

From “Chapter 6: How to Never Get Sick Again” in Kevin Trudeau’s
Natural Cures “They” Don’t Want You to Know About

There are relatively few causes of all diseases. One will either catch something and succumb to it, or something develops within the body. These things occur because you have (1) too many toxins in your body, (2) nutritional deficiencies, (3) exposure to electromagnetic chaos, (4) stress.

1. One must eliminate the toxins that have built up in the system, using:
 - a. Colon cleanse
 - b. Liver / gallbladder cleanse
 - c. Kidney / bladder cleanse
 - d. Heavy metal cleanse
 - e. Parasite cleanse
 - f. Candida cleanse
 - g. Full-body fat tissue / lymphatic cleanse
2. Although it is nearly impossible in today’s world to totally eliminate toxins from entering your system, one must at least reduce their quantity.
3. Make sure our elimination systems are clean and no longer sluggish, allowing the toxins that enter our bodies or develop in our bodies naturally to be eliminated quickly and not accumulate.
4. Make sure we get the proper amounts of nutrition ... and make sure our system can assimilate these vital nutrients.
5. Reduce and/or neutralize that electromagnetic energy that is attacking our body energy fields and cells.
6. Reduce stress.
7. Use our mind and words to create a healthy alkaline body pH, and actually change genetically defective DNA structures into normal healthy DNA structures.

Here are the most general guidelines to follow:

1. See natural health care providers on a regular basis.
 - a. Bioenergetic synchronization technique practitioner
 - b. Chiropractor
 - c. Herbalist
 - d. Homeopathic practitioner
 - e. Naturopath
2. Stop taking nonprescription and prescription drugs.
3. Get an energetic rebalancing.
4. Check your body pH, as when your body pH is acidic, disease such as cancer, diabetes, and MS thrive, but when your body pH is alkaline, diseases such as these cannot survive.

A. Clean out the toxins that have accumulated in your body.

1. Get 15 colonics in 30 days. Using coffee for these can be particularly helpful.
2. Do all the cleanses listed above. [www.lifeforceplan.com , www.purification.org]
3. Drink eight full glasses of pure water daily.
4. Use a rebounder (mini trampoline) ten minutes a day.
5. Walk one hour each day.
6. Stretch the muscles and tendons in your body.
7. Practice deep and even breathing.
8. Sweat with a regular dry sauna or an infrared sauna. (NO wet steam.)
9. Give yourself a dry brush massage, exfoliating the skin and allowing toxins to come out of your skin at least once a day.
10. Get a full body Swedish and/or deep tissue massage on a regular basis.
11. Do chi kung for ten minutes a day, a series of gentle movements that stimulate strength, energy flow, etc. preferably while standing on/over powerful magnets.
12. Do tai chi, a series of flowing movements designed to center oneself, relieve stress, increase energy flow, increase flexibility, etc. [www.shaolinwolf.com]
13. Do a seven to thirty day fast.
14. Get specialized treatments as necessary. i.e. reflexology, acupuncture, reiki, cranial-sacral

B. You must stop putting toxins in your body.

1. Do not eat any food that is produced or sold by a publicly traded corporation or is a brand name product.
2. Get all metals and mercury amalgam out of your dental work.
3. Stop smoking.
4. Don't drink tap water (without researching the effects of chlorine & fluoride!).
5. Buy and use a shower filter. The skin absorbs nearly 1L of water during each shower.
6. Eat only organic foods.
7. Do not ever eat in fast food restaurants.
8. Do not eat anything that comes out of a microwave oven.
9. Eliminate MSG and any artificial sweeteners; use only raw honeys or sugars or stevia.
10. Never drink "diet" sodas.
11. Do not eat hydrogenated oils which are very harmful trans-fats.
12. Do not consume homogenized (!!) and pasteurized dairy products.
13. Do not eat anything containing high fructose corn syrup. Agave syrup is nearly as bad.
14. Use only toothpaste with no fluoride.
15. Do not use nonstick cookware.
16. Eat only organic, kosher meats and poultry.
17. Do not eat farm raised fish.
18. Do not eat pork.
19. Do not eat shellfish or any other sea creatures that do not have scales and fins.
20. If you can't eat it, don't put it on your skin.
21. Get an air purifier.
22. Use only nontoxic, organic cleaning supplies.
23. It is better not to drink canned or bottled juice as it has all been pasteurized.
24. Do not use sunblock, as its toxic ingredients will absorb directly into the skin.
25. Instead of vitamins that have been created in a lab, choose "whole food" supplements.

26. Do not use antiperspirants (!) or deodorants.
27. Do not eat foods containing white processed sugar or white processed flour !!
28. Eat nothing that on the label claims "fat free," "sugar free," "low carb," or "net carbs."
29. Do not eat "food bars."
30. Do not drink diet or protein shakes.
31. Stay away from all hot tubs, steam rooms and swimming pools. (= *chemicals & germs*)
32. Eliminate air fresheners.
33. Eliminate fluorescent lighting.
34. Reduce or eliminate air conditioning.
35. Avoid dry cleaning.
36. Buy only organic beer and wines or make your own.
37. Buy a good vacuum cleaner with a hepa filter.

C. You must handle and address your nutritional deficiencies.

1. Eat more fresh organic fruits and vegetables.
2. Buy a juice machine and use it.
3. Eat raw organic nuts and seeds.
4. Get natural sunlight on your skin and on your water.
5. Eat an organic apple a day.
6. Take coral calcium, specifically marine grade from Okinawa, Japan.
7. Take all natural vitamin E with no added soy or other oils, preservatives, colors, etc.
"natural, unsterified, mixed tocopherol complex..."
8. Take 'liquid colloidal minerals' or plant-derived mineral ions dissolved in filtered spring water daily.
9. Drink the "magic juices" such as noni, goji, mangosteen, aloe vera, and acai berry.
10. Take a whole food supplement daily such as chlorella, blue-green algae, spirulina, and other types of concentrated whole herbs, plants, dehydrated juices, and/or sprouts.
11. Eat raw organic honey, bee pollen, royal jelly, and bee propolis.
12. Get an oxygen water cooler (NO store-bought oxygenated water as O₂ depletes too quickly).
13. Take digestive enzymes. (Raw apple cider vinegar, kefir yogurt, raw milk, raw honey)
14. Use organic sea salt (potassium salt to balance your electrolytes).
15. Eat organic dark chocolate.
16. Take an omega-3 supplement such as fish oil or preferably krill oil.
17. Eat nutritious snacks in between meals.

D. Neutralize electromagnetic chaos.

1. Get something to help neutralize the electromagnetic chaos around you.
2. Use electronic and wireless devices less frequently.
3. Use a Gentle Wind Project instrument. [www.gentlewindproject.org]
4. Reduce time in front of television.
5. Get a magnetic mattress pad.
6. Use magnetic finger and/or toe rings.
7. Stay away from electric tumble dryers for the massive amounts of positive ions produced.
8. Add living plants to your home to add oxygen, negative ions, and energetic balance.
9. Wear more white or light colored clothing, especially at home.
10. Use Feng Shui in your home and office.

E. You must reduce stress.

1. Listen to de-stressing CDs.
2. Do alphabiotics. [www.alphabiotics.com]
3. Laugh every day as often as you can, even if there is nothing to laugh about.
4. Smile, even for no reason, and do it often.
5. Get and give hugs, as human contact is physically necessary for life.
6. Speak positively & use words as a powerful tool to make what you desire come to pass.
7. Don't use a cell phone and drive at the same time.
8. Sleep eight hours, preferably 10:00pm until 6:00am daily.
9. Rest from Friday sundown to Saturday sundown.
10. Take an afternoon fifteen-minute break daily.
11. Get rolfing once per week for 15 weeks, a special type of deep tissue massage that releases the fasciae and dramatically improves posture, balance, and integrates your entire body.
12. Don't read the newspaper or watch the news for they are filled with negative thoughts, misleading stories, and deceptive advertising.
13. Have more sex as it promotes general health.
14. Commit reckless acts of kindness. Remember, what goes around comes around.
15. Listen to nice music.
16. Get out of debt.
17. Drive less frequently.
18. Be thankful, possibly reflecting for a few minutes each night as you relax in bed.
19. Get an inversion table to use for approximately three minutes per day.
20. Use foot orthotics which can eliminate foot, joint, and back pain.
21. Get a 'range of motion machine' that can compact two hours of exercise into four minutes.
22. Take life more lightly and have mild preferences as these are specific common denominators among centenarians.
23. Stay away from psychiatrists, psychiatric medications, and psychologists (unless *extremely* necessary).
24. Do not use an alarm clock.
25. Use aromatherapies.
26. Use Callahan techniques to control your urges. [www.tftrx.com]
27. Get a pet.
28. Write down your goals using white paper and a pen with blue ink.
29. Plant a garden.
30. Cook.
31. Don't eat late, preferably no less than three hours before you go to bed.
32. Dance and sing whenever you can.
33. Find your life's purpose. (This is last simply because it is probably the hardest of all.)