I struggled for four decades to recover from multiple "incurable" diseases and death-cap mushroom-poisoning. My work and Primal Diet focus on helping bodies detoxify from pollutants that cause disease, whether from medicine, cooking or other industrial toxins, and helping bodies heal themselves. Stored pollutants in our bodies can raise their toxic heads at any time in our lives and cause serious problems from infancy to elderly, including cancer. Also, I work to avoid and prevent pollutants from entering the body. My bi-monthly newsletters focus on issues that show the problem and solutions/remedies. All issues require subscription for reading at www.WeWant2Live.com. Thank you for your interest in and appreciation for my work. I continue to wish all of you wonderfully healthy futures!

At the time that I wrote these articles, any link referenced was functional. I do not control those links or websites that contain that info. If a link no longer works when you click it, search on the internet for other locations for the same info.

Long-term Damage From Abduction and Forced Injections
by aajonus vonderplanitz, hon.ph.d. nutrition

This article updates how my body continues to detoxify the mass industrial poisons from the abduction and forced injections of April 2009, that resulted from my interviews and information about the H1N1 hoax of that year. I also show the long-term effects on my body.

My yearly detoxification of the toxicity from the forced injections started again on the anniversary week, the first week of April, 2012. In Aprils 2011 and 2010, the detoxifications lasted from April into late August. However this year, I am near completion of my injection-toxicity detoxification this first week of July except for my severe brain fog.

I have great difficulty keeping subjects focused and on point. That has been the case every year of these detoxifications. The brain fog usually clears by late August. So, I am struggling to get this newsletter to you. Please understand and forgive my delayed newsletters.

This year's detoxification has been physically mild compared to the last 2 years. The last 2 years, I suffered 5 months of exploding tissue with near constant oozing but rarely puss (white blood cells). If you remember from my yearly posts, I used lime juice, unheated honey, coconut cream or butter, and thin slices of raw meat to help detoxify and heal the wounds when they appeared, and for as long as they appeared, for months. The lime juice prevented the necessity for my body to deprive the blood of many white blood cells which help eat the millions of damaged and/or killed cells during the chemical detoxification. When our bodies are healthy, white blood cells remain in the blood and only consume dead red blood cells, keeping the blood clean. During some emergencies, white blood cells will leave the blood and travel to areas with massive cell destruction and eat the organic waste.

This year, my first symptoms were a few 2-3 mm explosion-like burns on the left side of my neck. The next week, I bled from my left eye, nose and ear for about one week, losing 2-4 tablespoon blood daily. That was enough to cause me to sleep more than my normal 4 hours daily, up to 5-7 hours but not enough to make me anemic. Bleeding lasted only 10 days and was inconsistent. I felt little discomfort in the eye and nose but a lot of pressure and pain in my ear.
To mitigate the pain, I consumed unheated honey, no-salt raw butter and no-salt raw cheese (ratio: 1:2:4 respectively) every few hours as needed. Probably, any of my pain formulas would have worked but for the ear, I preferred the butter/cheese/honey pain formula because it was the least liquid and would help remove fluid from the ear. It worked perfectly. I rarely experienced pain unless I went 5-6 hours without the above pain formula, or on flights. On flights, pain was intense from altitude pressure that added to the water pressure caused by detoxification.

Remember that the body must have swelling when there is detoxification. Swelling is increased circulation of blood and lymph to the troubled area, increasing nutrients to the area for detoxification and healing.

Because I was traveling so much, lecturing at the time, I did not take many hot-tub baths to help perspire the toxins from my tissues. I remind you that 90% of toxins are supposed to leave the body through skin as evaporation and perspiration. Usually but not healthfully, skin is blocked with lymphatic waste and congestion that must be melted and moved with heat. Instead of hot baths to help move the plastic-congested/blocked lymphatic system with all of the poisons remaining from the forced injections, I applied 7 hot water bottles while I slept. I did not use electrical heat because electrical heating devices emit enormous harmful electromagnetic fields.

I filled each water bottle with hot water and placed each one inside a separate flannel pillow case and wrapped the excess pillow-case material around the bottle. I took them to bed. With the covers drawn, I spread three beach towels over the sheets on the area where I would sleep. The towels caught my profuse perspiration while I slept with the hot-water bottles against my body. I laid myself on my back or face, and placed one hot-water bottle at each of the following locations: between my calves, between thighs, at each hip, in each armpit and one at left-side of the neck and head. Then I placed another beach towel over me and the bottles to tent the heat into my body and catch rising evaporation from getting into the down quilt cover and making it wet. Then, I drew the down quilt over me, the towels and hot-water bottles. With the bottles inside the pillow cases and under the covers, the bottles remained hot for 6-7 hours.

Sometimes, I did not consume my usual 1 cup of fruit with fat daily because I did not want to increase detoxification. However, when I began smelling acrid chemicals emitting from my skin, especially my hands, armpits and under fingernails, I began making and consuming one quart of smoothie with vinegar daily.

The smoothie helped chelate with the metals from the forced injections. The amino acids in raw apple cider vinegar are excellent for bonding with toxic metals, that is, with the help of berries and a combination of other foods. Here was my daily metal/industrial chemical chelation formula: 3/4 cup each of raw raspberries and blueberries, 1/2 cup raw cream, 2 ounces coconut cream, 1-3 tablespoons (T.) raw apple cider vinegar, 4 T. fresh raw lime juice, 1 T. fresh raw lemon juice, 2 ounces pineapple (whole not juice) and 3-4 raw eggs to fill the jar to one quart, and blended all together.

I sipped it throughout the afternoon and evening, sometimes into the night. Sometimes, to insure I harnessed as many toxins as possible, I consumed at least 1/2 inch cube of cheese while I sipped the smoothie.

To help eliminate any of the toxins that may have made it to stomach and intestines, I ate 1 or 2, 1/2 inch cubes of no-salt raw cheese every 20-30 minutes through most every day.

I took photographs of my irises in June to see the effects of the forced toxicity inside my body and compared them with iris photographs taken prior to the abduction and injections.

My eyes have returned to metal-contaminated gray with lots of tarnished-looking toxins. My irises have not looked like that since the late 1980's, that is, before they changed to blue. It took me over 30 years of hard nutritional exploration to achieve the blue eyes that came with bodily cleanliness. The following are photos of my left iris from June 2012 and pre-injections of May 2007. I did not take any photos of my irises from May 2007 to the time of forced injections in April 2009.

In the 2012 photo, notice all of the flared and fused grayish white tissue outside the inner circle of the pupil. All of that tissue indicates mass cellular death, organic debris and scarring. My body's cellular life went from about 87% alive to about 73% alive. Although my cellular average is much greater than other people at 65 years of age, a 14% decrease in cellular life in the body is devastating. It will take about another 7 years to reverse that damage.
As I compared my present and past irises, I was very distressed that I am living in a world where some humans have no moral conscience and hurt me for pharmaceutical profits and people-control. They deserve no less than life imprisonment for their crimes.

Here is another person, a journalist Jane Burgermeister, who had 3 attempts on her life for speaking out against the Swine Flu/H1N1 epidemic and vaccine hoax.

Subscriber's question:

Repeated Surgeries Resulted In Thick Scars; Do I Need Another Surgery?
by aajonus vonderplanitz, hon.ph.d. nutrition

Kathy: Hello Aajonus, I'm scheduled for trachea reconstruction surgery. I don't want to have it, I know my body can heal itself if given the right environment and nutrition.

I had a triple osteotomy 12 years ago on my left hip. During this surgery my trachea was injured when I was intubated. [An iatrogenic problem.] It's a rough bumpy violent looking injury, according to my surgeon. The good thing (according to him) is that the scar tissue is in a single location of around 1/2 - 3/4 inch section below my vocal chords.

I've had 2 bronchoscopes with laser surgery and stretching to open my air passage. The scar tissue always grows back and I'm told it always will. The doctors advise me to have this surgery (trachea reconstruction) to solve the problem once and for all. They would cut out the section of the trachea with the scar tissue and sew the trachea back together, shortening my trachea by about an inch. I would be in ICU a week, mainly in case of swelling.

Today my airway is about half the size of its normal diameter, in the affected area. It's hard to breathe. I can't walk and talk at the same time without getting winded. It's very disabling. I sound like I have emphysema. Phlegm gets caught on the scar tissue and blocks my airway even more or completely, which causes me to cough it away. So it's often hard for me to have conversations, because I'm constantly clearing my throat with a dry sounding cough, or swallowing hard to try and clear it. It's embarrassing. I'll start talking and it will sound like I'm gurgling. Gross.

I've needed the laser/stretch bronchoscope every 3-4 years to keep my airway open. In between, I have had 1-1.5 years of being disabled physically because of a blocked airway. I always wait as long as I can before having it, but this is bad because I can't exercise like I need and want to. I'm very active, love to windsurf, bike, hike, ski, etc.

In my first laser surgery, I woke during surgery and was very traumatized. When I had the laser surgery, they gave me a paralytic so the reflexes in my throat wouldn't cause damage. The anesthesiologist had to manually control my breathing. The surgeon and anesthesiologist had to take turns with my airway, since laser and oxygen together would create fire in my throat.

I woke [during surgery] and was completely paralyzed and suffocating with no way to tell them. It was extremely painful to feel my body suffocating and traumatizing emotionally. This is another reason I don't want the surgery. I'm afraid for this reason and the obvious reasons of cutting into my breathing passage.

What do you think? I'm up to 3 raw eggs a day, 1/4-1/2 cup of raw honey, I've only had raw meat once, but I'm going to try some recipes. I had sashimi twice last week. I haven't located raw butter or cream yet, but I'll find it asap.

I normally eat mostly raw fruits and vegetables, but have always cooked my meat and eggs. I've never
had raw unheated honey until I just read your book. I didn't know! My point is, I already juice daily and eat all organic and I WAS taking LOTS of vitamins, but it sounds like this isn't good, so I've stopped them.

Another thing is, I've been on Nexium for 10 years, 1-2 x daily. I'm trying not to take it. Last night I seared some organic hamburger and ate it mostly raw. I had quite a bit of burning in my esophagus. I don't know how to deal with this. I need help.

Can you help me? I'll eat anything if I can keep it down and if I'm convinced it will heal me. Do you think my body can get rid of the scar tissue somewhat quickly? I need to breathe. It's uncomfortable, I get dizzy a lot, and it's very hard to live like this.

Aajonus: Hi, Kathy. Every time you had surgery, your wound keloided, that is, it grew many layers of uneven scar tissue. One of the main reasons for that is that during and after surgery, medical practitioners swabbed your throat with iodine, Merthiolate and/or Mercurochrome (the last two are liquid mercury) used as antiseptics. They are not only antiseptic to bacteria, they are antiseptic to live cells and prevent cellular regeneration and division. They poisons cells and your body does not want to dissolve those cells when they die because those contaminated cells would release the poisons again. So the body gradually builds those poisoned cells into scar tissue when they die.

Doctors use those antiseptics because they prevent white blood cells from trying to clean the area damaged by surgery. Normally, during surgery, many cells are killed and the body must dissolve or consume them. Normally, that is the job of the lymphatic system. However, under such a mass cellular destruction as surgery, white blood cells leave the blood stream and enter the fluids in tissues that have been injured. There, the white blood cells consume dead cells but not just red blood cells. When the white blood cells have consumed some industrially toxic or venom contaminated cells, the body throws them off as puss rather than allow them to stay in the body.

Normally, it is the job of white blood cells to eat only dead red blood cells to keep the blood clean of organic waste. When antiseptics like toxic iodine and/or mercury are used, often white blood cells will not try to help the body by eating those surgically destroyed and poisoned cells, thus preventing cleansing (detoxification) of the area.

With their antiseptics, doctors prevent proper detoxification, preventing the consequential intense swelling and puss that would likely and necessarily occur. The swelling would result in more pain, puss and slow mending of incision(s), complicating medical treatments. With antiseptics, doctors save themselves the tedious task of having to deal with complaining patients. However, patients suffer harmful long-term side effects that could easily lead to cancer. That is, the inability to dissolve dead tissue and instead collect dead cells to form tumors.

Additionally, those antiseptics contaminate surrounding live healthy cells. Those cells cannot reproduce. Because of the medical contamination with antiseptics, those healthy live cells are poisoned and quickly die (compared to normal cellular lifespan).

Since those cells are contaminated, the body cannot easily dissolve them because dissolving them would release those toxins and damage more healthy cells. As the dead cells accumulate, the body has no alternative but to store them, creating tumor(s). Keloidal tissue is a tumor, most often fibroid-like tumor. All tumors are the body's collection of dead cells that it cannot dissolve and discard until the health of the body is significantly improved.

When dead cells collect in the mucous membranes as a tumor, the body tries not to let the tumor get too large. The mucous membranes will create mucus and discard some of the dead cells into the mucus, preventing for as long as possible the building of scar tissue (tumor) to the extent that it blocks the passageway.

Note that dead cells in the mucous membranes do not manufacture mucus; they are dead. Only live mucous membrane cells can create mucus. Therefore, the scar tissue is usually very exposed without mucosal protection. Often, that causes dry cough.

The possible remedy to prevent need for surgery that I suggest is gargling with raw apple cider vinegar diluted by half in fresh liquid whey 3-6 times daily. The exposed dead cells, that is scar tissue/fibroid tumor, will be gradually dissolved and discarded. However, if the mucus members become too sore, please cease the remedy for 24 hours each time excessive soreness occurs.
Vinegar, whether raw or distilled, strips mucus from the membranes but the distilled causes much destruction and havoc with live cells. Use only the raw unpasteurized apple cider vinegar.

To ensure that your body makes enough mucus to protect live areas, I suggest that you drink 1-2 milkshakes daily. Milkshake recipes are in my recipe book, The Recipe for Living Without Disease.

Should that remedy not work, you may have to have surgery. If you have surgery, I suggest that you demand that the surgeon only use alcohol as an antiseptic rather than iodine or mercury or any other antiseptic. Also, I suggest that you tell him not to stretch the area, only scrape away the layers of scarring because stretching often causes more scarring, that is, stretch marks. The ideal natural antiseptic is raw lime juice but I do not know if you can convince your surgeon to use lime juice during surgery with his microbe-phobia of raw foods.

Although alcohol can cause a lot of damage, it does not cause long-term toxicity like other antiseptics, especially the poisoning caused by mercury and iodine. I suggest you demand that your surgeon absolutely, under no circumstances use anything as an antiseptic or antibiotic other than lime juice or alcohol on any tissue of your body, inside or out. You would have to put that in writing and have someone video tape the surgery to insure that he does not use iodine or mercury-based antiseptics.

Doctors will often lie like a parent to placate their child, persuading the child to calm and then do what the parent wants. Doctors, like parents, think that they know what is best for the patient. However, most doctors do not have clear discernment or wisdom because of their pharmaceutical indoctrination.

Pre- and post-surgery dietary regime and lifestyle can prevent keloidal tissue from developing after your next surgery, if surgery is necessary after trying vinegar/whey gargles above for 3-4 months.

If surgery is necessary, I suggest that you allow the surgeon to only scrape the uneven scar tissue and not take a section of your esophagus. A shortened esophagus has caused much pain to patients.

I knew one man that had to take morphine many times daily because of the pain of the stomach pulling on the esophagus. With morphine he could not function and was often depressed. He took medication upon medication for all of the pain caused by his shortened esophagus.

Following surgery, to directly help prevent scarring, I suggest that you gargle with fresh lime juice. If you have to dilute it that is okay but it is more effective undiluted. Also, sipping/licking no-salt raw butter/unheated honey/lime juice mixture from a spoon helps soothe the throat and promote healing without much scarring. The ratio of butter to honey to lime juice I suggest is 4:1:1 respectively.

Raw protein is very necessary to accomplish repair of damaged cells. Most often raw eggs will accomplish that however, most often it is impossible to get perfect eggs because people do not understand the dietary needs of chickens.

Profits prevent them from exploring, experimenting and knowing that chickens are vultures and will consume mostly raw and decaying meats if they have the opportunity. If they do not have meat, they will eat as many worms and insects as possible. If there are hundreds of chickens, there will not be many insects or worms. When desperate, they will eat another chicken.

Chickens are always frantic and panicked when fed grain and processed-food diets. They need meat or insects. Since good chicken is difficult to acquire, it would be better to consume grass-fed meat or ocean wild-caught fish. I give suggested diets for humans on pages 40-41 in my recipe book.

There are other things that I could suggest but I would not know without knowing either your history, or photographing your irises.

Subscriber"s question:

Severe Back Deterioration; Can It Be Reversed or Even Helped?

by aajonus vonderplanitz, hon.ph.d. nutrition

Thurston: Tom from Ireland has been quite sick recently. He has 'Ankylosing Spondylitis' which is attacking his back and he’s been in a lot of pain and has restricted movement for the last 6 weeks. [The disease is] particularly focused in his neck and caused a bad headache yesterday that caused his body
to shake for hours.

I thought if he could get bee pollen and raw butter that might help - also to do hot baths maybe? Anyway, I was hoping you could recommend what would help him. He seems to have a particular sensitivity to calcium that causes his back to get worse.

He's only been partially eating raw food as some raw food is hard to source in Ireland. Through a friend of mine, I have tracked down raw sources of the following in Ireland: 1. Raw butter, 2. Raw milk organic, 3. Raw honey, and 4. Raw meat & eggs are easy. The one thing that we can't seem to get is raw cheese that's unsalted. I assume its better not to use raw cheese that's salted?

I really appreciate all the incredible work you do.

Aajonus: Hi, Thurston,

This problem requires more than a simple dietary program.

Infections are misinterpreted. Fats and white blood cells surround, neutralize and consume waste to help eliminate toxins. What results is puss, which is white blood and fatty cells. Puss is not contagious or harmful. With infections, the body tries to prevent several types of damage to cells. In a healthy body, once toxins are isolated and neutralized and/or eliminated, white blood cells may be reabsorbed into the body and continue their work of consuming organic tissue waste. They may even reenter the blood stream. If the white blood cells are damaged, the body will discard the white cells with the toxins bound with fats, in the form of puss. Infections are cleanses, just like colds and flu.

Ninety-nine percent of all bodily activity is produced by bacteria. There are no bad bacteria unless it is man-made. According to the latest biological research, we are 360 bacteria genes to only one human gene. (See article below, How Much Bacteria Are We Today?)

Because of the industrial contaminants in vaccines, food, air and water, such as mercury, aluminum, formaldehyde, ether, detergent and at least 60,000 other man-made toxins, many bodies are unable to discharge those toxins through skin. Many bodies store them wherever there is enough fat or in the stomach lining. Bone marrow, brain and spine contain the highest concentrations of fats and therefore toxins. As those toxins remain in the body, they deteriorate the fats that suppress them. If not enough new fats are available to re-harness them, those toxins will begin to deteriorate healthy tissue.

When the body neutralizes most toxins, it will use concentrations of minerals, resulting in mineral collections (deposits) that stiffen a contaminated area. If a good diet is maintained, those mineral deposits will gradually dissolve and normal mobility will be restored. If proper minerals and fats are not supplied, the body will suffer severe cellular damage and mineral deposits will remain. In most cases of Ankylosing Spondylitis, toxins are not harnessed and neutralized so deterioration of vertebrae and mineralization (permanent stiffness) occurs.

Now for nutritional suggestions: Cheese provides minerals for neutralizing toxins and fats to absorb those toxins. Cheese is relatively easy to make, especially very dry cottage cheese. You let the milk separate into curds and whey. Then pour all through a sock made of white organic cotton cloth such as t-shirt material. Let it drip for at least 8 hours but as much as several days until it is fairly dry.

I suggest that Tom eat 1 tsp. cheese every hour, alternating 1/2 tsp. butter, and 1/2 tsp. honey. That is, he would eat 1 teaspoon cheese with 1/2 tsp. butter then one hour later, he would eat 1 tsp. cheese with 1/2 tsp. honey, continuing that rotation throughout day and night (when awake).

10 minutes after eating the cheese with its accompaniment every hour, I suggest that Tom consume 1-2 eggs.

15 minutes following every egg-consumption, I suggest 1-2 T. pain formula. Here is the pain formula I suggest for Tom: 3 eggs, 4 1/2 T. butter, 1 1/2 tsp. coconut cream, 3 T. milk, 1 1/2 T. lemon juice, 1 T. honey and 2 T. cheese.

Once daily whenever he wants, I suggest Tom consume 1 cup either chicken or fish with 1/4 cup boiled rice with its liquid and 2 T. butter. Forgo raw eggs and pain formula for that hour.

I may not have to write this but, all the above listed foods are to be eaten without salt, and unheated except for rice.

To relieve tension and pain in the spine and back, I suggest the following three yoga postures. They should be attempted 2-5 times daily AFTER applying hot-water bottles to painful areas of the back for 30 minutes, or after 30 minutes in hot bath: Plow, and Spinal Twists.
The spinal twists may be done while lying on bed or floor as follows: lie on right side of body, keeping right leg completely stretched and straight while bending left leg at knee and move left foot to press flat against right shin just below right knee. Now move the left shoulder and arm behind the back, that is twisting the shoulder backward. Try to keep left knee pressing onto the bed (or floor) while trying to press left shoulder and arm onto bed or floor. For the ideal twist, the upper back at the shoulders should be flat on the bed or floor and the left knee flat on the bed or floor in front of the body.

Then reverse sides to stretch the back in the other direction. Try to maintain each posture for at least 3 minutes each time.

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How Much Bacteria Are We Today?
by aajonus vonderplanitz, hon.ph.d. nutrition

Thirty years ago, mico-biologists believed that humans were composed of about half bacteria. They were in total denial about the good of all bacteria, including E.coli. However, Sara Arab, a student at the University of Toronto, Canada discovered nearly 30 years ago that the biological waste of E.coli dissolved human brain tumors in about 5 days.

Since her work was a threat to standard pharma/medical cancer-protocol, her work was cursorily pursued and quietly dismissed as ineffective. However, it was very effective. The reason it was rejected is that the trillions of dollars profited from cancer treatments and side-effects would disappear if they utilized Dr. Arab's bacteria methods.

Such work would also undermine medical procedures altogether. Bacteria would be seen completely as beneficial to humans rather than a threat. All of the nonsense about bacterial food-poisoning in raw food would prove ridiculous. All governmental health departments would have to focus on the real cause of incidents of food-poisoning, that is industrial chemical contamination.

So that everyone will have a clear understanding of the nature of bacteria regarding food, I give you the following experiment that has been performed several times but is relatively unpublished. It is mostly unpublished because it would undermine millions of health department employees, big pharma and big med.

When you introduce naturally occurring strains of bacteria such as E.coli 157:H7, salmonella, Listeria monocytogenes, Campylobacter jejuni, Staphylococcus, and mycobacterium species into raw milk, they do not proliferate. Not only do they not proliferate, they die in raw milk.

However, when you introduce those bacteria into pasteurized and/or homogenized milks, those bacteria proliferate within hours. That proves all of the reports declaring raw milk is inherently dangerous is nonsense and unscientific. It also proves that pasteurized milk is inherently dangerous.

Think about it. The bacteria proliferated in pasteurized milk because the biology of milk was killed by pasteurization. The janitorial bacteria listed above that is accused of being disease-causing (pathogenic) is simply doing its ecological job of breaking down and recycling the damaged biology of pasteurized milk.

Ten years ago, a microbiologist named Bonnie Brassler revealed that we were at least 99% bacteria and only 1% human.
http://www.ted.com/talks/bonnie_bassler_on_how_bacteria_communicate.html

Yet, she continued to believe the false rhetoric that there are naturally occurring bad bacteria that can cause disease and even cause raw-food poisoning. She did not realize that there are NO naturally-occurring bad bacteria.

Microbiologists ten years ago and today still were/are so brainwashed that they did/do not conclude that certain bacteria that are responsible for disassembling matter were and are good. The bacteria that disassemble dead or contaminated matter are ecological janitors. They are not pathogenic. They do not disassemble healthy tissue. Microbiologists need to categorize those bacteria as janitorial rather than pathogenic.
About 2.5 years ago, a gastro-enterologist estimated that we are 150 bacterial genes to every one human gene. Digestion had become 99.5% bacterial and only one percent human digestive juices. That is, our digestive juices, such as hydrochloric acid and bile were about 99.5% bacteria. Digestive juices reduce large food particles to small molecules for intestinal parasites and bacteria to consume. He was finally able to see that bacteria is almost everything and that without bacteria, we would not exist.

Digestive bacteria can be considered bacteria that disassemble. They disassemble food by consuming it. Their waste is our food, that is, their feces, urine and perspiration are our nutrients. Consider that kefir and yogurt are milk thick with bacterial feces, urine and perspiration that will nutrify the drinker quickly and efficiently with little or no work for the drinkers digestive bacteria.

Those bacteria in the milks we call kefir and yogurt consumed the milk similar to the way our intestinal bacteria and parasites consume food in our intestines, saving us time and energy in digestion. They are beneficial to good health although they are not the same food-disassembling bacteria as in our intestines. Bacteria not of the human body can benefit the human body, including E.coli from cow dung as exampled in Dr. Arab's experiments.

Two weeks ago, we were updated with the fact that we are 360 bacterial genes to one human gene. That means that as of May 2012, we are only 2/100% human and 99.997333% bacteria.

<www.ncbi.nlm.nih.gov/genomeprj/43021?report=HMP> All human cells are predominantly bacteria. We are bacterial in nature and fact. The idea that any disassembling natural bacteria can take over our bodies is ludicrous unless we were hit by a train and mangled. The idea that any strain of disassembling natural bacteria can take over all of the other bacteria in our bodies and cause our bodies disease is absurd.

Is it about time we stop this bacterial nonsense and realize that all diseases originate from industrial chemicals, including cooking food, not biological?

As long as we control the quality of the food and lifestyles we choose, we can prevent diseases in ourselves.

Until my next issue, I wish you happiness along with radiant health.

To help change food policy and allow raw food, including raw dairy, to be commercially available nationally send donations to:

Right To Choose Healthy Food
P.O. Box 176
Santa Monica, CA 90406-0176.