



Kevin Trudeau's

April 2005

NATURAL CURES NEWSLETTER

The only health newsletter that takes NO advertising and promotes NO products!

I HAVE SUED THE FEDERAL TRADE COMMISSION

I have done the unheard of. I have sued the big, mighty and all-powerful Federal Trade Commission! Never before in history has an individual citizen decided to fight the goliath in Washington and stop the misleading of the American public. The Federal Trade Commission is one of the most corrupt political organizations in the world. It was commissioned to protect consumers from monopolies and protect consumers from false and misleading advertising, amongst other things. Unfortunately, today, the Federal Trade Commission does the exact opposite. The FTC actually actively engages in protecting the monopolies that exist and protecting the companies who are putting out false and misleading advertising. Additionally, the Federal Trade Commission is probably the number one violator of its own false and misleading advertising standards.

The FTC repeatedly puts out press releases that are flagrantly and blatantly false and misleading. Corruption must stop. The government must stop taking advantage of the citizens. The large multinational corporations must stop putting profit above ethics, integrity and honesty. We, as a society, are being made sick purposely so that large companies can make billions of dollars in profits. This must cease. The FTC is engaged in helping this to continue to occur. They must be stopped. The FTC is supposed to protect us; instead it is protecting the large multinational corporations.

Consider this, the Federal Trade Commission takes no action against large multinational corporations in relation to false and misleading advertising. Isn't it surprising, the large multinational corporation never engages in any false and misleading advertising even though they produce the majority of ads? The reason the FTC takes no action against the large companies advertising is not because they are not false and misleading, they flagrantly are, but because those companies are paying millions of dollars to lobbyists and politicians who are then telling the FTC to not take action against them. The most flagrant example of this is the ad for the drug Celebrex. This ad was so blatantly false and misleading that the FDA actually said that this ad must be taken off the market because it is so false and misleading. The Federal Trade Commission is the agency that is supposed to take action against companies that produce false and misleading advertising and rip off the consumers. Here is an ad that was deemed false and misleading, and deemed to have ripped off consumers of hundreds of millions of dollars, yet the FTC remains silent. The FTC should have sued the manufacturer of Celebrex, required the company to pay millions of dollars in fines and give one hundred percent consumer redress for all the people who took that drug based on the false misrepresentations in the advertisement, but the FTC takes no action. Why? Because of political payoffs.

The FTC is not interested in protecting the consumers; it is interested in protecting the profits of the large companies. The FTC repeatedly sues people like myself who advertise truthfully and honestly, but whose products and opinions can have an adverse effect on the large companies. This is how the FTC protects the monopolies and protects the profits of the large corporations. This is wrong and must be stopped, which is why I have taken this unprecedented action on behalf of all citizens by suing the Federal Trade Commission. Here is a copy of the press release relating to this action. For more information go to www.kevinightsback.com.

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I HAVE SUED THE FEDERAL TRADE COMMISSION (Cont'd.)

KEVIN TRUDEAU SUES FEDERAL TRADE COMMISSION FOR "FALSE ADVERTISING"

National Consumer Advocate and FTC Critic Seeks End to Ongoing Retaliation

Chicago, February 28, 2005 Kevin Trudeau, an author who is fast becoming one of the nation's leading consumer activists, filed today two separate suits against the United States government charging the Federal Trade Commission with publishing false and misleading information.

Mr. Trudeau is suing the FTC for very much the same reason that the FTC sues people for, in essence, a form of false advertising. According to the suits, the FTC has, by its own standards, committed a flagrant violation of the rules governing deceptive communications.

In an agreement to settle prior to litigation then pending in the United States District Court before the Northern District of Illinois, the government expressly acknowledged that "[t]here have been no findings or admissions of wrongdoing or liability by [Kevin Trudeau]."

Within days, however, the FTC issued a news release maligning Mr. Trudeau in language that directly contradicts the terms of the settlement agreement by falsely implying that Mr. Trudeau was found guilty of false advertising.

Mr. Trudeau is charging that the FTC again, to use the FTC's own articulated standard given the "net impression" in its press release that Mr. Trudeau has been found guilty of wrongdoing, is a habitual false advertiser, and was ordered to pay a fine. According to the suits, these are blatant falsehoods, which additionally rob Mr. Trudeau of any benefit of the settlement agreement.

On February 16, 2005, Mr. Trudeau, through his lawyers, wrote to the FTC asking the agency to remove the misleading news release from its website, issue a retraction, post the retraction, and disseminate it to all the news agencies that received the original release.

On February 22, Christian White, Deputy General Counsel for Administrative Law and Ethics, rebuffed this request by asserting that the release does not violate the settlement agreement because "nothing in the press release refers to any 'findings' of fact or law . . ."

Astonishingly, the FTC is thus defending its actions related to the settlement agreement by stating that its published allegations about Mr. Trudeau, which are presented in their new release as fact, are indeed unsubstantiated.

"The FTC has played fast and loose with the facts," said David Bradford, an attorney with Jenner & Block who represented Mr. Trudeau in his settlement with the FTC and in his current lawsuits against the agency. "If an advertiser manipulated the truth like the FTC has in its website and news release, the FTC would not hesitate to sue them for misleading the public. The FTC has disregarded their first and foremost obligation to promote the truth."

Even the headline of the release was misleading, Bradford said. It stated that Mr. Trudeau has been banned from airing infomercials, implying a total ban. In fact, there is no total ban indeed, Mr. Trudeau is currently airing one of the most successful infomercials of all time, for a book which is critical of the FTC.

The lawsuits accordingly charge the FTC with retaliation against Mr. Trudeau. In his publications, and in a highly popular series of TV infomercials, Trudeau has bluntly criticized federal agencies and the FTC in particular, for working with the pharmaceutical industry to stifle discussion and marketing of natural food and medicine alternatives.

Mr. Trudeau is the author of *Natural Cures "They" Don't Want You to Know About*, which discusses natural remedies for common ailments and diseases that don't involve expensive drugs or high-priced medical consultation. The book has become a best-seller.

In one suit, Mr. Trudeau seeks a declaratory judgment that the FTC's news release is false and misleading, that the FTC has exceeded its authority, and that the FTC has wrongfully sought to chill Mr. Trudeau's exercise of his First Amendment rights. That suit seeks an injunctive order requiring the FTC to cease its wrongful conduct and correct its misleading statements. Mr. Trudeau's second suit seeks unspecified monetary damages for injury to his business.

"This breach of contract is so bald-faced that it can only represent a concerted attempt by the government to put Kevin out of business," said Kimball Anderson, a lawyer with Winston & Strawn who also represents Mr. Trudeau. "Their news release repeats charges that, in the course of litigation, were never adjudicated. And now (in its February 22 letter) the FTC even admits it."

The FTC news release was, the suits charge, additionally designed to maximize negative media coverage of Mr. Trudeau and his business. It is evident from media coverage that the strategy has been unfortunately successful, as the resulted coverage appears to have relied primarily, if not entirely, on the FTC release.

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I need your support in this action. You can write the Federal Trade Commission and tell them you are outraged at how they mislead the public and that you back me. Send your mail to Federal Trade Commission, 600 Pennsylvania Avenue, N.W., Washington, D.C. 20580; or fax to (202) 326-2012, Attention: Consumer Response Center (CRC); or e-mail by going to www.ftc.gov and clicking on "File a Complaint."

ABC'S GOOD MORNING AMERICA PUTS OUT FALSE AND MISLEADING STORY ON ME AND MY NATURAL CURES BOOK

ABC's *Good Morning America* did a story on me and the *Natural Cures* book. The story was flagrantly false and misleading in the net impression it left on people watching it. This is standard operating procedure by the news media. Why would the news media do a negative story on my book? Very simple. The majority of advertising money that ABC gets is from the pharmaceutical industry and the large food companies. These are the two industries that I expose the most in my book for their fraud and corruption and how they are in fact making us sick and fat on purpose so that they can make more profits. I believe that the sponsors put pressure on ABC to put this misleading story on.

The most obvious example of how they misled the public in their story was when they showed the reporter knocking on my door and made it appear that I was unwilling to answer the door and answer their questions. What they failed to mention was that they came to my door at approximately 7:00 a.m. in the morning unannounced. This way, they knew that I could not answer the door since I was still sleeping. This is misleading. It is also misleading because I repeatedly told them that I would do a live interview at any time. They denied my request. I also repeatedly told them that I would do a taped interview provided that I could view how they edited my comments. They denied my request again. You see, it is obvious that they wanted to mislead you into believing that I had "something to hide" or was unwilling to answer their questions. I need your support. Please write ABC's *Good Morning America* and tell them you are outraged at their false and misleading representation in their story. Tell them how much you benefitted from the book and my newsletters and how the information is in fact changing your health for the better. I need your support now more than ever. You can write to ABC; at ABC, Inc., 500 S. Buena Vista Street, Burbank, CA 91521-4551, or call (818) 460-7477, or e-mail netaudr@abc.com.

I AM NOT ALONE!

Medical doctors now are backing up what I say!

The *New York Times* ran a public health notice, which was published on January 23, 2005. This public health notice was put out by Dr. Mathias Rath, M.D.

NO AMNESTY FOR MAKERS OF DEADLY DRUGS! PROTECT YOUR HEALTH! ACT NOW!

Largely unbeknownst to the American people there is a war going on that has claimed victims in every family. This war is escalating and threatens every human life. It is a war being waged in the interests of the multibillion dollar pharmaceutical industry, which is not a health industry but rather an investment business built upon the continuation and expansion of global diseases. Your health and the health of every person in America is threatened in several ways:

1. "The business with disease" as the basis of the pharmaceutical industry. The pharmaceutical industry is a multibillion dollar investment business that has orchestrated the largest fraud in human history. It promises health, but in fact thrives on the continuation of diseases. This fraud scheme is easily unmasked. Most pharmaceutical drugs are designed to merely cover disease symptoms, but are not intended to cure or eradicate diseases. As a direct result of this multibillion dollar fraud business, no cure has ever been found for cardiovascular disease, cancer, diabetes, or any other chronic disease. On the contrary, these diseases continue in epidemic proportions, killing about 5,000 Americans every day. This compares to the annihilation of a city the size of San Francisco every year.

2. The epidemic of dangerous side effects caused by pharmaceutical drugs. The dangerous side effects of Vioxx, Celebrex, Lipitor and Prozac are not the exception, they are the rule. Due to their synthetic nature, most pharmaceutical drugs are toxic to our bodies, causing organ damage and other serious side effects. According to the American Medical Association, one million American suffered disabilities from taking pharmaceutical drugs and more than 100,000 of them die as a result of this every single year.

3. Legislation that protects the expansion of the deadly business with disease. For decades drug companies have used their giant profits to manipulate the public and influence legislation, including that from the U.S. Congress and the White House. Now that the deadly consequences of the pharmaceutical fraud business has been unmasked the survival of this industry depends on the protectionist laws. The current push of the Bush administration for so-called "medical liability reform" is not about protecting gynecologists and medical doctors from medical liability lawsuits. The centerpiece of the proposed medical liability legislation is to prohibit punitive damage awards and liability lawsuits brought by injured patients against drug companies. This medical liability legislation is being used as a cover to grant amnesty to drug manufacturers,

I AM NOT ALONE (Cont'd.)

protecting them from having to compensate millions of patients for the harm their drugs have caused. It is payback for the pharmaceutical industry, which was the largest corporate sponsor of the Bush election campaign. The people of America and their political representatives have to realize that the proposed medical liability legislation is a "Trojan Horse." Passing it means granting immunity to the drug makers, allowing them the unrestricted expansion of their deadly business with disease at the expense of patients. As the direct consequence of this law, tens of millions of Americans will suffer disability and die from preventable diseases within the next decades.

4. Withholding life saving information about the health benefits of vitamins and natural therapies. A precondition for this "business with disease" based on patentable synthetic drugs is the suppression of effective and safe, but non-patentable and therefore less profitable, natural therapies. For decades the pharmaceutical industry has strategically expanded its influence on medical education with devastating results. It has deliberately blocked any information about the essential role of vitamins and other micronutrients in maintaining health contained in every textbook of biology, biochemistry and natural science from entering medical school teaching and medical practice. Through their strategic influence, the pharmaceutical industry has established a global monopoly on medicine. As a direct result, generations of medical doctors have not received adequate training in nutritional and other natural therapies. Doctors and patients alike have become victims of the pharmaceutical industry's efforts to monopolize human health. As a result, tens of millions of Americans have died unnecessarily over the past decades because this life-saving health information has not been available to them.

5. Suppressing effective natural therapies by law. Effective, safe and non-patentable natural therapies threaten the very basis of the pharmaceutical investment business. They target and correct the underlying cellular deficiencies of today's most common diseases, thereby preventing and even eradicating them. The elimination of any disease inevitably destroys a multibillion dollar drug market for the pharmaceutical industry, thus the pharmaceutical industry has launched a global campaign to protect its patent-based "business with disease" by outlawing natural non-patentable therapies at the national and international level. This is the background for the Bush administration's attack on the Dietary Supplement Health and Education Act. The key legislation protecting the rights of the American people for free access to natural therapies and to freedom of health choice. If this fundamental human right to natural health is taken away the health of billions of people will be compromised and tens of millions of them will pay the ultimate price for generations to come.

This public health notice was written by a medical doctor! I wholeheartedly support Dr. Rath's work and courage.

GET THE TOXINS OUT AND CURE YOUR DISEASE

Remember, virtually every single disease is caused by the same thing.

1. You have too many toxins in your body;
2. You have nutritional deficiencies;
3. Electromagnetic chaos is adversely affecting you; or
4. Stress is causing your body to become acidic and the genetic weaknesses to be exposed and disease develop.

To cure any disease you must find out what the cause of that disease is. Do not simply try to suppress symptoms. Drugs only suppress symptoms and they cause disease because they are toxic. It is also important to remember that no matter what disease you have, there is no one cure for a disease because what caused your particular disease may be different than what caused another person who had the same disease. Example: If ten people came to me with Multiple Sclerosis and asked, "What's the cure?" There is no one cure for Multiple Sclerosis. Each of those ten people could have the symptoms of Multiple Sclerosis, but those symptoms could be caused by different factors. One person's symptoms of M.S. could be caused by his laptop computer or eating microwaved food. Another person's symptoms of M.S. could be caused by a Candida yeast overgrowth. Another person's symptoms of M.S. could be caused by heavy metal toxicity. Another person's symptoms of M.S. could be caused by Aspartame. Another person's symptoms of M.S. could be caused by some prescription or nonprescription drug they are currently taking or have taken over the years. Another person's symptoms of M.S. could be caused by some stress or trauma in that individual's life. Another person's symptoms of M.S. could simply be a nutritional deficiency. So, the treatment for each person would be different. That is why I always say if you are sick or if you want to remain super healthy, it is vitally important to see a licensed healthcare practitioner. I recommend seeing several licensed healthcare practitioners on a regular basis to keep you healthy and not just treat you when you're sick. I believe it's important to see several people because each person looks at you from a different viewpoint and uses a different set of background knowledge and facts to give you certain recommendations to keep you healthy or cure your disease.

The fact is you must get rid of toxins if you want to remain healthy or cure yourself of disease. It is obvious that toxins cause disease, but most people that I talk to don't believe that they are toxic. Let's look at the research; let's look at the facts. Virtually every kind of food you eat in a restaurant is loaded with chemicals. The air is loaded with chemicals and poisons. The water you bathe in and shower in is loaded with chemicals and poisons being absorbed into your body. Every lotion,

GET THE TOXINS OUT AND CURE YOUR DISEASE (*Cont'd.*)

cream, toothpaste, shampoo, soap is loaded with poisons and chemicals going into your body. Every nonprescription and prescription drug you have taken over your life is a chemical that has been put in your body, etc., etc., etc. These toxins and chemicals do not come out of your body; they stay in you and create a residual building up effect, which causes you to be sick and prone to disease. It was recently reported that rocket fuel chemicals were found in mothers' milk. The *Associated Press* reported that, "A toxic chemical used in rocket fuel was found in virtually every sample taken in a new study of nursing mothers' milk." The report went on to say that rocket fuel chemicals were also found in virtually every sample of dairy milk tested that was pulled from grocery store shelves. These deadly chemicals have also been found in drinking water supplies in 35 states and also in vegetables! This should help convince you that you are absolutely full of poison chemicals and toxins. This is why the number one thing I say to do is to clean the toxins out of your body and stop putting toxins in your body. If you want to remain healthy this is an absolute must.

In last month's issue Chakra Earthsong wrote an article on cleansing. This is part two of that article. Cleansing is vitally important. Remember, the different kinds of cleanses include: (1) a colon cleanse, (2) a liver/gallbladder cleanse, (3) a kidney/bladder cleanse, (4) a parasite cleanse, (5) a heavy metal cleanse, (6) a Candida cleanse, and lastly, (7) a full body cleanse. You absolutely, positively have to cleanse your body from toxins otherwise you will be prone to disease and sickness.

Pre cleanse guidelines

1) See a Licensed Natural health care provider. Especially if you have a serious health condition including, though not limited to, a terminal, genetic or autoimmune disease, chronic digestive problems, diabetes, hypoglycemia, underweight or are taking prescription or non-prescription drugs. It is best to discuss your cleansing plan with a professional before starting.

2) Have a pure water source for drinking, showering and cooking. Handle this first and foremost. Go back and read about water in the Natural Cures book if you are not convinced you need to have a pure water source, now.

3) Change the way that you buy food on an everyday basis. Shop at the health food store and farmers markets or find online sources for quality organic foods. Keep your kitchen stocked with organic fruits and vegetables, raw, not roasted nuts and seeds. Buy whole grain bread, and cook whole grains such as brown rice and quinoa. Try legumes such as lentils and a variety of beans. Choose organic animal protein foods, raw dairy products, and healthy essential oils such as extra virgin olive oil, high lignin flax oil and virgin coconut butter/oil. These foods are considered WHOLE, not processed foods. Most importantly, be eating MORE of these foods than processed, chemically laden food. More information will be available on the Natural Cures website about coconut butter and other whole foods.

4) Exercise steadily. Walk, do yoga, tai chi and/or chi gong. Go to the gym, do some form of steady daily movement. Have an exercise plan and do it daily.

5) Do not smoke anything, drink any alcohol or caffeine, other than green tea, during the cleansing diet.

6) Schedule in your cleanse, plan ahead, be ready. Reaffirm "Yes, I want to do this, I am ready for it and I am starting my cleanse on this day" Tell family, friends or your health care practitioner about your cleansing diet. Enlist support, even someone to do it with you. This can make the experience both memorable and fun.

7) Own or borrow a juice machine and a blender and be familiar with using them.

8) Take action with a few of the steps in the Natural Cures book, Chapter Six, "How To Never Get Sick." Many of these suggestions are essential to have in place in your life.

9) Read the pH testing section on the Natural Cures site. Do this before starting the cleansing diet. Take the time to do the pH test procedure if you have not already done so. Measure your pH levels before you begin so that after the cleanse you can look back and compare. This is valuable information, especially over the course of a year. Track your pH levels in your journal or organizer.

10) A week ahead read over the shopping list and the cleanse plan. Get familiar with the information. Be sure you are clear on what you need and how the plan works. Clear out your fridge of anything you might be tempted to eat that is not on the plan. Only items on the cleansing diet should remain.

The purpose of the in-depth descriptions, grocery lists and directions are so you can really learn how to cleanse in the comfort of your own home. Saturday might be a good day to get your supplies together, then start your cleanse on Sunday. You can do a three, five or seven day cleanse. If you do just three days this first time, it will be very easy. If you are confident about your ability to do more, go ahead. You could follow this cleanse with a short juice fast.

Shorter cleanses are easier on your body, so get familiar with this style of cleansing before getting into longer more complex types of detoxifications.

This first cleanse is a colon cleanse. If this world of cleansing, organic food and tools for health and healing are new to you, this is the perfect place to start. It will help you get familiar with the food and procedures involved with just about any cleanse that you will do. My definition of short-term is less than two weeks. *For every cleanse, you need to know the tools you will learn doing this very first one.*

GET THE TOXINS OUT AND CURE YOUR DISEASE (Cont'd.)

Basic cleansing skills are juicing, making homemade whole fruit smoothies, vegetable soups, salads and simple and satisfying vegetable dishes. *After you do it once or twice you will start to get the hang of it and be able to do longer or more in-depth cleansing programs, if you wish.* I encourage you to do this cleanse and then move on to a liver, kidney, parasite or Candida cleanse protocols next, keeping the momentum while you are in the zone!

There is not a short cleanse in the world you can do successfully if you do not adhere to the following guidelines. *No means none, not a little bit.* If you want the results you must make some hard choices, and really stick to the plan. For this I applaud you. You can find everything on the following list at a well-stocked health food store.

Cleanse Guidelines

Yes's: You *may* have the following. Remember this is only 3-7 days

- Pure high quality water, plain or add a squirt of fresh lime or lemon
- Freshly made organic juices
- Organic fruits and vegetables
- Frozen organic berries for smoothies
- Extra virgin olive oil and high lignin flax seed oil purchased in a dark bottle
- Apple cider vinegar, lemons, limes, herbal salt substitute and other herb based condiments
- Herb teas
- Salt free vegetable broth
- Fiber in the form of flax seed and psyllium husk powder
- Triphala capsules
- Charcoal capsules
- Pro biotics
- Digestive enzymes
- Herbal laxative containing cascara sagrata
- Green powder combination whole food supplement or spirulina powder
- Colonics with a certified colon therapist
- Enemas
- Daily exercise

No's: You *may not* have or do the following. Remember this is only 3-7 days

- Tap water
- Drugs
- Smoking
- Alcohol
- Coffee, black tea or chocolate
- Sugar, or any sweetener, in any form
- Flour or flour products of any kind, baked goods, pastas or bread
- Dairy, milk, or butter, cheese or yogurt
- Animal or flesh foods
- Eggs, tofu, beans, grains or legumes
- Fried food
- Artificial foods, sweeteners, colors or flavors
- Bottled or canned drinks
- Dried fruit, other than the small daily serving of soaked prunes
- Potatoes, yams, corn, peas, mushrooms or artichokes, bananas
- Food from fast food restaurants, packaged or processed food
- Salt, none for at least three days

Power Cleanse Plan Shopping list

You need the following items for a three to five day cleanse. Depending on the quantity of food you eat and juice, you will restock supplies as necessary. These are basics you can plan on using continually in your kitchen.

GET THE TOXINS OUT AND CURE YOUR DISEASE (*Cont'd.*)

Kitchen tools and other items

- 1) A large supply of quality purified drinking water; you will use this to rinse your produce after washing it, for drinking, making tea, soups, diluting your juices and possibly for enemas. Consider buying a quality reverse osmosis purification system.
- 2) Juice machine for making vegetable and fruit juices
- 3) Blender for smoothies and soups
- 4) Large stainless steel soup pot
- 5) Sharp knife, chopping board, colander, strainer
- 7) Kettle or stainless steel pot to heat water
- 8) Thermos or quart size mason jars. Both work well for transporting fresh juices or smoothies. If you need to take food or fluids with you, use a cooler and ice.
- 9) Epsom Salts
- 10) Enema bag

Produce, preferably organic

- 12-24 apples, the crunchiest ones you can find for both eating and juicing
- 6-8 pieces of additional fresh seasonal fruit, papaya, mango, pears, peaches, plums, nectarines, berries, melons, grapefruit, oranges, tangerines, anything you like, other than bananas. Eat fruit for breakfast, snacks and use for juicing.
- 3-6 lemons, squeeze in water, use as a condiment on your salads and vegetables
- 2-4 limes, for your morning water
- 2 bags of frozen berries, choose from raspberries, strawberries or blueberries for smoothies
- 2-3 bunches of celery for juicing, snacks and soup
- 1 #5 lb bag of carrots for juicing, snacks and soup
- 2 yellow onions for meals
- 1-2 red onions for salads
- 1-2 heads of garlic for juice, for flavor on veggies, soup
- 3 beautiful fresh lettuces for salads
- 1-2 bunches broccoli, use stems for juicing, tops for meals
- 1-2 head cauliflower for meals
- 3-4 bunches of chard, kale, and collards, choose your favorite or a mix for juice and meals
- 1-bunch beets use both the greens and root for juice and meals
- 6 cucumbers for salads and juice
- 1-2 bunches parsley for juice, soup and salad dressing
- 1 kabocha or butternut squash, for soup

In addition get

- 1 lb raw almonds to soak for mid morning snack
- 6-8 inches piece of ginger root for juice and tea
- 1 lb bag of dried prunes for breakfast
- 1 jar of unsweetened cranberry concentrate for morning drink
- 1-2 boxes of tasty detoxifying herbal tea, various blends are available at the health food store. Try a couple of flavors to discover what you like best.
- 1 shaker container of dulse or kelp powdered sea vegetables to sprinkle as a condiment
- 1 qt. apple cider vinegar for salads
- 1 bottle high lignin flax seed oil, store in the refrigerator for smoothies and meals
- 1 large bottle extra virgin olive oil for salads, meals and dressings
- 1 container of unsalted vegetable broth in the cube, jar, or aseptic container. Choose from a variety of brands. Use as a snack, warm soothing beverage, soup base or meal.
- Herbal salt substitute, use as a condiment on veggies or salad.
- Cayenne powder good condiment, adds heat to food.
- Stevia sweetener extract, liquid or powder form, use to sweeten cranberry flax drink or tea.
- 1 container organic ground flax seed powder fiber, purchase in a dark container.

GET THE TOXINS OUT AND CURE YOUR DISEASE (Cont'd.)

- 1 jar psyllium husk powder fiber, choose powder or capsule form as fiber.
- 1 bottle Triphala capsules
- 1 bottle herbal laxative containing Cascara Sagrada
- 1 bottle digestive enzymes
- 1 bottle charcoal capsules, for excess gas
- 1 bottle probiotics, buy from the refrigerator section at your health food store
- 1 glass jar of spirulina or other green powder (concentrated food/nutrient supplement), preferably organic

Choose your foods based on availability and personal preference. Indulge in all your favorite fruits and vegetables with the exception of potatoes, corn, peas, mushrooms, and artichokes, which are not on the cleansing diet. If asparagus is in season and you adore it, live it up, eat asparagus to your hearts content. You may be pleasantly surprised how incredibly delicious a bowl of steamed chard greens tastes with olive oil and lemon sprinkled on top.

Power Cleanse Plan: 3 - 7 days

Buy, eat, juice and enjoy as much preferably organic produce as you want to. Make and drink freshly made juice every single day along with pure water, herb tea and salt free vegetable broth. By eating and drinking large quantities of this quality food you are going to flood your body with super nutrition, simultaneously pushing out old wastes and putrefied foods fermenting in your intestines, with the use of daily flax, psyllium fiber and the natural herbal laxatives. Exercise daily, just do not overextend during the cleanse. Every morning and evening you will take a combination of fiber, herbs and supplements

The day before you start your cleanse, eat steamed vegetables and protein for lunch and a large leafy green salad with more vegetables for dinner.

Water: Drink half of your weight of water in ounces daily, as the MINIMUM amount.

(If you weigh 130 lbs. drink a minimum of 65 oz of pure water daily.) Better to drink a gallon of water per day.

Juice/tea: Drink 32 oz or more of freshly made vegetable and fruit juice daily. In addition to water, drink two cups of herb tea, more if you like. Each morning have the unsweetened cranberry juice concentrate and flax drink.

Eat: Fruits and vegetables, that are raw, as in uncooked, lightly steamed, or in vegetable soup. Snack on fresh apples, pears, and other fruit and vegetables such as celery stalks, carrots, radishes and cucumbers.

Fats: Use no more than two tablespoons total of flax and olive oil daily. Have your oil raw on your salad and/or vegetables. Do not cook with any oil. Use water to steam or sauté when cooking. Follow instructions for how to soak almonds and have one handful each day. Raw virgin coconut butter may be used after the cleanse is over. Soon you can read about the incredible benefits of virgin coconut butter on the Natural Cures website.

Condiments: Use an herbal salt substitute, lemons or limes squeezed over salads and veggies for flavor. Use high lignin flax seed oil, extra virgin olive oil, apple cider vinegar, and shakers of powdered dulse or kelp sprinkled over veggies and salads.

Fiber: Ground flax seed powder, psyllium husk powder. Keep ground flax seeds and flax seed oil in the refrigerator. Twice daily you will mix a fiber drink as an intestinal bulking agent.

Additional support: Triphala is an ancient Ayurvedic formula used to improve and tonify your digestion. Charcoal is available to use if you have excess gas from the diet change, use according to instructions. Digestive enzymes can be taken with lunch and dinner, according to instructions. Herbal laxatives increase bowel action along with extra fiber and food. Take each evening according to directions on container.

Your goal is to stick with the plan each day

Make your morning flax drink: stir 1 heaping tablespoon of ground flax seed powder and 1 tsp. of cranberry concentrate into a 12 oz glass of water. Mix and drink. Enjoy this every morning. If sweetening is desired, add a tiny bit of stevia extract.

Evening fiber drink: Mix the flax drink as you did in the morning, this time adding 1 T psyllium husk powder. Mix and drink. It is best to take psyllium in powder form, capsules are available if you prefer. Follow with a glass of water.

Soaking almonds, before you go to sleep or by 10 pm, place one cup of dry almonds in a clean 16 oz jar, fill jar to top with pure water. Leave on counter overnight. In the morning you will be pleased to see that the almonds doubled in size overnight. Pour the almonds into a strainer and rinse with pure water. After rinsing out your original jar, put almonds back in the jar, cover them with pure water and place in your refrigerator. They will keep in this way for at least a week. Change the water each day when you get your handful of almonds.

Soaking prunes: before bed or by 10 pm remove pits from 2-4 prunes, place in a small bowl and cover with pure water.

GET THE TOXINS OUT AND CURE YOUR DISEASE (*Cont'd.*)

Juicing: can be fun. The entire process goes faster if you wash newly-bought produce before putting it away. When juicing, alternate the produce items as you juice them. Rather than juicing 2-3 apples in a row, then 3-4 stalks of celery and a bunch of parsley, juice ½ an apple, a stalk of celery, a handful of parsley, then back to more apple. Use this classic recipe of celery, apple and parsley as your basic juice recipe. You can add or subtract various vegetables or fruits according to taste. Try a variety of produce. Favorites include chard, kale or spinach leaves, cucumbers, carrots, and a slice of ginger or lemon. Change the combinations, as you like. Cut your produce so it fits in the juicer chute, avoiding “clogged juicer syndrome.”

Smoothie: The cleanse smoothie has less ingredients and creaminess than other smoothies you find in the recipe section on the website. This light version is banana-free and perfect for cleansing. Blend 1-2 cups of frozen berries, 1-2 apples, soaked prunes (along with their soaking water), 1 tsp. flax seed oil or one handful of almonds. If you have spirulina or a green powder, start with 1/4-1/2 tsp. Adding more each day as you get used to the taste. Add just enough water to blend until smooth.

Morning Plan

Each morning upon rising drink a glass of water with the probiotics according to the directions on the bottle. Drink one more glass of water with the juice of half of a fresh lime.

Next prepare and drink the ground flax seed and cranberry concentrate drink.

Mix 1 tablespoon ground flax seed with water; add 1 tsp. cranberry concentrate stir and drink. If this is your normal exercise time, go ahead. Be aware of not overextending this week.

Breakfast

Choose between a fresh fruit salad or homemade fruit smoothie. You can use 2-3 pieces of fruit. Add your soaked prunes and their soaking liquid to your smoothie or chop up the prunes and add to fruit salad. The soaking liquid from the prunes makes a sweet and tasty “sauce” on the fruit salad. Eat the amount that satisfies you, no more. See recipes section for ideas.

Mid-morning snack

Drink at least 16 oz of fresh vegetable or fruit juice. If you are hungry have a handful of soaked almonds.

Note: by 12-1 pm you should have drunk at least half your daily water requirements

Lunch Plan

Eat a super-sized salad. Use a variety of lettuce greens, grated carrots, sliced red onion, sprouts, sliced cucumbers, any veggies, raw or steamed along with it. Eat as much lettuce as you like. Use only 1 T of oil on your salad, and fresh lemon, lime, or apple cider vinegar to taste. Try the dulse or kelp powder and if you like it, sprinkle on top for additional flavor. Take digestive enzymes

Mid-afternoon snack

Drink at least 16 oz of fresh vegetable juice. If you are hungry eat a piece of fruit or a couple celery stalks. Have a cup of herb tea.

Dinner Plan

If you do not feel like eating, you may drink another glass of vegetable juice or have a bowl of warm soothing vegetable broth. Sometimes this feels better on a cleanse than eating solid food and that is fine.

For dinner choose one of your favorite vegetables along with a dark leafy green vegetable such as kale, collards, beets greens or chard. Steam veggies in pure water, starting with the longest cooking veggies first, then adding the quicker cooking veggies last. Do not overcook. Sprinkle with your second tablespoon of oil, herbal salt replacement, lemon, cayenne, fresh garlic, and some sea vegetables if you like them and chew well.

Evening time

Enjoy a cup or two of detoxifying herbal tea after drinking another water and another fiber drink. This time omit the cranberry concentrate and mix 1 tablespoon flax and 1 T psyllium in a glass of water.

If you find you are still hungry after eating your meals, here are a few suggestions. Wait ½ hour and then have a large cup of detoxifying tea. After your tea if you still feel you need something to eat, have an apple or two. You should not be hungry on the cleanse. If you find day after day that you are constantly thinking about food, you may be in withdrawal from a variety of unbeneficial substances you have been eating. If your body is craving man-made processed foods, remember your commitment to getting the full benefit from this cleanse and avoid giving in to the cravings. Listen to your body closely and use good discrimination. If you are craving something healthy, like apples, you can eat more apples.

GET THE TOXINS OUT AND CURE YOUR DISEASE *(Cont'd.)*

To get the best possible results from your colon cleanse:

- Get a massage, a chiropractic adjustment or another form of bodywork. This is a wonderful time to get deeply in touch with your body and all its sensations.
- Take a walk. If you are feeling agitated or restless, walk it off. Toxins are eliminating and moving around helps.
- Take a warm bath; add 2-3 cups of the Epsom salts to your bath for a great release. Try some essential oils; lemon and geranium are a nice addition.
- Get a colonic. Plan this ahead, and if you can, schedule 2-4 colonics during your cleanse.
- If you are constipated or having trouble moving your bowels during the cleanse, increase the amount of water you are drinking and the natural herbal laxatives by one capsules each evening. The high quantity of liquids you are drinking should keep your bowels eliminating well.
- When in doubt of what to eat, make juice. If you cannot figure out what to eat or feel too tired one evening to prepare a salad or steam some vegetables or are just plain tired of chewing, drink juice. You can have juice instead of a meal anytime on the cleanse.
- Now could be an excellent time to clean out other aspects of your life, such as clutter in your cupboards & closets, inappropriate relationships, or any place you feel there may be some eliminating or re-organizing you want to do. It is common during a cleanse to feel like cleaning. If you have time and energy take advantage of this opportunity.
- Do an enema, excellent for clearing low bowel congestion in your colon. You can do this in the privacy of your own home. Enemas will not replace colonics, though they are great in addition. If you cannot get to a colon therapist, enemas will help. Instructions are available on the website.
- Do a little hot-cold therapy: as you end your shower, gradually turn the water temperature to cold for a ten second invigorating rinse. Dry off with a brisk rub down. Once you get used to this rush you may want to do it every day.
- Read one of the many excellent books on cleansing and detoxification. Here are few great titles, more titles can soon be found on the Natural Cures site.
 - 7-day Detox Miracle, by Peter Bennett, N.D. Stephen Barrie, N.D.
 - Internal Cleansing, by Linda Berry, D.C.
 - The Healthy Liver and Bowel Book, by Sandra Cabot, M.D.
 - The Detox Diet, by Elson Haas, M.D.
- Journal, write your goals, thoughts and dreams. New energy may be opening to you during this time. Listen for it and capture the moment with your written words.
- Cleansing is different for each person, each of you will have unique experiences unto yourself, on your own cleanse. Some feel more energetic while others feel more lethargic as they cleanse.
- Rest fully, get sunshine and fresh air, listen to your intuition, and keep your stress levels to a bare minimum. By doing this cleanse you have taken responsibility for yourself. This is a time you may find it easier to both forgive and accept certain things in your life. You can use this as a chance to connect with others and appreciate being alive.

More information and details on some of the finer points of cleansing can be found in the member's section of the Natural Cures website. Look in the recipe section for cleansing food recipes. Read about healthy elimination and enemas. Learn more about green powder power foods and spirulina. Information about juice fasting and other book recommendations will be coming soon.

Cleanse designed by Chakra Earthsong, Holistic Nutrition and Lifestyle Consultant

MORE ON DMSO

I mentioned in a previous newsletter that DMSO (dimethyl sulfoxide) is colorless, nontoxic water soluble liquid derived from wood pulp. DMSO comes in very small molecules and has the unique ability to permeate the skin and cells very quickly. It is a powerful solvent of both inorganic and organic material. Its penetrating ability is far superior to most any other substance. It comes in gel and cream form. When applied to your feet, it can within moments cause your breath to smell slightly garlic-like. This is because it penetrates so quickly and travels throughout the body so rapidly. DMSO also pulls in water at an incredible rate. It has such a powerful attraction to water that it can even pull it out of the atmosphere. When you combine DMSO's ability to penetrate and attract water you can see why it travels throughout the body so rapidly. It is important to know that DMSO is used throughout the world as a medical treatment for many afflictions, including arthritis, head and spinal injuries, infectious diseases, cataracts, asthma, sinusitis, diabetes, sciatica, cancer, stroke, herpes simplex and much, much more. It has been known to inhibit bacterial growth, viruses and fungi. At Hospital Santa Monica in Rosario Beach, Mexico, Dr. Curt W. Donsbach uses DMSO and hydrogen peroxide intravenously on virtually every cancer patient with reportedly remarkable success. This appears to be because cancer can not survive in an oxygen rich environment. Both DMSO and hydrogen peroxide get oxygen into the body very quickly. It helps alkalize the body's pH. As I mentioned before, the FDA will not allow the use of DMSO for the treatment of disease because it is not a patentable drug. This is done not to protect patients, but to protect the profits of the drug companies. There is a great book written by William Fharel which talks a lot about DMSO and hydrogen peroxide. It is called *Never an Outbreak*, and I highly recommend it. It is available on the internet.

WHAT PEOPLE ARE SAYING

I get thousands of e-mails every week from people sharing their experiences from doing the things I recommend in Chapter 6 of the *Natural Cures* book. Here are some comments that hopefully will encourage you to do the cleanses I recommend and start getting the nutrition that you need, eliminating the electromagnetic chaos, and reducing stress.

"I am eating more than ever before, enjoying it more, yet have lost five pounds. Great revelation."

"After struggling for years to get my stomach flat it finally is. It's miraculous!"

"You deserve an award for bringing this information out and restoring my good health."

"Thanks for making me feel better than ever before. It's a shame most Americans just don't know this information."

"My friends didn't believe it, but after doing the cleanses and losing their pouch they are all believers."

"My skin rash went away without any drugs just by doing the colon cleanse."

"You deserve a medal. Many of my ailments have already disappeared."

"In less than a month my stomach is nearly flat. Thank God for information on cleansing."

"After the cleansing my skin is now smooth and pink, just like a little child. It's amazing. I look ten years younger."

"After the colon cleanse I lost my pot belly. It's unbelievable. It works."

"The colon cleanse did the trick for me. My stomach is a thing of the past."

"My whole family noticed a difference. No one could believe how flat my stomach was."

"It's obvious why we haven't heard about this. Doctors would lose too much business."

"It's truly amazing how everything changes with a clean colon. Less cravings, not hungry, and no more wanting bad junk or processed food."

"Dropped two dress sizes in about four weeks."

"I'm 91, feel better physically and emotionally. Not taking any more drugs that harm the body and that has had a great impact."

GET RID OF YOUR SILVER FILLINGS

I've heard of people who have cleaned their colon, liver, kidneys, wiped out parasites, viruses, stopped eating processed foods and drugs yet still have symptoms and feel they are not at their optimal health levels. When all else fails, you must address the devastation of toxic dental metals, root canals, and mercury amalgams. This information is still being ignored by the majority of mainstream dentistry and medicine. Holistic doctors (doctors who treat the whole person and not just disease) have looked at this issue for years. It has been recognized as having devastating impact on your health. Metal simply should not be in your mouth. Researchers in Europe have estimated that perhaps up to half of all chronic degenerative diseases and illness can be linked to the toxic dental metals in your mouth. It most notably causes symptoms like M.S., Parkinson's, arthritis, headaches and lack of energy. It can also cause stress, depression, anxiety, mental confusion, feelings of insecurity, lack of concentration, irritability, kidney, cardiac and even respiratory disorders. Remember, all dental metals are toxic. They contain serious toxins. These toxins adversely affect your liver, thymus, thyroid, spleen, critical organs, and many body functions. This is one constant toxin that can breakdown the body's ability to perform efficiently, leading to disease and illness. If you are sick in any way, open your mouth and take a look. I would highly encourage you to remove all metal and root canals. Remove all dead and bacteria infected teeth. Doing this can bring absolutely miraculous healing to many afflictions. You will see unexplained symptoms vanish. Remember, don't go to mainstream dentists, look for alternative dentistry, biological holistic metal-free, or Huggins dentists. Here is a list of references:

Peak Energy Performance	(800) 331-2303	Referrals for Huggins dentists
International Academy of Oral and Toxology	(407) 298-2450	Metal-free dentists
Foundation for Toxic-free Dentistry	Box 608010 Orlando, FL 32860	Send self-addressed, stamped envelope for more information
Environmental Dental Association	(800) 388-8124	
American Academy of Biological Dentistry	(831) 659-5385 or (831) 659-2417	
Matrix Corp.	(866) 949-4638	Huggins Office
www.talkinternational.com		Directory of mercury-free and biological Dentists

If you have any health questions you may contact the following health care practitioners:

drhohn@goodlifefoundation.com

ojaihealth@aol.com

Dr.jeff@lifeforceplan.com

Visit: **naturalcures.com** and **thewhistleblower.com**

Email your Questions to Kevin at kevintrudeau@naturalcures.com

Or Mail to: Kevin Trudeau C/O Natural Cures

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