

AVOID HIGH-POISON FOODS. Naturally, the easiest way to reduce the load of poisons going into your body is to reduce your eating of foods that contain a high dose of poisons. *High poison-dose* foods are mostly animal products, which include all dairy, meats, poultry, fish, and other seafood. *Note that white meat is no better than red meat.*

EAT BEANS & PEAS. Your body needs proteins therefore eat *plant* proteins, such as beans and peas, everyday. But *plant* proteins are *incomplete* proteins. So, what must you do? Well, nutritional research has shown that grains provide the proteins parts (known as amino acids), which plant proteins lack. Therefore, you should eat *unrefined* grains, such as brown rice, whole wheat, barley, oats, rye, corn, millet, sorghum, quinoa, amaranth, or spelt, everyday too.

DO NOT EAT EGGS, because what's in the fowl gets into its eggs. You may *safely* eat eggs *only* if the fowl has been free to roam, and has eaten a healthy diet of wholesome foods, vitamins, and clean water. *That* is now impossible!

AVOID MILK and milk products, because they move the poisons from the cow's fatty tissues into your own. Therefore do not eat butter, cheese, yogurt, cream, or ice cream.

EAT PLENTY OF FRUIT, fresh or dried. Know that it's possible to be healthy eating only fruit, nuts, seeds, roots, leaves, and multivitamin.

AVOID FOODS CONTAINING ADDED PRESERVATIVES, *added* colors, and *added* flavors. The additions could be poisonous. Therefore read food package labels carefully. Know also that some foods, like honey, dried fruits, and dried leaves, contain their own *natural* preservatives.

DO NOT DRINK ALCOHOL. Alcohol is not food; it is a poisonous drug that damages the brain and the liver. If you must drink, recognize these serious consequences.

AVOID MEDICINAL HERBS because medicinal herbs contain poisonous chemicals too. Medicinal herbs are effective because they contain medicines, *and medicines are poisons.* You should take medicines *only* when you are sick, and *only* if nothing else will work. Know that marijuana, tea, cocaine, tobacco, reserpine, and digitalis are herbs too.

AVOID ALL MEDICINES, unless there is no other way to get better. You will find that when you eat right (and take additional multivitamins in the right doses), you will hardly ever need any medicine at all.

Six Ways To Protect Your Health...

And The Health Of Your Loved Ones

1. Reduce your consumption of dairy products, eggs, meat, poultry, and fish because a great deal of poisonous pollutants is concentrated in such foods.
2. Replace meat-and-fish flavor with Organic HealthiLifer Powdered Mushroom.
3. Eat plenty of unrefined plant foods, such as fruits, nuts, beans, peas, leaves, mushrooms, roots, and unrefined grains.
4. Do not drink alcohol.
5. Replace refined sugar with *unrefined* sugar. The best unrefined sugar is Organic HealthiLifer Powdered Unrefined 100% Cane Sugar.
6. Take PerfectBalance Multivitamin everyday to help neutralize the poisons your body cannot avoid. It is the only multivitamin formulated by a brilliant neurosurgeon to improve health and prevent disease.

Your HealthiLifer Wellness Club Is Your Partner For Good Health

Obtain your PerfectBalance Multivitamin, Organic HealthiLifer Powdered Unrefined 100% Cane Sugar, Organic HealthiLifer Powdered Mushroom, and AthletiX-1: Performance Multivitamin from the Club Director of your Independent HealthiLifer Wellness Club:

If for any reason, your HealthiLifer Wellness Club Director is unable to supply, please call: 212- 615 - 6751.

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YOU CAN HEAL YOURSELF

Improve Your Health & Prevent Disease For Yourself & Your Loved Ones
WITHOUT MEDICINE, HERBS, OR SURGERY



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Surprising Medical Discoveries You Can Use Today

I have discovered that the vast majority of the population is in poor health because they simply do not eat right, and what they eat is loaded with poisons, a large portion of it from the polluted environment.

I have also discovered that refined sugar and animal protein are the leading causes of arthritis, of osteopenia, and of osteoporosis.

Better yet, I have discovered that you can heal your arthritis, improve your health, and prevent future disease for yourself and your loved ones by taking certain, simple steps.

And best of all, I have discovered what those steps are. I will now share them with you.

1. The Heavy Burden Of Refined Sugar

Refined sugar is a heavy burden on your health because:

- a. Refined sugar promotes tooth disease, which results in cavities, tooth decay, toothache, and tooth loss.
- b. Refined sugar contributes significantly to overweight, diabetes, heart disease, and blood vessel disease. These will result in high blood pressure, stroke, and heart attack.
- c. Refined sugar promotes acne.
- d. In addition, I have discovered that refined sugar promotes osteopenia and osteoporosis, the very serious damage of bones.
- e. I have discovered that refined sugar (along with animal protein) is the leading cause of arthritis.

In other words, though refined sugar is sweet, it is in reality, a known poison. Strangely, the knowledge of these startling facts has, so far, failed to improve people's health on a broad scale. The reason? You and I – and everybody else – love the sweet taste of sugar. We choose to eat sugar, no matter what.

Still, You Can Protect Yourself

We medical doctors know that:

- a. You can reduce your tooth decay,
- b. You can reduce your excess weight
- c. You can reduce your diabetes,
- d. You can improve and cure your acne,
- e. You can lower your high blood pressure,
- f. You can improve your arthritis, and
- g. You can improve your osteoporosis.

But to do so, you *must* avoid (white) refined sugar – completely. And *that* is not easy. Let's face it: sugar is, indeed, delicious. The problem we must now solve is: *What can you use in place of refined sugar?* None of the available sweeteners tastes any good, and you can't bake with them. You can, of course, bake with honey but you should know that some honey brands are just as bad as refined sugar because the bees were, unfortunately, fed a solution of refined sugar, instead of being allowed to feed on wild flowers!

Now, back to the taste problem. What else is there that can taste as delicious as refined sugar? What else can you use in your cooking and baking? We are fortunate: We have found a *great* replacement.

Refined Sugar Replaced With Organic, HealthiLifer Unrefined 100% Cane Sugar

The *nutritious* replacement for unhealthy refined sugar is HealthiLifer Unrefined 100% Cane Sugar. It is a great replacement because, since it retains the *natural flavor* of the sugar cane, it tastes even *better* than refined sugar.

How do we make Organic HealthiLifer Unrefined Sugar? By boiling down the whole juice of the sugar cane and grinding up the resulting solid into a nutritious powder.

HealthiLifer Unrefined Cane Sugar is a *wholesome food* and, though it tastes better than refined sugar, it is indeed good for you! It really is just like dried whole fruit. Enjoy it at any time, and experience the great rewards of better health again.

2. Poisons Are Now Part Of Everyday Food

Modern industry has introduced more than 50,000 chemicals into the environment. No one knows the effect of most of these chemicals on the human body. The medical profession knows, however, that a great many of the chemicals are poisonous and will cause such serious diseases as brain damage, liver dam-

age, lung damage, kidney damage, asthma, anemia, premature puberty, birth defects, and cancer.

After so many years in the hands of a notoriously careless industry, these poisons are *everywhere* now. They are in the air we breathe, in the water we drink, and in the food we eat. Sometimes, the poisons are even deliberately put into food by food processors, as preservatives, or to artificially give the food a stronger flavor or a fresh-looking color. At other times, the poisons get into the food unavoidably from the polluted environment.

Many of the poisons dissolve *only* in oil and are therefore concentrated in the fat of animals and fish. And as you know, it is the *fat* that gives taste to dairy, meats, poultry, and fish. Therefore, when you eat dairy, meat, poultry, or fish, *you take large quantities of these poisons into the fatty tissues of your own body.* And from there, they wreak havoc.

Within your body, mostly in your liver, biological processes neutralize the poisons that have entered. In doing so, your body needs various kinds of vitamins. For example, the liver uses Vitamin A to neutralize Arochlor 1242, a poisonous pollutant. These days, though, the body is unable to neutralize the full poison load because the amount is now too large.

Your Food Is Now Weaker Than Ever

In addition, modern farming and food distribution methods have so weakened the food you eat that your food now supplies only a small fraction of the vitamins your body needs. Yet, because of the large amount of poisonous pollutants in the environment, your body needs more vitamins than ever before.

So, once again, there is a problem: too much poison, not enough vitamins. As a result, you now suffer from serious diseases (such as cancer) that your body can heal or prevent, if only you had a smaller load of poisons and more vitamins. Fortunately, here again, there are several specific actions you can take to heal and protect yourself and your loved ones.

You Must Take Additional Vitamins

My research has shown that by eating right, you can *deliberately* reduce the load of poisons going into your body. Eating right means *eating the best food you can, and, at the same time, taking the best multivitamin available.* Therefore: