

## **Freedom Technology Email Seminar**

**Short-Cut Secrets Put You on the “Fulfilled Living” Fast-Track to Ultimate Health, Wealth, Freedom and Prosperity...**

# **Ultimate Health & Longevity**



[Jump to Start of Seminar](#)

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# Short-Cut Secrets Put You on The “Fulfilled Living” Fast-Track To Ultimate Health, Wealth, Freedom and Prosperity... In 16 Mind-Blowing Weeks!

**How to squeeze the MAXIMUM success possible in the quickest, easiest way (as if by “Remote Control”) from the Freedom Technology Email Seminar:**

The manual you hold in your hands right now (or are reading on your computer) is one part of the FREE 16 week Freedom Technology Email Seminar, and has **great potential power beyond your wildest dreams**. It can forever alter your entire life (when used properly, that is). *And we don't say that lightly.*

So let us show you, if we were standing in your shoes right now, starting from ground zero, being exposed to this Freedom Technology process for the first time... **exactly what we'd personally do to make sure we benefited from this life-changing information in the fastest time possible, with the least amount of effort (or headaches) and profited to the absolute MAXIMUM with this information.**

**First:** If you've received this manual from a friend, you should know that you could have missed important grounding material, without which this manual won't be as meaningful as it could be. If you haven't done so already, why not register right now to receive your own manuals. The process takes only 2 minutes, and it's completely FREE. Simply go now to [www.FreedomTechnology.org/register.htm](http://www.FreedomTechnology.org/register.htm).

**Second:** If you haven't yet read the important Introductory Email called “**Lesson 01 – Explaining Current Paradigms and How to Achieve a Paradigm Shift**”, (the one with the picture of the old and young women) you absolutely **MUST** do so now. Unless you've read and understood the basics covered in that lesson, what you're about to read now may not make sense to you. To receive this lesson, simply register your email address (see above). You'll receive this important lesson within seconds.

**Third:** Now that you're ready for the meat of this week's lesson, why not grab a cup of your favorite drink, print out this eBook, and get out your trusty yellow highlighter and favorite pen. You really should go to town marking up all the

paragraphs in this manual...writing down every single idea that gets triggered as you go through the rest of this manual.

You see, by taking notes you really internalize this life-changing information... because, after all, **there's a big difference between just "knowing" something and profiting from the knowledge!**

Improved health, fulfilling relationships, fabulous wealth and personal freedom come from action... absorbing the learning here, getting active with it, instead of just sitting back and passively reading it.

**Fourth:** Do you have friends or family who could benefit from this life-changing information? Imagine what a better place the world would be if everyone had access to the Freedom Technology Email Seminar! Simply send all your friends and family to [www.FreedomTechnology.org/register.htm](http://www.FreedomTechnology.org/register.htm) to register for their own FREE Freedom Technology Email Seminar – they'll thank you for it!

That's the EXACT method we would use if we were in your shoes starting with the Freedom Technology Email Seminar.

We have the unique benefit of knowing from first hand experience (both our own and from feedback from students) that the journey you're about to commence on is exciting, fun, unique and life changing. **If you will just follow this little guide, and those to follow over the next few weeks, you will be shocked by the results you achieve in the next few days, weeks, months, years... and, yes, your lifetime!** *Truly.*

**So, roll up your sleeves, and dig in right now...**

What are you still doing here? Your new fulfilled life with Freedom Technology is waiting for you right now....

Get to it!

Your friends at Freedom Technology:  
Dr. Tony Hope, Markus Hart & Vicki Wilson.

Tony Hope  
Markus Hart  
Vicki Wilson

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# 1 Welcome and Introduction

Dear Friend,

Welcome to the first of 2 parts of Health and Longevity Strategies, which forms part of the Freedom Technology Email Seminar. In this and the next Longevity lesson, we're going to guide you through the simple steps of leading a truly fulfilled life, starting with **exposing the cons forced on us by the medical establishment and the massive diet industry.**

## 2 Ultimate Health & Longevity

### 2.1 The Health Con

It seems everywhere you turn today, there is so much conflicting advice regarding health. And wherever you turn, there's someone shouting at you:

**'You're not eating enough VEGETABLES!'**  
**'You're not getting enough EXERCISE'**  
**'Give up MEAT! Give up COFFEE!'**  
**'Get out of the SUN!'**  
**'While you're at it, GIVE UP EVERYTHING!'**

But even though everyone else is giving up coffee, alcohol, meat, eggs, fatty foods, sunshine and all the things that used to make life enjoyable...

Even though they're exercising like maniacs, sweating like horses, starving themselves on the latest fad diet and scolding YOU for not joining them...

**Please don't submit to this self-denial** because...

It's just JUNK MEDICINE, and could well be doing your long-term health more harm than good! It may look and sound like the real thing, but when you see what many of these commonly held health and medical beliefs actually do to you, you'll be appalled.

While the masses meekly submit to these pseudo-science SACRED COWS, not even your doctor dares to ask, 'WHY? HOW COME? SAYS WHO?'

But we're going to ask all those questions right now and you're going to love the REAL ANSWERS, as we break through the myths and cons the medical establishment and health industries have foisted on us, all in the name of higher profits for themselves.

That's right. As you go through this week's Seminar, you need to keep the following thoughts in mind:

- The last thing the medical establishment (perhaps not your doctor personally) wants from you is good health.
- The last thing the diet industry wants from you is to lose weight.
- Both are in the game purely for money. Neither have your interests at heart, and both will tell you as many lies as possible so that they can extract as much money as possible from you.

Here's a very simple truth which drives both the medical establishment and the diet industry:

**If nature made the cure, you can't patent it...  
If you can't patent it, you can't mark it up for mega-profits.**

That's the simple reason doctors no longer prescribe natural herbs. It's the simple reason diet programs always promote their 'formulas' instead of fresh, natural, healthy fruit and vegetables:

**There's no money in it!**

## ***2.2 Be Honest With Yourself***

So even before getting into the meat of this Seminar, you need to ask yourself the following questions. And be honest with yourself - it's your life that's at stake!

- When visiting a doctor, do you want to heal yourself, or are you willing to simply pay someone else to accept responsibility for your health and recovery?
- When you start a diet, are you doing it to improve your overall health, or are you hoping for the quick weight loss the slick sales copy promised?

Depending on your honest answer, the common approach is to simply throw money at a problem instead of tackling the problem head on. The medical establishment and diet industry realize that people are searching for quick-fix answers and capitalize on this for immense profits.

The masses have become overly dependent on their local doctor. This is because of conditioning by the media, government programs, the medical establishment and tradition. However, the typical treatment nowadays is anything which suppresses the symptoms, thus creating the illusion of curing the patient.

## ***2.3 Treating the Symptom Instead of the Cause***

The body only becomes ill to eradicate or overcome whatever it is that may be throwing the body out of equilibrium. To fast-track the process by means of say, treating the fever as opposed to treating the cause of the fever, results in whatever caused the fever to remain in the body. After a short while it will regroup and recruit

more backup before attacking the system once again. Each attack is done with more strength and vigor.

The result is that the patient keeps returning to the doctor who once again treats the disease and not the cause, and a build-up of poisons in the body commences. Of course, doctors are pleased with this outcome because it means more prescriptions of expensive drugs, which translate into more profits.

So, doctors do not in fact promote wellness and health. They simply prolong the inevitable and are to a degree responsible for many build-ups within their patients that result in acute sickness and disease in the long run.

One need just look around to see how many people are suffering from lifestyle diseases such as cancer, diabetes, osteoporosis, arthritis, and allergies, despite regular visits to their doctor. All of these diseases can be controlled and in many cases cured by simply changing the diet.

## **2.4 Health Misperceptions**

Before we continue, here are two common health misperceptions.

### **2.4.1 Coffee**

Contrary to popular belief, coffee (fresh ground organic beans, not instant coffee which is full of contaminants, coloring agents, industrial solvents, and more) is one of nature's real health miracles.

- 1-3 cups of coffee a day reduces the chance of suffering from gallstones by up to 45%...
- Have 4 cups a day and you dramatically reduce your risk of colon cancer (the second deadliest cancer in the Western world)...
- Just one cup of coffee a day packs the antioxidant power of three fresh oranges.

Still think carefully chosen coffee is bad for you?

### **2.4.2 Sunshine**

You've heard it before: 'SUNSHINE CAUSES MELANOMA.' Just the opposite, in fact. In studies all over the world, as sun exposure increases, malignant skin cancer risk goes down. In the sunniest parts of Australia, lifeguards have lower skin cancer rates than office workers.

In fact, sunshine directly onto our skin and into the retina of the eyes (indirectly) is essential for good health. The key is to never, ever burn your skin. You have to start slowly (15 minutes a day, before 11am or after 3pm); then you can build up to an hour a day or more, depending on your skin type.

So go on out and enjoy the sun **sensibly**.



## 2.5 The Immutable Laws of Nature Regarding Health

Before we continue, let's remind ourselves which of the Immutable Laws of Nature which apply to Health and Longevity we're going to discuss.

**The Laws of Ultimate Health & Longevity** are based on:

1. **TAKING RESPONSIBILITY** for one's OWN Health; not becoming dependent on anyone else, including the medical establishment. This requires effort. The first step in taking responsibility is to understand the forces against you: Media; Government; Environment; Health Establishment; Traditions.
2. **NATURAL LIFESPAN**: Both science and the Good Book indicate that a normal life-span is 120 years. FALSE information is being used to promulgate the idea that it is only 70 to 80; AND that a loss of faculties is inevitable. By changing simple life patterns, achieving a healthy life to 120 and even beyond is not only possible, but how the human body was originally designed.

### 2.5.1 Taking Responsibility for One's Own Health

The most important aspect of taking responsibility for one's health is an understanding and acceptance of the role food plays in your general health and well-being. EVERYTHING that passes your lips is either detrimental to or beneficial to your health. There is no such thing as a food that does not affect your health.

Sun Ssu-Mo, a Taoist physician who correctly diagnosed and cured the nutritional-deficiency disease beriberi 1,300 years ago, a full millennium before European doctors did in 1642, wrote this:

A truly good physician first finds out the cause of the illness, and having found that, he first tries to cure it with food. Only when food fails does he prescribe medication.

Hmmm, not quite the same as modern medicine, is it? Of course, the simple reason is that there is a higher profit margin in prescription medicines than in food.

Dr. Charles Mayo, one of the most celebrated American physicians of the 20th Century, said this:

Normal resistance to disease is directly dependent upon adequate nutrition. Normal resistance to disease never comes out of pill boxes. Adequate nutrition is the cradle of normal resistance, the playground of normal immunity, the workshop of good health, and the laboratory of long life.

The six major causes of premature death in any Western society have all been linked to dietary factors: heart disease, cancer, strokes, diabetes, arteriosclerosis, and cirrhosis of the liver.

It is clear then that a major change in Western dietary habits would have a powerful preventative impact on these deadly diseases. And, as all Freedom Technology Members know, it would also severely impact the lucrative medical, pharmaceutical

and food processing industries. This would explain the findings of a Federal Research Committee in 1985: *American medical schools do not provide physicians with even the most rudimentary education in nutritional therapy, despite a growing awareness of the role food plays in health and well-being.*

So, already you can see that taking responsibility of your own health is as simple as eating sensibly. The challenge is that the understanding of 'eating sensibly' has been so distorted by the results of research funded by mega-corporations, that for most people it's become impossible to know, with absolute certainty, which foods have the most beneficial impact on one's health. In the next Health lesson we will cover what it really means to eat sensibly. And it's not nearly as complicated as you would think.

## 2.6 Smoking

If you are not a smoker, you can simply jump to the [next section](#).

The following article is extracted from *The Tao of Detox* by Daniel Reid, which you can purchase from [Amazon](#), or your favorite bookstore.

From the point of view of health, the best advice on smoking is this: Don't smoke!

While not every substance that's smoked is addictive, smoking itself is highly habit-forming, and while some smokes may be marginally more harmful than others, the real damage to health is caused by smoking itself, not by the particular substance smoked. Smoking involves the inhalation of highly toxic byproducts of combustion, many of which are carcinogenic. 'Where there's smoke there's fire', and when fire burns dried plant material such as tobacco, not only does it produce searing hot smoke, it also produces extremely poisonous chemicals that damage the delicate lining of the bronchia and lungs, cause highly acid forming reactions in the blood and leave harmful toxic residues in the tissues. So unless you have more than recreational reasons for smoking, it's simply not worth the risk.

Nevertheless, all kinds of people throughout the world choose to smoke and, like everything else in life, there are relatively good ways and bad ways to conduct a smoking habit, especially for those who smoke primarily as a means of balancing the nervous system and stimulating cerebral functions. During the 1950s, the renowned clairvoyant healer Edgar Cayce sometimes advised clients to smoke 3-8 cigarettes of tobacco per day to control the symptoms of nervous disorders and compensate for inherent imbalances in their neurochemistry. It didn't matter whether the client already smoked or not, but Cayce stipulated that in order to gain the desired therapeutic effects without harming health, it was essential not to exceed his recommended daily dosage of 3-8 cigarettes.

Tobacco is a potent medicinal herb with strong natural affinity for brain and nerve tissues. Even in very moderate doses such as those recommended by Cayce, tobacco stimulates abundant secretions of a wide range of vital neurotransmitters that are essential for balanced brain functions. In Cayce's time, cigarettes were not yet contaminated with dioxin and the hundreds of other carcinogenic chemicals that are used to manufacture cigarettes today, so they were still a relatively safe product, especially when used according to Cayce's guidelines. For people who cannot think

clearly or function properly in society due to nervous disorders caused by inherent or acquired imbalances in their neurochemistry, the moderate risks to health posed by smoking 3-8 cigarettes made with pure tobacco and rolled in chemical-free paper are certainly acceptable, if that's what it takes to control their symptoms. As long as smokers don't exceed such a moderate daily dosage, they can gain significant therapeutic benefits from smoking tobacco, at minimum cost to health, and the smoking habit can become more helpful than harmful.

Similarly, many people today suffering from the advanced stages of cancer and AIDS report that smoking a bit of cannabis hemp stimulates their appetites and restores their capacity to digest food and assimilate nutrition, while also relieving the intense physical pain caused by their conditions and allowing them to sleep soundly at night.

Prior to its prohibition, opium was also smoked as much for its medicinal benefits as for pleasure. In fact, during the 18th and 19th centuries in China, traditional doctors often recommended that elderly people suffering from chronic pain and incurable degenerative conditions associated with ageing start smoking opium in moderate daily dosages in order to control their discomfort and permit them to continue enjoying life. While certainly addictive, opium is no more so than tobacco, and smoking opium is considerably less harmful to health than smoking either tobacco or hemp, as evidenced by the remarkable longevity of many old Chinese opium smokers who properly conducted their habits and never exceeded their daily measure.

Today, however, both opium and hemp are prohibited, and tobacco is the only neuro-active medicinal herb that may be smoked legally for recreational or therapeutic purposes. Smokers should be aware, however, that tobacco is at least as addictive as opium, and that it's an even more difficult addiction to break than opiates; smoking tobacco is also more hazardous to health than smoking either hemp or opium. Nevertheless, since tobacco remains the only legal and socially condoned form of smoking throughout most of the world today, we shall limit our discussion here to tobacco.

### **2.6.1 Cigarettes**

If you smoke cigarettes, the best advice is not to exceed Edgar Cayce's recommended daily allowance of 3-8 cigarettes, and to strictly follow this cardinal rule: Roll your own, or leave them alone! Factory-made cigarettes today truly live up to their designation as 'coffin nails', but what causes lung cancer and eventually kills the smoker is not the tobacco - it's the carcinogenic chemicals added to the tobacco and the paper in the cigarette production process.

Among the approximately 2,000 toxic chemicals commonly found in commercially produced cigarettes today, dioxin poses the greatest threat to human health. Dioxin is a proven carcinogen that not only causes cancer but also produces genetic mutations, reproductive defects and brain damage. According to the Environmental Protection Agency in America, 'dioxin is by far the most toxic chemical known to mankind', and a report issued by a group of distinguished German scientists in 1998 concludes that dioxin alone is responsible for at least 12 per cent of all human cancers in industrialized societies. A UK study published in 1998 made it clear that dioxin can cause breast cancer in rats. The researchers exposed pregnant rats to small amounts of dioxin on the 15th day of pregnancy; the female offspring of the

dioxin-exposed rats were born normal, but by the time they were seven weeks old, their mammary glands had developed an unusually high number of 'terminal end buds' - the places in the breast where cancers develop. This is definitely not something you want to inhale from the burning tip of a cigarette - not unless you're trying to kill yourself.

Many popular brands of cigarette today also contain radioactive residues from the uranium dust which commercial growers add to the chemical fertilizers they use on their tobacco crops. Why on earth they add radioactive material to the soil in which tobacco is grown has not been explained, but traces of radioactive isotopes of uranium are present in their products as well as in the lungs of people who smoke them. No wonder the Marlboro Man succumbed to lung cancer at the height of his fame.

The paper used to manufacture ready-made cigarettes is even more contaminated with poisonous chemicals than the tobacco itself. Cigarette smokers who are still reluctant to take the time to roll their own cigarettes should try this experiment: cut open a typical popular brand of cigarette, remove the tobacco, flatten out the paper, and lay it in an ashtray; with the glowing tip of a lit cigarette, touch one corner of the paper and observe what happens. The edge of the paper ignites and the entire sheet gradually incinerates to ash, without bursting into flame, with the glowing edge fizzling and sparkling like the fuse of a firecracker as it eats its way through the paper until it's gone. The chemicals added to cigarette paper to produce this effect are similar to those used in making fuses for firecrackers and other explosives, and the reason they're added is to make sure that the cigarette continues burning even when the smoker isn't puffing on it, in order to increase consumption and sales of cigarettes.

Smokers accustomed to the convenience of ready-made factory cigarettes may find rolling their own a chore at first, but it's not nearly as inconvenient as getting lung cancer. Here again, if health and longevity are important considerations, the 'cost/benefit' ratio of smoking 'coffin nails' compared with that of rolling your own cigarettes clearly dictates that you roll your own.

Good quality, organically grown tobaccos that are free of chemical additives and radioactive residues are now available on the market, and while they may be somewhat more expensive than commercial factory brands, if you roll your own cigarettes and smoke moderately, your consumption will decline so much that it offsets the extra cost of buying pure tobacco. It's equally important to use pure cigarette papers that have not been chemically treated to make them burn faster, and these too are readily available in tobacco shops. One of the purest cigarette papers is Club brand, made by S. D. Modiano of Italy. These have no gum or glue and are thin as a butterfly's wing, yielding a minimum of toxic wastes when burned.

(From *The Tao of Detox* by Daniel Reid.)



**Side Note:** For an interesting article entitled *Smoking Helps Protect Against Lung Cancer*, see this [Joe Vialls Article](#). Quote: "This is clue number-one in unraveling the absurd but entrenched western medical lie that 'smoking causes lung cancer.'"

## 2.7 Alcohol

If you don't drink more than 1 unit per day (1 glass of wine or 1 tot of spirits or 1 beer, you can simply jump to the [next section](#).

The following article is extracted from *The Tao of Detox* by Daniel Reid, which you can purchase from [Amazon](#), or your favorite bookstore.

'Fire water' is the term which native American tribes used to describe the rum and other liquors brought to North America by British and European colonists. Alcohol intoxication contributed heavily to the downfall of traditional tribal cultures in North America, just as it did in Australia when British settlers introduced 'devil rum' to the indigenous aboriginal tribes there. The blood, liver and brain chemistry of these genetic groups are unable to properly metabolize alcohol, resulting in devastating destructive effects on their bodies and minds whenever it is consumed. For this reason, alcohol still remains a 'forbidden fruit' in many traditional tribal cultures, as well as in most Islamic countries and many parts of India, where its consumption is strictly prohibited and severely punished.

In the Western world, however, from early Greek and Roman times to the present day, alcohol has always been the main intoxicant of choice, and liquor is consumed in more variety and volume than anywhere else on earth. When Westerners began to colonize parts of Asia during the 17th and 18th centuries, they brought their liquor and drinking habits with them, prompting native observers to remark, 'Liquor is to the white man as mother's milk is to babies'.

From the viewpoint of traditional Eastern medicine, 'fire water' is actually a very apt term for alcohol. When alcohol is metabolized, it produces a lot of heat in the body, and if consumed daily in large amounts, this constant metabolic 'fire' tends to 'burn out' the internal organs, particularly the liver and brain. Alcohol is also a potent solvent of organic matter, which means it can dissolve organic tissue such as brain and liver cells, and its metabolism in the body is extremely acid-forming. As previously noted, high acidity is also regarded as a condition of yang excess, so drinking 'fire water' produces extremely yang conditions of 'fire-energy excess' both as excess heat and excess acidity.

The first drink or two of any liquor has a swift stimulating effect on human metabolism, producing a fast flush of body heat and a big surge of extra physical and mental energy. However, if the drinker continues to drink, the excess acidity and toxic waste produced in the blood and tissues by the continuous metabolism of alcohol accumulate rapidly, overloading the system with toxic metabolites and rapidly depleting reserves of vital nutrients and energy. As the body struggles to process and excrete the toxins and quell the metabolic 'fire' more alcohol enters the bloodstream with each sip, adding more fuel to the fire and progressively weakening the body's vital functions.

At the same time, the intoxication produced in the mind as a side effect of the toxic influence of alcohol on brain and nerve tissues continues to grow more intense with each drink, disorienting the drinker's mind and producing a drunken stupor that ends in loss of consciousness. The toxic metabolite of alcohol which causes the most damage to brain and nerve cells, and which destroys liver tissue, is acetaldehyde.

This highly reactive, extremely toxic acid poisons the bloodstream and corrodes the cells and tissues. Crude cheap liquor, which produces far more of this toxic acid waste in the body than more refined forms of alcohol, is known among derelict drinkers as 'rot-gut' because of the highly corrosive effects of this compound on the internal organs.

Contrary to popular notions, the forms of alcohol that are most hazardous to human health are not 'hard' liquors such as whisky and rum but rather the fermented varieties such as beer and wine. Although beer and wine have a lower percentage of alcohol than distilled spirits, fermented liquors retain all of the metabolic wastes produced by the yeast during the fermentation process - in effect 'yeast poop' - and these fermentive wastes are highly acid-forming and toxic to the tissues. The liver bears the major burden of processing all the acids and toxic wastes that enter the body and pollute the bloodstream whenever beer and wine are drunk and, if fermented liquors are consumed daily, the liver gradually succumbs to toxic overload, swelling up and hardening with residual toxic waste until cirrhosis develops.

To make matters worse, most commercial beers and wines today contain chemical contaminants such as formaldehyde, preservatives, artificial dyes, flavoring agents and other toxic additives, all of which contribute more to blood acidosis, tissue toxicity and the gradual erosion of the liver. In terms of their effects on health and longevity, except for an occasional glass of an exceptionally good vintage or brew with dinner, beer and wine are not good choices as intoxicants for daily use, especially for 'social drinking', when one tends to drink to excess, because the 'cost/benefit' ratio is far too high.

Distilled spirits, which are refined from fermented liquors, are a much 'cleaner' form of alcohol for human consumption because the distillation process completely eliminates all the other toxic by-products of fermentation, leaving only pure distilled alcohol. While distilled spirits such as vodka and brandy have a higher alcohol content than beer or wine, they are usually consumed in much smaller amounts per drink than fermented beverages, and therefore they deliver the same basic dose of alcohol into the bloodstream.

Known for centuries in Western Europe as *eau de vie*, the 'water of life', and in ancient China as *jiou-jing*, the 'essence of wine', distilled spirits were originally used more for therapeutic, medicinal purposes than for recreational intoxication. Used properly and in moderation, spirits have potent medicinal properties that may be used to treat a variety of conditions, including sluggish circulation, insufficient body heat, low metabolic rate and nervous tension. The slightly intoxicating effect on the mind produced by small doses of spirits adds an extra dimension to its therapeutic applications, and this psycho-active influence is well reflected in the term chosen to denote distilled alcohol - spirits.

All distilled spirits, including brandy and whisky, are crystal clear and completely pure after the distillation process. The distinctive amber color and characteristic flavor in various types of whisky, brandy and other tinted spirits come from the resins leached from the wooden casks in which these liquors are aged. This aging process leaves tannins and other toxic resins suspended in the spirits, and these must all be processed by the liver along with the toxic metabolites of alcohol itself.

Therefore, the healthiest choice in spirits are the clear varieties that have not been aged in wooden casks, such as vodka, gin, tequila and white rum.

Throughout East Asia, people drink a type of medicinal spirit prepared by steeping potent tonic herbs in distilled spirits for three to six months, then straining the infused liquor into bottles and taking it in measured dosages on a daily basis, particularly in the winter. Known in China as *yao jiu* ('medicine liquor') or *chwun-jiu* ('spring wine'), this ancient herbal tonic has been used for thousands of years throughout the Far East as a means of preserving health, boosting vitality and prolonging life, as well as for its relaxing effects. The alcohol extracts and preserves all the essential active ingredients from the various tonic herbs, delivering them swiftly into the bloodstream directly through the stomach and providing a strong metabolic boost to the therapeutic potency of the herbal essences. Medicinal spirits are an excellent delivery system for the life-prolonging therapeutic benefits of herbal tonics such as ginseng, astragalus and wolfberry, while also serving the 'recreational' function of liquor. This is a good example of how the 'art of rational retox' may be applied to transform a 'toxic intoxicant' into a 'tonic intoxicant', thereby reducing the costs to health and increasing the benefits to longevity of drinking alcohol.

(From *The Tao of Detox* by Daniel Reid.)

## 2.8 Tips for Tiplers & Smokers

If you drink and/or smoke daily, it's important to take a few basic precautions to counteract the additional acidity, toxicity and dehydration which alcohol and tobacco produce in the body. Alcohol in particular dehydrates the blood and tissues, and it's therefore necessary to drink a few extra glasses of alkaline water each day, both to flush out the toxic acid wastes and to re-hydrate the blood and cellular fluids. If the water you drink is charged with negative ions, it has even greater detoxifying and re-hydrating activity in the tissues and helps protect the liver from damage by the toxic metabolites of alcohol and tobacco in the bloodstream.

People who smoke and drink regularly should also take extra rations of antioxidant nutrients, particularly vitamins E, C and beta carotene, plus a full spectrum mineral supplement to replace the essential minerals and trace elements depleted from the tissues by alcohol and tobacco. It's also a good idea to take some form of 'green food' supplement as a source of organic chlorophyll and other cleansing elements to purify the blood and cellular fluids.

One of the most effective antidotes of all against the toxic damage caused by daily use of alcohol, tobacco and other intoxicants is to drink **High Mountain Oolong Tea** (*gao-shan oolong cha*), especially first thing in the morning and again late in the afternoon, which is how many smokers and drinkers in China, Taiwan and Japan protect their bodies from the hazards of their habits. Recent scientific research has confirmed the efficacy of High Mountain Oolong Tea as a potent blood purifier, tissue detoxificant, alkalizer and preventive against cancer. It is particularly effective in preventing toxic damage to the tissues of the lungs and the liver, which are precisely the organs that smokers and drinkers must take special measures to purify and protect. Here again we see how the 'art of rational retox' transforms an ordinary

daily beverage such as tea into an extraordinary therapeutic drink that protects health and prolongs life.

(From *The Tao of Detox* by Daniel Reid.)

## **2.9 Extending One's Healthy Lifespan to 120 or More**

Earlier we mentioned that one of the Immutable Laws of Nature is that of easily living to 120, not the commonly held belief of 70 or 80 years. Here we discuss how that's possible.

### **2.9.1 A Suppressed Longevity Therapy**

A much suppressed breakthrough therapy involving Free Radical Pathology and Bio Oxidative Medicine, that involves the single GREATEST EVENT IN MEDICAL HISTORY, affects all forms of life-shortening diseases from AIDS to cancer, the common cold to flu, arthritis to asthma, Alzheimer's to atherosclerosis, is used to IMPROVE PERFORMANCE of Olympic Athletes and Race horses, and even if you are not ill, it could increase energy, give clearer thinking and make you feel a lot better; making living to 120 a reasonable goal... indefinitely extended 'middlescence'.

**Why has it been withheld?** Why has this proven "miracle" treatment been assigned "fraud" status? Welcome to the real world! When things don't make sense, check out the money trail!

Too many health professionals have too much to lose! Anesthetists, operating team personnel, coronary care unit staff, radiologists, technicians, hospital administrators - some forty-five specialists in all - stand to have their years of training and sizeable pay checks wiped out. Self-serving proponents continue to withhold facts, misrepresent and distort benefits and viciously oppose the one Therapy that might doom them to the unemployment lines!

That's without the influence of the behind-the-scenes shenanigans of pharmaceutical, medical and food industry cronies. The average citizen would be shocked to know of the extent to which these powerhouses are able to distort science news, as we've already discussed.

On 4 April 1991 Kay Pierson, a Washington DC anti-trust lawyer presented the FTC (Federal Trade Commission) with a 75-page fact-filled document supporting her allegation that the parties charged are involved in a conspiracy to stop the growth and development of alternative medicine.

The Health Insurance Industry just cannot afford to have it approved! Why? It would be too costly! Because not just the currently ill, but anyone over 21 (and many kids) probably can establish a valid basis for needing and demanding this therapy, due to the damage being done to us by environmental factors about which authorities are equally loath to inform us.



## 2.9.2 What Can This Therapy Do?

A case could be made that it's easier to name an ailment that it does not correct than to list those conditions it is known to relieve. Unanticipated benefits in place of toxic side-effects from drugs reverses or reduces:

- senility,
- schizophrenia,
- rheumatoid arthritis,
- osteoarthritis,
- gout,
- kidney stones,
- stroke-related coma,
- gall bladder stones,
- multiple sclerosis,
- lupus,
- Parkinson's Disease,
- Lou Gherig's Disease,
- osteoporosis,
- hypertension,
- memory loss,
- scleroderma,
- Raynaud's Disease,
- digitalis intoxication,
- intermittent claudication,
- emphysema,
- diabetic ulcers,
- leg ulcers,
- venomous snake bite,
- impotence,
- emotional difficulties,
- high insulin levels,
- high blood cholesterol,
- high blood pressure,
- normalization of cardiac arrhythmias,
- leg muscle cramps,
- allergies,
- weight control,
- heart contractions,
- varicose veins,
- age spots,
- aches and pains,
- hair loss,
- diuretics,
- cold extremities,
- chronic fatigue,
- memory and concentration,
- post cataract vision,
- vision and hearing problems and many other signs of aging.

As you can see, there is very little that this radical new therapy cannot cure, and yet it's purposely suppressed, because of the risk of reduced profits for the greedy medical community.

The treatment of which we speak is **Chelation Therapy**, and in our next lesson we'll discuss where to get this treatment, how much it costs, whether it's right for you and where you can qualify to practice it in 3 days.

## ***2.10 Further Reading***

If you'd like to see further examples of how the medical industry influences public opinion, we encourage you to read the following article: [healingdaily.com/beliefs](http://healingdaily.com/beliefs). This site is not necessarily endorsed by Freedom Technology, but the article is the most accurate we've seen in uncovering how big money influences many of the commonly held medical beliefs we have today.

Another doctor who is dedicated to stopping prescription drug hype in its tracks is Shane Ellison. See his article entitled [8 Medical Lies and Why I Abandoned Medicine](#).

If you want to start researching Chelation Therapy before we send you information in the next lesson, we can highly recommend [Dr. Canton](#).

### 3 Wrapping Up

This week's Seminar has barely scratched the surface of what we're going to cover in the next Longevity Seminar, but it's important to lay the groundwork before getting into the real meat of Ultimate Health & Longevity.

That's all for this week. We hope you can see how influential the medical and diet industries have been in shaping our world view and opinions about longevity.



Side Note: A small percentage of readers are NOT shocked by anything they've read to date. If you're one of them, here's an explanation.

One of the advantages of the Internet is the fact that we can make this information available to large numbers of people at low distribution cost (as opposed to printing books and physically mailing manuals).

The disadvantage is that we know nothing about you. If we did we could dive right in at the appropriate depth and provide new information which WILL shock you. We must lay the groundwork and foundations first.

Please understand this, and bear with us as we bring other readers up to your level of understanding. By the time we've completed the basics of each of the 5 Essential Pillars of Fulfilled Living, we'll be able to move ahead into the really challenging and exciting material. We promised we wouldn't waste your time, and we intend standing by that promise.

Next week we're going to discuss the next of the essential Pillars of Fulfilled Living.

Look out for next week's email entitled **FT Seminar 06 – Independent Wealth Creation**. Even if you're blessed with a perfect job, you're going to be very interested in why a second income could be a life saver for you in the coming months. You'll be particularly interested in our Wealth Creation Strategies, which show you how simple it is to start generating a residual income!

To your new truly fulfilled life!

Your friends at Freedom Technology:

Dr. Tony Hope, Markus Hart & Vicki Wilson

Tony Hope Markus Hart

Vicki Wilson

PS. If you enjoyed this week's lesson, you might want to tell your friends about **Living a Free and Fulfilled Life**. We've made it as easy as possible to do - all it takes is 1 minute and 3 clicks of your mouse. Tell your friends today so that together we can inform and enlighten the world, and make it a better place to live for all (and your friends will thank you): [Tell A Friend!](#)

PPS. We'd love to know what you thought about this Seminar, good and bad. Please send us your thoughts and comments [here](#).

PPPS. Did you know that your testimonial about the Freedom Technology Email Seminar can literally change the world? [Find out how](#).

# Appendixes

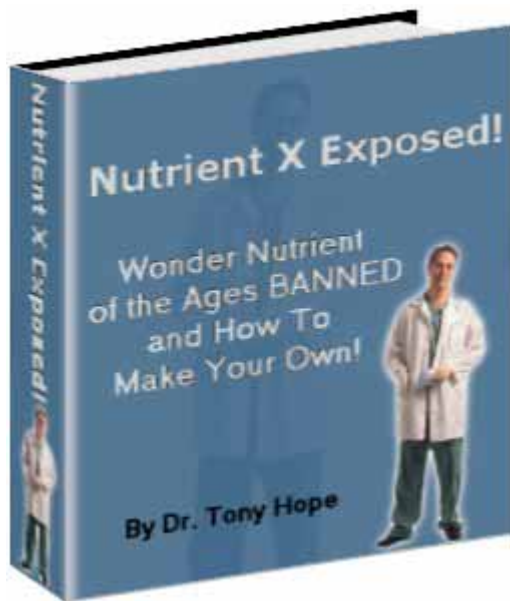
## 4 Appendix A – Useful Freedom Technology Web Pages

| <b>Question</b>  | <b>Web Address</b>   |
|--|--|
| 1. Where do I register for the Freedom Technology Email Seminar?   | <a href="http://FreedomTechnology.org/register.htm">FreedomTechnology.org/register.htm</a> |
| 2. What is Freedom Technology all about?   | <a href="http://FreedomTechnology.org/overview.htm">FreedomTechnology.org/overview.htm</a> |
| 3. What topics are covered in the Freedom Technology Email Seminar?  | <a href="http://FreedomTechnology.org/pillars.htm">FreedomTechnology.org/pillars.htm</a>   |
| 4. Where can I find out about more Freedom Technology and the people behind the company?                   | <a href="http://FreedomTechnology.org/about.htm">FreedomTechnology.org/about.htm</a>       |
| 5. I have further questions – where can I go for answers?  | <a href="http://FreedomTechnology.org/faq.htm">FreedomTechnology.org/faq.htm</a>           |
| 6. Where can I interact with other Freedom Technology members?   | <a href="http://FreedomTechnology.org/forum">FreedomTechnology.org/forum</a>               |
| 7. How do I contact Freedom Technology?  | <a href="mailto:info@FreedomTechnology.org">info@FreedomTechnology.org</a>                 |
| 8. I'd like to tell my friends and family about the Email Seminar – how do I do that?                      | <a href="#">Tell a Friend</a>  |
| 9. I'm interested in taking the Freedom Technology principles further – can you recommend other resources? | <a href="http://FreedomTechnology.org/resources">FreedomTechnology.org/resources</a>       |
| 10. Where can I find out more about a long-term plan to change society's perceptions?                      | <a href="http://www.ThreeWorldWars.com">www.ThreeWorldWars.com</a>                         |

## 5 Appendix B – Recommended Health & Longevity Resources

Remember that the FT Seminar will introduce new concepts to you and explain certain principles. However, if we were to go into the detail of every principle, you would have 100's more pages to read, and some of it may not be applicable to you.

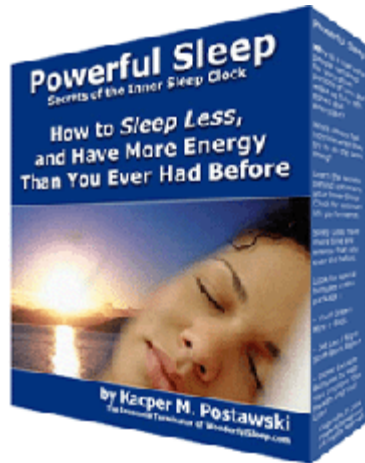
We regularly update our Online Resources section to always bring you the most cutting edge information available. [See the latest resources online.](#)



**Nutrient X: Wonder Substance of the Ages – An Exposé of 'Big Brother' manipulation. And why all the fuss about it.**

Nutrient X is a substance that was quietly sold in health food stores in the late 80's and early 90's. Nutrient X is a naturally-occurring substance that is present in small amounts in every cell in the body, and is both a precursor and metabolite of the neurotransmitter, GABA (gamma amino butyric acid).

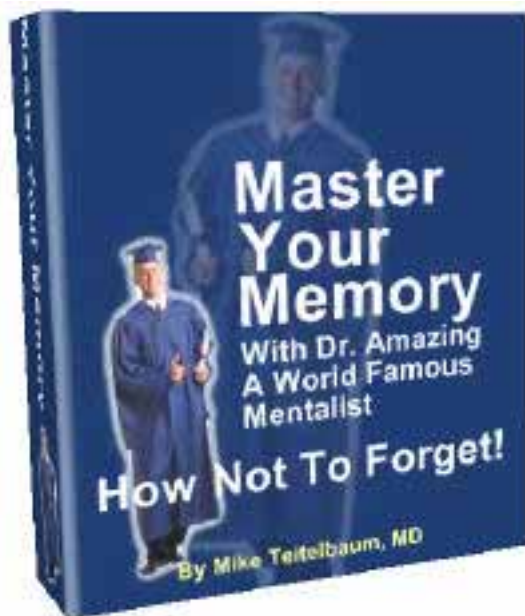
[Here's how](#) to make your own at home.



[Powerful Sleep](#): There's actually a method to optimize your body's inner sleep system to sleep less, and have more energy in your life than when you slept LONGER. Sleep expert Kacper Postawski spills the beans in his fascinating new ebook "Powerful Sleep." While most people think sleep is just "sleep," it is actually a complex and fascinating system which you can optimize in order to sleep less, and create an abundance of energy in your life.



[Burn the Fat, Feed the Muscle](#): Outlaw Bodybuilder Thumbs Nose At Weight-Loss "Experts" Who Earn Fortunes On The Sweat And Dreams Of Young Men & Women, and Finally Reveals The Simple Proven Science of Fat Loss No One Else Will Tell You About...



[Master Your Memory](#): Easy Memory Improvement Techniques That Get Immediate Results!