

How to Avoid Being Stuffed With  
**The Life You Don't Want!**

How the global medical, pharmaceutical, processed  
and manufactured food industries screw our lives

over and over and **over**



by Louis lesCrooge

This is the third in the series of  
**How To Avoid Being Stuffed  
With \$#!-€ You Don't Want!**

***How to Avoid Being Stuffed  
With The Life You Don't Want!***

How the global medical, pharmaceutical, processed  
and manufactured food industries screw our lives  
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Louis lesCrooge

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***This treatise does not rely on the  
current fad of supposition, postulation,  
&/or pseudo-scientific BULL\$#!-€***

*It relies solely on fact and reality*

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## Acknowledgements

Enormous gratitude is owed to the following;

**Nita Burgess**

my bone manipulator who refocussed me on cranial anatomy and physiology

**Brian** (*can't remember his surname*)

my faith healer at SAGB for years

**David Marshall** (*not Mercer*)

my synovial fluid rejuvenator

**Bernard Lee**

my 100 generation Chinese medicine man

**Sam Shoet**

my atomic medicine man

**Dr Otto Schirmer**

whose ignorance of autonomic tear flow neurology led me to my metabolic, malfunction discoveries

**T B Liar**

whose odious take on politics opened my eyes to BigPharma's nefarious practises

+

many professional blowhard colleagues,  
too litigious to mention

It has never been part of my nature to prey on the gullible, the desperate, the infirm and the vulnerable because I have something which they need to desperately get on with their lives – well perhaps the gullible, the desperate and the infirm, but hey, no one is perfect!

Having railed against the charlatans of the medical, food, pharmaceutical and automobile industries I am not about to swell their ranks by ripping anyone off.

So I can't charge a small fortune for my stuff.

However, I can't give it away either.

Apart from the historically established, lack of commitment from the recipient, I require the money for other noble work.

A while ago I realised that I cannot change the above mentioned charlatans' business practices.

However, you can change your lives by incorporating what I have written, into your daily regimes, by espousing toxic, manufactured foodstuffs, toxic pharmaceuticals and dodgy medical practises.

[corporatetwatch.org](http://corporatetwatch.org)

This e-book contains audio-visual content.

This is denoted **(AV)**.

On your first reading, ignore all the links except those designated **(AV)**.

Otherwise it will take you months, instead of a couple of hours, to finish it.

### **Publisher's note.**

What you will read here you might think is 'old hat'. When the writer made his clinical discoveries in the 1980s, they weren't considered even 'new hat'.

Because the food processors and manufacturers still had selling credibility with the gullible public. Not so today.

Food processors and manufacturers can no longer sell their trusted image to the unquestioning, gullible public.

However, the writer is still the first – and the only - practitioner to clinically establish that soy/soya/soya beans induces the rapid onset of 'AIDS-related' arthritis.

In addition, this publication is constantly evolving, as the writer constantly unearths some established health remedies, practised by the FIVE PER CENT of the medical profession, who believe that their life's nobler purpose is not exclusive country club memberships and shinier wheels.

## Author's Intro'

You've just downloaded some relatively powerful, clinically proven facts, which conflicts with all the vacuous claptrap, disinformation, spin and good ole, denial marketing/ in-doc-trin-ay-ting bull\$#!-€ with which you have been - and still are - bombarded by the self-serving media and snake oil salesmen who constitute the manufactured food, health food, medical and pharmaceutical industries.  
*(And this was pre-covid conspiracy)*

By eschewing manufactured food you will be doing more than just helping yourself. You'll be reducing the gigatons of industrial pollution, mountains (and islands) of garbage packaging, which are dumped on our Planet, daily.

Even if your body is not exhibiting any crisis symptoms at present I would urge you, if you are 60 years or older, to heed wots in this ebook to dodge/minimise the effects of:-  
**arthritis, gout, dry eyes, dementias, food intolerances, macular degeneration, clavicular spurs, benign prostate enlargement, viral conspiracy pandemics and the big C.**

In addition, learn about the healing powers of ozone - cheap to make - and Browns gas (stoichiometrically balanced atomic H & O) - not so cheap to make.

Your future well being is waiting for you right here.

(Author's Intro')

My son gave me this pithy piece of unwelcome advice – post-publication, naturally - “Almost all this is on the Internet (almost), so no one will read your ebook.”

His suppositions are correct. However, to find all the relevant stuff on the Internet, you need to ask the right questions; you need to cross check everything to discern the truth from the lies and spin, etc.

So, this ebook will be especially beneficial for all you 'hyper-smart' X-, Y- and millenium-gens – who think that you know what life is all about – because its on *youtoob*.

Buy the ebook anyway, then, file it away - only to be read when;

- your health's failed you,

- your mind's gone south

- and your take on reality is realising that, just for once, you're actually in the 'loo when your mind believes you are having 'a moment'.

Then – and then only – is the right time to read this ebook.

Because, we oldsters – who've been Planet dwellers for a whole lot longer than you youngsters, generally talk way too much and mostly a load of unwelcome, 'patronising' b\*ll\$#\*–€.

As I forever tell my kids -

*“Don't learn the hard way – learn your way, instead.*

*It will make your life appear to be so much longer and so much more worthwhile.”*

(Author's Intro')

Hi! My name is Louis lesCrooge.

I used to be a UK trained, registered optometrist and founder of *The Softlens Practice* of Soho in London.

Now I'm just a UK trained optometrist with free time.

During my 16 years with my *Softlens Practice*, I discovered that what and how we eat, radically affects our bodies' metabolisms, making them function with increased efficiency, like sports persons believe they do (obviously), but also with decreased efficiency like almost anyone else's does. (not so obviously).

This decreased efficiency, 'allegedly', leads to 'AIDS-related 'incurable' diseases,' some of which we relieved, cured and/or prevented, on a daily basis.

Read about it here.

The '*Cut out fags*', the '*RSIs*', '*Learn and Remember*', '*Swimming without neck and back ache*' stratagems in [\*How To Avoid Being Stuffed With Stuff U Don't Want!\*](#) I developed to help me deal with life's little challenges and issues. They still do. They can do the same for you.

Read about the next car you want to avoid buying, in [\*How To Avoid Being Stuffed With The Car U Don't Want!\*](#) Have fun, because '*Life's a Bitch & then you diet!*'

(Author's Intro')

Human beings are phenomenally sophisticated, living beings.

We share this unique distinction with the animals, the fishes, the birds, the reptiles, the plants and insects, as well as every other living organism my ignorance has failed to include here.

Today, medical science can - maybe - claim a 95% understanding of how our bodies function.

And today, we can begin to appreciate that medical science and its practitioners have;

EITHER just begun to grasp an understanding of the causes of how our bodies malfunction,

OR have been too busy making money out of our suffering to have bothered before.

At the moment, medical science has three modes of treatment.

The '*sledgehammer*' (the pills)

The '*knife*' (the obvious)

The '*agony*' (the no-known-cure)

You've probably come to realise that there is not much to choose among them.

(Author's Intro')

All our bodies require of us is, simple, basic maintenance - as well as a tacit understanding not to over-indulge in self-abuse. Or like any sensitive, intricate pieces of equipment, they will fall apart.

This falling apart is also known as a body crisis.

There is a large safety factor built into every aspect of our bodies, so this falling apart can take anything up to a lifetime. Be it a short lifetime, or a long one.

You are reading this either, because you are curious to establish the depth of doo-doo being spun by the health food hustlers and born-again vegan believers, or you have, or are about to have, or someone you care about has, or is about to have - a body crisis.

A body crisis means part, or parts of your/his/her body are not responding properly/doing funny things/over reacting/falling apart/falling off/dying off.

Call it any specific medical name you like, at the end of the day it's a body crisis.

And your, or their, unshakable faith in the powers of the MDs, the medicines and the pharmaceuticals, has been shaken on a scale which you could never have imagined.

Never lose trust in; your mind; your body; your experience; your common sense; your intuition; your self.

Enjoy the rest of your life

- it might be the last one you remember.

(Author's Intro')

And never make the mistaken assumption that A-list Celebs think they know what their bodies are doing. The majority of A-list Celebs are just like us – misguided, misinformed suckers who get swept along with the next A-list fad. However, our satisfaction comes from the realisation that they are front-line, A-list suckers.

So the next 'lean'n'mean' type diet book which has every A-lister, and their dog, raving, which catches your whim/fancy/eye - simply check out the list of 'amazing', 'high energy', super foods over which your 'wunda' nutritionist is drooling.

If there are any which I have listed in FOOD TO SERIOUSLY AVOID then the latest A-list, Celeb, Diet Messiah is a charlatan, who does not really know what he/she is talking about. He/She can barely talk the talk – and that is where it evaporates – in a cloud of hot air.

(Author's Intro')

Being a healthily paranoid, hyper-suspicious, old cynic, my antennae are sensitive to the following words and phrases.

These are, but not limited to;

*'may (be or have)', 'might (be or have)',*

*'can (be or have)', 'could (be or have)',*

*or 'possibly (be or have)'.*

When you come across some revelatory peer driven article espousing the radical..., latest..., best..., safest...,

cautious..., of whatever,

check out the high prevalence of these words.

These words mean that the only conclusive benefit

connected to whatever is being offered, is the fat

profit/cred/brownie points being skimmed, by your ever-so-helpful *'fear, uncertainty and doubt'* doom hustler.

There is a colossal body of evidence stacked against B-I-G Food, B-I-G Pharma and B-I-G Med.

The information gathered here barely scratches their surfaces.

Should you elect to ignore this body of evidence, in

preference to the establishment spin and disinformation,

then sometime soon you'll need to find yourself some other saviour.

## **Funny' links**

It is to be regretted that most of the web-links in this ebook are hooked into one of my servers.

Regrettably - because they load slower than the originals and occasionally the display is pretty basic, or erratic.

Not so regrettably - 'cuz they will always be somewhere close at hand.

Since I started assembling this book many years ago, I have lost so many juicily, revealing sites, simply because I was naive enough to believe that they would always be there.

Now what is left I can guarantee will be there!

There are links to some sites not on my servers.

Either they have disabled 'Save *page as*', or are constantly updating and it would be pointless to freeze them on my servers.

Here is a piece of advice you may have heard before.

Rely on no one.

Do as much for yourself as you are able.

Accept nothing to remain the same -  
because, only nothing remains the same.

## **Disclaimer**

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Louis lesCrooge  
March 2006  
St Leonards  
UK

## **How different is this ebook to what preceded it and what will it do for you?**

At the outset, it was never my intention to write this book. I took early retirement (20<sup>th</sup> Century euphemism for becoming unemployable), then one day realised that nowhere had I read of similar clinical experiences relating to the effects on human metabolism of manufactured and processed foods – far less one backed up by 35,000+ individual clinical case studies.

For now, put aside the disclaimers - size does matter. And 35,000+ is a reasonable case load on which to base clinical pronouncements affecting - if not mankind – then a sizeable amount of the UK's population.

So, how different is this to the books which preceded it? If you've read any of the books listed on the next page - which have influenced my work - then what you will get out of this one is an updated reinforcement of the same, but with a 35,000+ case study analysis on the tail, delivering the penultimate word on manufactured foods, processed foods and highly refined carbs (HRCs).

(In case you haven't worked it out already, that penultimate word is **N-O!**)

In case you are wondering about the ultimate word, it is **WAY!**

(How different is this ebook to what preceded it and what will it do for you?)

In addition, this ebook ties together food and drug related health issues which wax, wane then drop off the radar, into the chaotic fog which is the 21<sup>st</sup> Century mind.

It is important to remember, *f-o-r-e-v-e-r*, just exactly what B-I-G - F-O-O-D, B-I-G - M-E-D and B-I-G - P-H-A-R-M-A are all about now, what they have been all about before, and the havoc and destruction they have wreaked on our societies, civilisation, as well as our metabolisms and our bodies, in their constant search for the BIGGER buck.

The following books have helped form my procedures to successfully resolve my patients' developing arthritis related, dry eye issues over 24 years.

[Diet for a small Planet](#) 1<sup>st</sup> ed. ----- F M Lappé

[Let's Get Well](#) ((don't remember ed.) -- Adele Davis

[The Hay Diet](#) -----Various

[Food Combining for Health](#) -----Various

[Fit for Life](#) 1<sup>st</sup> ed. -----H & M Diamond

[Dr Atkins Diet Revolution](#) 1<sup>st</sup> & last ed. - R C Atkins

[Praise of Folly](#) 1<sup>st</sup> ed (*if only*) ----- Desiderius Erasmus

I have applied their principles to thousands of my patients and I would not be writing about their benefits had they not happened. (I can think of more constructive attractions, than making stuff up – artistic licence aside).

(How different is this ebook to what preceded it and what will it do for you?)

For most of us, our most precious commodities are our time and our health.

My information and instructions will save you:

- \* Wasting your valuable time and effort searching for, and reading books you hope will help resolve your condition;
- \* Wasting your valuable money buying the books you hope will help resolve your condition;
- \* Saving you the grief of discovering that none of these books explain what you really need to know to help you resolve etc., etc.

If you think that my information is in any way, inappropriate, then remember this.

Arthritis, Arthritis induced Dry Eyes, Arthritis induced Dry Eyes Syndrome, and Arthritis induced Sjögren's Syndrome, are now firmly classified in the AIDS group of 'untreatable diseases', along with Multiple Sclerosis, Parkinsons, Alzheimers, Motor Neurone Disease, as well as a number of other terrifying dementias and muscle wasting conditions.

(How different is this ebook to what preceded it and what will it do for you?)

All these are conveniently included in Government and Vulture Capital funded AIDS Research Foundation Charitable 'non-profit making' Trusts, currently awaiting phenomenally overpriced, *'tried and tested'*, or *'\*cutting edge'*, astronomically priced drugs.

Any idea why so many long-standing, established ('but incurable') diseases are now AIDS-related?

Perhaps that is where the colossal Government and Vulture Capitalist funding into AIDS research lies.

Or, perhaps I'm just a green-eyed, sore loser, conspiracy junk-head, with 35,000+ clinical case studies to my name.

The time served adage, *'Always follow the money - it invariably leads to the truth'*, has yet to fail.

You may believe that none of the following metabolic crises apply to you - at the moment.

Bear in mind that these 'AIDS-related degenerative conditions' are cumulative and spreading like a wildfire.

You are at risk, whether you believe me or not!

Unless you make radical changes to your lifestyle, no one is going to help, unless you help yourself - **first**.

(How different is this ebook to what preceded it and what will it do for you?)

On the other hand, if you are a die-hard believer in 'Modern Medical Miracles' then don't allow my cynicism, and/or clinical experience to come between you, your money and your beliefs.

Save your time and your effort and stop reading now then do your good deed for the day and give this book to someone who doesn't have closed mind.

**\*Cutting edge** is a term, which implies (rather than means) that it's too early to say if *'whatever they are selling you' will actually cure you without inducing some other condition in your body, which will make you worse off than before - health-wise probably - financial-wise, definitely. But it is available now and only through restricted outlets - for everyone who can afford it.'*

Scream, "Cartel!" Scream, "Monopoly!"

It won't make any difference.

The drug companies, their 'in-their-pocket Governments', as well as health care providers, won't register your protestations. All they care about is money - everybody's and anybody's! And buckets of it.

**N.B.** It is a personal irritation that scouring screeds of text to find specific lines of information can take a frustratingly long time. So, I have repeated some of them.

If you find that irritating, then you've remembered some.

## Contents

[A Fundamental Truth](#)

[Arthritis induced Arthritis](#)

[Food Intolerances & Allergies](#)

[Petrochemical bi-products](#) dairy produce and *Nestlé*

[Extremely personal experiences](#)

[Skin Eruptions](#) – Zits, Acne, etc.

[Dementias](#)

From dry eyes to Sjogren's Syndrome

[Who am I?](#) Am I credible?

The uneventful development of Sjögren's Dry Eye  
Syndrome treatment

[Stage I](#)

[Stage II](#)

[Stage III](#)

[Better news for sufferers](#)

[And still through the time of mists](#)

[The Dry Eye](#)

[You don't ever want this to happen](#) – even to your  
neighbour's offensive dog

*(N.B. Only nothing is perfect.*

*Reformatting this in Word has screwed some of my page  
links. Hence, its bargain price. So, get over it.)*

(Contents)

[AIDS & Foundation Research](#) Charitable Trust

- [On-shore Tax Havens](#)

- [Alchemy & Alchemists](#)

[Is this going to be your life?](#)

[Jesuitical Coincidences](#)

[Dirt on the food train](#)

[AIDS from manufactured foods](#)

[This is what I think I know](#)

[The good ole days](#)

[The politics of sweeteners](#)

[Quackwatch](#)

[What bad stuff?](#)

Inositol's Phytic Acid effects on Osteoporosis

- [Avoidance & Prevention](#)

- [Phytic Acid](#)

- [Osteoporosis & Kidney stones](#)

[The multiple identities of the soy bean](#)

[Dirty drug deals](#)

(Contents)

[HTABSWTLYDW!](#)

[Intro](#)

[Garbage](#)

[Incompatible foods](#)

[Compatible Foods](#)

[ALCARB](#)

- LO - [carbs] - HI- [carbs] carbohydrates

[PIG](#)

- LO - [carbs]- Protein Instead of Hi-carbs Group

- Proteins

[Oils & fats](#)

[Drink filtered/ bottled water daily](#)

[Fresh Whole Food](#)

[When and how we eat what we eat](#)

- the whole-food structure thing

[One such bi-product is uric acid](#)

[Reduce uric acid crystals to improve tear flow](#)

[Review-overhaul eating habits and lifestyles](#)

[Exercise](#)

(Contents)

FOOD TO SERIOUSLY AVOID

NO spinach soy soya soybean lambs quarters

NO Nuts & NO Seeds

NO Transfats [trans fatty acids] Vegetable fats & oils

NO cold pressed oil

NO Bovine [cow] dairy produce

NO Manufactured spreads

NO manufactured or processed foodstuffs

NO organic wheat

NO white sugar Acesulfame-K (E950) Sucralose (E955)

- Aspartame (source of phenylalanine) (E951)

- Sorbitol (E420) - Cola drinks Medicines

Insulin & diabetics

No highly refined carbs (HRCs) ='pure' carbs

Fruits and veg not to eat together

(Contents)

[Bend the rules](#) - don't break them, the low carb way

[Dietary supplements](#)

[Digestive regulators](#)

[Calcium deficiency](#)

[Petrochemicals](#)

[Sources](#) - references - authors

[Sidetrack](#)

[Back on track](#)

[QUICK REFERENCE GUIDE](#)

[GoodiEs\(+\) & BadiEs\(-\)](#)

[Alphabetical quick link find](#)

[Late link additions](#)

Yet more final words

Yet more personal issues

Back to [Contents](#)

## A Fundamental Truth

Over the millennia, misogynistic, 'religious' zealots (mrz)\*, have hijacked and redefined the meanings and usage of words to suit their repressive purposes.

They still do, even today. (Think *pandemic*)

'*Fundamental*', is another of them there hijacked words.

One dictionary definition reads,

*'being an original, or primary source,'* another, *'forming the base, from which everything else develops,'* yet another, *'serving as, or being an essential part of.'*

You are reading this ebook, probably because, you have, or are about to have, or someone you care about has, or is about to have - a body crisis.

A body crisis means part, or parts of your/his/her body are not responding properly/doing funny things/over reacting/falling apart/falling off/dying off.

Call it any specific medical name you like, at then end of the day - it's a body crisis.

And your, or their, unshakable faith in the powers of BIGMED and BIGPHARMA, has been shaken on a scale which you could never have imagined, previously.

Or, probably you are curious to establish the depth of doodoo being spun by the health food hustlers and born-again vegan believers. Whichever.

*\* I don't use the prefix 'quasi-' as all mrzs are deemed quasi-.*

(A Fundamental Truth)

Not only have these aforementioned purveyors of good health (BIG MED & BIGPHARMA) failed to cure *your/their* condition, they have also failed to alleviate *your/their symptoms and your/their* suffering.

Additionally, you probably feel threatened and insecure by their relentless greed, general disinterest and/ or their hollow promises for tomorrow.

[corporate and legal resistance to UK beneficial ownership register proposal](#)

From my 16 years of clinical experience with 35,000+ softlens patients as well as a further 12 years domiciliary field experience with the elderly housebound, this is what I know. There is no mystery.

However, there are some pretty dark secrets, along with plenty of smoke and mirrors.

In our individual ways, we are all ever so slightly weird.

Although we are made from the same bits, we are all put together ever so slightly different.

When we start growing - and it starts in the womb - is when we all start becoming ever so slightly weird;

(A Fundamental Truth)

- so some of us have more resistance to specific ailments and conditions than others have;
- some of us have genetically acquired susceptibilities to specific ailments and conditions, which others don't;
- although we all appear basically the same and we all function basically the same, we are all complexly and metabolically different with these specific resistances and susceptibilities which still allow us to be grouped together.

If you think that sounds 'too conveniently' far-fetched, consider why life assurance companies use this argument to cancel, or refuse life cover to persons with historical, genetic susceptibilities to HI-risk, terminal illness.

Now, what entity, or entities do you think, could cause the greatest 'pandemics' in the history of mankind yet no wizard research foundation has managed to reveal, either their secrets, or their identities:

Or their secret identities, even?

There are millions of sufferers across our planet with variations on these terrible, debilitating conditions.

(A Fundamental Truth)

Take a moment to reflect on the slim possibility that their might be a common factor linking them.

It might be AIDS.

It might be aliens.

It might be madpenic (sic) viral invasions from who knows where.

Or it might even be a combination of the lot of them.

Based on my 16 years clinical observations of 35,000+ pairs of softlens wearers' eyes (often many times) and twelve years attending the elderly house-bound through my domiciliary visits, I know the answer is simpler and much closer to home.

[Five crucial skills to protect your health](#)

Have you any idea why it is that millions of human beings become afflicted with Dry Eyes, Arthritis, Dementia, Skin Problems and Food Intolerances - yet others, never?

(The last one is the clue.)

What do you think those who escape the clutches of arthritis and its associated conditions can be doing, that those who develop them aren't doing?

(A Fundamental Truth)

Do you think that there is a common factor connecting Arthritis and all the other 'AIDS-related ,incurable diseases' afflicting mankind, some of which medical science has not had the time to get around to finding a name for, yet?

I ask you this - merely because - over at the Government and Joint Vulture Capital funded AIDS Research Foundation Charitable 'Non-Profit-Making' Trusts (now there's a quixotic hybrid of a beast), they - the cream of medical research, foundation fellows, appear to believe in this common factor, too.

They have grouped all these medically mystifying diseases under the BIG U (for umbrella) of AIDS, which coincidentally, just happens to be where all the juicy Government and vulture capital research funding is.

Whether that common factor is to pay themselves fat salaries for the rest of their lives, or at least while the massive funding rolls in, is an open question.

(A Fundamental Truth)

However, there are 60+, and rising, 'medically mystifying' incurable diseases' already attributed to AIDS.

It might be pushing the limits of belief beyond credibility.

You used to be able to count them at [rightdiagnosis.com](http://rightdiagnosis.com) but as history is being rewritten to be 'more coherent' – you couldn't - the last time I checked.

Where was I? Ah yes! Fundamental common factors, the fundamentals of which, are;

- the purity of water we drink;
- the purity of air we breathe;
- the purity of food which we eat;
- as well as the genetic susceptibilities mentioned above.

Purchasing an air purifier/sterilizer (and/or a respirator if you live in a zone of high air toxicity), as well as a water filter of some kind, are not extreme measures.

Some extremely sick people live in areas where the air is heavily polluted and the water is recycled.

(I know. I have attended them in their homes.)

[World Health Organisation: Air pollution 'is single biggest environmental health risk'](#) Wrong!

***The World Health Organisation is the biggest!***

***(AV) [https://lescrooge.org/ol/VTS\\_06\\_1.mp4](https://lescrooge.org/ol/VTS_06_1.mp4)***

***[eagle-research.com](http://eagle-research.com)*** George Wiseman

fuel saving, money saving, Planet saving, health preserving **Brown's gas**

(A Fundamental Truth)

Now, more or less everyone living in the same area drinks the same water and breathes the same air.

Unless everyone in the same area is being afflicted with the same diseases and debilitating body conditions we can discount the air and the water as major source causes - for the moment.

The third common factor is your genetic susceptibilities, and predispositions, which are traceable, so you would know, or at the least be able to find out if they were a contributing cause to your condition.

The last factor is unaccountable and variable.

This is the unnatural amount of garbage, toxins and plain-old poisons contained in the manufactured and processed/refined foodstuffs and lotions you consume and smear.

You can't do much about your genetically acquired susceptibilities/ predispositions, but you can do some thing about the amount of toxins contained, but not listed, in the manufactured/processed/refined (and let's not delude ourselves) - crap which we all eat and which we all apply to our bodies.

(A Fundamental Truth)

Western civilization has lost the plot when it comes to caring and looking after ourselves and others.

The caring and looking after is now a third party responsibility. How illogical is that?

It is not too late to take some time out to reflect on the logic of this new, style behaviour. Simply because, no one can look after you, or care for you, like you can.

By accepting all the spin and *in-doc-trin-ay-shun* about manufactured foods, miracle skin preps and patent meds you have given that responsibility and trust to other third parties.

Now take a long, objective, dispassionate look at the effects this has had on your body.

There can be a large safety factor built into every aspect of our bodies, so this falling apart can take any time up to a lifetime - be it a short lifetime, or a long one.

In order to take advantage of the benefits which my ebook will bring to your life, what you are about to read about - then apply - requires self-discipline.

Many of us have self-discipline - many of us don't.

You, or he/she, either know this, or must decide whether to be one of the haves, or one of the haven'ts.

(A Fundamental Truth)

If you haven't worked out why the mysterious sources of these personal body conditions - they are not diseases - have not yet been publicly identified, then consider the colossal losses the food and drug industries would sustain if we all ate better, and looked after ourselves better. Manufactured, processed and/or refined foodstuffs are not nutritious - despite what the labels claim. (The Jesuitical labelling kicker is all in the title - *F-O-O-D-S-T-U-F-F-S is not food.*)

Incompatible foods slow down your digestion and metabolism as it attempts to assimilate their incompatible natures; the catalogue of poisons contained in manufactured, processed foodstuffs as well as highly refined carbs, simply finish you off.

This just doesn't apply to sufferers of all those conditions I have listed already, or expanded upon later.

This applies to *E-V-E-R-Y-B-O-D-Y!*

Back to [Contents](#) ~ ~ ~ Start [this section](#) again