am alive.” Now a person says “I am diabetic.” Do you know what that means in that person’s own mind? It means they have shut off all possibilities of ever being anything else.

You see, this means they have fallen for the linguistic virus. They’ve been contaminated—invaded by this thought process put in their head by the doctors. Now they think they have no options; they think the disease has no cures because that’s what their doctor told them, and that’s what the American Diabetes Association continues to state.

They think they have this disease that’s real when in fact it’s not real. There is no such thing as a disease called diabetes. Yes, there are symptoms that have been given that label; there is such a thing as high blood sugar, poor insulin response, and so on, but these things only exist on their own, and each one can be reversed on its own in many different ways. The disease diabetes does not exist; they just gave it a label—they made it up.

That’s why I use the word heebeegeebees instead of diabetes because I like to imagine that they gave it a funnier name. It doesn’t have to be so serious, does it? We can just give it another name—it doesn’t matter what you call it. It’s a made up name anyway. It’s like making up a name for a car—you could call it a Sentra, a Camry, a Prius, a Tundra, or whatever.

You can just change all those names around. Maybe there's a hybrid car called the Earth Tundra. It doesn't matter what you call it, you just change the names around. Diabetes can be heebiegeebes. Why not?

The point is when they can get a person to express their own identity as being a disease; that's the point where they've really got that person trapped. From that point forward that person really believes that's what they are. It's like a person who wakes up one morning and says "I am a republican," or "I am a democrat," or "I am a Christian," or a Buddhist or Muslim or whatever. These are statements of identity. They are very powerful statements of identity; people usually consider their religion or political beliefs to be a very important part of the foundation of who they are.

If modern medicine can convince you to talk about your disease in that same way, then they've got you. Then you've put disease as a priority in your own identity, so that you might consider yourself to be a Republican and a Christian, and diabetic, as if those are the first three things you are. Maybe you are a husband and wife too.

These are the kind of identity statements they want you to invoke when you start talking about disease. I've met people on the street who have said things to me like "I am bipolar." I say "That's funny, you look more like you live by the equator, but I'll take your opinion on that. You look like you're standing at the same latitude I'm standing at." They don't find that funny; they think they have this disease called bipolar.

Realize the word bipolar was just made up by a few psych doctors years ago. They used to call it manic depressive. Now they just call it bipolar. A few years from now they'll have a different

word for it and a different drug for it. Same game, same illusion, different drugs. Different brand names that kind of circle around every few years.

So what do we have so far? We have all these linguistic verbal tricks that modern medicine uses to try to convince people that they ‘have’ these fictitious diseases and that they ‘are’ these diseases. This is when people say things like “I have heart disease,” or “I have breast cancer,” or “I am a cancer survivor.” There’s a very powerful mind-trip for you right there. I know a lot of people use that one.

“I was diagnosed with cancer; I had cancer. I went through chemotherapy, overcame that, and now I’m a cancer survivor.” I appreciate the courage of what it takes to go through that. I’ve seen people suffer and die from cancer. Many close family members have died from cancer. It’s one of the things that really got me motivated to teach people to prevent it.

Everybody has cancer!

But let me tell you, we’re all cancer survivors. We’ve all got cancer in our body because cancer is a normal biological process. Everyone has micro-tumors, but they don’t get out of control if you have a healthy immune system and a healthy ability to keep them in check. So they idea that someone ‘has’ cancer—they’ve suddenly been diagnosed with cancer—that doesn’t make any sense. We all have an amount of cancer in our body. The question is who allows that cancer to get out of control versus who keeps it in check.

One way to look at cancer, in fact, is as a lifelong condition. A disease, but I don’t like that term. We all have cancer cells,

but normal healthy cancer cells—if you want to refer to them as such a thing—are supposed to commit suicide. When cells go out of control in your body, they are just supposed to turn off the lights and be carried out of the body, and normally that's how they behave.

An out of control cancer cell is one that says 'No, wait a minute. I'm not going to commit suicide even though my own DNA is messed up. I'm going to survive and replicate; I'm going to become my own organism.' And that's why tumors grow; they are a really trying to grow themselves inside your body to be more than just a cell. They want to be a multi-cellular organism.

I don't want to get too graphic, but that's why some people's cancer tumors start to grow certain tissue inside, such as teeth and hair. You don't really hear this from modern medicine; they don't really tell you what cancer tumors are, but in many cases tumors are a cell that's trying to recreate its own organism. That doesn't work, you know? There's only room for one body in your body. We want to keep it limited to one physical body and make sure that body is as healthy as it can be, and that means getting rid of the cancer cells that were out of control.

My point in all this is that I know a lot of people say "I 'am' a cancer survivor." Those people tend to give a lot of credit to the chemotherapy, and I'm here to say you know what? The chemotherapy wasn't what cured your cancer. The chemotherapy is a poison. The only thing that can really keep cancer under control is you, your own body, your own immune system. I want to invite you to change the way you might talk about cancer.

We all have some amount of cancer and it's really no big deal. I've got cancer cells in me right now. They've done autopsies on

people who have died from other causes and found that almost every elderly people have tumors in their endocrine systems. 98 percent of men who die have cancer tumors in their endocrine system. They are really micro-tumors—it's no big deal. We just have to keep them under control.

Realize this too—so-called cancer is really a process that is completely natural. If you cut your skin, it has to re-grow and heal itself, right? It does that by engaging in a cancer-like process of cellular replication. So the cells get a signal that says “Hey, I'm supposed to replicate and heal to replenish the one's that are now missing.” So it begins to replicate and grow, and covers the skin and heals it, and they know when to stop growing.

That's the key—knowing when to stop. Cancer is really a disease of miscommunication, you see? It's not about a virus or a bacteria or an infection or something invaded you. It's just a disease of miscommunication, and cellular miscommunication can easily be caused by the presence of toxic chemicals. Think about this too; growing a baby in a womb is a cancer-like process, but it's organized. When a healthy baby is grown in the womb, one cell is turned into two, two to four and so on. From this you grow a complex human being—an entire living organism—using cancer-like processes, which are in many ways accelerated cell division—accelerated growth.

A healthy fetus growing in the womb knows when to stop the replication in certain areas. “Okay, I've just grown a heart, let's stop growing, and let's allow that to be the heart tissue. Let's grow some fingers and toes. Let's grow some limbs, and then when their done they're done. We don't grow 12 fingers and toes, we only grow the 10 we are supposed to have. Growing a baby inside the womb of a mother is all about using these cellular processes of

division and organization in a way that can be called cancer if it's not organized in the right way.

What I'm trying to say is that the whole cancer process is actually quite natural, and it goes on in our bodies all the time. We all have a little bit of cancer, and it's really no big deal. Don't be afraid of cancer; just prevent it every single day. There are some great resources to learn how to do that. One book I recommend is called *Foods that Fight Cancer*. It will teach you how to eat so that any micro-tumors in your body are kept under control; they are kept in check all the time so you never actually develop that cancer.

Real symptoms, fake diseases

I want to clarify some things about the illusion of disease. I don't want you to get the wrong idea. I'm not saying that the symptoms of diseases aren't real. The symptoms are very real. For example, if you 'have' cancer then your body can grow a tumor. The tumor is quite real. You can touch it, you can feel it, you can weigh it, you can see it under a microscope. The symptom is real.

If you 'have' diabetes and you're going blind, well blindness is very real. Amputating a leg is very real. That's the number one reason legs are amputated in the United States, by the way, is side-effects of so-called diabetes. I'm not saying in any way that the symptoms of these so-called diseases aren't real. They are, and if you've been diagnosed with one of these diseases, what you are experiencing is very real. The disease itself does not exist as 'real' in the real world. It's just a name—it's just a label.

And yet medicine refers to these diseases as if they are entities unto themselves—as if they had a physical body of their own—like

they were their own thing marching around in the real world killing people. They actually use language like this. They say ‘Heart disease kills 300,000 people a year.’ That’s very interesting. How can a label kill anybody? How can a made-up disease name kill someone? Because, lets face it, heart disease is just a name given to a pattern of physiological expressions.

Certain numbers in your lab test show up in a certain range, and then you’re slapped with the label ‘heart disease.’ Does it mean you actually have this ‘heart disease?’ No, it means your body is currently expressing this pattern of symptoms that are grouped together and called this name—heart disease. It could have been called something completely different.

It could have been called ‘herd disease,’ like you’re following a herd mentality. It could have been called anything—it could have been called ‘Disease H.’ Maybe that’s what Preparation-H is for—I’m not sure.

The point is they could have used any label they wanted. When they say to you “You have heart disease,” that’s a misstatement right there. You don’t have it in the way that you might have malaria, something that really invaded you. The correct statement is that you currently express a certain pattern of symptoms that we have given the label ‘heart disease.’ That’s what they should be saying to people because it gives you options.

In fact, that’s the first lesson here. If you’ve been given a label of any disease—whether it’s cancer, diabetes, obesity, heart disease, or whatever, the first thing you need to do is stop using language that puts you in the victim role. Stop using language like “Oh, I ‘have’ diabetes.” You don’t want to have diabetes friends. You may have been given that label. You may currently express the physi-

ological pattern of symptoms that have been given that label, but you have options.

You don't really have diabetes, but you do have options. You can change what you do, and you'll get different results. Same thing with cancer. Change your exposure to toxic chemicals—stop smoking, perhaps, or stop using the toxic chemicals in perfumes, colognes, laundry detergent products, or dryer sheets—they're the worst—every dryer sheet on the market I've seen contains cancer-causing chemicals. Why would any rational person want to role their clothes around in a machine that contains cancer-causing chemicals? Maybe it smells good, but I'd rather not have cancer than have my clothes smell like fake flowers.

I guess it's your choice, but I'm just saying these are some of the things we can do to change the symptoms our bodies express. If we want to change the physiology of our body we have to change what we do. Then when we change what we do like what we eat, what supplements we take, what chemicals we expose ourselves to (or not)—when we change these things our body will express different results. As those results are expressed, the symptoms given the label of disease also vanish, and you have a cure.

I don't even like to use the name cure because cure implies that you had the disease in the first place, and you didn't. No one actually has breast cancer. No one has heart disease. There is no such thing as these conditions. The first step toward overcoming these things is getting this thought virus out of your head. You have to de-program yourself.

The Cult of Pharmacology

It's like escaping a cult, but in this case the cult is modern medicine. They are a cult—they worship pharmaceuticals. They believe that drugs and surgery and radiation are the only thing; it's like their holy trinity of treatment. They believe that anything else outside of that is the Devil.

“Oh, you can't have massage therapy or chiropractic care. Herbs are useless—no, Mother Nature wouldn't have anything that might be useful, no! Foods? No effect whatsoever. Vitamin-D, don't worry about it—you don't need that. Sunlight? No! Sunlight will kill you. You don't need any water.” They want you to drink milk and soda and artificial fruit punch. Just do all that.

That's what conventional medicine wants you to believe, and it's so nonsensical that it's really just a cult. Just call it the Cult of Pharmacology. If you want to escape the cult, the first thing you have to do is de-program your mind. Change the way you talk about yourself. Change your language and you'll change your mind, and then you can escape the Cult of Pharmacology.

Escape that cancer center and save your life! You don't have to poison your body to experience a so-called treatment for cancer. It wasn't too many decades ago that doctors used to treat patients with mercury. They would inject patients with mercury. Of course, this is an extremely toxic heavy metal that's very damaging to the nervous system. Doctors used to inject patients with this because they thought “Well, it must have curative properties,” because it made people sweat and pass out.

Some of them woke up and when they survived they were called ‘survivors.’ “You made it through the treatment. “Oh my God!

Our treatment must have worked!” That’s the way they treat cancer today. You get diagnosed with cancer, which is often a false positive anyway, because a lot of the machines aren’t even calibrated correctly, and then they say you have to undergo this treatment. “It might kill you—we know that. It’s going to damage your brain, your kidneys, your liver. It’s very toxic to all your cells; it might kill you, but if you survive then you’ll still be alive. How wonderful is that?” They call that modern oncology or chemotherapy, and some patients actually say yes. They say yes to that—it’s just bizarre.

Now also about the history of modern medicine—I was just talking about how doctors used to inject patients with mercury, a very toxic heavy metal—because they could get all these weird physiological effects out of people. Sweating, passing out, things like that. They would say “Yeah, that’s part of the treatment, ya know?”

Just like chemotherapy today. Your hair falls out, you vomit, you might die, but its just part of the treatment. Trust us, if you survive it will be amazing. You’ll be cured and we wouldn’t put you through that unless it was for some greater medical purpose. Trust us, we’re doctors!

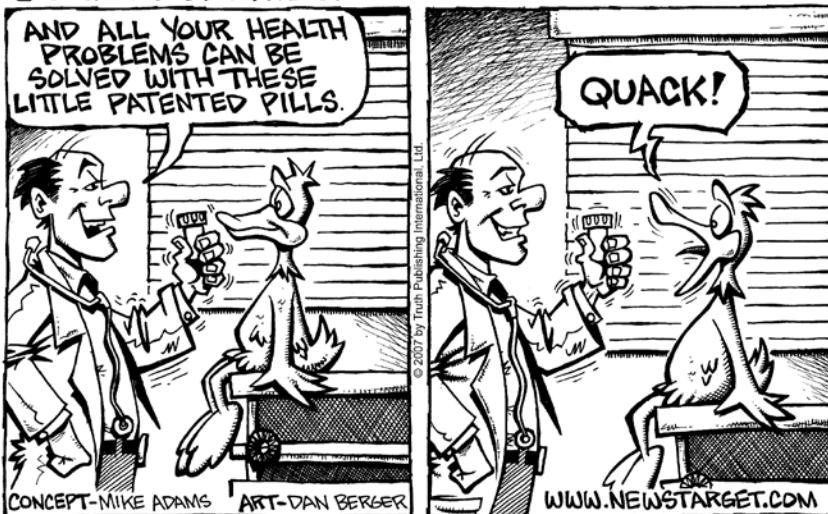
Modern medicine is 21st century quackery

Well, when they used to inject people with mercury, that’s when mercury was commonly referred to as quicksilver. You can look that up online, the common name for mercury was quicksilver. Eventually, the doctors who were injecting people with this mercury were exposed as being frauds. People figured out, “Huh, maybe poisoning patients isn’t good for their health. Maybe we should not poison people.”

These doctors were eventually called “quicks,” and that’s short for quicksilver, and that term got trans-morphed into the term “quack.” The term quack actually refers to a medical doctor—a physician—who poisons patients and calls it treatment. Can you think of another example, maybe a modern-day example, something in a... hmm, let’s say a cancer center? Where there might be a medical doctor that poisons patients and calls it medicine? Can you think of an example?

How about just about every cancer clinic in the Western world? They’re poisoning patients left and right, and they call it treatment. If you look at the statistics, they have nothing to show for it. They save no lives. They add no quality of life to anybody. Yes, they shrink tumors, but the tumor is not the disease. The only way they can even claim success is by measuring something that really has no correlation to quality of life anyway.

COUNTERTHINK



They say “Yeah we saved your life, but it turns out you have chemo-brain, which means your brain doesn’t work very well. Yeah you lost all your hair, you lost 50 pounds of muscle mass, you look like you just came out of a concentration camp, but good thing you’re still alive, huh? Now you can call yourself a cancer survivor.” This is the way that they trick people into taking poison. Now why would they do this? The answer is because this language virus that has infected patients is not just limited to patients.

These language viruses have infected the entire medical community. Doctors like to think of themselves as being very rational people. They think that they are like Spock from Star Trek. This is their mythos. This is their own little story that they tell themselves. It’s really just the story of their Cult of Pharmacology because if you look behind it, there’s no real science behind it at all.

All the studies are fabricated. The evidence is faked. The peer-reviewed medical journals are on the take from the drug companies. The FDA is actually working for the drug companies. The drug companies are their clients and customers. In fact, if you look at the way doctors are influenced by advertising, studies show that they are very easily swayed by people just walking into their office and asking for a specific brand-name drug. Fifty percent of the time, in fact, when a patient walks into a doctor’s office and names a drug, they get a prescription for that drug even if they don’t have any symptoms of the disease for which that drug is supposed to be prescribed.

How outside influence affects doctors

You see, a doctor is heavily influenced by just the patient saying one word—a drug name. There goes logic; throw that out the window. There goes evidenced-based medicine; that's gone. It's all persuasion under the guise of science. That's what modern medicine has really become. It's become influenced by commercial influence.

Of course these doctors are influenced by drug reps who spend a lot of money and time wining and dining doctors and sending

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them on exotic vacations, buying them gifts, giving them kickbacks and paying them money to write articles that are really written by the in-house people working for the drug companies, but they pay the doctor \$10,000 and he slaps his name on the study.

The study is submitted to a medical journal, the journal publishes the study, and the drug company announces “Gee, this is good science, look! It’s been written by this independent doctor...” who just happens to be on the payroll. They don’t really tell you that part, do they? He just happens to be on the take, \$50,000 a year, no problem! I’ll write all the articles you want because, of course, a doctor’s reputation is often for sale.

My point in all this is that the doctors are often seduced by this language virus too. They often don’t even know they are using this very harmful, entrapping language when they tell a patient “You have diabetes.” They often don’t realize the danger in those words. They don’t realize that they are causing a patient to identify themselves with a disease in a way that reduces their options.

Authority and fear

What a doctor should say to a patient—and I mentioned this earlier—is “You currently express the physiological symptoms that fit a pattern that we have given the name diabetes. If you change your actions, you could alter the expression of your physiology so that you would no longer qualify to meet the definition of diabetes. Period.”

That’s what a doctor should say if they really care about patients—if they wanted to give them options and tell them the truth—but instead they say things that are very disempowering. Things like

“Boom, you have diabetes.” You have cancer or heart disease. Or even worse, you only have six months to live unless you undergo our poison—I mean chemotherapy. They use the fear tactics because it works very well with humans. Fear will make people do crazy things.

They’ve even convinced some women to have double mastectomies as a cancer prevention method—the women didn’t even have breast cancer, and they convinced them to surgically remove both of their breasts. This is a monument to the success of the mind tricks that have been accomplished by modern medicine. They’ve messed with your head to such a degree—and I don’t mean you specifically, I mean all of the American population—that they’ve got people scared to death of their own bodies. They have people literally cutting off parts of their bodies out of this completely irrational fear that they might someday be diagnosed with a disease and have no options for preventing it and treating it.

That, my friends, is a complete con. It’s a brilliant con, almost, and it just shows you how powerful fear and authority can be. Modern medicine isn’t afraid to use either one. They’ll use symbols of authority from different societies and associations—the doctors coat, for example. They’ll use fear, and when they combine those two, they can convince people that not only are they diseased, but also if they don’t undergo the toxic treatments offered by the doctor, they will die.

In that way, it’s really much like a distorted, twisted, cult where they say “If you follow our way, you will meet up with the happy aliens on the other side of the asteroid,” or, “You’ll enter into our version of heaven...” whatever that happens to be for that specific cult, “And if you don’t do what we say you’ll burn in hell!” This is essentially what doctors tell patients who come in and are asking

them only for help. Of course, they don't use those exact words. They just say "You'll die a slow, painful death if you don't poison your body in the way we want you to." That's not very happy to hear, is it?

Physiological expressions versus disease

So far, then, we've talked about the illusion of disease labels. Realize, again, that many of the so-called diseases out there have been completely made up like ADHD, or Social Anxiety Disorder. Ooh, sounds spooky! We used to just call it being nervous in front of people, you know, like most of us are?

You get up on stage in front of a group, and your heart is pounding. You're kind of nervous like "Oh my God, I'm gonna speak in front of this group. What am I gonna say, what if I forget my notes? What if they don't like me? What if the microphone stops working," and so on and so forth. Folks, that is not a disease. That's just being human. Trust me, I've been there a thousand times—it's just being human. I give public speeches everywhere. I still get nervous; everyone does.

Your rapid heart rate is not a disease, it's just the expression of a current physiological situation. It's temporary. I mean think about it—what if I started giving disease labels to other conditions that just happen following certain kinds of activities?

Let's say, for example, you go running up a hill. You run up a hill, you get to the top, and you're huffing and puffing. What's happening? You're short of breath, your heart rate is up, you're sweating and your palms are sweaty. You look exhausted. That sounds like a disease, doesn't it? We should call it 'Hill's disease,' because

you just ran up a hill. Maybe the drug companies could come up with a pharmaceutical to treat Hill's disease because millions of Americans might be suffering from Hill's disease, and you might be too.

Do you think you have Hill's disease? Have you ever been out of breath after exerting yourself physically? Did you run out of breath after running up a flight of stairs, or carrying a log up an Olympic stadium when you were training as a wrestler? Did any of these things occur to you? Did you sweat profusely when you were in the gym running 10 mph on the treadmill with ten pound lead weights strapped to your ankles?

If so, you might have Hill's disease. Yes, Hill's disease affects tens of millions of Americans and it could be affecting you right now. Treatment is available. Ask your doctor about Hill's Pills—the pills that help you overcome Hill's disease by artificially lowering your heart rate and keep you from sweating, making sure that you can't stay cool or inhale.

Side effects may include lack of oxygen. These are the kinds of things they might mention to you in the side-effects column. You might think this whole thing sounds completely outrageous and silly, and it does. I admit it, but it's no sillier than what the drug companies are doing right now.

They observe lots of different groups who are engaged in certain activities just like running up a hill and sweating with a high heart rate. They just call it a disease and they give it a name. For example, you have young males in public schools in the classrooms and the kids can't stay still because they're bored silly with these messed up public education systems—the teaching style that is boring and old and outdated and frankly should be completely

revamped. Wrote memorization is not teaching, okay? These kids are bored, and they're speaking out in class.

They want to move around. They learn by moving. Kids want to explore things, and they want to do—they don't just want to be lectured to and write stuff on paper. They want to be involved in activities. Some of these young boys—they can't sit still in class. They can't seem to focus in class, and they give them a disease name now. They call it ADHD.

They say "Yeah, see that kid? The one that wants to get up and move, and explore the world, and learn in a natural way? Yeah, that kid's diseased. Let's put him on amphetamines. Let's give him speed." Speed is a drug that, counter-intuitively, causes the brain to calm down. Now the kid's a zombie.

Now that the kid is a zombie—now suffering from a learning disorder because he's drugged—they say "Oh yeah that kid is normal now—look, he is paying attention." No, he is half asleep. It doesn't mean he's paying attention.

The system says that kid was diseased even though he was just expressing a normal behavior based on his environment. As you can see from these examples, we can make up disease names for just about anything if we're creative enough. You can imagine some of the crazy situations that humans get involved in.

What about love? What about a person who has an infatuation with someone else? What do they feel? All kinds of strange and interesting emotions. Their heart rate goes up, they might start sweating. They feel nervous when they want to ask someone out, let's say, and they feel jealousy or they feel like they're not being

paid attention to, and they have all these thoughts racing through their mind, and their physiology even shows this.

A medical company could come along and say “That’s a disease too. We’ll call it Cupid’s disease. You have Cupid’s disease! You look like you’re in love, and there’s something wrong with your heart. There’s something wrong with your mind because you can’t stop thinking about this other person, can you? That’s a sign of Cupid’s disease! Tens of millions of Americans suffer from Cupid’s disease—ask your doctor about Cupidzana!”

They always have “Z’s” in them. Zycupidza, Zycupiextra, Extrazupidscupidsa. These could be drug names for Cupid’s disease, you see. That’s how you tell it’s a real drug, by the way. If it has an “X” or a “Z” in the name, it must be real! They always use those letters of the alphabet to make the drug sound real.

We can take any situation that humans find themselves in, whether it’s public speaking and feeling nervous, feeling love, being exhausted from running up a hill. We haven’t even got into the area of sex, and all the weird physiology that goes on there. Think of all the disease names they could come up with there, just to freak people out.

Now you have to take six drugs just to get an erection! They could come up with all kinds of crazy stuff. They already have one, why stop there? They have people convinced they need a pharmaceutical just to have sex. They have a pharmaceutical now to stop women from having their periods—it stops menstruation, because they are now saying menstruation is a disease. They have positioned this normal female reproductive cycle as a disease. It’s just mind-blowing.

I point all this out to you to show you how ridiculous this whole inventing of diseases has become, and to point out that there is really no such thing as cancer, diabetes, heart disease, social anxiety disorder, or restless leg syndrome, etc. None of these diseases are real—the names are just completely fictitious. Again, it doesn't mean the symptoms aren't real.

If you're experiencing a symptom, that symptom is very real. It's certainly real to you, and it does exist in the real world. I'm just saying the names are completely fake, and the idea that you 'have' this disease is completely fake too. The idea that you 'are' diabetic or you 'are' a cancer survivor—these are completely fictitious as well. But they trap people—these ideas—if you believe in them. Then you are trapped, and that's the whole point of what they want to do. They want people to believe in these diseases.

Illusion of disease screening

One of the tricks they use to do this is what I call the illusion of disease screening. These medical organizations are run as businesses. You know that, right? Like any business, they want to grow their customer base. If you're in the business of treating sick people, how do you grow your customer base? Do you do it by teaching people how to be well, and how to avoid disease? No, not really. Wouldn't make you much money, would it? You would have fewer customers, not more.

So how do you treat more people? You convince more people they're sick, then you convince them to undergo your treatment. How do you do that? A clever way to do it is to offer disease screening. "We'll screen you for free for breast cancer, prostate cancer..." or my favorite—psychiatric disorders.

They'll screen you for a completely made up psychiatric disorder, and if you suffer from that disease then we will have a powerful authority figure come out and tell you that you need treatment. That's how they recruit you into a system of treatment that makes a lot of money. We'll talk about that system in the next segment, but this Illusion of disease screening is a very dangerous thing that's going on today, and it really is an illusion because almost all the disease screening that's happening is completely bogus. Fictitious screening designed to produce a client—not an accurate scientific result.

Continuing with the disease screening scam, I got my hands on a test that was given recently to screen adults for what's called adult ADHD, which is kind of a funny name all by itself because it's AADHD. I actually made up a fake ad myself for ADHDD, Attention Deficit Hyperactive Doggy Disorder, and you can find that video on YouTube. Just go to YouTube.com and search for 'Health Ranger' and 'ADHDD.' You'll find that video, which is pretty funny.

In that fake ad I was acting like a drug company rep and saying "Look, you know, your dog may have ADHDD! How do you know? Your dog can't sit still, can he?! Doesn't seem to pay attention, does he? Every time you talk to him or tell him to do something, he seems to be looking off somewhere else. Seems distracted, doesn't he? He's always trying to do many things at once—has a short attention span, and doesn't seem to complete one task before starting another."

It's all true, right? Describes your dog, doesn't it? Your dog must have ADHDD, and of course there is a drug for that called Fidolin. It's a combination of 'Fido' and 'Ritalin.' It just so happens that this drug is also useful for humans, too. It's been approved by the

FDA for use in humans, so it's the first psychotropic drug that can be used in both dogs and humans.

It treats both ADHD and ADHDD, Attention Deficit Hyperactive Doggy Disorder. Most of the material about this drug is available on a high-definition DVD, and you can call the 1-800 number and get more information on that. You call the number and ask about the DVD, and you can get all that information right there. This is all in this online video, which is, of course, a hilarious parody of the drug advertising that is right now promoting these fictitious diseases like ADHD.

Anyway, I got a hold of this test that was being given to recruit adults into a system of treatment by convincing them that they had ADHD—the adult version. This test is hilarious. If you take the test, no matter what you answer it says you have ADHD. The test is a complete fraud.

This was actually used in New York in a free screening for mental health disorders, where they were inviting people to come on it—they had a sign out on the sidewalk—to get a free screening to see if you need treatment for your ADHD. The questions were just hilarious, and I have a few of them for you right here.

You have to rate yourself in the following areas, like one of these is “Trouble following directions.” Which guy in this country doesn't have trouble following directions? Most of us don't even ask for directions. Another is “Gets bored easily.” Who doesn't? Everyone gets bored easily—we all want to be entertained, it seems. “Difficulty completing tasks”—yeah, it's because we get bored easily, and we start too many projects, and we can't really finish them all. Life's too short to finish everything. We've got to start something new.

“Easily distracted”—yeah, there’s a lot going on! I get distracted by an email coming in. Someone’s got a new cool video on YouTube like the one I just mentioned. “Short attention span”—sure, sometimes I have a 3-second attention span, especially when I’m surfing channels, right? Another one here, “Blurts out comments.” What the heck? Why did they put that on here? I can’t believe it.

Here’s another one. “Argumentative”—as if, if you argue about the definition of disease, then you are clearly diseased. It gives you a higher ranking here on argumentative. Another one is “Often defies rules”—you know, rules about how you’re supposed to take these psychiatric medications, and so on? So, basically, the bottom line here is that if you are a normal human being; if you have an IQ above a zombie level; if you have some kind of interest in something; if you have many projects going on in your life at one time, and you’re spinning several plates at once, so to speak. If sometimes you forget where you put your keys or where you parked in the parking lot because you were thinking about your shopping list, and you forgot the sprouts you were supposed to bring home for a pita sandwich. If any of these things are true in your life, and you might disagree with medical authorities, then the psychiatric community says “You have a disease, and you need treatment.”

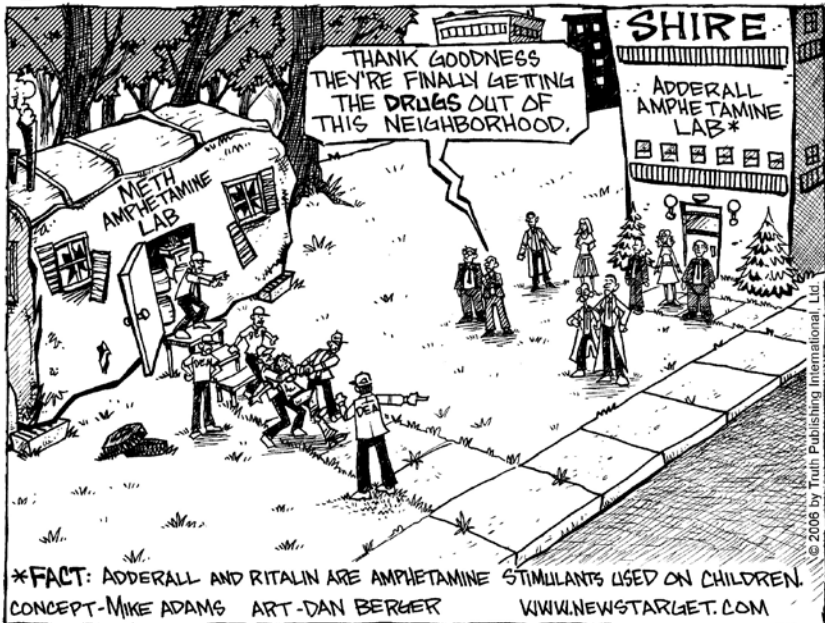
It’s so hilarious, but it’s kind of sad that this is true. This is what is really going on today. The thing about these sad people—these poor adults walking into this situation—they think they’re seeking help from professionals. They think they’re walking into a room of caring psychiatrists who are going to help them with their problems. “Here, we’re going to help you with your situation—help you solve some of your difficult life challenges.”

Turns out, they give them a test, and everyone who takes the test is diagnosed with ADHD. It’s not as if they give you real solutions

following that. Instead, they give you drugs. What kind of drugs? Well, drugs that you would have been arrested for buying or selling in the seventies. Street drugs—they're called amphetamines.

You might recall the problem today with meth. Meth is short for methamphetamines. It's also called ice, crank, I don't know all the other nicknames, but those are two that I've heard. This is where trailers explode, and all the tires go bouncing down the road. You know, the trailer explodes because someone had a meth lab that went bad. This is a problem in America today—too many people taking methamphetamines. But just to prime the population and get more people hooked on drugs, the psychiatric community is now dosing children with amphetamines.

COUNTERTHINK



It's not the same as meth, but it's kinda close. It's still amphetamines, it's still a felony to sell it to a kid unless you're a psychiatrist, in which case it's considered treatment. What's it all based on, my friends? A completely fraudulent disease screening program. Yeah, you've just been screened, and you've been found to have these 14 different diseases, and each one needs a different chemical in your brain.

The point is, if you think for yourself—if you are awake—alive and skeptical. If you are alive and skeptical about anything—maybe the way the government treats you or Big Pharma's plan for humanity, or genetically modified foods and the poisons in medicine and personal care products, and toxic food ingredients—you're a skeptic, because you think for yourself. If you do any of that kind of stuff, you're automatically considered 'diseased.' You may be considered abnormal, because normal people don't ask questions.

Normal people shutup and work hard; they pay their taxes and take their drugs. They eat their fast food at fast food drive-thrus. They buy consumable consumer goods, and take them home and consume them. They go out and buy more when they run out, and this cycle continues. They don't ask questions. They don't think for themselves. They don't rock the boat. They certainly don't question the status-quo.

Not because they don't want to; it's because they're incapable of it. It's because they are all on so many pharmaceuticals like Ambien—sleep walking drugs. They say it helps you sleep, but it turns out they really just help you sleep walk. People have even been found sleep-driving. They wake after they've had an automobile accident. They're somewhere downtown, the airbag has just deployed, and they just woke up. What drug are they on, my

friends? Ambien is the name, and that's absolutely true—I'm not even making that up.

The bottom line in all of this, folks, is that diseases are mostly not real. Screening is mostly just made up. Even mammograms—they say they're screening you for breast cancer—turns out they emit radiation, and what causes breast cancer? Radiation. So the machine they say detects breast cancer causes breast cancer, which means that if you get enough mammograms sooner or later they'll find some breast cancer because they gave it to you.

They'll say, "Gee, good thing you got mammograms, we caught it early!" What they really did was they *caused it early*, because mammograms emit radiation. It's like putting your breasts into a little tiny Chernobyl plant and seeing what happens with enough radiation—enough DNA damage. Of course you're going to get cancer, or course they are going to detect it sooner or later. They are the ones who gave it to you!

You have to think about these things. Don't fall for screening. It's almost always a recruiting method that's not based on honest science. It's not based on ethics. It's not based on compassion for fellow human beings. It is a recruiting tool to recruit customers for a big, big business, and that's the business of keeping you sick and diseased.

You are whatever you say you are

I have something really fun to share with you. We're gonna give you a little bit of a brain teaser here about disease screening. We already talked about the scam of disease screening and how much of this screening industry is really set up just to recruit patients. For example, the breast cancer industry using mammograms to

“screen” women for breast cancer. We talked about how that produces radiation—it irradiates the breast, which of course causes cancer.

The point is that if you go get screened for breast cancer enough, sooner or later they will find it because the screening process itself causes breast cancer. It is a radiation producing machine that does produce cancer. So here is an example where the medical establishment is using a technology that detects cancer, but it literally causes cancer.

Makes you wonder, doesn't it? Makes you think back to the day of the 'quacks' who used to inject mercury into patients because they thought it was good for people. Back in the 20's, too, they used to prescribe radiation pills to people. Doctors used to do this because they said it would give you more energy. It would make you glow—very radiant skin. They would say “Yeah, sure it is! You are glowing, until you start mutating...” then it's just called cancer. No fun there.

They used to give these pills to people—it's a historical fact. You can look that up online; just Google that. 'History of medicine' and 'Radiation pills,' and you'll find some information about that. We're gonna give a brain teaser here about the illusion of disease screening, but first I want to review some of the language that you can use to de-hypnotise yourself from what the medical establishment wants you to believe.

Remember the way you talk to yourself really determines in many ways what you believe to be true. It is your beliefs more than anything else that really determine the outcome that you'll have in terms of your own health—even the outcome from a particular disease diagnosis, for example. That outcome depends almost

entirely on what you believe to be true.

For example, if you believe that you ‘have’ diabetes—and theirs that word again, ‘have’—that dangerous verb that doctors like to put onto patients. They say, “Oh, I’m sorry to tell you. You ‘have’ diabetes,” and they get you to use the same language to where people say “Oh my gosh, I have diabetes!” Well if you use that word it means that you are now accepting this idea—this false idea—that diabetes is part of who you are. And it’s even worse if you use the word ‘am.’ So if you say “I am diabetic,” that’s even worse because you are now associating it with your own identity.

I want to review the language that you can replace that with. A kind of language that’s just empowering; the kind of language that gives you options, and here it is. You can use this for any disease diagnosis. Instead of saying “I have osteoporosis,” or “I have Alzheimer’s,” or “I have cancer,” or whatever it is, you can replace it with this language.

You might want to write this down. Instead of saying “I have cancer,” you say “My physiology currently expresses a pattern of symptoms that have been given the name ‘cancer,’ and if I choose to change the physiology expressed by my body, then I will no longer express the symptoms that have been given the name ‘cancer,’ and I will therefore not have cancer.

So you got that? Instead of saying you ‘have’ a disease, what you need to be doing it to acknowledge the reality of the symptoms—because as we have talked about the symptoms are quite real—you may have high blood pressure, you may have a tumor growing that may be larger than you want it to be. You may have fasting high blood glucose or whatever. They symptoms are real, the disease is the illusion.

So you choose to use this language—“My physiology currently expresses a pattern of symptoms that have been given the name “osteoporosis,” the name “cancer,” or whatever it is. Now, by using that language you give yourself choices. Instead of being locked in, you now have a choice because conventional medicine wants you to believe that you’re locked in. They want you to believe “Oh, I have diabetes, and according to everyone in medicine, including the American Diabetes Association, there is no such thing as a cure for diabetes,” which of course is of course complete nonsense!

The myth of the incurable disease

There are lots of cures—it can be reversed. If the definition of diabetes is a number—a measurement of your fasting blood glucose, which of course is derived from your current physiology—the way your biochemistry is working now—then if you change the way you eat and the way you exercise, then you’re going to get different results in your physiology, correct? And then you’re no longer going to qualify for the official definition of diabetes.

That means, of course, you’re cured of diabetes. So how does the American Diabetes Association say that this process is not possible—that there is no cure? Are they saying that if you change what you eat, and you change how you exercise, and you alter your physiology, that the number won’t change? Is that what they’re saying—that your fasting blood glucose won’t be any different? Well, then they are just lying.

Of course the number will be different. That’s why we measure the number, because it could change. That’s the whole point of doing the test, is because we want to find out “Where is it now?”

Sometimes it's higher, sometimes it's lower. Depends on the lifestyle, depends what the patient chooses to do. When the number is 125 or higher you have diabetes. If the number is 124 or lower they say you don't have diabetes. That's the official definition of the disease.

I'm still trying to understand what kind of crazy logic the ADA is going through to try and say there is no cure for diabetes, because they're either saying that people can't change that number, which is nonsense because people change it all the time, or that even if you change the number you're still diabetic, which is also complete nonsense because that's the definition of diabetes.

I don't even know what they're saying—they're obviously living in an alternate reality. A reality where diabetes has no cure, and maybe that's the reality where they work, maybe that's what they have on their wall in the morning. Maybe they go to work in the morning and see "Welcome to the ADA, diabetes has no cure!" That's called job security, my friends.

"Keep working hard, make sure people believe diabetes has no cure!" Now, I'm sure you're realizing already that this is quite a scam being put on by the ADA and the drug companies, because if they can convince people that there is no cure, then they've locked in revenues for life. They've locked in billions of dollars in revenues from people who have been brainwashed into thinking that once they're diagnosed with the disease they can't do anything about it.

This is true for the cancer industry as well. Once they diagnose a person with breast cancer or prostate cancer, they think they got you. And if you believe that, they do have you. If you're gullible enough to believe the statements that there is no cure for cancer

or heart disease—of course there are cures! You can change the way your body expresses its physiology over time.

You can change that by making new decisions about what you put into you body, or new decisions about how much exercise and vitamin D you get. You have complete control, which means that you can alter the outcome that you get.

You might say, “Well why, then, aren’t more people able to reverse cancer?” The answer is because they don’t change. How many people died of lung cancer that you know who kept on smoking. I know lots, and they died. Not surprising—they kept on smoking!

How many who died from breast cancer died because they kept poisoning their bodies with toxic perfumes, dryer sheets, laundry detergents, deodorants, shampoos—all these synthetic chemicals in their homes, their food, their medication. They kept poisoning themselves, no wonder they died of breast cancer! They didn’t change, so they got the same outcome they had been creating all along, that led them to the disease diagnosis in the first place.

Fuzzy math and misleading statistics

Let’s talk some more about the illusion of disease screening. Because I’ve already mentioned some examples of how disease screening is really just a recruiting tool. Why do you think they offer it for free? Because they know that if they can convince you that you ‘have’ some disease, then they’ve got you.

You are going to submit to expensive pharmaceuticals, maybe radiation treatment—whatever. If they can use fear and a false diagnosis tool to convince you that you’re diseased, then they are

going to generate a lot of money off of you, and your health insurance company, Medicare, or Medicaid. Somehow, they are going to make money off of you.

Step one is convincing you that you are diseased, and to do this they play a lot of mind tricks on you. They really use hypnotic type of language. They use fraudulent screening methods like the one I already mentioned for adult ADHD, where everyone who takes a test is diagnosed as being ADHD. That's a pretty clever little scam right there, isn't it?

But I've got a brain teaser for you here to test your shrewd ability to tell the difference between what's true and what's not when it comes to disease screening. By the way, I've given this little test to five different M.D.'s, and not one of them got this right. So if you don't get this right don't feel bad—the truth is doctors can't even think logically. They don't even understand statistics.

Let me give you this brain teaser, and find out if you can get the right answer to this. First time I took this, I didn't get the right answer either, so it's very interesting. Here it is.

Let's say there is a disease that exists, but it is very rare. It's like a rare type of cancer, and it only impacts about one in 10,000 people—it's a very rare disease. Now, they've got a test for this disease—it's a screening test—and this screening test is very accurate; in fact it is 99 percent accurate, so only 1 percent of the time does it give you a false positive or negative. 99 percent of the time it is right on the money. The doctor says to you "Hey, you know, we should screen you for this disease even though it is very rare and only affects one in 10,000 people. It doesn't hurt to do a screening—it's free—so we should screen you for the disease and make sure you don't have it. You'll sleep better at night."

So you say “Okay, what the heck? Go ahead and screen me for that rare disorder. Two weeks later you get a letter in the mail that says “Oh my goodness, you’ve been found to be positive for that rare disease. You have that disease, and now you need to show up for some treatment.” They want to give you chemotherapy, maybe radiation. Depends on what they find, but they want you to come in and do some more tests to find out how they can treat you. Now here is the question to you; this is the brain teaser.

You receive this letter. You know that one in 10,000 people has this disease. You know that the screening test is 99 percent accurate. The question is “What is the chance that you really have this disease?” In other words, what is the chance that this letter is accurate? Now, you might think—like I first did—that the answer is 99 percent. I mean the test is 99 percent accurate, so therefore there must be a 99 percent chance that I’ve got this condition.

That’s sort of the intuitive answer that people naturally come to. The real answer is that, in fact, there is only a 1 percent chance that that letter is accurate. In other words there is a 99 percent chance that you don’t have the disease.

How can this possibly be? Well, here’s how it works. For every 10,000 people tested, we know that the disease really only exists in 1 in 10,000 people, right? It is a rare disease that only affects 1 on 10,000 people. So if they test 10,000 people 1 person actually has the disease, and 9,999 don’t have it, correct? Now out of the 9,999 without the disease, one percent will be wrongly diagnosed because the test is wrong one percent of the time. So one percent of those 9,999 people will be told that they have the disease.

How many people is that? Ninety-nine people, right? We are

going to eliminate fractions and decimal points here because we can't have a partial person. We are going to say 99 people have been given a false positive diagnosis. One person actually has the disease, so one person gets the letter and the letter is right. One person gets the letter that said you have the disease, and that happens to be correct.

Actually there's a 99 percent chance that it is correct for that person. There is a one percent chance that that person might not be caught by the screening test. In other words, a total one 100 letters were sent out after testing 10,000 people. One letter went to a person who actually had the disease. Ninety-nine went to people who didn't have the disease, but it told them they did have the disease. In other words, if you received a letter, there is a 99 percent chance it's wrong.

This seems counterintuitive, but if you do the math you'll find it is exactly true. In fact, the screening has managed to convince a lot of people that they have a disease when they really don't. Even if the test is extremely accurate, and by the way there is almost no screening in modern medicine that is even close to 99 percent accurate.

The mammogram scam

A lot of the mammograms, for example, are miscalibrated because the machines aren't routinely maintained. They get all kinds of false positives. This has led to a case that may also strike you as counterintuitive, but it is absolutely true. The practice of screening for breast cancer with mammograms literally harms ten women for every one woman it helps.

This is the conclusion from a very interesting study, which I have written about on www.NaturalNews.com, and you can read about it by searching for ‘mammograms harm ten women,’ and you’ll find the study. You’ll learn about how this screening test literally harms ten women for every one that it helps. The whole idea of forcing screening onto women is really causing more harm than it is good. So why does the industry do it?

The answer is because it recruits patients. They know that for every one woman that really has breast cancer—that really needs surgery or radiation because she has some massive, out of control tumor in her breast—they can trap ten women into getting the treatment when they don’t really need it. That’s what they do—they use the power of fear and bad screening equipment combined with really lousy statistics and a poor understanding of math to harm ten women for every one that they help.

Those poor ten women go in and get breast cancer treatments. They get poisoned with chemotherapy. Sometimes they get a breast removed surgically so they are literally scarred for life, and for every one woman who may have really needed the procedure ten women didn’t have breast cancer in the first place.

The treatments are out of control. We have the cancer industry now maiming the women. They are maiming the population. They are irradiating women’s bodies. They are poisoning women’s bodies. They are surgically removing women’s breasts, and they are doing it with no medical justification whatsoever. They are doing it based on this screening trick that I just described to you.

The next time you think about screening think twice. It’s probably just a trick not unlike the trick I just described to you. With men, they do it with prostate cancer and the PSA numbers, which

are also a statistical trick and have nothing whatsoever to do with your risk of prostate cancer.

So far then we've talked about the illusion of disease screening, and now I hope you are beginning to understand just how insidious the industry is in using screening as a way to recruit patients, whether we're talking about breast cancer screening, which of course causes breast cancer, or prostate cancer screening based on scientific nonsense.



In fact, the guy who invented the PSA test—which is used in prostate cancer screening—later disowned it. He said it does not produce anything useful in correlation to prostate cancer. However, they use it anyway. You know why they use it? Because it scares men into submitting to chemotherapy. The whole purpose of screening, friends, by the conventional medical industry is not to inform you; it is to frighten you.

The use of fear is very prevalent in any system that seeks to control people. The use of fear in conventional medicine is very, very powerful. They can use fear to get women to do crazy things like poisoning themselves or chopping off one of their breasts through a surgical procedure—things that normally would seem insane. They are acceptable in our society because most of the members of our society have been brainwashed by the medical community. They've been tricked into believing these things are true.

If you saw a woman walking down the street with a syringe in her hand injecting herself with poison, and with a scalpel chopping off one of her breasts, you would call 911 and she would be committed to a psychiatric ward, correct? Because doing these things is insane.

But if she checks into a cancer center first and has those things done to her she is considered a responsible patient. No longer is it considered insane, and why? Because she has been scared by a false screening test first. It's interesting that society has very malleable definitions of insanity. If you really look at what's happening from an objective point of view, and you take the fear out you'll find that much of what people subject themselves to in terms of medical treatment—especially for cancer, but also for things like osteoporosis and depression and so on—would fit the definition of clinical insanity.

Fear of future regret

So why does fear work so effectively? It works because of an interesting psychological principle called fear of future regret. This is something that has been studied by psychologists and has been written up in the medical journals that study human behavior and the way the mind works, and it creates an irrational behavior when a person can be sufficiently scared into believing that in the future they might regret something that they weren't able to do today. Psychologists find that their actions shift in favor of taking the steps that would eliminate their perceived future regret of current events.

I know that sounds kind of complicated, so let me explain it in simpler words. If an oncologist says to a woman "You've been diagnosed with cancer," which of course could be complete nonsense and only has, in fact, about a one percent chance of being true, but he says "We saw a little gray image on the mammogram, and now you have breast cancer. You only have six months to live unless you submit to our chemotherapy..." which is a highly toxic and poisonous regimen, "But if you don't do it you'll die in six months!"

What they have done is to create a hallucination in the mind of that woman. They have caused her to fast-forward in her mind six months ahead where she is now experiencing death. This is what she believes will happen because she believes the doctor, and we'll talk about authority symbols later and why they are so powerful when combined with fear to try to shape a person's behavior. Unfortunately, in this scenario they are being used to distort a woman's behavior and get her to make the wrong decision and submit to chemotherapy.

They are getting her to time travel six months ahead and look back on the decision she will make in the present moment. If she believes the doctor—if she believes the fear—and she doesn't make the decision to undergo chemotherapy, and six months from now she will regret it, she starts to build an emotion called 'fear of future regret,' and that becomes present fear.

This is one of the ways that cancer clinics brainwash women. They use this very complex, insidious, highly effective principal of psychology called 'fear of future regret.' The only way to eliminate this fear of making the wrong choice is to say yes to the poison—to say yes to the chemotherapy.

They put her in a situation where her rational mind is no longer functioning. She is no longer making a decision based on what is best for her health. Instead, she is making a decision based on irrational fear that has been intentionally engineered to achieve a result, which is to recruit this woman into a system of treatment that makes money—profits for the cancer center, profits for the drug companies, profits for the oncologists who are involved here.

They use fear kind of like a soldier might use weapons of mass destruction on the battlefield. They use fear as a highly destructive, negative, perhaps even an evil tactic to manipulate women. You notice that most of the oncologists out there are men, by the way, and they use fear like soldiers to manipulate women into maiming their own bodies.

Very interesting when you look at it that way, isn't it? Kind of makes you wonder why women have put up with this for so long, doesn't it? It's kind of like women being chemically enslaved by an industry of men who use fear and manipulation to hypnotise

women into letting the men surgically remove their breasts. That is exactly what's going on today in the cancer industry.

They also let men poison them with chemicals that cause the women's hair to fall out. They cause them to experience accelerated aging, and to not be able to reproduce. Chemotherapy devastates fertility. It causes them to lose cognitive function because chemotherapy harms the brain.

Women are taken advantage of by modern medicine

Can you think of any other times in the history of human civilization when men dominated women? Made them their slaves and used them for medical experiments, and did all kinds of atrocious things to the women, and the women didn't have the right to stand up and say no to it? Sure you can think of another time.

Throughout most of human history, that is the way men treated women. You look at the Roman Empire. You look at the Japanese Empire. Just study a bit of history and you'll see that's the way women were often treated by men. Well things are supposed to be different today, right? Women are supposed to be free to choose, yet what do we really find in the cancer industry? We find men using mental brainwashing techniques and the anticipation of future regret tactic, the fear tactic, these disease screening frauds.

All of these systems—when they are combined—they put women under the spell of men who run the cancer centers—who make money off the bodies of women. That is ultimately what it comes down to. The cancer industry is there to make money off the bodies of women and men—anyone who is gullible enough to fall

for the screening and to fall for these fear mongering professionals who claim to be practicing medicine, but are in fact just practicing a modern-day form of chemical enslavement—of mutilation.

In some societies when a female is born they mutilate her genital organs much the same way that men are still mutilated in Christian society today through circumcision. In some cultures they take young girls and mutilate them by cutting off their clitoris, and this is supposed to achieve some kind of effect. It is a mutilation done by men against women.

COUNTERTHINK



If you look at the western cancer industry, the mutilation continues. If you're talking to an oncologist, I want you to think mutilation. This is a more accurate association. Think about a young girl having her clitoris surgically removed or sliced off with a sharp knife, because that is the kind of power that men are trying to exercise over women. That is exactly what they want to do with your body, but they want to call it treatment, and they use fear to try to get you to submit to it.

I, on the other hand, want to give you the truth so that you have options. I don't want you to be stuck in any one system. I want you to understand that you have control. You have options, and you can choose a different treatment route so that you are empowered, and you can have a different health outcome if you so choose.

Heart disease: Fake disease, real symptoms

Let's talk about what it really means to be diagnosed with a disease, and we're going to use heart disease as this example. We've talked a lot about diabetes and cancer so far so let's talk about heart disease. We've got to hit all the popular fictitious diseases out there.

Well, there's really no such thing as heart disease. There are, of course, symptoms, and they can be very real. You could have cholesterol that's not in balance. You could have clogged arteries. You could have a heart muscle that isn't well nourished so it's not working correctly. All of these things are potentially true—they are real symptoms—but there is no such thing as heart disease as a stand-alone entity.

For example, if you have a person who has been diagnosed with

heart disease and you change what they eat—you give them magnesium, B vitamins, and lots of superfoods like spirulina and microalgae, and pretty soon all their symptoms are gone because they changed their diet—they stopped eating fried foods, animal fats, and moved toward a plant-based diet—maybe they even gave up milk, since homogenized milk causes heart disease, and they no longer have the symptoms of heart disease, two questions.

Number one, wasn't the heart disease cured? If you used to have it, and you no longer have it, then you don't have it, which means you're cured. A cure means getting rid of whatever it was that was there before, right? You don't have it anymore, you're cured.

Of course, the medical establishment hasn't found a disease yet that they admit there is a cure for. Not even social anxiety disorder. Like you can't be cured of stage fright? Of course you can, training and practice. For every disease there is a known cure.

If this individual used to have heart disease and no longer does, where did the heart disease go? Was it flushed down the toilet somewhere? Did it fall out of their pants when they were walking down the street? Did they sneeze it out? Maybe something happened and the heart disease evaporated. Maybe it was like a gas and it evaporated through their skin while they were sleeping at night.

This seems funny, but it's a real question. The answer, of course, is that it didn't go anywhere because it was never there to begin with. There is nothing different about them except the expression of their physiology. You can't put heart disease on a scale and say "Heart disease weighs 37 grams!" That's interesting, slap it on a microscope and let's see it up close. "It looks like a series of wavy lines!" No, none of that is true. You can't see it, you can't weigh it, and you can't touch it. It doesn't exist.

So why then does modern medicine insist that “Heart disease kills hundreds of thousands of people a year.”? How can heart disease kill anyone if it’s just a label? It’s just a name—a made up name. We can replace it with something completely different, right? We did a bit of this exercise earlier in a previous segment, but let’s do it again here.

Instead of heart disease, let’s call it something that rhymes with that like ‘Harvey’s Sneeze.’ Let’s say doctors started looking at these symptoms—like irregular heart beat, clogged arteries, or whatever other symptoms they way to put under it—normally these are collectively referred to as CVD or cardiovascular disease.

Would it then make any sense at all to say the following sentence? “Harvey’s Sneeze kills 300,000 Americans each year. Does that make any sense at all? How can Harvey’s Sneeze kill anybody? It’s just a name. It’s a name that has been arbitrarily made up and assigned to a pattern of symptoms that have been observed in some people’s physiology.

Harvey’s Sneeze can’t really kill anybody; it’s not like Harvey’s Sneeze gets up, walks down the street, finds a knife, and walks around stabbing people to death. It’s not like Harvey’s Sneeze can do that. It does not exist. It is not an entity. It is a mental construct in the minds of the medical community, but then they’d love to refer to it as something that is real.

The reason they do that is because the more they do that the more they can convince the public that it’s real too. They’ve got the media on board—the media will say heart disease kills hundreds of thousands of Americans each year, or heart disease kills more Americans this year than last year—and they will use these terms and people will start talking about it in the same language. They

will say “Heart disease killed my grandfather,” or “Heart disease killed my uncle...” or aunt or whatever. Heart disease killed them. You wouldn’t say Harvey’s Sneeze killed my relatives—it doesn’t make sense.

So what did they die from, really? They died because ultimately the brain didn’t get any oxygen. One way or another that’s pretty much how everybody dies. The brain didn’t get oxygen. There could be a lot of reasons why that happened—it could be that the heart stopped pumping or one of the arteries leading to the brain got so clogged up with junk that no blood could get to the brain, and therefore the brain couldn’t get any oxygen.

Maybe a blood vessel burst somewhere before the brain and all the oxygen leaked out somewhere else causing a massive stroke leading to death, or an aneurism. You can call it many different things, but ultimately, everybody dies because the brain doesn’t get oxygen.

Now here is where this gets useful. Up to this point you might think this is just semantics or rephrasing something in a different way. It’s actually more useful than that, because now we can say “Okay, they died of a lack of oxygen to the brain. What caused that?”

Well, it must have been something in their physiology. Something in their organs or something about nutrition. Maybe their blood was sludge-like because they have a really bad diet full of fried foods and animal fats and dairy products. They just didn’t have good circulation, which of course causes high blood pressure, right?

They went to the doctor and the doctor said “Gee, you have high blood pressure—we’ve got to bring that down. Let’s give

you some medication that artificially hijacks your body and lowers your blood pressure.” So they take the medication, but they don’t change what they eat. Now they are pumping around sludge blood but the blood pressure has been artificially lowered making the heart beat less, meaning that now they have really bad circulation. Now the oxygen isn’t getting anywhere they need to go so they die.

What’s the cause of death? Well, really unhealthy blood combined with the blood pressure medication that cause a lack of circulation by artificially interfering with the heart beat that was trying to push the blood around—trying to get oxygen to the brain. The blood pressure meds stopped that from happening, so there are the real two causes of death.

Of course, on the death certificate they would say “Died of heart disease,” which doesn’t really exist.

What did we really die from? Medical ignorance. Most Americans who die today die because of medical ignorance. They die because the medical industry has no idea how to save people’s lives except in acute emergency situation. Emergency room doctors are great. I love them. They do great work for people who have been in car accidents or construction accidents, or people who are victims of a drive-by.

The truth is most people are victims of the drive-thru. They don’t really go to the emergency room until things get really, really bad. At that point there is not much a doctor can do if you’ve been poisoning yourself your entire life. To summarize this section, I was you to understand that these diseases do not exist by themselves.

There is no such thing as heart disease or diabetes or cancer or

osteoporosis. These are just names—just labels—made up, arbitrary, and given to patterns of symptoms. Don't use those terms in describing your own health. Don't ever say "I have a disease." Just say "The physiology of my body is currently not as good as I'd like it to be. I'm gonna make some changes and get some different results."

The doctors can call that whatever they want. I know what's good for me. I'm going to eat healthy. I'm gonna exercise. I am going to get rid of the toxic food and chemicals in my life. I'm going to transform my health into what I want it to be so I can live a long, healthy life. That's what I want you to get from this.

So far now here on *The Illusion of Disease* we have talked about the language of disease, the verbs that they use to convince people that they not only 'have' a disease—there's that verb have—but that they *are* a disease. When a person says they 'are' bipolar, they are identifying themselves as that disease.

We have talked about the illusion of disease screening, how it is extremely inaccurate. For example, ten women are harmed by mammography for every one woman who is helped by it. We talked about how screening is really a recruitment method to recruit patients into a profit-generating system where they're sold drugs and medical procedures and radiation—things that make money for the medical community, especially the drug companies.

We've talked about all of those things, but now I'm going to hit you with something that you're going to find just astounding. Once you hear this you'll be amazed that you ever fell for it. This is a linguistic trick used by the conventional medical industry to try to convince you that fictitious diseases are real.

We've already talked about why most of the diseases out there are really fictitious, right? We talked about heart disease—fictitious. Cancer—made up. Diabetes—doesn't exist. These things don't exist.

Again, it doesn't mean the symptoms don't exist because the symptoms are very real. What you are feeling in your physiology or the growth of a cancer tumor is very real, but the diseases themselves don't exist in and of themselves. You can't weigh them, you can't touch diabetes or look at it under a microscope, and if you cure yourself of diabetes, where does it go? It doesn't go anywhere because it was never there to begin with.

More linguistic tricks from the medical establishment

They use these linguistic tricks to try and convince you these diseases are real. Here's the next trick that you've got to be aware of if you're going to defend yourself against that kind of language from the conventional medical community. I've called it logic reversals before, but let me explain it in a slightly different way here.

I walked into a compounding pharmacy one day because I was going to get my bone mineral density tested. They have a little machine there—an ultrasound machine. You put your ankle in this machine and it measures the bone density in your ankle. From there it extrapolates the density of all the bones in your body, and it's pretty accurate.

As I sat there with my foot in this machine I looked across from me and there is a poster. It's a giant poster and was obviously sent

to this compounding pharmacy by a drug company. There was some drug being promoted on it—Fosamax is one of the most popular osteoporosis drugs out there. By the way, there is no such thing as an osteoporosis drug that actually restores bone mineral density. They are all fraudulent in my opinion.

But I look at the headline on this poster, and it says the following—this should shock you if you're really paying attention. Here's what it said: "Osteoporosis is a disease that causes fragile bones." You might say "That sounds fine, there's nothing fishy about that. Osteoporosis is a disease that causes fragile bones." If you believe that, keep listening because I am about to blow that belief out of the water. In fact, that statement is backwards and it's completely false. Here's why.

First of all, how did they ever come up with the name osteoporosis? Here's how it happened. First, doctors began to notice that some patients would show up and they had bones that were really fragile. They didn't know what was happening; they didn't know why. "Gee, why are these bones fragile? How can these old ladies, in particular, keep breaking their hips and falling down?" Notice they break their hips first and then they fall down, rather than just breaking their hip off after they fall. The hip breaks, then they fall because a broken hip won't support you.

They get brought in and the doctors say, "Gee, these women have very fragile bones, I wonder what's causing it?" But they don't wonder too much because they don't think about causes too much—they just tend to think about symptoms. They say "Gee, here is a condition, and we've seen it in a number of women coming in with fragile bones. I wonder what we should call it?"

And maybe some guy in the corner who's the janitor at the local

hospital, he walks up and says “Hey, I’ve got an idea. Let’s call it fragile bones disease.” And the doctor is like “No, that’s stupid. No one would call it fragile bones disease. It doesn’t sound technical enough—doesn’t sound authoritative or scientific. Needs some Latin in there somewhere, doesn’t it? Some Latin roots.” Use some Latin words and everything sounds like it’s real.

They scratch their heads for a minute and say “Let’s not call it fragile bones disease because that would give away too much about what it is. We want it to sound more mysterious. You know? Like there is something deeply rooted in your body somewhere that’s causing these fragile bones. We want to make it sound really arcane. What can we come up with?”

And then one of the doctors says “Well, lets see, the Latin root for bones is *osteo*, and the Latin root for something that has holes in it is *porosis*. Why don’t we call it osteoporosis, which means ‘bones with holes in them,’ and the doctors say “That sounds great, like we actually know what we’re doing! We’ll call it osteoporosis! Not fragile bones disease, that sounds very juvenile—doesn’t sound complex enough.”

Now the fact that they call it osteoporosis or bones with holes in them doesn’t really inspire confidence that they know what caused it. The name osteoporosis is pretty much just a description of what they noticed. “Gee, these bones are kinda spongy—not really high density bones—they have a lot of air in the space between the bone matter, so let’s call it osteoporosis—bones with holes in them.”

That doesn’t inspire confidence because it doesn’t get to the root cause of it. The truth is doctors today have no idea what causes osteoporosis. No clue whatsoever! By the way I can tell you ex-

actly what causes osteoporosis, and I'll do that in a minute, but it's something that exists outside the realm of medicine.

It exists in the world of nutrition, and doctors are not taught nutrition. For some reason, somebody in the medical schools decided that "You know what, food? Nah... probably doesn't have anything to do with health, so let's not teach it. Let's train a doctor for four years of medical school and let's not really mention nutrients. You know, it's not necessary. Let's focus of drugs. Let's focus on pharmacology and disease names and definition and anatomy and physiology. Let's teach them a lot of latin roots. That way if they see something they don't recognize in the future, they can make up a really cool sounding name for it like, well, osteoporosis."

This is really the origin of the name osteoporosis—its just an observation of symptoms. Now, getting back to this poster. The poster says osteoporosis is a disease that causes fragile bones. This is very interesting because first of all they are saying osteoporosis is a disease. Many assume that to be true, but it's not true. Osteoporosis is not a disease—no more than someone running up a hill has a heavy heartbeat and is sweating. It is a physiological response—that's all it is.

If you run up a hill and you're huffing and puffing, your heart is beating, you're breathing rapidly, you're sweating. That's not a disease, that's just a physiological effect of the activity you just engaged in.

Well, what if you take a person who used to have a healthy skeletal system and you keep them out of the sun so they don't get vitamin D, you fee them a lot of processed foods—sugars and caffeine and a lot of acidic foods, especially soda which contains

high fructose corn syrup—and you make sure they don't get much exercise. Their bones begin to lose mineral density especially due to the acidity of the soft drinks they're drinking or the coffee they're drinking.

That person is going to have more fragile bones, just like the person running up the hill will be breathing heavy and sweating. Does that mean the person running up the hill has a disease? No, and the person with fragile bones doesn't have a disease either—only a physiological effect.

Disease maintenance

So you see for a doctor to say that someone 'has' osteoporosis is really just saying that they observed the person doesn't have high bone mineral density. It's like looking at a car with a flat tire.

You don't say "The car has flat tires disease." You say "The car has a flat, maybe we should fix it. Maybe we should pump some air into that tire, then we could drive on it again." But if we call flat tires a disease, and then let's say we had the American Society of Flat Tires Disease that announced that there's no such thing as a cure for flat tire's disease. There is only ongoing maintenance, and in fact cars need to be fed pharmaceuticals in order to be able to drive on the flat tires.

If the media picked up on that and started brainwashing people into thinking a flat tire is a disease caused by fragile tires and the escaping of air, would that make any sense? What if you saw that as a poster in a car shop. It's caused by what? It's caused by fragile tires and air escaping out of the tires. Gee, sounds serious. What can we do about it?

Introducing Airmax prescription Rx SSF! Yes, you need this prescription in order to pump up the air in your tire so you can drive on your diseased tire! Don't actually think about repairing the tire—don't get it fixed or replaced, and don't patch the hole. No, just keep taking this drug for the rest of your life, then you can manage or maintain this flat tire's disease.

This is the exact same message that the drug industry tells people, which is "Don't think about curing disease—don't solve the problem. Don't do anything to prevent it. Don't fix your situation, and certainly don't accept the idea that you have options for having a different health outcome." They say, "All you need to do is maintain it. Manage it. Control the symptoms."

How do you do that? You do that by avoiding any real changes that might solve the problem, and instead you take their pharmaceuticals for the rest of your life. What a coincidence that that happens to be the exact line of reasoning that makes them a ton of money, but getting back to the posted remember the headline that I described. "Osteoporosis is a disease that causes fragile bones."

I mentioned that that's a false statement because osteoporosis is not a disease, and it doesn't cause fragile bones. Instead, and here's the secret—listen carefully. The secret is, they've got the sentence reversed. Turn that sentence around; it should say this—"Fragile bones are symptoms that we observed and we gave a name to, and we named it osteoporosis."

What that means is that fragile bones were observed and given the name... fragile bones. Right?

Doctors are looking at fragile bones and declaring them fragile bones. In other words they're saying nothing. It's like looking at

a broken foot and saying “Err, the foot’s broken!” That’s not a diagnosis of disease, it’s an observation. You don’t have to be a doctor to make that observation. Someone’s coughing, and you say “Look, that person’s coughing.” Maybe they have coughing coughing disease!

No, they’re just coughing. That’s it, it’s just a symptom. If someone has fragile bones then they have fragile bones. Just using another language doesn’t mean it’s suddenly a genuine disease, does it?

Let’s translate the headline of the poster forwards now. We already translated it backward. Instead of saying “Osteoporosis is a disease that causes fragile bones,” let’s substitute the Latin.

Do fragile bones cause fragile bones?

That means the poster would now read “Bones that are fragile is a disease that causes fragile bones.” How much sense does that really make? Kind of like saying sneezing is a condition that causes sneezing, which almost makes sense because once you start sneezing you sometimes sneeze a couple more times. That almost makes sense, but the other one makes no sense. Are you kidding me? This is the best that the medical industry can come up with? This is their poster for selling drugs for osteoporosis?

You see their trick is that they use this technical sounding term—osteoporosis. That convinces people to be hypnotized. It convinces people to believe that this must be a real disease. The poster says it right there—osteoporosis is a disease! That’s amazing.

Another thing to realize is that they have the cause and effect backwards. They say osteoporosis is a disease that causes fragile

bones. That means the disease came first, right? And then the effect was the fragile bones. That's what they want you to believe. The disease came first, and then the fragile bones came second, right? That's what the headline is saying.

The disease is causing the fragile bones. As it turns out, this is backwards. What happens first is that your bones get fragile because you're drinking too many sodas or not getting exercise, you're deficient in vitamin D, calcium, magnesium, or whatever—those are typically the main reasons. So you go to the doctor, and then you get diagnosed with the disease—then you get the label put on you.

In reality, the fragile bones come first and then they cause the diagnosis of the disease. If the poster were correct it would say "Fragile bones cause the diagnosis of osteoporosis." That would make sense. The fragile bones come first, and then you get labeled with the disease, which of course is still Latin, and can be translated into English.

If effect, what we should really say is that fragile bones is a condition that causes the diagnosis of being labeled with fragile bones disease, which once again says basically nothing. You see how this is all just circular? All these definitions of disease are just self-reinforcing nonsense, and if you really peel away the layers and dig underneath them you find there is no disease. There is no such thing as osteoporosis. Doesn't exist.

Doesn't mean that some people don't really have fragile bones—they do, but why don't we just call them fragile bones, right? That's all they are is just fragile bones. We don't have to give them fancy names. The point is they don't want you to think you have options. They want you to think that you've been infected with

some kind of terrible disease. You have no way out of it; there is nothing you can do. It sounds Latin, it must be bad!

Then they want you to take their drugs, so they've trapped you in that system based on your belief. If you believe that poster, you've been hypnotized.

Now you see these logic reversals and this misrepresentation of language throughout the mainstream media, especially with so-called diseases like osteoporosis. For example, I found this article in the Arizona Republic—that's a newspaper. It says "Osteoporosis is a disease in which bones become porous making them fragile and more easily broken." This is just like the poster we just talked about. The poster says the same thing.

Turns out it's not. It's not a disease, and osteoporosis is just a fancy Latin term and the logic is backward. The fragile bones come first, and then it is given the diagnosis of osteoporosis. How did the fragile bones happen? It's based on what people eat and drink, and whether they exercise. That's what causes bones to be either really healthy and dense, or unhealthy and fragile and porous. Let's translate this Arizona Republic headline into English—let's take the Latin out of it.

Here's the headline translated into English. "Fragile bones is a disease in which bones become porous, making them fragile and more easily broken." Kind of funny, huh? The point of all of this—this name osteoporosis or any disease name we are dealing with—Alzheimer's disease, or whatever. Sometimes they just make them up after people who had the disease—Lou Gehrig's disease, they call it. Find someone who exhibited that pattern of symptoms and give it a name. Now they make it official—it must be real!

The whole point is to convince patients that they don't have options. It's to convince patients that they really have some disease like malaria. Something has infected them, something has taken over their biology, and there's nothing they can do about it.

This is essential for Western medicine because they must trap patients into a system of having no options if they're going to make money off of them. They can't allow people to be empowered with the idea that they might be able to change these causes and create a different desired outcome. They can't even allow people to come up with the idea that "Gee, if my bones are fragile and weak, what can I do to change that?" You see that thought it not allowed to enter the minds of people.

Think about this. For the cancer industry, they've got women believing they can't do anything about the cancer. It's automatic—it just happens to you. It's completely out of your control. Too bad, you got diagnosed. Bad luck, whatever—it's in your genes, blame your parents!

Running (in circles) for the Cure

What kind of weird psychological strategy is that? I'm not sure, but they've managed to convince millions of people that the way to even try to cure cancer is not to change the way they eat or get more sunlight or get vitamin D or consume anticancer foods, herbs, and supplements, or exercise or any of these things. Instead, they pay money to run around in circles.

They gather people together on these "Run for the Cure" events and they have people pay money to run around in circles, and they all say they're running for the cure! Are you kidding me?

How far do they have to run before they will find the cure? That's my question.

If this were a matter of running, then we can hire some marathon people to go find the cure. We wouldn't all need to run in circles, and if you're looking for the cure shouldn't you run in a straight line somewhere? Shouldn't you be going somewhere? How can you run in a circle and find a cure?

This whole "Run for the Cure" thing is just laughable. Every time I see these events—I drive by them sometimes—I look at those people and think "Oh my god, they've hypnotized another thousand people." How do they do that? It's fascinating how they convince people that running around in circles will somehow find a cure for a disease that doesn't even exist.

The disease is fictitious, and they've got these people running around like hamsters in a circle to do what? To raise money! Where does the money go? To the richest non-profit in the world, which is the American Cancer Society. They're wealthy. They drive around in limousines. They own massive amounts of real estate. They get money from the drug companies and the mammography companies.

They are rich and wealthy and powerful, and they've got these poor women suffering from breast cancer giving up their hard earned paychecks to pay them to these wealthy executives who claim to be searching for a cure for a disease that doesn't even exist? Oh my goodness. Reality is pretty crazy.

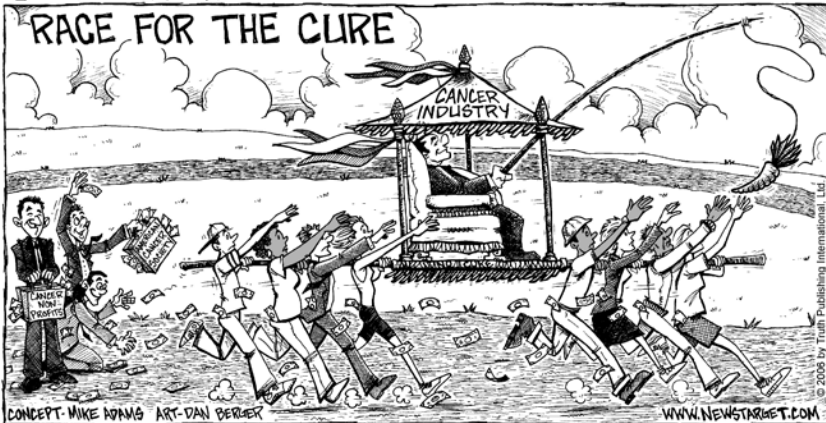
This is why I called this a virus of the mind. The people who do this have been infected. Not with cancer, but with a virus of the mind. They've been brainwashed—literally brainwashed. This is

the kind of behavior that you'd normally attribute to some bizarre cult. "Hey everybody, drink the Kool-Aid! They aliens are coming and we're gonna meet on the mothership on the far side of the asteroid, but before we get there let's all give up our money running around in circles searching for the cure for something that doesn't exist."

That's what's going on here. "By the way, before we meet the alien mothership on the other side of the comet, put on these bracelets! That way we can identify you—if you're wearing a pink bracelet we know you're one of us."

People buy these bracelets, and they have no idea where the money is going. They run in circles, and they have no idea why. They keep doing this year after year, decade after decade, and isn't it funny that no matter how far you run, no matter how much money is raised in the "search for the cure," that they somehow never manage to find a cure? Isn't that amazing?

COUNTERTHINK



I wonder why? Because the disease doesn't exist and they're not searching for a cure anyway. They're searching for a way to make more money—to be a bigger non-profit. They're searching for a way to brainwash more people. It makes them seem important. They want to grow their influence like any organization, it seems, and to do that they need more people running around in circles.

Cancer solutions are not in short supply

All of this goes on despite the fact that there are so many ways to reverse the symptoms of cancer. There are herbs. Chinese Medicine can reverse cancer in a matter of weeks—even really aggressive forms. Pancreatic cancer can be reversed with Chinese medicine.

Rainforest herbs can reverse all kinds of cancers, and this is even despite the fact that we all have some cancer in our bodies. We all have some tumors—they're called micro-tumors and we all have them. It's no big deal. The difference is learning to keep them in check by using foods and sunlight.

Did you know that if you have vitamin D in your body that your body can't grow cancer tumors? If you have a sufficient level of vitamin D your body will not grow cancer tumors unless you go to Chernobyl and irradiate yourself, or you put your breasts under a mammogram machine and irradiate your breasts. Of course, yeah you could get cancer from doing that.

Otherwise if you're just leading a normal life and you have sufficient levels of vitamin D in your blood, you cannot grow cancer tumors. Vitamin D cuts off the blood supply and combines with other nutrients. If you use other nutrients like broccoli, cabbage, sprouts, spirulina, chlorella, medicinal mushrooms like shiitake

mushrooms and reishi mushrooms or many other nutrients including zinc, green tea, and so on. If you use any of these things you can't grow cancer.

All these people are running around claiming to be 'searching for the cure,' and sometimes when they run in the desert out here in Arizona, sometimes they're running in circles right around the chaparral bushes, and chaparral is one of the many cures for cancer. It's so hilarious—these people are jogging around a cure for cancer right in the field—in the middle of the track!

They're running and running and running and saying "We're searching for the cure!" It's right in front of them and they can't even see it because they've been brainwashed by the medical system—the cancer industry—which wants to turn people into profits.

It blows my mind, and that's why I work so hard to try to de-hypnotize people. See the chaparral bush? It's right there, friends! Make the tea, drink the tea, and you don't have cancer. That's how it works. The medicine is right in front of you.

Fifty percent of two

Now this whole thing about the illusion of cancer and the search for the cure—this gets even funnier when you consider the illusion of drug testing. I'm gonna hit you with a little brainteaser that I think you'll find interesting. Let's say there is a kind of cancer that strikes two percent of women. Two out of 100 would typically get this cancer.

There are two different drugs available for this cancer. One has been shown to reduce your risk by fifty percent, a pretty big number. Another drug has been shown to only reduce cancer in

one woman out of 100. Which drug would you rather take?

Another way to ask the question is which is more effective? The answer, which should be obvious to those of you who are astute mathematicians, should be that both are exactly the same. One reduces the risk by fifty percent, well fifty percent of two is one. A reduction of one out of 100 is the same as fifty percent reduction.

You'll find that when the drug companies are promoting their drugs to treat fictitious diseases, they never use a smaller number. They never say that it only helps one woman in 100. One hundred need to take it for one to have a benefit. They say "This drug is amazing, it's miraculous! It reduces the risk of cancer by fifty percent!"

Oh, my god! Everyone should take it! The FDA should fast-track the drug—approve it for everyone! We should have taxpayers buying the drug for women. We should put it in their food! All women should take this drug!"

Most pharmaceuticals don't help people. They don't even work on most people. For every 100 people taking a drug there might only be 5 or so who have an effect in the right direction. That might be lowering cholesterol or blood pressure, and even then all people taking the drug are harmed in unintended ways.

Side effects are direct effects!

Every drug has unintended side effects, as they are sometimes called, but they're not side effects. They are direct effects—this is what the drug does. If you swallow poison, the poison will have an effect. It might poison your liver or cause your heart to stop beating or make your brain blank out, cause death, whatever. Poisons

do that—they have a direct chemical effect on the body, and it's not pretty.

Pharmaceuticals work in the same way. They hijack something in the body. They override the biochemistry and cause something to change. In doing so they unleash a ripple effect of changes in the body, but a doctor ignores all these other effects. They look at the one thing they want to change. “Your blood pressure is now lower, that must be good!” And they ignore everything else in your body like the fact that blood pressure medications are causing you to lose circulation to your brain and extremities and causing other cells in your body to die.

Blood thinner medications are literally made out of rat poison. Exact same chemical, called Coumadin. Coumadin is one of the brand names for a generic chemical that's actually called Warfarin.

It starts with the word ‘war,’ which should be a clue right there. Warfarin is a chemical that was initially used as a pesticide. It was used to kill rats and mice. You would sprinkle it around restaurants or wherever they wanted to kill the rats, and the rats would eat the Warfarin and die. They would bleed to death internally.

I don't know how but somebody decided to try this in humans. They found that if you poison humans with Warfarin, their blood gets really thin. The FDA approved it and they started giving this to patients calling it blood thinning medication.

It's really just rat poison, and it works by thinning the blood until you die. If you overdose, you'll die in the same way as the rats. You'll bleed to death internally, which has happened to many people who were taking Warfarin.

At what point did they say this should be a medicine? Why don't they just say maybe your blood is thick for a different reason. Maybe you're not eating right—too many fried foods, milk, dairy products, saturated animal fats—stuff that turns your blood to sludge, making it gooey and molasses-like. You can't pump glue through your veins, that doesn't work very well. Even a heart would get tired doing that. I wouldn't want to hand-pump all that stuff through my body.

Can you change? Of course you can! That's the whole point of this program is to de-hypnotize you so you don't think you're stuck with high blood pressure and thick blood, and they go hand in hand by the way. Change what you eat, because your blood is made of the food you swallow. It's made of what you eat.

Your blood is mostly water, so maybe you need to drink some water. That's a good start, just drinking a little more water. Maybe you need to retain the water so you need some full-spectrum sea salt. That would help you also.

Get more nutrition so you can retain water because sometimes people can't retain water when they don't have the trace minerals present in full-spectrum sea salt. Take some aloe vera, because aloe vera makes the blood very healthy. It makes it carry more oxygen and flow more easily at the same time.

Heart disease solutions and sources of interest

A couple of sources for you—you can get Royal Himalayan Salt at www.TransitionNutrition.com. That's one of my recommendations. You could also get it at a health food store. Don't get sea salt that's refined, because that's not healthy. It has to be coarse

and kind of dirty looking—kind of sandy looking. It has to have some color in it.

You don't want white bread, you want wheat bread. You don't want white salt, you want salt that looks a little dirty. That's the real salt from the ocean. For the aloe vera I recommend **www.GoodCauseWellness.com**. The product is called Aloe Vera 100. It is a 100 percent pure dried aloe vera gel. Combine that with some water, put it in a smoothie, and it makes a huge quantity of aloe vera juice. Drink that and your blood gets better right away.

I also recommend a nutrient called astaxanthin. Find the search box on **www.NaturalNews.com** and search on the word astaxanthin. Read my articles on that and you'll find out why it's such a great way to protect your heart from cardiovascular disease.

Also, of course, you need omega-3 fatty acids. You need to get these in your diet from chia seeds and flax seeds. Fish oil can be good too, but plant-based sources are better for many reasons that we don't have time to go into here.

The point is you can change your blood so you get different results, and then you no longer have high blood pressure. Now your blood flows smoothly, so your heart doesn't have to pump as hard to push the blood through your body so you can get all the nutrients to where they need to go in the cells.

It's amazing to be that conventional medicine hasn't stumbled upon this simple idea of patients taking charge and changing their health outcomes—building stronger bones or reversing heart disease and diabetes, overcoming cancer, ending depression, or any of these other things that are easily reversed. You change your

body, you change the results. If you change your physiology the tests come back different.

How do you change your physiology? You change what you eat, but most importantly—and this is the point of this entire program—you have to change what you believe. If you believe the diseases are real, you're enslaved by them. You're caught by an industry that wants you to believe these diseases are real. Then you start to act like an idiot running around in circles trying to find a cure for something that doesn't even exist, and even if it did it already has cures anyway.

People get caught up in the Cult of Pharmacology and the cult of modern medicine. They cut off a breast because they are afraid they might get breast cancer one day. They submit to radiation or chemotherapy. They do stupid things, just stupid.

The mothership is waiting for you too, on the other side of that asteroid. Be sure to get some Kool-Aid before you go that way, and get some chemotherapy on the way out. Be sure to wear that little pink bracelet and write a check before you go. We don't want the check to bounce when you're meeting up with the mothership.

So don't be fooled, folks. De-hypnotize yourself. Understand the illusions behind modern medicine and the illusions of disease.

CHAPTER 2

Now there's one more point I'd like to review about osteoporosis and what we've already gone over there. We talked about that poster—the headline says “Osteoporosis is a disease that causes fragile bones.” We've talked about how that's fictitious and why medicine uses these authoritative sounding Latin names like osteoporosis, which just means fragile bones and bones with holes in them, so essentially the headline for that poster is really just saying fragile bones is a disease that causes fragile bones, which really doesn't say anything.

So, of course, all that's really happened here is the doctors have made an observation that a person has fragile bones and they've named the disease exactly that. It's fragile bone disease. It doesn't really tell you much, does it? Well, I want to peel away one more layer of semantics about that because if you look at that statement, that osteoporosis is a disease that causes fragile bones—remember that it pre-supposes that there's a condition you acquire called “osteoporosis.” That condition then results in fragile bones so you see the time distortion that they put into place here. First, you somehow acquire this “condition” and this condition then causes your bones to dissolve away. This condition is what they're calling osteoporosis.

A symptom is not a disease

Well, the questions to you are these: How do you define this condition? What is this condition? Are there any signs or symptoms of it? Is there a test where you can test the condition? Is it real in any sense? The answer is no. There is no such condition because they can't detect anything other than the fact that a person has fragile bones. Thus, there is no disease that is a condition that causes fragile bones.

There is merely the observation after the fact that someone's bones got fragile. It's sort of like you just invent another disease called "Saggy Skin Disease." I could say this is a disease that seems to affect older people. Their skin gets saggy and I could call it skin sagging disease and I can say skin sagging disease is a disease that causes saggy skin. That's exactly what they say when they say osteoporosis is a disease that causes fragile bones, you see.

But, in fact, there is no such disease. There is no condition that you acquire that then leads to saggy skin. Saggy skin is simply a result of a certain kind of physiology—perhaps unhealthy skin perhaps a lack of fitness, perhaps some nutritional deficiencies, perhaps maybe just the passage of time taking its effect on your skin, because skin, after all, doesn't look young forever. You could be 100-years-old and still healthy but you're not going to have the same skin that you had when you were 18. It's not going to look quite as young, is it?

This is no disease so it makes no sense to call it saggy skin disease, just like fragile bones shouldn't be called osteoporosis. Now, let me give you another example of this. Have you ever heard of the disease gingivitis? Sounds kind of scary doesn't it? If a dentist is looking at your mouth and he says "Gee, you've got gingivitis," it

sounds like there is a condition that you acquired somehow. Like you've been infested with gingivitis or that somehow the gingivitis virus has infected you through your mouth in some way.

I mean that's what it sounds like. It sounds like a legitimate disease, doesn't it? A scary disease and I've heard dentists talk in terms like this where they say "well, gingivitis is a disease that causes inflammation of the gums." Well, what is gingivitis? Once again we get back to the Latin and in Latin gingivitis just means inflammation of the gums. The "itis" part of it means inflammation. That's why if you have pancreatitis it just means inflammation of the pancreas. You see pancreatitis. Pancreatitis means inflammation of the pancreas.

You could have hepatitis and "hep," of course, refers to the liver so hepatitis is just inflammation of the liver, and in a similar way gingivitis is just inflammation of the gums. So it doesn't make any sense for someone to say something like gingivitis is a disease that causes inflammation of the gums. It would be like saying, if you translated it out of the Latin and into English, inflammation of the gums is a disease that causes inflammation of the gums. Which once again makes no sense whatsoever, does it?

Again, the logic is completely wrong in that statement anyway. There is no condition that you acquired called "gingivitis" that then led to the inflammation of the gums. There's no such thing. It doesn't exist. If there is such a condition, then how come doctors can't define it? What does it look like? What is its behavior? What are the physiological signs of this pre-gingivitis condition that is the disease of gingivitis? What is present in your body before the symptoms ever appear? The swollen gums?

Is there some condition in your body that exists beforehand? The

answer is no. In fact, you're only given the label of this disease after the symptoms appear, after someone notices the symptoms—typically your dentist. They will say, “Your gums are swollen. You have gingivitis.” Just slap a label on you, just like that, after the fact.

As you can tell, there is no condition that is a legitimate disease that leads to gingivitis or that causes gingivitis nor is there one that causes diabetes nor is there one that causes osteoporosis or Alzheimer's disease or cancer or heart disease or depression or any of these other conditions—or kidney stones for that matter.

These are merely expressions of your current physiology and as such, since they are expressions of your physiology, it means that if you alter your physiology—if you alter your biochemistry, if you change the way you nourish your body—then you can change the way your body expresses itself. You can change your physiology and in doing so, you will cause all the symptoms of these diseases to vanish, thereby eliminating these so-called fictitious diseases forever.

You can control your physiology

Now, sometimes people ask me, “Well, how do I know I can really change my physiology? Maybe I don't have control over my body.” Well, of course you can change your physiology. I mean what do you do if you feel hungry? You eat! You take action and the hunger goes away. What happens if you go work out in the gym for six weeks? You build more muscle mass, don't you? You increase your cardiovascular endurance. Your body adapts to the things you expose it to. It adapts and it wants to heal itself.

If you give it better nutrients, better nutrition in terms of super

foods and fresh produce and not poisoning yourself with processed or manufactured foods then your physiology will change. If you eat more plants and less meat your physiology will improve. If you eat more super foods it will improve a whole lot and pretty soon your blood pressure will come into natural balance. Your cholesterol will be naturally balanced. Your depression—if you had some, perhaps—will just completely fade away, no longer any symptoms of depression.

As you engage in the things that are healthy for you like sunlight, exercise, fresh water, and fresh food, and you avoid all the things that are toxic to you like toxic chemicals, toxic personal care products, toxic medicines, and toxic food additives and so on, then your body will naturally and automatically move in the direction of balance and health.

In that space all of these so-called symptoms that are given different labels will disappear. All those different diseases—there are over 10,000 disease names that have been invented by modern medicine—will no longer apply to your physiology because you are now living in a state of health and you have control over it.

That's the place that I want you to be able to find on your own. That's the point here. Once you understand that virtually everything that modern medicine tells you is an illusion or a deception then you can get back to the basics of healing yourself of altering the health outcome that you choose to experience. That means you have control and you can create the health outcome that you want.

The word “your” and its psychological implications

So far we’ve talked about many of the words that conventional medicine uses to brainwash people. We’ve talked about the verbs like “have” or “am” and how they convince people to say, “Oh, I have diabetes” or “I am diabetic” or “I have heart disease.” It gets people to take ownership over those things. It kind of brainwashes someone into thinking that that is now part of who they are, and conventional medicine knows that if they can get a person to take that mental leap then they’ve got them trapped.

Now I want to tell you about another word that’s used by conventional medicine to brainwash people into thinking that they need these disease treatments. This word is a very innocent sounding word. When you’ve heard in the past you probably never thought that it was manipulative or deceptive, but I’ll show you how medicine uses this word in a very insidious way. The word is simply the word “your.” Y-O-U-R and they use this word in very clever ways.

Let me give you an example of it. Did you go and get your vaccine shots yet this winter? Now what does that sentence pre-suppose? It pre-supposes the idea that (1) everybody is supposed to go get vaccine shots and (2) there are shots waiting somewhere with your name on them like they belong to you and if you don’t go claim them then you’ll miss out. They’re your shots after all. Don’t you want to go get your shots? You see, this use of the word “your” causes people to attach themselves at a personal level with some kind of medicine.

You hear it being used even with things like asthma inhalers where a parent will say to a child, “Hey, don’t forget your asthma inhaler.” Is that really your asthma inhaler? Why not just say, “Don’t forget the asthma inhaler.” It’s really an inanimate object

isn't it? Is it really so precious to you that you have to call it "your." Doctors use this a lot when they say, "Don't forget to take your medicine." Yes, your medicine. That's right. It even has your name on it so when you pick up that prescription from the pharmacy and you read it, you find out—gee, it has your name on it. That's very personalized isn't it?

It makes it very personal. Now, that medicine belongs to me—to me as an individual. People start to create these relationships with these medicines and even with vaccines. These relationships are completely fictitious. They don't really exist in the real world. I mean a pill is an inanimate object.

You can't really have a relationship with a pill, but in medicine they get people to think that they have relationships with medicines by using the word "your." Did you go get "your" vaccine shots yet? Have you had "your" medical test done yet? Did you get "your" mammogram? What this does again is it creates a pre-supposition or an assumed idea that you are supposed to go have this done or you're supposed to get this shot or you are supposed to take the medicine and so on.

Nowhere do they say, "Did you go get the vaccine shots yet" or "Did you go get a shot yet?" They never say that. They always say "your." Go get "your" shots. They're yours. You should go get them. Don't you want them? They're yours. Why would you want someone else to get what's yours, right? You should claim them. They have your name on them.

Now, when doctors and proponents of pharmacological medicine talk about things that they don't want you to be associated with, they never use the word "your." They don't say, "Did you go take 'your' herbs today?" No, if they even bring it up at all. They'll say,

“Did you take the herbs?”

They make it very impersonal. They might ask you whether or not you’re taking any homeopathic medicine or if you eat the super food supplements? They never say that they’re yours. The word “your” is always reserved for the stuff that they’re trying to sell you. Did you take “your” shots, “your” medicine, “your” prescription, and “your” medications? Those are the places where they use the word “your.”

This is a very interesting psychological idea. You see this reflected surprisingly in professional sports with the spectators. You see, the spectators when their team is winning they always use the word “we.” “We” are winning. It’s “us.” It’s all of “us.”

I mean even though the spectators aren’t even playing the game and even though they don’t even know the players and they don’t even know how to play the game or have the skills that the players have. They’re just sitting there in a chair observing a sport like a football team or a basketball team but if they’re winning, they say “we” are winning.

Us—all of us—we’re winning and when the game’s over and they win, they say “we” won, right? They say, “We won.” It makes it personal, makes them feel better but what happens if their team is losing? Oh, “they” lost. It’s “them.” “Those” people out there playing on the court—“they” lost the game. It wasn’t “us.” We’re just sitting here observing. We didn’t do anything. They lost, not us.

This is a way for a fan to distance himself from the idea of taking on any kind of responsibility for the loss. You see, if there’s a win then they want to be part of the win. “We” won but if there’s a loss, they say, “No, ‘they’ lost” even though it’s all, of course, the

same situation. They're sitting in the chair doing really nothing, regardless of whether there's a win or a loss. Well, this is what we see in medicine too.

The doctors say take “your” medications but you don't necessarily have to take the herbal supplements or eat the super foods. It makes it very impersonal to use those words—“the” or “a” or “an” versus “your” you see. A very big difference. This is a subtle shift in language that's simultaneously very powerful and quite seductive.

That's why it works on people. Unfortunately, this is why modern medicine practitioners use this kind of language—precisely because it is seductive. It's almost covert so it brainwashes people to take certain actions without them really being consciously aware that those actions are taking place.

Revealing the illusion of modern medicine

Much of what happens in medicine today is really just illusion and that's, of course—why I wrote this book—because I wanted to teach you about all of these illusions for one purpose: so that you can de-hypnotize yourself or you can resist those illusions.

I think you'll agree that just from the information you've learned here so far you've already received a tremendous amount of value in being able to protect yourself from those kinds of linguistic tricks—those brainwashing strategies that medicine uses with the verbs, the logic reversals, and using the Latin words for the disease names. Add to that the word “your” and all the other things that we've presented here, because nobody wants to be duped, right?

Nobody wants to be hoodwinked by a bunch of doctors pushing some dangerous pills. Nobody wants to be taken advantage of.

What I'm giving you here right now is exactly the kind of information that you need to protect yourself from being brainwashed to protect your own mind and your own logic so that you can make informed and rational decisions about what is best for your own health. You no longer have to be subjected to the kind of Jedi mind tricks, so to speak, that doctors and other health authority figures try to play on you.

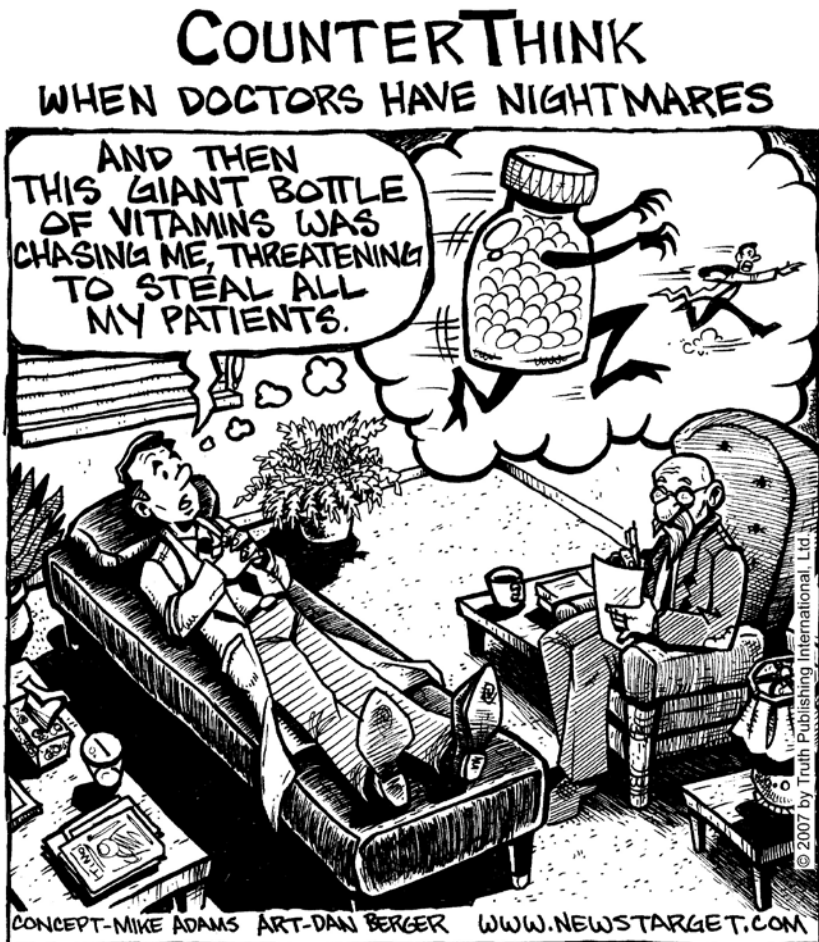
They are really just tricks, of course. Almost everything we've talked about here is just a collection of different tricks that they use in modern medicine to try to persuade you to take the actions they want you to take, which, of course, are buying their drugs or submitting to their chemotherapy or agreeing to undergo surgery that makes them a lot of money. At no time do they want you to be informed. At no time do they want you to understand that you have choices.

They don't want you to have options. They don't want you to take charge of your health and change your health outcome. They really don't want you to change your physiology and produce different results, because if they even let you consider the idea that that's possible then they lose. Because then you now have the power to take charge of your health and be healthier and overcome just about any disease, especially given the fact that most of those diseases are fictitious to begin with.

So overcoming a disease is now as simple as just changing your beliefs so that you now realize those diseases weren't real to begin with and understanding that you can quickly and easily change your physiology by changing your behavior. When you do that, you'll get different results. It's as simple as that. Your doctor may not want you to know that information, but I certainly do and that's why I'm sharing it with you right here.

You may be under their control and not even know it

One way to know that you're trying to be controlled or brain-washed is when authorities tell you not to use certain words. They don't want you to even think about those words. You find this in the book, *1984* and the whole idea of thought crimes. Well, in modern medicine today there are also things called thought crimes and one of the thought crimes is that you're not allowed



to think—certainly not allowed to print or even to read—about this idea that diseases can be cured. You're not even supposed to talk about a cure.

If you mention the word “cure” with the word cancer on your web site and you happen to be selling something like—oh, let's say a South American herb that actually cures cancer, then, of course, the FDA will shut you down. The authorities will come in and arrest you, throw you in jail. For what? For telling the truth, which is that these herbs do. They, in fact, cure the symptoms that have been given the name “cancer.”

Is there really no cure for cancer?

Now, remember we talked about how cancer isn't even a real disease to begin with? We're not saying that cancer isn't real, but the symptoms are real, and if you change the symptoms or cause the symptoms to vanish, then what does that mean? It means you've cured the cancer, doesn't it? But in our society today, with our oppressive FDA and the tyranny that's put out there by the health authorities, you're not even allowed to think about this word “cure.” The official position of every disease organization is that there is no such thing as a cure.

You can't cure cancer, they say. There's no such thing as a cure for diabetes says the American Diabetes Association. You can't cure heart disease says another organization. There's no cure for depression. You just have to manage it with anti-depressant drugs, says another group. And so on and so forth.

You name a disease and I can tell you an organization that says there's no cure for it. Now, to drive this point home even more

the FDA puts out little warnings—you find these in press releases and sometimes public service announcements and things like that. They say beware anything that advertises itself as a “cure” for cancer is quackery or must be a fraud because there is no “cure” for cancer. Therefore, anyone who mentions the word “cure” is obviously deceptive—must be.

Now that’s a very interesting bit of circular logic all by itself. They say that there is no such thing as a cure. Therefore, anyone who mentions the word “cure” must be lying. But what if they were wrong about the first point and what if there were cures for cancer? In fact, there are many, many cures for cancer. People cure their cancers every day all over the world. It’s really not that difficult to do, but the FDA uses that as a measure of whether they should attack somebody.

Now you have all these companies out there scared to death of telling the truth about their own herbal supplements that cure cancer. Instead of saying it cures cancer they have to use these translations of that language or these similar statements. They say things like “supports healthy cell division” or “helps to cleanse the blood” is another one that you see. Those are all the kinds of statements that are made on products that actually cure cancer, by the way.

The FDA just doesn’t want you to know that they cured cancer and they’ve got everybody trained about this idea that there is no cure, so the word “cure” is a forbidden idea. That’s a forbidden word but only in one context. Now in the context of something that’s pharmacological they talk about the “cure” all the time but they never produce it you’ll notice. They’re always talking about the “cure.” They’re searching for the “cure.”

They're running for the "cure." They're racing for the "cure." Take a walk for the "cure." Donate for the "cure." Don't you want to help us find the "cure," because we're looking for the "cure?" Now what's interesting about all of this language is that they're talking about something that doesn't exist and will never exist because they're not really searching for the "cure," which is evidenced by the fact that they don't even believe there is such a thing as a "cure."

You see this is the same system of medicine that says there's no such thing as a "cure." Well, how can they be looking for it if there's no such thing? And if they say there's no such thing as a "cure," what are they looking for? The answer is, of course, they're really just looking for more money from suckers—people who will donate money to run around in circles and think they're looking for a cure for cancer.

When, in fact, all they're doing is paying somebody to get some exercise, which is actually a pretty good way to help prevent cancer, especially if you do it outside under the sunlight. You are preventing cancer as you run around in circles. I'm just saying you don't really have to pay somebody to do that. You can do it for free.

The cures for cancer are in fact free but what's hilarious in all of this is that they talk about there's no such thing as a cure. You can't find a cure and anybody who mentions a cure must be a quack. There's no such thing but then they keep saying "well, we're looking for the cure. Yeah, we're going to find the cure."

We're spending money—all kinds of money to find a cure. We've been looking for it so hard that we've been doing it for 40 years. You see, the cancer industry promised a cure in the 1970s and said they were only a couple of billion dollars away from a cure.

That was almost 40 years ago and there's still no cure. Well, here's a question that I have—a very serious question about this. What happens if they find a cure?

Curing cancer is a lucrative business

Well, then I guess they'd have to change all their language. They'd have to say well, never mind everything we just said about there not being such a thing as a cure, or about anybody mentioning the word “cure” being a quack or a fraud. We have the cure now. We just found it. We found the cure. Would they suddenly be okay with that then? Would the “cure” suddenly be politically correct? And here's another question—would they give it away? You see, they've been searching for the cure using all this money that's been donated to them by people, right?

All this donated money—here donate for the “cure,” raise money for the “cure.” We raised \$50,000 for the “cure” this weekend as 5,000 people ran around in circles. They say they're spending all this money trying to find a cure. If they find a cure, let's say they find a drug or a chemical cure for cancer, do you honestly think that they would give it away?

Do you think they would just announce to the world “we found a cure and we're not going to seek patent protection even though this might be the single most profitable drug ever created in the history of the pharmaceutical industry? We've decided to just give it away.” Do you think they would do that? Of course not! Their shareholders wouldn't let them do that.

If, indeed, they ever found a “cure,” which, of course, they will never find because there is no such thing from pharmacology

because there's no chemical cure for cancer. But if they were to find such a thing then would they give it away? Of course not, they would sell it. They would sell it for the highest price they could get for it—\$100,000 a shot. Why not? Who wouldn't pay \$100,000 to be cured of cancer? Do you know what I'm saying?

People are spending more than that on poisons and chemotherapy and surgery that doesn't even work to cure cancer so certainly they would spend \$100,000 on something that did work, wouldn't they? So whatever company came up with, this so-called "cure," would be the wealthiest company in the world very quickly—if their drug actually worked. This then leads me to the question: Well what about all those people that donated the money that they used to do the research to find the "cure?"

A challenge

What about all those folks that ran around in circles sweating under the hot sun and donating their hard earned cash? Where'd all that money go? Shouldn't it have paid for the research and shouldn't the drug be free? I challenge the industry, in fact, to commit to releasing all future cancer cures for free and to not seek patent protection. I challenge them to just publicly announce that they will not charge anybody for those medicines, because they're using all the money that's been given to them through donations to try to find that cure.

You will notice, and this is, by the way, one more piece of evidence that tells you that the industry is a scam. You will notice that there is no drug company that has ever made that commitment. They will never publicly commit to giving away the "cure" for cancer or any treatment for cancer.

They will never do that because treating cancer is far too profitable. While we're at it we might as well state the obvious. They're never going to find a "cure" for cancer. Even if they did they would bury it because cancer just makes way too much money for Big Pharma. It's very profitable.

It's a multi-billion dollar business. Why cure people when you can treat them over and over again and generate profits off of the disease that people think is inevitable? Especially if you can convince people that there is no cure. That's what they've done. It's even more effective if you can have a whole system of disease screenings set up using mammograms that actually give women cancer because then you can make sure that you have repeat profits.

You know for sure that there are going to be more customers who need your chemotherapy drugs, who need your cancer surgeries. Do you know how you know if you're one of these companies? You know that because you're giving cancer to these women.

You're giving them cancer through the screening process. It's a built-in revenue stream gimmick and that's all it is. It's just fraud. It's just straight fraud from an industry that cares nothing about the real health of women, or men for that matter.

Change your language and open up your options

All right, so far, I've given you a lot of information that reveals some of the seductive, covert tactics used by the conventional medical industry to brainwash patients into thinking they have diseases when they really don't, or into thinking that they don't have options for their health when they really do. So now I'd like to give you some pointers here, some action items that can help you take control of your health and resist the kind of brainwash-

ing propaganda put out there by the pharmaceutical industry.

I'm going to give you three ways to know that you're under the spell of the pharmaceutical industry so that you can escape that spell. These are three signs that you might be under their spell. Sign number one—if you're using language that reduces your options then you might be under their spell. That's language like saying "I have cancer" or "I have heart disease." That verb "have" means that you've adopted that disease as part of who you are. That it's invaded your body. That you've been infected with it, kind of like malaria. Watch out for that language.

That means you're under their spell. The other word to watch out for is "am." If you say "I am" diabetic or "I am" bipolar then that means you have unwittingly perhaps begun associating your own identity with that disease, and if you were to say that again and again it would make it even worse. You begin to feel like you're inseparable from that disease.

Some people actually begin to define themselves by that disease. When they wake up that's the first thought in their heads is "oh, I'm a diabetic waking up today." That's not a very good way to start the day if you want to be healthy. You want to have language that gives you options instead of limits your options.

If you hear yourself saying things like "I have" this disease or "I am" that disease then you should have a red flag go off in your head that says "whoa, whoa, wait a minute here. That's a red flag. That means I'm being seduced by the system of modern medicine. That I've been brainwashed by them and they're messing with my head. They got me to say that. I can't believe I fell for that." That's some of the things that you might be thinking. So what should you do instead? You should always use language that gives you options.

For example, instead of saying “I am” diabetic, or “I have” diabetes, you could say “my body currently expresses the physiology that creates symptoms that have been given the label diabetes by the medical industry, but as soon as I choose to alter my behavior and change what I consume and thereby change the physiological effects that are produced in my own body, in time as I’m doing that I will no longer qualify for the definition of diabetes that has been assigned by conventional medicine.

COUNTERTHINK BIG PHARMA MONOPOLY



So you see even though that's a much longer sentence, it is a sentence that assumes lots of options. It assumes that you have a level of freedom to alter the course of your own health and, of course, you do because you're the one who controls what you eat. You're the one who has all the options. In fact, I dare say that no one has control over your health except you.

I don't think that your doctor can really do anything for your health except, perhaps, diagnose a condition and give you some guidance about maybe what's going on in your physiology. But he can't heal you. He can't cause your body to heal or change your physiology in any kind of healthy way.

He can only really give you poisons. Poisons that have different selected effects. Some poisons lower blood sugar, but they damage the liver. Other poisons might make you feel happy, but they make you obese because anti-depressants, of course, cause weight gain and they also cause the symptoms of diabetes.

The healer resides in you

You see, a doctor can't heal you. You've got to use language that is consistent with the idea that you are the healer and that you can always make a change, so that if you've been diagnosed with something, if you've been given a disease label, it doesn't mean the end of the world.

It just means that "all right my body currently expresses the pattern of symptoms current physiology that has been recognized by a doctor and it's been given a name—a label that they just made up and as soon as I change what I do I'm going to get different results and my physiology is going to change. Then they'll have to

get rid of that label because it doesn't really apply to me anymore, does it?" That's how you solve that problem right there.

Fear: the four-letter word of conventional medicine

Okay, so that was one of three. Point number one is if you're using language that reduces your options that means you're under their spell. The second way to know that you're being manipulated by conventional medicine, and this usually happens in a cancer setting, is that if you feel a strong fear factor pushing you toward a decision. In other words, if fear is the dominating emotion in your decision process, chances are you're being manipulated because a person who's making a rational decision about what's best for their own health will not be primarily motivated by fear. They will be motivated by possibilities—by positive outcomes, by hope, by excitement for a better life. They'll be motivated with positive emotions not negative emotions.

But medicine and especially the cancer industry loves to use fear because fear makes people do crazy things like submitting to being poisoned with chemotherapy, for example. Fear does that to people so they use fear and they use it very effectively. They actually wield fear like a weapon. You might think some of these cancer doctors are pretty good scalpel jockeys because they do so much surgery, but the truth is they can whip out some fear and cut up a person with fear far more than they can do with a scalpel. And they do—they're not afraid to do that.

They don't have fear, but they want to instill fear in you because it makes you commit to decisions that enrich them and give them power. Remember, evil people who want to control you will

always use fear. You think about all the stories—fairytales for example, and the evil kings who would try to have power over all the people in their region. How would they do that? They would do it by fear. They control people by fear. How did President Bush control the nation after 9-11? He did it by fear. They even had terror alerts.

Different colors, as if orange fear is different from yellow fear. If they want you to be really, really afraid then it becomes red fear. They even use colors and announce these terror alerts, which are, of course, just a way of telling the population to be afraid and allow us to change the law so that our rights and freedoms are taken away. There's a parallel with medicine. Any time they're using fear to convince you to do something, they're also taking away your freedoms—your freedom of choice, in that case.

They don't want you to be empowered. They don't want you to think positively. They certainly don't want you to understand that your body is a self-healing mechanism and has the ability to repair itself automatically and effortlessly almost without any conscious effort on your part, so that you can overcome cancer, repair heart disease, and reverse diabetes.

As long as you have the right nutrients in your body and you've got vitamin D and sunlight, exercise, fresh air, fresh water and a positive outlook on life, and you're free from toxic chemicals, then you can repair yourself. Your body has a self-repairing mechanism and that idea is something that conventional medicine does not want you to realize.

They know that they can prevent you from understanding that by keeping you in a state of fear. It's very simple for them to instill fear in someone. They do it just like an evil dictator or a warmonger or

someone who wants to use fear to control the population. They just invent something and then they tell you to be afraid of it.

They might invent an idea that “oh, if you don’t do what we tell you to do you’re going to die in a year. You have 12 months to live. That’s all you have unless you do what we tell you to do.” See, that’s using fear. Fear to control you to try to convince you to pay them a lot of money to drip poison into your blood—it’s called chemotherapy.

The sign to pay attention to here is that any time you feel a strong sense of fear it probably means you’re being manipulated by the system of medicine. I think you should be motivated by hope, by positive vibes. You’ll notice that everything that I’m teaching you here is about eliminating fear and it’s about instilling you with options.

I’m informing you and essentially giving you the confidence so that you can stand up and make your own decisions about creating a better future for yourself. I don’t teach fear. I teach the opposite of fear. I teach freedom. When you’re free to make decisions and when you have the freedom to control the outcome that you wish to experience or that you wish to express in your physiology, there’s no need for fear because if something’s wrong today you know “hey, I can change it tomorrow. I can start changing it right now by changing what I eat, by changing my behavior.”

There is no reason to live in fear

You no longer have to live in fear, so just remember this: any time you’re making an important medical decision and you feel a strong sense of fear, that should be another red flag that says “aha, I’m

being manipulated by my doctor. They're trying to instill fear in me because they know that when I'm afraid I'll make an irrational decision and I'll agree to do something that causes me to be their patient where they make a lot more money and they gain a lot more power over me."

Don't trust anybody that instills you with fear to try to get you to make a decision about taking poison or surgically removing part of your body or blasting your body with radiation or the other insane things that these fear mongering cancer doctors try to do to people. Do not be swayed by that, friends. Let that be a red flag that says "you know what, something's wrong here. I'm not going to give into this fear."

CHAPTER 3

This is the chapter that I call the five levels of disease. We're going to talk about what really is a disease. Now, so far we've talked about how many of these disease symptoms are real, but the diseases themselves are not. They're just arbitrary names—labels that have been assigned to a pattern of symptoms that have been observed by doctors or oncologists.

The disease itself doesn't really exist. For example, how much does diabetes weigh? It doesn't really weigh anything, does it? Can you look at it under a microscope? No. Can you touch heart disease? No. Is there a virus that causes cancer? No. None of these diseases are real. Is there really a disease called "osteoporosis" or is it just really a fancy Latin term that simply means fragile bones? That's exactly what that means—fragile bones disease.

The first level of disease: Symptoms

Now, we're going to talk about the five levels of disease. We're going to start at the most obvious level, which is of course, the symptoms. Let's look at a symptom of a particular type of disease. Let's use diabetes as the example in this case. What are the symptoms of diabetes? Well, these are the things that the doctor observes that then gives you the label of diabetes. Those might be things like elevated fasting blood glucose levels or poor circulation in the extremities. You might be going blind because of the effects of diabetes on the retina, and so on. These are symptoms of diabetes.

A lot of people would say, “well, that’s the cause of the disease.” The symptoms cause the disease. They would say diabetes is caused by high blood sugar. Well, not really. Those are just the observable symptoms. There’s something else underneath that. What is the cause of the symptoms? What is really the underlying physiological cause? These are what I call the indirect causes and this is the second level of disease.

The second level of disease: Underlying causes

These are the causes of the symptoms. Usually they’re the biochemical causes or the physiological causes. What is the underlying physiological cause for type II diabetes? It’s elevated levels of blood sugar circulating in the blood, right? There’s too much blood sugar circulating around and there’s not good insulin sensitivity in the cells. There’s, in fact, insulin-resistance, which is another sign of pre-diabetes.

For cancer, some of the underlying causes might be a poorly functioning immune system, for example. An inability of the body’s own internal nanotechnology, which is the immune system, to take care of the cancer tumors that grow in every human body—every person has micro-tumors in their body. Every person really has cancer, depending on how you define it. But, for most people, those cancer tumors are not allowed to grow out of control.

For the person who’s been diagnosed with cancer, what’s the indirect cause? It’s that the immune system hasn’t been able to do its job of controlling the growth of cancer cells. Think of it usually being a biochemical cause of some kind or something that’s going on in the physiology. Think of it as chemistry.

Now, this is where most of modern medicine stops. This is where they think all diseases come from—chemistry. They think depression, for example, is caused by an imbalance in the brain chemistry. They think that cancer is caused by an imbalance in the cellular chemistry. They think that diabetes is just something wrong with your body's chemistry. They don't really know why it happens, but something goes wrong and then things are out of whack and your blood sugar goes too high.

Well, conventional medicine is stuck on the second level of disease. Remember there are five levels, but conventional medicine really is unable to see any further than the second level or any deeper than the second level. They really operate in the realms of physical body and chemical body—your biochemistry and things that are wrong with you physically like a broken bone, for example. That's the realm of modern medicine. It has its uses, let's be honest.

You know if you fall out of your tree house and break an ankle you want to go see a doctor because something is physically wrong with your ankle. That's the first and second level of a disease or disorder or a condition. They can look at you and say, "gee, looks like it's broken, better do something about that." That makes sense, but when we get to diseases like cancer, diabetes or heart disease that really aren't real—they don't exist in the real world. You can't touch them. You can't weigh them.

You have to look beyond the chemistry. You have to say what's the cause of the chemistry? What caused the brain to have imbalanced chemistry? What caused the fasting blood glucose to be out of balance? What caused the tumors to grow out of control? What caused the arteries in the body to begin to be clogged so that they block blood flow? What caused the build up of kidney stones in the kidney? What caused the liver to malfunction or

the pancreas to malfunction? You have to ask what the causes are. What's underneath those things? What's behind them? The answer there is the third level of disease. The third level is really behavior or you might call them "actions."

The third level of disease: Actions

Now, for example, a person who has diabetes. I guarantee you that every single person who's ever been diagnosed with diabetes gave themselves that disease. Maybe not consciously; they probably didn't wake up and decide consciously, "hey I'd love to live out the rest of my life with diabetes." No, I'm not saying that, but they took actions that led to that result. They woke up in the morning and they started drinking soda for breakfast, for lunch and for dinner.

They went and had a giant Big Gulp, which 64 ounces of high fructose corn syrup and phosphoric acid combined in one giant value added cup—drink it down. They were drinking that every single day and they were eating animal products, processed meat, which damages the pancreas, of course. Then they were doing all of these action-oriented things that led them to diabetes.

Maybe they were also watching a lot of television. Maybe they were avoiding exercise. They didn't enjoy it for whatever reason. They didn't get sunlight either so they didn't get a lot of vitamin D. You do all these things and you combine that with malnutrition or just poor dietary choices, the consumption of processed factory-made foods, and these things inevitably lead you to one result. That result is diabetes or, of course, the symptoms that are called diabetes.

Your body is going to express the result of the causes that you give it. In other words, if you give your body certain inputs you could

expect certain outputs or a certain result. If you feed your body junk, you can expect to have diabetes, cancer or heart disease. Some people have all three and they add obesity on top of that too. It's really not a surprise that if you have these certain inputs you're going to get certain results.

Underneath that level two—the biochemistry is the level three, which is the actions—is the behavior of the person. Now this you might think must be a really good place to intervene and try to create some positive change from people, right?

You see a lot of self-help books have been written and they're talking about this level, this point—the action point. They say change your behavior, eat less junk food, exercise more, get more sunlight, don't eat that processed food, and so on and so forth. At first, this might sound like a good idea until you realize that sometimes it's hard to change those actions isn't it?

Sometimes you think, "I don't know why I do those things. I don't know why I crave pizza, donuts, soft drinks or things that are bad for me, but I crave them, I eat them and I know they're bad for me, but I eat them anyway." Sometimes that's what's going on. So there must be something else. There must be another level beneath the third level; another level where we can get to even more positive change.

The fourth level of disease: Beliefs

Now we're going to look at the level beneath the action level. It's the level four of disease. This is where conventional medicine doesn't really operate in any positive way at all. What level is it? It's the level of your beliefs. Underneath your actions you have

your beliefs. Your beliefs result in your actions. What do I mean by that?

Well, let's say that, for example, you believe that sunlight is bad for you. Where would you pick up such a crazy belief like that? You might pick it up from The Cancer Society, or an ignorant dermatologist, for example, who's been taught that information and wasn't smart enough to figure out that it's false. Perhaps someone from conventional medicine told you that sunlight is deadly. Oh my God!

COUNTERTHINK



Even though sunlight provides all the energy for all life on the planet, somehow it singles out humans to kill, like it's a death ray from the skies beaming down on people to fry them and to give them cancer, even though everything else on the planet benefits from sunlight. If you believe this, for whatever reason, then you're going to act in accordance with that belief, right?

If you believe that sunlight is bad for you, you're going to act in a way that minimizes your exposure to sunlight. So your belief controls the action. What will that action result in? It will result in a certain health outcome because if you avoid sunlight you will be absolutely 100 percent vitamin D deficient. What happens if you are vitamin D deficient? It means that your body has the ability to grow cancer tumors at an accelerated rate.

It turns out, you cannot grow cancer tumors in your body if you have high levels of vitamin D circulating in your blood. So if you're lacking vitamin D, you're going to grow cancer tumors. What does that mean if you look at the whole thing? It means that at the fourth level you've got a belief. The belief is that sunlight's bad for you. Then at the third level you act in accordance with that belief by avoiding the sun.

Then at the second level you get biochemical indirect causes, which are vitamin D deficiencies. And then at the first level what do you get? Symptoms—cancer tumors. That gets a label called cancer and then you are diagnosed with a disease called cancer. What is the cause of that cancer? A doctor, whom only operates at the first and second levels, would say the cause of the cancer is your tumor, right?

A nutritionist would look at that and say the cause of your cancer is the second level. It's the vitamin D deficiency. The coach, like a

life coach type of person, might look at you and say the cause of your disease is the third level, which are your actions. The actions of keeping you out of the sun. Then a psychologist would look at the fourth level and so no the cause of your disease is, in fact, your belief that the sun is dangerous.

So you see all four of these professionals have a different view of what caused your cancer. These four might argue with each other all day long. The doctor argues with the nutritionist and the behavioral psychologist, for example, argues with the life coach. The point is they're all right—every one of them is right. They're just right at different levels of meaning. You could also argue they're all wrong because there's also a fifth level that really controls it all.

I prefer to say they're all correct in their own limited view of things, you see. They're all correct in some way at the things that they are paying attention to. As far as the doctor is concerned, the cause of your cancer is the tumor itself and he does not have the training to look any further than that. He can't understand nutrition. He's never been taught anything about vitamin D, or sunlight, or even the nature of beliefs and how the mind carries out the beliefs and transforms them into actions. How those actions generate physiological or biochemical results and how those are then labeled symptoms and given names like disease names.

The doctor doesn't understand any of that and you can't expect him to. He's never been trained in that stuff. He's been trained in one thing: Look for symptoms and give it a name. Call it a disease and then prescribe a drug or prescribe some kind of fix that Western medicine believes in. Now it is worth noting that Western medicine really only believes in the first two levels. The symptoms and sometimes the biochemical causes and that's it.

Where Western medicine stops believing

Western medicine doesn't believe in the third level: the actions. If they believed in the third level—actions—then they would teach people to change their actions, wouldn't they? They would go to a diabetic and they would say, "hey, why don't you change what you eat? Why don't you do some more exercise or make some different food choices, or get more sunlight, or stop drinking soda? Do these things and then you can reverse your diabetes by simply making these changes." Why don't they say that? The answer is because they don't believe in invoking the third level, which is behavioral change in order to achieve a health outcome.

You might say, "well, why? Why don't they believe that?" The answer is doctors believe that they are the healers and they literally think the patient has no role in their own health. I know it sounds amazing. It's hard to believe, but they think that patients have nothing to do with their own healing, you see. The doctors have been trained to be very arrogant. They've been trained to think that they are the healers. They're the ones responsible for creating any kind of effect in the body and that the patient really is just a passive observer. The patient is sort of like a mass of flesh and tissue with some kind of consciousness that's just sitting around watching like a third party observer. One who's just sort of keeping track of what's going on; the doctor is the true healer. That's what they believe.

In reality, of course, the doctor heals nothing. It's the patient that conducts all of the healing. All the power to heal is in the patient, and that's why that third level of change is so powerful. Because if you change your actions, then you can change your results. You see how that works? The doctors don't want to believe that because they believe the power rests with them. You see, to even believe

that patients have power means that the doctors would have to give up their own power.

They would have to admit they really aren't as important as they'd like to think they are. You have to remember many people go into medicine they want to be doctors precisely because they need their egos stroked. They want to be important. They want to have a lot of money and have a lot of recognition. They want to seem important. That's why doctors, by and large, are the most arrogant people you will ever meet. They're actually trained to be arrogant.

They're trained to dominate patients and dismiss anything that doesn't agree with the version of reality that they've already decided is true. That's why medicine is so slow to change. Because new ideas are simply not welcome in the minds of the old guard physicians who've been trained to think they are the power centers, and that patients ultimately have no role in creating their own health outcome.

It's an absurd idea, but it's what passes for medicine today. Don't think that medicine makes any sense. If it made sense we'd all be teaching prevention. We'd be showing people how to be healthy, how to prevent disease. Even the World Health Organization admits that 90 percent of cancers are preventable—90 Percent! Nine out of 10 cancers could be avoided if we just started teaching people how to change their actions and their beliefs.

Now, remember, we're talking about the fourth level right now, which is the belief level. Remember this: Whatever belief a person adopts and really takes to heart, like belief that sunlight is deadly, for example, has a ripple effect through their actions. That then creates the biochemical effects that create the symptoms that create disease, or health, to look on the positive side.

If people believe, on the other hand, that sunlight is good for them then they will act in accordance with that belief. They will seek out sunlight. They will get more vitamin D circulating in their blood, which means they will not be able to grow cancer tumors. They'll keep those tumors in check, and if they go in for a checkup they'll be diagnosed as completely free of cancer. The belief is what determines the outcome, ultimately, because the actions are always taken in accordance with the beliefs.

COUNTERTHINK



Modern medicine's abuse of your beliefs

Now, you can see just how powerful this fourth level of disease really is. The belief level is so powerful because your mind will tend to create actions and effects that are congruent with whatever beliefs you decided to adopt for whatever reason. Modern medicine knows this. The drug companies know this and this is why they attack this level. They try to install beliefs by infecting you with thought viruses.

If they can get you to believe something, they know that your actions are going to be taken in accordance with those beliefs. For example, they might want you to believe that vaccines are perfectly safe and that they're really effective at preventing infection. Looking at it scientifically we know that those are false. We know that vaccines are dangerous. That they can contain mercury, DNA fragments and strange parts from weird animals, like monkey brains. They really do grow vaccines in some strange places and then they inject those under your skin. They even contain chemicals that can try to accelerate the immune system response to the vaccines.

These chemicals can cause all kinds of overreactive responses like autism, autoimmune disorders, and so on. Vaccines are actually quite risky. At the same time, if you look at them, do they really prevent diseases? If they vaccinate 100,000 kids, do those kids have a lower rate of infectious disease or a higher rate? The answer is they have a higher rate because the vaccines make people more susceptible to future infections.

The vaccines are really not producing the positive effects that they're advertised to produce. We know that they weaken the immune system because they don't give the immune system the chance to respond, adapt and strengthen itself through practice,

for example. Elderly people that are given these shots have more winter flus and colds than elderly people who don't get vaccine shots. If you look at the science, they're really not safe or effective, but that doesn't matter to Western medicine.

They know if they can install this belief into your mind using this thought virus then you will act in accordance to that belief. The game then becomes: how do they get you to believe it? There are many, many ways to do that. One way is they use authority symbols. They use doctors, and they use people from the FDA—government officials. There's a tendency in most people to believe authority figures regardless of whether those authority figures are qualified to say anything at all, regardless of whether they're honest or if they have an agenda.

The faux disease: ADHD

There's just, for whatever reason, this natural inborn tendency to believe authority figures. If they can use those symbols of authority and if they can get the mainstream media to start repeating this information, they know that they can install these thought viruses in people's minds. Then people will go in and they'll get vaccinated. The whole point is to make money by selling vaccines to people regardless of whether or not they need them. A great example of a thought virus is the marketing of the disease called ADHD.

This disease was completely fabricated. It has no physical symptoms. There's no test to check for it. You can't see it under a microscope. There's not blood test at all. There's nothing in the tissues. There's really no way to tell that a person has this disease other than somebody just observing a child and then deciding

arbitrarily oh, yeah, they have ADHD. It's not a disease. It's just completely fabricated. It's just made up.

It's not a repeatable experiment either. I mean, if you take the same kid to ten different psychiatrists, you can get ten different answers. Maybe five of them say he is ADHD and five of them say he isn't. It's just completely arbitrary, which tells you one thing: It's just total nonsense. There's nothing to it. But they've managed to install this thought virus into the minds of parents, the media, the lawmakers, the doctors, even the school administrators and the school teachers. They've managed to install this virus where people think that ADHD is a legitimate real disease.

Well, once they've got that installed in people's heads, then they know that people will act in accordance to that. They'll take people to get diagnosed for this fictitious disease and then when the diagnosis is given, usually by a psychiatrist who is also part of this thought virus scam, they'll believe that it is real. Then they'll act congruently with that diagnosis. They'll go get the pills from the pharmacy and they'll give the pill to their kids and the kids will take the pills because they have been told "you are diseased. You have a behavioral condition and if we don't manage it with these synthetic, artificial, toxic chemicals that alter your brain, then you might... I don't know it might be terrible what might happen to you. You have to take these pills. Please manage your disease. You need treatment. Take the treatment. We're only here to help. After all, we care about you. We're here to help you."

Yes, that's what they're told and it's all complete nonsense. ADHD was created and marketed for one reason. That reason is to sell drugs to people who don't need them. It's a very clever way to do it because you can't go up to someone and say, "oh, you're diseased. Why don't you buy my pills?" If you do that, someone's going to

get arrested probably sooner or later.

One-to-one it doesn't work, but if you do it as an industry, you take over the media, you take over medicine, the public schools, the lawmakers, and you put this message out there for everybody that says, "parents, your children are all diseased. Why don't you all take our pills?" Then suddenly it's called medicine. It's called therapy. It's called science even though it is none of those things. It is a grand illusion.

Part of what makes the illusion so seductive is the fact that it's socially reinforced by all the different authority figures that have been infected with this same mental virus. We look to our peers for confirmation of our own beliefs. This is a common social phenomenon. When we're in question about what we're supposed to do, most people look around and they follow the herd. This is the way we tend to make decisions. If you are walking down the street and a hundred people start running the other direction and you don't know why, what are you likely to do? You're likely to join them because you figure they must be running that way for a reason. You don't want to be the idiot left behind so you start running too.

For all you know it could be some fool at the front of the line that started running and got a few people to follow him and now everybody's running. You can do this in any city. Just stop at a street corner, look straight up at the sky, point your finger, open your mouth, and watch and see how many people stop and do the same thing you are doing. Pretty soon some of them will even find something to mention. "Look at that. You see that up there? Yeah that's pretty strange isn't it?" Then more people will stop and look and pretty soon you got a crowd of people just looking.

It's the herd mentality. We look to our peers for confirmation of our own actions and beliefs so when people question the idea: "Is ADHD real? Is my child really diseased with some kind of behavioral disorder? Does he really need medication?" These parents will often look to the teacher. They'll look to the school administrator. They'll look to the doctor. They'll look to the media. They'll ask a question silently. They won't ask this out loud, but they're asking in their minds for confirmation. "Is this real?"

When they see those authority figures are also onboard with this idea, this false idea that ADHD is real, then that convinces them. "Well, it must be real. Everybody else in society believes it's real, therefore, it must be real and I'm just going to follow the herd." That's what most people ultimately end up doing—following the herd. The only drug companies really had to do to pull this off was to get enough of the herd moving in one direction so that everybody else would just fall in line.

All they had to do really was go after the influence centers of society—the medical journals, the medical schools, the doctors, the public schools, the lawmakers, the media, and, of course, the government regulators like the FDA. When they got all those lined up the game was over. They knew that the public would just fall in line like sheep; sometimes we say "sheeple." They would just start to believe whatever fiction had been put out there projected by the drug companies and adopted or embraced by the authority figures.

This is how a completely nonsensical idea can become part of society. We've seen it before in human history. There was a time when everybody on the planet believed the Earth was flat, except a couple of people, but they were wackos, right? They were persecuted by the church, by the way, for daring to believe the Earth

was a sphere and that you couldn't fall off the edge of the planet.

They were strange and they were punished for it, but everybody else thought, "no problem. The Earth is flat. We all agree it must be true because everybody else thinks it's true." That's how drug companies get away with pushing fictitious diseases onto people—they attack their beliefs.

Change can happen with a shift in your beliefs

All right, we've talked about the first four levels of disease. Just to review those again. The first level is the effects or the symptoms. Underneath that, level two, are the biochemical causes or the physiological causes. Under that, level three, are actions or behaviors. Level four, which we just finished talking about, is beliefs. Now, beliefs determine your actions, right? Your actions determine the biochemical results that you get and those results determine whatever kind of symptoms, or lack of symptoms, that you might show.

Basically, they determine your health. The beliefs at the fourth layer—they determine everything else. That means if you change your beliefs, things will ripple through and completely change. It'll change your actions. It'll change the chemistry of your body. It'll change the health results that you get. It'll change the diagnosis of your health condition completely.

That's why I like to work with people to change their beliefs more than changing their actions. You'll notice that a lot of self-help books really focus on the third level—changing your actions. They say eat more of this, eat less of that, exercise more, or whatever. It doesn't really work unless you change your beliefs first because your beliefs are the undercurrent. They determine your actions.

So we've got to focus on changing beliefs. How do we change beliefs? That's a bigger question, and we're going to get to that later on. But for now I want to go to the fifth level.

The fifth level of disease: Identity

The fifth level is the final level of what I call the cause of disease—the real cause of dysfunction, or “dis-ease” to use them as two separate words.

The fifth level is identity. That is, who you think you are. It means who you think you are when you wake up in the morning and what kinds of things go with that. Some people believe that they are “a diabetic” and they even use that language. We talked about that earlier where they say “I am diabetic” so they believe that their identity is defined by a label for a disease. That's really interesting, isn't it?

When conventional medicine can convince somebody to alter the very definition of who they are; if they can convince them to change the nature of their identity, then they've really got a powerful hook in you about making you follow the actions that they want you to follow. If you believe that you are diabetic, first of all, you now believe that your identity is partially defined by an arbitrary label that's called a disease. But it doesn't really exist at all in the first place.

Now, you're really hallucinating. You're hallucinating that you are kind of person that will always live with a certain kind of disease or symptoms or medical treatment and so on. Once they can get you to say that—to say “I am diabetic” or “I am arthritic” or whatever, then they've nailed you. They've got you because now all your beliefs are going to be in accordance with that. All your

actions are going to be acted out in a way that's congruent with that self-identity, and all the results that you're going to get are going to be congruent with that too.

It's like you've been hypnotized. In fact, you have been hypnotized if you use language like that. If you say, "I am diabetic," you've been hypnotized. You've been brainwashed. Now, you will begin to act just like a diabetic. It's like your life could be viewed as a movie about you and you're the star and you're playing out a role—kind of like a script that you might be acting out.

This script, for some period of time, has just been a certain way of doing things. Then, all of a sudden, you go to the doctor and the doctor says you are diabetic so they take the script you've been following out of your hand and they hand you a new script.

This script says now you're going to act like you're a diabetic whereas before you might have been acting like you were a professor or a librarian or an engineer or whatever. Now, you're going to act like you're a diabetic. Then people actually begin to do that and they start acting out like they are diabetics and everything they do is completely congruent with that. They start eating foods that promote diabetes. They start taking more medication to try to "manage" their blood sugar levels.

No matter what they do they're doing it in a way that continues to reinforce the belief of who they are. That's what's important to understand here. We always act in a way that reinforces the beliefs of who we think we are. We could go into a lot of depth about this whole issue about who we think we are. Let me just touch on this briefly.

Your beliefs determine who you are

We are not who we think we are. Most of us are really just acting out an illusion of who we think we are that's based on our own egos, our sense of identity, and our beliefs. We just act that out. Some people wake up and they say, "oh, I'm the kind of person who enjoys exercise" so they go out and they exercise. They really do enjoy it. They have fun with it.

Other people wake up and subconsciously in their mind they're saying "I'm the kind of person who doesn't like to exercise" or "I'm the kind of person who will go through McDonald's drive-thru at lunch and eat junk food all day long, along with donuts, pizza and soft drinks." That's what they do. Whatever we believe we are, we tend to act that out.

We tend to play roles and what's interesting is that the more we play those roles, the more we begin to reinforce. There's something called commitment and consistency in the human psyche. If we act out in a certain way, or especially if we make a verbal statement about something, we will then tend to act in ways that help reinforce that original belief or that original statement. There's a great example of this. There was an experiment done to try to determine how powerful this commitment and consistency really is.

Some volunteers went around a neighborhood and, as a test case, asked people to donate \$100 to a neighborhood watch program. They just went door-to-door and said, "hey, would you donate a \$100 to the neighborhood watch program?" Not surprisingly, most people said "no way. Go away I'm not giving you \$100."

So that produced a very small result—a very small percentage of people agreed to do that. So then they went back a second time to

a similar neighborhood, same income level and so on, and instead of asking for \$100 they were giving out free stickers. The stickers said “I’m a member of The Neighborhood Watch Program,” and they just asked people to put this sticker in their front window. That’s all they asked them to do. They said, “Here, take this sticker. Put this sticker in your front window, if you care about the safety of your neighborhood.”

People put these stickers in their windows and they would feel really proud. I’m a member of the Neighborhood Watch Program. I have a sticker in my window. It must mean that I care about my neighborhood. They went from door-to-door. Most people took the stickers because people kind of like the idea of neighborhood safety.

Then the people running this experiment went back to those same households a couple of weeks later. They said, “Well, look, we really appreciate you putting these stickers in your window. Now, would you donate \$100 to the Neighborhood Watch Program?” You know what? A huge percentage of people said yes. I don’t remember the exact number; I think it was something like 40 percent said yes, whereas before it was maybe 1 or 2 percent.

All of a sudden, 20 times more people were now donating money. Why do they do that? It was the same question that was asked of them earlier. The answer is: because it was now consistent with who they think they are. Now when those people go to bed at night and wake up in the morning, they think to themselves either at a conscious or an unconscious level, “yeah, I’m a member of the Neighborhood Watch Program. I’m the kind of person who cares about the safety of the neighborhood.” Now when someone knocks on their door and asks if they would donate money to

the Neighborhood Watch Program, that person must act in a way that's consistent with whom they think they are.

They must give them money, otherwise they have to say to themselves that the sticker was just a complete act and they really aren't the type of person that cares about the neighborhood. They really aren't the type of person who's interested in safety and most people aren't willing to go back on that.

The question is why? Why because they took the action first. When they take an action and they say yes to something then they will tend to act in a way that is congruent with that sense of self-identity. The same thing happens in medicine and health. When a person believes that they are diabetic or that they are a cancer patient or that they are arthritic, they will then act in a way that is consistent with that belief even if it turns out that it's all been fabricated.

A clear mind is an informed mind

Human behavior is not logical. It's not based on facts. It's not based on evidence. It's based on the projection of who we think we are. If that identity can be manipulated, which it is by the drug companies and by the medical establishment, then they have a frightening amount of power over your beliefs and your actions and even your pocketbooks.

That's what's happening today. That's exactly why people are being exploited. People are being exploited by conventional medicine because medicine is infecting them with thought viruses that change their beliefs about who they think they are. Changing their own identities and getting them to talk in a kind of language that even demonstrates this self-hallucination.

This strategy is simultaneously very, very clever but also extremely evil. It's one reason why I am working so hard to try to educate people about how to dehypnotize themselves so that they can un-brainwash themselves, so to speak, from these effects of conventional medicine. I want you to be able to make informed decisions with a clear mind. I don't want you to be under the influence or under the spell of conventional medicine and their dangerous and insidious thought viruses.

CHAPTER 4

In this section, let's get to the solution recipe, as I call it. This is how to put all of this information together and bring it to a solution that allows you to easily change your beliefs and then change the outcome that you get so that you can improve your health. You can literally use this process to overcome so-called serious diseases like cancer, diabetes, or heart disease. This is the process that you use to cure yourself of those.

Remember, those diseases don't really exist in the first place as we've talked about here in this program. You're not really curing anything. What you're doing is shifting your belief system and shifting your actions so that your body begins to respond physiologically in a different way. Therefore, you no longer express any of the symptoms of that disease. You are "cured" of that disease.

Remember, if you change your actions and you change your inputs for your body—that is, your exercise, foods, sunlight, nutritional supplements, and plant-based diets—then you're going to get different results. You're going to get better results, probably better than what you had in the past.

The four-part solution recipe: Language

Let me introduce this four-part solution recipe. It's very simple and then I'm going to go into an explanation of how it works. Step one is: change your language. Now, we've spent a lot of time

talking about language and how language really expresses what you believe to be true about your relationship with your body in terms of health versus disease.

Your language also expresses your identity—what you believe to be true about yourself and who you are. Remember that you project who you think you are onto your actions and onto the world around you so you always get results that are consistent with who you think you are. That's because your identity and your beliefs then ripple through your actions and actions produce results.

Those are the results they are getting. So it's fair to say, in fact, that every person, no matter where they are right now in their lives in terms of their health—if they're overweight or fit or are suffering from symptoms or not—that situation is the culmination of exactly who they think they are and what they believe. Their actions have brought them to that point.

Now I don't mean this in a judgmental way at all. Many times we're not aware of how these things work. Remember, I've also taught you how the drug companies trick us into changing our beliefs in a way that puts us in a victim role, so I'm not blaming anyone. If you find yourself in a situation that you don't really enjoy—maybe you weigh more than you want to or maybe you have been labeled diabetic—that's all okay. The important thing is to recognize that now we have the ability to change that.

Remember, I used to be diseased too. Now I understand that I put myself in that situation. It was my actions that brought me precisely to that point. Every person's body is a recording of their actions, their beliefs and their identity. Sure, there are a few things that you can't change like your skin color or your hair color.

There are genetic traits, obviously, that come into play. But in terms of your health and your physiology—your level of fitness, your ability to fight off degenerative disease and so on—these are all things that are really the expressions of the inner you. Your beliefs are your identity and when you change your beliefs and your sense of what you are, then you will get different results. In fact, they can happen very rapidly, sometimes surprisingly so. Step one is to change your language. We'll come back to this and talk a little bit more about exactly how you can change your language and how that changes your beliefs. This is step two.

COUNTERTHINK



The four-part solution recipe: Beliefs

Once you start talking to yourself in different terms using different and empowering words and not allowing yourself to be trapped in language by saying things like “oh, I am diabetic” —because again that describes this idea that you think you define yourself by a disease—you’re going to shift your beliefs in a positive direction. This gives you more positive options about how to transform your health and how to overcome chronic degenerative disease, if there really is such a thing, and how to eliminate all these symptoms of disease. You will be able to lead a happy, healthy life free of chronic pain with outstanding human performance, great brain function, great endurance, great strength and a really great state of overall health.

The four-part solution recipe: Behavior

Let’s review here. Step one is to change your language. Step two is how that language changes your beliefs because the way you talk about yourself really does change what you believe to be true about yourself. Step three is: As you change your beliefs, your behavior will change because your behavior is really a reflection of what you believe to be true. You will always act in a way that is consistent with your beliefs. As you change your language, which was step one, you’ll change your beliefs, which is step two, and this will result in a change in your actions or in your behavior.

Now, the good news is that this tends to happen automatically once you change your beliefs. You don’t have to really force yourself to behave in a different way. You’ll simply find yourself automatically behaving in a way that is consistent with your new beliefs. As long as those new beliefs are founded on things like

health freedom, the idea that your body can naturally heal itself and the idea that you have the power to choose whether you wish to heal or not, then, of course you're going to get better behavior or more positive actions out of it.

The four-part solution recipe: Results

That leads to step four, which is: The new behavior or the new actions are going to lead you to new results. Those results might include things like the elimination of symptoms of disease. You might no longer qualify as being diabetic because your body's going to change in response to your changed actions.

You might no longer have cancer. Cancer tumors can literally vanish because the body knows how to do that on its own. It really does. Remember, we all have cancer tumors and the body has the technology to eliminate cancer tumors. It's only a question of whether you're giving your body the right resources to eliminate those cancer tumors and how much you're exposing your body to toxic cancer-causing chemicals. As you change your beliefs about what chemicals are safe, for example, you're going to change your outcome.

Let me give you a good example of this. Many people believe that dryer sheets are good to put in the laundry. That's a belief. Well, what they don't know is that all dryer sheets contain cancer-causing chemicals that are very toxic. They are chemical solvents and fragrance chemicals.

If you coat your clothes with those chemicals and then you put your clothes on and then you start to sweat, the moisture from your skin combines with the chemicals in the clothing and it

creates a toxic liquid or a toxic substance that then is absorbed through your skin. This causes cancer. If a person believes that dryer sheets—those fabric softener sheets is what I’m talking about—are harmless then they will use them. They will promote cancer in themselves and they will get the results of cancer.

However, if a person learns something new and then changes their belief about dryer sheets—changes it to say “oh, these are dangerous and I shouldn’t coat my clothes in toxic chemicals” then they’ll stop using the dryer sheets and they will get different results. Their body will no longer be contaminated with these cancer-causing chemicals and it will then be able to more effectively fight off cancer tumors and control those tumors so that he or she doesn’t end up expressing full-blown cancer. The belief automatically changes the actions, which automatically changes the results.

Now, getting back to the solution recipe, those are the four steps. Again, number one: change your language. Number two: language changes your beliefs. Number three: your beliefs change your behavior. Number four: your new behavior gets you new results. That’s how you overcome chronic disease. That’s the real secret. That’s how everybody who has overcome cancer has ever done it.

The “c” word: Cure

You’ve heard stories about people who’ve been diagnosed with cancer and they just refuse to die. They refuse to accept the diagnosis. They said “no, I’m going to beat this thing. I’m not going to give in and I’m not going to submit to toxic chemotherapy or radiation or surgery or some of the other things that doctors recommend people do. Instead I’m going to change my mind and

I'm going to say that I can overcome this condition and I'm going to educate myself and learn as much as I can about cancer. I'm going to use that to reshape my beliefs about myself."

From that they get new behaviors and new actions. It turns out that their cancers disappear and then they're cured of cancer and they go on to live a very happy, healthy life without the cancer. Now a doctor looking at that would say they never cured the cancer. The cancer just went into "remission." This is the term that the medical establishment has limited itself to using because they don't want to use the "c" word—the cure word.

Remember, we talked about how that's a forbidden word. You're not allowed to use that word in regards to cancer or any other disease because the medical system tries to brainwash people into thinking that there are no cures; that you can't reverse a biological condition that's been put into place. Of course, that whole idea is complete nonsense. Of course you can reverse it because every biological effect has a cause, right?

Cancer just didn't appear from nowhere like getting struck by lightning. You didn't just suddenly get heart disease out of nowhere. It was developing in your body for a period of time, thus it has a cause. If you change those causes, then you're going to produce different results. Of course you can change the results you get. People who are able to overcome cancer or go into what the doctors again call permanent remission are people who are able to change their beliefs. They believe that they can overcome it. They take action to educate themselves and they find ways to solve these health challenges and they get outstanding results.

They survive. They go on to lead very healthy lives—lives where they're, in fact, more mature because they learned from this chal-

lenge and from this experience. They've learned very important life lessons about what it means to take charge of your own future and to not allow yourself to play a victim role. I've got more to share with you about that, but I first want to review step one of the solution recipe one more time, which is the change your language step.

Learn to talk the talk

I want to make sure I'm giving you the empowering language very clearly so that you get into the habit of using this language. It's very important to change or transform how you talk to yourself about health or disease labels. If you're at the doctor and the doctor tries to offer you a label—he might say “you have diabetes. We just got the test results back and it looks like you have diabetes”—the first thing you should do when you hear that is you should translate it. Never use the language that the doctor used because that's the language of a victim. They want you to think that you have diabetes like you've been infected with it like malaria, or they want you to think that you are diabetic as if that's who you are.

“It's part of your identity”—well, never use that language. Instead I want you to translate it in the following way. I want you to say “okay, the doctor has just told me that he observed the results of certain lab tests, which indicate that my physiology currently expresses a pattern of symptoms that have been given the name ‘diabetes.’” You got that?

The key verb there is “expresses.” Your physiology can currently express many different things. Well, you can change what it expresses. Right now it might be expressing symptoms that are called diabetic but later, if you change your beliefs and change

your behavior, your body can express something completely different. This is even true for so-called genetic diseases. They say “we found the gene for breast cancer or we found the gene for heart disease.” It’s all complete scientific nonsense of course. There is no gene for breast cancer, but there is genetic code that can either be suppressed or activated to increase or decrease your risk of breast cancer.

It’s about what genes are expressed. We all have genes for curing cancer. At the same time, we all have genes for causing cancer. Do you remember how I talked about the process of healing skin is a cancer-like process because the skin has to replicate? The skin cells have to go into a cancer-like phase temporarily, just in order to replicate and heal the skin.

Which process are you activating?

There are cancer processes inside every cell that could be activated at any time and there are also anti-cancer processes that could be activated. The question is, which instructions get activated or expressed? You see, the real key about so-called genetic diseases is how your genes are expressed. Not what genes you have. Remember, we all have 99.8 percent of the same genes.

I think actually it’s more than that. So why we don’t all have exactly the same diseases? It’s because we have different inputs—different diets, different exercise habits, different exposures to toxic substances, and thus, we express those genes in a different way. Some people can express their genetic code in a way that creates cancer. Other people can express it in a way that prevents cancer. What you choose to put into your body, which activates or suppresses certain genes, determines the results that you get.

There's no such thing as genetically-caused cancer or heart disease or diabetes or depression. There are some very rare genetic disorders. For example, Down syndrome is a genetic situation that's typically caused by malnutrition or exposure to toxic chemicals in the womb. There are genetic defects, but most of what people are dealing with right now in terms of degenerative disease has nothing to do with their genetic code. Their genetic code is just fine.

Their problem is that they've chosen to pursue a lifestyle or they've been tricked into pursuing a lifestyle that tends to express the genes that promote disease. Instead, what they need to do is learn how to change their beliefs so they change their actions so that they start to intake the foods and engage in the kinds of things that cause the anti-disease genes to be expressed. Then they will express the positive genetic code and will end up having no disease whatsoever. We are all programmed for all of that. The human body has a blueprint for perfect health.

Activate the genetic code

It's in your genetic code. All you've got to do is find a way to activate that. You do that by changing your language so that you talk to yourself in a healthy way and don't ever put yourself in a position of believing that you're a disease or that you have a disease. Secondly you've got to change your actions so that you get different results. Those are really the four steps of the solution recipe. I hope you wrote down that language one more time.

This is following a diagnosis of diabetes from your doctor. You want to say "my doctor has observed some test results that indicate my physiology current expresses a pattern of symptoms that have been given the name 'diabetes.'" That's all you've got to say.

That's acknowledging the fact that you do have a health challenge to overcome.

It's acknowledging that the symptoms are real but it's not putting you in a position where you don't have options to make changes. Now, your doctor won't know about this language because he or she has been trained to trap you in a system of limited beliefs by convincing you or brainwashing you to think that you have no options. But the language I just gave you is the language of healing. It's the language that gives you new options so that you can take control over your health and produce a better outcome.

Disease is a progression

All right, I have a quiz for you. A person walks into a doctor's office and he gets some tests done. After the test results come back the doctor announces "you have heart disease," or CHD as they call it—cardiovascular heart disease. Now, that person was not given that label the day before, they were never told that they had heart disease, and they didn't really have heart disease according to anybody. But then that day, after the doctor gives them the results, they are then assigned that label. They're told "you now have heart disease."

The question is this: At what point did the symptoms of heart disease really appear or at what point did that person really have heart disease? That is, if we're going to talk about heart disease as being a real disease right now. At what point did that person have that "disease?" A lot of people would say they only had it at the moment when they were diagnosed with it. Before that they didn't really have the disease because the disease has to be diagnosed before it's real.

Okay, I understand that, but some people would also say that person must have had that condition for at least a year, maybe a couple of years, because it takes time to cause heart disease. Those symptoms have to build up over time. It doesn't just happen overnight, so clearly that person must have been developing that disease for some period of time, right? Maybe they had early stages of heart disease before they even went into the doctor's office.

A third person—a person who knows more about belief systems and the causes of degenerative disease—might have an even more informed answer, which is the correct answer in this case. That is this person has been creating heart disease in their body for probably decades and that there's no point at which it was suddenly a disease. Rather, it was simply a progression of worsening biological conditions to the point where it became noticeable by a doctor.

At some point their arteries may have been 5 percent blocked and a couple of months later they may have been 10 percent blocked and so on. This progressed year after year, decade after decade, as they kept eating processed meat products, drinking dairy products, eating hydrogenated oils and fried foods. This just persisted and progressed year after year to the point where they eventually were diagnosed with this condition. Technically there's really no single point at which they suddenly “had heart disease.”

This is also another way that you can tell the difference between a fictitious disease and a real disease. If you're infected with malaria, to use that example, then there is a point where the bacteria invade your body. That's the point of infection and you can mark that down on a timeline. If you had perfect knowledge, you could mark that down. You could say “aha, this is the point where the malaria bacteria infected the person and from there they have malaria.”

For heart disease, cancer, diabetes or any of these other degenerative conditions, there is no single point where you can say “okay, the day before this point they didn’t have heart disease and the day after this point suddenly they did.” There’s no such point because there’s no infection. There’s no invasion. These are, in fact, not real diseases as I’ve been talking about here. They are progressions of biological causes and effects. If you get these effects over time and they begin to accumulate, then day-by-day, year-by-year, you’re going to move toward a situation where eventually there’s going to be a diagnosis of disease offered.

It takes time and progression to acquire a “disease”

Now here’s the important point in all of this. This is the most important part. Understand that at the point of diagnosis of a disease—whether we’re talking about cancer, diabetes, heart disease, Alzheimer’s disease, kidney stones, depression, or osteoporosis—is the late stage of that degenerative condition. It’s the late stage. A doctor doing a mammogram, for example, will see something on the x-ray and he’ll say “gee, it looks like a cancer tumor. Good thing we caught it early, huh?” They try to convince you that they caught it early.

They didn’t catch it early folks! They caught it late. It’s way late. It’s perhaps 10 or 20 years late. Your body’s been building that tumor for a long period of time. It takes years and years and years to build a tumor to the point where it even shows up on an x-ray, and it takes more years to build it to the point where it needs to be removed via surgery.

I mean, it takes a lot of time to grow a tumor. It takes years and years of dietary abuse to clog your arteries. It takes a long time to

generate obesity or diabetes. It takes a real concerted effort, almost. You have to do the same thing over and over again—something that's going to give you those results. You have to in a sense be committed to that action in order to produce that result.

So when a diagnosis is handed for some kind of disease realize this: It's late in the game. If a doctor finds it that means it's been there for a long, long time, and that your body, for whatever reason, has been moving in that direction for a long, long time. It probably means that the actions that you've been engaged in have been slowly steadily moving you toward that outcome for many, many years. This didn't just happen overnight.

Cancer doesn't just strike you like lightning out of the blue. Oh, my God—boom! today someone has cancer. Heart disease doesn't just appear. All of a sudden these diseases don't just come out of nowhere. They're not caused by luck or lightning or acts of God. They're caused by a lifetime of behavioral habits accumulating and generating these cumulative results.

Change your direction

To paint a clearer picture of this I want you to imagine that you're looking at a map of a country and the country is in the shape of a large square, it could be North America, but imagine it's the shape of a large square. When you're born you start out in the center of this big square and there are different destinations on this square. One destination in the upper right-hand corner might be obesity and diabetes. Another destination in the lower left-hand corner might be fitness and health. The upper left-hand corner there might be cancer, for example, and immune system dysfunction. There are different points all over this map and there are points

corresponding to different so-called diseases that people tend to get diagnosed with.

Now, from the moment you're born you start eating, right? You start eating some food. You start getting exposed to toxic chemicals. When you're a young adult you start forming exercise habits or a lack thereof, and as you move through your life you are slowly but steadily moving toward some of these various destinations on the map. So you might be walking toward cancer every single day.

Every time that you sit down and have breakfast, and if that breakfast contains breakfast sausage, processed meats, virtually all bacon, or any kind of meat that has sodium nitrite in it or if you're eating refined white toast and sugar products like the syrup that's typically put on pancakes or white flour, or any of these other ingredients, then you are, for that meal, moving yourself toward the destination of cancer, obesity, diabetes and heart disease. In fact, you're moving yourself in all those directions at once.

Wake up to a new reality

You're sort of just shifting your reality toward disease. Now, instead if you wake up and you choose to have a breakfast made of a super foods smoothie made with really high density nutrients and super foods—maybe you blend up some fresh sprouts, raw avocados and some Goji berries in there—then you're going to be moving yourself toward the side of health, fitness, longevity, excellent brain function and excellent body function. That's where you're moving yourself toward.

By the way, I've got a recipe book called "Super Foods Smoothies," that gives you ideas of how you can have an anti-cancer smoothie

for breakfast every single day like I've been doing for years. You can find that online at www.TruthPublishing.com so be sure to check that out. What's really interesting in all this is that people are moving themselves toward a destination day-after-day, meal after meal, one step at a time.

It's like they're taking this 20-year-long journey toward disease or health, and for the people who are journeying toward disease, they're walking that path every single day. Then one day they get to the place called "cancer" and they get diagnosed with the disease and they scratch their heads and say, "oh, my God! How did this happen?"

They're surprised, even though they've been walking toward cancer every single day. every single meal for the last 20, 30 or 40 years. They're shocked that they got there, but they shouldn't be, because that's the way they've been heading the entire lives.

So wherever you end up on this map then, whatever destination you arrive at—whether it's a destination of health or disease—it's a place that you've been heading toward for a long, long time. Now, why is that useful to know? It's useful to know because if you're heading in one direction on the map and you don't want to go to that place, you can turn around and walk in the opposite direction, right?

If you're to Seattle and you notice on the map that you're actually heading toward Vegas, then you might want to turn around and go up north and head toward Seattle instead. It probably means you need to make a correction in your own personal destination. You can do this with health too.

Now, if you're eating processed foods, any kind of processed

foods—if it’s made by a machine, if it’s made by man, if you’re consuming personal care products that contain any kind of chemicals or ingredients that you don’t recognize, or if you’re taking pharmaceuticals—I can guarantee you right now you are walking in the direction of disease. It’s time to turn that around.

You can turn that around and start moving in the other direction. The really good news is that you can also determine how quickly you want to move in the opposite direction. Let’s say that you just want to stop moving in the direction of disease, but you don’t really care how fast you’re moving in the other direction. Let’s say you just want to be neutral. You’re not making yourself any worse. Well, that’s pretty easy to accomplish. You just stop eating all the poisons in the food supply.

I’ve got a book on that too. It’s called “Grocery Warning” that names all the toxic chemicals in the food supply so that you can avoid them. You can also just go to www.NaturalNews.com search for toxic chemicals or dangerous food ingredients. You’ll find a big list of all the dangerous foods ingredients out there. You can even download a free guide that I created. It’s called the “Honest Food Guide.” You’ll find that online at www.HonestFoodGuide.org. Just download it, and print it out. It’s just a one-page guide, but it gives you everything you need to know about making healthy food choices.

Make changes to stop the “disease” progression

If you stop poisoning yourself then you’ll end up standing still on this map. You won’t be moving in any direction but at least things won’t be getting worse. Now if you want to start moving toward health, then all you’ve got to do is start making choices about

eating fresh food, fresh produce, like raw broccoli, for example, or raw sprouts. If you start doing that you'll start moving slowly but steadily toward the direction of health on this map.

Now, let's say you start taking a high quality nutritional supplement every day. Quality means that it's from a quality source that uses really high-grade ingredients. One company I recommend is called Wellness Resources. You can find them online at **www.WellnessResources.com**. Another one is called Living Fuel—go to **www.LivingFuel.com** and buy the Living Fuel powder products and use those.

If you start doing that, you're going to start walking at a really fast pace now. You're going to be accelerating your journey in the right direction. You're going to be moving toward health, freedom and having control over your health outcome. As you start moving in that direction, all of those symptoms that were assigned various names and labels for various diseases are going to begin to vanish.

Now, let's say that you want to move in the direction of health even more quickly. You're not satisfied to just walk rapidly or to jog in that direction. You want to ride a bike in that direction. You want to get there faster because life is short, right? You want to get to your health destination even faster.

What could you do next? You start learning about super food nutrients. That's when you start eating Goji berries and spirulina and taking high quality supplements like astaxanthin that are powerful anti-oxidants. Then you might start blending up daily super foods smoothies so that every breakfast is a healing breakfast. You then might find yourself not needing pharmaceuticals anymore because you no longer have those symptoms.

You stop poisoning your liver. You stop poisoning your body and your brain and your kidneys with those pharmaceuticals. Now, you're really accelerating. Now, you're just zooming in the direction of health because you're on this bicycle. Yes, it's a big map. It's a big country. You've got a long way to go but you're zooming in the right direction now because you have made the changes that accelerate your movement in the right direction.

Feeling the change

You're starting to feel better. You've gotten better sleep, better memory, and a better sex life. You've got more energy. Everything's working in your body. You're moving in the right direction and now you want to go even faster. What can you do now? Now you start picking up exercise and you start enjoying it because your body feels better now. It doesn't hurt anymore.

The exercise is feeling fantastic and you're getting sunlight every-day so you're getting vitamin D in your body, and you're starting to take exotic South American rainforest herbs, which are loaded with healing nutrients, because they're wild crafted and they have all these minerals in them.

Speaking of minerals, you're taking more Celtic sea salt and you're getting full-spectrum nutrients into your body every single day. Now, you're in a race car and you're zooming in that direction. You're heading toward your destination of health at an ever increasing pace and before you know it, you have arrived at your new destination. Now, you're healthy. You're happy. You don't have any of the symptoms of disease that you used to have. You don't even identify with any of those diseases anymore because you're now in a new place.

How did you get there? You turned around on the map. You stopped walking toward disease and dysfunction. Instead, you started accelerating your movement in the right direction toward outstanding health, toward the kind of outcome that you'd love to live with for the rest of your life—a long life full of happiness, abundance, creativity and ideas. You've got a lot of love and appreciation for the world around you because that's what it feels like to be healthy.

In that new destination now, this is where you will discover an entirely new you. You will discover that your identity has now been shifted. You will discover things like “hey, I'm the kind of person who enjoys exercise. I'm the kind of person who takes care of my health, who gets sunlight on a regular basis. I'm the kind of person who makes informed, health-oriented shopping decisions when I'm shopping for food or ingredients or anything along those lines.”

“I am the kind of person who takes nutritional supplements, who takes medicinal herbs. I go out and get massage therapy from time to time, maybe some chiropractic care, maybe some acupuncture or other natural modalities. I am the kind of person now who takes care of my body and my health and who wants to enjoy life at its deepest levels, because enjoying life begins with being healthy.”

A thousand miles

In order to be able to enjoy life and to have a positive impact on the world around you, it's important to be able to have a healthy body and express that health in everything that you do. Isn't it interesting how easy it is to simply change directions on a map

and go in the opposite direction and get different results? It really is that easy to accomplish, and it all starts with one tiny, little footstep in the right direction.

If you were moving in the wrong direction previously, before you heard this program, and happen to have been taking yourself toward a destination of disease, or maybe you had already arrived at that destination. No matter where you are right now, you can turn around and you can start taking steps in the right direction. You can do that right now. One step is all it takes to get started.

COUNTERTHINK



You know the ancient Chinese saying—the journey of a thousand miles begins with a single step. So just take that first step. Take that step by making one significant change in something that you believe or in something that you do. Make one lasting change and you will find that that change will ripple throughout your entire being so that it begins to change who you are. You will take on the identity of a person who is far more interested in health than you might have been before.

You will become a person who now wants to attain the highest levels of human health that are possible; a person who is willing to do what's necessary to acquire that, knowing that the rewards are worth whatever effort might be necessary. You will also understand that your own beliefs can be shifted in a direction that's more positive; a direction that serves you better and gets you the results that you want so that you can move forward and live a life full of health, joy and creativity as you continue to take those steps on that journey toward the destination of outstanding human health.

Follow the path that's been laid out before you

As you now continue to take that journey, I want to congratulate you for listening to this program; for having the courage to do what was necessary to invest this time in yourself and in your own future. I want to give you more confidence in between. I want you to know that that destination—the new one that you are now walking toward, the destination of greater health and abundance—really does exist. It's there. I'm talking to you from there right now.

I've taken that journey, my friend, just like you're taking it right now. I've turned myself around and taken those footsteps—that

very difficult journey from a place of disease to a new place of health, vibrancy and abundance. I've taken that journey. I've walked it and there is a path laid out in front of you.

All you've got to do is follow that new path toward health, freedom, control over your own life, and control over the health outcomes that you choose to experience. Put one foot in front of the other right now. Take that journey and you can indeed arrive at a new destination.

When you get there you're going to find that you're surrounded by people just like you—people who have also taken that walk, made that journey and arrived at that destination and found it so richly rewarding. I will see you there and I can't wait to see at that new destination.

CHAPTER 5

This chapter offers some very interesting in-depth information. It's at a whole different level from the information that I usually talk about because you know I'm usually talking about nutrition, super foods and disease prevention. That's very important information, no doubt. But it's at one level and the information I'm about to tell you here is at a different level—a whole new level.

I think, of course, it's the kind of level that you're open to and one that you may already be exploring on your own. It's the level of the way our mind works—our belief systems and who we are. In other words, it's our sense of identity. I don't typically discuss this information publicly. I don't post this on the web site. I don't write articles about this very often because you know what? Most people just aren't ready to understand information at this level.

They're not really there yet. Most of the population is still taking pharmaceuticals, eating junk food and going through the drive-thru fast food restaurants. Their minds are just not ready to get a grip to grasp these concepts, which are very advanced concepts. They have to do with who we are and who we think we are.

I think you'll enjoy this because, just the fact that you're listening to this, that means you are ready for this information and you are interested in learning how to enhance your own life, how to have a better outcome and how to create a more exciting future for

yourself by understanding ways to transform your belief systems and your very perception of reality. You probably already know if you can change that—and we can, we do have the ability to change that—then, wow! You have no limits whatsoever.

A mental shift to awareness can change your reality

The universe is at your command, so to speak, and that's what we're going to get at here. We're going to show you ways to change your life at its very core—not just changing what you do and the results that you get, but changing who you believe you are. Now, to get started with that, first we should talk about a phenomenon that I call the persistence of reality. There may be some other names for this in various scientific circles. I'm sure some academic has a more technical sounding name, but I call it the persistence of reality.

What this means is that at any moment in your life, any moment that you suddenly have a blip of awareness; like you suddenly wake up in the morning after a dream, or you suddenly wake up in a dream, or perhaps you suddenly become aware when you're shopping, or you're out in public, or driving in a car somewhere. It doesn't matter where this happens or when it happens. What matters is that you suddenly have this sense of self-awareness like "Whoa, here I am."

Well, what follows this automatically is this phenomenon—the persistence of reality. It's the moment that we become aware, because, by the way, most people sleepwalk through life. Most people are unconscious during most of the time that they're living. They're really on auto-pilot. They're just going through the motions.

For many people these moments of awareness are quite rare. Of course, one of the things I'm going to show you how to do or teach you is how to have more and more moments of awareness until you get to the point where you are living in almost constant awareness and you're never sleepwalking through life.

In any case, to get back to this explanation, what happens when people suddenly have this moment of awareness is they suddenly look around and they try to get a grip on their environment. The questions that are going through their subconscious minds in a split second are these questions: Who am I? How did I get here? Where am I? What am I doing here?

Now these questions just slam through your mind really, really fast. Let's suppose that you suddenly wake up and you're in a car sitting in a carwash and all these questions just race through your mind. Who am I? How did I get here? What am I doing? Where am I? Your brain then begins to answer these questions, but it answers them not based on some internal navigation or internal truths about who you are.

Rather, it begins to answer them based on what is apparently real to it at that moment. For example, you could wake up sitting in a carwash and you could be dreaming about being in the 1970s. Then all around you all the cars would be 1970s cars and there'd be someone with a giant afro working at the carwash and people would be wearing 1970s bellbottom jeans or whatever's going on.

Your mind looks around at that and it thinks that this is reality and it says to itself, "Oh, wow. Here I am in the 1970s. Who am I? My name is whatever. How did I get here? Well, whatever." It sort of makes up a story at that split moment; a story that then

you believe to be real. What do I mean by that? Well, have you ever had a dream?

Of course you have, and in your dream didn't you think the dream was real? In most of your dreams, and probably all of your dreams you did, unless you are like me, a lucid dreamer. But in most of your dreams you never question whether that dream was real. You accepted it as fact. You accepted it as being your current reality.

Wherever you found yourself—you may have found yourself in school in the past maybe 20 years earlier. You may have found yourself suddenly gaining awareness in your dream in a situation where you weren't married even though you are married now or if you're not married now you might have been married in your dream. You might have even been a different sex. If you're male now you might have been female in the dream or vice versa.

You might have been living in a different country; you may have even been speaking a different language or your physical body could have been completely different—shorter, taller, older, younger, different hair color or different race. Whatever the case may be, you accepted that as real, though.

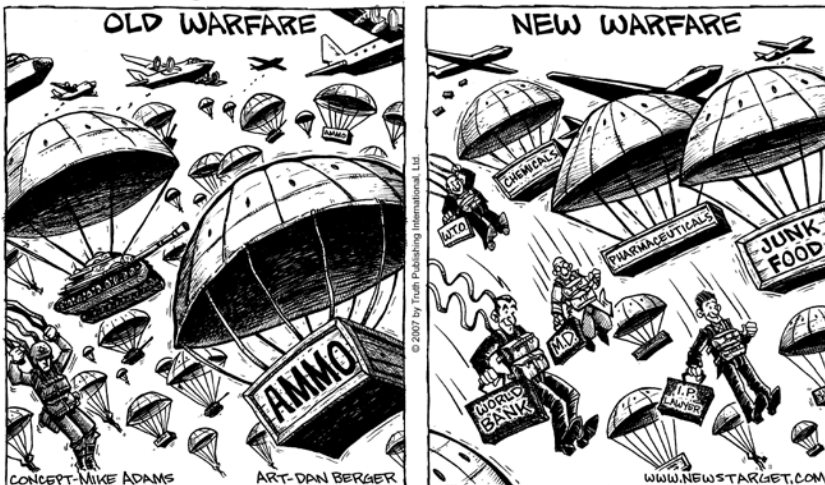
Even though in our waking reality perhaps none of those things are real about you, you accepted them as being real. Why? Because the mind justifies its current observations of reality. It engages in what I call again persistence of reality. In other words, the mind is uncomfortable with the idea of challenging what it believes to be experiencing as true in that moment. Wherever you find yourself, your mind will make up a story as to how you got there and what you're doing there and it will make you believe that that is real.

There are many ways to harness the principal of the mind

A great example of this is in World War II when U.S. soldiers were wounded, knocked out unconscious by a grenade or whatever. The Germans would, in special cases, kidnap these soldiers or capture them and they would take them to these medical facilities where they would inject them, put them under with anesthetics for maybe a period of a few weeks. Then when they woke up, the doctors and psychiatrists in that center would tell the soldier that he been in a coma for 10 years and the war was over and that he was now undergoing treatment to try to heal from the trauma that had happened in the war.

Everything in their environment had been created to feed this perception that the war was over and that many, many years had passed. They would create fake newspapers and they would have fake dates on them but they were apparently real newspapers. They would have these park-like settings where people could walk

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around on the grounds but they could never leave, of course. They couldn't use a phone and call outside.

The whole purpose of this was so the Germans could, in the process of providing psychological treatment to these soldiers, get them to tell them intelligence information about the movement of the U.S. troops, about war secrets and military secrets. This, of course, was very valuable intelligence information for the Nazi Germany Army.

So they would use this very powerful psychological tactic and to some degree it worked quite brilliantly because the soldiers suddenly woke up. They found themselves in a hospital-like setting. They were apparently being cared for by doctors wearing symbols of authority, and they believed what the doctors told them: that they had been hit by a grenade or bomb or whatever and had been in the coma for many, many years and had just come out of the coma.

Now in order to be healed they needed to go through and tell their stories in a kind of catharsis activity—a kind of “get it out of your system” type of therapy. Thus, they would invoke the telling of these stories from these soldiers, and through that storytelling the soldiers would give up intelligence information that they thought was no longer top secret because they thought the war was over anyway.

This is an interesting example of the power of this persistence of reality principal. Nazi Germany, of course, did a lot of crazy experiments on people with pharmaceuticals and other things. This was just one of the mind games that they played. Of course, it was very evil, quite insidious, but at the same time a rather brilliant strategy in the way that it harnessed this principal of the mind.

Now this principal has been used in many ways against people. Perhaps we'll get to some of those other negative applications of it later, just to give you some background and ways to watch out so that you don't get exploited by governments, pharmaceutical companies, or pro-military propaganda. These entities will use this persistence of reality against you. What I want to do, on the other hand, is teach you about this principal and give you back control over your own mind so that you understand how your own identity really works.

Your physical surroundings are created by your mind

That gives you freedom and it gives you options so that you can now decide, with the full knowledge of how your mind really works and how your sense of identity really works, to make conscious changes in the reality that you choose to believe exists. Now I know some of you might say, "Wait a minute. There's only one reality out there and I'm just living in it. How can we change reality?"

Well, to answer this question, first of all let's get one thing straight. You do not, in any way, observe reality. You do not experience reality at all. Everything that you see, that you touch, taste, and hear, everything that you feel, everything that you imagine—all of this takes place as an illusion in your own mind.

In other words, when rays of light come in through your eyes they hit your retina. Your retina sends the signals along your optic nerve into your brain and then somehow in your brain, in a process that nobody really understands yet, your brain recreates the illusion of a visual scene that correlates with the points of light that hit your

retina. So it recreates this illusion inside your brain so your brain helps you “see” what’s going on in the world. You think that you are seeing reality.

Well you’re not, exactly. In fact, you’re seeing an upside down image of reality because the way your lenses work. All the images are turned upside down. There was an experiment conducted one time where participants were asked to wear a very clever pair of glasses that had a mirror inside, on each side, left and right. The mirror would flip the image that was perceived by the eyes.

They had these volunteers wear these glasses for a period of several weeks. Now, you can imagine that it might be difficult to try to navigate through the world if you’re seeing things “upside down.” Every time you try to raise your hand up, it goes down according to the way that you’re seeing it now through these special glasses. It turns out it didn’t take long for these people’s brains to start rewiring themselves.

They began to perceive these upside down images as being completely normal. They became accustomed to them and that became the way they saw the world. In their mind, everything that used to be upside down was now right side up, but just in terms of the illusion that was created in the mind. It all seemed correct now. They got used to wearing these glasses and then, when the experiment was over, they took the glasses off of these volunteers and all of them were completely disoriented again. Because, to them, now the world was completely upside down again.

They were seeing it without the glasses through their own eyes and the image was upside down from what their brain had now been rewired to perceive. And, of course, over a period of time the brain rewired itself again so that they could now see things the proper

way. They once again got used to seeing the world through their own eyes. What does this tell you? It says that things like vision are not hard wired and they're not real, and that the brain creates or recreates a projection—an internal hologram, you might say. Kind of an internal movie theater with a projection screen, and it tries to project onto that screen what it thinks it's seeing in the world out there.

Our belief system filters what we perceive

We don't see things the way they really are. That's why optical illusions work because our brain doesn't perceive things the way they really are. For example, objects that are lower on the scene in front of our eyes are always perceived by our brains as being closer to us than objects that are higher in the scene. Did you ever notice that? There's an optical illusion that is based on that.

This is true in the natural world most of the time because if you're looking at a scene; let's say there's a sunflower, a deer and a mountain. Well, the deer is probably closer to you and is lower in the scene, and so is the sunflower versus the mountain, which is much farther away and is higher up in your visual frame.

The mind makes these assumptions that things that are higher in your frame often are farther away. It also makes all kinds of assumptions about converging lines and relative sizes of things. Basically, go get yourself a book of optical illusions and you can demonstrate to yourself very quickly that the brain does not perceive reality—certainly not in the visual spectrum. Also realize that the visible light that we can perceive is a very tiny part of the electromagnetic spectrum. Honeybees, for example, can see wavelengths of light that we can't. Dogs and dolphins can hear different frequencies of sound vibration that we can't hear.

In fact, our senses are quite limited in what we are calibrated to perceive so we do not, in any way, experience reality. We experience a re-projection of reality in our own minds. Now, what's important about that? Why did I go through that whole long explanation of the fact that we don't see reality?

It's because of this: When we perceive things, before those things are filtered into our awareness, they are filtered by our belief systems and by our own identity of who we think we are. In other words, information, or data from the outside world that touches our senses, doesn't just go straight to the brain and it doesn't just suddenly appear in our consciousness in an accurate way. Rather it goes through a filter system.

You might call it an anti-spam filter, and this filter system filters out more than 99 percent of everything that we see, touch, hear, smell or experience. And if it didn't, in fact, we'd all go insane because we'd just have massive information overload. One of the interesting abilities of the human mind is that it can focus on certain things—the things that demand its focus in that moment. It doesn't have to be distracted by all the other things that are not relevant to the important task at hand.

Well this focus also has the side effect of being a filter. What we focus on, it turns out, is based in large part on what we believe. That is, the beliefs that we have accepted to be true and also who we think we are. What do I mean by that? Who do we think we are? Well, this is much like the idea that our sensory experience is re-projected into our own mind into a believable illusion.

When I say, "Who we think we are?" what I'm getting at here—and this is why I had the whole discussion about the fact that we do not experience reality in a direct way—is the fact that rather

than us existing as a static identity or a static personality—that is, a non-changing personality that is moving through a real world around us. What’s really going on—this is what’s really happening in the human mind—in your mind and in my mind as well.

Our outer world is a reflection of our inner beliefs

What’s happening is that we are, in fact, projecting our sense of identity and our beliefs onto the apparent world around us and thus reshaping the apparent reality that we inhabit. I don’t mean this in a new age kind of way, although that’s a very interesting different interpretation of it, but that’s not what I’m talking about at this particular moment. This is not about how we co-create our reality or the secret law of attraction or that you can just create your own reality by thinking about it.

This is not really about that at all. This is more of a psychological mind aspect of our perception of reality. It’s that we tend to project onto the world around us in a very scientifically provable way. We project onto the world around us the things that we believe to be true not just about the world around us, but about ourselves. And so the world begins to be, in many ways, a reflection of our own inner beliefs about ourselves and about the world around us.

In other words, a lot of people think that the human eyes and the human mind are kind of like a video camera running around a life experience, videotaping and remembering all these visible scenes. I say just the opposite is true. The mind is really more like a projector and it is projecting onto the world onto the movie screen of your life experience, so to speak. It’s projecting what you think is true about yourself and the world around you.

Of course, there is new information that comes in that helps to, perhaps, adapt your own beliefs. You have experiences and associations. You have beliefs that you might abandon at some point, thankfully, because most beliefs are acquired under false premises. It's good to let go of them from time to time and perhaps adopt new beliefs that better serve your life purpose. As you do that you will change what you project onto the world around you.

Disease labels perpetuate disease

Now, getting back to the point of this entire course and bringing this back to the foundation of the points I really want you to understand from this. What does this have to do with your health? It has everything to do with your health! Remember the language that's used by conventional medicine? It's the kind of language that convinces people that they not only have a particular disease, a fictitious disease label, but they in fact are that disease.

For example, the phrase "I am diabetic" is a perfect example of a kind of label that conventional medicine uses to inject into a person's identity belief system. The result of that is that if that person accepts that belief to be true, from that point forward they will begin to project that belief onto the apparent reality that they think they're experiencing around them. They will begin to see evidence in the world and in their own experience that confirms and reinforces this belief system that they have inadvertently adopted because they happen to believe in the authority symbols of a doctor, for example. Or they believed in the diagnosis, which, of course, is the big mistake.

Never believe a medical diagnosis and certainly do not embrace the disease labels that they give you. The minute a person does this

they then reshape their belief systems. They reshape their sense of identity often completely unconsciously. They have no idea of the mechanisms that are happening here and then they will begin to project that onto the world around them in a way that reinforces this false belief that they are in fact diseased.

You can see this is a very dangerous cycle because once a person begins to project that onto the apparent world that they think they are witnessing or experiencing, then they will find more and more evidence to back up the fact that they are diabetic, bipolar or whatever disease label they've been given. They will find more and more evidence and over time they will become more and more convinced that that's exactly who they are.

This is how a little tiny seed of illusion or a fictitious disease label can invade your mind. Literally invade your mind like a thought virus and it can then grow, fester and mutate like a tumor. It can take over your belief systems to such a degree that ultimately some people end up describing their entire identity as being a disease. They wake up, and the moment they wake up all they say is I'm diabetic or I'm a cancer patient, or I'm bipolar and that is what defines their existence.

It's very, very frustrating to see this happen in other people, because when I see it I know it's based entirely on illusion and yet that illusion is very, very strong in the experience of that person's own identity projection. They think it's real.

Just like the American soldier that was captured by the Germans. He was told the war's been over for 10 years, you've been in a coma for 10 years. Now, we've got to treat you. Tell us what happened in the war. That soldier believes that to be real. To him it's apparently real. Everything seems real, it sounds real, it feels real, and why

would these doctors lie to him? The same thing is happening with Americans today—American healthcare patients. People who are being given these disease labels and then they accept these. They embrace these as being who they are and that's who they end up thinking they are.

Take back control of your decisions

The important thing to take from this is the idea of how we can change who we are, right? Isn't that what we're looking for? In doing that let's first realize this: I know you're going to resist this idea, by the way. I did too at first until I really began to study the issue. Probably 98 percent to 99 percent of all human behavior is based entirely on subconscious mind. Most people believe that they make conscious decisions. When they go into a grocery store, for example, and they buy laundry detergent or some packaged food on a shelf. They think they believe that they're making a conscious decision that's a rational decision of some kind. They believe they're comparing brands or comparing prices or whatever they think they are doing. In reality they're not doing that at all. They're buying the brand that they feel most comfortable with. How did they feel most comfortable with it? Because there was an advertisement that they saw that they may not have even paid attention to consciously. It doesn't matter if they did or not, but they saw an advertisement.

That advertisement invoked a positive emotional reaction, a positive feeling—a feeling of warmth or being loved or being accepted or being safe or being satisfied or free from pain, or whatever the prime drivers of human behavior are. There was a commercial that invoked that behavior. Then wham! slapped up that brand, that logo or that name for the product and then associated those two

things. It trained the viewer's mind to think that every time they see that logo they're going to feel comfortable now. Do you see what I mean?

It's really a rather clever trick that's used by advertisers. So when a person goes into a grocery store and they think they're shopping consciously, the fact is when they see that product on the shelf it just feels right, it just feels like the right product. They pick it up and put it in their shopping cart and they pay for it, take it home and use it. They think they made a conscious decision. In fact, they made a completely unconscious decision that was engineered by a marketing company and by television commercials. It's interesting that media companies claim that television commercials don't really alter people's behavior.

That's a fascinating statement because it makes you wonder then why do companies keep running them? Why does Coca-Cola spend so many hundreds of millions of dollars every year on advertising if it doesn't alter consumer behavior? Well, the answer is advertising does alter consumer behavior, but it doesn't alter it in a conscious way. These ads are not talking about the specific characteristics of Coca Cola, how many molecules of phosphoric acid is in it, and the pH and the scientific facts about the taste of the cola and so on.

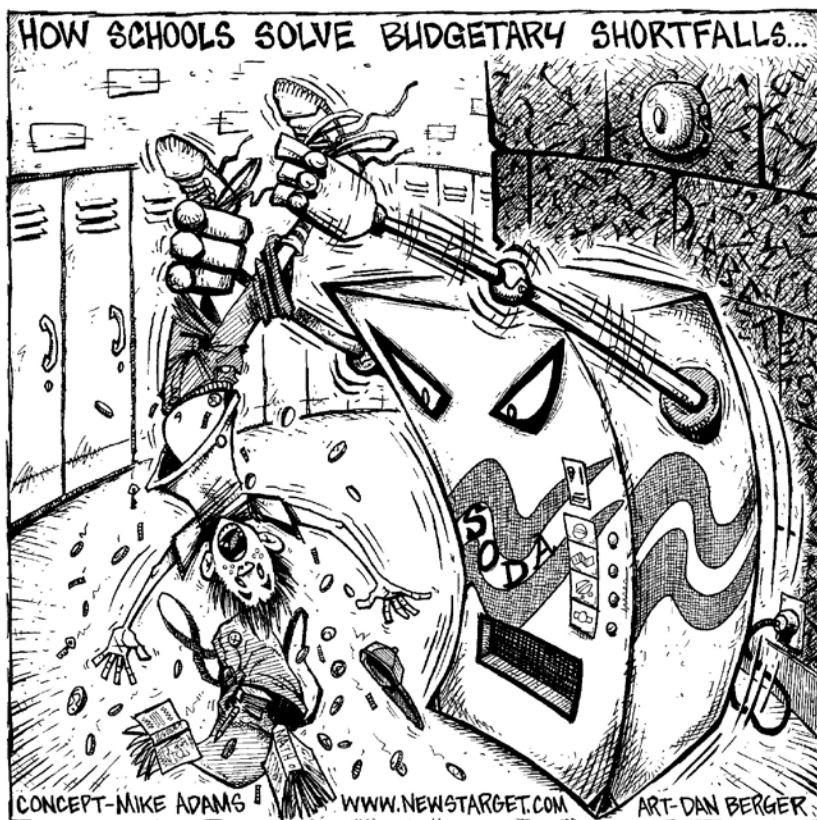
It is making an association that says "drink cola, you'll be popular or you'll be sexy or you'll feel confident in who you are in any social situation. Drink this cola and you'll feel like a whole new person." I don't disagree with the message of feeling great about you. In fact, a lot of the work I do at this level is about helping people feel great about themselves.

I just don't tie it to the consumption of a product that makes you

diseased. That's what those companies do. They invoke these great feelings and then they tie them to products that will harm you. In doing so, I believe they're involved in a great con and a very dangerous con. That's why I think all forms of emotional conditioning advertising should, in fact, be outlawed.

In fact, I think advertising of all junk foods and sodas should be outlawed but that's a different program entirely. By the way, I don't agree that Coca-Cola should be banned. I think that it should stay legal. I just don't think it should be advertised because

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I believe in free choice of consumers. If a consumer wants to go seek out that cola, they should be able to buy it.

I wouldn't want to see an era of prohibition on sodas. That's just another form of government tyranny, but I do believe that consumers should be able to make a conscious choice. Advertising, unfortunately, denies them the conscious choice because the ads bypass the conscious mind and installs these associations – these powerful, emotional messages in the subconscious mind in a way that produces more profits for the corporations, and in effect, creates less overall freedom for the consumer.

Many of our decisions are made unconsciously

Getting back to the point here, most of what people do is not based on conscious decision-making, even when they think it is. You've got to understand that point foremost here if you're going to be able to really get the most out of this and apply this information to your own life in a positive way. You first have to understand the reluctant truth that the human mind is wired in a way that most of our decisions are made unconsciously. Most of the things that drive us are, in fact, unconscious drivers—things that we really don't have conscious control over.

If you don't believe me—if you still don't believe me—and if you're reluctant to accept this idea, I dare you to not eat, don't have any food, no water, and no sex for 10 days and see how long your conscious mind can really control your reality. I guarantee you after a very short period of time like, let's say 8 hours, you're going to start feeling really hungry. What is that? That's the unconscious mind telling you I'm hungry, I'm hungry, it's time to eat something.

If you don't water or have some kind of hydration then your body's going to be telling you. It's going to be screaming out for hydration and those signals are going to get stronger and stronger and stronger until you comply. You, your conscious mind, is in many ways a slave of your unconscious mind and if you don't appease your unconscious mind and give it what it wants—food, water, sex, sleep—what other things? Social acceptance, the prime drivers of human existence.

If you don't give your subconscious mind those things it will make your conscious life miserable. By the way, of course, I'm not serious about not drinking water for 10 days. You would die. This is just a thought experiment, and, of course, even if you were to try it you wouldn't succeed because the urge to live is a very, very powerful one.

Here's another thought experiment if you don't believe that: try not breathing for 10 days. That's going to last for about 60 seconds and then you are going to breathe. Maybe you can hold your breath for two or three minutes. I used to train in underwater swimming and at one point I could hold my breath for over three minutes. Eventually you're going to breathe. Even if you hold your breath to the point you pass out, when you're unconscious passed out on the floor, guess what's going to happen? You are going to breathe!

Your unconscious mind is going to say inhale you fool! Inhale, exhale, inhale, exhale! It's going to do this for you, so you are not in control as much as you, perhaps we, would all like to think. Now, I'm not either. It takes a great act of courage to consciously change our belief systems and exert any kind of meaningful control over our own identity and our own beliefs, but there are very powerful ways to do that—very effective ways to do that.

We'll get to some of that here in this chapter. By the way, I know you can already tell that this is at a completely different level than the information I usually talk about. Again, most people aren't ready for this. It really takes a certain type of individual who can even handle this information. You take a guy of the street who's still living on junk foods and you can't even talk to him about being aware or awake.

Probably 99.9999 percent of his life is unconscious. He's driven entirely by advertising, by corporate slogans, false authority symbols, and so on. If you want to find a group of people who have been really brainwashed, just go to any pharmacy and look at who's in the drive-thru, or to a hospital and see who's got the long medical records with 12 prescription drugs. Those are the people who are living with the least or lowest level of consciousness in their lives.

Connect to your creative side for conscious control

If you want to find people who are very much vibrant, awake and aware, go to a health food store and find people who not only eat super foods but also people who exercise. They're either athletes, artists, musicians, or perhaps great writers, or let's say an actor who performs live theater. People who are engaged in the arts and who follow very healthy lifestyles tend to be some of the most aware and vibrant individuals you'll ever meet.

Also in that category, I would put anyone who's engaged in gardening or activities in nature—people who work outside. I've met park rangers for example, who are really incredibly conscious and aware individuals. Many of them are very highly spiritually involved, in fact, and they just take on the park ranger job because that pays the bills and it lets them spend time in nature.

Time in nature, artistic expressions, super foods, good nutrition, exercise—these are the kinds of things that create awareness and give you more conscious control over your own life. We're doing well, I think, to exercise even 50 percent conscious control over our lives. That would be doing extremely well. Most of the population, again, is probably more like 1 percent.

Higher consciousness leads to a change in your identity

I want to take you up to a higher level than where you happen to be now. If you are at 1 percent, which I doubt, you're probably higher than that right now, then I want to take you to 10 percent. If you are at 10 percent I want to help you get to 20, 30 or 40 percent. You know what it's called when you get to 80 percent, 90 percent, and maybe 100percent? Well, a 100 percent is probably called being God or meeting God face-to-face. Ninety percent maybe would be enlightenment on earth. Different religions call those different things.

They would call that communing with a higher consciousness. In Buddhism, of course, people meditate their entire lives in an effort to reach that 90 percent of conscious awareness in every waking moment of their lives. Different religions have different approaches to this but the concepts are pretty much the same. Which is: with enough dedication to a spiritual practice, you can get to a point in your life where you are living in so much conscious awareness that you become almost God-like in your consciousness compared to other people who are living in a sleep-walking type of mode.

For many people their goal in life is to get to that really high level of conscious awareness. That's a really great goal. Personally, that's

not my goal. I'm happy to be at 50 percent. I'm really happy there. Sometimes, I just let my unconscious mind take over and do whatever it wants to do. Like, I really enjoy eating, for example. I'll exercise, and I'll burn off a lot of calories and then I'll just let my unconscious mind tell me "what do you want to eat?"

I'll just shovel food into my face. It's healthy food. It's all natural food. I don't eat processed garbage. I don't drink sodas, but I'm going to stuff myself from time-to-time because I just happen to enjoy that. I let the unconscious mind have a little bit of entertainment that way every now and then. Nothing wrong with that. Maybe some day I will be approaching 60 percent or 70 percent. Maybe I'll have a really dedicated spiritual practice in my later years. That's fine, I'm open to that, but right now I'm still in my 30s and I'm really working on other things right now.

Basically, I'm working on mind technologies and ways that we can, in fact, enhance our identity, enhance our beliefs, and I'm working on technologies for personal change that I can share. That's, of course, what this whole course is really about.

The beautiful and powerful thing about changing your identity—that is, reaching into your definition of who you think you are and tweaking it—is that when you do that, all the other changes happen automatically and naturally and you don't even know anything changed. Why? Because of this principal—persistence of reality.

For example, let me explain this. Let's say that as a child, some young girl was smelling a flower. Let's say and a bee crawled out of the flower and it stung her right on the nose. She formed this really negative association between flowers and pain. She carried this with her for her entire life—this belief that flowers were equal to pain.

Every time, when she was older and dating, men would give her flowers, for example. Every time a man would give her flowers she would break down in tears because they would only remind her of pain and of her failure in that experience in trying to smell a flower. So her relationships were a mess. She could never really enjoy nature. Everywhere she looked when she went outside; if she was walking in a park, or in a forest and she would see flowers, they would just remind her of pain. She began to associate that even with the boyfriends or other relationships where people gave her flowers and it invoked that feeling.

I don't want to go into any more detail here because I don't want you to experience this in any in-depth way. What I'm trying to say here is that—okay, here's a girl who happened to adopt this belief that flowers equal pain. Now, what if we could change that belief? What if we could reach down into her psyche and we could twist that around, heal it and say “okay instead of flowers equaling pain, flowers equal joy.”

There are ways to do that by the way, but let's just say that we're able to do that like flipping a switch. Now flowers equal joy. Now the minute she wakes up from that therapy or that treatment or however it is that we flipped the switch, she begins to project that belief onto her perception of the reality that she thinks she's experiencing around her. When she walks out into the park or the forest and she sees flowers, she begins to experience joy. She starts to see the beauty of the flowers and all the different gorgeous colors. Now she can approach flowers.

She might still have a memory of being stung by the bee, but it's no longer dominating her belief about what flowers mean to her and about her reality. Now, when a boyfriend or a fiancé gives her flowers, she feels the joy and her relationships work better.

Let go of false beliefs and experience change

Does that sound like a silly example? Well, it may, but in fact, this is exactly the kind of thing that people live with. People live with the craziest false beliefs that they acquired from just bizarre experiences that have nothing to do with their current reality. People carry these around with them like luggage—like they're backpacking and they just kept putting on more and more of a load until they are burdened down. They're still trying to move forward in their lives but they are carrying hundreds of pounds of emotional baggage because they have all these false associations.

What if they could get rid of some of those? Just let them go? What if they could transform them into being positive? Transform them into something that can, in fact, enhance their life experience and lend quality and enjoyment into the lives they are now experiencing? Then, if we could do that, we could create a whole new experience of reality for that person. That person would wake up and they would think, wow, this is a much better world to be in. From that moment on, it would now seem natural to them that flowers equal joy.

In other words, this wouldn't seem strange. They wouldn't really have the old memory dominating their conscious awareness all the time. They would just suddenly now has this new idea that flowers equal joy and that now when they see flowers they have positive feelings. That would seem like the most natural thing in the world to them.

That is the experience of changing your identity or altering your beliefs. The experience is that once they are changed, instantly your experience of the reality that you believe you inhabit now seems like it always should have been that way. In other words,

nothing seems funny or out of place. Your mind, using this persistence of reality principal, suddenly justifies its new beliefs and its new projections believing that the world it now perceives is the correct world—it is the real world.

Even though 24 hours previously it may have seen the world in completely different way and it thought that was the real world too. Now it's changed. Now it's improved. Now it seems just as natural, anyway. So this is the power of altering your identity or changing your subconscious mind through what you might call "Positive Programming" or de-hypnotizing yourself from false beliefs that could have been interfering with your past.

The technologies to do this are available right now. I hope we have some time to get into some of the explanations of how those work. That's an area that I'm going to continue working on, so I know I'll be sharing more programs along these lines in the months and years ahead because this is truly the most powerful information that I've ever learned.

It takes more than talk to create change

This is information that can change people from the inside out. It's not enough to talk to people about just changing their behaviors or their actions. That was a strategy that I pursued for a very long time. I remember a family member, for example, who was suffering from heart disease. He had a heart attack and, in fact, had died and had been brought back to life.

His doctor had given him these bizarre instructions telling him not to eat any fat at all—zero grams of fat per day. Not even healthy fats, by the way. No Omega-3 fatty acids. He could eat

all the sugar and all the processed foods and all the meat that he wanted. Obviously, I thought this was pretty bizarre advice. It didn't surprise me that it came from a cardiologist, because heart doctors are pretty clueless about nutrition and heart health, which sounds like a kind of odd statement but it is, in fact, quite true.

I tried to help this individual—the family member—by giving him some guidance on how he could change his actions to get better results. I told him to not eat any sugars or processed foods. Focus on fresh vegetables, fresh fruits, and start taking in some healthy plant-based fats like flaxseed oil or Chia seeds or Macadamia nuts. Get some healthy fats into his diet—at least 20 or 30 grams a day. Just get some healthy fats and fresh produce and stop eating animal products and stop eating processed foods.

Well, he went back to his doctor and told his doctor about all this information that his family member—me—had given him. His doctor said, “Well, what does your family member know? He's not a doctor. You should listen to me. I'm the doctor. Do what I say. Keep eating sugars and processed foods and don't eat any healthy oils and you'll be fine.”

Well, not surprisingly, I learned a very important lesson, which is: information doesn't change people. This individual in my family—he continued to behave in a way that was consistent with his beliefs. What were his beliefs? His beliefs were that his doctor was an authority figure. Those fats were dangerous, and that processed foods and sugars were good for him. It didn't matter what I said. It didn't matter what scientific information I gave him. It didn't matter how right I was. In fact, being right has nothing to do with this.

What mattered was that my information was filtered out by his

belief system because it was incongruent with the beliefs that he had chosen to adopt. They were handed to him by an apparent authority figure that technically shouldn't have had any authority, but did—at least in this person's mind. You cannot change people by telling them what to change in their behavior. What you will produce instead is usually just a bunch of annoyed people.

I say that from experience. When you try to help people you've got to find a way to help people at a deeper level in a way that enhances their belief systems. You can't just tell them what to change in their actions. You can lead a horse to water as they say, but you can't make them drink.

There's another interesting saying, which is never teach a pig to sing. It wastes your time and annoys the pig and that's exactly what I have experienced—not to equate pigs with people. In fact, pigs are very intelligent beings, by the way. They have very similar social structures to humans. I don't use the pig's metaphor in a condescending way.

I have a lot of respect for pigs as animals. In fact, I have noticed that pigs will tend to eat healthier foods than humans. Animals automatically choose healthier food than human beings. The way I've seen many humans eat at the buffet makes me think that perhaps humans are the pigs and the pigs are, in fact, more mature adults than the humans that I've seen who are adult-aged but acting like pigs. These are some interesting ideas that you might want to play with.

Okay, so hopefully by now I've convinced you, or at least encouraged you, to think about the curious possibility that this might be true. That most of us make our decisions based on our unconscious mind—not our conscious mind. If we change our definition of

who we are or our identities, and if we change our belief systems, then everything else in our experience changes as a result.

I've also hopefully encouraged you to think about the idea that conventional medicine has really installed these thought viruses in our minds. Viruses of these false ideas that we are diseased or we have diseases or these so-called disease labels are real, when, in fact, they're not. They're just expressions of current physiology.

COUNTERTHINK



Rewrite your life script

Now, with all that said, what do we do next? How do we go about making these changes? How do we change our beliefs? How do we let go of them? How do we change our identity? How do we, in fact, trade ourselves in for a new us – for a new personality? Well, the answer is that we don't just trade ourselves in overnight. We don't just suddenly install a new personality.

We have to do a little bit of work. There's that word: work. Let's just call it fun instead because I think it's really fun to get a new result. To transform our lives in a positive way so we have a much greater and much more enjoyable impact or effect or experience.

Think about it this way: suppose that the life you're living right now was written for you like a movie script and you are that character in that movie script. The background information for who you are as the character in that script is written out as a series of all the beliefs that you have adopted or embraced in your life. You've got all these beliefs that you believe to be true and they're part of your script. This script is what you're acting out in the movie of your life.

Now, what we are going to be able to do is go in and rewrite that script so that you begin to act out a different you. In fact, you become a different you because, really, we're all just acting out who we think we are. So if we change who we think we are, we change who we really are as much as real can be real, anyway. We change who we really think we are. We change our actions, the way we interact with the world, and we change the results that we get. We can even change our perceptions about what is happy for us. What does happy mean for us?

This, of course, can change everything in our lives, especially our relationships with ourselves, with significant others, and with the world around us. This can completely enhance your self-confidence, which can have huge implications for personal relationships, job and career goals, and your financial situation.

Listen for change

Changing your beliefs about who you think you are is probably the single most powerful method for self-improvement. It doesn't require you to do anything really wacky, actually. You don't have to walk across fire barefoot to do this. All you have to do, in fact, is listen. As it turns out, there is a phenomenon that I'll introduce in the next chapter that allows your brain to begin to process these ideas and accept them as true simply by listening to someone like me speak to you in a way that is caring, that is compassionate, and that has your highest good in mind.

I'll talk to you about that phenomenon or that process. I call it spontaneous transformation and there are a lot of different names for how this works, but this process describes, in many ways, how you embraced or adopted some of the beliefs that you have right now in the first place. In other words, how did you get the beliefs that you have now? How did they get installed into your mind? A lot of them, by the way, came from your parents or whoever brought you up if they weren't your direct living relatives.

Whoever brought you up, they installed all kinds of software in your head, and if you're like most people, probably 90 percent of that stuff that you were taught by your parents is complete nonsense. You've got to get rid of it and you don't want it to be ruling your life especially as an adult. I've seen people in their 50s, 60s

and 70s who still act like children because they are still carrying around a programming that was given to them by their parents. A lot of that was negative programming because not a lot of people are really good at being parents, by the way.

If you had good parents then you're very fortunate. Like me, I had good parents. I had caring parents. They gave me a lot of positive programming, but even then there was some negative stuff or not so useful stuff that I had to get rid of too. We've all got that stuff so here's what we're going to do: I'm going to show you a way to go in, address that stuff and get rid of it or transform it into a way that's more positive.

I call this process spontaneous transformation. If you're familiar with any kind of self-improvement technologies or methodologies then rest assured this is nothing weird or wacky. You don't have to beat the crap out of a phone book with a garden hose and scream like you're having a rebirthing session or whatever.

This does not involve screaming. This is just a very relaxing process. You don't have to confront anybody. You don't have to do past life regression. You don't have to journey to another universe and meet with an animal being or whatever. All you have to do is get comfortable, relax, and let your brain do what it does naturally, which is process words and ideas. When those words and ideas are arranged in the right way, then they can literally alter your beliefs about who you are and what you think is true about yourself and the world around you.

They can literally reshape who you are. It's truly that powerful. Just to give you a quick explanation of how powerful it is. I'm going to share something very personal with you. Today you know me as a very successful, very popular public speaker. I have

a national radio show and I speak regularly in front of very large crowds—thousands of people. I get standing ovations and people love to see me speak. But years ago, in fact, not that long ago, only three years ago I was terrified of public speaking.

I used a very similar process to the one I'm going to teach you about to overcome that fear and to change who I am—to change my belief systems about what public speaking means to me. Through that process I was able to suddenly have new ideas about what it means to be on stage and to be in front of people. Now, when I'm on stage, I just naturally enjoy it. It feels like the most natural thing in the world to me. It's where I want to be.

If I'm in a room full of people, I want to be on stage teaching or sharing. I want to be entertaining people and teaching them something at the same time. I don't want to be sitting in a chair. Believe me if you ever see me at an event sitting in a chair, you can rest assured that what I'm thinking is I want to be on stage teaching people. Why? Why can that thought come from a person who used to be scared to death of public speaking? How does that work? Well, I'm going to show you that in the next chapter.

Think about the things you want to change

That's an example of just how powerful it is. Realize too that if this process can make a person who's scared to death of public speaking enjoy getting on stage and actually crave it, then what might it be able to improve or alter in your own belief systems for you? What kinds of different beliefs would you love to install in your own mind? How would you like to enjoy your own life in an improved way?

If you could choose three or four things in your life and just have them magically transformed like waving a magic wand what would those things be? Is there something that you'd love to let go of? Is there something new that you'd like to invite into your reality or your experience of reality? Is there something new that you'd like to have about your person? Maybe you'd like greater self confidence, greater personal magnetism, or higher levels of interest in the people around you so that you're more of a social person. Or maybe the opposite of all that?

Who knows? But think about the things that you'd like to see improved in your life and then in the next chapter I'm going to teach you about this process of how we can begin to go in and start tweaking those belief systems to get the results that you really want.

CHAPTER 6

We've been talking about a process by which we can install new ideas and beliefs into ourselves and even into other people so that we can give them healthier belief systems. This can, for example, help them overcome so-called degenerative diseases.

Many of those diseases are, of course, just fictitious labels that don't really mean anything other than the fact that somebody observed some symptoms or some numbers. For example, a person's blood chemistry comes back from the lab and there is a number that is called cholesterol and conventional medicine had defined that number as meaning a disease. If the number for your HDL cholesterol is over 100, then that is considered a "disease," and what is that disease called? High cholesterol! That's the name of the disease. And it's funny because that number used to be 130. Just a couple of years ago they voted that that number should now be 100, so they really just voted into existence the definition of that disease. This means that they, of course, could change those definitions at any time, which means that disease really has no real definition in the real world. It's just sort of voted on by people who sell drugs, who are working for drug companies and government regulators like the FDA. So anyway, that's a good example of just how arbitrary disease definitions really are.

What you say and hear can make a huge impact on your health

In this chapter we are going to talk about this technology or this process that we can use to change these belief systems, and I know you want to get to that. So here we go, let's get right to it.

There are two ways to go about this. One is to change the way that you use words yourself; change the way that you use your home language. The second way is to have someone else speak to you using the language of transformation. I hope you will allow me to make that part of my job; I am going to be releasing more and more courses that give you this special language, this therapeutic language that literally installs new positive belief systems to help you let go of old, let's say not so helpful, belief systems that you might have held on to in the past. But we'll get to that later.

First, let's talk about you and your use of language and what kind of impact that has on your own belief systems. Now to understand this, it's going to take some additional explanation. So just hang with me on this and listen to this explanation and it will make perfect sense.

When we speak, we are not simply choosing broadcasting words based on our own beliefs, we also have a language feedback loop. So that when we speak we are also hearing the words that we are saying. Our brain then processes those words that we have just spoken. Because they came from us with our voice, our brain then assigns a very high level of truth to those words. So whatever we say, regardless of whether it's true or false, or based on false beliefs, suddenly reinforces our internal beliefs that that statement must be true. We see this all the time. This is a prominent principle of human psychology. Once a person makes a statement on any kind

of position—for example, siding with a particular politician in an election or on a particular bill that might be in congress—they will then increasingly believe that that statement is true. They will take that as being their reality and they will then start to act congruently with that statement, even if the statement was completely arbitrary.

There have been studies done where they took people and showed them some political candidate ads and then asked half of the students to argue in favor of the candidate and the other half of the students to argue in opposition to the candidate. Regardless of what position they really held at the beginning, what happened was that the position that they were told to argue in a little debate class became their permanent position simply because they went through the mental process of speaking those words and hearing themselves say those words. Then their brains processed their own language as being true, and thus their positions shifted to come into congruence with the side that they were told to argue.

In other words, if you can get somebody to speak something even if they don't believe it, it will tend to change what they do believe. If they say something enough times from enough different angles then that thing that they've just said will begin to be believed. In fact, it will be completely adopted by their subconscious mind as being true.

We see this in many, many examples. When people purchase a stock, the moment before they purchase the stock they maybe weren't too sure if it were a good investment, but the minute they do purchase it they usually tell somebody. They tell their spouse or a friend or a co-worker and they say, for example, "yeah, I just bought 100 shares of HP and that's a good investment." Then what happens is immediately their reality begins to shift and they

now believe that that investment is even better than they thought it was the moment before they made the investment decision. Why does this happen? It's because, again, their language is involved in a feedback loop that is instructing their subconscious mind to accept those things people are saying as true. Regardless of whether they were actually true to begin, with once a person starts saying some things they become accepted as reality.

Stuck in a negative feedback loop

Now this is a very important principle to understand and it also helps explain why the language of conventional medicine is so cleverly trapping people into a system of beliefs and actions that reinforce the disease model of healthcare that the drug companies are engaged in now. If a doctor, for example, can get a patient to use that statement that we've been talking about through this entire course, if they can get them to say "I am diabetic" then it's not only that they're expressing that language or saying that sentence has a negative therapeutic value—that is, a destructive psychological value—because it associates their identity with a disease. It's also that as they say that, their own ears hear their own words and that becomes a reinforcement feedback loop into their subconscious mind which says "oh, I just said those words, they must be true." Thus, when a patient is tricked or motivated to say "I am diabetic or I am bi-polar or I am a cancer patient" or whatever they say, then that becomes like a switch that turns on the switch where that person now believes that they really do have that disease. It's because they heard it from their own lips—do you see what I'm saying?

So a doctor—if he was trying to be really evil and really manipulative to a patient and wanted to trap that patient in a system

of disease treatment, for example, that made a lot of money for the doctor—would go up to that patient and, following a blood glucose test, for example, would say “you have diabetes. You’re going to have to treat this diabetes for the rest of your life, there is no cure. Now I really want to really understand that you have diabetes, so I want you to tell me yourself that you have diabetes so that you get used to using the language” and that patient blurts out “okay doctor, I have diabetes.” Right then, at that moment, that patient has rewired their neurology in a way that makes them believe that they really do have this fictitious condition and now they have convinced themselves that it’s true.

Open the door to an abundance of options

Now why is all of that important? It’s important because the words that we use to speak about our own health, and especially our health challenges, determines the outcome that we get. In fact, it determines the options that are available to us. A person who says “I have diabetes and there is no cure for diabetes” immediately shuts all the doors, all the potential options for curing that diabetes or reversing it or changing their physiology in a way that no longer expresses the symptoms of diabetes. All of those options are now shut off for that person. They only have one limited option now. That’s Door Number One. That’s the door that gives big pharma lots of profits and keeps that patient entrapped in a system of dependence on their doctor.

Not coincidentally, Door Number One is the door that the entire system of medicine wants that patient to choose. Everything that’s been given to them from the language that’s being used, to the drug advertising, to the words spoken by their doctor, to the FDA and regulatory bodies, and every bit of information to which patients

are exposed in the United States today, is engineered precisely to limit their options and make sure that they choose Door Number One, which is the drugs option. The drugs or chemo therapy or surgery; basically that's what's behind Door Number One. They really, really want you to choose that door and not even be aware that you have other options.

You not only have Doors Number Two, Three and Four, you have a thousand different doors. Some doors lead to natural cures, natural remedies, and some lead to alternative modalities. Others lead to new exercise programs, other doors lead to belief systems, or a new sense of self-identity that can now propel you past Door Number One and give you all kinds of new options. They just flatly don't want you to realize that you have all those doors available to you as options. Because that, of course, empowers patients and gives them all kinds of control. It gives patients the idea that they might have control over their own health. Conventional medicine doesn't want that to happen. They want patients to think that they are victims; they want patients to think that only the doctor is the healer and that the patient essentially has no role in their own healing; they want patients to think that the doctor is the authority the patient is just supposed to listen and to follow instructions and take medications and do what the doctor says.

The illusion traps people in a lifetime of disease maintenance

So you see, the entire construct of the relationship between the doctor and the patient is engineered today in a way that takes power and options away from the patient and puts it all into the hands of the medical authorities. That, my friends, is what I mean by the illusion of disease. That's what I mean by saying the whole

system of medicine is fraudulent. It's all based on a false paradigm and the propagation of false beliefs that are designed to steal power away from patients and limit their options so that they don't believe that there are other things that they can do, other than just submitting to pharmaceuticals and chemo therapy and a lifetime of disease maintenance. This is really what the drug companies want people to submit to: a lifetime of disease maintenance.

COUNTERTHINK



Watch your language!

So what does all of this mean for you? It means simply this: Be very mindful of the language that you use around yourself. If you've been a parent, you know how there are certain words that you don't want to say around young children, such as profanity or maybe adult-themed words. Starting now, you need to also apply that same kind of thinking to your own ears. There are certain words that you never want to have expressed in the presence of yourself, you see, because your own ears will hear them and your brain will process that information and it will begin to believe that whatever you said was true. So, there are not only things that you will want to avoid saying at all costs, but there are also things that you will definitely want to invoke in your language so that they can begin to install new processes or new beliefs in your subconscious mind. Those will then become accepted as being true and those will alter your life's experience; those will send you in a whole new direction.

So, what are the things we want to avoid? Well, we covered some of those in previous chapters, but let me review some of those very quickly. Never use words that limit your options; so never say that "I am diabetic" or "I am a (certain type of disease or disease label)"; never say "I have a disease" unless it's something that you have really acquired such as flu or a cold or tuberculosis that is caused by an air-borne pathogen. That's something that you can really acquire, that's a real disease, like malaria, to use the example that we keep using. But these other degenerative conditions like Alzheimer's, cancer, diabetes, heart disease, high cholesterol, osteoporosis, or depression—these are not legitimate diseases. You cannot acquire them, they do not exist in the real world, and they can't be seen under a microscope. They are just arbitrary labels that have been assigned to an observation of a pattern of symptoms.

Never use language that reinforces the false idea that those so-called diseases are real. Never say “I have cancer,” never say “I am bi-polar” or “I am diabetic”—never use those terms. Instead, use the “express” language and always use it in the past tense. That’s something that I may not have mentioned in the previous chapters, but I want to mention it now. It’s better if you put your statement of the expression of health symptoms in the past and open yourself up to new options now for the future.

Here’s the language now. This is the sentence structure that you want to use:

My physiology previously expressed a pattern of symptoms that were observed by my doctor and given the label “X” (whatever “X” happens to be—
high cholesterol, cancer, diabetes, whatever).

Repeat after me

So you see, the language here is very empowering. I want to encourage you right now just speak it out, even stop this recording, hit pause and speak this sentence. Because again, we are talking about the power of your own spoken word and the feedback loop through your own ears and how that gets processed by your subconscious mind and accepted as being true simply because you said it. So I’m giving you a structure now that’s very empowering that can free you from the enslaving language that conventional medicine wants you to use which limits your options. This sentence that I just gave you, and I’ll repeat here again, opens you up to new options. The more you say it, the more options you’ll have and the more you’ll believe that this is true, because it really is true. You really do have options and there really is no such thing

as that disease. That was just a label and the truth is what you're saying now in this sentence. Once again:

My physiology previously expressed a pattern of symptoms that were observed by my doctor and given the label "X" (whatever "X" happens to be—high cholesterol, cancer, diabetes, whatever).

So what's key about this is the phrase "My physiology expressed or my physiology previously expressed," which means that you now have a lot of options. So, if your physiology expressed that at one time in the past, or even if it might continue to express it, you now have options so you can change the expression of your physiology just like you can change the tone of your voice. You can talk in a really, really high voice or you can talk in a really, really low voice, and you can change that expression by changing your mind, by making a decision. You can cause your blood sugar to be expressed with excessive very high blood sugar or to be expressed with normal stabilized blood sugar, based entirely on what you choose to eat and what actions you choose to follow.

While changing your fasting blood glucose level may take more than just an instant. It also may not, because there are people with multiple personalities who have, in fact, expressed diabetes in one of their multiple personalities but when they flip that switch in their mind that made them go to the other personality, their blood sugar was normalized. Isn't that interesting? So there is something in the mind that is literally expressing that physiology and making it real. Now if you take that split personality again—that multiple personality patient—when they change personalities, then their mind completely altered the expression of their metabolism, of their insulin sensitivity, and of their blood glucose.

Now, according to conventional medicine, those things are impossible because the mind can't possibly control the body, could it? Could that be true? Conventional medicine believes that that's not true; somehow the mind is separated from the body. It's an absurd idea, but that's what they believe. The case of this multiple personality patient really demonstrates that when a person changes their mind, their physiology follows. It can literally follow instantly, even on conditions that seem to have no cures, such as cancer tumors.

What you believe can lead to healing or harm

There was a very famous case, and I don't recall the exact names of the doctor or the patient here, but this is a true case. You can probably search for this online and find more details. There was a case of a patient who came to a doctor and he had a very large, life-threatening tumor. The patient had heard about this amazing serum, some kind of magic potion, but it was a medicine. He had heard about it and had read about it in a magazine article. He was convinced that this serum would cure his cancer. So he went to his doctor and said "please can you get this medicine and inject it in me? It's going to cure my cancer tumor." Well, the doctor agreed and found the medicine. He went to the patient and said "I found the medicine. This is exactly what you asked for, and you're right, this is miraculous" and injected it into the patient.

Within just a few days the cancer tumor vanished, absolutely vanished. And what I haven't told you about this story is that the doctor didn't tell the truth to the patient. The doctor couldn't find any such medicine, didn't believe that such a medicine existed and certainly didn't put any effort into searching for it. Instead, the doctor invoked the placebo affect, and he injected the patient

with a harmless saline solution. There was really nothing in there, no herbs, no medicine, nothing. Nothing other than, of course, the power of placebo. This is very, very powerful, because that's really the power of the mind over the body. This patient's cancer tumor vanished. He was literally cured of cancer by a placebo which, of course, means by the power of his own mind. Once he changed his beliefs, his body changed its expression of what it believed to be true. The day before he believed "oh I'm a cancer patient," the next day he believed "I've been injected with a cancer cure, therefore, I will no longer have cancer," and his body made it real.

Now the rest of this story, which you might be familiar with if you've heard this before shows you the ignorance of doctors. This doctor, feeling guilty about the fact that he had told this patient that he injected him with this magical serum, eventually told the patient that he had in fact injected him with saline solution and there were no healing properties at all. When he did that, not surprisingly, the cancer tumor returned and this patient eventually died of cancer.

So this is a case in which the doctor used a reverse placebo affect or the anti-placebo affect and literally killed the patient. And what did the patient die of in that case? Did the patient die of cancer? The answer is no, the patient died of his belief, it was the belief that killed him and it was the doctor that installed the belief that killed the patient. He was not killed by cancer, he was killed by a false belief.

What are your thoughts doing to your body?

Now that brings to mind the obvious question: How many other people are killed by their beliefs? And the answer is, almost everyone. Almost everyone who dies, dies based on their beliefs. People believe in such a thing as old age, they believe that the body just wears out like car parts—you know, that it just deteriorates with age. When they believe that, it's very real. Conventional medicine promotes that, it says when you hit age 40 your hormone levels change, when you hit age 50 you're going to go through this and that, you're going to lose your bones, you're going to lose your mind. I mean, they just tell you all this stuff. This is just really bad programming.

It's like the doctor who told his patient that the serum had no affect and gave him cancer again. This is what medicine does to patients every single day all across the world; they install these false yet damaging beliefs that convince patients that they will die of old age, they will get cancer in their lifetime and they just throw these statistics around. They say, you know, one out of every three women will die of cancer in her lifetime. So they've got women scared to death of breast cancer making them do completely irrational things. In many cases I think they are actually causing women to create breast cancer because they've been programmed to do so. Just like that man at the doctor's office who was told that the serum has no effect. I mean, that the doctor *installed the belief* that gave the patient cancer.

Don't believe everything you see and hear

This is happening every single day in society. This is why, by the way, statistics show quite clearly that people who are a pain in

the ass to the doctors at hospitals, people who are the rebels, who don't go with the flow, people who rock the boat, people who question authority, people like me—we are the survivors. We live longer than everybody else, we do better in a hospital setting and we have better survival rates on surgical procedures, and so on. And the question is why? Why do rebels or people who question authority have better results? Why do they live longer? Why do they have fewer diseases? The answer is because they don't believe the nonsense put out there by conventional medicine that's injected into the minds of people who are gullible.

Most people are gullible. Most people don't question authority enough. Most people don't even question their own reality enough, and so they just go along with authority figures; they believe what doctors tell them, they believe what the TV news tells them. This is quite a hilarious situation, by the way, especially if you've ever worked with the news people and you know that they're not really informed about anything. The creation of news is like a high school theater production where most people make believe they are actors; well most journalists pretend that they're journalists, they like to pretend you know. They roll up their sleeves—we're working hard on this story for the six o'clock news—and then they just run a press release that was faxed to them by a drug company.

Conversations with yourself

Now the point of all that—to summarize everything that I've just covered in the last half hour—is that you've got to change the language or improve the language or be very mindful of the language that you use when you're talking about yourself or even to yourself. I encourage you to talk to yourself. It's actually

a very healthy thing. Some people say you should never talk to yourself, only crazy people do that. No! Crazy people talk to themselves with crazy words, healthy people talk to themselves with healthy words.

I talk to myself all the time, I'm always installing positive programs, positive ideas. I'm talking to myself about my health, I'm talking about the habits that I like to have as part of my reality. I talk to myself about the attributes and traits that I want to install in my own mind. Basically I've turned my mouth into a positive programming system for my own mind. I understand the power of the spoken word and not many people do. I understand that the spoken word, which of course has many biblical references as well. Not just in the bible, but in every world religion. The spoken word is extremely powerful. For many reasons, one of them being this feedback loop that programs your mind to believe that whatever you say is true. So, if I'm out walking for exercise for example, I'm always talking to myself.

I'm saying things out loud. I'm talking about what kinds of things I want to create in my own life. I'm talking about what kinds of attributes I want. For example, I might be out there just talking about how my immune system is rapidly accelerating its ability to heal myself. My muscles are recovering and adapting with greater speed right now. I am extremely intelligent and I have very good cognitive function. I learn extremely fast, I'm a rapid learner and I remember everything that I see. I'm tuned in with the world around me and I notice what's happening around me at every level. I'm connected with the world around me and I notice what's happening around me at every level. I'm connected with the people, with the plants, with the universe. I'm connected to myself, I listen to my body and my body tells me what it needs. My lungs are healthy and every time that I breathe in, I'm breathing in

the energy of the earth and using it to add vitality to my own life. My legs are strong and they carry me everywhere I want to go and help me accomplish everything that I wish to accomplish in my life. My eyes are perfect and I have perfect vision and I always will have perfect vision. I eat nutrients and super foods that enhance my eye health. My skin is healthy and radiant and young-looking and vibrant and very, very healthy. It protects me from the elements and it allows me to exchange oxygen with the elements. My heart beats with strength and confidence and my cells are given the blood they need and all the nutrients that they need in every single moment. I have all the resources that I need throughout my body to be the healthiest human being alive on this planet today, and every day that I'm out here exercising walking this path, I am getting wiser and healthier. The older I get, the healthier and wiser I get, and every day I'm more capable than I was the day before.

Live consciously

And this is the kind of language that I use. A lot of people wonder, by the way, if this secret is worth everything that it cost you to get this course, because this is what can allow you to literally change who you are and change everything about your life.

Now a lot of people ask me, they say "hey Mike, how on earth do you get so many things done? How are you so productive, how can you write so well, how do you do so many radio shows, how do you do the engineering tasks? You run two different companies; how do you accomplish all of these things?" And the answer is that I don't leave it to chance. I don't just go along following a script that I happen to run into about who I'm supposed to be and what beliefs I'm supposed to have and what kind of person I'm supposed to think I am. I don't just leave it to chance. I take a

conscious role in reshaping who I am in every moment. So, every time I have an opportunity, I'm doing that, whether I'm driving or whether I'm walking out in nature. And this is such a powerful system that it can literally change who you are. It sounds silly at first, talking to yourself. It's not about talking to yourself, it's about what you're using—what words you're using and what ideas you're using.

Eliminate the negative, reinforce the positive

Now there's a tip here that's very important. You do not want to use any negatives, even when they're not phrased in a negative way because your subconscious mind really can't process a "not" situation. For example, if you were to say "I have really healthy eyes and I am not going to go blind any time soon, I'm going to have healthy eyes," that's a bad statement. Why? Because it contains the idea that you might go blind. Now your subconscious mind, in processing that language, is for a moment imagining the possibility that you might go blind. And it thinks that's real because you just said it. I know that you put the word "not" in front of it, or "won't," but your subconscious mind doesn't really work that way. It doesn't process "not" or "won't". It just imagines everything you say to be true for an instant while it's processing your language. So you have to be extremely mindful about the words that you use to talk to yourself. This is real therapy, this is real transformational technology, and you have to use it wisely. So never phrase anything that's negative, never talk about diseases or conditions. Instead, only talk about the results that you want to achieve. For example:

I have perfect vision, or my vision is improving every single day.
I know that eyes are a part of the human body that can be self-

repairing and that the eyes can heal themselves when given the proper nutrients and resources. I'm giving my body all the nutrients and resources that it needs to now heal my eyes and give me perfect vision—perfect vision that I can enjoy for the rest of my long and happy life. The kind of vision that allows me to see things that are a long distance with great clarity. The kind of vision that allows me to take in the joys of the world around me. Perfect vision that allows me to see all of the wonderful expressions on the faces I see and the delightful colors of the flowers and the sky and the water and the grass and all the insects and animals around me. I can take those in through my eyes and they can help make me healthier as a whole person. My eyes are the window through which I can perceive the healing miracles of the world around me and I enjoy looking at it. It makes my eyes even healthier right in that moment.

And so you can just talk to yourself using this kind of language; it really works. It really works because your mind believes anything you say to be true, and the more you say it, the more it believes to be true. And even if you used to have some false beliefs in your mind that were installed by your doctor, let's say, that you might have foolishly believed before you knew about all this stuff and these new options. Well, now you can begin to use your new talking-to-yourself language to change your beliefs and let go of the ones that don't serve you anymore. You can now start to talk to yourself about the amazing healing miracles that are not just possible with your body but that are completely natural, because so many other people in the world have healed their bodies spontaneously. They've healed cancer, overcome diabetes, and recovered from heart attacks and gone on to create healthier cardiovascular health. They have great immune systems now, even though in the past they might have been immune-compromised. Other people have performed these incredible natural healing miracles.

The power to change is in you, right now!

Did you know that all humans share 99 percent of the same genetic code? This means you have the same code in you that that person had in them, and if that person has the technology in their body to perform miracles and heal themselves, then you do too.

That's my message to you right here and right now. You have everything you need right now; you have the healer within you. All you've really got to do is unleash that healer that's within you. You've got to take off the shackles of the false beliefs and you've got to unleash that healer and give it new possibilities and verbal encouragement and start reshaping your belief systems in a way that allows that inner healer to do the work that it has wanted to do your entire life. The work of healing yourselves, of repairing your organs, of repairing the muscles and tissues in your body and giving you back vibrant, enjoyable health. That technology and those processes exist within you right now. Those words that you use to talk to yourself, about yourself, or to other people, determine the results that you will get from your internal healer.

There is a time and place for modern medicine

Am I saying that this is the replacement for all medicine? No of course not. If you go bungee jumping and the bungee cord was a little long and you smacked into the water down below with your head and you have some head injuries, or you got into a car wreck and you broke a leg or something, I don't recommend that you just start talking to yourself to heal those issues. What I recommend is get your butt over to the emergency room, get the bones set correctly, take care of the acute physical emergency, and then start using language to accelerate your healing. You can talk to yourself about what an incredible system of healing the human

body has and how rapidly you can reform the bones and the blood vessels and all the muscles and tissues that you need to recover from whatever that accident might have been. Use language to accelerate recovery from these kinds of conditions.

Now, at the same time, if you have a real infection—tuberculosis or some kind of airborne disease like malaria, to use that example again -you might want to go see a doctor and see what the situation is. See if there is something that you need to do for that kind of acute situation, but then use language at the same time to enhance your healing response. So I'm not saying use language in place of medicine—there's obviously a proper role for pharmaceuticals, for injuries and accidents and acute symptoms and things like that, but pharmaceuticals are not the answer for so-called degenerative conditions. That's where the power of the mind really has the upper hand. That's where you've got all the leverage that you need to overcome serious disease, to cure disease in fact; by changing your belief systems. That starts by changing the way that you talk to yourself.

Use positive reinforcement when talking with others

So, to summarize so far, the way you talk to yourself is very important and it's also the way you talk to others about you. So, when you're talking to a friend or family member don't use disempowering language in that context either—that will just get you into trouble. Because again, you're saying those words and your subconscious mind hears them and believes that they are true. So be careful no matter where you are talking. Don't let your ears hear anything negative about your health. Then if you do feel the need to describe your symptoms, that's fine, but go ahead and use your physiological expression language.

For example, if someone asks “what’s your cholesterol number?” and, let’s say your total cholesterol is 250, you wouldn’t say “oh I have high cholesterol.” Bam! Because then you’ve just put in a negative program and you’ve just reinforced the false belief. Instead, the way to say it is “oh, my physiology currently expresses a level of cholesterol that’s shown to be a number of 250 and I’m working on ways right now to change the expression of the cholesterol in my blood and make it a healthier number, or bring it back into balance where it needs to be.” So that gives you the choices. Just say “hey, I currently express or I used to express a certain symptom like high blood sugar or low bone density, but right now I’m working on ways to improve that expression so that my physiology can express a healthier outcome in the very near future or perhaps even beginning right now.”

People will find this very interesting when they’re talking to you about disease. Most people are used to using the disease language that’s been handed to them by doctors. Most people are infected by the thought viruses that have been put out there by conventional medicine. People aren’t used to language that gives them options. They’re used to language that steals their power and puts them in the victim role and makes them believe that they’re trapped in a system of disease treatment. That’s the language that’s used by all the disease non-profits: the American Diabetes Association, the American Heart Association, and the American Cancer Society. You name a disease and there’s a group out there that’s using this exact kind of evil tactic, as I call it, to install false beliefs in people about that disease. These are all front groups for the drug companies anyway.

Most people out there are not used to using language that gives them options. They’re not even used to thinking in that way. They’re used to really sleepwalking through life doing what the

TV ads tell them to do; doing what the government tells them what to do; doing what their health authorities tell them what to do, and so on. When you confront those people with a new view point—a new paradigm of language and ideas—you’ll find that one of two things happen. Trust me, this is from experience.

One is that if they’re intelligent, they might be intrigued. They’re going to say “Wow! That’s some interesting language that you’re using” or “Those are some interesting concepts. Can you explain more? Tell me more of where that’s coming from.” Those are people that you can probably help educate. You know what? Just lend them the book. If they’re intelligent they will figure this out too, they will go “Wow! That is really interesting, I never really thought of it that way, but now that I’ve read the book it makes a lot of sense that the language that we use really determines the beliefs that come true in our own lives.” So you will find that a lot of really intelligent people just automatically latch on to these ideas, even the high-level scientists. Very intelligent artists, musicians, maybe even some of the doctors out there will listen to this and they will say “yeah that makes a lot of sense to me, I’m going to start using these positive principles with my patients so that I’m not cursing them, so to speak, with these disease labels.”

At the same time, another group of the people you’re talking to will think you’re absolutely nuts and they will reject what you’re saying and they will demand that you use their language. You see these people are the “sheeple” of our world, and unfortunately, they are in the majority. These are the people who are carrying and expressing the mind viruses that have been installed in their minds by the conventional medical system. They are so tied into those false beliefs they almost have a cult-like belief system. They believe in medicine; they believe in the miracles of science, whatever that is; they believe in health authorities; they believe the TV

news; they believe the FDA; and they will defend those beliefs against anyone who threatens their belief comfort zones. So when you go in and you attempt them a new idea or a new possibility they will reject it and they'll get really, really defensive and try to force you to talk to them about yourself using their language; the language that they have come to believe is true.

Because you see, they are projecting their reality onto the world around them and, for the moment that you two are sitting face-to-face, their world includes you. They don't want you to mess

COUNTERTHINK



with their reality and change the words that are being used in their perception of the world. They want you to conform to their system of belief; that makes it easier for them. They're not really flexible people as you can tell, not mentally flexible, and these are the great masses. These are the people who are targeted by advertising; these are the people who buy advertised consumer goods; these are basically the masses.

You are going to run into a lot of these people. This is the whole reason why I don't even talk about this subject with people who aren't ready. Because, again, you can't just take some person off the street and start talking to them about these ideas of beliefs and identity and language feedback loops and how they form new associations and so on. They will have no clue about what you're talking about because they're stuck in the paradigm of: Thunk! I am bi-polar. That's all they know. And if you don't speak to them in the language that they know then you don't make any sense to them. You might just as well be some crazy person talking to yourself walking down the street. That's what they think you are anyway because you're using weird language, language that they're not used to, language that gives them options.

People don't want the responsibility of making their own choices

You see, most people on medication don't want options; they don't want to have control over their lives. If they wanted control they wouldn't be on the meds. They would have gone out and done the exercise, or changed what they eat, or done other things. They wouldn't be on anti-depressants and blood pressure medications and all those things. People who are on a lot of meds really want to be told what to do and they don't want anyone to come in

and invade their paradigm with uncomfortable ideas. You know, they don't want anyone to come along and set them free.

Freedom is a scary thing for a lot of people. Freedom implies responsibility, because if you have the freedom to make a choice, then all of a sudden you have the burden of making a choice, don't you? And a lot of people give up their freedom because it's very convenient. They give up their health freedom because then that puts the responsibility for their health outcome on someone else. If things go wrong, they can blame their doctor. And who are the people who are blaming their doctors the most? When doctors get sued by patients, you know who they're sued by? They're sued by the least healthy people, the people with the most conditions, the most diseases, the most mental disorders on top of that, because all those people put all the blame outside themselves. But if you look at their lives of course, they're the ones doing it to themselves. Just about every degenerative disease is something that a person has done to themselves.

When we use the language of choice, it gives someone freedom or it gives ourselves freedom. Along with that comes responsibility to make an informed decision. And again, many people are afraid of that; they don't want responsibility for their own lives. It is easier, perhaps, to live a life letting everybody else make decisions for you.

Some people have chosen that route. I don't mean to imply in any way that they are lesser human beings or that we should look down upon those people, I'm just pointing out the differences. I certainly don't choose to lead that kind of life and I'm pretty sure that you don't either. You want to be in control, you are willing to take the responsibility to make the decisions in your own life and you look forward to the improvements in your own life that can

come from taking control and in installing new belief systems that serve your best interests. I just want you to be aware that not everybody is on board with that philosophy. Not everybody wants to be free. In fact, when it comes down to it. Most people don't want to be free. They want to be told what to do; they want to be controlled; they want to have very limited options because it's so much easier to just have one option than it is to have to make a choice.

The 90 percent factor

There is a very interesting true story about this. Several years ago, when I first wrote the book about the healing benefits about chlorella and spirulina, I put that book on-line for free. It was about a fifty-page book. You would click from page-to-page to read the book. I thought, you know, before I present all this material, this powerful information that has cures for cancer and talks about how to overcome degenerative disease with micro-algae, I want to make sure that the people reading this have some kind of role in it. That they have some kind of investment or psychological investment, even if it's a very tiny one, before I give them this information. Because I don't believe in just giving information to people for free because they don't value it. I think that there should often be a give and take, so what I did at first was put this book on line and I tested the response for about a week, just as a straight book. Like, page one, here's the table of contents, click on the next page and so on. You can just read the book for free, there's no commitment on your part. I tested the book for that. We were getting about 1,000 readers a day of that book.

Then I modified it, I replaced the first page with a piece of text that says "this book is only for people who want to take responsi-

bility for their own health. It contains really powerful empowering information, but before I present that information to you, I want you to commit to taking responsibility for your own health from this point forward.” Then I had a choice: they could click on the red pill (this is, of course, an illusion to the movie, *The Matrix* where they have the red pill and the blue pill) and enter the site and read the book, or they could take the blue pill and it would link them to www.Disney.com, where they could continue to be entertained by Disney content. Can you guess what happened? What happened is we lost about 90 percent of the traffic. Literally 90 percent of the people were so afraid to make one choice that they would not click on the red pill and read the book. I found this personally astounding because I thought that it would increase the readership of the book. I thought people would be intrigued by this idea—they would feel empowered by taking this action and they would then find the book more interesting.

But it turned out to be exactly the opposite. It scared people away. And why did it scare people away? Because they were afraid to make a choice. Making a choice implies freedom, and freedom implies responsibility. They were so terrified that they might discover information that would give them control over their own health that could literally reverse cancer and reverse disease. They were so terrified of that possibility that they chose to leave the site and go away. Go back to their world where they were comfortable; where they believe these diseases are real; where they play the victim role; where they let their doctors take charge of their health; where they take their medications; where they watch the TV news, and they just live out their lives sleepwalking. That was about 90 percent of the people.

As I’ve watched society in the years since then, I’ve come to the conclusion that that’s about right. About 90 percent of the

people, maybe more from time to time, but at least 90 percent are just sleepwalking through life. And they really don't want options; they don't want freedom. They may use the language of freedom and may think they want freedom, but of course, in North America and in the US today, freedom has come to mean, freedom through war, which is a classic concept right out of the book *1984* by George Orwell. One of his famous quotes from that book, is something like "war is peace and tyranny is freedom." And these concepts have become mainstream concepts now in our modern society. And that is kind of strange, especially to you and me who believe in genuine freedom—in personal freedom and in individuals being aware and having the ability to make choices that can give them a better life. We believe in individual liberties, in teaching people how to be more capable human beings, showing people to overcome limitations and how to get rid of false beliefs.

An aware population threatens the few in power

The rest of the world, it seems, is really focused more on how to make people more obedient, how to have less freedom for the population and how to install even more commercially motivated viruses into peoples' minds. I mean, that's most of what goes on in the world. Our world is run by only a few powerful individuals, and it's not in their interests to have a population that is aware, alert, believes in real freedom and is willing to make conscious decisions. They don't like to see that. They like people to just go along and play the role of the victim and just go through life just doing what they're told. So don't expect to be met with a whole lot of enthusiastic people. But if you start talking to folks using this empowering language—man, this is the exact reason why I don't run around talking like this. This is why I reserve this for very

selected individuals who would even be interested in something like this. I also set the price kind of high because I want to weed out people who are not serious about making positive changes.

The 1 percent factor: You

The fact that you are willing to make the investment in this, and now that you are tracking along with all of these concepts means, in fact, you are not only ready for this information but you have the capabilities to do exactly what I am talking about. You are in the top 1 percent of the top 1 percent. You have the ability to make these changes in your life, to create the life that you want and to be a huge force of positive change in our world. So I want to congratulate you for taking those steps, for doing whatever it took for you to be at this point. And hey, for all I know, you may be way beyond this point. You may have surpassed this many years ago and you're just listening to this because you're interested in it and you'd like to hear some different thoughts on it. And if so, that's great. I honor your journey and your wisdom and I thank you for being the human being that you are, and I hope I get to meet you someday because I'm sure that I have something to learn from you—maybe something that I can pass along to some other people as well.

Live life with a positive purpose

We are all learning from each other; none of us has all the answers. I certainly don't. But I do know that at least I am aware, awake and free. Genuinely free. And I want to share those ideas with people and help awaken more people and give them more freedom, more options, more choices, more empowerment, and

in doing so create a better world. And isn't that what most of us are looking to do anyway? To have a life with purpose? Purpose that's positive, something that we can create for this world, some way that we can have a positive ripple effect in the world around us and the natural environment as well. Something, so that if we ever choose to leave this planet, that we know that our presence here was positive, that it had a positive impact, that it helped people heal, that it helped create a better world, and that it gave a better opportunity to present people and future generations at the same time.

I think you would agree with me that this is what most of us are really looking for: a life with purpose and a life with meaning. It is through this process of transforming our own beliefs that we can become the kind of individual who is capable of having that kind of positive impact on our world. So I encourage you to use this technology wisely, mindfully. Use it in a way that creates a positive outcome in not only yourself, but in every living system around you. That includes practically everything—all the peoples, the plants, the animals, the waters, the aquatic-eco systems, everything on the planet can benefit from you being a more empowered person. So use it in a positive direction, and thanks for listening.

Remember to visit my website www.NaturalNews.com where you'll find a lot of really great information. You probably won't see much on this specific topic for the reasons I already mentioned, but you'll learn about a lot of other things there in the meantime.

CHAPTER 7

In this chapter, we are going to talk about what I didn't quite finish last chapter. If you recall, we were talking about the two different ways that you can use words to alter your beliefs or install new, more useful belief systems in your mind so that you get better behaviors, better results, and a more enjoyable life in general. I spent the whole chapter talking about just one of those belief systems, which is how to talk to yourself in a healthier way.

In this chapter, I'd like to spend time talking about the other part of that answer, which is how to allow others to talk to you in a therapeutic way or a transformational way that helps you install or recognize these new truths. These are really universal truths, like the fact that you are a miraculous healing being and that you have a built-in innate healing technology that is the most advanced nanotechnology in the entire world. It far surpasses anything that was ever created by man. These are really basic truths and all we're doing is using language to get us back to those core truths to eliminate the negative brainwashing, or what I sometimes refer to as people being infected by thought viruses put out by modern medicine.

A disordered view of Western disease

I was actually thinking about this topic in more detail today. I always spend time in nature. I was walking through the desert and I spent a lot of time in the desert today. I was looking at prairie dogs—a lot of prairie dogs are out this time of year—and I was

looking at the chaparral and the barrel cactus and the different mesquite trees that grow around here and all the flowers that come out of these so-called weeds which are mostly quite precious medicinal plants. I was thinking about, really, what is the core of this entire course? What is the take home message from the whole thing? And I came to this rather astonishing conclusion, which is that the belief in Western disease is itself a mental disorder. Now how does that strike you! An interesting idea, isn't it? But the belief in these diseases is the belief in an illusion. It's a type of mania; it's a type of disorder itself, which is quite hilarious given that the word disorder is precisely the word that's used by Western medicine to label fictitious conditions. Thus, a person who believes in those fictitious disorders is in a way suffering from some kind of disorder. The belief in that system is in one sense a mental health problem. Although, of course, I would never call it a disease because that's what Western medicine might call it. I just think its incorrect information, that's all.

Now you can change that information and hopefully that's what we're all working to do. That's precisely what I've worked to allow us all to do using the information in this course. But think about that. If you're skeptical of the description that the belief in Western diseases is a mental disorder, then think about this: what if you have people walking up to you on the street and they kept talking to you about things that didn't exist. They kept saying "oh the aliens showed up in my room last night and they told me to do this and do that and I followed their actions and then I had these weird side effects and I ended up with some kind of strange whatever." And they kept talking to you about this, day after day; they kept coming up with these weird stories about something entirely fictitious whether it's aliens or fairies or whatever. I'm not saying aliens are entirely fictitious, by the way—there may be people out there.

But a lot of the people who are telling you the stories are suffering from some type of delusion, so if someone kept coming up to you and saying those things pretty soon you'd think they were crazy right away. You'd say, "well you know there really aren't fairies in your closet; there aren't little tiny beings marching around on your bed," or some of these various fantasies that people might come up with if they're having weird delusions.

Isn't it funny that when people come up to you and start talking to you about all these fake diseases and imaginary medicines that might do something for them, that somehow we don't immediately leap to the conclusion that they're not insane or they're suffering from a delusion, but that they are, in fact, suffering from a mental health disorder? Their belief in Western diseases and the whole system of Western medicine is very much the same as the belief in a mythical fairyland or a race of cult-leading aliens living on the other side of the comet who are going to teleport you away if you drink the Kool-aid or whatever the case may be.

The "facts" are fraudulent

There really is no difference between those two, they're all delusion. Some people might say "well no, no, no, medicine is based on science," but in fact, it isn't. It's really based on mythology or superstition or quackery. It's based upon something that has been built on fraudulent science or wishful thinking that has been presented using scientific language, but it is not based on hard science. And that's very easy to verify by the way. All you've got to do is go look at all the times when drug companies were hauled into court and had to release all the documents of their studies; not just the ones they wanted you to see.

This happened with Vioxx, for example, and when all the Vioxx documents came out it turned out that the studies were faked, the data was manipulated, and they cherry-picked whatever studies they wanted. All the cholesterol drugs, for example, are completely fraudulent. They don't actually save any lives whatsoever. Across the board, if you look at all the studies, anti-depressant drugs worked no better than a sugar pill, meaning that in essence, the anti-depressant drugs have no benefits. They do have side effects; violent side effects and suicidal types of side effects. So, they have no benefits but lots of problems. That's really what most of modern medicine is based on.

Fictitious delusions and paradigm shifts

When people come up to you and start talking about their medication and how they are bi-polar or diabetic, they're speaking to you, indeed, in an alien language. They are speaking to you in the language of fictitious delusions and that is a mental health disorder. The fact that mental health disorder is shared by so many people, by the way, doesn't make it right. It doesn't make it healthy. It doesn't mean it's not a real disorder. It is wide-spread, yes, but delusions have often been wide-spread throughout human history and they continue to be so. For example, it wasn't too many years ago that most people believed the earth was flat. That was a mass hallucination. You might say it was a shared delusion. But if you went up to somebody and you said "the earth is not flat, it is shaped like a ball" they would say, "you're crazy, you're obviously crazy because if it was shaped like a ball then everybody who was on the bottom would fall, duh!"

So you see, what's required here is a paradigm shift to go from the flat earth concept to a spherical earth where gravity pulls people

towards the center of the earth, and therefore there really is no bottom that people fall off of. That requires a paradigm shift that society generally takes a while to get around to doing. I mean it took thousands of years for modern civilization to get past this idea that the earth was the center of the universe. Just look at the Copernicus Revolution. Look at the important contributions of Galileo in identifying what's really going on in the solar system. Look at the efforts of the church, or the status quo to try and prevent people from shifting their paradigms. That's the same way in which modern medicine operates. It doesn't want you to shift your paradigm to be able to see things from a new, improved point of view. It wants you to stay stuck in an old paradigm. It uses all that language, all the fictitious disease names, all the symbols of authority, the mind games, the mental trickery, the brain washing. It uses all those things to keep people trapped in a system. Modern medicine has the control, it has the authority, and it has the power, essentially, over everyone. That's where they want you to be; they don't want you to have new options.

Third person voice perspective

Now were going to talk about how to give you new options. This is going to be from a third person voice perspective. All that's required for you to benefit from this phenomenon is for you to listen, and that is truly it. That's all the effort that you need to put forth to experience benefits from this. Now let me explain how this works. You have something in your brain that operates non-stop. I call it a language processor, and it's really a language processing unit. It's in your subconscious mind and what it does is listen and watch for words or language or any kind of similar structure to come into your subconscious awareness and then it immediately begins processing those words into structure. It de-

codes, in a sense, the grammatical structure, the layering of concepts, the clustering of concepts, correlations, logic, all of these things. And as it processes language it then bubbles up these ideas into your conscious mind so that you have a conscious and aware understanding of what was being said or what was being viewed, such as words on a page or words on a billboard. This is called the language processor and this is part of your brain; it's part of your subconscious mind. It is precisely the part of you that is processing what you are hearing right now, and it is what's converting the sound waves in the air around you into a meaning that your conscious mind can grab a hold of and use in other ways that you choose. So the language processor is what allows us to take sounds that have structure in them and decode them into semantics.

Linguistics and language processor

It is a fascinating field, the study of linguistics, and the more you study linguistics, the more you will learn that this language processor is really quite a miraculous part of your subconscious mind. It has a couple of interesting traits, and one of them is that you can't turn it off—isn't that fascinating? You cannot consciously or willfully turn off your language processor. Let's say you're driving down the interstate and see a billboard with the words "eat here" on it. You cannot consciously decide to not process those words. You cannot say, "I will look at the sign but I won't know what the words mean," like it's in a foreign language or something. You can't do that. Your language processor sees the words and it automatically processes them and then it inserts those words into your conscious mind. So your conscious mind, for a split second, understands what that means and says, "oh, the sign means, eat here"—you know, put food into your mouth at this location. That's what it understands.

Now of course you can decide consciously from that point forward whether you want to act on that information; you can decide I'm not hungry, I don't want to eat here or, you can find meaning in that sign because I haven't told you what the rest of the sign says. It's actually a billboard that's at a combination restaurant/gas station and it says "eat here, get gas." So now what happened in your mind? Your language processor just sent to you some different information that you hopefully found at least slightly hilarious—"eat here, get gas" has a couple of different meanings. It was your language processor that allowed those meanings to come up into your conscious mind and then it was a different part of your conscious mind that allowed you to find the humor in those words because it was able to find the double meaning in those words. Sometimes those can be funny but they can also be quite therapeutic, and that's what I'm going to get to here in a few minutes.

One trait of your language processor is that it can't be turned off. That means that any words you hear are going to be processed in some way, whether or not you choose to act on them consciously.

Paraliminals

This is why subliminal programming works, by the way. This is the whole reason why it works, because your subconscious mind is hearing things, it is listening, and it is processing even if you are not consciously hearing aware of it. This why much of advertising works and this is why subliminal programs work. The good ones that would speak a certain track into one ear and another track into the other ear have this really incredible language.

In fact we sell some of these courses. Go to the following address: **www.TruthPublishing.com** and search for these audio CD's called paraliminals. This is a really interesting technology put together by a gentleman named Paul Scheele and it speaks one audio track into one ear and another track into another other ear. One track is a story, and the other track is a set of positively embedded suggestions using therapeutic language. The result is that you can't track consciously exactly what's being said, but by the time you've finished listening to the program you've absorbed all this positive information and your mind just integrates it automatically. So check those programs out, they have some for anxiety, for confidence, for accelerated healing, for healthy weight, or weight loss, as you may call it. A number of programs for career, abundance, relationships and things like that. Very powerful programs. That's why we have been selling them for a couple of years and people are very, very happy with the results they get. In fact, that's one of the three things I wanted to mention to you here before the end of this chapter.

You should check out those paraliminals from a company called Learning Strategies, by the way. They have quite an interesting collection of all kinds of different technologies that use words to reprogram your mind in a positive way, much the same way that I have done in this program, especially on a guided imagery CD, but they don't necessarily have a focus on just health and healing. It's health, healing, eliminating the illusions of disease, getting people out of the entrapment of conventional medicine, giving you back your power to heal yourself, and helping you believe the truth about your own innate healing abilities. I really just want to get you in touch with who you really are and I don't want to see people continuing to walk around and suffer under the illusions of someone they are not, if that makes any sense.

Theory of not

Speaking of not, this is another important trait about your language processor that I'd like to share with you: your language processor cannot hold a "not" thought. A "not" thought, as we like to say, is actually a mathematical theory that we call a "not" theory, but we are not talking about a "not" theory. We are talking about "not" language, and "not" language means something like this: I would say to you, "there a not a red car parked in your driveway right now." To merely process that sentence for your language processor to pars that sentence, it has to, at least for a split second, imagine a red car parked in your driveway. From there, then it uses syntactical logic to remove the red car so that your conscious mind gets the idea that there isn't a red car in your driveway. But just to get there, you had to, just for a split second, think about a red car in your driveway.

Now why is that important? Because it's a way to get ideas into your mind; it's a way to bypass the critical logic structure of your brain, which is the part that filters out concepts and tends to reject ideas that you might not find comfortable yet at this point. So it allows healthy, positive ideas to go right into your subconscious mind where they can begin to have a positive, transformational effect on your identity and your belief systems. We've already talked about all the benefits that. That then is allowed to ripple out throughout your actions, your results, and your life experience and, in fact, the entire world around you. A very clever way to do that is to use language and to take advantage of the language parser itself, to know where its weaknesses are or where its defenses are down so that we can put ideas directly into the mind.

Travis' story

Now let me give you another example of how that works. To do that, let me share an experience with you of a friend of mine. His name is Travis, and Travis came to me one day and said, “you know Mike, I’ve read a lot of your material and it seems like you really have a lot of good insight about how the body can heal itself so quickly and naturally. Can I use that technology or does my body have that same ability?” And I said, “yes Travis, your body has the same ability to heal itself just like anybody else’s body. In fact, I think the more you examine your body the more you’ll realize that you have the technology that you need right now to experience spontaneous healing any time you might have a health challenge that you need to overcome. You can allow that to unfold naturally in your own body without even thinking about it.”

He thought that was a really interesting thing to hear so he went back home. Then one day he started to feel like he got a cold. This was after he had come back from the gym and had been working out in a really strenuous way and had kind of overworked his body. He had compromised his immune system. He began to feel like he was catching some kind of a cold, and pretty soon, indeed, he started to get some aggressive symptoms of this cold, but then he remembered what I had told him: Your body has this innate healing ability and all you’ve got to do is really activate it; just turn on your healing ability so that you can overcome those kind of conditions.

Then he remembered that I said: You can do that with the help of some nutrients, too. So he started taking Zinc and he started taking some medicinal mushrooms, and pretty soon he could start feeling his own body’s ability to just heal rapidly without giving it any thought at all. It seemed like he must have been amazed

about this ability because he came back to me the next day and said, “Mike that was really amazing. I couldn’t believe it, but one minute I had the sniffles and then a couple hours later, after experiencing this ability, it was like my body was just able to heal itself automatically. It didn’t even take any effort on my part. And I said, “yeah that’s exactly right Travis, but what I’m really curious about is whether you were able to experience just how rapidly that

COUNTERTHINK “CHEMOTHERAPY STICKUP”



healing acceleration kicked in. Is that something you were aware of, or did that happen outside of your conscious awareness?”

Because you know the subconscious mind takes over the healing ability and can accelerate your healing potential without you really being aware of it. I mean, that can happen automatically. That's why patients might sometimes just heal spontaneously from various conditions that they may have been suffering from in the past. So it makes total sense that this would be the experience that someone would just experience: that they had been sick in the past and now they are able to create a new state of health and wellness.

I asked him that question and he said, “well, gee, I'm not really sure, Mike, if I was able to experience how rapidly that ability to heal myself completely from the inside really kicked in. I'm not sure if I was aware of that.” And I said “that's okay, Travis, you don't really necessarily have to be aware of it, because this is just something that allows your unconscious mind to heal your body automatically even when you're not aware of what's happening. So you don't have to track it, it's just something that happens automatically. But the next time you get sick in the future (you may not) I want you to pay closer attention to exactly the process that is happening so that perhaps you can catch a glimpse of your body activating this natural internal healing process. From there you might find yourself being able to just feel really amazed or feel really confident about how your body now has the resources to heal itself from the inside out, no matter what challengers it might face. Travis thanked me for that and he went home and he hasn't had a cold since.

Now that's a really interesting story about Travis, isn't it? You might think it was a long story and were wondering what all that

verbose stuff was for. Well the truth is, that story about Travis was meant for you. If you listen carefully to the words I used, I was in fact speaking to your subconscious mind using positive suggestions about accelerating your internal healing process about your ability to heal yourself naturally, even if it's not present in your conscious mind. All of these different suggestions, or what is sometimes called embedded commands, were part of that story. But because I was telling the story about a fictional character, your mind—your conscious mind—didn't say "I'm going to resist this." Instead it just listened to the story and it allowed these ideas to just flow through because there's no reason to try to block this potentially interesting story, I mean it's just a story about someone else. What could it possibly have to do with me? So your language parser then proceeded to pars or process all of those words and ideas that I mentioned in that story about my friend Travis, and as it was parsing those ideas, they were bubbling up into your conscious mind. Some of them may have not bubbled up, and that's fine, but a lot of ideas were being introduced into your mind in a way that over time accumulates and begins to give you new options.

Just be aware

The technique here, and this was just one very simple example, by the way, was to use the frame of a story about my friend, Travis, to allow your language processor to process the words and ideas that I wanted to introduce into your mind. And what ideas did I want to introduce? Well, the idea that you have innate healing technology, that you have a spontaneous healer inside you right now that you can heal spontaneously; that you can overcome any disease; that these things happen without any effort on your part; and that they are a very natural part of being a human being.

These are ideas that I want you to accept. I very openly admit that, by the way. I'm telling you exactly how I do this because I have your highest purpose in mind, which is to help you heal and help you be the healthiest, most creative, most vibrant, most aware, and most successful human being that you can possibly be. And so I am very happy to share with you exactly what processes that I'm using.

In fact, just being aware of those processes makes them work even better, because the more you are aware of the fact that I am using this kind of language to talk to your subconscious mind, the more it sticks with you and the more you are able to simply absorb it and embrace it. Because now, there is nothing being hidden, you see, there is no ulterior motive. No one is trying to sell you anything. I am not trying to sell you a bottle of vitamins, right? I'm not trying to sell you a line of fashion clothing. What I'm trying to "sell" you or share with you are only ideas, and these are ideas that support your highest purpose.

That's why I am so open and that's why I work with such a high level of integrity in all the work that I do. Because it's very simple for me to reveal my motives. My motives are to help you get healthy, to help create a healthier world around us and to share this very powerful transformational technology with as many people as I can. And along the way I am going to tell you exactly how I'm doing it and exactly what's going on, because I want you to be aware of just how quickly and easily your subconscious mind can process the words that I'm speaking right now, even as I'm saying them. That's an ability that can help you heal, you see. So, I don't have to hold anything back, I can tell you everything that's going on and I can share all the power of all the words with you. Remember the power of the spoken word. That's what we've been talking about throughout this course, and I want you to experi-

ence the full effect of all that power so that you can now make it a part of who you are.

The power of the spoken word can transform many things

I'm going to share with you some other ideas of how you can continue to learn from the power of people's words. Because there are many, many people out there who have some very important things to say. Many of those words can be quite therapeutic, especially if they are offered to you by skilled individuals who understand language, who understand linguistics, and who understand how the mind really works.

What you've experienced here so far then, by the way, is just a teaser. There's not enough room in this one course to give you ongoing sessions of transformational language that are attuned to your specific challenges. But it's something that I intend on creating. I hope to have courses that are focused on: abundance and wealth attraction; self confidence; personal magnetism; making healthy food choices; living in harmony with the food around you; healthy appetite regulation; motivation for exercise and associating positive feelings with exercise; super learning; better cognitive function; better mental awareness; alertness; and better memory. Those kinds of things, and many other programs.

This technology or phenomenon, you might call, it can be applied in so many different ways to help people improve their lives. This is a fascinating area of self-improvement that I intend to work in for many, many years—and help people experience these kinds of changes for themselves. Because the more people that we can get to change their minds in a positive direction, the

better world we end up creating. Not just in a linear way but in a geometric progression way, something that just keeps multiplying out and has a larger and larger ripple effect. The more people we touch, the larger the implications of everything that we're doing. So we start with one, two, three people. We start with you and me. You know that's really who we're starting with, and we just share these ideas. We help people peel away the brain washing, the non-truths, and distorted belief systems that were put onto them by doctors, parents, or health authorities, and we help them get to the real people that they are inside. And just recognize, with this connection, who they really are inside. That they indeed are a perfect being, and have all the programming needed in their genetic code right now to attain perfect health. That whole process is completely automatic.

For example, you didn't have to think about building your body when you were a tiny fetus in the womb. You didn't have to consciously say "hmm, let me put the nose over here and the shoulders over there, and, oh! Did I have five toes or six toes?" You didn't have to think about all that, because if you did you would go crazy. There are billions of cells, you'd go crazy! Your body did all that for you and it's based on your map, your programming. It's built in and it's designed to build a perfect emotional body, a perfect spiritual body, and a perfect mind for you.

The only thing limiting yourself is you

Disease is only an illusion that may have gotten in the way of that. If you can eliminate that illusion, overcome it, or transform it, or see through it, or feel your way around it, then you can get back to the true you that you really are. The true you is an amazing, miraculous being of light, and that being of light has no limitations.

You are not limited to your physical body; you are not limited to the number of connections of the synapses in your brain cells; you are not limited by the things that typically people use to define their limitations. The only thing that limits a person is their belief systems. So if you can change their belief systems you can transform everything that that person experiences, maybe, like you. And you might ask yourself a question: “would now be a good time to start making those kinds of changes in your own life?” If you’re like me, right now is a pretty good time to get started with those changes. And one of the keys to pursuing those changes is to start surrounding yourself with information or voices of people who have the kind of belief systems that you would like to adopt as your own. That kind of makes sense, doesn’t it?

A humble inspiration to others

I want to share the name of one individual right here, right now. Someone who I consider to be somewhat of a mentor even though I don’t even know him as well as I’d like to know him. But he’s someone whose voice I think can be a guide in the wilderness of the life journey. I encourage you to check out this gentleman’s materials and his web site and courses, and see what you can do to get his voice into your life. His name is Peter Ragnar, and his company is Roaring Lion Publishing. His web site is: **RoaringLionPublishing.com**. I’ve interviewed Peter for my radio show, and I’ve run that interview on my web site **www.NaturalNews.com**

Peter is one of the very few individuals that I truly admire as a fellow human being, because he has abandoned any distortions and any limiting beliefs that may have kept a normal person from leading a joyful, meaningful and rewarding life. Peter has aban-

done all of those things, and in doing so, he has recreated who he is based on what he wishes to experience. He has so completely committed himself to this process of reforming who we are that he is now a person of such amazing magnetism and wisdom that he now serves as a very real guide for probably millions of people around the world. Yet he does it with humility, which I've always found to be very, very important.

I don't believe in worshiping a guru like a god and I don't believe in gurus who try to take your power away from you so that you follow them. I only personally follow gurus and I only try to be the kind of teacher myself who is one who empowers the listener, empowers the student, or empowers the people around them and operates with humility—by saying that essentially we are all students of life, we all have something to learn. Yes, perhaps some people have more mastery or more experience than others and that's great, that's wonderful. But no one has earned the right to run around this planet with their ego demanding that they're better than everyone else and demanding that people do everything that they want them to do. No one has earned that right and no one should be worshipped like a god, in my opinion, anyway. Instead of worshiping people, we should find those that we admire, those who can be mentors to us, guides to us; those who are demonstrating the kinds of lifestyles and belief systems that we would like to emulate or attain ourselves. Those are the people that I believe we should learn from and follow in some way. Not to follow their every footstep, but rather to learn from them for a while, while we can, just as we're learning from many other people in life so that we can take wisdom and knowledge from each of those people and bring it in together to complete the puzzle of who we have decided that we wish to be.

The empowering word

We learn elements from different people, different kinds of religions and different spiritual practices. We may learn elements from different bodies of knowledge; scientific knowledge; new age sciences or alternative science, for example; or meditation or spiritual experience brand of science. Whatever different areas of knowledge that you want to tap into, you can bring those into your being. And then you can decide exactly who you want to be and what kind of experience you want to allow to unfold in your own life.

This process requires that you surround yourself with the words that will speak to you in this language; the words that will continue to encourage you to open up to new possibilities. You want words that are unlimited, words that are empowering and put the entire universe at your fingertips. You don't want any kind of limiting language. You don't want anything that says that you are trapped in a certain diagnosis or a certain pattern. You want the language of flexibility, the language of universal belief, of universal truth. Language from people who seem to be very, very successful at being human beings. Successful in whatever way you want to define it.

Measures of success

Personally I define success as being a contributor to a better society, and as being someone who has compassion for all living systems, people, animals, plants—everything in nature that is alive. If they have compassion for living systems, then they are a better human being. Someone who thinks long-term not short-term; who has a vision for what the future may hold; who works to help all of us

move toward a better future as a gift to future generations; who is humble, but who is knowledgeable; someone who is open-minded and willing to learn. Along with that, at some point, you may say someone who is successful in business, too, or someone who is a successful public speaker or author or entrepreneur or whatever, that's fine too.

What I definitely do not put in there as things I consider to be important in a person's success are fame and wealth—how much money you have in your bank account, how big your house is; how cool your Ferrari is or whatever car you choose to drive is, or how many pieces of jewelry that you wear, or that you have big, gold, diamond rings on your fingers and all that. Those are things that personally I do not consider to be milestones of achievement. I know in society that many people view those things as very important milestones, and that's fine. That's where they are at that moment. But, I would encourage you to consider the possibility that those are in fact mere illusions of success, illusions of achievement, and that the things that really matter cannot be purchased. The things that really matter must come from the inside; they must be part of you and cannot be faked, purchased, or contrived. They are only the true expression of the kind of being that you have decided to be for this lifetime or however long you spend to choose hanging around here on this planet, hopefully doing some good.

So you see where we're going with all of this. We started talking about language and words, and words seemed very, very simple, but words stand for ideas, and ideas are anything but simple. Ideas, wow, they can be amazing things. Some people might say an idea is a dangerous thing. Why is that and who said that? Well, the people who say that are the people who don't want you to have new ideas. They think that ideas are dangerous precisely

because it gives you new possibilities. It opens you up to a whole new world, and it all starts with words.

See through the house of cards

Words can be your window to a whole new reality. There's not one word that is going to change your reality, probably not just one single word. It's the combination of words and how they are presented, what ideas they are introducing to you, and how your mind begins to wrap itself around those ideas and play with them. Kind of like the way a curious child might play with toys in the bedroom, and it might say "gee that's a pretty toy there, I'm going to play with that one for a little bit, and see what that feels like." See what that idea tends to do in your own mind and you might begin to surround yourself with more words of wisdom; more words that are positive from people who are positive; from people who have a broader view on the universe and your role in it. As you do that, you will find that the old definitions of disease are laughingly childish and completely obsolete.

Once you really understand the power of human mind and the power of words to create your new universe, your new reality, you will laugh hilariously at things that you used to believe were true, like someone saying "I am bi-polar." You'll just laugh. You'll laugh your head off. I've done that, I've laughed my head right off. I had to put it back on just to keep talking. Because it's so funny that people would misuse language in that way. Once you attain the level of understanding these universal truths then you very quickly understand that those disease labels are so fragile, they are so paper thin that anybody could see through them. You'll understand that the entire construct of conventional medicine is a shoddy paper-thin house of cards that now you can see right

through. You can see it doesn't make any sense at all; all those disease labels, those diagnoses, and those pharmaceuticals. It just seems to collapse under its own weight and become nothing, like it never even existed.

Be the change

In its place, now you can see through to a much deeper truth of who you really are and what the nature of healing is. You can come to instantly recognize how much power you have at your finger tips or even on the tip your tongue. You have the power to change the universe around you and you do that by changing you. It reminds me of a famous quote from Gandhi. This is a quote that keeps making sense again and again at different levels, at different stages in life as you learn more and you realize more you can keep coming back to this quote and it will have new, deeper meanings each time. The quote is simply this:

"Be the change that you wish to see in the world."

Be the change. That is the best advice that I can possibly give you as well, be the change. And how do you be the change? By changing your words or choosing the words that you speak to yourself and choosing the words that you will allow to be spoken to you. Select words and word sources that are therapeutic and beneficial. Avoid words that are entrapping, limited, based in a paradigm of disease, based in that outdated, obsolete system of belief that is still being desperately defended by an outmoded system of medicine that's clinging to these false definitions because there's nothing else there for those people. They might as well just let go and fall right through the clouds. You know there's just nothing there to hold on to.

Let go of that stuff and instead bring in these new ideas of how you can move forward, how you can expand your consciousness and expand the realm of possibilities that are now available to you as an informed, aware, conscious, awake and compassionate human being. That is where you can get to the point where you can be the change. Be the change that you wish to see in the world and the world will change around you.

Be, change, get

I'd also like to mention that along with that, many people have the process of "being the change" reversed. They think that the being part is what comes last, especially in issues of health. For example, they might say okay, I'm "diabetic" to use that false disease label, and then they'll say, "first I'm going to get the medicine, so I'm going to get something, and then I'm going to alter the expression of my physiology with that medicine, so I'm going to change something. I'll it under control and then that's going to result in me being healthy."

They think they're going to get something, like a medicine, and then it's going to cause a change, and then that's going to cause a being. They think "I'm going to get the medicine, change my health and then I'm going to be healthy." This is reversed. They've got it all backwards. That's not the way you do it and that's why pharmaceuticals just don't work, by the way. They don't make anyone healthy. There is no person that has ever been made healthier by taking ten, or even twelve pharmaceuticals. Not a single case. In fact, the more you take the more diseased they get, and that's because they don't work.

Instead, you've got to reverse it. You've got to first be a being of health and you do that by changing your belief systems and your

identity using all the things we already talked about. First, you be it. You change your being and from there your physiology changes. That's when the change happens, and then from there you get the results that you were looking for. So first you "be" and then you "change" and then you "get"—that is the process of a wise person. That is the process of someone who has truly mastered their own understanding of what is healing, and they have allowed that to be expressed in their own lives.

What is healing? It is healing from the inside out. First you "be" and then you "change" and then you "get." But those individuals who have mistakenly reversed this process are not getting what they want. They think they are going to get the medicine, its going to change their physiology, and then they're going to be healthy.

You can prove to yourself, by the way, that that doesn't work by driving out to a parking lot right next to any kind of pharmacy—let's say a Walgreens or a CVS Pharmacy, to use the most common pharmacies in the United States—and sit in the parking lot and watch people who walk in and out of the pharmacy or who go through the pharmacy drive-thru. Ask yourself, are they people healthy? They're not. I've done this exercise; they are not healthy. If drugs made people healthy, if it caused them to change who they are, then you'd see unhealthy people walking into the pharmacy and you'd see healthy people walking out. But you don't see that at all. You see really unhealthy people walking in and out of that pharmacy and rarely do you ever see a healthy individual visiting that place. That's because they've got it backwards.

Journey toward greater awareness

As you can tell now, as we wrap up this journey here in *The Illusion of Disease*, this is quite a journey. It actually takes some effort to move from a place of sleepwalking through life, of believing in the paradigms of conventional medicine or the cult of pharmacology, as I sometimes call it. It's quite a journey from there to a place of true awareness and freedom in being an informed aware, alive human being who is materializing change from the inside out. That is a huge paradigm shift and I don't mean to minimize that journey in any way. It's a big journey, and wherever you are on that journey it is fine as long as you're moving in the right direction.

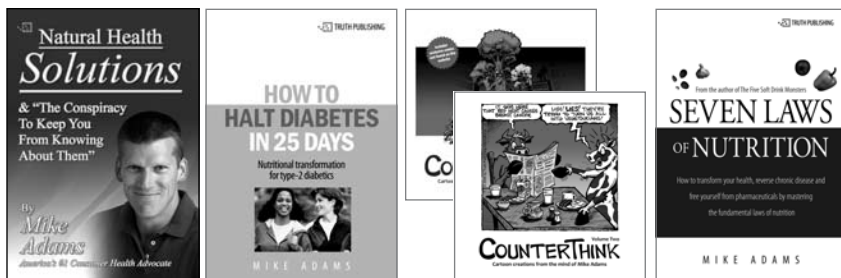
Keep moving toward greater awareness; keep moving toward more possibilities in your life; keep moving toward the use of healing language and surrounding yourself with the kind of words and the kind of language and the kind of people that can give you more access to yet more possibilities. These are people who believe the things that you'd like to believe, like the fact that the human body can just heal itself spontaneously, naturally, effortlessly. If those are the kinds of beliefs that you'd like to have operating in your life then gravitate toward the kind of people who have those beliefs; gravitate toward the kind of language that expresses those beliefs. Those beliefs will soon become your beliefs, too. The mind works exactly that way. In fact, shaping yourself is in many ways just an exercise in deciding what you choose to surround yourself with. That determines who you can become. It certainly determines what options you believe you have available.

In the meantime I'm going to be working on more courses and more programs to help you make these changes in a positive way. I spend a lot of hours creating these kinds of healing programs. Some people call that work. I don't call it work because I enjoy

every minute of it. I enjoy teaching, I enjoy helping others heal, I enjoy grabbing someone's hand and inviting them to come on this journey with me and put one foot in front of the other. And hey, let's walk toward a better future together. I enjoy doing that, and I think that you kind of like doing that, too.

So watch for those programs to be announced in the months and years ahead. You can watch for them on my web site www.NaturalNews.com or on www.TruthPublishing.com where we'll be offering those courses for sale. As you're learning these courses, just remember: be very mindful of the kind of people and the kind of language that you allow to enter your space. The words that come into your ears are being processed by that language processor that we briefly talked about. That language processor is working 24/7. So be mindful of what kind of words, what kind of language you are allowing that language processor to get a hold of. Everything that's in your awareness or comes into your senses—whether it's a sticker on your mirror in the bathroom or a sound of words that you're hearing over the radio—is being processed. So doesn't it make sense to make sure that the messages you are receiving and processing are precisely those messages that give you the greatest potential for new possibilities in your own life? I would think you'd agree with that.

Other Books By Mike Adams



Natural Health Solutions

You might find it difficult to believe at first that the “sick care” industry actually depends on the continuation of degenerative disease and the expansion of new disease definitions to sell their patented chemicals to more and more people. But underneath it all lies a dirty little secret that informed people are now uncovering... Drugs-and-surgery medicine is a grand hoax.

How to Halt Diabetes in 25 Days

Halting diabetes is quite straightforward using very basic biochemical cause and effect. Drug companies would prefer to keep you dependent on insulin and diabetes drugs. The moment you beat this disease, they lose a customer.

The Seven Laws of Nutrition

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ABOUT MIKE ADAMS

A holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health, Mike Adams is also the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *How to Halt Diabetes in 25 Days* and many other books available at www.TruthPublishing.com



Adams is also the creator of the popular Honest Food Guide, a free downloadable nutritional guide found at www.HonestFoodGuide.org. In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at www.NaturalNews.com

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at www.NaturalNews.com/AdamsHealthStats.html

"Over the years, not only have I learned to respect and consider Mike Adam's opinion in all areas of nutrition, I have also found the scientific facts he references about his subject matter to be consistently accurate. Every time I get to read his words or see him speak, he makes my day The Best Day Ever! He can do the same for you!"

-David Wolfe, author of *The Sunfood Diet Success System*

"Mike you are a true American hero. All of us are lucky to have you out there not only fighting for our rights but protecting us, informing us, educating us and making it a better place to live."

-Gregory Kunin, Principal, Ola Loa / DrinkYourVitamins.com

