

Commendations are pouring in for the updated version of my book *Health Wars* and for that I am grateful. I've also received complaint emails from folks expressing alarm over what they think is scaremongering over the extent to which our food and water supplies have been contaminated. My response is this: I HAVEN'T BEEN NEARLY HARSH ENOUGH, sparing my softer readers the full extent of the wickedness being perpetrated today against those we love.

When parents are arrested for not vaccinating their children; when parents have their infants torn from their loving arms because they refuse to allow toxic chemotherapy to be poured into their babies; when governments sanction the most appalling poisons to be put into foodstuffs and sold to the public; when psychiatry gives your child a bogus, unscientific disease diagnosis and then damages them with dangerous, unproven drugs, the time has come for decent people to act.

My job is to report properly researched scientific information to allow the public to make informed decisions that can save their health and life. Of course I am not alone. This week, I'd like you to go through researcher Alex Jones' latest podcasts to remind yourself what you are up against. Alex Jones is always up for criticism for his explosive style but the information he covers on these two short films is sound.

Remind yourself each day to appraise the quality of the food and water your loved ones consume, the danger of the toxins you are introducing to your family via personal care products and medicines. What you put on your dinner plate tonight; what you slap on your skin; what you drink and the medicines you take. All these far exceed any threat to your family from terrorists or wars or Somali pirates or (our prayers with you, Christchurch), natural disasters.

Let me be quite clear. The overt war being waged against every citizen by government and big industry around the world has as its goal the increase of death, disease and ill-health, social unrest, wars, fear and heartache. Governments behave this way because they can increase taxes and remove personal freedoms to protect us against the threats they themselves instigated. Global control and a scientific dictatorship is the big plan. Sick? I fear 'sick' goes no way close to describing it. Political commentator HL Mencken remarked over half a century ago:

“The whole aim of practical politics is to keep the population alarmed and hence clamorous to be led to safety, by menacing it with an endless series of hobgoblins, all of them imaginary.”

Let's use our common sense. Only MANIACS would allow the unleashing of genetically modified organisms *at all*, let alone into an unregulated biosphere and for the food supply! Yet not only is this project a reality, the maniacs are ramping it up. The public doesn't want cloned food or GMO; farmers hate being threatened into using proprietary seed and yet, in supposedly democratic lands around the world, the public's wish is ignored while the unseen hand pours this stuff upon us anyway.

Only MANIACS would give ex-chemical warfare agents to small children and threaten their parents with child abduction if they dare mention diet and nutrition. This happens to such an extent that I have a stock letter I send out to concerned parents.

Only MANIACS would prescribe babies and children mind-altering drugs for non-existent mental conditions. Psychiatry not only does this, their right to act is enshrined in law.

Only MANIACS would put a grade-A carcinogen, hexoflurosilicic acid ('fluoride'), into the water supply and mass-medicate the public without their consent.

Only MANIACS send your sons and daughters off to wars unsanctioned by the public, then do nothing when they are injured or killed.

Only MANIACS recommend untested, dangerous vaccinations for your children, then not only don't give them to their own kids, they arrange for non-compliant parents to be harassed and arrested, and do nothing when your children end up in a wheelchair paralysed and damaged from their quackery.

Only MANIACS take away your right to vitamins, herbs and minerals, telling you they're dangerous, while foisting lethal drugs upon you and falsifying scientific reports to say that they work.

Raw stuff indeed. Can we do something about all this? Yes. There's six and a half billion of us, and a few hundred thousand of them. There is a war going on and you and I are the pawns and the prize. Vote with your feet and your pocket, as Alex Jones concludes.

And get angry.

And think Cairo.

[ALEX JONES PART 1](#)

[ALEX JONES PART 2](#)

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HEALTH WARS 2011

by Phillip Day

WHEN YOU write a book and entitle it *Health Wars*, you're probably out to make trouble. Apart from images of starving people, cancer apocalypses, AIDS-ravaged nations and chicken shock-and-awe, the language itself confronts you. What wars? And what has health got to do with them? And why make the doctor on the front so big and scary? And who are you, Phillip Day, I've never even heard of you.

Health Wars was first published in 2000 and created a storm. How dare a member of the public assault the hallowed halls of government, industry and science. Of course, I was by no means the first to level accusations of quackery and ineptitude against Big Medicine. Doctors themselves have told me that *Health Wars* managed to achieve the requisite level of public outrage to galvanise the citizen into doing their own research.

By dividing the book up into different wars – for instance, medical incompetence over vaccinations; death by doctoring in cancer and heart disease – the reader quickly identifies the common threads, not only with what is going wrong with corporate healthcare, but also in what the individual can do to protect themselves and fix most of the problems at home. An ounce of prevention, as they say, is worth a pound of cure, but we got lazy.

Like millions of others I am someone who loves life and wants to live it for as long as possible with all my ducks in a row. Statistically, though, I'm not going to make it, at least to that golf course scene. The chances are I'll have a heart attack, get cancer, have a stroke. *Why?* These diseases were all but unknown just 150 years ago.

One in four of us will get a mental problem, one in six diabetes, one in three asthma. Eight out of ten are physically inactive, have high blood pressure and are overweight. I suppose that's why there are 'health plans', though the moniker's deceptive. No-one seems to plan for their health, only sickness, it's not something we want to dwell on. In an age where the majority don't even put away for their pension, the mission for most of us is simply to have a good life, raise kids, love thy neighbour, grow old gracefully and make it to the bathroom on time.

The reality for many, however, will be broken marriages, broken homes, broken health, broken finances, the first surgery at fifty, addictions, pills and potions, and then you lose your mind, the family wants to put you somewhere, and you end up in a home eating Nobby's Nuts, staring at the *X-Factor*. We've come to accept our lot, that bad things happen and people die. After all, everyone dies of something, right? *But we're not supposed to be killed by our doctor or government!*

Twenty-five years ago as an ordinary citizen I became interested in health. Aside from being in pretty poor shape myself (heavily overweight, a smoker, on two different anti-depressants prescribed to me by my doctor for a hamstring injury), some of my family had lost their lives to the medical establishment and I wanted to know why. The industry I started researching was understandably cagey over any deaths it caused. There's a trust between doctor and patient, one vital to the proper discharge of a physician's duties. To hint for even an instant that medicine itself could be the problem - that doctors might be up there with cancer and heart attack as one of civilization's most lethal scourges - is to say something about our society that is so ghastly, most don't even want to go there. Until it happens to them.

I found good men and women in medicine to be sure, and got to know more and more in many parts of the world as time went by. Doctors go into medicine to make a difference, to save lives, to give hope, not to find that most medicines don't do what they say on the tin. Instead of 'doing no harm to the patient' (Hippocratic Oath), many doctors are bothered that their training teaches them from the outset to harm the patient from babyhood with vaccinations, drugs, bacteria, fungi and viruses, not to mention surgeries and the neglect of food and lifestyle causations.

I found that I was not against medicine. On the contrary, I believe to this day that the coming century will see tremendous breakthroughs once common sense and vested interests are connected to the oxygen. It's a precarious balance after all, for science cannot survive without money. The inventions we enjoy today should be roundly applauded - life would be quite impossible without them. On the other hand, as the Saxons said, 'Where the battle is, there shall the eagles be gathered together'. Or in today's vernacular, 'Where the sickness is, there shall the corporations be gathered together'.

I found encroaching greed was placing profits over patients with unintended consequences. Syndromes were being invented. Most drugs were proving an unqualified failure with disease and worse, there were side-effects, the cost and potential for litigation. Curing the symptoms was not the same thing as curing the disease. So as the years passed, we got more cancer, more strokes and more heart attacks in spite of the 'wars' being declared; in spite of the brightest and best wandering the corridors of our leading medical institutions with unlimited budgets. The newspapers tout 'breakthroughs'. Sometimes the cure is worse than the disease. Sometimes the cure *is* the disease. The unwanted conclusion is, that we have given our trust to a system which routinely abuses it.

In the realm of our 'healthcare system', I cannot see any *system* at all that is working for a meaningful longevity in any of its patients. Harsh words? NOT HARSH ENOUGH.

On 25th January 2009, the *Herald Sun* in Melbourne, Australia, reported: '*Children younger than 4 who are considered mentally disturbed are being treated with controversial electric shock treatment.*' Are we OK with electric-shocking our toddlers? In the US state of Maryland, state and county officials have announced that they will send parents to jail if they don't submit their children to vaccination.

Today in many countries, if you refuse certain drugs for your family, child protection services can be unleashed. If you refuse chemotherapy for your child on the grounds that it's poison, your child can be removed and forcefully poisoned to death to preserve their human rights. Such irony becomes all the more poignant when one realises it's all being done with the best possible intentions. As I'm oft fond of saying, you can be sincere, and you can be sincerely wrong.

Truth is only any good if you act upon it. Both orthodox and complementary paradigms have much to bring to the table. We have made some great advances in medicine: infant survivability at birth, A & E trauma medicine, surgical techniques, pain management, prosthesis. Yet two realms remain unqualified failures: disease and mental health. And while *Health Wars* may outrage and shock, and while one may form the conclusion at the final page that the measures described in the book 'make all the sense in the world', how many will actually act to improve their own circumstances?

In the end it's up to us. While we've been short-changed on 'healthcare', the odds of living to a grand old age with all our own marbles is squarely in our purview. If I can convince you that you're worth working on, will you do a few simple things to add years to your life? What would another fifteen years really be worth to you, to your children, friends and family? Would you teach them how to qualify for the extra mileage also?

In the UK you receive a telegram from the Queen on your hundredth birthday. In 2000, we saw Her Majesty sending the telegram to her own mum, the late but ever-mobile Elizabeth the Queen Mother, who tipped the century to the delight of all. A nice sight and all fine for royalty, I say, but what about the great unwashed? What are the chances of my getting that telegram for myself? Can humans *routinely* survive to be a healthy hundred in the rap, neon and jet exhaust of the 21st century? If so, how do you do it? *And why wasn't I told?*

In the age of the Internet, we now have the sum total of all human knowledge at our fingertips, warts 'n all, the first time this has become possible. The purpose of *Health Wars* is to assist you in getting properly researched and easy-to-understand information upon which to base your own conclusions and informed decisions. It's currently an embarrassing time for the 'powers that be' now the veil of information secrecy has been whisked aside. It's tempting to believe that the coming years will usher in an era of greater transparency, love, friendship, light, rainbows, etc, for all, though if you've come to know human nature as I have, you will learn this stuff for yourself without the slightest delay and advise those you love to do likewise.

It's a warzone out there.

Take nothing for granted. Prove all things.

THE NEW HEALTH WARS SUMMARY

WAR #1 POPULATION: Health agencies are adopting a policy of willful ignorance when it comes to protecting the taxpayer. Sickness is big business. Whipping up social crises provides government with the excuse to raise taxes and aggregate more power to combat supposed ‘threats’.

WAR #2 DOCTORS: Western medicine is now the third leading cause of death in most countries. If one considers that lifesaving information is being deliberately withheld, resulting in heart disease, cancer, stroke and diabetes, Western medicine is THE LEADING CAUSE OF DEATH. Why is this happening?

WAR #3 THE DOCTOR WITHIN: Advances in molecular biology clearly show that the human body is a *designed, error-correcting system*. These discoveries have major implications for prevention and cure, and yet are shunned.

WAR #4 MILK: Humans are the only mammals on Earth to get weaned off their mother’s milk only to spend the rest of their lives stuck under the udders of a completely different species. Illogical quirk or major wrong turn for human health?

WAR #5 MEAT: Humans are omnivores and so can eat *some* meat if they wish. The nature, quantity and quality of what we’re consuming, however, has become a *major* health hazard.

WAR #6 SUGAR: When it comes to identifying the most common poison we willingly use against ourselves – an amazing feat resulting in millions of deaths worldwide every year – there is no contest.

WAR #7 LIFESTYLE: The public views lifestyle advice as nannying... until they get sick because of their lifestyle. Then they expect to be cured by a medical system not trained in the implications of lifestyle.

WAR #8 THE SUN: Considerable efforts have been expended burbling the myth into the public’s ears that the sun can kill us. Little warning has been given over the dangers of vitamin D deficiency, however, as a result of shunning the sun.

WAR #9 HEART DISEASE AND STROKE: The medical establishment is in possession of detailed information on how to combat these scourges with nutritional strategies—the only long-term solution—yet chooses to ignore them in favour of drugs and surgery, which do not deal with the reason the problems occurred in the first place.

WAR #10 CANCER: We’ve had the cure for cancer all along, it’s called the immune system. Nature has a veritable storehouse of immune-boosting and anti-cancer nutrients, yet governments not only ignore these substances, they seek to restrict and even remove their availability from the citizen.

WAR #11 WATER, SALT AND FLUORIDATION: Three wars in one: 1) The deliberate poisoning of the public water supply with carcinogenic chemicals. 2) The denigration of water as a cure for common complaints and 3) misinforming the public about the need for proper whole salts to maintain cellular health (not sodium).

WAR #12 THE MENOPAUSE: This chapter deals with the victimisation of women using bogus diagnoses, dangerous drugs, needless surgeries and the marketing of the menopause as ‘life-threatening’.

WAR #13 VACCINATION: Is vaccine theory valid or has it tragically backfired? What of today's increasingly common neurological complaints in adults and children?

WAR #14 QUALITY OF FOOD: If we are what we eat and absorb, what are the implications of ingesting most of what passes for food on today's supermarket shelves?

WAR #15 CHEMICALS: We use hundreds of foreign substances everyday in products such as shampoos, toothpastes and antiperspirants. We trust that someone has tested their safety. This chapter explains why we should be nervous.

WAR #16 PSYCHIATRY: Every year this pseudo-scientific profession dreams up more fictitious mental illnesses to scare the public without a shred of science to back up the diagnosis.

To purchase any of the items mentioned above please go to
<http://interneka.com/affiliate/AIDLink.php?BID=11205&AID=34037>

Phillip Day
The Campaign for Truth in Medicine
<http://www.campaignfortruth.com>

EClub Weekly Tip – Eclubcampaignfortruth.com