

The Scary Facts: *Buckle Your Seatbelt — It's Gonna Be A Bumpy Ride*

The first step in any journey toward a desired destination is to become aware of your starting point. So this chapter is devoted to revealing several significant and indisputable facts about the state of health and nutrition in America today. You need to know these facts in order to gain a better understanding of where we will go together.

But I warn you: What you are about to read is not pretty. And in many cases, it contradicts and exposes the prevailing dogma about nutrition that we have been culturally conditioned to accept as true.

Ready? Okay, here goes.

Fact Number One: America is outrageously unhealthy!

In 1900 a study of world health began. Of the 100 technologically advanced nations that participated in the initial study that year, the United States was deemed the healthiest. But a mere 20 years later, we had dropped to the second position.

We reclaimed our leadership position during World War II, when, it is no coincidence, sugar and meat were hard to come by and the products of family vegetable gardens became staples for many Americans. But get this. Only three or so decades later, in 1978, with the relative security of peace and prosperity from shore to shore, we had dropped to 79th place. And if this wasn't bad enough, two years later, in 1980, we weighed in at a pitiful number 95.

Word has it that today, America is the least healthy of all the advanced nations of the world. In a country that touts itself as the greatest on earth, this is absolutely outrageous!

Yet, despite these facts, nutritional guidance and preventative medical care traditionally have been the last resort of the conventional American medical community — which, by the way, stays in business only if we are sick. (Get it?)

**Fact Number Two:
What we are putting into our bodies is
killing us.**

It may be hard to swallow — literally — but nutrition-related diseases are the Number One killer of Americans today. These diseases include cancer, heart disease, and diabetes.

Actually, this is not so hard to understand, nor is it hard to understand why we are among the least healthy nations of the world, when you consider

that the cooked, frozen, canned, and processed foods that make up the average American diet ...

- X Have been depleted of many vitamins and minerals
- X Deliver and create toxins in the body
- X Destroy the constructive bacteria in the intestines
- X Produce an ideal environment for parasites
- X Poison the bloodstream, thereby 'feeding' disease
- X Clog the lymph system
- X Drain the body's enzyme reserve
- X Overwork the digestive system, and render the body's elimination systems sluggish and ineffective
- X Cause stress, congestion, and mucus

**Fact Number Three:
Our bodies *want* to be healthy, but we just keep poisoning them.**

Here's a brief explanation of what happens when we introduce culturally popular but highly toxic substances such as coffee, alcohol, sugar-laden candies and confections, devitalized and decaying processed meats, and many commonly-prescribed drugs, into our bodies.

These highly toxic substances all stimulate the body to secrete a mucous substance throughout the alimentary canal. (The alimentary canal is the tube of the digestive system that extends from the mouth

to the anus and includes the pharynx [the cavity that connects the nasal passages and mouth with the esophagus], the esophagus [the muscular, membranous tube for the passage of food from the pharynx to the stomach], the stomach [the enlarged, saclike portion of the alimentary canal into which food passes from the esophagus], and the intestines [the part of the alimentary canal from the stomach to the anus].)

The production of this mucus is a protective mechanism of the body to help prevent the absorption of toxins. It's Nature's way of trying to keep our bodies healthy. But as we continue to ingest toxin-producing substances, layer upon layer of mucoid mass accumulates in the alimentary canal. This, in turn, overworks the natural system and results in a weakening of the entire body and a reduction in effectiveness of peristaltic activity. (Peristaltic activity is the wave-like muscular contractions in the intestines that propel materials in the alimentary canal forward toward elimination.)

And this is where the real problem starts.

As the transit time of food through our bodies is slowed, the food inside us rots, loses moisture, and tends to stick to the walls of the intestines, creating thick, smelly, dry layers of mucoid substance. If nothing is done to counter-balance this effect, the intestines begin to bulge and cause protrusions. Eventually, colon problems like diverticulitis (small pockets that protrude beyond the colon wall) develop, producing the ideal environment for parasites and worms, which thrive in these layers of mucus.

It may interest — and disgust — you to know that there are more than 100 different kinds of parasites that can live very happily in the human body, and that most Americans are host to one or more of them. These parasites can coat the inside lining of the small intestine and prevent the proper absorption of nutrients, causing such ailments as constipation, colitis, and colon cancer.

In fact, the World Health Organization has named parasitic diseases among the six most harmful infective human diseases.

Now, the human body — wonderful and efficient machine that it is — does try to fight back and correct the problem of mucus accumulation. But if the body gets no outside help in its efforts to remove these mucoid layers, the immune system eventually breaks down, the liver, kidneys, and skin become clogged and tired, enzymes run low, and the entire physical machine starts to deteriorate.

What's more, toxins and poisons — or 'free radicals' — also seep into the bloodstream and lymph system, eventually settling into the weaker areas of the body and causing disease such as arteriosclerosis (clogged arteries).

Nor, contrary to what the conventional medical community would have us believe, are we safe when we ingest commonly-prescribed medications. As was my own personal experience with pain killers and antibiotics, the chemicals found in many common drugs wreak havoc in every crevice of the body, especially in the colon. This is true because

these medications actually kill off the body's 'good bacteria,' leaving the body's immune, digestive, and energy systems in weakened and sometimes inoperative condition.

**Fact Number Four:
Most doctors know very little about the relationship between nutrition and health.**

In the more than eight years that it takes to achieve the coveted and revered degree of M.D., the average medical student trained in a western medical school gets no more than five total hours of instruction in nutrition and its effects on the body. This in a culture that has long held, 'You are what you eat.'

Five hours out of more than eight years! How absurd is that!

**Fact Number Five:
The truths about what's going on in America health-wise are real eye-openers.**

If you like statistics — and even if you don't —, the documented facts below will open your eyes wide to what's going in America health-wise.

Heart Disease

- X The United States spends more than \$135-billion annually to treat cardiovascular disease.

- X A heart attack occurs every 25 seconds in the United States.
- X Death from heart attacks occurs every 25 seconds in the United States.
- X The risk of death from heart attack for the average American man is 50%.
- X Heart disease is the most common cause of death in the United States.

Cancer

- X America spends more than \$70-billion annually to treat cancer.
- X It is estimated that 40% of all cancers are diet-related.

The risk of breast cancer is 320% greater for women who eat butter and cheese two to four times a week compared to those who eat butter and cheese once a week or less.

The risk of fatal prostate cancer goes up 360% for men who consume high fat meats, dairy products, and eggs daily as compared to those who eat these foods in moderation.

Pesticides

- X Since 1945, the use of pesticides in the cultivation of foods for human consumption has risen 300%.

Almost 100% of non-vegetarian mothers who nurse their babies have significant levels of DDT in their breast milk compared with only 8% of mothers who eat a more organic and vegetarian-only diet.

Antibiotics in Food

- X Fully 80% or more of the livestock and poultry raised in the United States for human consumption receive drugs during their lifetime.

- X In studies of cow's milk taken in 1991, between 63% and 86% of the samples taken had sulfa drugs, tetracyclines, and other antibiotics in them.

In 1960, only 13% of staphylococci infections were resistant to penicillin. By 1998, 91% of the same type of infections were penicillin-resistant. One of the major causes for the rise in antibiotic-resistant bacteria is the routine feeding of antibiotics to livestock on factory farms, and the consumption by Americans of that livestock.

Food Inspection

- X In 1985, one-third of all inspected chickens had the salmonella bacteria.

- X In the same year, 75% of all federal poultry inspectors said they would not eat chicken.

In 1985, the National Academy of Science reported that the then-current federal inspection procedures were inadequate to protect the public from meat-related diseases.

The facts above speak volumes about our negative and harmful nutritional and lifestyle habits — habits that are very difficult to change, especially when they have been anchored over a lifetime and are constantly reinforced through a variety of sources.

This reinforcement comes from our cultural traditions, like the stereotypically ruddy American who consumes a mammoth breakfast of steak and eggs before venturing out to conquer the frontier.

It comes from the commercial images with which we are bombarded regularly — messages that extol the virtues of one or another product and lead us to believe that, because the product is advertised widely in the print and broadcast media, it must be okay.

And it comes from what we see on supermarket and pharmacy shelves, where we assume that because a product is offered for purchase and consumption, it must be safe.

From time to time, when there is an outbreak of some disease caused by a commonly advertised and available product, we are given reason to pause and wonder about what we take into our bodies and the truth about how these products are represented to

us. It is at these times that we allow ourselves to glimpse behind the glitz and the hype, beyond the attractive packaging and so-called expert testimonials, and we see the artificiality and pretense of the Great American Marketing Machine.

But invariably, the negative press around the product dies down, our consciousness is turned elsewhere, we push our fears aside, and, in a fundamental demonstration of human nature, which generally resists change, we return once again to our lifelong habits of consumerism and consumption.

Typically, it takes overwhelmingly significant and compelling reasons to even make the effort to change these longstanding and deeply ingrained habits. But the facts you have just read *are* significant and compelling, and they serve as a wake-up call to the frightening reality that we are not only not helping our bodies to be healthy, but we are, in fact, destroying them.

Former Surgeon General Dr. C. Everett Koop issued his report on nutrition and health. That report stated, in part, that, “Dietary imbalances are the leading preventable contributors to premature death in the United States,” and it recommended that nutritional and lifestyle education be expanded for all Americans.

The value of Dr. Koop’s important but generally ignored recommendation is emphasized by the fact that the treatment of chronic disease in the United States currently accounts for 85% of the American national healthcare bill. The origin of this fact can

be traced in large measure to our society's failure to address chronic disease until symptoms develop. (Remember, the American medical community is not very interested in preventing disease. If it was, it would quickly be out of business.)

But the symptoms of disease are ever-increasing warning bells, and each one that is ignored gives rise to an even louder alarm.

The fact that you are reading this book means that you are ready to heed these warnings. And the questions you now must ask yourself are these:

- X Do you live your life in a proactive, preventative health mode, or do you rather go from one symptom to another, hoping to avoid a major personal health crisis (which may be inevitable anyway, considering your overall lifestyle)?

- X Are you employing a sound personal health strategy for yourself and for your loved ones, or have you no such strategy at all?

Once you recognize and realize the true nutritional bankruptcy of the way you may be thinking and living right now, you can begin to seek out and find an alternative — an alternative that allows you to develop a nutritional perspective and lifestyle that will promote the current and future health and regeneration of your body.

You are an intelligent person. (I know, because you are reading this book.) So I am sure that you see the logic that demands you wait no longer for possibly

irreversible symptoms to appear, but rather that you to take action right now to prevent symptoms and the diseases they harbinger.

Although the information contained in this chapter is frightening, it is not my intention only to scare you. That would do no good.

In all honesty, it is my intention to help you see the truth about how you are treating your body, and to empower you with one final, undeniable message.

The message is simply this: You have a natural right and prerogative to control your own life, and to choose to make your body as healthy and as strong, as naturally free from disease and as powerfully regenerative, as Nature intends it to be.

Helping you to do that is the primary purpose of these ebooks.

PLEASE NOTE: The information in this book has not been evaluated by the Food and Drug Administration, and is not intended to diagnose, treat, cure, or prevent any disease. Much of the information in this book is based on the research and professional and personal experiences of the author. If the reader has any questions concerning the material contained in this book, the author strongly suggests seeking the advice of a physician or health care practitioner. The advice of a physician or health care practitioner, along with proper medical screening, should precede the start of any new diet, supplement, or treatment program. Some of the suggestions made in this book may have different effects on different people. The author is not liable for any adverse effects or consequences that may result from the use or misuse of any information or suggestion made in this book. The author believes that the information contained in this book can be helpful to the general public.

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