

# *Fresh Wisdom*

## Breakthrough to Enlightenment

Making Sense of Life in a  
Senseless World

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An Email Seminar in 16 Parts  
Part II

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Email Seminar to [seminar@FreedomTechnology.org](mailto:seminar@FreedomTechnology.org).

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## The Age Conspiracy

There are literally thousands of alternative health regimes available today, some good, others created by giant pharmaceutical firms and simply branded 'Alternative'.

Very few health strategies focus on longevity. Because of society's obsession with quick fixes, many alternative health strategies provide rapid solutions, but in doing so tend to damage your long-term health. The authors have spent many years researching emerging strategies that indicate that being active and well to 120 is a reasonable goal. Many researchers are now pushing the 130 and 140 year barrier. Some are even talking about reversing aging completely.<sup>1</sup>

It is often assumed that the average human lifespan is 70 years (three score and ten, as quoted in the Bible). This is false for two reasons: Biblically, and Scientifically.

## The Real Biblical Age Story

Prior to the Biblical Flood, men and women used to live to many hundreds of years, with Methuselah reaching 969, Jared 962, and Mahalel 895.

But mankind rebelled and chose to ignore the Immutable Laws of Nature (or the laws laid down by God). God decided to end the wickedness by sending a flood. At the same time He decided to curtail their lifespan.

*Then the Lord said, My spirit shall not for ever dwell and strive with man, for he also is flesh; but his days shall be 120 years.*<sup>2</sup>

After the flood Noah lived another 350 years, dying at age 950, while others lived substantially shorter periods after the flood: Shem, 600; Arpachshad, 438; Shelah 433; Reu, 239; Nahor, 148<sup>3</sup>.

Abraham lived to 175<sup>4</sup> and Sarah to 127<sup>5</sup>.

Now we need to deal with the so-called 'three score and ten' lifespan.

This expression in Psalm 90 has been taken out of context and misapplied. Psalm 90 is in essence a plea by Moses to re-consider the curse of 40 years imposed on the faithless Israelites.

Quoting from the Amplified Version: "For we [the Israelites in the wilderness] are consumed by your anger, and by your wrath we are troubled, overwhelmed and frightened away... For all our days [out here in this wilderness, says Moses] are passed away in Your wrath; we spend our years as a tale that is told [for we adults know we are doomed to die soon, without reaching Canaan]... Who knows the power of your anger? [Who worthily connects this brevity of life with your recognition of sin?] And your wrath, who connects it with the reverent and worshipful fear that is due to You? So, teach us to number our days that we may get us a heart of wisdom."<sup>6</sup>

[Note from the authors: remember why God brought about the Flood mentioned earlier].

Psalm 90v13 - Turn, O Lord [from Your fierce anger]; {for how long?} Revoke Your sentence and be comforted and eased towards Your servants.

Within *this* context we read verse 10:

Psalm 90v10 - The days of our years are three score and ten.

The note in the Amplified version to this verse reads: "*This Psalm is credited to Moses, who is interceding with God to remove the curse which made it necessary for every Israelite over the age of 20 (when they rebelled at Kadesh-Barnea) to die before reaching the Promised Land.*"

Moses says most of them are dying at age 70. This number has often been mistaken as a set span of life for mankind. It was not intended to refer to any one except to those Israelites under the curse during that particular forty years. Seventy years has never been the average span of life for humanity. When Jacob, the father of the 12 tribes had reached 130 years<sup>7</sup>, he complained that he had not attained to the years of his immediate ancestors. In fact Moses himself lived to be 120, Aaron 123, Miriam several years older, and Joshua 110; David 140; while in the Millennium a person dying at 100 will still be a child.<sup>8</sup>

<sup>1</sup> [www.gen.cam.ac.uk/sens/](http://www.gen.cam.ac.uk/sens/)

<sup>2</sup> Genesis 6:3

<sup>3</sup> Genesis 11

<sup>4</sup> Genesis 25:7

<sup>5</sup> Genesis 23:1

<sup>6</sup> Psalm 90:7-12

<sup>7</sup> Genesis 47:9

<sup>8</sup> Isaiah 65:20

Also, traditionally the age of *majority* or *manhood* was 30. After which a man could usually marry, transact etc. This is probably the reason Moses says '70' in verse 10, being 30 plus the 40 years of the curse.

And so it appears obvious that the '70 years' of Psalm 90v10 is not to be taken as the expected lifespan upon a Biblical basis.

### **The Scientific Reality of Age**

Any Biologist will tell you that human cells seem to have a built-in time clock: they keep renewing themselves until approximately age 120, when the Biological Clock seems to run down and the cells stop reproducing.

By 2050, "the number of US centenarians is expected to reach 834,000 and maybe even 1 million," said Dr. Robert Butler, President of the International Longevity Center in New York City.<sup>9</sup>

Leading-edge technology is currently looking at ways to push that barrier to 130 and 140, simply accepting that the present barrier is only 120.

The average lifespan of medical doctors in the USA is currently 6.7 years *shorter* than the average for the population as a whole.<sup>10</sup> Which leads one to surmise that part of the problem may well lie with the advice being dispensed (albeit unintentionally) by the Medical Industry.

Dr Walford (one of the leading exponents of living to 120 - having published major works, *The 120 Year Diet* and *Beyond The 120-Year Diet*<sup>11</sup>) has determined that one of the most promising ways of extending life (and this is the new concept - Life Extension, as opposed to simply health) is the Hi - Low diet: High Nutrient Density and Low Volume.

In other words, no junk food that contains calories devoid of nutrition, and a focus on foods with high nutrient values.

The underlying basis is that the stomach and how it is treated affects the lifespan.

Another technology that is prominent (there are more of this particular type of practitioners in Hollywood than anywhere else on earth) is Chelation, the intravenous application of a substance called EDTA. We introduced this therapy in an earlier chapter.

Chelation is simply the eradication of free radicals and metals (especially heavy metals) from the system.

Chelation practitioners simply say the following: "Not one of our patients ever dies of cancer!"

*That* is how powerful this therapy is.

These are the most important strategies that anyone seeking to extend their length of life, can apply, as at this writing. Let us look into Chelation a little more.

### **A Consumer's Guide to Chelation Therapy**

The following section is summarized from the fantastic book on Chelation Therapy called *Forty-Something Forever*.<sup>12</sup>

Since this section is merely a summary of their detailed book, we have left out all names, footnotes and references, but they are all included in their book, which is extremely well researched and documented. We encourage you to track down a copy (they can be rather elusive because of the suppression this therapy suffers from).

If you are over 40 and concerned about longevity, or have symptoms of any of the diseases mentioned on page **Error! Bookmark not defined.**, the Brecher's book is a must-read.

### **Introduction**

Chelation therapy is a process involving the use of chelating agents<sup>13</sup> such as EDTA<sup>14</sup> to remove heavy metals, free radicals and other toxins from the body.

The chelating agent may be administered intravenously, intramuscularly, or orally, depending on the agent and the type of poisoning.

With the twin fields of Free Radical Pathology and Bio-Oxidative Medicine, we can make living to 120 a reasonable goal, and in so doing, indefinitely extend 'middlescence'.

<sup>9</sup> <http://en.wikipedia.org/wiki/Centenarian>

<sup>10</sup> <http://skepdic.com/deaddocs.html>

<sup>11</sup> *Beyond The 120 Year Diet* by Roy L. Walford M.D. [www.walford.com/120diet.htm](http://www.walford.com/120diet.htm)

<sup>12</sup> *Forty-Something Forever* by Harold and Arlene Brecher, Health Savers Press, 1992

<sup>13</sup> <http://en.wikipedia.org/wiki/Chelation>

<sup>14</sup> <http://en.wikipedia.org/wiki/EDTA>

Dr. Elmer M. Cranton, M.D. describes Chelation in his book, *Bypassing Bypass Surgery*<sup>15</sup>, as “a non-surgical treatment for reversing arteriosclerosis, improving blocked circulation, and slowing the aging process”.

### **A Hospital Is Not A Place To Get Well**

In a recent Harvard study it was found that just over 50% of US hospitals did not properly monitor patients. Harvard concluded that negligence kills thousands each year and injures many more.<sup>16</sup> There are frequent failures of technology exacerbated by the employment of untrained technicians to keep costs down. 10,000 deaths per year are attributable to anesthesia, and Harvard suspects it could be 3 to 4 times higher. Common errors are syringe swapping, ampoule swapping, drug overdoses, and incorrect drugs administered. 2 million or more get sicker instead of better. There are 100,000 hospital-originated, infection-related deaths each year. Harvard says it is super-conservative to claim that at least 20% of in-patients leave with a condition they did not have on entering.

Prescription medication is the sixth leading cause of death in the USA, according to the Center for Disease Control.<sup>17</sup>

### **Chelation Suppressed**

250,000 heart bypass operations are performed each year in the US. A careful look at the results reveals it does not help the vast majority.

"It is a crime," charges Dr. E. W. McDonagh who has assembled thousands of documented cases histories of recovered 'untreatable' patients, "that news of this breakthrough treatment for heart, diabetes, stroke and other diseases has been purposely withheld from the public" (referring to Chelation).<sup>18</sup>

Most medical white papers routinely refuse all pro-Chelation stories.

How blatantly corrupt have the anti-Chelation forces been? They have resorted to massive pro-bypass propaganda to blast the Chelation alternative out of the picture.

### **Why Is The Medical Industry Against Chelation?**

Medical politics and Chelation threatens the financial well-being of a politically powerful and well established branch of the medical profession.

The average citizen, not privy to behind-the-scenes shenanigans of pharmaceutical, medical and food industry cronies, would be shocked to learn to what extent these powerhouses are able to distort science news.

Too many health professionals have too much to gain from the bypass industry to call a halt. Anesthetists, operating team personnel, coronary care unit staff, radiologists, technicians, hospital administrators - some forty-five specialists in all.

The Brecher's provide well-researched lists of referenced proofs that Chelation is either purposely shunned, or even forcefully suppressed.

Sixty Minutes is not interested in covering Chelation; neither is The Washington Post, The Larry King Show, or Phil Donahue.

Chelation therapy is potentially so costly to the insurance industry they cannot afford to have it approved (meaning that premiums will be reduced because of the reduced cost of treatment).

The large medical centers are co-conspirators. High-tech in-hospital procedures have grown to a \$6billion annual bonanza. Chances are you will call Chelation a bargain. You will cut future drug and medical bills and enjoy added years of pleasurable and productive activity. What a deal!

Surgeons get paid top dollar - \$383,520 p/a. Other medical specialists get \$250,000 to \$300,000, and that is without including the kickbacks from pacemaker manufacturers, referral dividends from investments in multi-million dollar CAT scan and MRI imaging centers and profits from doctor-owned pharmacies.

When doctors face life or death decisions themselves, they shun their own advice and turn to Chelation. Thousands are secretly Chelated every year.<sup>19</sup>

### **A Miracle Cure-All?**

We will let Chelated patients tell you in their own words:

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<sup>15</sup> <http://drcranton.com/bypass.htm>

<sup>16</sup> <http://nwhalliance.org/harvard.htm>

<sup>17</sup> [www.cdc.gov/nchs/fastats/lcod.htm](http://www.cdc.gov/nchs/fastats/lcod.htm)

<sup>18</sup> [www.bonniecolton.com/1997.htm](http://www.bonniecolton.com/1997.htm)

<sup>19</sup> [www.etxt.org/Politics/Conspiracy/Cosmic.Awareness/1993.Issues/Issue\\_93-06](http://www.etxt.org/Politics/Conspiracy/Cosmic.Awareness/1993.Issues/Issue_93-06)

"Your treatments have turned my life around." (The Brecher's nomination for the 1989 Miraculous Recovery of the Year Award).

A patient suffering from a wide range of disorders, including serious hypertension, diabetes, a variety of circulatory disorders and multiple sclerosis, and a debilitating weakness of the muscles on her right side, slurred speech, paralyzed, unable to speak, said, "It is a miracle. I feel like I did 15 years ago."

Is your doctor a "miracle worker"? "Miracles? I do not think I have any." Pose the same question to any Chelation doctor, and he'll rattle off as many detailed tales of near-death recoveries he has overseen as you have patience to hear.

More Run-Of-The-Mill Everyday 'Miracles': "If I hadn't seen this myself, I'd swear someone made it up."

"I've researched the medical literature. In every case the results of the therapy with chelating agents were just short of the fantastic."

### **Cause of Disease? Free Radicals!**

The worst culprit of premature ageing and death is free radical activity, the pathological activity that not only disrupts every cell in the body, including nerve cells, but, as many now believe, is also the cause of all forms of life-shortening sickness. From cancer to aids, arthritis to asthma, Alzheimer's to atherosclerosis - there is evidence free radical proliferation is largely responsible for the cell and tissue damage that eventually leads to chronic degenerative disease.

Free radicals, particularly oxygen radicals, produce a cascade of free radicals, the human counterpart of the "China Syndrome" - a nuclear plant meltdown.

The most prevalent and destructive are the oxygen radicals. Anti-oxidants such as Vitamins E and C and beta carotene function as oxygen radical neutralizers.

Eventually these nasty free radicals are liable to get you - sooner rather than later - unless you beef up your internal fortification. Anti-oxidant supplementation combined with dietary changes and lifestyle improvements will provide you with the most reliable protection.

The Brecher's shy away from saying Chelation has a beneficial effect on almost every modern health disaster from AIDS to tension headaches, from colds to cancer.

Why?

First, here is a short list of benefits traceable to treatment: Lowered insulin requirements, lowered blood cholesterol, reduced blood pressure, normalization of cardiac arrhythmias, leg muscle cramps, allergies, weight, psychological and emotional status, sight, hearing, taste, heart contractions, varicose veins, age spots, aches and pains, arthritis, hair loss, impotence, Alzheimer's, diuretics, cold extremities, chronic fatigue, memory and concentration, post cataract vision, hair, nails, skin, wrinkles and more youthful appearance.

Second, each year this trend away from generalization to specialization grows stronger. But even if specialization were not in vogue, Chelation's cure-a-lot reputation would be a detriment. An inevitable stigma dogs any remedy that does too much, making it vulnerable to 'snake-oil' devaluation. One of the main reasons for the controversy is because it IS so successful in a variety of serious conditions. As one image-conscious doctor with a prestigious background confessed: "It is downright embarrassing to find myself endorsing a cure-all like a patent medicine side-show hawker."

Bottom line, the more Chelation cures the worse press it gets. Chelation doctors never say 'never'.

An 80 year-old lawyer Chelated for senility: "It is exhilarating to have a mate who's been sexually 'dead' for decades suddenly exhibiting sexual desires."

The younger and healthier population is adding new and exciting awareness of Chelation's potential, as these essentially well young adults report that after Chelation they think more clearly, are less sluggish, concentrate better, have fewer headaches, more energy.

"Chelation is proving to be a real solution to the 'yuppie' disease of the 1990's: chronic fatigue syndrome."

"Chelation is a potent answer to 'executive burnout'".

"Call it what you will," Dr. Ettl states, "emotional wipe-out, workaholic fatigue, professional disenchantment, the stress of success, or some similar career-related complaint, in many instances these subtle psychological symptoms are not the result of psychological dysfunction, but the adverse physical effects of a toxic environment."<sup>20</sup>

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<sup>20</sup> As quoted in *Forty-Something Forever* by Harold and Arlene Brecher

## Cancer

Projections are for one in three Westerners to suffer from one or other form of cancer. What if the incidence could be cut back to 10%, or better still, prevented? Banner headlines, prime-time documentation and a Nobel Prize? The fact is, such a discovery *has* been made. Published research suggests Chelation may well be the simple, easily available and effective countermeasure.

“But every physician who Chelates people must notice that our patients just do not get cancer.”

We are not going to discuss cancer in detail in this manual, but if Cancer is a concern for you, we highly recommend *The Omega Cancer Clinic* in Tijuana Mexico, Rome Italy, and Tokyo Japan.<sup>21</sup>

## What is a Balanced Diet?

The unmistakable truth is that the balanced diet is a myth - for all practical purposes it is nonexistent. Today's edibles grow on mineral depleted soil, are manufactured with consideration to appearance, picked before they've extracted all the nutrients necessary for their ripening and processed to last on store shelves. They have lost nutritional value every step of the way.

It is close to impossible to secure your daily nutrient and vitamin requirements from foods.

Ultimate health and longevity can only be achieved by beefing up with vitamins and minerals, and one would expect to find a wide choice of suitable products.

But beware. Our research has found that many vitamin pills are worthless. Many vitamin products either contain far less nutrition than labeled, are old and have lost potency, or have been so badly mishandled throughout the production/distribution process, a jar of jelly beans would provide more nutritional value.

A reliable source of vitamins and other effective health products is *Real Health Products*.<sup>22</sup>

## Do not Neglect the Minerals

Recent literature review places two minerals in the spotlight: Magnesium and Potassium.

An equally prestigious cardiologist, Dr. Norman Kaplan, believes adults should consume at least 2,000 milligrams of potassium a day.<sup>23</sup>

The Brecher's believe there would be a significant reduction in cardiovascular disease and cancer incidence if potassium/sodium ratios could be brought back into balance. Given the possibility of substantial and widespread potassium deficiency, it is no wonder the world is de-energizing. A potassium-deficient diet for just one week results in muscular weakness, lethargy and extreme fatigue. Muscles get flabby, intestinal mobility is reduced leading to constipation. Poor eyesight, throbbing migraine headaches, insomnia and bruises, cuts and injuries that resist healing are but a few of the more disheartening symptoms. Kidney failure and tinnitus (ringing in the ears) are also common. It can be more serious, including cardiac abnormalities and sudden death from heart attacks.

## Oral Chelation

Dr. Kurt Donsbach, the Dean of Nutritional Medicine, is convinced that any compound combining all those ingredients known to reduce Free Radical activity as well as combining the specific nutrients necessary to keep heart and circulatory systems healthy, would fit the bill. You can protect yourself against the possibility of heart disease (or restore your body to normalcy if you already have such a disease) by consuming all of the nutrients the body uses to abort or neutralize explosive Free Radical action on a daily basis.

## An Oral Chelate - NONI

In their book, the Brecher's recommend an oral Chelate and then go on to say that it is possible a superior concoction will emerge someday.

Well, several months ago one of the chelating physicians we have relied upon over the years called our attention to a potassium-rich liquid, NONI. He recommended it as a reliable natural means of satisfying mineral requirements and "upping" energy levels.

We take NONI for the simplest reason - we have not found anything better. We have not found anything nearly as good.

<sup>21</sup> [www.omegacancerclinic.com](http://www.omegacancerclinic.com)

<sup>22</sup> [www.realhealthproducts.net](http://www.realhealthproducts.net)

<sup>23</sup> *Kaplan's Clinical Hypertension* by Norman M Kaplan MD

A closer study of the ingredients that make up this unique botanical formula suggests it provides much, much more. Check any recently published herbal guide and you will discover the herbs are rich in antioxidants and magnesium, all of which add up to NONI being the closest simulation yet to the oral Chelate so many have been seeking for so long a time.

The intravenous method of Chelation is preferable when heart health has deteriorated to the point where surgical intervention has been suggested, or there is some indication that free-radical pathology has progressed to a point requiring strenuous remedies.

But if your health is not that far gone, or you are seeking all-round supplementation to rejuvenate and revitalize yourself, NONI is probably the most 'user-friendly' nutritional product to be found. Its ingredients, being natural, work in harmony with each other and within the body. When herbal preparations are free of binders and fillers, more of their beneficial properties get into the bloodstream.

Studies have shown that supplements bound in a food matrix, the way nature intended, are superior to those composed of bare vitamins and minerals such as found in pharmaceutical products. Nature operates holistically - taking supplements is in some sense unnatural, but the closer they resemble a natural product, the better the prospect they will work synergistically with the body's systems to boost health. It should come as no surprise that roots, seeds and leaves have the power to heal.

So, if you are serious about your health and longevity, our ongoing research suggests that there is currently no better oral Chelate available than NONI.<sup>24</sup>

### **Chelation Summary**

- Most disease is caused by Free Radicals;
- Chelation removes Free Radicals (Intravenous for life-threatening symptoms; oral for non-urgent);
- Due to the polluted environment, every Westerner needs detoxifying by Chelation;
- To maintain health, the correct nutrients and vitamins are needed;
- It is virtually impossible to obtain adequate nutrients from store-bought food;
- Pharmaceutical nutrients are often unobtainable, and are frequently not taken up by the body;
- Nutrients must be in a Food Matrix to be assimilated by the body;
- Even with an adequate supply of nutrients, the body cannot absorb them, unless it is first detoxified by Chelation;
- With proper protection from Free Radicals in the form of ongoing oral Chelation and proper foods with extra nutrients in a food matrix, an extended, active, healthy and useful life to age 120 becomes a realistic goal.
- The most effective oral Chelation supplement available today is NONI.<sup>24</sup>

### **Colon Cleansing**

We now move on to the somewhat unpleasant, yet extremely necessary discussion of the removal of "mucoic or colon plaque". Without this procedure, you are severely limiting the body's absorption of the nutrients mentioned previously. This colon plaque exists in everyone, and the extent to which it limits absorption depends on the extent of toxicity in your body.

No matter how healthy your lifestyle and eating habits, it is nigh on impossible to avoid the ingestion of toxins. You are no doubt aware of the chemicals present in most foods, the high level of heavy metals in bottled and tap water and the preservatives in all processed foods. There is evidence to suggest that the air we breathe has high concentrations of aluminum particles, chemically sprayed by aircraft over densely populated towns.<sup>25</sup>

These toxins, unless eliminated, line the bowels and prevent absorption of nutrients. An annual exercise is required to remove these deposits, to ensure the full benefit of NONI.

Dr. Bernard Jensen is one of the pioneers of using colon cleansing to improve a person's quality of life. In his book, *Tissue Cleansing Through Bowel Management*, Jensen describes what happens after years of toxicity build-up.

"The heavy mucus coating in the colon thickens and becomes a host of putrefaction. The blood capillaries to the colon begin to pick up the toxins, poisons and noxious debris as it seeps through the bowel wall. All tissues and organs of the body are now taking on toxic substances.

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<sup>24</sup> [www.freedomtechnology.org/noni](http://www.freedomtechnology.org/noni)

<sup>25</sup> [www.nexusmagazine.com/articles/chemtrails.html](http://www.nexusmagazine.com/articles/chemtrails.html)

Here is the beginning of true autointoxication on a physiological level. One autopsy revealed a colon to be 9 inches in diameter with a passage through it no larger than a pencil. The rest was caked up layer upon layer of encrusted fecal material. This accumulation can have the consistency of truck tire rubber. It is that hard and black. Another autopsy revealed a stagnant colon to weigh in at an incredible 40 pounds.”<sup>26</sup>

To put it bluntly, the "sewer system" must work properly otherwise the body remains soaking in its own putrid waste, encouraging disease processes and eluding vitality-producing and health-building forces.

But not many medical doctors are aware of this procedure, or even the benefits of the procedure.

Dr. Richard Anderson explains why in his book *Cleanse & Purify Thyself*:

“Surgeons and regular doctors are not trained in the subject of mucoid plaque and therefore remain unaware of this important bowel condition. The mucoid plaque is usually less than one-fourth of an inch in many areas of the bowel (except in heavy meat and dairy eaters). It usually develops from a semi-transparent liquid solution (mucin) and may look like it is part of the intestinal wall itself as it takes on the exact shapes, striations, and bulges of the intestinal wall. Until the mucoid plaque begins to mix with fecal matter, its color and texture may appear similar to healthy bowel mucosa. Unless one knows what they are looking for, it may be difficult to identify, especially by sight. Therefore, to doctors using endoscopy and to surgeons, it is unnoticeable unless they are familiar with the many different appearances mucoid plaque may have.”<sup>27</sup>

### **How is Colon Plaque Removed?**

This is a simple procedure, which should ideally be performed annually and can be done at home without the need for medical supervision. It usually consists of a week-long fast, together with the ingestion of specially formulated herbs, fiber, Bentonite clay and laxatives. The process cleanses intestinal accumulation from the entire digestive system including the stomach, small intestine and large intestine (colon).

Bentonite clay is a powder that is typically drunk five times per day after being mixed with Organic Apple juice. This formula is traditionally used for its strong absorptive properties which work powerfully to draw hardened mucus build-up and fecal matter out of the intestinal tract.

You will be required to fast during these seven days or the Bentonite clay will simply bind to the food you are eating and not the waste you are trying to remove.

The process can be additionally enhanced by introducing a Colonic Irrigation at the same time as the fast. This is a medically supervised process by which water-flow controlled by nothing more than the force of gravity is cycled through the colon to flush out the mucus build-up.

### **The Colon Cleansing Kit**

We highly recommend Martha Volchok's *Colon Cleansing Kit for Radiant Health*. She ships internationally from the US and we have been very happy with her service and product.<sup>28</sup>

### **Colonic Irrigation**

You will have to contact your own GP for a recommendation for this procedure. It can be done at home, but we highly recommend you go to a trained specialist for your first few visits.

### **Wrapping Up**

The combined therapies of Oral Chelation and Colon Cleansing are powerful and necessary treatments in the search for Ultimate Health & Longevity.

However, as we have stated before, you will not easily find practitioners in these potent alternative health extension treatments. Expect to encounter resistance from your GP, depending on how open they are to alternative treatments. Expect to encounter many negative reports about the treatments, but bear in mind that these stories are usually linked in some way to the Medical Establishment, who stand to lose greatly if the masses were to wake up to the low-cost, effective methods available.

We recommend being fully informed before you approach your doctor. Read all of the health related resources in Appendix A on page 11 and spend some time researching online, including all the negative reports.

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<sup>26</sup> *Tissue Cleansing Through Bowel Management* by Dr. Bernard Jensen, 1981

<sup>27</sup> *Cleanse & Purify Thyself* by Dr. Richard Anderson, Christobe, 2000. See also [www.cleanset.net](http://www.cleanset.net)

<sup>28</sup> [www.marthavolchok.com](http://www.marthavolchok.com)

We want to emphasize the importance of you taking personal responsibility for your own health and longevity. Embracing the responsibility for your own life is the core principle of *Fresh Wisdom* and holistic living. We urge you not to hand over that responsibility to us or anyone else. Only you know what is right for you, and we trust you will take this matter of your life seriously.

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## Appendix A – Further Reading

The following websites are recommended to the reader for additional background and specific information on the various topics covered in this book.

Since changes on the web occur frequently, some links may be out of date. All links are maintained and may be accessed at [www.FreedomTechnology.org/links](http://www.FreedomTechnology.org/links).

Because content on the web can frequently change, the authors do not vouch for the ongoing integrity of each link mentioned. The reader is encouraged to question everything online, and to listen for the ring of truth.

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[www.healingdaily.com/beliefs.htm](http://www.healingdaily.com/beliefs.htm) - Further examples of how the medical industry influences public opinion.

[www.healthliesexposed.com/articles/article\\_2005\\_08\\_19\\_3132.shtml](http://www.healthliesexposed.com/articles/article_2005_08_19_3132.shtml) - 8 Medical Lies and Why I Abandoned Medicine by Shane Ellison, dedicated to stopping the prescription drug hype in its tracks.

[www.drcranon.com/chelation.htm](http://www.drcranon.com/chelation.htm) - A good source of information to start researching Chelation Therapy.

[www.lef.org](http://www.lef.org) - The Life Extension Foundation

[www.maxlife.org](http://www.maxlife.org) - Maximum Life Foundation. Accelerating progress in Anti-Aging Medicine Research

[www.acam.org](http://www.acam.org) - The American College for Advancement in Medicine (ACAM) is a not-for-profit medical society dedicated to educating physicians and other health care professionals on the latest findings and emerging procedures in preventive/nutritional medicine. ACAM's goals are to improve skills, knowledge and diagnostic procedures as they relate to complementary and alternative medicine; to support research; and to develop awareness of alternative methods of medical treatment.

[www.archive.org/details-db.php?mediatype=movies&identifier=ChelationTherapyRevolution](http://www.archive.org/details-db.php?mediatype=movies&identifier=ChelationTherapyRevolution) - 'Chelation Therapy Revolution' (describes use of EDTA as a chelating agent, 1999)

[www.cleanset.net/mucoid\\_plaque.HTM](http://www.cleanset.net/mucoid_plaque.HTM) – Articles by Dr. Richard Anderson, author of Cleanse and Purify Thyself Volume 1 & 2.

<http://educate-yourself.org/nwo/nwopopcontrol.shtml> – Article explaining the plan to intentionally reduce the bulk of the world's population through genocide via the introduction of population slaughter, orchestrated conflicts, and bioengineered disease organisms introduced via vaccines and other means of external transmission.

<http://fatima.freehosting.net/Articles/Art3.htm> – A collection of quotes from Advocates of Population Reduction.

[www.generationrescue.org](http://www.generationrescue.org) – Parent-led advocacy group promoting use of chelation therapy as a cure for autism.

[www.healingcelebrations.com/SARS.htm](http://www.healingcelebrations.com/SARS.htm) – SARS: The Great Global Scam.

**[www.marthavolchok.com](http://www.marthavolchok.com)** - Colon Cleanse for Radiant Health

**[www.blessedherbs.com/photos2i.html](http://www.blessedherbs.com/photos2i.html)** - Real pictures of colon plaque eliminated during a Colon Cleansing Therapy Session (not for the faint-hearted!)

**[www.mcguffmedical.com](http://www.mcguffmedical.com)** - All requirements for doing EDTA Chelation can be obtained directly from McGuff Medical Products.

**[www.originofaids.com](http://www.originofaids.com)** – Provides scientific background on the link between the hepatitis B vaccine and the AIDS pandemic.

**[www.sciencedaily.com/upi/index.php?feed=Science&article=UPI-1-20050524-16281400-bc-ageofautism-chelation.xml](http://www.sciencedaily.com/upi/index.php?feed=Science&article=UPI-1-20050524-16281400-bc-ageofautism-chelation.xml)** - 'The Age of Autism: Heavy Metal', Dan Olmsted (May 24, 2005)

**[www.snopes.com/toxins/fecal.htm](http://www.snopes.com/toxins/fecal.htm)** – The other side of the coin: a large number of articles covering the misunderstood negative side of colon cleansing.

**<http://sites.securemc.com/folder21885/index.cfm?id=50&fuseaction=browse&pageid=40>** – This article on the True Nature of Cancer is required reading for anyone facing cancer.

**[www.wealth4freedom.com/truth/7/uselesseaters.htm](http://www.wealth4freedom.com/truth/7/uselesseaters.htm)** – Article on eliminating the useless eaters through population control.

**[www.worldpsychology.net/World Psychology/SaudeVeritas/IDCC.htm](http://www.worldpsychology.net/World%20Psychology/SaudeVeritas/IDCC.htm)** - International Detoxification and Chelation Clinic

**[www.gen.cam.ac.uk/sens/](http://www.gen.cam.ac.uk/sens/)** - Expediting the development of a true cure for human aging.

**[www.alcor.org](http://www.alcor.org)** – Alcor Life Extension Foundation.

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End of Seminar 11  
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