



Kevin Trudeau's

November 2004

NATURAL CURES NEWSLETTER

The only health newsletter that takes NO advertising and promotes NO products!

DISEASE UPDATES

Never have a heart attack! Never have clogged arteries!

Heart disease is one of the top killers in the nation. Every single person reading this either has had heart disease or knows someone who is about to have heart disease. The scariest thing I can tell you is that virtually every single person reading this is at some stage in the development of major heart problems. When you are born, your arteries are open and the blood flows freely. As time goes on, plaque begins to build up on the artery walls making the openings smaller causing the blood flow to be restricted. When the arteries get so clogged, and blood flow is almost totally restricted, people experience chest pains, shortness of breath, fatigue, tiredness, poor circulation, cold feet and hands, diabetes, memory loss, mood swings, weight gain, depression, erectile dysfunction, loss of sexual desire, loss of motivation, and potential heart attack. Bill Clinton recently had quadruple bypass surgery for blocked arteries. Anyone who has bypass surgery is a victim of the food industry and lack of knowledge. Let me explain. Clogged arteries do not happen overnight. It takes years to develop clogged arteries to the point where you need bypass surgery or you have a heart attack. No one should ever develop clogged arteries to the point where surgery is used or a heart attack develops.

You have to understand, as I have said in my book, that it is always all about the money. The medical industry wants you to be sick. That's how they make their profits. If everyone were healthy, the drug companies and the entire healthcare industry would be out of business. The reason your arteries get clogged is simple. In your blood, you have cholesterol. The cholesterol will only attach itself to the artery wall when the artery is scarred or damaged. One of the biggest scams perpetrated on the American public is making you fearful of high cholesterol. I will explain this later, but consider that the number one selling drug in the world is Lipitor, a cholesterol-reducing drug. The amount of cholesterol has nothing to do with your chances of getting heart disease, clogged arteries, or a heart attack. The cholesterol in your blood is harmless and actually healthy for you. The only time that cholesterol will attach itself to the artery wall is when the artery is damaged. The question then is what causes the artery to be damaged. The three main culprits are:

1. Chlorine in the water. When you drink water, take a shower, or go swimming in chlorinated water you are severely damaging your arteries.
2. Hydrogenated oils and trans fats. These are manmade products. Most margarines, for example, are 100 percent hydrogenated oil. Virtually everything you buy in the supermarket has hydrogenated oil in it. These trans fats are deadly to your health. They severely scar and damage your arteries. Even the FDA is finally admitting the dangers of trans fats.

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DISEASE UPDATES (*cont'd.*)

3. Homogenized dairy products. The homogenization process, which was developed to increase profits for grocers, makes dairy products a deadly poison. The homogenization process makes the molecules in dairy products so small that they severely scar the arteries. It is not the fat in dairy products, it is the homogenization that's the problem. People are always coming up to me and saying, "Well, I drink low-fat milk or skim milk. Isn't that better than whole milk?" The answer is no. It's not better; it's worse. It's a manmade product. Remember, science is not better than nature. Whole milk is better than low fat and skim milk provided that it is not homogenized.

These are the three main things that cause the arteries to get scarred. Even if you have incredibly low amounts of cholesterol, the cholesterol will attach itself to the artery wall, causing blockages and all the problems associated with it as I mentioned above. The most important point I want to make here is that you should never have blocked arteries and never need bypass surgery. Why? Because it takes ten, to twenty, to thirty years to get your arteries clogged. It happens slowly over time. What is amazing to me is that the medical community refuses to mention to patients that there are simple painless tests that can be done to anyone at any time, inexpensively, to determine if your arteries are fully open or are beginning to be clogged. I recommend that every person, every year or two, get this simple inexpensive test done. There are several types of tests available and new tests are being developed all the time. These tests show the blood flow throughout your entire body, in all your veins and your arteries. If you take this test every year or two you can see what the current state of your arteries are, whether they are open or clogged, and you can see the trend. You will see specifically if over time your arteries are slowly beginning to get clogged. This way you will know fifteen years in advance whether you are on the path of blocked arteries. If you are, you can take some simple steps to reverse the condition. The natural cure for this condition is chelation. There are two main types of chelation: oral chelation and intravenous chelation. There are many companies that sell products that are oral chelating agents. They are all-natural, safe, and inexpensive. You simply take these tablets and they slowly begin to reopen your arteries and increase circulation. If your condition is very severe, intravenous chelation can be used as well. This way, you can virtually guarantee that you will never have clogged arteries, or any of the conditions that go along with it, and you will never need bypass surgery. Go to the internet, type in "chelation" and you will see a whole host of products that are available. Go to Amazon.com and type in "chelation," or go to your local book store, or health food store, and ask about books and chelation products. This is urgent. Every single one of you should call your healthcare practitioner and tell them you want to be tested to see how open your arteries are. I can guarantee that once you get tested you will be surprised at how clogged your arteries are, and once you open them using a chelation natural therapy, you won't believe how many symptoms that you have right now that will simply vanish. Most notably, your energy levels will skyrocket and most of you will lose weight. Go to: www.centurywellness.com

WEIGHT LOSS TIP

Walk and lose weight. Walking is by far the best exercise for weight loss. It is also the best exercise you can do for your health. The body is designed to walk. Formalized exercise is not done throughout the world. The majority of people who live to be over 100 years old and have virtually no disease do not do formal exercise. However, they do walk. People throughout the world walk an average of ten miles a day where people from America walk less than a quarter of a mile a day. If you want to lose weight, walk. The ideal way to walk to lose weight is by walking for one hour non-stop every day. This is not running, it's not jogging, it's walking. You should be walking at a pace that you feel comfortable with. Some of you will start out very, very slow. Some of you will not even be able to walk for a full hour without getting too tired and winded. Start with fifteen minutes and increase to twenty-five minutes, increase that to forty-five minutes, increase it to an hour. It may take you a month before you get to a full hour. It's sad because people all over the world can walk for hours and hours and hours. People in America can't walk for an hour without getting tired or waking up the next day with sore ankles, knees, hips and legs.

WEIGHT LOSS TIP (*cont'd.*)

That means you are in desperate need of walking. If you walk for a full hour and then wake up with any stiffness, pain, or discomfort, you are in serious trouble. You are destined for illness and disease. You are not moving the toxins out of your body, you are not oxygenating your body, your muscles, tendons, joints, and ligaments are all beginning to deteriorate and you are headed for a health disaster. You absolutely have to be walking: Walking will reverse your condition and cure you of many ailments.

The main thing that walking does for weight loss is that it seems to reset your body's "set point." Your body has a point that it sets regulating your weight. If you go above this weight, it will regulate it back to the set point weight; if you go below this weight it will regulate it back up to the set point weight. Your body's set point will determine what your "weight" is. This is the reason why most people have a certain weight that they stay at. Even if they lose weight, they always bounce back to that weight, or if they gain weight for a while because of an eating binge, when they start eating normally they kind of revert back to that set point weight. By walking for one hour every day for thirty days your body will tend to reset its set point. If you do this every single day, you will start losing weight automatically and effortlessly. Plus, you will feel better, have more energy, sleep better, be less depressed and be happier. When you walk it is important not to walk on a treadmill, but walk outside. It is important not to stare at the ground while walking, but look around you. The process of looking far away at things has a profound effect on your mental state. You won't believe how much better you will feel and you won't believe how easy it is to lose weight without changing anything else.

From the Book - Rest, the Key to Rejuvenation

In my book, I talk about the importance of getting proper sleep and proper rest. It is absolutely vital to get the proper amount of sleep and have your body fully rested if you want to have optimal health, optimal energy levels, lose weight, and guarantee you can cure any disease and never get sick again. Your body needs time to rejuvenate and recharge. The optimal time to sleep is going to bed between 9:00 and 10:00 p.m. and arising at approximately 6:00 a.m. There are several reasons for this. The cycles of the earth's rotation around the sun and the moon around the earth cause the body to rest better during these hours than at any other time. This is why people who work night shifts have been shown to be more depressed, more overweight, more tired, more fatigued, and have more illness and disease than other people. It is also known that people who do not sleep a full eight hours every night are not as happy and also get sick more often. The body secretes healing hormones during the times between 10:00 p.m. and 2:00 a.m. If you are a person who goes to sleep very, very late you are not giving your body the proper amount of hours it needs to secrete the hormones that will rejuvenate, recharge and refresh your body. The three basic important factors of rest and sleep are:

1. When you go to bed, and the times in which you are actually resting. If you go to bed late and sleep late, even though you are getting a full eight hours, you are not doing your body good because those healing hormones can only be released between 10:00 p.m. and 2:00 a.m. It is absolutely vital that you are sleeping during those times as most often as possible. So, the time in which you are getting rest is important.

Second, during the evening hours the majority of people are sleeping or resting. The amount of energetic buzz that people transmit by working and operating their daily lives during the day is high, at night it is much lower. This allows the body to recharge and rejuvenate much better. Many people who are used to staying up very late, or sleeping until 8:00, 9:00, or 10:00 in the morning, have interesting observations when they start going to bed between 9:00 and 10:00 p.m. and arising at 6:00 a.m. Some people notice, even from the very first night, that they have 100 times more energy, they feel better, they laugh more, their appetites are radically different, they eat less, and they are happier. Other people are so fatigued and tired for the first two or three days after starting this new sleep pattern they can't believe how tired they are. The reason for this phenomena is that the body finally has a chance to recharge and rejuvenate, and is taking this opportunity to reset the body. It may take three to four days for the body to adjust, it may take even a week, but once the body readjusts and realigns you won't believe how much more energy you have, you will be able to jump out of bed

From the Book - Rest, the Key to Rejuvenation (*cont'd.*)

without an alarm clock, and you'll have more energy throughout the day. You will have less sickness and disease and, if you are currently sick or have any type of disease or symptoms, many people will notice that they start going away and the body is healing itself and curing itself from the illness and disease that you have because you are giving the body a chance to do the healing work it needs during the only times that it can really do the healing, which is between 10:00 p.m. and 2:00 a.m.

2. The second most important thing is the number of hours a person should sleep. Eight hours is the optimal amount of time a person should sleep. I can not emphasize enough the fact of how important rest and rejuvenation is to your health. People come up to me all the time and say, "I have this disease, I have that disease what do I do? Kevin, I have diabetes. Kevin, I have a friend who has cancer. Kevin, I have a friend who has shingles. Kevin, I have psoriasis. Kevin, I have arthritis. Kevin, I have herpes. What do I do? What's the cure?" I always ask a few basic questions, "When do you go to sleep? Give me your eating patterns. What type of water do you drink? Are you taking nutritional supplements? Are you taking any nonprescription or prescription drugs?" People don't want to talk about these things. They don't want to change anything. They just want to know the "cure." "What pill can I take? What herb can I take? What can I do to cure my problem?" The answer is you are causing your problem. You can't continue to do everything you are doing exactly the same way and expect a different result. The Chinese definition of insanity is to continue to do the same thing and expect a different result. If you are sick, if you have illness or disease, you have to look at everything you are doing. What are you putting in your body? How are you resting? How are you thinking? How are you moving your body? Are you walking? Are you taking nutritional supplements? These are the things that are causing your symptoms, and causing your illness, and causing your disease. There is no magic panacea or cure. Yes, there are some natural things you can do to reduce the symptoms, suppress the symptoms, or eliminate the symptoms on the short term. But if you are not addressing the true cause, these symptoms will come back or manifest themselves in some other way. You will continue to feel bad, you will continue to have low energies, you will continue to be fat and overweight, you will continue to be depressed, you will continue to have medical problems, you will continue to get sick, you will continue to be tired and fatigued. You have to make some changes. One of the simplest things people can do to boost their immune system and allow the body to heal itself is getting proper rest. Eight full hours of sleep every night is ideal, and going to bed between 9:00 and 10:00 p.m. and arising at 6:00 a.m. is the ideal scene.

3. The next question that comes up is what do I sleep on? There are two considerations here about sleeping that I want to address. The first is the type of mattress and sheets that you are using, and the second is the quality of the air that is in the room.

First, let's talk about the mattress. You spend a third of your life sleeping, but people won't invest any money and won't invest in any time in obtaining the appropriate and best sleeping system. This to me is just not a smart choice. There was an old commercial for Fram oil filters, and the commercial said, "You can pay me now, or you can pay me later." Your body is the same way. You can pay now by investing in things for your health, like a good mattress and sleeping system, good quality air and water filters, good food, good nutritional supplements, and educating yourself with knowledge, or you can pay later with cancer, heart disease, diabetes, arthritis, major surgeries, sickness, illness, disease, depression, stress, pain, and misery. Folks, think about it. You can pay now - a small amount of time and effort, or you can pay later with a life of misery and pain and an early death. Invest in educating yourself, and invest in things for your health.

What is the best mattress to sleep on? The answer is it's a personal choice. There are three outstanding mattresses that I do recommend. For years I have slept on a 100 percent natural, all-organic mattress made with all organic materials. This was very good because the materials did not emit any poisonous fumes that I would be inhaling for the entire night. Then, I invested in a \$20,000.00 mattress. It is made with the finest cashmeres, the finest quality silks and is the mattress that the Queen of England sleeps on. It is an incredibly comfortable bed with mostly natural organic materials, but is outrageously expensive. I then decided to test some other mattresses that most people could afford so I could make a recommendation. I tested the three most heavily advertised mattresses on tv. All of these mattresses are outstanding and, in my opinion, will give you a better, more restful night's sleep than other kinds of mattresses. However, everyone is different and every body is different, therefore, you should test these mattresses out yourself. The good news is these companies will send you the mattress for a free trial period. One, for example, has a three to six months free trial. I highly recommend that you call these companies, get the mattress sent to you for the free trial and try each one. After the free trial is over send it back and then try the next one. You will virtually be sleeping on the finest mattresses made for free for six months to a year before you can make your purchasing decision. You then will have tested the various mattresses to see which one you like the best.

From the Book - Rest, the Key to Rejuvenation (*cont'd.*)

The sheets that you use are vitally important to a proper night's rest. The material should be 100 percent organic and all-natural cotton. Other materials will emit a negative energy and a negative fume, which although subtle does have a slightly negative affect on your sleep. The sheets must be washed in organic all-natural soap. Do not buy laundry detergent from a large publicly traded company. They are filled with chemicals and synthetic fragrances that you will be inhaling all night causing you sleep problems. This little thing can make a huge difference. I have met people who tell me they have a hard time sleeping. I walk into their house, go into their bedroom, and just smell the sheets. It is so obvious to me, based on the fragrance that I can smell, why they are not sleeping well. I immediately changed their sheets, grabbed some organic cotton sheets that have been washed in nothing but pure organic soap with no fragrance added, no chemical softeners used, and throw them on the bed. I then tell the person, "Sleep on this sheet tonight and let me know if there is any change." Invariably, virtually 100 percent of the time, people tell me, "I can't believe it. I slept better." I'm thinking to myself, "No kidding. You were inhaling poisonous fumes all night before. No wonder you weren't sleeping well."

The air that is in your bedroom is vitally important to a good night's sleep. Today's homes are not built like they were seventy-five years ago. Before air conditioning, homes were built with natural materials, not synthetic manmade materials. Homes were designed for the windows to be opened so that air could flow easily throughout the house. Today's homes are different. We generally sleep with all the windows closed and air conditioning or heating systems in operation. The air quality in our homes is absolutely horrible and worse than ever before. Combine that with the fumes that are emanating from the synthetic materials used in the carpeting, the walls, and all the glues used in today's homes we can see that our air quality is terrible. This adversely affects our sleep and adversely affects the healing process. It suppresses our immune system and makes us more susceptible to illness and disease, and can cause everything from allergies to depression to cancer. Combine that with the fact that our houses are wired with so much electricity that we are being bombarded the entire evening with energetic frequencies that are disturbing our sleep, making ourselves go crazy, suppressing our immune system, and making us much more susceptible to illness and disease. Our sleeping environments today are not conducive to allowing the body to recharge, and rejuvenate, and regenerate, and heal. Our sleeping environments today do the exact opposite.

While they are sleeping, most people never get into a deep sleep where healing can occur. Most people don't sleep during the times when the healing hormones are released. Most people do not get the proper amount of sleep, so the body doesn't have time to recharge. Most people are in an environment where their bed itself is causing them pain, discomfort, and pressure hindering circulation, hindering healing. The air quality is hindering deep sleep, causing allergies, filling us with more toxins and poisons, suppressing our immune system, and the energetic fields around us are making our cells vibrate totally out of balance, leading us to all types of illness, disease, and even cancer.

The solution is two-fold. Number one, an electronic chaos eliminator of some sort should be in your room. There are several types of products available. These units seem to neutralize all the electronic chaos in the room, giving you an environment that is much more conducive to sleep. This is significant. Have you ever noticed, if you went on a camping trip and slept in the woods, where there is no wiring around your tent or cabin, how incredibly deep you sleep, how much rest you get, and how much calmer you feel? This is important for health.

The second thing that is vital in your sleeping environment is some type of an air purification system. There are several. In my home, my air conditioning and heating unit has electrostatic and hepa filters built in. They are very expensive and need constant maintenance. Additionally, an ozone generator is very helpful. Basic air purifiers or hepa filters are excellent, but can be very loud. There are several brands on the market that make good air filters, but the problem is the noise is not conducive for good sleep. Also, photo catalysis units are silent and do a great job of cleaning the air. In my bedroom, in addition to the hepa filters and electrostatic filters in my entire heating and air conditioning system, I have two ionic type air filters, plus a photo catalysis unit that I have on during sleep. I also use an air purifier with ozone that I turn on when I'm not sleeping to cleanse and purify the air and the ozone also permeates the fabrics to make sure I'm not inhaling any poisonous or disruptive fumes while I am sleeping. People tell me that when they start using air purification systems that they breathe better, they sleep better, they have more energy when they wake up, congestion is diminished, and allergies are reduced.

A proper mattress, proper sheets, proper soap used to clean the sheets, an electronic chaos eliminator, and air filtration will not cure any disease, but what they do is provide a better environment for you to get deep sleep so that your body can recharge, rejuvenate, and heal itself. Invest in these things today or you will be laying in an operating room staring at men and women with masks who have knives ready to cut you open to save your life because of the way you have treated your body. Be good to your body and you can eliminate and prevent virtually every illness and disease.

Recommended Product

Vitamin E

Years ago, Vitamin E was a very popular food supplement. Today, the interest in Vitamin E has waned due to much more exotic herbs, minerals, natural formulas, and other breakthrough food supplements. However, Vitamin E is incredibly valuable for health. The fact is every one of you is deficient in nutrients. You are all deficient in vitamins and minerals. You are all deficient in enzymes. All of you are not getting the proper amounts of nutrients that you need for optimal body functions and optimal health. It is impossible to get all the nutrition you need from just eating food. The food supply has been so depleted that you simply can't get the nutrients you need from just eating food. Combined with the fact that many things that you are consuming are actually reducing your ability to assimilate and absorb the nutrients anyway, makes you doubly assured you are deficient in important nutrients for health, wellbeing, and proper body function. One of the most notable nutrients that people are deficient in is Vitamin E. When people start taking Vitamin E supplements, reports of incredible health benefits abound.

There are many types of Vitamin E, and many brands. As always, I strongly recommend against taking any synthetic form of Vitamin E or buying any food supplement from a large publicly traded corporation. You can be assured that large publicly traded corporations have only one goal, and that is to make money. They will cut corners at every chance and generally spend more money on marketing and advertising their product than on the development and production of the best product available. Go to your local independent health food store and inquire, or go on the internet and inquire about the various types of Vitamin E. Remember, stay away from publicly traded chain "health food stores" like GNC. Always remember the money motive. Ideally, as I mentioned in my book, it is always best to take a concentrated whole food supplement, which contains all the vitamins, minerals, enzymes, and cofactors in the exact proportion that nature intended. Most people notice when they start taking nutrients that they are deficient in they feel better, have more energy, have less symptoms, less aches and pains, sleep better, get colds and the flu less often, are less depressed, feel less stressed, and in many cases lose weight. Nutritional deficiencies are one of the main causes of all disease. Vitamin E specifically increases blood flow, circulation improves, and it helps oxygen get throughout the entire body.

Product to Stay Away From

Fluoride

Toothpaste with fluoride is deadly. I categorically, 100 percent recommend that no one should be using toothpaste with fluoride in it. As always, I recommend that you stay away from any product manufactured by a large publicly traded corporation. Publicly traded corporations have only one goal, and that is to make money. They will cut corners at every chance and spend the majority of their money on marketing and packaging, not on the quality of the product. They will do everything they can to produce that product at the lowest possible cost, thus ensuring that the natural state and quality is adversely affected. Therefore, it is imperative that you stay away from toothpastes sold by large publicly traded companies, and stay away from any toothpaste that has fluoride in it.

Fluoride is a dangerous, poisonous chemical. It is so deadly that even the smallest amount, if consumed, can kill you. It causes all types of physiological problems; the most notable is fluoride reduces the ability of the thyroid gland to operate correctly creating a condition known as a hypoactive thyroid, or an under active thyroid. When your thyroid is not acting properly, your metabolism is very slow causing you to gain weight. Fluoride in toothpaste and fluoride in the water is one of the major reasons why we have such obesity levels in America today. In communities that have the highest amounts of fluoride in their water supply, there are also the highest amounts of obesity and a host of other diseases. The link is indisputable. You should brush your teeth at least twice a day the first thing in the morning and before you go to bed, and ideally, you should brush your teeth after every meal. Keep in mind, however, that animals in the wild do not brush their teeth. Animals in the wild are eating raw, very hard crunchy material, thus cleaning their teeth on a regular basis. Animals in the wild also do not consume the manmade processed food that cause tooth decay and gum disease.

If you want a beautiful healthy smile, brush your teeth but use a toothpaste that is 100 percent all-natural and has ingredients that you can pronounce. I vary my toothpaste from time-to-time. When I finish one tube I go to the health food store, see what is available, and I read the ingredient list. If there are only two or three ingredients that I can read and pronounce and the company is a small independently owned business, I try that product. You should do the same. Even a small amount of poisons in your mouth will get into your entire system. Repeatedly using fluoride toothpaste, or toothpaste produced by large publicly traded corporations, suppress your immune system, make you depressed, and can even make you fat.

Book Revue

The 7-Day Detox Miracle

People always ask me, “Kevin, what is the best way to do a cleanse?” The answer is: there is no best way. There are many, many ways and all of them are very, very good. All of them seem to do similar things, yet different things. This book, *The 7-Day Detox Miracle: How to Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program* has a very powerful, simple seven-day home detox program that you can do. This system can allow you to free yourself from chronic aches and pains, allow you to feel healthier, and be more energetic. The process is really called detoxification, and it stimulates your body's natural ability to cleanse itself. Remember, the major reason you are sick is because your body has too many toxins in it. You must get the toxins out. People are always coming up to me saying, “How do I cure herpes? How do I cure my diabetes? How do I cure my arthritis? What's the cure?” The answer is, in most cases, there isn't a “cure.” The reason you are sick is because you (1) have too many toxins in your body, (2) you are deficient in the nutrients your body needs for optimal health, and (3) the electronic chaos and energy frequencies that are bombarding us are making us sick. Those are the three major reasons that we are all ill. You will never get well, you will never cure your disease, you will never live at optimal levels unless you get the toxins out. You are all super toxic. Getting the toxins out will improve resistance to disease, normalize your weight, and increase physical and mental stamina. It's similar to an oil change in your car. You need to clean out the sludge so your body can operate more effectively. There are many ways to cleanse, from doing colonics, fasting, raw food, sweating, etc. There are many products you can buy that will help you cleanse such as herbs, bentonite clay, fiber like psyllium seeds or psyllium husks, and wheatgrass juice. All are very good. The thing I like about this book is the program is simple, can be done at home, and only takes seven days. To order this book please call us at 1-800-931-4721 and ask for *The 7-Day Detox Miracle Book*.

Adscam of the Month

The Hall of Shame:

The FTC allows deceitful and misleading ads by large publicly traded companies!

The Federal Trade Commission is supposed to protect consumers from fraudulent, misleading, and deceitful advertising, among other things. The fact is, the Federal Trade Commission's history in relation to this is shameful. The FTC routinely allows large, publicly traded companies to run misleading and deceitful ads that take advantage of consumers. The reason the FTC allows these companies to do this is because these companies give huge amounts of money to political campaigns. Remember folks, it always all about the money.

This month's shameful ads are from Subway. Subway says it uses “the finest and freshest ingredients” in their food. This is deceitful and untrue. The finest means the best, and freshest means there is no fresher. Well, the fact is, the tomatoes they are using are not the freshest available. The freshest available are at my house where I have a tomato plant and I go out and pick it and in five minutes I'm eating it. That's the freshest tomato available. Subway is not using the “freshest” tomatoes or the “freshest” anything else. It is a lie and it is deceptive. They are not using the “finest”. Are they using the “finest” tomatoes available? Are they using organic tomatoes that have not been genetically modified? Are they using the finest extra-virgin olive oil, organically grown? Absolutely not. They are using cheap, inexpensive ingredients. They are not using the finest, and they are not using the freshest. They are lying to us and they are deceiving us. I believe this campaign is grounds for a class action suit against Subway. If you have seen Subway ads and were convinced that they were selling the finest and freshest ingredients, and then went to the store to purchase these sandwiches based on that premise, you are being ripped off, you have been misled and you have been taken advantage of. If you would like to be a member of the class action suit that we may be filing, and participate in getting compensation, please write to: Subway Class Action, c/o Natural Cures, P. O. Box 342, Elk Grove Village, IL 60009 and give us your name, address, city, state, zip code, telephone number, and e-mail address and let us know you want to be a member of this potential class action suit.

If you have seen an ad which you think is misleading, or a product you think should be avoided, please write me at: Kevin Trudeau, P.O. Box 342, Elk Grove Village, IL 60009 or email kevintrudeau@naturalcures.com

Question of The Month

Q: I have herpes, how do I cure it?

A: The medical community states that there is no cure for herpes. For years the medical community has repeatedly made statements of facts, when in reality it is nothing more than their opinions. Keep in mind the amount of money made by making people believe that you cannot "cure" herpes. The amount of drugs sold in the treatment of herpes is astronomical. The profits made are astronomical. If you have genital herpes, or if you have cold sores on a regular or reoccurring basis, you have a herpetic virus in your system. That's what everyone seems to think is true. Most people think that once you have the herpetic virus it will stay with you forever and there is no way you can "cure" it. The answer is no one really knows whether the virus leaves or stays in your system. No one can really see the virus. Medical science can only see the antibodies your body develops if you have allegedly been infected with the virus. Keep in mind that this is all medical theory, and none of this is "known facts." The only thing I'm concerned with is if you have breakouts your ideal scene is that you never have another breakout ever again. Well, if you never had a breakout ever again, I would call that a cure. I don't know if the medical community would call it a cure, but I would. So the real question is not how do I "cure" my herpes? The real question is, "I have breakouts," whether they are genital or cold sore-type breakouts, "what can I do so that I don't have any more breakouts?" That is the real question. Well, I'm not sure if this treatment that I'm about to give you will allow you to never have another breakout but, from everyone I've ever talked to, most people never have another breakout and for those who do it's so rare and so short lived that it doesn't really matter.

1. You have to cleanse and detoxify your body. The reason you have breakouts is because your immune system is suppressed and allows the virus to activate. If your immune system is low, the virus will activate. You have to do a cleanse, a colon cleanse, a Candida cleanse, a liver and gallbladder cleanse. You must do these cleanses because without the cleanses your body's immune system will always be weak and you will always be susceptible to disease.
2. You need proper nutrients. Your body is deficient in nutrients, making it incapable of fighting off the viruses and preventing the breakouts. You need to supplement your diet with proper food supplements whole food supplements. You need to get nutrition. Ideally, juicing or taking whole food supplements. Eating more raw fruits and vegetables are key.
3. You need to handle the energetic frequency of the imbalance. If you go to a homeopathic doctor, homeopathy deals with frequencies. If you go to the EMC², which is talked about in the book *Sanctuary* and sign up for the AIM program like I am on, you will have your energetic frequencies balanced twenty-four hours a day, seven days a week. I highly recommend and endorse that. Go to: www.energeticmatrix.com
4. Lysine. Lysine is an amino acid that will suppress the ability for breakouts to develop. If you eat food with lots of arginine, such as peanuts and tomatoes, you have a tendency to increase breakouts. So the best way to prevent breakouts is to take lysine daily. Go to your health food store and inquire.
5. Red Marine Algae. This appears to kill and wipe out the herpes virus. You can go to a health food store there are several brands available. The ideal scene is when you begin to feel the next breakout coming on, take the red marine algae and take it nonstop for sixty days. Just by doing that there is an excellent chance you will never have another breakout again. If you do, the moment you feel the breakout, start taking the red marine algae. You will notice the breakouts are much, much less severe and don't last as long. Continue that procedure until you never have another breakout again.
6. There is a product in health food stores called DMSO. When applied it kills the herpes virus. Also, drink liquid oxygen available in health food stores, as the virus cannot live in an oxygen rich environment.

If you do the things I recommend, I believe that (1) your breakouts will be less frequent and less severe, and (2) there is an excellent chance you will never have another breakout again. As always, I am not a doctor. I am not giving medical advice. I am giving my opinions for educational and informational purposes only. It is vital if you are concerned about your health that you seek out proper healthcare professionals in your area and get their opinions and have somebody treat you directly. Ideally, for herpes you can go to a proper herbologist or homeopathic doctor, which are probably the two best choices.

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