

Vibrant Health & Energy

A revolutionary program GUARANTEED to produce extraordinary results in your body.

By Mark Anastasi

On average 100,000 Americans die each year from CORRECTLY PRESCRIBED PHARMACEUTICAL MEDICATIONS!

The medical profession and their pseudo-scientific dogma kills 250,000 Americans a year!

They are the 3rd leading cause of death in the U.S!

And yet over 50% of Americans ingest at least one pharmaceutical drug each day. (Click on http://www.mercola.com/2000/jul/30/doctors_death.htm to read the relevant article)

WAKE UP!!!

We are being medically treated in a way that endangers our health.

We are led to believe that germs and viruses cause disease.

The professed solution: avoid or 'kill' the germs and maybe you can avoid the disease...

We are taught that illnesses like cancer and diabetes just show up, for no good reason, and that the only solution is medicine and surgery – if we're lucky.

We do not feel empowered about our health and we place it in the hands of 'experts' in the hope that *when we get ill*, they will be able to help us get healthy again.

After all *WE* don't know what to do, so isn't it a good thing that we have all these experts and drugs researchers out there to *tell* us what to do?

Don't get me wrong. Doctors care immensely, and they will give their heart and soul – at the expense of their own health, wellbeing, and families – to help people recover from disease in the only way they know how.

Medical School is an incredibly de-humanising process. It is unbelievable what students go through out of their desire to help others.

It is an intentionally gruelling process, designed to physically push the weaker students over the edge. They want to ensure that as a doctor you will be able to take the pressure in a real life-or-death situation and that you won't "trip up". Hardly a wholesome learning environment!

They are given more work than they could possibly do, and they learn early on to be dependent on *chemicals* to stay up late to study...

Doctors & The Medical Establishment

– *The Blind Leading The Blind*

Students have no time to stop and ask themselves if what they are learning makes any sense to them. They just learn it all by heart. And then they are too busy rushing around trying to save people's lives.

Anthony Robbins tells a good metaphor for “being a doctor”:

“One day, as he’s walking by a stream, a doctor hears someone yell ‘Help! Help!’

Someone is drowning!

Most people would walk past and get some help. Some would freeze, not knowing what to do.

Not a doctor. A doctor would jump right in, drag them out, perform CPR, pump the fluids out, do mouth-to-mouth resuscitation.... The person survives.

But as soon as the doctor is done, guess what he hears coming from the river?

TWO yells going ‘Help!’ Then 4 more yells! 8 more yells!

In fact, the doctor is so busy he never has time to go upstream to see who’s throwing them in...”

It takes a great deal of courage, and a knack for “*thinking outside the box*”, for a doctor to opt out of the conventional way of thinking and search for what *really* helps people. These traits are all but trained out of doctors by the time they leave medical school.

It takes a long time for medical convention to accept anything ‘holistic’ or ‘new’ and doctors who stick their necks out publicly to examine or recommend anything ‘unconventional’ are risking their reputation. As a result such doctors are rare.

On top of all that, according to the American Medical Association, the half-life of the current medical education is 4 years. This means that **a doctor leaving school today knows 50% more about medicine than someone who left 4 years ago. With so many patients to see, doctors rarely have time to further their education.**

How do doctors keep ‘up to date’?

Doctors are primarily educated about new advances in medicine by the drug companies’ salesmen!

Similarly, we ‘The Consumers’ if you like, are constantly being told what to believe – usually through advertising by the pharmaceutical companies interested in selling their drugs!

As doctors and patients, we allow these salespeople to become our Health Gurus even though they patently have other interests other than our wellbeing!

GOD'S POINT OF VIEW

The most extraordinary book I have ever read is “*Conversations With God*”, by Neale Donald Walsch (*go buy this book... now*).

Do you want to hear what God has to say about the modern medical establishment?

God:

“What if I told you your own medical profession holds back cures, refuses to approve alternative medicines and procedures because they threaten the very structure of the “healing” profession?”

Author, Neale Donald Walsch:

“I’d have a hard time with that. I know that’s the populist view, but I can’t believe it’s actually true. No doctor wants to deny a cure.”

God:

“No individual doctor, that’s true. But doctoring and politicking have become institutionalized, and it’s the institutions that fight these things, sometimes very subtly, sometimes even unwittingly, but inevitably... because to those institutions it’s a matter of survival.

And so, to give you just one very simple and obvious example, doctors in the West deny the healing efficacies of doctors in the East because to accept them, to admit that certain alternate modalities might just provide some healing, would be to tear at the very fabric of the institution as it has structured itself.

This is not malevolent, yet it is insidious. The profession doesn’t do this because it is evil. It does it because it is scared.”

Excerpts from *Conversations With God, Book 1*, by Neale Donald Walsch.

THE ONE TRUE CAUSE OF DISEASE

I shared with you already how the ‘Rockefeller gang’ (read: ‘medical establishment’) regularly squashes any dissent and contrarian thinking.

In yet another example of how they operate, Anthony Robbins relates in his “*Living Health*” seminar the story of Dr. Isaac Jennings, a famous allopathic medical doctor in the late 1890s.

Faced with a shortage of drugs in his city one day, **all he could do was tell his patients to go home, rest, and drink lots of fluids.**

Miracle of miracles, these people got well, WITHOUT ANY MEDICINE!

This caused him to question some of his beliefs, as well as question his traditional medical education. He began to ask *new* questions, which only produced *more* doubt, and drove him to look at *other* possibilities. He had been fortunate enough to escape his ‘conditioning’.

He decided to conduct an experiment – he was going to treat people just with some instructions about their lifestyle, and placebos (i.e. fake pills filled with coloured water, whilst telling the patient that it *is* medicine that will certainly make them better).

He had begun to notice that his patients were just *'run down'* (they lacked strength, energy), so he simply told his patients to do things that would allow them to build up some nerve energy (rest, exercise, drink loads of fluids to cleanse your system, etc.)

(Now, we ALL know that **our body heals itself.**

Interesting how, though, our *first* reaction as soon as we get unwell is to rush to the doctor and inject a load of toxic chemicals into our bloodstream...)

"Twenty-five years in which I used prescribed drugs, and 33 years in which I have not used prescribed drugs, should make my belief that drugs are unnecessary and in most cases injurious, worth something to those who care to know the truth." - John H. Tilden, M.D. (1940)

People throughout history have practiced the fundamental principles of "Natural Hygiene" to attain better health.

Unfortunately the rise of modern medicine threw the baby out with the bath water. Dr. Jennings's results with his patients were simply astounding. WITHOUT the use of medicine.

And yet, instead of winning a Nobel prize for his discoveries, Dr. Jennings was violently attacked, sued, and ridiculed by "The Establishment" (funded by the pharmaceutical industry).

According to Jennings, disease is due to a "Deficiency of Force"

THINK ABOUT THIS – If you took a **poison** and put it into your bloodstream, your body would respond by doing whatever it could to get it *out* of the body in the fastest way possible through any elimination channel available, to preserve the integrity of your system – throwing up, fever, acne, sweat, diarrhoea, etc.

Your body will use up every ounce of energy to fight **the poison**. You might experience headaches, low energy, joint pains, inability to sleep, fatigue, kidney problems, convulsions, burping, irritations, etc.

Question: do you know of any disease that does *not* have these symptoms?

This is how disease occurs:

Step 1: You work hard, play hard, over-exert yourself, overeat junk food (that has no real nutritional value), and as a result **you develop a lowered level of resistance** (*"enervation"*).

Step 2: Your body does not have enough energy to make everything work (a "Deficiency of Force"). But no matter what happens, it must constantly make your heart pump and your blood flow. So **one of the first things that shuts down is your process of elimination**. When you are not eliminating efficiently, waste builds up inside of you.

(The 4 avenues of elimination are the skin; The lungs and respiratory tract; The bowels & the colon; The urinary tract)

Step 3: Your nerve energy drops, and your toxin levels build up. At this point the body's integrity is being challenged. Your body *has* to react or else you are not going to survive.

Step 4: Your body will do whatever it can to get rid of the poison (toxins) – **this is what most people term 'DISEASE', when in fact it is the CURE to THE REAL PROBLEM!**

Step 5: Because we've bought into this whole cultural hypnosis, we ingest *more* chemical toxins and **we try to stop these poisons from coming out of our body!**

These are poisons trying to get out of your system, and you're pushing them back in!

Most of us mistakenly think that the symptom IS the illness. **What you truly need to examine is *THE SOURCE* of the disease.** Your 'disease' is nothing but a *symptom* – a critical sign that all is not right with your body.

If we would only let the toxins out of the body, and then start to take care of ourselves in the simple manner prescribed here, "disease" would be seen for what it really is – a warning sign that our bodies are at threshold and need looking after.

Instead we are trained to stop the flow of poison out of the body! We are conditioned to think that the flow of poison is the disease itself and that if the flow of poison is quickly and artificially stopped then we have cured the disease.

Pushing all that poison back in, or not allowing it out of the body, can only result in one thing – more enervation, more build-up of toxins and eventually... A MAJOR HEALTH PROBLEM!

THE SYMPTOMS OF DISEASE ARE THE SAME AS THE SYMPTOMS OF POISONING – BECAUSE DISEASE IS THE RESULT OF AN OVERLOAD OF POISONS IN THE SYSTEM, THAT YOUR BODY LACKS THE ENERGY TO ELIMINATE!

Any 'dis-ease' that you are experiencing is nothing but your body trying to find some way to get rid of the poisons you put into your system through your lifestyle.

Jennings found that when the natural strength and energy of the body is depleted, it no longer has the energy to protect and heal itself! **What *really* causes us to become ill is therefore a 'Deficiency of Force'. You lack the energy to eliminate the poisons and defend yourself from disease!**

THE 'GERM THEORY' FALLACY

We've been taught that germs cause disease. That is false.

The truth is, you *need* germs. In fact, you are filled with millions of them right now!

Germs are scavengers! **You will find germs any place you can find a tremendous amount of waste, because they are nature's way of 'cleaning up'.**

Louis Pasteur came up with the theory of germs. He had noticed with his microscope that when you opened up dead people, there were plenty of germs and micro-organisms inside

of them. And so he concluded, “*There’s the cause of disease!*”

From then on everyone has operated on the mistaken supposition that germs and viruses *cause* disease.

The entire medical and pharmaceutical establishment is based on this erroneous theory. Pasteur had made a classic scientific error – ‘*correlation is not causation*’ i.e. just because two things occur together, it does not mean that one *caused* the other. Even Pasteur, on his deathbed later admitted that he was wrong about germs causing illness, stating “***the microbe is nothing, the terrain is everything,***” but by then it was too late. The germ theory had taken hold and moved into mainstream science.

The ‘Seeds On A Clean Surface’ Metaphor:

If you throw seeds on a nice, clean floor... they won’t take root or grow. Now, if you throw those same seeds in a dirty muddy field on the other hand...

The ‘Rats & Trash’ Metaphor:

Put a bunch of rats in a clean, sanitized place, where there is no food... and they won’t be sticking around for long!

Rats are attracted to a certain place only when there’s junk there for them to feed on! They then grow, multiply, and add to the filth by creating their own waste!

The same happens with your inner terrain! You must make sure that you do NOT have a compromised (read: ‘dirty’, ‘toxic’) inner terrain! Germs feed on the dead matter that we create in our bodies through an inverted (unnatural) way of living!

Germs are your friends, unless you create an environment that attracts an overabundance of them.

Germs *do* play a role in your “*dis-ease*”, but they cannot do it on their own. You have to create an *environment* where they can multiply, leading to an imbalance inside of you. If because of the toxic “terrain” created by your lifestyle your body no longer has the strength to deal with the germs, then you *will* get ill. If you create an environment where germs proliferate to a tipping point of imbalance, then you *are* going to be ‘diseased’. You really don’t have to be afraid of “*bugs*”. **If you want to be scared of something, then fear an unhealthy lifestyle!**

So far in this ebook I have exposed the problem we are facing, and the web of lies that this problem stems from.

I wish to share with you a *different* approach.

An *alternative* to the current cultural hypnosis.

A SOLUTION.

NOW is the time for us, The Consumer, to take responsibility of our own health!

Let's examine a different approach – one that has been around for thousands of years, and that WORKS. We now understand that Disease is due to a 'Deficiency of Force'. Therefore, to be truly healthy & vibrant, we need plenty of ENERGY.

To have plenty of energy, we need to take real good care... of our cells.