

accomplish this worthy goal is amazing! Without a doubt, an ounce of prevention is worth a pound of cure.

Bless the LORD, O my soul, and forget not all his benefits: who forgiveth all thine iniquities; who healeth all thy diseases;

Psalm 103:2,3

**The information presented herein is not to be used as medical advice or to diagnose or to treat disease. Therefore, the use or misuse of any information contained herein is at the sole risk and discretion of the user. For diagnosis, treatment or any other procedure including allopathic medical advice, see your medical doctor. For healing, see the Great Physician. (Exodus 15:26)*

16

that there were 12,000 deaths per year due to unnecessary surgery; 7000 deaths per year due to medication errors in hospitals; 20,000 deaths per year due to other errors in hospitals; 80,000 deaths per year due to infections in hospitals; 106,000 deaths per year due to negative effects of drugs. Recent statistics have stated that 1 in every 3 people will be affected by hospital errors.

- ❖ **Research** alternative treatments and study out negative side effects of conventional

12

An Ounce Of Prevention –Avoiding The 3 Leading Causes Of Death

Heart Disease is the number one killer in industrialized countries. In developed nations the proportion rises to more than 50 percent. The CDC stated that in 2010 the top two leading causes of death are **Heart disease** (597,689 deaths) and **Cancer** (574,743 deaths) followed by chronic lower respiratory diseases (138,080 deaths), but a July 26, 2000 JAMA article by Barbara Starfield M.D., MPH citing several research studies in the previous decade, stated that a total of 225,000 Americans per year have died as a result of their medical

1

- ❖ **Exercising Regularly** can reduce your risk of heart disease by 45 percent. Exercising can also help your body to deal with stress which may cause your body to make additional cholesterol. Brisk walking is one of the best and cheapest forms of exercise.

Reducing your blood pressure reduces your risk of heart disease by 2-3 percent for each 1mm reduction in the diastolic pressure. This can often be done by simply drinking enough water. Dr. Whitaker says, "Drink 15 glasses of water a day. Almost all the blood pressure medications

5

get the root out too, otherwise the weed just regrows. The same is true of disease, if you don't address the cause of the problem the disease will just return. Aid the body in healing, don't just fight symptoms. Many symptoms, such as fever, are actually the body's mechanism for fighting disease.

Learn how to use simple herbs that grow in your yard. Many ailments may be cured with simple herbs that grow in our yards. For example, red clover

14

whole grains into the diet and avoiding white flour and other fiber-less junk food. Eating a few prunes makes a great natural laxative.

- ❖ **Limit toxic exposure** Both pesticides and genetically modified organisms have been shown to cause abnormal cell growth in animal studies. Eating organic produce and less processed food is a good place to start in removing unnecessary toxins. Many household chemicals also contain carcinogenic substances

10

which I have brought upon the Egyptians: for I am the LORD that healeth thee. This suggests that what we do and how we follow the natural law can effect whether or not we get sick. Scientific evidence proves that the greater portion of all three leading causes are life-style related and thus, preventable. The following are a few tips to avoiding these deadly killers.

Fighting Heart Disease

- ❖ **Stop Smoking** This will reduce your risk of heart disease 50-75 percent in 5 years.

3

is found in the cluster, and one saith, Destroy it not; for a blessing is in it: so will I do for my servants' sakes...

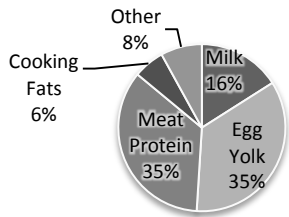
Kicking out Cancer

- ❖ **Reduce Stress** Researchers estimate that stress contributes to as many as 80 percent of all major illnesses, including cardiovascular disease, cancer, endocrine and metabolic disease, skin disorders, and infectious ailments of all kinds. Prov. 17:22 states, *A merry {rejoicing} heart doeth good like a medicine.*

7

❖ **Reduce Blood Cholesterol** This will reduce your risk of heart disease 2-3% with each 1% reduction Cholesterol is found only in animal products. Fruits, nuts, vegetables and grain contain no cholesterol. Your body will make all the cholesterol you need.

Sources of Dietary Cholesterol in the American Diet



4

❖ **Stop Smoking-** Lung Cancer claims the lives of about 200,000 people yearly. Smoking is the leading cause of lung cancer. Discontinuing use of alcohol also lowers your risk of getting cancer.

Eat more vegetables and fruit. Research has shown that people who eat a diet free from animal products, rich in plant foods and low in fat have a much lower risk of developing cancer. Large studies in England and Germany have shown that vegetarians are about 40 percent less likely to develop cancer compared to meat eaters.

8

treatments. Alternative remedies like hydrotherapy and charcoal or clay poultices don't have the long list of potential side effects that most pharmaceuticals do.

❖ **Visit the eight doctors of health** available for free consultations. Fresh air, exercise, water, rest, temperance, diet, sunshine and trust in God are true remedies for health of body and mind.

❖ **Learn to treat the cause of disease** and not just the symptoms. When you pull a weed in the garden you have to

13

Dr. T. Colin Campbell stated that "... No chemical carcinogen is nearly so important in causing human cancer as animal protein." One reason for this is that toxins bioaccumulate up the food chain so that toxin levels in fish are 100,000 times that of the surrounding environment. Fruits and vegetables also contain antioxidants and other components that actually fight cancer.

❖ **Eat more fiber** Chronic constipation contributes to colon cancer, the second most common cancer. Eating more fiber means incorporating

9

treatments. Thus, America's **healthcare-system-induced deaths** are the third leading cause of the death in the U.S., after heart disease and cancer.

<http://jama.jamanetwork.com/article.aspx?articleid=192908>

There is a distinct line between recognizing the leading causes of death and avoiding them, however. In Exodus 15:26 God says, *If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee,*

2

mimic the effect of increased water intake." Making sure you eat plenty of potassium can also help. Bananas make a "peelable" potassium pill.

❖ **Grapes** are rich in flavonoids that reduce blood "clumping" and harmful blood clots. Purple grape juice's "antiplatelet activity" shows stronger than aspirin according to the 47th Scientific Session of the American College of Cardiology. Drinking two cups of purple grape juice a day for seven days is better than taking aspirin! Isaiah 65:8 says *Thus saith the LORD, As the new wine*

6

blossom tea is a source of many nutrients and well as being a blood purifier and anticancer. Weeds we often pull, like milk thistle and dandelion, have been shown to provide liver support. Fresh aloe vera is great for burns. Simply crushing the herb plantain makes a great poultice for pulling the poison out of insect bites and other infections.

Taking your health seriously and learning to understand health by reasoning from cause to effect will help to turn the tide of disease. The simple means used to

15

such as formaldehyde and benzene. Chemical fragrances in particular cause problems. Look for shampoos, soaps and detergents that have ingredients you can read, understand and pronounce. Using baking soda, vinegar and castile soap for cleaning and personal care products is an inexpensive and easy way to start on the road to a chemical free home.

Dodging Healthcare-System-Induced Deaths

❖ **Realize the Risk** Barbara Starfield's article in JAMA cited

11