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BioLiving in a High Tech World

By Allie Dawson

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Meet the Author

Allie Dawson worked for many years as a registered nurse where she held various hospital management positions. Some of her most interesting work, however, involved alternative treatment modalities with end stage cancer patients.

Later, Allie owned and operated a health food store for several years while working concurrently as a nutritional consultant to Chiropractors across the U.S. She was also a Sports Therapist and trainer for TEAM USA-National Martial Arts Team.

Allie's journey as a health practitioner has been enhanced not only by ongoing training -- she has also experienced a number of one-on-one apprenticeships with renowned doctors in cancer and sports massage therapy and traditional Chinese medicine.

Currently Allie is the owner of a health clinic, which offers Touch for Health Meridian Balancing, Massage, Cranio Sacral Therapy, Acupressure, Active Release Techniques, Deep Tissue Sports Therapy, and Reiki. In her spare time Allie teaches Women's Self-Defense, Kickboxing, and Tai Chi.

"Complementary medicine" is the emerging health model for the 21st century -- it recognizes that physical, biochemical, psychological, spiritual and environmental factors all play a role in governing the state of our health. Allie's integrated knowledge of both traditional and alternative medicine provides strong guidance for those who realize that excellent health is the result of balance between traditional and alternative medicine and that one is incomplete without the other.



Radio Appearances

- Columbus, OH - WTVN, The Steve Cannon Show
- Burlington, VT - WKDR/WDEV Radio
- Canada - CHQR - Bruce Kenyon Talk News
- Portland, OR - KPAM News Talk with Debra Barnes
- Kansas City - KBEQ The Randy Miller Morning Show
- Cincinnati OH - WKRC with Stephanie Tyler, The Morning Show
- National Syndicated Radio - Mancow
- Toledo, OH - WVKS
- Austin, TX - KLBJ
- New Living Magazine, NY

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- A Message from the Author -



Disease or Health ? It's Your Choice

Prevention does not cure, but it is the better way!

PREVENTION AS DEFINED: keep from occurring, defend against, counteract, fend off, hold back, stave off, ward off; block, bar, deter, thwart, anticipate, nip in the bud, forestall, avoid, preclude, avert, veto, prohibit, rule out, intercept, sidetrack, turn aside, deflect, turn away.

CURE AS DEFINED: restore to health, make well, heal, eradicate sickness from, rid of an illness, remedy, corrective, curative treatment, means of healing, antidote.

By definition there is a distinct difference between *prevention* and *cure*.

Which would you rather experience? There is no ill treatment or harm in prevention, in keeping with that wise old saying, "An ounce of prevention is worth a pound of cure."

In *BioLiving in a High-Tech World* I refer to a paradigm shift taking place between Alternative Medicine and Western Orthodox Medicine. Alternative Medicine holds an entirely different premise on health with it's focus being on wellness and the healing power of nature as well as the intrinsic total restorative powers of the body (which is why the name "Holistic" is used to mean the same thing as "Alternative"). In contrast, the orientation of Western Orthodox Medicine has been the arena of disease with its focus being on treatments with prescription drugs, surgery or chemotherapy.

In this book I do not talk about cures, I do not talk about diagnostic techniques, and I do not talk about treatment of illnesses. I cannot offer you any of those things. The information I give you cannot take the place of doctors, hospitals, emergency rooms, expensive diagnostics, miracle drugs or highly skilled surgeons that save lives. If you are sick, go to your family doctor. That is to be expected. I do talk, however, about prevention, with the hope that one day you will go to the doctor for your regular checkup with the joyous outcome of a clean bill of health. Don't expect this outcome, however, unless you focus on *prevention* rather than *cure*, *vitality* rather than *illness*, *a higher standard of health* rather than symptoms, and *the low cost of prevention* rather than the high price of a cure or lengthy hospitalization. When you make this choice you may *live a long healthy robust life* in your own right rather than masking fatigue, debilitation, depression or prolonged misery with drugs.

Prevention entails education and personal responsibility to lifestyle, diet and exercise. My perpetual routine is to teach and encourage my clients every time I see them and to work my way out of a job! As my clients begin to take on more responsibility for their own mental and physiological health there is no need to come back. They are living the bountiful life, full of health, and are no longer in the dark as to how they live and what brings about sickness or what they can do about it when it does happen. And they certainly get an education! Without exception I have them start reading. It's usually after the third or fourth visit that my clients exclaim, "I never knew these things! I'm learning so much and it all makes sense now. I can't believe what a difference it makes!"

What is something we live with every day? How about pain, to a lesser or greater degree? As a modern society we embrace the only thing we know: Western Orthodox Medicine and TV commercials that tell us when we have pain we should reach for _____. As a rule, we are not at all aware of the complex web that it unknowingly weaves for us that leaves us not knowing the way out.

I recommend two books for your empowerment and for your good health: *Lessons from the Miracle Doctors* by Jon Barron and *Pain Free in 6 Weeks* by Dr. Sherry A. Rogers, M.D. (Resources for finding these books are in Appendices E & F). If read, heeded, and applied they will change your life. Below I have included some excerpts from these two books so that you can begin to have a bigger picture *now*.

Pain Free in 6 Weeks, Sherry A. Rogers, M.D

(By permission, Excerpts from Chapter One)

"What is pain trying to tell you? Regardless of how your pain started, the body is designed to heal. Let's learn what is retarding your natural healing. There are many types of pain from degenerative discs to arthritis to metastatic cancer to fibromyalgia. Did you ever wonder why we have pain? It is to warn and protect us. Pain is designed to facilitate healing by keeping us from using the area. But healing is a limited process. It should not be chronic. Why should we suffer with pain for the rest of our lives because of one injury? The answer is we should not. There is no teleological or protective mechanism or reason for having chronic suffering after one particular injury. Therefore, it is up to us to find out why the body is still having pain and what it is trying to tell us.

Pain means inflammation: Inflammation means reaction to or rejection of something. If there is continual pain in an area, that signifies there is an irritation, an inflammatory response. What is the body reacting to that forces it to continually release chemical mediators from cells, sending signals to bring in inflammatory repair cells and allergic cells? What offender or invader is the body chemistry trying to reject or gobble up?

Wherever there is pain, there must also be inflammation, with varying degrees of swelling, redness, or tenderness. It is through inflammation that the body defends and heals itself. It is these extra cells that in the process of trying to clean up and protect us also put out chemicals or mediators that produce the chemistry of pain. Whatever it is that we are reacting to, the reaction will persist as long as the body has not conquered the stimulus or trigger. Real healing, as with cuts and fractures, occurs over a finite period of time.

Never lose sight of the fact that only when there is a persistent trigger (that the body is reacting to and cannot conquer) does it continue to produce inflammation and pain. **Inflammation and resultant pain should never be chronic.** And when you choose to cover up or mask pain with medications, it allows you to ignore finding the true underlying causes. The chronic inflammation inevitably progresses to much more serious damage and tissue destruction, while the drugs used cause their own damage as well as create new diseases.

If everything heals, why should pain be chronic? When you cut your finger, it doesn't bleed and stay open forever unless there is something else wrong. If there is a non-healing infection from a splinter in a diabetic, the persistence of inflammation alerts us to remove the splinter and regulate the diabetes before healing can be completed. When you break your wrist, you don't have pain forever. So why should a back or any other source of chronic pain be an

exception? Every chronic condition has an underlying cause that can be remedied. It is these causes you are going to learn to identify and correct.

Pain has a way of wearing you down to a point where you'll beg a surgeon to operate. When you have pain, do you reach for Aleve? This and its over-the-counter cousins like Motrin (ibuprofen), Advil, Naproxyn, Orudis and prescription drugs like Indocin, Tolectin, Lodine, Feldene, Clinoril, Anaprox, Toradol, Nalfon, Voltaren, Celebrex, and Vioxx fall into a category of drugs called NSAIDs (non-steroidal anti-inflammatory drugs) with some of the most dangerous side effects known.

Since side effects of drugs constitute the 3rd cause of death in the U.S., it should come as no surprise that over 6,000 people die from NSAIDs a year. Why don't you hear about it? Because the symptoms slowly come on over the years, masquerading as labels like congestive heart failure, kidney disease with fluid retention, suicidal depression, or idiopathic liver disease. The ones who don't die have the misery of cataracts, ulcers, macular degeneration, hearing loss, ringing of the ears, memory loss, headaches, heartburn, fibromyalgia, chronic fatigue, and much more.

For example, one out of four people get ulcers or other intestinal problems from NSAIDs, but are labeled irritable bowel or heartburn and treated with additional drugs which produce further side effects. No wonder statistics show that once you start taking a gut drug you increase your chances of cancer 43 times! For once you start with a drug, you are propelled into the vortex of more drugs either for the side effects of the first or the progression of underlying causes that were ignored in the first place.

But worse is that these **pain-relievers actually cause bone deterioration**, which is ironic because they are taken for relief of bone pain. That's right, they actually cause the condition for which they are being taken to get much worse, often requiring surgery. No wonder we have been hurled into an epidemic of hip and knee replacements! And if that were not enough reason to find the real cause of pain, common pain relievers cause the leaky gut syndrome. The leaky gut can then go on to cause food and chemical allergies, vitamin and mineral deficiencies that accelerate aging, and auto-immune diseases where the body destroys its own tissues. These include diseases like rheumatoid arthritis, multiple sclerosis, amyotrophic lateral sclerosis (Lou Gehrig's Disease), thyroiditis, colitis, and more.

Common pain medications not only fail to cure, but cause bone deterioration with osteoporosis plus eye, kidney, liver and heart disease. Medications guarantee that the sick will get sicker.

NSAIDs not only increase your risk of being hospitalized by 4-fold, but are implicated in contributing to at least one in five cases of heart failure, for which one treatment is now cutting out part of the heart! But that pales when you consider the side effects of steroids used to mask pain. They can cause death of the tiny femoral artery in the neck of the long thigh bone (femur), leading to attempts to artificially replace the ball and socket bone, which carries, at best, a poor prognosis.

Methotrexate, a drug commonly used for arthritis and other recalcitrant pain conditions, as a form of chemotherapy, can actually cause cancer on down the road. No wonder the prestigious *Journal of the American Medical Association* teaches us that prescription drugs kill well over 100,000 people each year in hospitals alone. And this does not count those who die at home, in accidents, with non-prescription drugs, or whose deaths were not recognized as being connected to drugs and their myriad insidious side effects.

Drugs are designed to merely shut down a chemical pathway that is malfunctioning. For example, the malfunction of the cell membrane's inflammatory chemistry results in a prescription for anti-inflammatory drugs, but this allows the underlying condition to accelerate and worsen: the sick get sicker, quicker. Better to find the true underlying cause and fix what is broken and get on with the joy of life. That is what this e-book is all about.

Dr. Rogers' goal is to help you discover what the cause of pain is and get rid of it once and for all and to experience true healing. She unveils important research studies revealing that 74%-90% of the people who ache and hurt, regardless of their diagnostic label or type of arthritis, have a sensitivity to deadly nightshades, the Solonaceae family of plants. She states that it doesn't matter if you have arthritis from old age or degenerative back discs with sciatica, heel spurs, a "bad shoulder", bum knees, or lupus or rheumatoid arthritis. Further, Dr. Rogers maintains that "it doesn't matter if you have fibromyalgia or tendonitis or joint or muscle pain that is not able to be diagnosed. The label given to your type of pain is of no consequence. If by some chance it is not due to this cause it is most likely an unsuspected food allergy. You owe it to yourself to rule out a cause over which you have 100% control." (To obtain a copy of *Pain Free in Six Weeks*, by Sherry A. Rogers, M.D. refer to [Appendix D](#))

Dr. Sherry Rogers is someone with whom I can relate, as she sees both sides of Orthodox and Alternative Medicine. Having worked as a Registered Nurse in many medical institutions and witnessing the scenarios Dr. Rogers describes, along with its debilitating consequences, I finally chose to leave the Medical establishment to follow Holistic Healing. I have just as equally profound stories of my own personal health, having nearly died with kidney and renal failure, to testify as to the ineffectiveness of Western Medicine and the success of other methods.

Personally, I would choose prevention any day over getting sick or succumbing to cancer, or contracting a virus or a cold. Good health is not just an absence of disease. You are healthy when you feel great and *not* when your doctor can't find a diagnosis to give you. Prevention is pro-active. Postponing the little healthy habits, or skipping responsible learning to enhance your health will therefore cause your vitality to fall headlong into this miserable state of affairs.

It used to be that eating sensibly, taking vitamins, and checking in with the doctor once in awhile was enough. In this day and age, this is no longer true. The soil we grow our food in is mineral depleted, our water is poisoned, and our air is at its highest levels of pollution. We live a fast paced lifestyle that even good health can't catch up with. We are surrounded by Electro-Magnetic Field interference and contamination that was not present twenty years ago. We are a people of quick fixes: drugs, fast food, pain relievers, sleeping pills, and so forth.

You may be shocked to find out what our 'bill of health' is here in America:

Lessons From The Miracle Doctors by Jon Barron

(By permission, Excerpts from Chapter One)

"THERE HAS TO BE AN ALTERNATIVE

Thirty years ago, diseases such as colon cancer, prostate cancer, and diverticular disease were virtually unknown. Today, they are almost a certainty if you live long enough. Consider: ¹

What We Pay For Health Care

Never in the history of the world has any other country come close to having as many doctors as we do in the United States: approximately 700,000 according to the US Census.

And never in the entire history of the world has any other country come close to spending as much as we do on health care: a conservative 1 trillion dollars a year. That means that what we spend on health care is more than the entire Gross National Product of all but six countries in the world today. ²

What Value Have We Received...

We lead the developed world in deaths from

- Heart disease.
- Prostrate cancer.
- Breast cancer.
- Colorectal cancer.
- Diabetes.

The American Cancer Society now says that one in every 2.5 individuals will develop some form of invasive cancer during their lifetime -- and half of them will die from it.

Cancer is the leading cause of death by disease in children under the age of 10.

And even though we spend \$100 billion dollars a year on cancer treatment and research, the overall survival rate for cancer patients is NO BETTER than it was 50 or 100 years ago.

And It's Getting Worse.

The incidence of diabetes in the United States has DOUBLED in just the LAST 5 YEARS!

50 years ago, diverticular disease (herniations of the colon) were virtually unknown (afflicting less than 10% of the American population). Today, according to the Merck Manual, 100% of all Americans will have many -- if they live long enough.

30 years ago, colorectal cancer was virtually unknown. Today, it is the single most prevalent cancer among men and women combined.

The number of Americans who suffer from Asthma, according to the Centers for Disease Control, has risen by an astounding 75% in just the last 20 years.

Breast cancer rates are up 30% in just the last 15 years.

And on...and on...and on

And now it's official. In the Feb. 9, 1994 issue of the *Journal of the American Medical Association*, the "War on Cancer" was declared a failure. "In all age groups, cancer incidence is increasing." "Few new, effective treatments have been devised for the most common cancers."

And The Most Shocking Fact Of All

April 15, 1998 *Journal of the American Medical Association* reported that there are more than 2,000,000 drug "reactions" annually in the US, and that more than 100,000 of those reactions are fatal. This makes prescription drugs the 4th leading cause of death in America.

- These numbers only count drugs that are prescribed correctly and at the right dose.
- NOT INCLUDED are patients who are given the wrong drugs, or who are given those drugs at the wrong dosage or in the wrong combination.
- And these numbers do not include the patients who have fatal reactions to the drugs, but whose death is mistakenly attributed to other causes.
- Nor do these numbers include the patients whose cause of death is deliberately obscured to protect the physicians and hospitals involved.

Add in these numbers and you find that deaths from adverse reactions to drugs may number as high as 700,000 a year. (Actually, the FDA estimates that only 1% of all adverse reactions are reported ³ -- which, if true, would make 700,000 an incredibly conservative estimate.) And finally, combine that 700,000 with the numbers of people who die from misdiagnosis, inappropriate treatment or secondary infections received in hospitals, or just plain physician error ⁴, and the startling fact you're left with is: **modern medicine, despite all the great things it may have accomplished, is arguably the single leading cause of death in the United States.**

Understand, this is not an attack on medical doctors -- the vast majority of whom are extremely competent, highly dedicated, and often even heroic. Nevertheless, it is important to realize that when it comes to the major diseases of our time, the modern medical paradigm of searching for "magic bullets" and managing symptoms with drugs has failed miserably.

There Has To Be An Alternative!

There is a network of elite herbalists, holistic healers, and renegade medical doctors throughout the world, performing miracles on a daily basis. The network is not only elite, it is also extremely difficult to penetrate because it is technically illegal to diagnose or treat people for major diseases unless you use the FDA approved modalities such as Cutting, Burning, and Poisoning (surgery, radiation, and chemo).

Thousands of people throughout the world have come to these Miracle Doctors terminally ill, and thousands have left perfectly healthy."

For the rest of the story obtain a free copy of *Lessons From The Miracle Doctors* by Jon Barron. Refer to [Appendix C](#) or [Appendix D](#) to get your copy.

HEALTH IS EXUBERANT ENERGY AND YET SERENE BALANCE. That good health is earned, and as such, is a conscious, informed choice.

We are a product of our culture. What is your mindset? Prevention or treatment? Healing, or masking pain? Prevention, simply put, means boosting your body's defense mechanisms and removing any obstacles to health *before* illness occurs by working within the realm of what you can control. This realm includes environmental factors, daily routines, mental, emotional, physiological stress, diet, exercise (or lack thereof), the water you drink, the air you breathe, your sleep patterns, whether you use a microwave, cell phone, computer, and I might add, the medicating substances you do or don't take, and the extent to which you educate yourself.

Again I will reiterate the important distinction that prevention necessitates increasing body/mind awareness to detect early signs of disease (dis-ease) *before* symptoms appear so that you can restore balance within your system and **prevent** disease. Prevention encourages individual responsibility and learning, and therefore encompasses the use of simple, powerful and natural (as close to nature as God intended) methods that are harmonious with intrinsic balance and inherent replenishing of vitality. The alternative is resorting to drugs for temporary relief of compartmentalized symptoms, which really point to an underlying cause that is never addressed. Therefore, Alternative Medicine cannot diagnose and treat or cure primarily for two reasons; we do not compartmentalize or deal with symptoms, and we cannot take personal responsibility for your health.

Prevention is your part. Your doctor's part is diagnosing, treating and curing illness when indeed symptoms arise and illness ensues. *If you did not do your part, the doctor will have to step in and do his.*

The very success of medicine in a material way may now threaten the soul of medicine. Medicine is something more than the cold mechanical application of science to human disease. Medicine is a healing art. It must deal with individuals, their fears, their hopes and their sorrows. It must reach back further than a disease that the patient may have to those physical and emotional environmental factors which condition the individual for the reception of disease. *Dr. Walter Martin, former AMA president*

IT IS TIME TO LEARN THE WISDOM OF PREVENTION. This is the goal of *BioLiving in a High-Tech World*, so keep reading!

Highlights

- Prevention does not cure but it is the better way.
- Prevention as defined means to keep from occurring, to anticipate, to nip in the bud.
- Cure as defined means to make well, eradicate sickness from or to rid of an illness.
- By definition there is a distinct difference between prevention and cure.
- An ounce of prevention is worth a pound of cure.
- Alternative Medicine is prevention oriented and focuses on balance in nature to initiate healing from within.
- Western Medicine is illness oriented and focuses on symptoms and treatment of separate body parts through unnatural means, i.e. drugs, surgery, chemotherapy, etc.
- Prevention entails education and personal responsibility to lifestyle, diet and exercise.

- With Alternative Medicine even pain becomes part of the healing process and facilitates the process, rather than the current way of masking symptoms with drugs causing a vicious cycle of more pain and complications.
- Thirty years ago the common diseases of today were virtually unknown.
- Never in the history of the world has more money been spent on research and treatment than in the United States, but what do we have to show for it? Americans are simply not healthy.
- Documentation shows prescription drugs to be the 4th leading cause of death in the U.S.
- Good health is earned, and as such it is a conscious and informed choice.

- Introduction -

We live in a world much different from that of our grandparents, and in many ways, a much more dangerous world. Technology has brought us many new and undeniably exciting advancements, but it has a dark side that must be brought to the light if we are to physically survive, much less thrive.

What is BIO-LIVING?

BioLiving is a term I coined to describe solutions to the current plight Americans, and people of other modern nations are facing today. We are living in an environment that includes increased threats of bio-pathogens, toxic water, air and food. Technological advances have brought us the microwave that millions use, totally unaware of the price they are paying to use this simple tool of convenience. All of our electronic gadgetry creates a slow erosion of our energy and immune capabilities by surrounding us with Electro-Magnetic Field Interference. The medical establishment has become a huge machine that is self-serving even at the expense of the health and well-being of those it was designed to serve. The worst part is, people are largely unaware of the many causes that individually and combined are dragging us down into an abyss of ill health, mental and emotional deterioration, and in many cases, premature death.

BioLiving in a High-Tech World describes the basic parameters of BioLiving -- a new way to live in our toxic and often dangerous world. The path to good health in this day and age is filled with challenges that extend beyond environmental issues, however. The most alarming aspect of living in today's world is the way we have been subtly indoctrinated to believe all the disinformation distributed by the government, the AMA, and the corporate giants who all have a singular and shared goal: to inflate their own profits and power.

Often we find that the so-called cures we have today are worse than the problems. We are indeed living longer, but the quality of our lives starts going downhill after the age of 40. My use of the term BioLiving is a call to all people to wake up - to start living in a way that is life-enhancing instead of life-depleting.

With *BioLiving in a High-Tech World* you'll be able to:

- Take the "How Toxic Are You?" personal questionnaire to determine your environmental and health situation -- and more importantly help you decide what to do about it.
- Uncover the shocking, subtle patterns in your life that are sabotaging your health and your ability to fight disease. (It may not be what you start doing but rather what you STOP doing that makes the difference.)
- Boost your energy levels and keep yourself well in spite of everything
- Thrive with the **Survival 5** - the most powerful, life-giving substances on Earth.
- Discover a substance (and where to get it) that has been shown to kill inhaled Anthrax spores and bacteria, with scientific documentation to prove it.

Don Kazmaier writes:

It's funny how things impact our lives. Events of this past year have profoundly touched all of us to some degree. Thinking we were insulated in the mid-west, we would never dream how much it could affect our lives. As a printer I often have the opportunity to see not only the work and talent of local people, but to be privy to their inspiration. That said, we recently had a local author in the shop converting her 'e-book' to hard (printed) copy. I noticed the title and it drew my attention. Having had open heart surgery and continuing problems with my heart, health, nutrition and medical issues command my attention with a renewed interest. With no finished copies at hand, I dug a 'pre-production trial' version from the trash and began to read. WOW!! In the body of this copy lay answers to questions no cardiologist or M.D. had ever provided and yet I sought to no avail, for over 25 years! My irregular heartbeat was tracked down by the author to toxic chemicals and solvents I work with. Not that that was a surprise, but there were remedies to resolve these problems within a guidebook about bio-warfare. 'WOW AGAIN!!' Thanks, Allie. Your caring, knowledge and determination to help have made a big difference in my life.

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