

HOW TO DEFEND YOURSELF FROM unseen enemies

CANCER, AIDS, TUBERCULOSIS, THE COMMON COLD

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You do not begin a fight with your hands tied behind your back. Nor do you wear a blindfold or have your feet embedded in a concrete block. However, we still have to face AIDS, cancer, tuberculosis (TB), colds and flu... with an immune system that is weak... and with AIDS rapidly spreading throughout Africa, wiping out whole families, villages and towns, many of our loved ones are dying in the battle lost to cancer and other diseases.

- **Acid Alkali imbalances:** Acidity in body tissues caused by a lack of alkaline minerals – calcium, magnesium and potassium.

The first weapon against disease is **information**. Not just what you read every day, but the truth.

The AIDS test is known to be inaccurate. You may have been falsely diagnosed as being HIV positive. **HIV = Human Immunodeficiency Virus** and **AIDS = Acquired Immune Deficiency Syndrome**. The fear of having such a condition is enough to depress and damage your immune system. To have a strong immune system, you need to maintain a healthy diet and a very positive frame of mind as a means of defence.

In the refining process, products like mealie meal and white flour lose important nutrients like fibre, vitamins, essential fatty acids, minerals and the waxy compounds known as sterols and sterolins. If you are serious about your health, eat brown bread and yellow mealie meal or polenta. Say goodbye to cakes, biscuits and junky snacks. Spend your money on healthy foods, vitamins and minerals.

STRENGTHEN YOUR IMMUNE SYSTEM: START NOW

1. **Think more positive thoughts and don't talk negatively about your health.** Learn to meditate – you will have a perfectly healthy body that is able to resist disease if the cells vibrate in harmony.

2. **Eat enough protein, vitamins, minerals and trace elements** every day plus herbal supplements – Echinacea, Ginseng, Aloe, Wilde ails, Centella and Don Quai (angelica) are good to take before winter. Some foods such as sesame seeds, soya beans, flax seed, lentils and brown rice contain potent anti-viral and anti-cancer substances that occur in the outer skin of seeds and nuts. We also need foods like citrus fruit and green, orange or yellow vegetables that contain anti-oxidants to prevent damage to genetic material within the cells. Supplements containing Vitamin A, C, E and selenium are a good investment. Having enough calcium, magnesium and zinc is vital to the immune function. Food is not always a reliable source of nutrients.

3. **Avoid obvious toxins and carcinogens** such as fluoride, cigarette smoke, exhaust fumes, pollution, etc. Too much harsh sunshine is not recommended, so use a good sunscreen and wear hats or protective clothing. Take more vitamin A.

4. **If you feel a cold coming on,** take 1 gram of vitamin C and 15mg of zinc immediately. Mix vitamin C with fruit juice and sip it continuously. You can add sulphonyl (a natural anti-oxidant) to the water. Take Echinaforce drops or Echinacea to boost immunity. Try the new 2000 anti-flu preparation in Homeopathic drops or pills.

5. **Look after your liver.** It produces cells that gobble up genetically damaged material on a constant basis. Any breakdown in this function and the material can start multiplying rapidly to form tumours, especially if parasites carry it to other parts of the body. Detoxify and strengthen the liver with the following supplements: milk thistle, choline, inositol and aloe products. Destroy parasites with herbal compounds containing cascara, echinacea, cat's claw and aloe bitters.

Look at your lifestyle and prevent your children dying from a condition you could easily be preventing right now!

We look to doctors and medicines for a cure, but they do not always succeed. How can we cure or defend ourselves from killer diseases? We are finding it harder and harder to shake off a cold or flu, but how fit are we to deal with the real killers such as AIDS, TB or cancer?

CAUSES OF WEAKENED IMMUNITY

- **Negative attitudes:** Fear, hate, anger and unhappiness.
- **Mental stress:** a feeling of not coping, worry.
- **Air & chemical pollution:** exhaust fumes, smoke, dust and asbestos particles, chlorine, fluoride (in toothpaste), benzene (in cosmetics, household cleaners & industrial chemicals).
- **Drugs:** chemotherapy, AIDS drugs, dagga, cocaine, heroine, etc and alcohol.
- **Energy upsets:** electrosmog from low frequency radiation, microwave ovens, cellphones and other gadgets.
- **Bad diet:** too much fat, white flour and sugar, food additives, too much salt, not enough fresh fruit and vegetables or protein.
- **Lack of food supplements:** like anti-oxidants, B vitamins, Vitamin E, cod liver oil, etc to make up for what is lacking in today's food.
- **Too little:** exercise, fresh air, regular sleep, laughter, happiness and love.
- **Bad habits:** homosexual abuse, drugs, not drinking water, relying on laxatives.
- **Parasites and pathogens:** hepatitis (liver disease) bilharzia, malaria, all kinds of worms, bacteria and viruses, especially retroviruses.