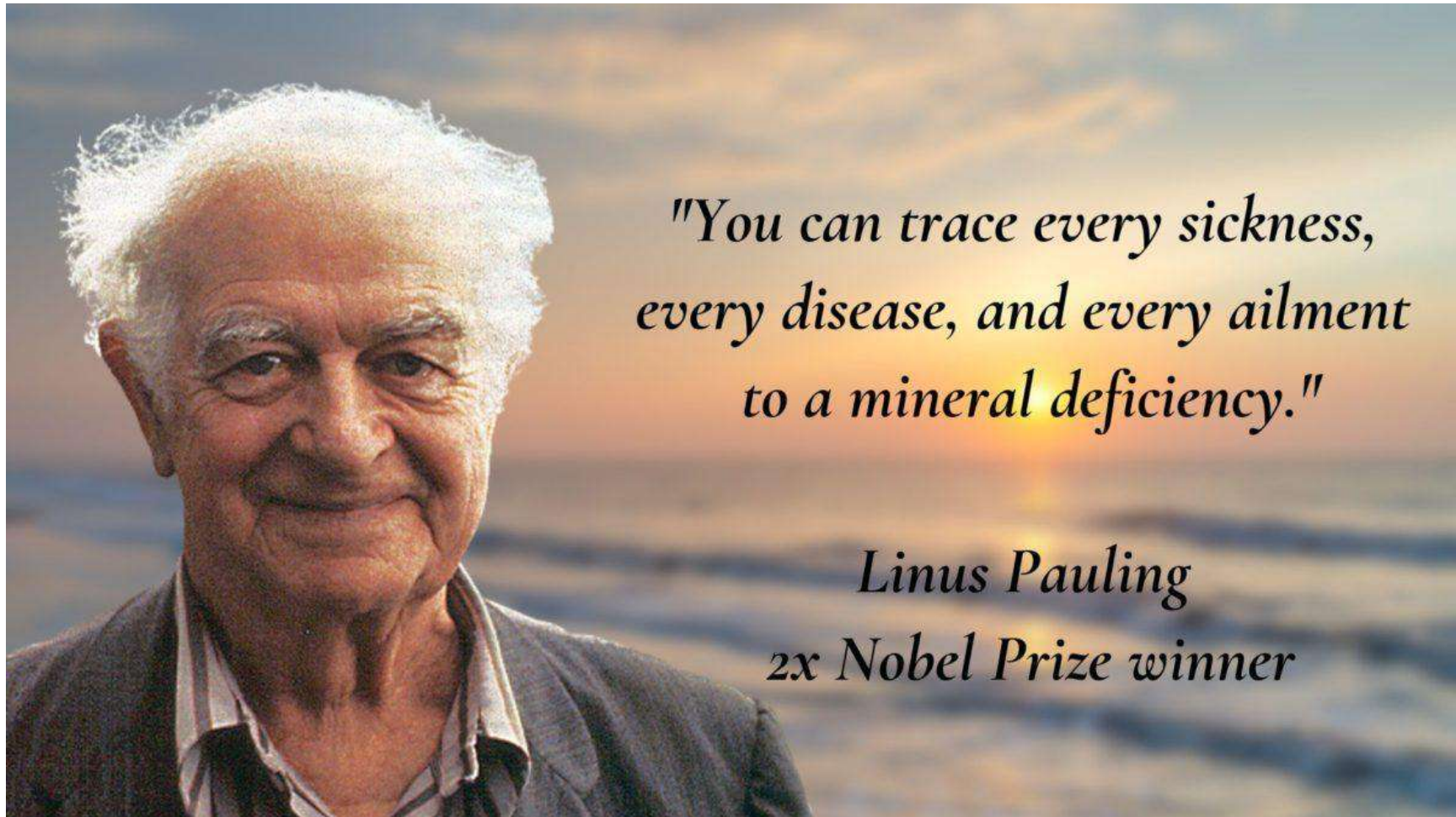


COMMON DISEASES AND LOW-NUTRIENT FOOD

We are all mineral deficient. All disease is caused by low-nutrient food, due to chemical farming which reduces nutrition in food, and refining of whole foods, which destroys nutrition. The causes for these diseases are almost all the same.

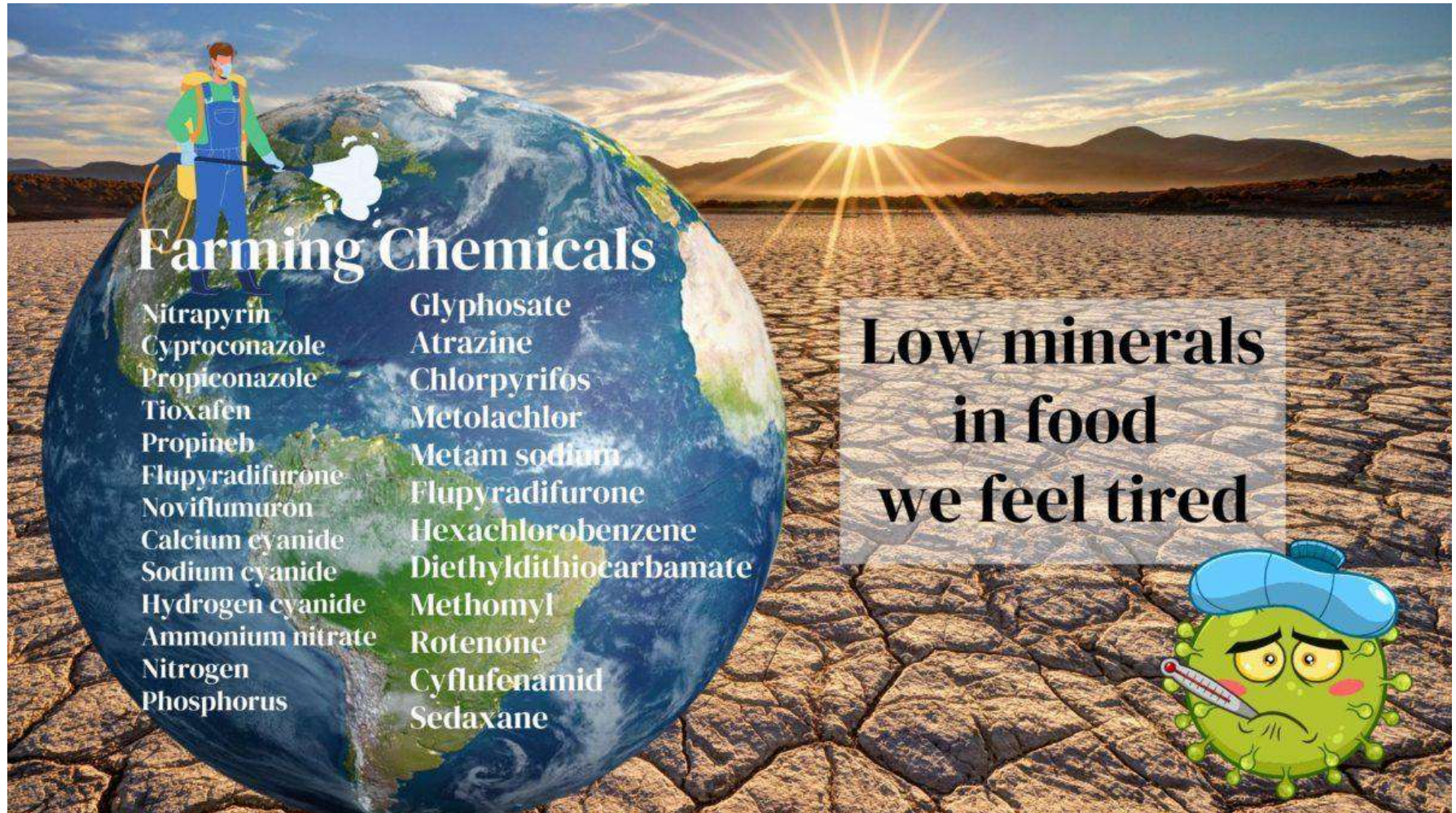


*"You can trace every sickness,
every disease, and every ailment
to a mineral deficiency."*

*Linus Pauling
2x Nobel Prize winner*

Disease	Causes	Healing
Heart Disease	Stress, Smoking Particles in Blood White Flour White Rice Alcohol, Parasites	Magnesium (Mineral Drops) Exercise Fresh Vegetables & Fruits MMS
Cancer	Parasites Sugar, White Rice Acidic pH, Pesticides Junk foods Undigested Emotions	MMS Nutritious Foods Baking Soda, Organic Fresh Vegetables & Fruits Meditation & Self-Love
Diabetes	High Blood Sugar Refined Grains, Carbs Noodles, Sodas Parasites, Addiction	Power-Walking Fresh fruits & Veggies Low-carb foods MMS, Family Balance

**Pesticides are unnatural chemicals to kill insects. This s foods low in nutrients.
Farming chemicals destroy our microbiome, and make our immune system weak.**



Why are these 3 foods unhealthy?

THE THREE UNHEALTHY WHITES



WHITE RICE



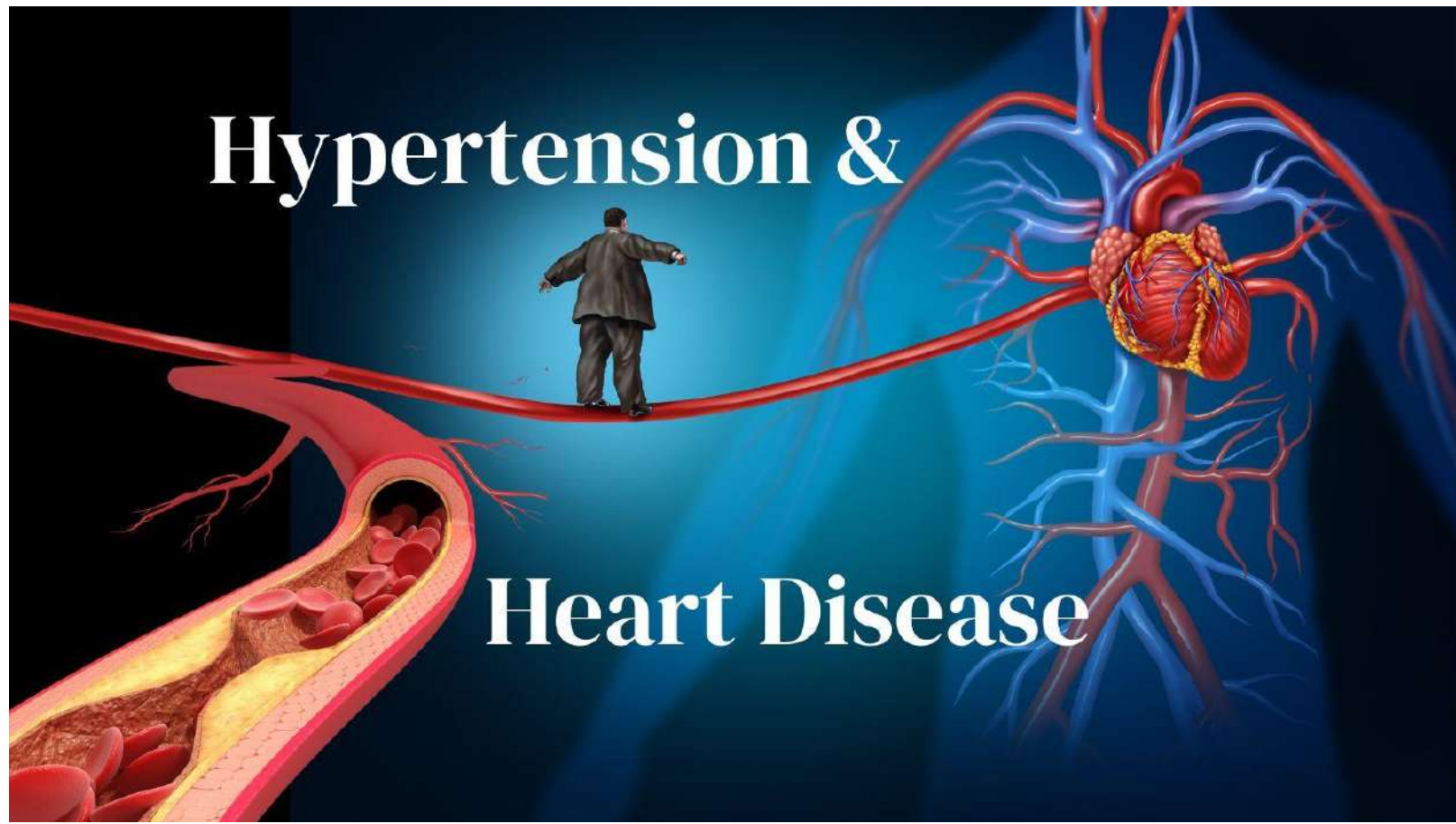
WHITE FLOUR



WHITE SUGAR

HEART DISEASE

Heart disease is caused by stress and foreign particles in the blood. Where do particles come from? From sugar, low nutrient foods, smoke, vaccines, and toxins.



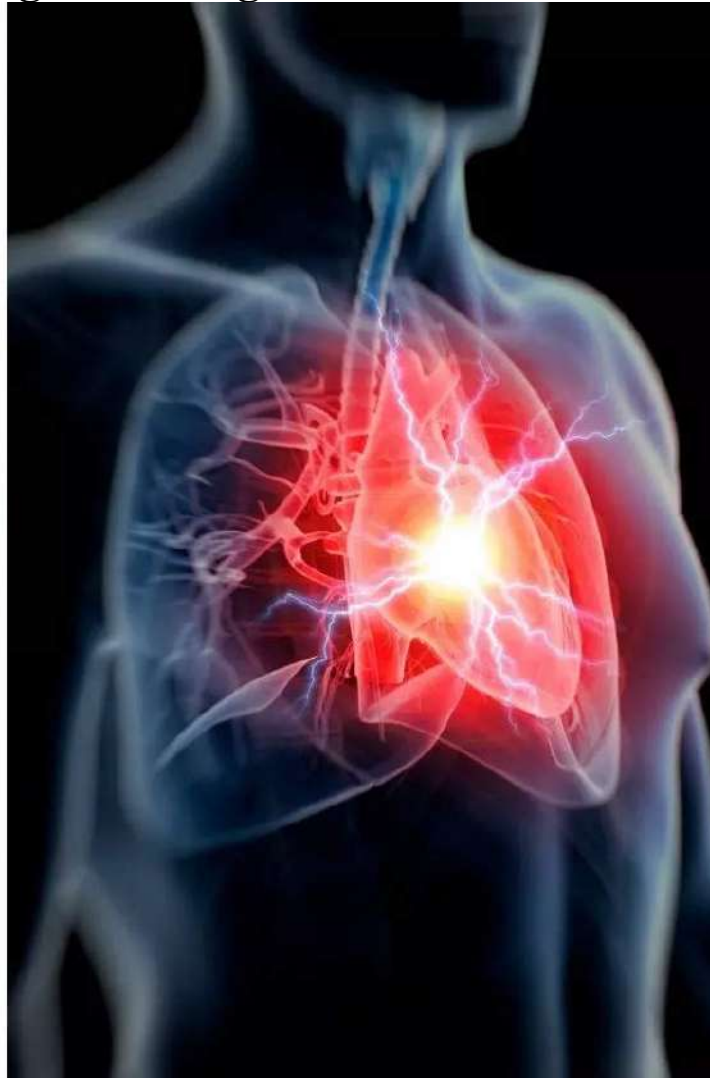
These are popular snacks, but they are all invitations to heart disease. They are genetically modified processed foods low in nutrients and high in toxins.



Half the world eats a plate of white rice at every meal. White rice is an empty food that causes high blood sugar, acidic pH, and invites disease.

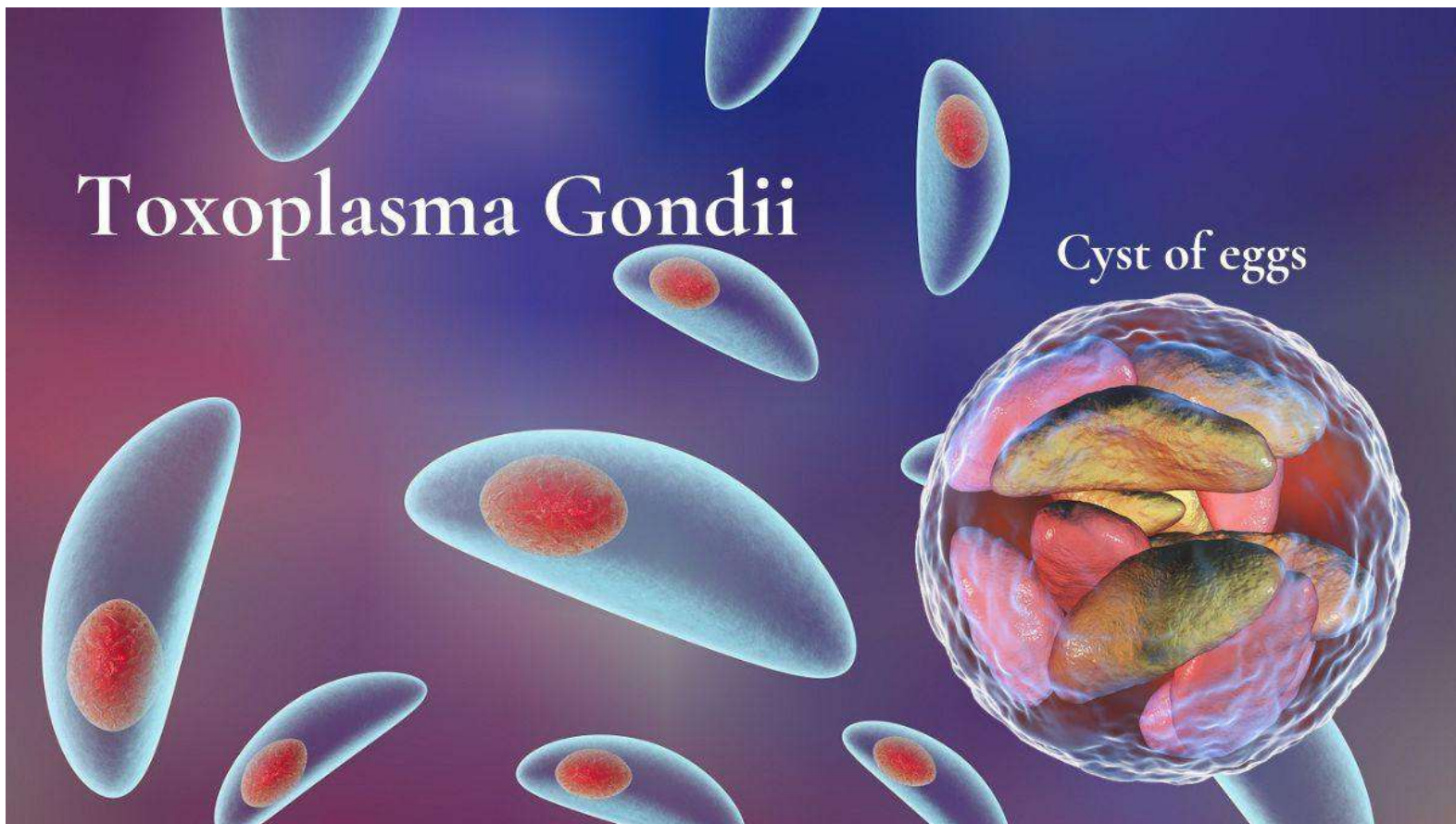


Some people enjoy smoking to relax. Smoking brings foreign particles into the lungs and directly into the blood. Smoking is highly addictive so we feel the need for it and continue to do it, even though it damages our health.



Toxoplasma Gondii is probably the most successful parasite in the world today.

It is a global health hazard affecting 30% – 50% of humans, and in underdeveloped countries the infection rate may be up to 95%. This parasite often coexists with Hypertension, Heart Disease, Myocarditis, Schizophrenia, and Bipolar Disorder. If it gets into the brain, it is fatal.



Alcoholic drinks numb the nervous system, so we feel less pain. It is highly addictive. Alcohol that we drink gets into the blood as the root of many diseases.



**Hypertension and Heart Disease occur when there is a Magnesium deficiency.
We all are deficient in magnesium, due to incomplete foods raised in poor soil.**



For mineral deficiency take 20 Mineral Drops per day. Put in food or water. Do not heat. Anderson's CMD contains Magnesium and 83 essential minerals



Exercise is essential for moving the blood and lymph for detox.



Take care of yourself and get good sleep every night.



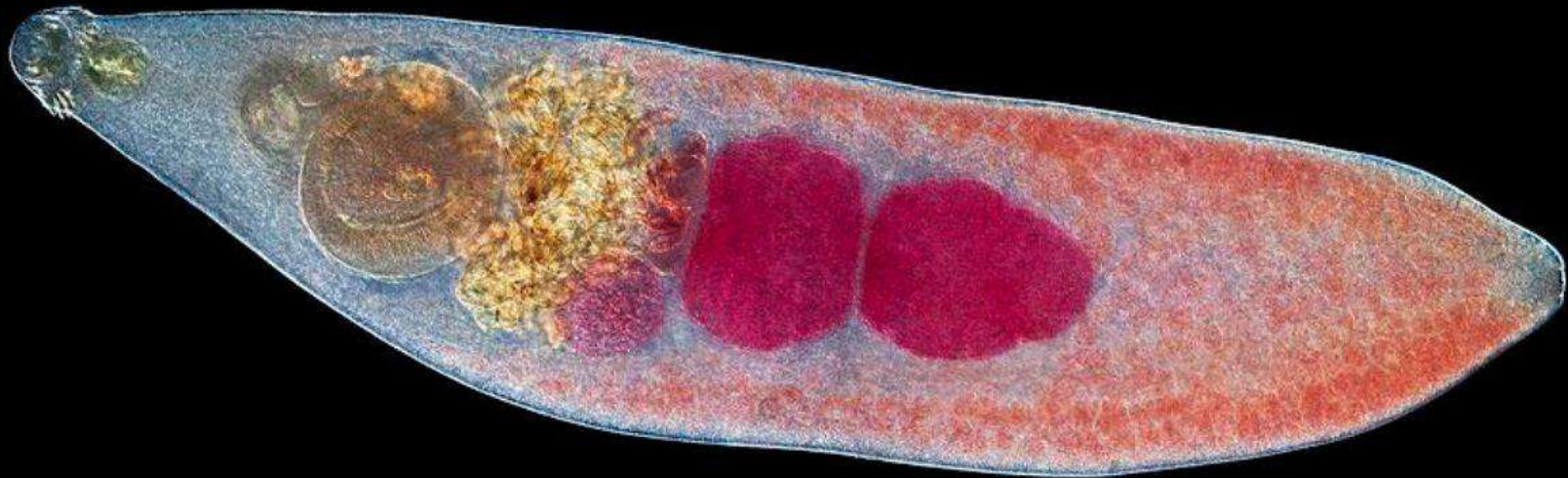
CANCER

Cancer is a tumor growth that can happen in any part of the body and spread. It is different for each person. Cancer is a Metabolic Disease – Not Genetic. Cancer Has Many Causes. Especially toxins, parasites, and unprocessed emotions.



Cancer is always accompanied by Parasites
Parasites love sugar, low-nutrient food, a weak body, poorly nourished, where they can live and grow as a community for many years.
The most common parasite in cancer is the Liver fluke.

Liver Fluke *Fasciola hepatica*
widespread in cancer patients



Roundworm *Ascaris lumbricoides* is the world's most common parasite. *Ascaris lumbricoides* can be up to 35 cm long. Roundworms live in the human intestine. A female may produce 200,000 eggs per day, which are passed with feces.

Roundworm *Ascaris lumbricoides*



Pesticides reduce nutrient value in food, destroy our intestinal microbes, and destroy the natural enzymes in soil. Framing chemicals contribute to poor immunity, cancer, obesity, diabetes, and all disease.



•

Common Empty Foods Cause Acidic Body pH, and Cancer. We can control our body pH with alkaline diet, green drinks, mental attitude, and Baking Soda.

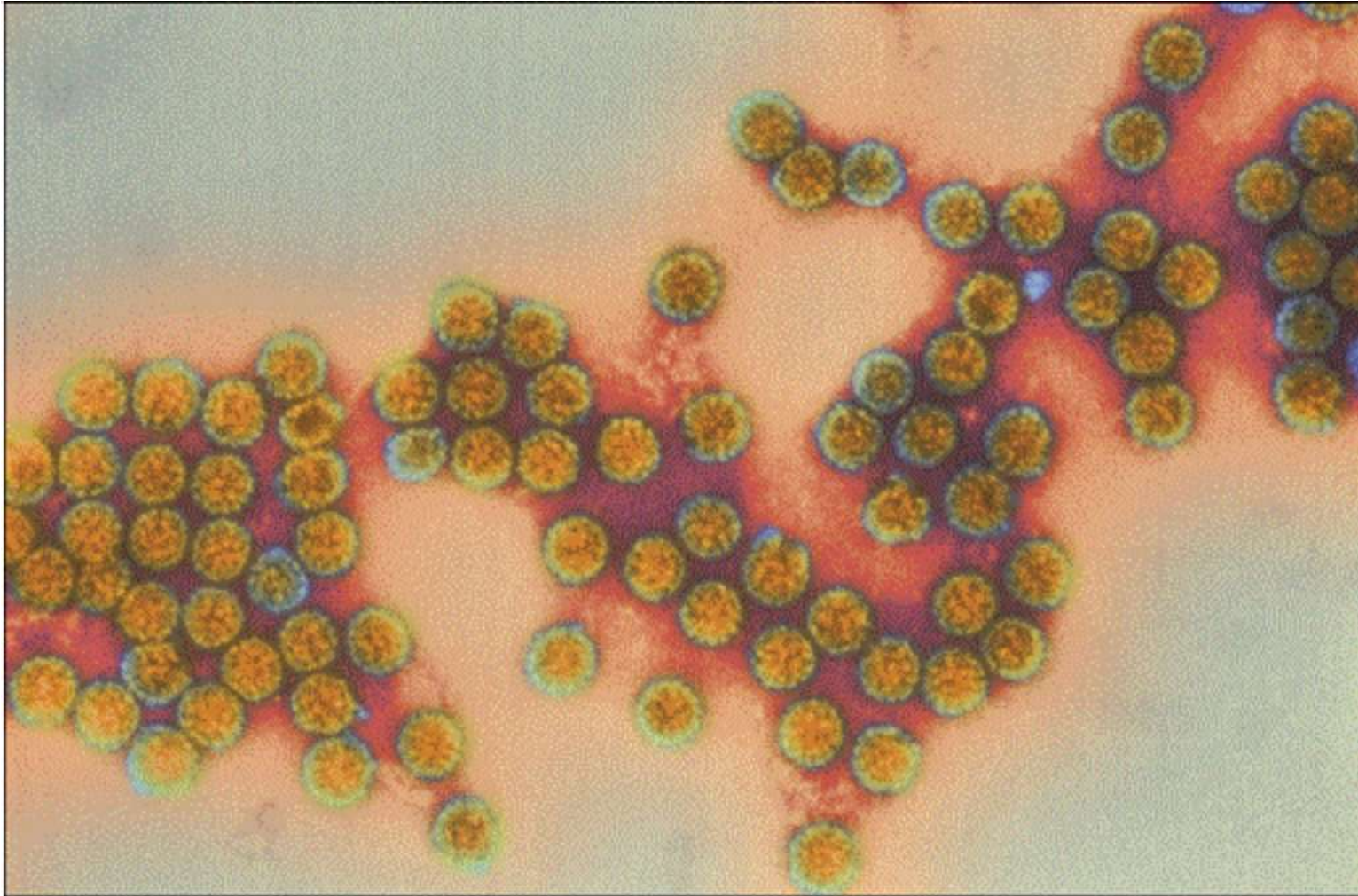


•

Seed Oils are A Big Cause of Cancer. Innocently called “Vegetable Oils” they are chemical mixtures toxic to the body.



SV40, or Polyomavirus simian virus 40 is a cancer-causing virus found in many vaccines. It is unknown why many COVID-19 vaccines contain this DNA sequence. Simian Virus 40 can cause health problems, including cancer.



Emotions that remain stuck, Un-Processed or Un-digested emotions can contribute to Cancer. We can take steps in ourselves to pray, meditate, and heal old wounds.



Baking Soda is your easy medicine for acidic body pH. This can help prevent and heal most disease. Stir ½ teaspoon baking soda in a little water once or twice a day.



Eat a balanced diet of fresh vegetables and fruits for a strong, healthy, happy body.

**HEALTHY
AND
BALANCED
DIET**

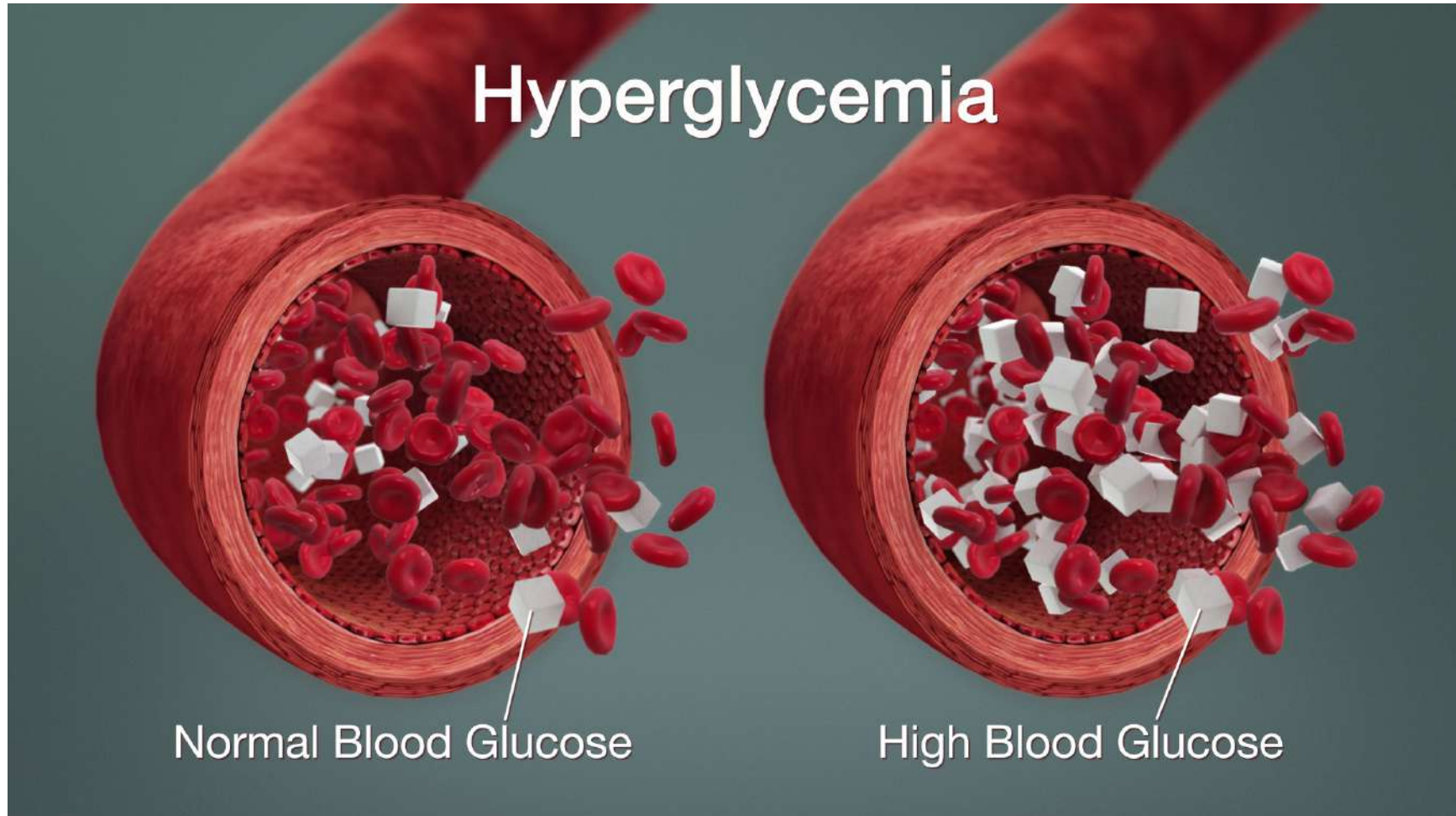


DIABETES

Diabetes is a metabolic imbalance of chronic high blood sugar.



High Blood Sugar means there are many particles of glucose floating in your blood. These molecules are very sharp, causing little rips and tears in your blood vessel lining. When we eat high carb foods, the carbs turn to glucose and create high blood sugar.



Foods high in carbs and sugar ruin your health, cause body acidity and a cycle of craving, acidity, obesity, cancer, weight gain, premature aging, and death. This is the #1 root of all chronic disease. What Foods are High in Sugar?



These GMO Processed Foods Have LOW Nutrition!



Potatoes are notoriously high in carbs, and immediately convert to sugar in the blood. Sweet sauces add even more glucose to your blood.



ADDICTION

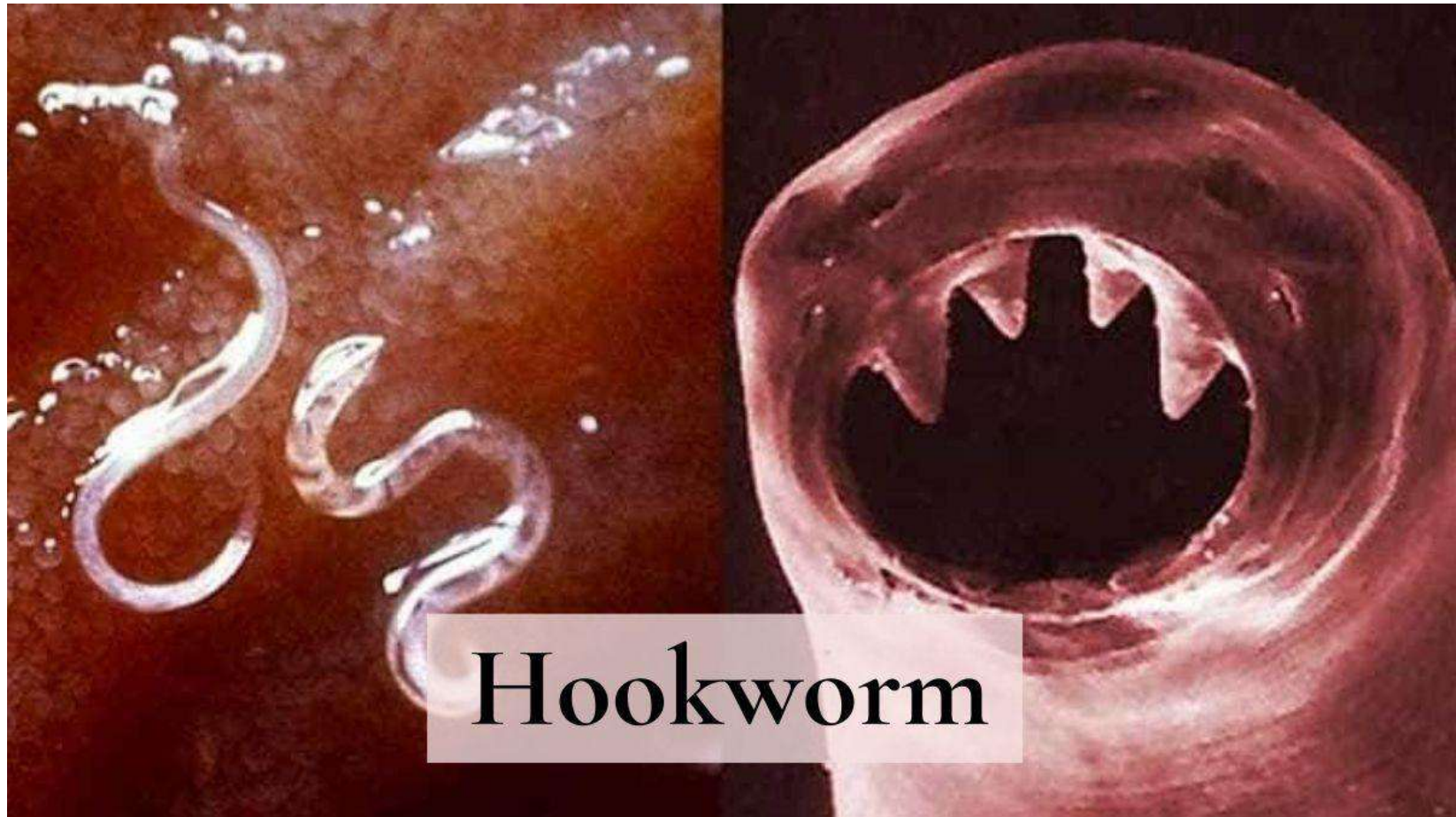
Sugar is highly addictive, much like hard drugs like cocaine. When the mind fixates on it, you want it, you will have it, and nothing can stop you.



Noodles are made from processed flour. Noodles are Very High in Sugar, Low in Nutrients. They create immediate high glucose in the blood.



**Diabetes is often Accompanied by this Parasite the Hookworm.
Parasites can come from dirty water or poorly washed restaurant food.**

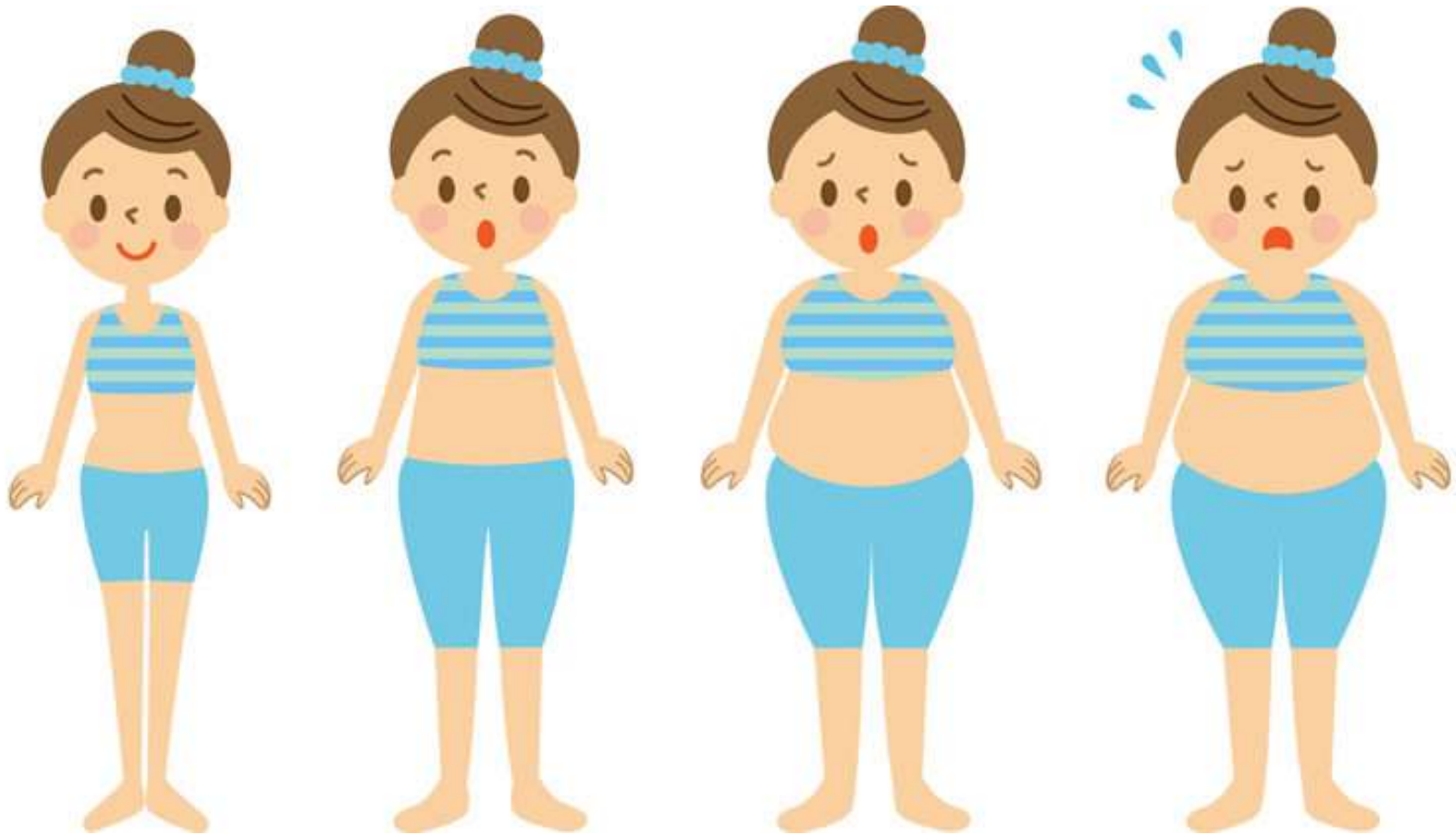


Hookworm

Is there any nutrition in these sodas? Why waste money?



A high-sugar diet often leads to weight gain over the years. When we reach 40 or 50 years, we wonder what happened?



POWER WALKING

Is a fun and energy-boosting habit to do daily or 3-4 times a week. It keeps your body in shape, controls blood sugar, and keeps weight down.



Foods to Lower High **Blood Sugar** Diabetes



Everybody needs deep sleep, to renew energy and replenish the cells at night.



FAMILY IS OUR SECRET TO HEALING
Our best medicine is to take care of our family.
When we take care of our family, we are taking care of ourselves!



Disease	Causes	Healing
Heart Disease	Stress, Smoking Particles in Blood White Flour White Rice Particles in Blood	Magnesium (Mineral Drops) Exercise Fresh Vegetables & Fruits
Alcohol, Parasites	MMS	
Cancer	Parasites Sugar, White Rice Acidic pH, Pesticides Junk foods Undigested Emotions	MMS Nutritious Foods Baking Soda, Organic Fresh Vegetables & Fruits Meditation & Self-Love
Diabetes	High Blood Sugar Refined Grains, Carbs Noodles, Sodas Parasites, Addiction	Power-Walking Fresh fruits & Veggies Low-carb meals MMS, Family Balance

