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### ERADICATE EARACHES WITH GARLIC

Painful ear infections and earaches drive millions of Americans to doctor's office every year. Eradicate earaches with "garlic oil." The medicinal powers of garlic have been used by herbalists for centuries. Because it is easy to keep a supply of fresh garlic in the refrigerator and extra virgin olive oil on the counter top, it is simple to make a home remedy to treat ear infections and earaches.



**How do you make the remedy?** To whip up your own garlic oil, simmer 3-4 cloves of crushed garlic in ½ cup of extra virgin olive oil for 3 minutes. Strain and then refrigerate for up to 10 days. To use the infusion for an ear infection, lie with the painful ear facing upwards and drop a few drops of the warm oil infusion into the ear and gently place a piece of cotton in the ear to keep the oil from running out. Keep the oil in the infected ear for at least 10 minutes. The treatment can be repeated as needed for several days, if necessary.

Do **NOT** place liquids in an ear if you suspect there may be a broken eardrum. This simple treatment can clear up ear infections faster than prescription drugs, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (*germanium, selenium, and sulfur compounds*) are naturally toxic to dozens of different pain-causing bacteria. Garlic also contains vitamin A which helps to repair damaged cell tissue in the ear and to strengthen the auditory nerve. For an optimal experience, warm this mix slightly before using so the liquid will feel soothing in the ear canal.

### HEART DISEASE, OBESITY, & CHOLESTEROL MYTHS

Want to avoid heart disease and obesity? Then **QUIT** worrying about cholesterol and fat! That's right. Eating fat (*at least the right kind of fat*) does **NOT** make you fat ... carbohydrates do. Concerning the cholesterol and heart disease, there are thousands of healthy 80+ year old folks with cholesterol levels in the 200's!

Truth be told, cholesterol has many functions in the body. It's a basic building block for virtually every bodily function. Without it or without adequate amounts, we suffer and die. It's required to create Vitamin D. It's required for nerve function, including all mental functions. Cell membranes would disintegrate without it. Sex hormones require it. Digestion requires it. Even the heart requires it. Research by an Iowa State University scientist suggests that cholesterol-reducing drugs (statins) lessen brain function.

According to Yeon-Kyun Shin, a biophysics professor in the department of biochemistry, biophysics and molecular biology, says the results of his study show that drugs that inhibit the liver from making cholesterol may also keep the brain from making cholesterol, which is vital to efficient brain function.

*"If you deprive cholesterol from the brain, then you directly affect the machinery that triggers the release of neurotransmitters,"* said Shin. *"Neurotransmitters affect the data-processing and memory functions. In other words -- how smart you are and how well you remember things."*  
<http://www.sciencedaily.com/releases/2009/02/090223221430.htm>

But don't statins prevent heart attacks? A recent study published in the *British Medical Journal* indicates otherwise. The study showed that for every heart attack prevented by statin drugs, more than two people suffered kidney failure, liver damage, cataracts or extreme muscle weakness as a result of taking the drug. Statin drugs, in other words, **harm far more people than they help.**



Julia Hippisley-Cox and Carol Coupland led the study which examined data from over **TWO MILLION** patients (including over 225,000 patients who were new statin drug users).

Cox and Coupland found that for every 10,000 women being treated with statin drugs, there were only 271 fewer cases of

heart disease.

And yet, at the same time, the statin drugs **caused** 443 health problems (74 cases of liver damage, 23 cases of acute kidney failure, 39 cases of extreme muscle weakness, and 307 cases of cataracts). Statin drugs, in other words, helped 271 people but **harmed** 443 people. Putting it bluntly, statin drugs are basically a “crap shoot” with your health. <http://www.bmj.com/content/340/bmj.c2197>

According to recent research at Harvard, the primary causes of atherosclerosis (hardening of the arteries which leads to heart disease) are lesions and plaque in the arteries caused by **SUGAR** which causes insulin to be released. Insulin causes lesions in the endothelium of the arteries that become clogged with cholesterol. So, cholesterol gets the blame, but the real culprit is sugar. So, if you avoid sugar and simple carbs, cholesterol is not an issue.

The fact of the matter is that the people with the **highest cholesterol live the longest**. It's a point that's generally ignored in modern medicine, but it is a fact. A huge industry in statins constantly promulgates the opposite notion, and has done such a good job that doctors routinely have people's cholesterol levels checked on a regular basis. **It's all bunk.**

IMHO, the four essential keys for managing your weight and reducing the risk of heart disease, obesity, and diabetes are:

1. **restrict** your intake of carbohydrates (like sugar, bread, grains, etc)
2. **increase** your intake of healthy fats (like coconut oil, olive oil, avocados, fish oil, nuts, etc)
3. **reduce** your intake of unhealthy fats (like corn oil, soy oil, Canola oil, etc)
4. **increase** your intake of fresh vegetables and fruits.

## WILL VACCINATE FOR FOOD!

By: Mike Adams, the “Health Ranger”

Excerpted from

[http://www.naturalnews.com/034734\\_vaccines\\_McDonalds\\_infants.html](http://www.naturalnews.com/034734_vaccines_McDonalds_infants.html)

“*Will vaccinate my baby for food!*” That seems to be the goal of a program launched last year by the UnitedHealthcare health insurance company of Michigan. It has resorted to **enticing parents with junk food** to convince them to inject their infants with potentially deadly vaccines containing brain-damaging chemicals. This has been revealed in a letter acquired by NaturalNews and signed by Stephanie Esters, a vaccine-pushing RN who works for UnitedHealthcare.

The letter declares “*Get a FREE \$20 McDonalds, Rite Aid, Target or Meijer Gift Card when your child gets recommended shots before their second birthday.*” It even goes on to offer a “*FREE ride to the doctor*” for those who are so poor that they don't own cars. Childhood vaccines, of course, are loaded with extremely toxic chemical **adjuvants** -- chemicals designed to cause **neurological inflammation** in order to invoke an immunological reaction.



Vaccines also contain both **mercury** and **aluminum**, both of which are highly toxic brain poisons. This is why many children who are injected with such vaccines become **autistic** virtually overnight (*their brains are poisoned beyond their biological threshold*).

While the fundamental science of inoculation is debatable, the adding of neuro-toxic chemicals to today's vaccines -- which are then injected into children in huge numbers (*over 100 vaccines given to a typical child*) -- turns them into **chemical weapons** being used to medically **assault** innocent children. Marrying this chemical weapons program with a junk food incentive program is the height of medical stupidity. It makes about as much sense as eating fried chicken to cure breast cancer ([http://www.naturalnews.com/028631\\_Komen\\_for\\_the\\_cure\\_pinkwashing.html](http://www.naturalnews.com/028631_Komen_for_the_cure_pinkwashing.html)).

Such a program obviously targets lower-income families which tend to be predominantly black or Latino, according to national statistics. The RN behind this nauseating vaccinate-for-food campaign is **Stephanie Esters**, an African American woman, demonstrating the **black-on-black medical violence** being committed against African American children in America every day.

Perhaps the most outrageous part of this entire **eugenics scheme** which may have already killed an unknown number of little black babies is that the *reward* for being injected with neurologically-damaging chemical vaccines



is a gift certificate for **disease-promoting “dead” junk food**.

It’s clearly an encouragement for parents to feed their babies **obesity-inducing junk food** that will also promote diabetes (rampant among blacks), prostate cancer (super deadly among black men) and breast cancer (a huge money-maker for the criminal cancer industry which preys upon black women). Wash it down with a cocktail of phosphoric acid and aspartame -- also known as a “diet soda” -- and then give yourself even more cancer and heart disease with some fries!

This is what United Healthcare *encourages* its customers to do? Are they so stupid that they do not realize such eating habits will *increase* the health-related claims against their own company? Obviously, if UnitedHealthcare actually wanted to *improve* the health of low-income children in Michigan, they would reward them with a **bottle of nutritional supplements** or superfoods. Give the kid some organic CocoChia bars from Living Fuel! Or buy some Boku Superfood for the family!

But no, the reward for being injected with chemical vaccines is **more chemicals** courtesy of the hormone-injected, antibiotics-laced, GMO-fed toxic processed beef garbage sold by McDonald’s. This is all part of the **vaccine eugenics agenda**, of course, which specifically targets minorities and low-income families. Obviously a well-to-do family isn’t going to be enticed by \$20 worth of McDonald’s junk food, but a poorly-informed mother living paycheck to paycheck -- just barely scraping by on government assistance programs -- may be more than willing to trade the health of her child for a \$20 meal at McDonald’s. Especially if all the nurses and doctors assure her that vaccines are good for her children... and vaccines **never** cause autism, she will be told.

The whole point of vaccines is, of course, to **depopulate the planet** through infertility side effects or direct mortality of those receiving the vaccines. This has been openly and unambiguously admitted by the No. 1 financial contributor to vaccine research around the world -- Mr. Bill Gates.

In an open, public speech recorded on video, Mr. Gates explains that vaccines can help reduce world population. His exact quote is: “*The world today has 6.8 billion people ... that’s headed up to about 9 billion. Now if we do a really great job on new vaccines, health care, reproductive health services, we could lower that by perhaps 10 or 15%.*” ([http://www.naturalnews.com/029911\\_vaccines\\_Bill\\_Gates.html](http://www.naturalnews.com/029911_vaccines_Bill_Gates.html))

Here’s another thing everybody needs to know about children and vaccines: The healthiest children you’ll ever meet are the ones whose parents **refuse to vaccinate them**.

Nearly all the sick kids are the very same ones who have been injected multiple times, poked and prodded by pediatricians, and whose parents follow “conventional” medical advice about avoiding vitamins and putting their children on medication. These are the sniveling, sneezing kids who are **plagued by allergies** and autoimmune disorders. They’re the kids who get diagnosed with brain tumors at age 9, or who end up with type-2 diabetes in their twenties. The toxic load of all the vaccines and medications -- combined with the total lack of real nutrition and mineralization -- puts these kids on track to be **total medical police state slaves** for the rest of their lives.

And that’s the way the medical police state wants it, of course: **Everybody sickened, helpless, victimized and lacking even the cognitive awareness to know what’s happening to them**. Today’s vaccine rewards programs promote this outcome by pushing both toxic vaccines and disease-promoting junk foods at the same time: “*Here, poison your babies and win a free meal!*” **It’s sickening.**

## FIGHT CANCER WITH CURCUMIN

Turmeric (*Curcuma longa*), the bright yellow of the spice rainbow, is an herb native to Southeast Asia that is a true superfood shown to have remarkable healing properties. It has been found to be effective when used for peptic, gastric and duodenal ulcers as well as irritable bowel syndrome (IBS). **Curcumin**, the active ingredient in turmeric, has several cancer-fighting properties. It has been found to be helpful in the treatment of several different forms of cancer, including colon cancer, duodenal cancer, leukemia, mouth cancer, stomach cancer, and even pancreatic cancer.



**That's right!** A Phase II clinical trial conducted at MD Anderson Cancer Center found that turmeric was equal to or better than all currently available FDA approved drugs for pancreatic cancer, except that it does not cause the same negative side effects. When combined with other powerful nutrients like fish oil, olive oil, and/or black pepper, turmeric's anti-cancer effects are even further amplified, as the spice is not very well absorbed by the body on its own.

Turmeric can also protect cells against xenoestrogens ("fake" estrogens) because it can fit to the same receptor as estrogen or estrogen-mimicking chemicals. In a study on human breast cancer cells, turmeric reversed growth caused by a certain form of estrogen by 98% and growth caused by DDT by 75%. According to University of Chicago scientists, curcumin inhibits a cancer-provoking bacteria associated with gastric and colon cancer. <http://www.ncbi.nlm.nih.gov/pubmed/12553052?dopt=Abstract>

Yet another anti-cancer property of curcumin is that it is a powerful antioxidant. It can therefore protect our bodies from free radicals that damage DNA. This is also why turmeric (which contains curcumin) can be used for preserving foods. Tests in Germany, reported in the *Journal of Pharmacy & Pharmacology* in July 2003, found that "all fractions of the turmeric extract preparation exhibited pronounced antioxidant activity." <http://www.ncbi.nlm.nih.gov/pubmed/12906755>

Turmeric extract tested more potent than garlic, devil's claw, and salmon oil. In the June 1998 issue of *Molecular Medicine*, researchers at Harvard Medical School published their findings that curcumin inhibits angiogenesis (the formation of new blood vessels) which tumors use to nourish themselves as they spread. If you combine curcumin with black pepper, it multiplies the effectiveness of curcumin by **1,000 times**. It makes it the most powerful "natural chemotherapy" you can ever experience. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2230271/>

Concerning Alzheimer's disease, turmeric inhibits formation of, and breaks down, Amyloid-beta oligomers (entwined fibres) and aggregates (lumps). In other words, it keeps the brain neuron synapses free of plaque and keeps the brain functioning normally. Turmeric is also a natural liver detoxifier, a natural painkiller, and helps in weight management.

## **RAPESEED OIL (CANOLA) EXPOSED**

Did you know that there is no such thing as a "Canola" plant? Olive oil comes from olive, grape seed oil comes from grape seeds, peanut oil comes from peanuts, and Canola oil comes from... rapeseed. What's wrong with this picture? Many companies are selling Canola oil as the

"healthy" alternative, but Canola oil is nothing more than "bastardized" oil made from genetically modified rapeseed plants. The problem was that "rapeseed oil" was so toxic that **the FDA banned it for human consumption in 1956**. So when Canadian growers bred a new variety of rapeseed in the 1970's with a lower content of the toxic *erucic acid*, they decided they needed a new name for it. The name of the new oil was L.E.A.R. (Low Erucic Acid Rapeseed) oil, but it was eventually renamed "Canola" for marketing reasons, because no company wanted to be associated with a product having "rape" in its name and "rapeseed" oil was well-known to be toxic oil.



The term Canola was coined from "Canadian oil, low acid" to convince consumers that this "newer and better" rapeseed oil was safe to eat. You see, rapeseed oil was banned from foods, probably because it attacks the heart to cause permanent degenerative lesions and is better used as an industrial lubricant, fuel, soap, and synthetic rubber base. The truth is that rapeseed is the most toxic of all food oil plants. **Even insects won't eat it!** That's right, Canola oil is a very effective **insecticide**, and it is the primary ingredient in many "organic" (non-chemical) pesticide control products sprayed on vegetables to kill bugs.

In 1985, the Canadian government allegedly paid the FDA the sum of \$50 million dollars to have Canola oil placed on the GRAS list (*Generally Recognized As Safe*). The Canadian government subsidizes most of rapeseed planting and harvesting. Those plants are cheap, easy to grow and a natural insect resistant, and Canola oil is cheaper and easier to use for processed foods than more expensive, healthier cold pressed oils such as olive oil. Because Canola oil is so cheap, it is now widely used in the food industry. For instance, almost all peanut butter now has a Canola oil base, which gives it the "spreadability" and smoothness. Natural peanut butter should **only** have peanuts and salt listed in the ingredients.

Studies of Canola oil done on rats indicate many problems, such as developing fatty degeneration of heart, kidney, adrenals and thyroid gland. When the Canola oil was withdrawn from their diet, the deposits dissolved, but scar



tissue remained on the organs. **Why were no studies done on humans before the FDA placed it on the GRAS list?**

Canola oil depresses the immune system and causes it to “go to sleep.” Canola oil is high in glycosides which cause health problems by blocking (inhibiting) enzyme function, and its effects are cumulative, taking years to show up. One possible effect of long term use is the destruction of the protective coating surrounding nerves called the myelin sheath. When this protective sheath is gone, our nerves short-circuit causing erratic, uncontrollable movements.

Another problem is that almost all Canola oil is genetically modified. This comes from the official [Canola Council of Canada](#): “Here are some key facts on growing genetically modified (GM) Canola in Canada. GM or transgenic Canola varieties have been modified to be resistant to specific herbicides. They are called herbicide-resistant varieties. The plants are modified, but the oil is not modified. It is identical to Canola oil from non-modified or conventional Canola. Herbicide-resistant GM [Genetically Modified] Canola is grown on about 80% of the acres in western Canada. GM Canola was first introduced in 1995.”

Lastly, please be aware that Canola is a “trans fat” and has been shown to have a direct link to cancer. Trans fats, including hydrogenated or partially hydrogenated oils, cause damage to the cell walls and inhibit oxygen uptake, thus causing cells to turn cancerous. **Avoid all of them!!** It’s amazing to me...the more research I do, the more I see a relationship between the food we eat and fatal diseases. **Canola oil is no exception.**

## WONDERFUL WHEATGRASS

*Triticum aestivum* (common wheat plant) is a result of centuries of the cultivation of agropyrons (*perennial wild grasses of temperate and cool regions*). Its absolute place of origin is obscured, but was likely within the Fertile Crescent, the Tigris-Euphrates basin. Wheatgrass is the young version of *Triticum aestivum* and is oftentimes considered “nature’s finest alternative medicine.” Wheatgrass has been used for thousands of years to improve energy levels, strengthen the immune system and slow the development of various types of cancer. As a matter of fact, Hippocrates (the “father of medicine”) mentioned wheatgrass as a medicinal herb. It is useful in treating colitis and other bowel conditions, detoxifies and cleanses the large intestine and liver, is



beneficial to blood, and is used to treat blood disorders including anemia.

Wheatgrass contains chlorophyll, which increases hemoglobin production. Selenium and laetrile are also in wheatgrass, and both are anticancer. Chlorophyll and selenium also help **build the immune system**, while chlorophyll also benefits heart function, the vascular system, the uterus, intestines, and lungs. Wheatgrass is of benefit to those exhibiting signs of retinal disturbances and to those with early-phase macular degeneration. The most effective way to obtain the plethora of nutritional benefits of wheatgrass is to juice it and then take a “shot” of the wheatgrass juice. Interestingly, dried wheatgrass contains 47% protein (*three times that of beef*).

## SHOCKING CONFESSIONS OF A DRUG COMPANY INSIDER

The plot of this story seems to be ripped from the headlines ... or maybe a movie about a big *conspiracy* or a *cover-up of foul play* ... just like the Oscar award-winning “*The Insider*.” **But the story is 100% true.**

In 2003, a top executive of the pharmaceutical giant Glaxo-SmithKline -- worldwide Vice President of genetics -- confessed that “*The vast majority of drugs -- more than 90% -- only work in 30 to 50% of the people.*” **Translation:** MOST prescription drugs do **NOT** work on MOST people who take them!

Dr. Allen Roses is the pharmaceutical industry insider who made this **shocking confession**. Although it’s been an *open secret* within the pharmaceutical industry that most of the drugs it produces are ineffective in most patients, this is the first time that a high-ranking pharmaceutical executive has gone public. Some industry analysts said that the confession of Dr. Roses is reminiscent of the famous words uttered by Gerald Ratner, a British retail magnate in 1991, who said that his high-street shops are successful because they sell “*total crap*.”

But it’s one thing for a company to sell *worthless* products ... and it’s another thing altogether to sell **worthless products that kill** instead of heal. It’s no wonder that the majority of doctors are *frustrated*. They entered the medical profession wanting to cure people --- but the only tools that medical school training provides them for treating patients are ... **drugs and surgery**. Doctors have been thrust headlong into a marketing culture that relies on selling as many drugs as possible to the widest number of patients. It’s a culture that has made Big Pharma the most profitable industry in the world -- even though most of its drugs are useless, at best -- and even possibly harmful or deadly for many patients.

Dr. Roses, an academic geneticist from Duke University in North Carolina, further states: “Drugs for Alzheimer’s disease work in ***fewer than one in three patients***, whereas those for cancer are only *effective in a quarter of patients*. Drugs for migraines, for osteoporosis, and arthritis work in about *half the patients*.” The growing sentiment among doctors is that they want to offer their patients ***more treatment choices*** for curing disease than the medical system offers.

One member of that growing number of doctors is Dr. Paul Beals. According to Dr. Beals, “*I want to do more for my patients than what’s offered by the pharmaceutical industry because I realized earlier on that **modern medicine has become, unfortunately, more of a big business than a healing science.***”

Some time ago, Dr. Beals focused his medical practice on holistic nutrition and complementary medicine. He set up a holistic program for cancer, heart disease, diabetes, stroke, liver disease, and other diseases. His challenge, however, was finding the *resources* for treating diseases ... because conventional medicine offered only drugs and surgery.

He stumbled upon a book of medical breakthroughs and “forbidden treatments” that contained **all the cures** he was looking for. Interestingly enough, the book was *written for the layperson* -- the general public -- not medical professionals. And yet he was impressed to discover that every alternative treatment and healing breakthrough presented in the book was **thoroughly researched, meticulously** fact-checked and verified for its effectiveness. And it also came with footnotes from **peer-reviewed, published medical research** and **scientific studies**. He now regards the book as “... *the ‘gold standard’ ... the ‘bible’ for alternative medicine*” and believes “*It should be in everybody’s home and in every doctor’s office.*”

Dr. Beals is not alone in his high regard of the book. Countless enlightened doctors from around the world are avid fans of the book -- and use the treatments presented in the book when they themselves or their family members are stricken with diseases or health problems. Dr. Richard Simmons thinks that everyone needs this book of medical breakthroughs and “forbidden treatments” in order to take control of their own health. Dr. Simmons is a medical doctor who sits on the faculty at Ohio State University, where he’s an Associate Professor of Ophthalmology. He’s also the former Chairman of the Alternative Medicine Committee of the Columbus Medical Association.

Dr. Ross Andersen, a doctor of naturopathic medicine (N.D.) and chiropractic physician (D.C.), was constantly

looking for ways to identify the root cause(s) -- of his patients’ problems. He devoted many years of study looking for answers to the diverse health problems of his patients. He found the answers he was looking for in the same book of medical breakthroughs and “forbidden treatments” that has been praised by laypeople and doctors alike. “*This book goes far beyond anything that I’ve ever used,*” said Dr. Andersen. “*It’s absolutely one of a kind ... It’s so complete, so precise, so easy to use.*”



He particularly appreciates how simple it is for *anyone* to look up a disease in the index, then flip to the page(s) of the book that features the disease -- and find treatments, procedures, healing modalities, and supplements that are not only effective, but also **inexpensive, non-invasive, and free of side effects**.

Books offering miracle cures for practically every disease are available everywhere. But oftentimes, they present content that is erroneous, inaccurate, poorly researched -- and *unsubstantiated by science*. It’s no wonder that doctors and scientists ridicule such “cures” as nothing more than folklore or kitchen table wisdom. Click here for more information about real cures for virtually every disease, and read the special report titled “*How to Tell if a So-Called ‘Miracle Cure’ is Scientifically Proven -- or Utter Falsehood.*”

Learn more here: <http://tinyurl.com/7tff2cm>

OK, enough for this time. But stay tuned. My next monthly newsletter will have more great info. And please remember that **CANCER DOES NOT HAVE TO BE A DEATH SENTENCE!**

Thanks and God bless.  
*Ty Bollinger*

**PLEASE  
FORWARD  
THIS  
NEWSLETTER  
TO AT LEAST  
10 FRIENDS!**

