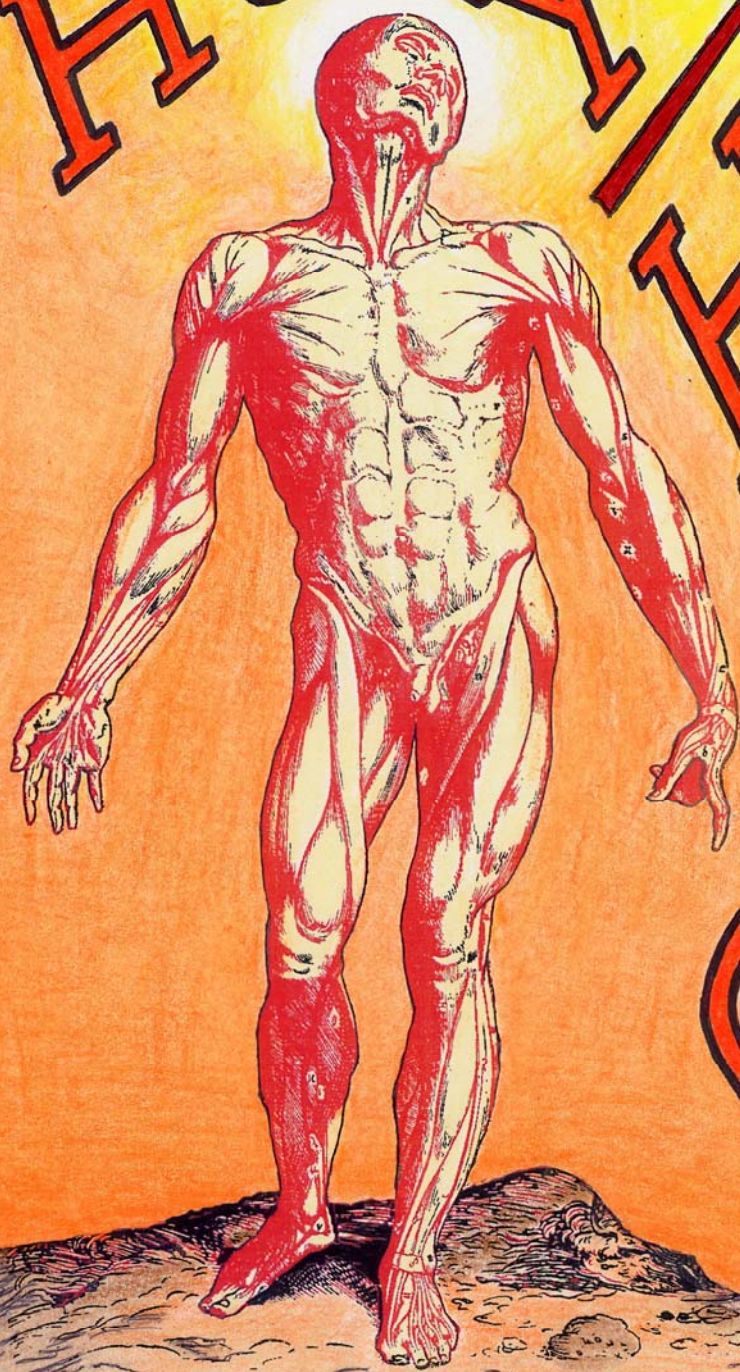


HOW'S YOUR HEALTH OVERALL?



Special Report

His second health issue was fibromyalgia (a painful and weakening disorder). As a result of treating himself for this, with a special diet and special multi-nutritional supplements, his symptoms no longer exist.

Subsequently, Robert was hospitalized for life-threatening events associated with his heart and lungs. This led to surgery, from which he suffered a stroke. A major part of the left side of his body was paralyzed. And, against all odds, after embarking upon his own self-initiated and strict program, he is nearly 100% recovered. It is not apparent to anyone who meets him that he has recovered from a serious debilitating stroke. How he did this, his treatment, and his recovery, is discussed at the end of the report.

As a result of an off-and-on, 35-year journey into research and studies in the subject of health, driven with a passion to understand his illness and treat himself, Robert wrote this report and hopes that his experience can now help others. He says "I have met and known some exceptional medical doctors for which I have great respect. However, according to the medical establishment itself, there are no medically recognized cures for what were my health problems. So, I had to search out on my own."

This Special Report presents information that describes world-wide conditions which has an affect upon human health, such as: the quality of our air and water, toxins, depletion of the earth's minerals, good foods, bad foods, and the role of the U.S. Government and its serious concern about the health of the U.S. citizens. Sufficient background information on physiology is also provided so that the reader can understand how these conditions can be overcome. The report further provides a disciplined program for achieving and maintaining overall good health; this area of coverage is particularly informative and enlightening enough for anyone to improve upon their own state of health.

In the epilogue, Robert not only describes his long, arduous but successful battle to recover from his stroke, but also the good news (and latest info) that the medical establishment (as a result of recent scientific research) is now beginning to address recovery techniques for stroke victims.

It was a pleasure to review the report, and to interview Robert as well. He has taken a road few others have traveled, a long journey of self-study and self-cure. The report is an "eye-opener" which gets at the primary sources of many health problems; it is comprehensive, simplistic, and practical.

Sincerely,

William G. Roberts, Jr. (M.B.A.)
President,
Book Tycoon Enterprises & Associates

HOW'S YOUR HEALTH OVERALL?

Special Report



**The path to health has so many voices,
and so many opinions, that it can often
cloud the truth.**



We are exposed, every day, to various levels of thousands of well-identified, man-made toxins. According to the U.S. Environmental Protection Agency (EPA), there are more than 70,000 chemicals being used commercially in the U.S. alone. These chemicals exist as complex gases, liquids, and solid, microscopic particles. Consequently, we live in a world where the water we drink, the food we eat, and the air we breathe is no longer pure and safe. Most of us are unaware of our daily exposure. However, these toxins slowly debilitate our bodies to the point where we die, not mainly from infectious diseases (as in the past), but mainly from degenerative diseases, such as heart disease, cancer, stroke, diabetes, and Alzheimer's dementia. Let's consider a few of the problems that are associated with the water, the food, and the air.

WATER

The accumulation of insecticide and pesticide residues on farmlands works its way into groundwater, into lakes, into streams, and eventually, into the oceans too. As a result, the spread of these toxins over the earth is so great that traces of DDT are being found in the blood of Polar bears. And for problems with water that involve acid rain, the Canadian Government has classified more than 2,000 lakes in Canada as being "marine-life dead." Natural, good drinking water is in short supply. This is why the market for bottled water increases steadily every year. In fact, it was televised, in September 1997, on CNBC news, that the fastest growing beverage industry in the world is drinking water. Most

people, who can afford it, now drink water that has been either filtered, purified, or distilled.

FOOD

The soils of American farmlands have been considerably reduced of the minerals that are essential for humans to maintain peak health and resist disease. This has resulted from over-production of the soils, as farmers, employing hi-tech methodologies, seek to feed many other countries of the world, in addition to the American public. Consequently, minerals are being depleted from the earth faster than nature can replenish them.

The lands need to be rested in periodic intervals by rotating certain areas of crops through years without planting. It's also necessary to rotate the growth of certain crops through different acreages each year. Acid rains have added other problems, affecting the mineral flux in the earth and thereby limit the ability of certain minerals to enter the stalks of the crops. For example, research shows that acid rain increases the sulfuric acid level in the soil, which in turn, inhibits the ability of growing plants to absorb selenium. Selenium is a powerful antioxidant, which is deficient in our diets. And studies have shown that if we supplement our diets with 200 micrograms of it daily, we can reduce the chance of getting various cancers by about 50%.

The uses of pesticides and herbicides causes further, serious detriment to the food supply. The American farmlands get heavily dosed with highly toxic pesticides at the rate of about 10 pounds per person every year.

MINERALS

For the human body to maintain good health, it needs to have a reasonable balance of essential minerals every day. This is why the state of depletion of certain minerals in the farmlands is, indeed, a serious concern. And, according to Earl Mindell's Vitamin Bible:

- If we are deficient in just one mineral, the entire body can be thrown out of balance.
- The efficiency of each mineral is enhanced by the balanced amount of others.
- Vitamins cannot function unless minerals are present.
- Minerals are the catalysts that make enzyme functions possible.
- Hormonal secretions of glands are dependent upon mineral stimulation.

Dr. Linus Pauling, who perhaps will be remembered as the greatest biochemist of the 20th century, and who was awarded a Nobel Prize for his discoveries of how atoms combine to form molecules said, "You can trace every sickness, every disease, and every ailment to a mineral deficiency." And, according to a U.S. Government study (which was documented

in U.S. Senate Document No. 264) back in 1936, 99% of all Americans were already deficient in at least one mineral.

AIR

Tons of toxic fumes from industry, homes, trucks and autos are liberated into the air every day. We breathe some of these fumes, which contain a multitude of man-made, unnatural, tiny particles that get into our blood stream, reach our cells, and there-in, can cause any one of many, debilitating, degenerative diseases. (Degenerative diseases are non-bacterial and non-viral diseases, such as heart disease, stroke, cancer, and asthma.)

According to the Environmental Protection Agency (EPA), the trucking industry alone in the U.S. liberates more than a billion tons of Carbon Dioxide (CO₂) into the air every year. This amounts to about 21 pounds of excess CO₂ per person, per day.

It's not only the toxic fumes from industry, homes, and vehicles on the road that affects our health, but so do many other things. These other things include herbicides, pesticides, smoke, certain cleaning products, certain preservatives, alcohol, cured meats, TV, X-rays, computers, and exposure to ultra violet rays. What do all these things have in common in the way that they affect our health? They all cause harmful "free radicals" to exist within our bodies.

FREE RADICALS

What are free radicals? They are electrically unstable atoms or molecules, and they have been implicated in causing a whole host of degenerative diseases. Being unstable, they fly around in our bodies and have the ability to dislodge adjacent molecules, and consequently, can affect cell functions. Free radicals are dynamic molecular particles. They are chemical terrorists.* In fact, "Studies have shown that free radicals actually produce bursts of light. Their movement and appearance are volatile... in comparison with other molecules.", says Dr. Kenneth Cooper in his popular book, *The Antioxidant Revolution*. In addition, renowned biochemist Dr. Richard A. Passwater, in his book, *The New Supernutrition*, tells us that "One free radical can damage a million or more molecules..."

Because each of our cells consists of millions of molecules, you may now wonder how the free radicals can affect and disrupt functions of our living cells?

*For purposes of discussion, free radicals here are considered to be, primarily, electrically unstable oxygen molecules.