

# **Disease & Illness, The Truth Revealed, The Lies Unveiled!**

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By The Health Warrior

**The Health Warriors' Free eBook For The People, Discover  
The Secrets Of True Health, Hidden By Your Doctors &  
Pharmaceutical Industry.**

## Disclaimer

The author of this material believes in a natural, no drug approach to creating vibrant health, energy and vitality throughout life. A main part of his views are placed on promoting and maintaining the perfect balance within the human body.

The author realizes that within medical and scientific fields there are widely differing opinions and attitudes. This material is written for the sole purpose of sharing educational information and scientific research gathered from the studies and experiences of healthcare professionals, scientists, nutritionists, informed health advocates and the author.

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None of the statements in this article or in the book have been evaluated by the Food & Drug Administration (FDA), or the American Medical Association (AMA).

# A Welcome Word From The Health Warrior

Do you think you are ill because you committed to your health?

Do you want a better life? Do you want the things that only wonderful health can give you? You have to stop wasting your time. This eBook is for people who actually want to have their life back, not just for talkers.

Does YOUR Disease allow you to give 100%? Hell no. Disease & Illness is just not good enough; a life with Disease is not good enough. Do you want a full life? Do you want your family to experience the real you? Not the diseased, half dead you, that is only getting worse due to your lack of commitment to getting better.

If you don't want to give that 100% now, please leave, you are not welcome until you can fully commit yourself to getting better. 100% starts from inside, without that 100% you will not make it... plain and simple. Get off your ass, start now, believe, commit and make that change, right now.

I don't really care whether you are 20, 30, 50 or even 80, you have a life, if you have Disease you are not living that life the way nature intended. It's really no difference to me whether you do something; the only difference is to **YOU**. I am living my life to its fullest... and if you want to live yours this way, then listen to what I have to say.

You are not well, you are ill and you always will be unless you do that extra something that will make that difference.

I know what you need, even if you haven't got a clue what it is yet. I'm here to spread the news; I'm here to show you the way. Haven't you noticed that there is something missing from your life, from the multitude of avenues your life has

brought you down? That's because until now, you have never heard of me, and until now you were most likely impressed with the other health rubbish that has actually been making you more ill.

You have made the first step, so let's begin....

# The Decision: The First Steps To Freedom

You have done it. You have made the decision to do something about your health. Do you realize that the start of this epic journey has just begun?

You have taken the first step necessary to eliminating disease from your life and you have started on the road to living the life of your dreams. Over the next few pages you are going to discover how what you do in your life from now on will determine the quality of your life and how you can start to simply eradicate Disease from your life – forever.

For me, life is not something that I let slip by. Do YOU want to live the life of your DREAMS, free from illness???

If you don't plan on living the life of your dreams and making the decision to eliminate disease from your life, then there is no point you continuing on, because you will not get what you are looking for within this book.

I have created this book to give you a view of what is happening in the world and to show you how you can finally defeat your illness. I am sick and tired of seeing people become ill and not know what to do but go to their doctor and put it all in their hands. I am going to show you how you can unlock the key to remarkable good health and start to live magnificent life you are meant to live.

If you are one of the people that is going to make the decision get better and be healthy for the rest of your life then you have made the right choice. For now, we are going to have a look at what disease is doing to the modern world. It's not a pretty picture and I'm certain you already know this.

## **Disease & How It Is Destroying The World**

The destructive nature of disease on the planet is absolutely wiping us out. From Cancer to Diabetes, from AIDS to Arthritis, our planet is being overrun by an epidemic of diseases unlike the world has ever seen before.

Don't you think that it is unusual that most of the diseases that are affecting the world today cannot be cured? And the way things are going they never will be cured.

We live in a world of ever increasing technological and medical advances and yet, they still cannot find the cure to the simplest colds and flu's.

Take a look at how the world is being destroyed. The world you live in. I cannot get my head around the fact that we live in a world that supposed new medical miracle drugs and technological advances are happening every day, yet there still does not

seem to be cures for the diseases that are plaguing most people on the planet.

- Diabetes was the 6<sup>th</sup> leading cause of death in the US in 2002.
- One in Two men will get cancer; One in Three women will get cancer.
- Heart disease is the leading cause of death for both women and men in the United States, it accounted roughly 29% of deaths in the US each year, and it cost the US Economy more than \$258 Billion in 2006.
- Arthritis affects 1 in 5, or 46 million, US adults.
- About 1/3 of adults in the United States are overweight, and 32.2 percent are obese, and a huge number of these obese people are Diabetic.
- It is estimated that Depression will become the second most common cause of disability, after heart disease, by 2020. That's unbelievable!
- It is thought that more than one million people are living with HIV in the USA
- In the U.S., chronic conditions affect about 125 million people and are the leading cause of illness, disability, and death.
- An estimated 60 million people have two or more chronic conditions.
- Cancer is now the number one killer among children aged 1 to 14 and Cancer rates in children has risen by 20%.

The statistics are horrifying. Doesn't looking at such figures make you wonder how people in the 1<sup>st</sup> world can be more ill than ever before?

The American healthcare bill is actually growing at about 5 to 6 times the rate of inflation, and the drugs that Americans are being prescribed are the most expensive in the world. And that's not all the U.S. health care spending is expected to increase at similar levels for the next decade reaching \$4 TRILLION in 2015, or 20 percent of GDP. A hell of a lot of money that is being spent.

With spiralling expenses like this and the never ending procession of people with diseases, the U.S can look forward to a Healthcare system that actually collapses in on itself.

The Average American can look forward to being one of these horrific statistics if they keep on living their life the way they do.

But it doesn't have to be this way...

If you feel like you are truly willing to make a change to your life and do something about eradicating illness from your life then The Health Warrior Will be your guide. This is only if you are 100% certain you want vibrant health again. There is no point doing anything about your health if you are truly certain you want to change it.



## What Is Causing This Huge Array Of Diseases?

And, what is causing such a huge array of diseases to reach epidemic level?

The fact of the matter is, the major diseases that we are experiencing, like:

- Diabetes
- Obesity,
- Cancer,
- Osteoporosis
- Cardiovascular Disease
- Arthritis
- and even AIDS, etc

They are all in some way related to the diet you are eating. That's all; it's strange to think that your diet can have such huge consequences in your life.

Just take a look at what you are eating on a daily basis compared to what your grandparents, or even you parents ate. The differences are huge, and the things that we take for granted like tinned tomato soup or oven fries didn't exist when our ancestors were alive.

<u>The Caveman's Diet</u>	Vs	<u>Modern Man's Diet</u>
Water Grasses Herbs and spices Fruits Vegetables Nuts Seeds Roots And other natural foods		Bread, Biscuits Sugar, Candy, Chocolate Chips, Fast food Fats, Oils Cigarettes and Alcohol Soft Drinks, Ice-cream Preservatives Artificial sweeteners, flavourings, colourings

Just a brief look at the differences will tell you and show you that there are major health and diet differences. **WE EAT BAD! WE EAT VERY BAD! It is that plain and it is that simple to understand!** Our Diet is causing this mass epidemic of diseases.

## What Should We Be Eating?

What is going to stop these diseases from spreading and what will reverse the damage done by these diseases already and actually strike a blow into the epidemic?

**First off** you have to understand that the human body is constantly rebuilding itself every second of every day.

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