



Kevin Trudeau's

February 2005

NATURAL CURES NEWSLETTER

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

VIOXX UPDATE

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I mentioned in last month's newsletter the fact that the drug company Merck has pulled their prescription pain drug Vioxx from the market because it has been uncovered that when a person takes Vioxx their risk of stroke and heart attack goes up dramatically. It is important to reiterate to you the facts that the drug company Merck, as well as the FDA, knew five years ago that this drug would kill tens of thousands of people. Merck and the FDA did not release this knowledge, but in fact suppressed and hid this knowledge because the profits that would be earned by selling this drug would be in the billions. This is exactly what the tobacco industry did in the 1950's. They knew, in fact, that cigarette smoking would kill people, but they hid this evidence and lied about it before congress. The drug companies and the FDA are doing the exact same thing. Well, I am blowing the whistle on this outrageous, flagrant example of corporate and government greed and corruption. If this were happening in any other country, the U.S. Government would be claiming genocide, but because it is happening in America, virtually no action is being taken. Remember that Vioxx is a prescription drug that was given to people for pain. What is being uncovered now is the information that was suppressed and hidden for five years. This information shows many disturbing facts, the most significant fact is that both the FDA and the company Merck knew that Vioxx increased and caused heart disease and strokes. The more information that is being uncovered, shows that the situation is much worse than anyone has thought. This is exactly what I been saying in my book and in my newsletters. It is now being reported and the FDA scientists themselves actually admit that Vioxx alone has caused over 140,000 heart attacks, strokes and deaths. And the FDA is actually saying that it, as an agency, is virtually defenseless against a similar future catastrophe with another drug.

Non-prescription over-the-counter drugs and prescription drugs are in fact deadly and are killing people. The American medical association itself admits that prescription drugs are now the fourth leading cause of death in America. Prescription drugs are actually killing more people than the disease that they are supposed to be curing. Folks, this is just the tip of the iceberg. I will say this in every newsletter over and over again; if you are taking non-prescription over-the-counter drugs or prescription drugs you absolutely must stop taking these drugs now. However, I must warn you, only stop taking drugs under the supervision of a licensed health care practitioner. Many of these drugs are so powerful that stopping to suddenly could cause medical problems, but if you want to cure your disease you must stop taking drugs. If you want to prevent disease you must stop taking drugs. Remember drug companies are publicly traded corporations, which means they have only one objective and that is to make money. The only way that drug companies make money is by getting you to believe that you need to take drugs. Drug companies only make money by getting more people to take more drugs. If a drug company's objective was to cure and prevent disease, they would all be out of business. You must remember that. If you watch any of the financial news networks such as CNBC, Bloomberg or any of the cable stations that focus on publicly traded companies and the financial markets. You will see over and over again how drug companies talk about their business. They do not talk about curing disease and preventing disease, they talk about "market share", "profitability", "long term growth" and new blockbuster drugs that will increase bottom line profits. Read the Wall Street Journal, Investors Business Daily, Business Week or any financial newspaper or magazine when you read articles about the drug industry, they never talk about preventing and curing disease, they only talk about these companies ability to sell more drugs and increase profitability.

They talk about the millions of dollars being put in lobbying efforts to get congressmen to pass laws that the government itself buys drugs or supplements drugs.

VIOXX UPDATE (*cont'd.*)

It's all about the money. The fact is, if you want to prevent illness and disease and if you want to cure yourself of illness and disease, you must stop taking over-the-counter non-prescription drugs and prescription drugs. These drugs are actually giving you and causing disease, the facts are clear, you will hear more and more about this, as this information becomes uncovered. The drug companies know it, the Food and Drug Administration knows it, but they are taking no action because there is too much money and profits involved. Think about this, Vioxx has been voluntarily pulled from the market by its manufacture the drug company Merck. It is categorically proven now that 100,000 people have died because they took Vioxx. It is estimated that over a million people may have had heart attacks and strokes because they took the prescription drug Vioxx. The drug company Merck knew this would happen five years ago and so did the FDA. They took no action because of the massive amount of profit involved. Here is the shocking truth, the FDA, as I write this newsletter, still has not banned Vioxx from the market! Think about that. Remember in my book I talked about how the FDA banned the herb mahaung because it contained ephedra. The FDA claimed that ephedra had been linked to 153 deaths over a ten year period, therefore concluded that the herb mahaung was too dangerous and must be banned from the American market place. Remember those deaths were linked to ephedra not proven to be caused by ephedra. But the FDA still said they believed it showed that the herb was too dangerous and must be banned. However, Vioxx is now known to have killed over a 100,000 people. Yet the FDA still has not taken any action and banned it from the market place. In the last few weeks there have been organizations now that have shown and proven that drug advertising has been false and misleading. Where is the Federal Trade Commission??? They have yet to take any action against the drug companies for producing false and misleading advertising. Where is the FDA??? They have yet to have taken any action for these drug companies producing what is now proven to be false and misleading advertising. Remember in my book how I talk about how the FDA and the FTC only pick on the little guys like myself, trying to crush us with massive lawsuits, asset freezes and smear campaigns in the press. They try to put us out of business, shut us down and shut us up. But these organizations take absolutely NO action against the drug companies even though they have categorically been proven to produce false and misleading advertising, hide information and in fact knowing kill over 100,000 people.

I just received an email that really hits the nail on the head, it said (and I'm paraphrasing) "major pharmaceutical companies admitted last week that they are failing to produce new medicines, yet the industry manages to earn more than \$500 billion annually due to aggressive marketing and inflated prices on prescription drugs. All the major pharmaceutical companies in the United States announced disturbing news regarding product development in the drug industry. To compensate for the lack of new profitable drugs, drug companies instead use strategic advertising campaigns specifically designed to increase sales to both patients and doctors. They also hike up the prices of prescription drugs to increase profitability. The lack of successful drug research and development has been common knowledge to the scientists and researchers involved in the industry", according to a USA Today report. It is not until now that the companies have actually gone public with this information. Drug companies have also publicly announced that they have concerns with the negative side effects and an alarming high number of people who use many of the most popular brand named drugs such as Celebrex. It appears that the drug companies simply are not producing any new drugs that have any effectiveness against disease. However, the drug companies seem to be remedying this situation by spending more money on marketing and advertising their drugs than on research and development of new drugs. The pharmaceutical industry is now reaping record-breaking profits, specifically because of their new slick advertising campaigns designed to convince consumers that they need to purchase drugs. "If you don't have a lot of break through drugs in your pipeline and you are a drug company, you need to market the hell out of the drugs that you do have" Dr. Jerry Avorn, a professor of medicine at Harvard Medical school and author of "Powerful Medicines: The Benefits, Risks and Costs of Prescription Drugs", told USA Today. Consequently people are taking popular brand name prescription drugs that have little or no effect on their medical conditions and in fact, are causing more medical and health problems. Dr. Avorn went on to explain that companies are reluctant to vigilantly monitor the side effects of drugs because if consumers learn about the negative side effects that they will experience by taking these drugs it could cut into the sales and profits of the drug companies and could reduce sales of future drugs because customers will be concerned about their safety and be reluctant to purchase them.

As you can see folks from this article the fact is clear non-prescription over-the-counter drugs and prescription drugs are dangerous. Remember that there is absolutely no follow up testing on the safety of drugs once it are approved by the FDA, this is a significant point. Once a drug, both a non-prescription over-the-counter drug or a prescription drug is approved by the FDA there is virtually no follow up testing to see if the drug actually works and is safe. Keep in mind when the FDA approves a drug it is relying on research that has been bought and paid for by the pharmaceutical companies and the committees that are reviewing the drug are usually filled with doctors that are on the payroll of the drug company who's drug is up for review. This means, conflict of interest, conflict of interest, conflict of interest. Also, when big profitable drugs are approved many of the FDA people involved in that approval process resign from the FDA and go to work directly for that drug company and are paid millions of dollars. Payoff, payoffs, payoffs! Then once that drug is approved there is absolutely no further review on whether or not that drug actually works and is safe. This is why today more people are sicker than ever before in history yet we take more drugs than ever before in history. Drugs do not work at preventing and curing disease they cause disease.

THE CAUSE OF ALL ILLNESS AND DISEASE

I want to be very clear about what the cause of virtually all illness and disease is. If you are sick, if you have any type of illness or disease, the only way you can cure yourself of the illness or disease that you have is to understand what the causes are. All illnesses and disease are caused by the same things 1) too many toxins in the body 2) nutritional deficiencies 3) electromagnetic chaos exposure 4) mental and/or emotional stress. Let's go back to the basics, there are really only two ways you get sick. One, you catch something or two, you develop something. If you catch something, such as a germ, a virus or a bacteria you will only succumb to that germ, bacteria or virus if your immune system is weak. If your immune system is strong all the viruses and bacteria that you are exposed to are fought off by the killer cells in your body. The fact is, you are exposed to hundreds of germs on a regular basis, and this is totally natural. Your body then releases killer cells, which go and attack, kill and wipe out the various invading viruses and bacteria and germs. However, if your immune system is weak, then you succumb to that virus, bacteria or germ and develop sickness. What causes your immune system to be weak? Well, toxins in the body, nutritional deficiencies, electromagnetic chaos, mental and/or emotional stress. The second reason you are sick is you develop something in your body such as cancer, or diabetes or clogged arteries. You don't catch these things you develop them. Why do you develop them? Well, you develop them because of, too many toxins, nutritional deficiencies, electromagnetic chaos or mental and emotional stress. People always ask me, where do genetics play into this? We all come into this world with certain genetic weaknesses, however, if you don't have many toxins, if you have no nutritional deficiencies, if you are not exposed to electromagnetic chaos and if you aren't exposed to mental and emotional stress these genetic weaknesses actually correct themselves and never manifest. They only manifest themselves when you have one of the four things that I have mentioned.

People always want to know what the natural cure is for their disease, and the fact of the matter is the natural cure for every disease is absolutely the same thing. No matter what disease you have, whether it's cancer, heart disease, diabetes, fibromyalgia, allergies, asthma, acne, dandruff, eczema, herpes, acid reflux, constipation, colitis, PMS, infertility, erectile dysfunction, etc., etc., etc. The cure is the same because the cause is the same. No matter what disease or illness you have, one of, or a combination of, these four things causes it:

1. You have toxins in your body;
2. You have nutritional deficiencies;
3. You have exposure to electromagnetic chaos; and
4. You have mental and/or emotional stress.

Since that is in fact the cause of all illness and disease, the cure is simply to correct these imbalances. Let me go through each one of these and show you the simplest way to correct it. Keeping in mind the umbrella to this whole thing is when you have corrected these four issues your body pH will be alkaline, and when your body pH is alkaline, you virtually can never get sick. When these four things are affected your body pH can go acidic; therefore, you are susceptible to all disease. People always ask me, "How do I get my body alkaline?" The answer is always the same, "Go back to Chapter 6 in my book and do the things in Chapter 6." If you do the things in Chapter 6, I BELIEVE you get your body alkaline. By doing the things in Chapter 6, I BELIEVE you are in fact cleaning out the toxins and you have stopped putting the toxins in, you are correcting the nutritional deficiencies, you are reducing or at least managing your exposure to electromagnetic chaos, and you are reducing and eliminating the mental and emotional stress. When you do those four things, IN MY OPINION, you turn your body pH from acidic to alkaline, and when you do that I BELIEVE you cure yourself of every disease and you can never get sick in the future well, almost never!

So let me go through these one by one to make sure you get it.

1. Toxins.

You are toxic. That's factual; there is no way around it. The number one toxin you have put in your body over the years are non-prescription over-the-counter drugs and prescription drugs. This started from the moment you were born. When your mother went into the hospital and was given drugs in the operating room when you were delivered; then when you were delivered you were pumped full of drugs by the doctors; then you were pumped full of vaccines; then you were pumped full of antibiotics all within the first year of your life. For the rest of your life you were pumped full of drug after drug after drug after drug. You were fed food from cans, boxes, and jars. All of the food has been loaded with chemicals, poisons, and toxins. The air you breathe is full of chemicals, poisons, and toxins. The water you drink, bathe, swim in, and shower in is loaded with poisons, toxins, and chemicals. You didn't know any better and depending on where you lived and what you ate, determined how many toxins were put into your body. It isn't a matter of if you put toxins in your body; it's just a matter of how much. As I mentioned, the genetically weak areas will begin to deteriorate first. That's why two people can do exactly the same thing and one person will be dead at 40 years old and the other person can live to be 100. Why is it that two people can smoke cigarettes, side by side, and one person drop dead at 40 from cancer and the other one live to be 100 and never have any cancer? They were both putting in the same amount of toxins, but one person had genetics that were strong in those specific areas and didn't succumb to the toxins in the cigarettes, and the other person had genetic weaknesses and succumbed very quickly. In order to cure yourself of disease and never get sick again you have to do two things.

A. You have to get rid of and clean out the toxins that are in your body. That means you have to do cleanses. The cleanses that you must do are colon cleanse, a liver cleanse, a gallbladder cleanse, a kidney/bladder cleanse, a parasite cleanse, a Candida cleanse, and a full-body cleanse. I mentioned this in last month's newsletter. If you haven't read it go to my website, all past issues of my newsletter are there at naturalcures.com.

THE CAUSE OF ALL ILLNESS AND DISEASE (*cont'd.*)

B. Reduce the number of toxins you are putting in your body; you can certainly reduce them. There is a multitude of ways of reducing them. For example, get a shower filter, therefore you are not showering and bathing in toxic filled water. Get a water filter and drink more water. Drinking pure filtered water will cleanse toxins out of your body. Eat only organic fruits, vegetables, and meat, therefore reducing the amount of toxins you are putting into your body. Stop taking any non-prescription over-the-counter drugs and all prescription drugs. Get an air filter in your house, especially your bedroom. Stop eating things that are filled with toxins such as fast food, food from chain restaurants, food in boxes, packages, cans, and jars that are sold by publicly traded corporations. Buy only organic. There is a whole list of things in Chapter 6 of my book on how to reduce the amount of toxins you are putting in your body. Again, you can never stop totally, but you can certainly reduce and then every year or so you can do a cleanse to clean out the toxins that you have been putting in.

2. Nutritional Deficiencies.

Every single person has nutritional deficiencies. When you are deficient in vitamins, minerals, enzymes, and other nutrients your body cannot operate at optimal levels, thus causing illness and disease because your immune system cannot operate efficiently. In my opinion, the two most important nutrients you can have are Vitamin E and the mineral calcium. I believe that these are the two most important and significant nutrients that you need to be supplementing your diet with. I believe that every single person is deficient in Vitamin E and deficient in calcium. I believe that these two specific deficiencies lead to a variety of illness, and by supplementing your diet with these two nutrients you can prevent virtually all illness and disease and cure yourself of most illness and disease. However, there is a big caveat to these statements. I say in my book do not take "vitamin supplements." The reason I say that is because almost all vitamin supplements sold are sold by companies who, just like the drug companies, are only in it for the money. They are selling you vitamins and minerals that are nothing more than dirt and do little, if any, good. They are usually synthetic man-made vitamins that are not in their natural form. I have talked to the presidents of major vitamin and mineral manufacturing companies and these people, unfortunately, are just as greedy and ruthless as the presidents of the pharmaceutical companies. They are in it only for the money. They talk about market share, marketing, positioning, return on investment, what's hot in the market place, how to reduce costs, how to get away with saying things on the label because of certain rulings made by the government, etc. etc. They are all about selling you products; they are not about producing the best quality product that is the most effective. I talked to one president of a company just last week, and I asked him specifically. I asked, "Hey! I just got a mail advertisement for this new supplement." I asked him, "How good is this supplement?" He then went on to tell me that his "positioning" of this vitamin was going to create huge sales and profits for his company, and that the "market" for his product was a certain group of people. He went on to explain the massive amount of money he spent on research and development in producing the label and the advertisement that effectively sold the product. He never once mentioned how effective or good the product was. I then asked him about the ingredients. He actually laughed at me and said, "Look, we put the same crap in this as everybody else and we just make sure that we can get it at the cheapest price possible." This is what I'm talking about folks. Remember, unfortunately, it's all about the money.

When I mention that you are deficient in Vitamin E and calcium, and that you need to supplement your diet with Vitamin E and calcium and that by doing so you can prevent and cure a host of diseases, what I am talking about is taking the all-natural, real, as found in nature supplements. Synthetic, man-made, cheap versions do not work. Remember, every "study" conducted on vitamins and minerals are conducted using the cheap synthetic, man-made versions. No wonder the studies never show, or rarely show, that vitamins and minerals are effective. Also keep in mind that these studies are funded, directly or indirectly, by the pharmaceutical industry whose intention is to prove that all-natural supplements are ineffective and potentially harmful.

So let's go back to Vitamin E. Vitamin E categorically is one of the most important, if not the most important, vitamins that you need to have. Unfortunately, the processing of food today dramatically reduces the amount of Vitamin E that is available through the food that you eat. Therefore, every single one of you is massively deficient in Vitamin E. Having this deficiency will cause various problems depending on the individual, and that individual's genetic weaknesses. For example, having a deficiency in Vitamin E for one person may cause phlebitis, blood clots, varicose veins, asthma, or allergies. Deficiency in Vitamin E in another person could cause circulation problems, cold feet, cold hands, fatigue, depression, memory loss, mood swings, or male erectile dysfunction. Trying to get all the Vitamin E you need from the food you eat in today's environment is very difficult. Even if you were to eat only pure organic fruits, vegetables, and meat, it is still difficult. So it is important to supplement your diet with Vitamin E.

In all my research, I have found only two brands of Vitamin E that are actually effective. That's right, only two brands out of the hundreds and hundreds of brands of Vitamin E are actually the full all-natural Vitamin E that are effective. Because of the Federal Trade Commission's insanity and Gestapo-like tactics I am forbidden to tell you the brands of these products. But if you e-mail the licensed healthcare practitioners that I currently recommend I am sure they will tell you the brands of Vitamin E that they recommend, which are the same ones that I use. The licensed healthcare practitioners are at the end of this newsletter.

What you are looking for is a Vitamin E that has a natural unesterified mixed tocopherol complex containing antithrombic d-alpha tocopherol, which protects against internal blood clots and actually dissolves them. And also containing d-beta, d-gamma, and d-delta tocopherols for synergistic antioxidant protection against harmful free radical damage and peroxynitrates damaging to brain cells, and also containing tocopherols in a non-genetically modified source. You do not want the synthetic dl form and not the esterified tocopherol acetate or succinate, not the ordinary soy oil diluted mixed tocopherols or adulterated

THE CAUSE OF ALL ILLNESS AND DISEASE (*cont'd.*)

forms. You want the Vitamin E, which contains all four components for the powerful synergistic effects as nature intended. You do not want a Vitamin E with added soy oil or other oil fillers, which can turn rancid and cause harmful free radical damage. You do not want one with added preservatives, colors, or flavorings.

When you take this Vitamin E you should take one capsule for every thirty pounds of total body weight just before or with your morning meal. You take it all in one dose. The key with Vitamin E is "It's what goes over the dam that counts," so you want to take all your Vitamin E at one time. I have seen people take Vitamin E and have had blood clots dissolve in a week. I've had people who had varicose veins and phlebitis vanish in as little as two or three days. I've seen people who had manic depression had it reversed in an incredibly short period of time. Men, and even women, with sexual problems have it reversed in a matter of weeks as Vitamin E increases circulation and oxygenation to all the cells.

Vitamin E increases circulation and oxygenation to the body, thus increases the absorption of all nutrients to the cells, as well as increases the ability of cells to eliminate toxins. It is one of the master nutrients that are needed for optimum health. It prevents heart disease and clogged arteries. The list of health benefits goes on.

The master mineral that everyone is deficient in is calcium. Like Vitamin E, our food source has been depleted of calcium. Also, much of the food we consume, such as carbonated drinks and coffee, as well as prescription and non-prescription drugs, block calcium absorption. Therefore, I can categorically assure you that you are calcium deficient. Calcium, in my opinion, is the most important mineral in the body. When you are deficient in calcium, nothing else works well. Increasing calcium to the level that it is supposed to be and eliminating the deficiency does wonderful things to the body. It increases oxygen to all the cells, and increases the ability for electric energy to flow better throughout the entire body. Like Vitamin E, it allows the cells to detoxify quicker and faster, and allows nutrients to get into the cells quicker and faster. It relieves stress and is a major element needed to keep the body alkaline. Research shows that bringing calcium levels back to normal makes weight loss happen faster and easier.

Like Vitamin E, there are many kinds of calcium. In my opinion, you must get a form of calcium that is the most absorbable and useable in the body. I believe that marine grade coral calcium from Okinawa, Japan is one of the best forms of calcium you can take. There are many brands available. If the label says marine grade coral calcium from Okinawa, Japan you should be okay with that product. There are only a few manufacturers in America that make coral calcium. These manufacturers make the coral calcium for hundreds of various resellers. All the coral comes from Japan as long as it says from Okinawa, Japan. There are two grades available. One is marine grade, which comes from in the ocean, and the other one is non-marine grade, which comes from the sand on the beach. I believe the marine grade is better since it has not been bleached by the sun. There is also coral calcium in sachets that you put in water that helps calcify the water. This is excellent, especially for people who do not like to take pills. Again, always look for marine grade coral calcium from Okinawa, Japan.

Those are the two most important nutrients you need to supplement your diet with, but I can categorically assure you that you are deficient in a whole host of other nutrients as well. Taking a whole food supplement, or drinking fresh organic fruit and vegetable juice, can solve this problem. The best way to relieve yourself of nutritional deficiencies is to drink pure organic fruit and vegetable juice. This way you are receiving all the nutrients in the most absorbable form in the exact proportion that nature intended. You need to get a good juice machine for this purpose. I have tried dozens of juice extractors and I believe that the best juice extractor is the one you will actually use. That means the best juice extractor is the one that is easy to use and easy to clean. I have used dozens personally, and I can assure you that if it isn't easy to use and easy to clean, it doesn't get used. Therefore, it is useless. I can't tell you the brand that I use, but e-mail the licensed healthcare practitioners and ask the question and they will send you their recommendations. They use the same juice extractors that I do.

By the way, a Vita-Mix is not a juice extractor. I own a Vita-Mix and it is a very good blender and has a lot of very good uses, but it is not a juice extractor. A juice extractor extracts the juice from the fruit, separating the juice from the pulp. A Vita-Mix, being a very powerful blender, simply liquefies the entire fruit or vegetable. This is not juice; this is a liquefied fruit or vegetable. It's not bad, but it is not juice. That's why I recommend a juice extractor. For those of you who want more convenience, as I mentioned in last month's newsletter, you can enjoy mangosteen juice, goji juice, or noni juice. Although these juices are in many cases reconstituted or come from concentrate and are pasteurized, they are still packed with incredible amounts of vitamins, minerals, and cofactors and are very effective ways of handling your nutritional deficiencies.

The next best way to handle nutritional deficiencies is by taking a whole food supplement. Whole food supplements are not by definition vitamins and minerals, but are in fact concentrated whole food sources. I can't mention brand names, but I will tell you a couple of specific things. Chlorella is an excellent whole food source. It is simply a plant that is in concentrated form containing massive concentrated vitamins, minerals and enzymes in the exact proportion nature intended. Spirulina, blue-green algae, and hydrilla are all excellent whole food sources. They contain protein, enzymes, vitamins, minerals, and cofactors. Bee pollen and royal jelly are also outstanding whole food sources.

People can't believe that they can actually eliminate such devastating diseases such as fibromyalgia, M.S., muscular dystrophy, and colitis with simply cleansing their body and increasing their nutrition. By simply cleaning out the toxins and reversing your nutritional deficiencies almost all diseases can be reversed and cured. I see it happen every single day. Don't be misled into believing that it sounds too good to be true or it is just too simple to work. When you understand the cause of your disease, then you can understand the cure. Keep in mind; it took years, and years, and years to develop your medical condition. It is not going to reverse itself in a couple of days. It took years to develop. Luckily, it won't take the same amount of time to reverse, but it will take weeks or months. Be patient, but do these things and you will see results.

THE CAUSE OF ALL ILLNESS AND DISEASE (*cont'd.*)

3. **Electromagnetic Chaos**

You can't avoid electromagnetic chaos, it's impossible. It's around us, from the laptop computers, to our TVs, the satellites in the sky, cell phones, any and all wireless devices, radar transmissions, high-tension power lines, electrical lines, and fiber optic networks. We are surrounded by electromagnetic chaos. You can't avoid it. You can reduce it by eliminating all wireless devices from your home, but seriously, you may only be able to reduce it a little. Therefore, in my opinion, it is categorically imperative that you have an electronic chaos eliminator. There are several brands available, each purporting to be the best and most effective. In my initial research, I believe that they are all effective to varying degrees. Which one is the most powerful and the best? I do not know. Once I do know, I will let you know. I use several that I carry with me and have in my home, and I recommend that you e-mail our licensed healthcare practitioners and inquire and they will make their own recommendations.

4. **Stress**

This is really powerful. Stress is defined as conscious or unconscious negative emotions that are being held in the body. It is important to know that stress can be conscious or unconscious. You may be the happiest person going, but may have some hidden locked-in negative emotions that you aren't even consciously aware of. These hidden negative emotions can be causing your entire body to become acidic and giving you a whole host of various diseases. You must eliminate conscious stress and unconscious stress if you want to eliminate disease. It is important to know that this one area is more powerful and more important than the other three areas combined. Your mind is more effective at curing yourself of disease than eliminating toxins, curing your nutritional deficiencies, and eliminating or reducing electronic chaos combined. Your mind is the number one cause of all illness and disease. Your mind is an enormously effective tool to cure and prevent disease. Stress can be one of the major factors of suppressing your immune system and causing your body to become acidic and allowing you to develop a whole host of diseases.

There are several effective ways of reducing stress. One of the most effective in my opinion are the techniques developed by Dr. Coldwell. I discussed him in my book. I have seen personally medical miracles happen right before my eyes from people who use techniques to eliminate unconscious, hidden, trapped negative emotions. When these trapped negative emotions were released, I've seen people physically change right before my eyes and disease virtually vanish. To get information on Dr. Coldwell's technologies please e-mail licensed healthcare practitioner Dr. Hohn at drhohn@goodlifefoundation.com.

If you want to cure yourself of the disease you have, you have to understand the cause of those diseases, and all diseases are caused by the same four things. When you understand that, then you will understand how your body works, why you are sick, and what you can do to correct the problem. I can absolutely tell you this, if you cure yourself of your diseases by using these techniques and you continue to use these techniques, it will be almost impossible for you to be sick in the future. If you ever do come down with any type of cold, flu, or illness, the symptoms will be mild and the duration will be very short, and the likelihood of you coming down with some serious debilitating disease is almost zero. Remember, when your body pH is alkaline it is virtually impossible to have any disease. All these techniques are designed to get your body pH to the alkaline level. When that occurs, disease is eliminated and future disease is prevented.

The Drug Companies Are Scared of this Newsletter!

My insiders tell me that the pharmaceutical industry has put together a multi-million dollar task force to debunk all the information I put out in this newsletter. It is incredibly interesting to me to find that in my first newsletter when I mentioned Vitamin E, within weeks after my newsletter was published, there was a news story published talking about how bad Vitamin E was. My next month's newsletter talked about hydrogen peroxide and how effective that was at curing disease. Within weeks after that newsletter came out there was a major news story debunking hydrogen peroxide therapy. My insiders tell me that the pharmaceutical industry has put together a multi-million dollar debunking campaign specifically designed to debunk what I say in my newsletter. So I can assure you that whatever I talk about in this newsletter, within a few weeks there will be stories and articles written saying the exact opposite. This is what I talked about in my book. The drug companies spend hundreds of millions of dollars in publicity campaigns doing two specific things. On the one hand, they try to brainwash you into believing that drugs are effective and safe, and on the other hand they try to convince you that all natural therapies are ineffective and dangerous. This is what the drug companies, the American Medical Association, and the FDA are doing. They are spending hundreds of millions of dollars to do this.

I find it flattering to note that my newsletter is being so closely monitored and debunked so quickly. However, I want to again reassure you, my readers, that my information is unbiased, unfiltered, and there are no conflicts of interest. I say things because I believe them to be true, and I believe them to be in your best interests. When you read articles where "experts" give their opinions you have to ask yourself, are these experts paid spokespeople for the particular industry or company that they are talking about? The *Wall Street Journal* reported that the majority of university professors who give expert opinions on a particular subject are paid by that company or industry to give a specific opinion. These payments are never disclosed. These "experts" appear to be unbiased professors, doctors, researchers, scientists, or specialists giving unbiased opinions. The fact is, they are totally biased. There are massive conflicts of interests and in the majority of cases they are flat-out being paid to say specific things. You are not being told the truth. They are not giving full disclosure.

The Drug Companies Are Scared of this Newsletter! (*cont'd.*)

This most recent article about hydrogen peroxide was absolutely appalling to me. There is a doctor who had treated well over 1,500 patients. Two patients receiving hydrogen peroxide therapy died. This doctor was then attacked by the FDA. However, they never talked about the over 1,400 patients that were cured of their disease, they could only talk about the two who had died. The funny thing is, they never tell the whole story. If these 1,500 people used conventional therapy, over eighty percent of them would have died! Do you understand this? This is how crazy the FDA is, the AMA is, and the media is. They are categorically lying and misleading you, and trying to convince you that all-natural therapies are ineffective and dangerous. They are trying to convince you and brainwash you into believing drugs are effective and safe. Folks, the exact opposite is true. You have to know that non-prescription over-the-counter and prescription drugs are, in most cases, ineffective and incredibly dangerous. All-natural remedies, vitamins, minerals, herbs, food supplements, homeopathic remedies, essential oils, enzymes, and the like, are incredibly effective and incredibly safe. Don't be misled.

WHY BELIEVE ME

There are dozens of alternative health newsletters available today such as those by Dr. Schulze, Dr. Whitaker, Dr. Wright, Dr. Williams, Dr. Mercola, and Dr. Douglass. I receive all of these newsletters. I read them. In many cases I concur with what is being written, however, there is one major, major, major problem. All of these people sell vitamins, minerals, herbs, or other food supplements. What this means is that their newsletters are not in fact unbiased informational publications, but rather cleverly crafted sales letters designed to encourage you to buy their specific vitamins, minerals, herbs, or food supplements. This means that when you are reading their publications you can never be confident in knowing that they are giving unbiased truthful information, or if they are simply trying to sell you their own vitamins, minerals, herbs, and food supplements to make millions of dollars in profits. You just don't know. It is impossible to trust them because there is such a huge conflict of interest. Their motivation to make money could be the main overriding factor. That is why, in my opinion, you can trust what you read in this newsletter, and what you read on my NaturalCures.com website, and what you read in my other books and informational publications. I do not sell any vitamins, minerals, herbs, or food supplements. I sell no products at all. I have no financial interest in companies that sell products. I am not compensated in any way on any products that I recommend, endorse, or suggest. There are no conflicts of interest here.

There are conflicts of interest with every other alternative health newsletter. Not surprisingly, there are also conflicts of interests with every major newspaper, magazine, news radio station, and news TV station. That's right. There are financial conflicts with all the major media venues where information is disseminated. What does this mean? This means when you are watching the news on TV and think you are getting unbiased journalism, you are not. You are getting bought and paid for commercials, which are being disguised as news and unbiased journalism. Let me give you a perfect example. On Sunday, January 2nd of this year, I was watching the Fox news channel. On this particular news segment, the Fox news host introduced his guest, a weight loss expert by the name of Dr. Molly Gee. She was to discuss New Year's resolutions relating to weight loss. This weight loss expert proceeded to tell the audience and the host why people were fat and the best ways for people to lose weight. She did not present this information as her opinion, but rather presented it as scientific fact in the standard arrogant way that doctors do. I was not shocked to hear her then promote the Slim Fast Plan as the best way for people to lose weight, and encouraged the viewers to go to the Slim Fast website. This weight loss expert was virtually giving a commercial to Slim Fast. The host said nothing. The host did not ask if she was a paid spokesperson for Slim Fast. The host did not ask if she was being compensated in any way to endorse and push Slim Fast while disguising her opinions as a medical expert. The host said nothing.

I enquired further. This woman is paid huge amounts of money by Slim Fast to promote their program. This was on Fox news channel. This was not news; this was a commercial for the Slim Fast program. The problem is that it was disguised as news; it was fraudulent and misleading. This is why, when you read newspapers or magazines or listen to the news on radio and television, you can't trust the information. You have to remember, it's all money motivated. This is why you can believe my newsletter, my books, and my website. I have no financial interest. I am not doing this just for the money. I am passionately concerned about you, your family, your wellbeing and health. Yes, I do make a profit doing this, but there are no hidden agendas with me. This is why I am being so viciously attacked by the Federal Trade Commission, other agencies, organizations, and industries. The reason is I cannot be bought. I cannot be bribed.

People approach me on a regular basis offering me millions of dollars to endorse their product, to recommend their product in my newsletter, or to talk positively about one product or bash another product. It sickens me that the business world is filled with people who simply live their life for one reason and one reason alone to make more money. As I mentioned, profit is not a four-letter word. Making profit is not bad, but making profit at the expense of employees, at the expense of the environment, and at the expense of the consumer by misleading them and selling them products that do not do what they are claimed to do is unethical. I certainly don't know all the answers, and I know that my opinions may be wrong, but there is one thing you can be fully assured and confident with; that is that you are getting from me honest intentions and honest unbiased opinions. You can always know that my intentions are pure and true. You can always be 100 percent assured that when I say something it is because I absolutely, categorically believe it is true and beneficial to you and no other reason.

WHY ORGANIC?

You must eat organic fruits, vegetables, meat, eggs, etc. There is no way around it. You cannot buy fruits and vegetables, or canned goods, or products in boxes, jars, packages, etc. that are not organic. You have to eat only organic food. If the box does not say 100 percent organic, and if the ingredients don't all say organic, don't buy the food. Why is this so important? You have to understand one of the major reasons that you have illness and disease is because of toxins in your body. One of the major ways you get toxins in your body is from the food that you eat. When you eat food that is not 100 percent organic, what you are eating is loaded with poisons and chemicals. I talk about this all the time, but some people just have a hard time understanding.

I had a guy over to my house; we were talking about organic fruits and vegetables. He said, "Well, when I went to buy some organic apples they didn't look very good. The conventional ones looked a lot better, so I bought them." I said to him, "Don't you realize that that conventional apple is loaded with toxins and poisons, that it has been sprayed with pesticides, insecticides, fungicides, and herbicides, which are nothing but poisons and chemicals? That they have probably been injected with chemicals? That the fertilizers used in the earth are all poisons and chemicals? Those fertilizers get into the trunk of the tree and ultimately end up inside the fruit, and the fruit itself can't even bare fruit. They are made from hybrid seeds that produce fruit that can't even germinate and reproduce its own kind. It can't even sustain life. Not only is it full of poisons and toxins, but it can't even sustain life." He said, "Well, I really don't notice any difference."

As he said that, he noticed that I had in my kitchen melons, papayas, tomatoes, oranges, grapefruits, pears, apples, lemons, limes, grapes, and a host of other fresh produce. He said, "I bet all that's organic." I said, "Yes, it is." He said, "Okay. Well, why don't you give me one of those apples?" I said, "Great." So I grabbed an apple and said, "Wait a minute. Let me do a little experiment." I ran outside to my woodshed where I knew my gardener kept a can of Raid bug killer. The reason I know this, is that I saw it and specifically told him that I did not want chemical bug killers around my house, and he assured me that he would correct the situation. I took the can of Raid and I sprayed the apple in front of my guest. I then handed him the apple and said, "Here you go. Tell me if you like it." He was shocked. He explained, "I'm not going to eat that! You just sprayed it with Raid." I said, "Well, I'm confused. You eat conventional apples. They are sprayed with bug killers that are ten times stronger than the poisons used in Raid, but you eat them." He said, "But they are cleaned." I said, "Fine. I'll wash off this apple." He still wouldn't eat it. Do you understand what I'm talking about?

When you go buy conventional fruits and vegetables you are buying produce that has been sprayed with some of the most deadly, lethal bug killers known to mankind. It's like eating an apple that has been sprayed with Raid, and you are feeding this to your kids. Think about it. When you buy food in boxes, cans, jars or other packages that are not 100 percent organic, they have all been sprayed with pesticides, herbicides, and fungicides, which are ten to 100 times more powerful than Raid. Think about it. Will you still eat it? When you consider that most of these fruits and vegetables have also been doused in chlorinated water or bleach, can it get any worse? When you also consider that highly toxic poisons are used as fertilizers to make these fruits and vegetables grow, could you imagine that these chemicals are actually inside the fruits, vegetables, and produce? Of course they are. Non-organic conventional food is all full of toxins and poisons.

Report after report, after report, after report comes out showing the toxicity levels in conventional food is higher today than ever before. The toxicity levels in organic foods are almost zero. I can assure you that for many people, eating conventional food leads directly to all types of diseases and illnesses. For other people who are genetically stronger, it may not lead directly to these illnesses and diseases, but it certainly suppresses the immune system making the person more susceptible to diseases and illness. Food that is not 100 percent organic is all full of toxins. Additionally, in most cases, food that is not 100 percent organic is also genetically modified. What this means is scientists in laboratories mess around with all the genes in the food to make food that is not natural. They are creating food that is something that would never occur naturally. They are creating food that can't even produce it's own kind. They are creating food whose seed will not germinate. They are creating food that looks almost identical in shape, size, and color. They are creating food that can last for weeks, and weeks, and weeks and never go bad. They are creating food that is resistant to bugs and disease. They are virtually creating food that is not food. It is something that the body does not know how to deal with and cannot breakdown. It is not nourishing to the body. It is devoid of nutrients; it is chemically altered so that it is foreign to the body; it throws the body completely out of balance; and it's full of toxins.

There is one more thing that is terribly bad with food that is not 100 percent organic. In most cases, it is irradiated. That means that it is zapped, in effect, by microwaves. In last month's newsletter I talked about the dangers of eating microwaved food. Even if you throw out your microwave oven and you go to the store and you buy meat, grapes, pears, fresh carrots that are not organic, did you know that most of that has been zapped by a method called irradiation, which is in effect microwaving the food. It is done to kill bacteria and viruses. The problem is, it kills all the living enzymes as well, and makes the molecular structure of the food radically different. Go back and read my article on microwaving in Decembers newsletter.

WHY ORGANIC? (cont'd.)

People always ask me, "But organic food is more expensive. How can I afford it?" My answer is, "How much will cancer cost you? How expensive is it going to be to have a heart attack? What's it worth to sit in a hospital room and have your stomach ripped open by a surgeon installing a colostomy bag because you have some horrible disease?" What's the cost of good health? You can't put a price tag on it. If you learn how to cook food, you will find that fruits and vegetables, even though they are organic and cost more, are actually cheaper. I've done the math. I went to the store, I bought the Hamburger Helpers, the McDonald's food, the non-organic crap in cans, boxes, cartons, and jars, and I made three meals a day and added up the money. I didn't eat the food, but I made the food. I monitored how long it took and how much it cost. And then I did the same thing with fresh organic fruits, vegetables, grains, nuts, seeds, meat, poultry, chicken, eggs, cheese, butter, and milk, and I made three luxurious delicious meals a day and three big snacks. I ate all this food, of course. It took about twenty percent more time to make the organic food, and cost only about five percent more, but I can guarantee you the taste was 1,000 percent better and the quantity of food was at least twice as much. It was much more food to eat. It tasted better, was better for you and it didn't take that much more time and that much more money, but you have to know how to make the meals.

On my website naturalcures.com I'm going to have a whole section on recipes and I'll have videos that you can download, free of charge to our lifetime members, where you will actually see me making all these meals and teaching you how to cook. It is interesting to note, by the way, that I offered to the Food Network on television to do a cooking show, showing people how to buy food properly in the grocery store and how to make food simply and easily at home in very short amounts of time. They had no interest in such a show. The reason being is all of their sponsors are publicly traded companies, such as Kraft and the drug companies, and they categorically did not want me on the air. As I mentioned to you before, the sponsors run the networks. So when you want to know what information is being presented on a TV network, whether it's a news network or what have you, simply look at who is running ads. When the drug companies are running ads on a network, you can be assured that the drug companies are dictating what is being said on that particular network. It's scary, but true especially when you note that sixty percent of all the ads on television are by drug companies. The bottom line is if you want to prevent illness and disease, and if you want to cure illness and disease, you have to start eating organic.

Now, don't be misled. Make sure you read the labels. Even companies that sell organic food try to deceive you. I went into a store and I saw some food and it said, "Made with organic ingredients." Looks pretty good, doesn't it? Well, it isn't. The label said "Made with organic ingredients," it didn't say "Made with only organic ingredients." What this particular company was doing was putting in a few organic ingredients and the rest non-organic ingredients. In fact, the majority of this particular product was non-organic ingredients, but it was made with some organic ingredients. The key is you want to buy food that is made with only organic ingredients. So, read the label. Flip the label over and read the ingredient list, and look for food where everything listed is 100 percent certified organic. People ask me, "Well, I buy my food at Whole Foods or Wild Oats or Trader Joe's, isn't it organic?" No. Those stores give you a better chance of getting 100 organic foods, but they don't only sell organic food. Keep in mind, do the best you can. The ideal scene is to buy food that is 100 percent certified organic, but if you can't and it's mostly organic, well that's better than nothing. Do the best you can and you absolutely will see and feel the difference in your own vitality and health and vibrancy.

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Book Review

I talked about eating organic in this newsletter. That means not just fruits and vegetables, but all food including meat. Eating organic meat is probably even more important than eating organic fruits and vegetables. There has been a second reported case of Mad Cow Disease in Canada. This is significant because I can assure you that if there have been two reported cases of Mad Cow Disease, that means that there are thousands and thousands of cows that have Mad Cow Disease that have not been reported. I believe that cows in America have Mad Cow Disease and are not being reported. The information is being suppressed and hidden from you.

If you are eating regular conventional beef, you are an absolute insane crazy person because I believe you are eating meat that is highly diseased. The meat industry in America is producing some of the most toxic dangerous substances that we are putting in our body and calling it food. Almost all meat in this country, with the exception of kosher organic, is diseased and poisoned. All meat comes from cows that have been genetically modified, which means they are something that you don't find in nature; almost all meat are fed products that are inorganic, chemically laced, and diseased; almost all of these vegetarian cows are being fed ground-up other animal parts, including horses, cows, chickens, other cows, goats, and pigs.

Much of the ground-up animal parts that are being fed to our cattle and dairy cows are in fact highly diseased and where so sick and were so diseased that they couldn't be slaughtered for human consumption so they were in fact ground up and fed to other cows that are in turn slaughtered and fed to us for human consumption. Do you see how insane this is? Almost all of these cows are given injections of growth hormone and massive amounts of steroids and antibiotics. They are sick, diseased, and unnatural; they are slaughtered in their own feces and urine; they are aged, which means they are rotting animal flesh. When we eat this beef, it is giving us disease. Now there are people who believe that you should be a vegetarian and not eat any beef. I am not one of those people. If you want to be a vegetarian, that is perfectly okay with me, but I do eat beef. I eat organic kosher beef, chicken, lamb, and duck. It is absolutely imperative if you are going to eat beef to eat organic beef.

A new book that just came out is called *Brain Trust* by Colm Kelleher, Ph.D. It talks about the hidden connection between Mad Cow Disease and misdiagnosed Alzheimer's disease in human beings. Here is what people are saying about the book

"Anyone who thinks the meat on their plate is safe is living in a fantasy world. When the public sees this book, there will be hell to pay." - George Knapp, Emmy Award-winning journalist

"This well-documented, accessible tale is the wake-up call that could literally save your life." - John L. Peterson, president, The Arlington Institute

Consider this, there are 120 million adults in America, and over five million Americans have been diagnosed with Alzheimer's disease. The most significant part of this number is that Alzheimer's disease has increased 9,000 percent in just the last twenty years! Even scientific research believes that as high as thirteen percent of diagnosed Alzheimer's cases may actually be not Alzheimer's at all, but another brain disease called CJD, which is directly linked to Mad Cow. This book exposes how Mad Cow Disease has jumped species, infecting humans in the form of CJD and may be causing a whole myriad of physical, mental, and emotional problems in human beings that are being totally misdiagnosed, including depression, fibromyalgia, MS, and dozens of other illnesses. This book is absolutely a must read. When you read this book you will be riveted and fascinated about how the American meat industry works, how the USDA works, and how in fact that our meat supply is probably some of the worst, most diseased meat in the world. You will categorically be convinced that eating conventional meat is not only potentially dangerous to your health, but also absolutely dangerous to your health. I can assure you that after you read this book you will be so thankful for having this knowledge and that you will only eat organic beef in the future.

It is important that you read this type of information so that you can totally comprehend the benefits of eating organic meat and how deadly poisonous it is to eat non-organic beef, poultry, eggs, etc., but 100 times worse! I had a woman write me once and say, "But organic chicken and beef is so expensive. There really can't be that big of a difference." I simply said, "If I took a steak and accidentally dropped it on the street, would you still eat it?" Of course not. If you were at a restaurant and they dropped your food on the floor, would you eat it? Of course not. That is exactly what you are doing when you are buying non-organic beef, poultry, eggs, etc. You are getting the most toxic, poisonous food you can imagine, but you think it's a bargain because it's cheap in price. Folks, don't be brainwashed and stop being stupid. Wake up, open your eyes, and pay attention. You are being brainwashed by the companies that are selling you these products and calling it food. You are being brainwashed, lied to, and misled. The reason the stuff is cheap is because it's crap! The reason organic is more expensive is because it is pure. What is your health worth? Get this book. The book is *Brain Trust*, the author is Colm Kelleher, Ph.D., the publisher is Paraview Pocket Books, and it is available on Amazon.com.

If you have seen an ad which you think is misleading, or a product you think should be avoided, please write me at:
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