



W W O W

WAGING WAR ON WEIGHT

.....you are not altogether to blame !!!

SHANTI LINSEN DO, DC, NHA

Title: “Waging war on weight”

Author: Shanti Linsen

Images and illustrations: Shanti Linsen and Google search

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Shanti Linsen DO, DC, ND.

THIS BOOK IS ALSO DEDICATED TO THE WHOLE UNIVERSE!

YOU DON’T WANT TO CARRY ANYTHING AS LARGE AS SHOWN ON THE COVER, FOR THE REST OF YOUR LIFE, DO YOU? Well, it is coming your way, if you don’t do something.

Then please read on. I have explained herein the reasons for most people becoming overweight, something that has not been explained to you before.

There are always exceptions of course.

WAGING WAR ON WEIGHT.



WWOW! Yes indeed! It is a big WOW!

Where do we start to open this subject, without attracting a great deal of opposition from the masses, because the masses are overweight and they would rather not be told, most of the time, as life is so easy and comfortable, the way they live. Changing is ALWAYS difficult.



I promise you, that there is a better life ahead; knowing the reasons why.

“You are not altogether to blame....” for putting on weight, because when you choose to go out to dinner with the family, which is a nice thing to do, you should expect that the food served to you, is healthy and life-sustaining. Afterall, that is why we eat in the first place.

You are NOT a dietitian and therefore you don't know about these things. Therefore, I wrote this paper, to educate and teach you and your family, in knowing from now on, that some of these places where you may choose to eat, are serving you 'foods' that are not for human consumption and are truly damaging to your body in many ways, for which obesity is the number one contender.

Why? Why are we allowing ourselves to get so un-healthy and be overweight, causing all sorts of other side effects such as heart attacks, cancer, diabetes etc.?

In previous writings, I have used the car as an analogy, because we know a bit about cars; how they work, what needs to be done to keep them running; how to care for it in every department AND we do it very well usually, because we

like the car, as it is such a great convenience. If the car runs smoothly and efficiently, that is what we are looking for.

We too should run smoothly, efficiently and comfortably.

Cars verses (*humans*).

We know what type of fuel to put in the tank of our car (*food*), we know what oils (*oils*) to use, the water (*water and juices*) in the radiator, the air (*our air*) in the tyres and the correct pressure (*fresh, quality air*), the polish (*body products*) for the duco, cleaners (*soaps, toothpaste etc.*) and preservatives for (*vitamins and minerals*) for the inside vinyl parts. I should not forget and add the exhaust system (*our bowels, skin, kidneys, spleen, lungs*). The car manufacturer has put a special exhaust on your car, to work the best possible way of getting rid of the waste gasses, created by the combustion of the fuel. If the exhaust pipe is dented badly or broken in some way, the car's performance suffers badly also.

In our system, the bowels MUST be healthy. We must be regular in our bowel movements. At least once a day, we should move the solid wastes. ('gut health' we call this today); our skin must have good open pores for the perspiration to get out, together with the toxins; our urinary system is important to get rid of liquid toxic material; the spleen as the master organ of the lymphatic system must be allowed to circulate the lymphatic fluid and take more and different toxins from the body, especially the muscles; the lungs are important, to exhale the carbon dioxide, a waste gas.

We make a habit of caring for our cars on a regular basis, so the car will keep running to your satisfaction. Here I deduct, that all its parts should work well and also together as ONE UNIT.

The next thing to remember is to drive the car on a regular basis, because if you garage your car for a certain length of time, it will deteriorate.

We too must move and exercise on a regular basis, to keep the body healthy. This is especially important for the lymphatic system and blood circulation.

DO YOU AGREE WITH ME SO FAR?

Now back to ourselves.



When we were born, we were a beautiful creation, a baby with perfect skin, clear eyes, organs working great, pooing whenever necessary, weeing well, crying when in need of attention and sleeping lots. We were also given a brain to reason everything out that comes our way.

I wonder what this little fellow is thinking?

It is not very difficult to work out, what our requirements are for a good 'functioning body'.

We all know, that if we eat something that does not agree with us, we will soon vomit this up and get rid of the culprit, otherwise we are going to have a stomach ache or maybe a painful gut.

Common sense tells us, that eating and drinking NATURE'S FOODS, MUST BE the right thing to do, if we expect top results. You can only agree with this.

What are Nature's foods and drinks? OUR TRUE and natural FUEL!

You know what they are. Don't be daft and pretend you don't know! However, it has become so convenient to buy prepared and packaged foods, or (shock horror) go to the take-away food outlets and get a quick "meal" and while you are there, pick up some bottles or canned "drinks" as well.

Well, my dears, that is where we are failing. These so-called foods are NOT the sort of FUEL your 'engine' is made to digest and 'fire' on and give you the energy and health you may expect. They make you obese, because the body is not digesting them properly. They are sub-standard 'foods'.

You would not put that quality of fuel in your car's engine, because you know that if you do, the car will not perform well for long. Think about that for a moment!

I have written many pages in the past, on the subject and explained, why these foods are so bad and I am in this paper, repeating some of the obvious reasons.

Our beautiful, bodies, ever so complex, need attention like your car and given the correct fuel for a healthy survival, without sicknesses, so often caused by these 'food substitutes'.



You chose your car from the showroom, because it has beautiful streamline, colour, shape, comfort in seating and driving, etc.

You too, were given a body with exactly the same qualities of pure beauty and shape, skin tones, colour

and internal functions.

However, what are we doing during our lifetime? We are NOT maintaining the quality of service we deserve for this body to keep going strong, because we are either lazy or ignorant about the goings-on, on the inside and on the outside of our skin. We basically need to be trained and educated to know these things and nobody can be expected to know otherwise.

Our bodies are so much more complex, compared to a car, so we deserve extra care, to keep this body going. As I mentioned the brain earlier, I mean to point out, that this brain is our master and teacher, who works out what we should do in ANY CIRCUMSTANCE. And the best part of all is, that our body is a self-healing system, something the car never will be. **All** our body cells are constantly being replaced automatically throughout our lifetime, therefore we should never wear out, BUT THAT WOULD ONLY HAPPEN, IF WE LIVED IN A PERFECT WORLD OF CLEAN AIR AND WATER ETC. That is the beauty about our creation and knowing this fact, we can be sure that giving it time, the body heals itself in many instances, when something goes wrong, as long as the reason for something going wrong is worked out immediately, SO THAT YOU CAN ACT. Once we know the reason for our ails, we should call on Nature, who provides the answers, but this has become a somewhat lost art. Most people have forgotten the herbs and foods, that Nature provides for healing and survival. Some indigenous cultures still live by Nature's medicines. Modern man has 'gone off the rails' and believes the fast-talking advertisers, who want your money. Not just in the health department, but in so many others as well.

Calvin Coolidge's proverb reads as follows: "The world is full of educated derelicts. Persistence and determination are omnipotent."

This really means that we should use our brain all the time and we should not rely on the so-called educated people all the time. You know your body better than anyone else, so you are the BEST judge to act upon a problem.

Sleep, peace and quiet times, including meditations are wonderful healers, but WE DON'T HAVE TIME TO GO TO BED WHEN WE ARE NOT WELL. HOWEVER, WE SHOULD MAKE TIME, INSTEAD OF RACING OFF TO THE DOCTOR* and get poisoned with drugs these days. I remember the days when my doctor would use natural herbs etc. Most of our common ails, are due to neglect not acting upon early signs. Abuse; eating and drinking sub-standard foods and also allowing our mental states to deteriorate and very importantly, the low levels of immunity^^.

Doctors as a rule, only spend up to 25 hours learning about nutrition at the University, so unfortunately, so often they cannot help you in that department. If our car mechanic doesn't know what fuel goes into your car, what would happen? It is time the education in the Universities, is pepped-up **a lot in the field of nutrition, so doctors are versed to educate you in good health.*

^^I mention further down, how you can increase and maintain a high level of immunity, something that is absolutely necessary for warding off the common colds and other viruses that come around every so often.

I find that now is a good time, to mention the use of alcohol.



WE SHOULD NEVER CONSUME ALCOHOL; AMEN!

and this is just one of the many negative things we do to ourselves, to make us sick and weak. Alcohol also dulls your brain for making reasonable decisions'. It is a well-known fact and that is why the police fine you, for being over the limit

when you are driving under the influence of alcohol. It is NOT something new.

When I write these words, I always hear 'voices in my brain' saying things like: "But people have been drinking alcohol for centuries." THAT ALONE DOES NOT MAKE IT RIGHT. Alcohol is toxic to our system and that is FACT! I know, that most of my readers, will not react to this message, as they are addicted to drinking alcohol and that makes me sad.

To back-up my statements, I found the following.

Benjamin Wood [MScIH MBBS], a medical doctor from Tasmania writes:

“Many different stimulants can be found in foods and drinks we consume. Some are natural ingredients that we have been consuming for millennia, such as caffeine, now embedded into many cultures of civilisations. Others are synthetic and a relatively recent addition to our diets. There is a growing concern about the extend, to which food and drink manufacturers are deliberately adding high quantities of stimulants to processed food and drinks to bolster sales, often under the guise of ‘flavour enhancement’.(he goes on to say).....while this has proved to be an effective tactic for the food industry to drive up consumption of their product and ensuring **we’re coming back for more.**” He continues to write more about the subject, but you will have to find out for yourself.

If a whole lot of people decide to jump off a cliff and kill themselves, would you do that too and follow, just because everyone else is doing it?

Herewith I am trying to get you to be an ‘individual person’, ‘YOU’ and to do what YOU think you should do all the time in anything and not necessarily follow the masses. That is so hard these days, as people will judge you.

TOO BAD! Let them do their thing, but you do the things YOU want to do.

The masses, driven by the Multi-nationals, eat take-away foods, drink so-called



sports drinks or buy household goods and gadgets all the time, even though you don’t need them at this time. This phenomenon is contributing to consumerism and costing not only you a lot of hard-earned money, but it

is a big drain on Mother Earth.



All that FAT-FORMING (I HATE TO CALL IT) 'FOOD'. TOO MUCH MEAT AND 'ANIMAL FAT' AS WELL. *More of that later.*

A little lettuce and some tomato, doesn't make it a healthy meal.

I mentioned take-away foods and pre-packaged foods from the supermarket before. In the first instance, the buns used in hamburgers, the buns in subs, the bases of pizza's etc. are generally* all made with white, refined wheat flour^^. What is wrong with that you say? Because wheat is not wheat!

**I say 'generally', because we find that some outlets are giving their customers a choice of different bases in pizza's (for instance) these days. And I have been offered Brown rice sushi rolls as well. A really good start and going in the right direction, but it has to go much further, to make these foods healthy.*

It is such a pity, that we are not properly educated at school, to know how nature works. Many subjects are taught, which don't need to be taught in school, something we can learn later on in life and the time spent on them could be more usefully occupied, to educate kids valuable subjects. Visiting farms, where produce is grown organically; visiting dairy farms where milk is produced; seeing all sorts of industries making the things we use at home and so many more places, would educate us visually and that would be remembered forever, so it may be followed. Some children, even today, don't know that milk comes from cows!

Now some VERY IMPORTANT INFORMATION about wheat.

^^When wheat grows in the paddock, it becomes a very complex piece of nature and has many components in it, to make it sprout again and bring up a new wheat plant if so needed. Once wheat is harvested by the farmer, we can grind these kernels into flour and that would be 100% WHOLEMEAL FLOUR, **BUT**, wholemeal flour is not very stable and will deteriorate pretty fast, so the manufacturers of flour, take away a large number of the life-giving

components, such as wheat germ (Vit. E), bran (roughage) and others and add the following additions to flour for keeping quality. Oh, yeah?

Citric and fatty acid esters of glycerol, benzoyl peroxide, bromelain, azodicarbonamide, polysorbates, alpha amylases, calcium sulphate, calcium oxide, calcium lactate, chlorine and carbohydrase. Then there are: antioxidants, potassium bromate*, sequestrant, glazing agent, modified starch, sweetener, enzymes, emulsifying agent and ascorbic acid. What? Yep! And that is what you eat, when eating white breads. I know you are horrified now, as you did not know that.

**Potassium bromate, a category 2B carcinogen, which increases the incidence of both benign and malignant tumours in the thyroid and peritoneum. It is also present in Coca Cola's Dansani bottled water. And it goes on! In a lot of countries, Pot. Bromate has been banned. Be a label reader and find bread that is un-bromated and un-bleached at least, but baking your own bread would be so great.*

What is left behind, is really a poor substitute of 'wheat flour' and is very hard to digest, causing all sorts of problems in the digestive system.

Do you still love your white bread, buns and pizza basis? Some of you will say :“Yes” to this question, but that is irresponsible, knowing the facts now.

In “Victory over dis...eases”, I mention how we can grind our own flour at home, from WHOLE, NATURAL wheat or any other grain, which is complete and wholesome. NO ADDITIVES AT ALL. Just Mother Nature's product.

I will give you another example how bad white flour is! When you need some glue, you can take a bit of white flour and add some water and 'hey presto' glue is made instantly. Can you imagine this white flour getting into your digestive system and “glue things up”? We have never even given this any thought, have we? And nobody tells you either. Many health professionals do not know these facts either and that worries me the most, as the patients are not made aware of these facts.

The biggest problem is that so much of it is consumed these days. If we only ate an occasional meal made with white, refined flour, it would not matter so much, as the body will handle it, but all the time, definitely NO!

Some families are forever going to these establishments and get a family dinner, always including these WHITE FLOUR BUNS. Sorry folks, it is not

possible to feed your body quality food, consuming these-sort-of-meals. They are very sub-standard and will not sustain a healthy life for long.

(No, I have not forgotten the following “foods”.)



Then we buy the deep-fried foods, like chicken nuggets, battered or crumbed fish and alike. All these are coated with more WHITE FLOUR mixtures, doing even more harm. The oils that are used to deep-fry these foods, are often very stale and are

continually re-heated, something that is a real no-no. A fair amount of these stale oils stay in this product which you consume, doing a great deal of harm. You consume Aldehydes, toxic chemicals, contributing to cancers, heart disease, Alzheimer's, dementia and Parkinson's. There is more: 4-hydroxy-trans-2-nominal (HNE), which is also found in these deep-fried foods, disturbs the functioning of DNA/RNA and protein. More about oils soon.

Next the doughnuts, also deep fried. Wow, they are the tops of No-No's. Firstly, they too are refined flour products, deep fried in often stale oils and on top of that they are laden with sugar. So very addictive hey?

Sweets of all kinds and that even includes the over-use of honey and other sweet products, are another contributor to ill health, especially cancers. Cancer cells love sugar (sweets) and that is in my opinion a great reason to believe, why cancer is so rampant these days. **Read the above again!**

Sugar consumption has increased almost 20-fold over my lifetime. This is a staggering figure.

Cancer research is being done all over the world and continually these people have money drives to raise money for 'cancer research', to which you contribute, because you have had a family member or a friend die from some sort of cancer or leukemia. It is a very emotional drive, collecting moneys from sufferers or their friends who are sad. I lost my eldest son David from the effects of cancer treatment at the age of 13, in 1977. He did **not die from**

leukemia, something we were able to CURE within 3 months to the amazement of the attending specialist, who congratulated us on the feat we achieved. He lived for another 3 years after leukemia, completely happy and well.

In 2001, my partner's son (30), was also treated for a cancer on his neck and was given exactly the same medication as David was in 1977. The cancer medications have not changed since then, as far as I can gather, so I do NOT contribute to their calls for contributions. I need proof that these funds are correctly used in actual research. The research has been going on for decades. Are they researching in the right direction? Are they driven by the BIG PHARMA? Please think about this, as the incidences of cancers have increased so much, since the take-away fad began. I think it is very obvious.

Here I have shown you proof, that the body, as in David's case is self-healing, given the opportunity and using Nature's medicines: GOOD, WHOLESOME FOODS AND HERBS.

Sugars are carbohydrates, such as grains and alcohol and are the main culprits for putting on weight. It is NOT fat, that makes you fat. In fact, fat can reduce your weight somewhat, but I do not recommend you starting on a fat-eating-diet, if you are overweight. Although I did an experiment years ago, getting a lady to eat more fatty things, when she was putting on weight and it worked, but this was done under strict supervision.

There are some valuable fats* which we need. Some others, the fats from meat products, are destructive to our health. I always recommend the use of olive oil and coconut oil* as a daily intake of healthy fats. Animal fats from meats are never recommended.

**Coconut oil has been recommended for Alzheimer's disease and found in many cases to be a complete cure. If you are an Alzheimer's sufferer, I suggest that you google: ' Health benefits of coconut oil.' And find some real facts, too many to write here.*

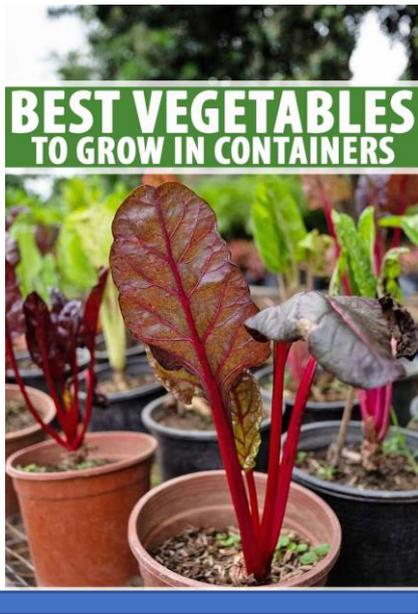
Coconut oil may even support weight loss.

Here comes the crunch. What are we going to do? Wow! A big one.

To be well and to operate fully all the time, feeling great and active, we MUST consult Mother Nature and step back in time and think a little. Could you imagine living a nomadic life, as our fore-fathers did? They lived off the land,

the land that produced natural foods, grown without chemicals and these foods were always eaten during the growing season. There were no big chemical manufacturers telling you to buy artificial fertilisers. But instead, natural manures and composts were always used.

As the saying goes: “Let food be your medicine.” Growing some vegetables and fruits on your land, or even in pots on the veranda, would also help in



being healthier. Have a compost heap and recycle ALL ORGANIC WASTES there.

Mother Nature grows some particular foods during the summer and others during different times of the year. WHY? It is so wonderfully arranged for us. We should not eat and buy foods, grown overseas in the opposite climate to ours.

Have you ever thought about this phenomenon? This is what I mean! We are NOT educated to know the good things in life, the sensible and valuable things we all SHOULD



KNOW. We should learn these facts in school and we should think about it a lot more. Don't worry about the dinosaurs, they are gone and you can learn about them if you really want to know their facts later. I had to go and see the headmaster of the primary school, when my daughter came home with a 'THIRD

YEAR' project on dinosaurs. Yes, she had done two already. Come on! Learning does not stop after leaving school and Uni. It continues on for the rest of our lives. Listen, see and generally observe everything around you and put this knowledge to work for you.

During the hot days in the summer months, the amount of energy we need to survive on is a lot less, than during the colder months, when we also have to take care of our body's temperature, therefore, more energy producing foods are needed. Cooked meals of potatoes, lentils etc. in hot soups and generally heavier foods, are more popular, rather than salads. Nature grows *most* tree

nuts for winter consumption, as nuts are very high in calories to supplement us. They are also very nutritious and have many valuable components in them, such as minerals and vitamins of all kinds. I have covered these in my book “Nutritious foods”.

During the summer months, we are inclined to eat more salads and fruits, as they are supplying us with nutrition, but without the large amounts of calories. Eating winter foods during the summer, makes us fat, as all those calories are NOT being used up. SO, being in the habit of going to these take-away places all the year round, we are eating the wrong foods, as these foods are full of calories, which you will turn into fat. Their menus don't cater for these changes in the climate.

Does this make sense to you? You did not want to read this, did you? But it is true!

That is part of eating solid foods. Now let me come to the drinks we consume. Firstly, a really bad habit is to DRINK ANYTHING WITH MEALS. Drinking any liquid, even water, should be well away from eating solid food.

The golden rule is: drink half an hour before a meal and one hour after a meal. *(Drinking alcohol is the worst drink to have with a meal. Sorry guys, but it is true! Especially carbonated drinks, such as beers or canned sodas. Yes, even wine*. And the fact that people have been drinking wine for yonks makes no difference. They have been doing the wrong thing all these hundreds of years.)*

* I could probably make an exception for **sipping a small glass** of your favourite red wine, during the course of your meal, but be sure it is just a small amount. It may increase the levels of HDL cholesterol, the good cholesterol.



^^Wine glasses have increased in size, since I was younger, as well. Maybe the wine producers have had a hand in this, so people will drink larger amounts of their produce.

The standard glass shown here, is almost twice the size of the

original wine glass in my younger days.

Drinking the modern 'sports drinks' or sometimes called 'energy drinks', should be stopped, as they are a bad mixture of chemicals and sweets/or aspartame. The average person doesn't need that extra energy. I can however recommend the consumption on coconut water, as it is a natural drink and very similar to our blood. It gives you energy and is totally natural.

I just looked up what is in Red Bull, the world's largest seller of this type of energy drink and I rather you do the same and find out what to do. I want you to be well, believe me! It is so great!

You want to know the reason why no liquids with meals, don't you? Ok!

Firstly, your saliva is made by your body at a certain strength. Saliva is the digestive juice, to break-down carbohydrates. In other words, the grain foods, breads etc, the sugars and even the vegetable carbohydrates such as potatoes, sweet potatoes, pumpkins, swedes and all root vegetables. If we dilute the saliva with another liquid, the saliva is no longer capable to complete the digestion totally and food will pass down our digestive tract only partially digested. That is the reason why we should chew and chew a lot, to make the particles of food as small as possible and to coat these particles with a lot of full-strength saliva and able to swallow this food down comfortably. Some people say, that chewing for so long is boring and they haven't got the time to

sit there chewing, so they drink a fluid to wash the food down. Unfortunately, this is the way it is and without proper chewing, you will always be unhealthy

Something we would never do, is chewing our fruit and vegetable juices, however it is also important to mix saliva with these drinks, for better digestion. Weird hey? But it makes sense, when you think about it.

A secondary consideration is, that by chewing your food a lot (about 50 times per small mouthful), you will be more **alkaline* and in a state of good health.**

Drinking with meals dilutes the hydrochloric acid in the stomach as well, the digestive juice to break down proteins etc. So, drinking with meals is really a BIG NO-NO.

**There are 2 states of health and they are being alkaline or acidic. These are well covered in my book: "Victory over dis...eases." In short, consuming alkaline foods and drinks will keep you healthy and you will be able to fend-off most diseases^^. Being in a state of acidity, a lot of diseases, which like this condition, will attack you readily, especially cancer. The ratio is 80% alkaline foods and 20% acidic ones.*

^^ Adding to the alkaline foods are the immune boosting herbs and spices, such as garlic, chili, turmeric, ginger, lemon grass, Brazil nuts and others. These should be taken almost daily to protect you from diseases.

Combining foods is something we also need to consider.

Not much is known in the wide world about food combining, but ideally, we should eat very simple meals and e.g. keep animal proteins away from carbohydrates and separate the consumption time a little. I will always have my protein first and wait a little while, before eating the vegetables and/or carbohydrates. A meat pie is an example. Meat: protein. The pie shell: carbohydrate. Yes, I hear you, but I am only stating facts. I do sin from time to time as well (when I am very tired or cannot be bothered cooking a meal), but I usually pay for it later. My foods are very nutritious and simple, as shown in another book: "The way we are meant to live."

The above book covers a lot of the things we do to the inside of our body, through eating and drinking.

The following will not affect your weight, but is very important information just the same, as it affects your general health.

It is the addition of chemicals to our body via the many body and so-called

beauty products.



The skin, our largest organ, is bombarded with all sorts of nasty, yes, I mean NASTY chemicals, which finish up in our bloodstream, so entering our organs in turn. So much is written about these goods, the way they poison us and I have also mentioned them elsewhere. It is frightening, the powerful action of them and the only one **out of thousands** I am going to mention is Sodium Laurel/eth sulphate. It is a 'foaming agent' and you will find this chemical in just about all household cleaners and washing powders and liquids. It is in shampoos, hair conditioners, toothpaste, anything that makes suds and bubbles. It strips all the natural oil from your skin and hair and is a great contributor to itchy skin and scalp, including dandruff etc. There is so much more to find out about it by googling: '*what are the side effects of sodium laurel sulphate*'. I leave that with you also. Please learn to be responsible for your action. Only YOU can do it!

I have been very busy, since retirement, putting all this knowledge down for your sake. Even some of my colleagues, are amazed at the information I have gathered and passed on to them over the years, something they did not learn or have thought about.

A car mechanic should know all about the workings of a car, including the correct fuel for a particular model care, the recommended oils and all the settings for every part of this vehicle. If he/she doesn't know them, how can he expect the car to function properly? He is not going to advise you, to buy cheap or maybe inferior fuel, is he? That person is your car's (health) professional.

We, ourselves, together with all* our health-professionals, should be able to make the important decisions of what to eat and drink, how to handle emotional situations, how to manage our spirituality, how to be sexually

satisfied (and I don't mean having sex only) and also to be mentally alert all the time.

These matters should be taught, before you get sick. Hospitals should be learning institutions, where doctors are the lecturers in the prevention of diseases, instead of treatment places. If we need treatment, we have done something wrong in the first place.

You should never have to take your car to your mechanic, because something has gone wrong. You must take it to him, so he can prevent a misfortune happening before something goes wrong. Usually, people take the car for service at a pre-determined time, indicated on a label stuck to your windscreen. Regular service! We should do the same.

**Health professionals are those people, who will direct you and be able to help you in need, managing your many different departments of life. As I mentioned before: our physical, mental, emotional, sexual and spiritual sides are of immense importance and a very big part of life, for the rest of our life. If we can find professionals, who work with nature, instead of chemicals, we are giving our bodies a real treat. Therefore, I keep pushing NATURAL all the time.*

There is NO substitute for quality!

We have available: Chiropractors, Osteopaths, Physiotherapists, Remedial masseurs and masseuses, Acupuncturists, Chinese herbalists, Bowen therapists, Dietitians, Hypnotherapists, Reflexologists etc. to call on for natural help. They do not use dangerous drugs.

I am always willing to help you, but YOU must make up your mind, that you want to be well and are willing to sacrifice some habits you have developed during your life.



These two people are a good example of good health. You can be like they are.

YOUR DECISION TO BE WELL, IS THE MOST IMPORTANT STEP TO TAKE AND CERTAINLY 'NUMBER 1'.

It will not necessarily be easy. In fact, you will have to do some real fighting. Remember the rewards though.



I am now 89 years of age

and I have not seen a doctor for ill-health for over 60 years. Nor have I taken any prescriptions or over the counter medicines. I have not had a cold or the flu during this time either, so I am just proving to you, that it is possible. Most people who meet me for the first time, think I am about 60 and they are just so amazed. That's not too bad! Recently I have made contact with a doctor, just to have one on my side, in case I need attention in the future. She is very understanding

of my ways of living and we can discuss things together.

I am a thinker and spend a lot of time working on some amazing projects, especially health, good quality health ones. I get a lot of information during my

meditation sessions, early in the morning. I want to impart and share my findings with you, from many years of research, so you too can be well and fit. I look at many sports people and find they too could improve so much more, if they ate and drank life-giving foods, but so often, they eat the 'forbidden foods' slowing them down. Drinking alcohol straight after a win is so bad, but it is done everywhere. These people go to take-away outlets, drink those heavily advertised "sports drinks", sometimes full of sugar and at other times laced with Aspartame, an artificial sweetener, which is so dangerous and causes many diseases. It is a problem and we should do something about it ourselves.

WE MUST BE THE DOERS OURSELVES!

As stated before, if you can take the FIRST STEP AND DECIDE TO GET WELL, you are more than half-way there. Just look around you and see the beautiful proportioned people (picture above), the models, the athletes etc. You swoon over their looks. Now try to copy them and look great yourself.

I hope you go and eat out, whenever you want to give the family a treat, but only go to places where you are being fed healthy food. It will cost you a bit more to dine out at these establishments, but do it less often and really enjoy the night out, away from your kitchen. Have that deserved break from the daily grind. Giving your family 'a treat' at these take-away outlets, is slowly poisoning them. If that is your way of treating your family, it is wrong indeed!

Apart from the sickness it causes, being obese is not pretty, (and I am NOT showing you another picture), however it is somehow accepted in society. It is a pity that we have followed this cult, but that is not the model you were, when you were young: The show-room special; streamlined, shiny, colourful, bright-eyed, well-proportioned and functioning on all aspects of life.]

Doctor's surgeries are full of people with diseases, that could have been prevented in the first place. You should not have to there all the time.

I know, there will always be a few people, who have problems with weight. Some people cannot put-on weight and are always very skinny. Others are at the other end of the scale and cannot lose their weight. Their natural digestive system is out of whack (and more) and they do have real problems coping with that. I have come across a few of them over the 48 years in business as a natural health worker, most of the time as an Osteopath.

However, obesity is generally self-inflicted by the lifestyle you lead as you read above, so **please** think about it, as it would be so nice to be comfortable again. Shortcuts, such as operations are never recommended. Some medical procedures are performed to those who are trying to take a shortcut, but should be avoided. **Show yourself that you can do it by yourself. Be strong and willing to change.** Be POSITIVE and remember;

“There is no such thing as “CAN’T”.

I am particularly concerned about our younger generation. I see shopping trolleys full of the wrong foods every time I go shopping. The number of loaves of white bread, loads of milk, nasty drinks like the colas and so-called sports/health drinks, packaged foods to heat in the microwave oven (shock-horror), tinned foods, sweets, chocolates, biscuits, lots of meats of different kinds and the list goes on*. Then I look at the shopper and what do I see? A large person and often a large child beside them. Children should be taught to eat properly at a very young age and not be brought up with sweets and de-vitalised foods and drinks. The trouble is, that YOU were not educated in knowing what foods are healthy and have set the pattern and it is difficult to revert back to being good and eating well. And unfortunately, your doctor has not been fully educated in nutrition either, so there is a gap to fill.

**I am pleased to let you know, that when I was looking for an image of a ‘naughty’ shopping trolley, as described above, I could not find one. Yeeaah!*

Sweet, sour, salty and bitter tastes in foods, are a natural occurrence and every one of them has a place. Modern living and eating, has changed all that and we add flavour enhancers (salt, sugar, MSG, etc) to make them taste different. We really should not do that, as nature has planned these flavours for our benefit. The bitter taste in some foods, is good for our liver’s function for instance.

Please be happy with what Mother Earth has in store for us. It is very good to follow Nature’s rules. To try and change them, is to go against the plan of the Maker of everything, who made everything so perfect.

Our taste-buds have been changed to always have “nice tasting things” go down our mouths, but please learn to accept everything, just the way it is grown.

BACK PAGE COMMENTS.

This book, is written with all the good and loving intentions I have for you. I get nothing out of this and all the information is compiled for you, so you may be guided to stay clear of poisons and chemical materials, which are foreign to your body AND ARE SLOWLY DESTROYING YOU.

Your body is an organic structure and should be regarded as such for the whole of your life.

I have personally proven, that by keeping away from the modern methods of treating our body, that life can be really comfortable and well.

Sure, there were times, when I too had to accept an attack of something I did not like, caused by modern living, but I always managed to find a natural way to overcome this and heal it in time, by being patient and trusting.

The body is a self-healing system and all the 'natural professionals' out there, are directors, NOT HEALERS in the true sense of the word, using their skills, steering you into the right direction SO YOU CAN HEAL YOURSELF. I was in this business for 48 years.

Find the professionals that suit your personality and the ones you are drawn to.

I hope that some of the ideas you are reading in this and some of my other books, will help you greatly in recovering, but preferably not getting involved in sickness, by keeping well, preventing and remembering to keep on boosting your immune system.



Keep that strong on a daily basis and you will be able to fight negative influences.

**'BE THE LIGHT THAT SHINES BRIGHTLY'
ALL THE TIME AND SHUN DARKNESS!'**

With all my love, Shanti.