

EClub Weekly Health Tip – People Helping People

Phillip Day – 29 June 2010

They say if a job's worth doing, you should do it yourself. In the face of overwhelming ignorance in the medical sector as to what constitutes proper healthcare, responsible citizens have no choice but to take their welfare into their own hands. This was the motivation behind my setting up The Campaign for Truth in Medicine and Credence all those years ago, so the public could gain ready access to information that could save lives wherever they lived on Planet Earth; information our governments, doctors and politicians seem incapable or unwilling to provide us. Imagine that.

The rest, as they say, is history. Today the Campaign blankets the globe. Thanks to the miracle of the Internet, the stooges in your local medical centre/hospital can be bypassed while you take your pick of the opinions and information provided by dozens of qualified medical experts to make an *informed* decision. My job, as you know, is to cobble this lot together in some sort of manageable order to streamline your search efforts via the Credence site and weekly health tips and bulletins we send out.

We are all sophisticated enough to know that there are some things the medical fraternity does get right. God forbid you cut off your leg with a lawnmower, they are very good at putting it back on. You might die of some ghastly superbug in Maidstone hospital while they're doing it, but at least you'll die with both legs. Injuries from car crashes, they're good at fixing those. A & E trauma medicine, brilliant. Pain management, peerless (stay out of the canteen). Infant survivability at birth, excellent (get the babas out before the needles emerge). Disease, *pathetic*.

Yes, it serves us to know what doctors are good at doing and where they are hopeless. And before I get another cascade of emails protesting that there are caring people working in hospitals (yawn), there really are, OK? But as I continue through the heartbreaking process of helping a family member come to terms with their encroaching dementia, there are whole areas of medical care which are simply more profitable for the system to stay in the discredited old drug model with not a hoot paid to nutrition or lifestyle. As a society we know better and we should be doing more.

And, for what's worth, the right way will save billions in taxpayer money. With governments feverishly wielding the axe on public spending (while the hapless Brits continue to spoon out millions in overseas aid to 'backward' China), how much could we really save if we embarked on a proper program of educating citizens to end their nutritional illiteracy? Well done, Mike Adams, for dealing with this very subject [in your recent eblast](#).

But we're up against an understandable intransigence. "Huh, you've got to die of something." With cancer, heart disease, Alzheimers, stroke, diabetes and all the rest destroying our nations and family happiness, I get complaints from offended people who spit their dummies over, for example, my article on meat. Listen my friends, if you want to scoff down a herd of pigs, aardvark *a la mode* and a meerkat *fricassee* washed down with three litres of cow's milk, go ahead and knock yourself out – I'm probably not someone you should be subscribing to, and anyway it's your body. I do object to having to pay out of my pocket for your ignorance and bypass, however, while you lecture me on your lamentable 'food pyramid' and teach it to the kids. I'm here to tell you that heart disease and cancer were that uncommon a hundred and fifty years ago, they were barely mentioned in the medical texts. So something happened in the world apart from Hitler and it might serve us to find out what. *We know better*. And I'm not telling you how to live your life. I want you to look at the evidence and make up your own mind.

EClub is an information club. My goal is to provide you with the latest intelligence on the human condition and help you to help others. Don't get bent out of shape if you disagree with me. Do your own research and come to your own conclusions. Continue to spread the word and let your friends, relatives and acquaintances know they can join up for FREE and get answers quickly. To this end, myself and the team are developing a unique Internet resource to launch later in 2010. You Campaign veterans have already built up a shortlist of experts such as Dr Andrew Saul, Dr Joseph Mercola, Dr Tim O'Shea, Mike Harrison, Mike Adams, David Wolfe, Dr Robert Verkerk, etc. so that a few clicks after breakfast usually polarises any research or calls to action on a given subject. We're going quite a few steps further to put a full Disease Resource Library online which you can access with a few clicks of your mouse. Stay tuned.

People helping people really works. Witness the unprecedented cynicism surrounding the Swine Flu fiasco last year. This new phenomenon did not go unremarked in the usually compliant press. While the Internet has some downsides and a lot of naked ladies, it also reaches parts of the planet even BP, Obama and Rupert Murdoch can't reach. There is great hope that we can meet future challenges in firm fashion without being snowed by those minnows on CNN or SKY with their drug-sponsored bias. And never forget. If you do the complete OPPOSITE of everything the BBC tells you to do, you'll enjoy a long and happy life.

So this is by way of a thank-you and encouragement to tell everyone you know that EClub and the Campaign for Truth in Medicine exist and they can plug themselves in (join at www.credence.org or at the bottom of this bulletin). My new *Victory Tour* for Britain and Ireland for autumn 2010 will take a comprehensive look at a whole rack of diseases which are impacting your families and mine. Most of these meetings will take the form of regional, all-day teach-ins and will be stuffed with new information. In a few weeks' time my new online seminar *Affairs of the Heart* will be available which dismantles mankind's leading disease killer. I would also like to welcome our new subscribers in South Korea and the Asian nations coming onboard after the launch of Credence Asia in the spring. Good to have you all on the team.

With best wishes,

Phillip

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<http://interneka.com/affiliate/AIDLlink.php?BID=11205&AID=34037>

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

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