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WE LIVE IN A WORLD OF "NOD"

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AGREED, ACCEPTED, YES: Forward “NOD”

and back



DISAGREED: Saying “NO”: Shaking, Sideways move (and body language).

Hello reader,

We live in the most beautiful place God has created and thank goodness, a lot of people realise this and make good use of what Mother Earth supplies us every day, over and over again. These people take and use what they need and give back with love. This taking is not just of goods or supplies; it is also the love, the friendships and feelings for one another, which includes all creations. These people enjoy growing a lot of their own produce, recycle, make compost, have solar electricity, often live on a community with like-minded folks and

they do not pollute. They are friends and partners with all the other creatures on earth and realise that they ALL have their special ways of keeping the whole place in good order and balance. (NOTE: Even mosquitoes have a purpose, believe it or not. I also hate them when they bite, but they don't like me, so I have no complaints. They contribute to the food source of tadpoles (baby frogs) as wrigglers in the ponds and when they fly around, the bats and small birds love them as well).

These people love the trees, plants, herbs, flowers, bees, fish, birds, butterflies, the air, the sun, the moon, the stars, the breezes, the rains and whatever else, which are created to be appreciated and used for the best way of living, so we can be well, happy and healthy all the time. Being in this peaceful frame of mind, we are also healthier and more relaxed; we communicate better and easier too. They have their families and friends, who think alike and whom they meet regularly, especially during nature's festivals, such as at solstice times and even religious celebrations. They do not need 'artificial/man-made' entertainment as life in general is a happy and fulfilled life and they go to bed, satisfied and tired. All their emotions are happy, the physical, mental, emotional, psychological, sexual and certainly the spiritual, which after all are all part of being a human. In the modern day, so many of these emotions are forgotten, or at least put in the background.

When we are in this frame of mind, during waking hours, we can just sit and watch/gaze (and meditate) or walk, swim, climb, play, create and enjoy the beauty of nature, making us part of it all, as we are supposed to be. Every creation is important and we must accept this. We cannot do without even one of God's creations, to keep a good balance; every animal, plant, tree, fish and star is important and as I mentioned even the mosquito.

God created colours for us to enjoy. We see them in the flowers, animals, fish, corals, clouds, skies, rainbows, greenery of different hues and the list goes on. It is so good to observe them, as they seem to give us peace of mind. Each colour has a purpose. This brings me to my booklet I wrote, called: "WAGING WAR ON WEARING BLACK." Black is not really a colour. It is nothing, but darkness and very depressing as well. Colours are important in our life. We paint our houses, furniture and all sorts of things with a colour of our choice, because this colour means something to you and you find it easy to live with. Black is hardly found in nature. Even at night, when the sun goes down, it is NOT BLACK. There is always some light and colour in the stars.

I am so glad to live in a small cabin, which is light and bright. I always have all the windows open and the curtains put to the side, so every bit of fresh air and light can come in. Even at night, these windows stay open. When I have a siesta in the afternoon, I am happy to sleep with the lightness of my cabin. I close my eyes and go to sleep. Some people cannot do that and they need eye-shades if they want to sleep in the daylight.

God created the sounds of the Earth. We can hear them as the wind blows in the trees, the rolling waves on the ocean shores, the thunder and even the turbulent noise of a volcano erupting. The sounds of the animals, especially the calls of birds so varied. The cows in the field and also the crowing of the rooster early in the morning, announcing a new day. Some people don't like them, because they get woken up too early, but if you sleep soundly and peacefully, this crowing is only in the back-ground and part of living with nature.

God created different surfaces on plants and animals, which we can touch. Feeling the soft skin of your new-born baby, ohh, what a delight! Touching your pet animal and feeling its fur is just one instance. You get warmed by the soft feel of some fur; others are a bit harsher, but nice just the same. Some tree barks are very special. I found this, when I was travelling around Australia and stopped in so many places, where there were different trees to what I was used to in my area. I love hugging trees and I felt the barks. There is so much energy created, between a human and a tree and of course all animals. In my book: "VICTORY OVER DIS...EASES." I quote an occasion, where I needed to hug a tree, to release some stress. This tree was the only living thing around. It was so successful.

God created different foods, which we can eat. Some taste sweet, others are sour, bitter or salty; all beautifully and purposefully arranged. We don't really realise that bitter foods for instance, are so good for the functioning of the liver. We should accept creation, just the way it is. We should NOT change tastes or flavours by adding other flavours to suit our palate, such as sugar and salt. You don't have to be educated in knowing, which food is special, as long as we accept that variety in your diet is important and that is why I always remind you of eating foods IN SEASON. "Variety is the spice of life", wrote William Cowper in his poem "The task", In 1785.

People who love the Earth, will always respect everything completely, just the way it is and work **with**, rather than **against** this amazing balance. This has been so, for many thousands of years. For ever, really!

I mentioned communities above. Since the advent of the Anastasia saga beginning in 1990, the series of books written by Vladimir M  gre, entitled 'The Ringing Cedars of Russia', ([WWW.ringingcedarsofrussia.org](http://WWW.ringingcedarsofrussia.org)) have enticed thousands of people to follow her ideas and there are now many hundreds of 'her type of' communities in the world, especially in Russia, set up and run as suggested by Anastasia, where the occupants of a **kin's domain, being about 1 ha. in size** and mostly self-sufficient in all the above-mentioned facets, are still concentrating on the preservation of the ways man should live and pass that knowledge on to the younger generations. *(I firmly believe, that we are here to learn and to educate or pass on our knowledge and for that reason I am writing my books and stories. Also, since reading the Ringing Cedars of Russia, my life has had a confirmation of the beliefs I have in nature).*



These community people live with the beautifully preserved traditions of their arts, crafts and the growing and preparing of foods etc. They bring with them their cultures of dance, songs and folklore, which are shared constantly through regular meetings in their community. (I have experienced this, visiting a community in Australia). The younger families care for the older generation and have them living on their domain till they die and bury them on that property, often beside a special tree, that older person admired.

When children are old enough to leave home,



**they will seek a partner**, usually from within the whole community and start their own kin's domain, having had all the experiences and learnings from their parents. How good is that? As they are planning to get started on this new domain, other young people will help them getting established, by building a dwelling and/or other structures, needed to get started. This is their entertainment, without resorting to massive parties. They will always celebrate the result of whatever they have achieved.

Each of these parcels of land, bordered by a living fence (\*), is allowing the natural flow of small animals to roam freely between all the various parcels of land, something they have always done.

Each parcel of land has a lake or dam, as part of their property, in which they bathe and grow fish for additional food. There are animals, such as goats, sheep, bees, cattle, rabbits and chickens etc, to supply them with the necessary foods such as milk, wool, honey, meat and also skins. These animals are naturally all pets and part of the household, as they are seen and attended to each day.

*(\*) A living fence is actually a fence, made of shrubs and bushes, thick enough to stop large animals going through, allowing the smaller creatures to roam freely. They are havens for small birds, who find shelter in them and build their nests. These small birds are very valuable in fertilising the property, something that was realised during WW1 in England, when the Government asked the farmers to cut down any unnecessary hedges, to grow more food, however this left a large part of their farms without the natural fertiliser from the little birds, who would only venture 'so-far'; from the hedges, feeling exposed to overhead predators. Interesting hey? TRUST NATURE to know best.*

When I was young, my Mother had this sort of arrangement in her small back-yard, which was amazingly productive. I wrote about that in my book: "THE WAY WE ARE MEANT TO LIVE."

My Mother made good use of everything she produced and made sure that the skins of the fruits and vegetables, were eaten (\*). Anything we call waste these days, such as weeds, was composted and re-used on the gardens again the next year. There was no plastic, the curse of modern living; there was no artificial/chemical manure. I learned so much from Mum doing this in a small way, that when I started my farm in 1974, I remembered what she did in the old days. I did it in a big way (40 acres), partially commercial, but the principles were the same.

*(\*) Even today, I NEVER peel a piece of fruit or vegetable, which has an edible skin. I wash these well and eat the whole piece, because **the value of minerals and vitamins is very high in the skins**. Peeling them and throwing that peeling in the bin, is reducing the food value enormously. Pumpkin skins can be a bit of a challenge, but when they are cooked and cut finely enough, they are so valuable and taste really nutty.*

As Mother did, these people in the above-mentioned communities, make various products from the milk of course, such as yoghurt, different cheeses and also butter. (AND...milk is also used as a paint, would you believe)? They preserve fruits and vegetables during the short summer months, when foods are in abundance, to be used during the winter. They make sauerkraut (I remember the smell of that, well) and other fermented foods, naturally preserved and so valuable for gut health and so on. Meats and fish are often smoked for preservation, something Mum did too. She was pretty good hey? Dad built our own smoker. Doing these natural things, were the order of the day and it was NOT unusual.

A lot of these ventures, for instance making cheese and butter etc., are always shared with the neighbours and other women, who bring their children, who will come and help in making the above goods. This is always a real social event. My partner and I used to have 'workshops' in making butter and cheeses as well. The men folk will always help each other on larger projects such as building and construction and the young men will be there to learn the trade.

Education is a type of home-schooling and amazingly, some children are actually teaching the teachers, being allowed to use their 'built-in' knowledge and brain power to solve problems and come up with wonderful solutions. Read about that in "The ringing cedars of Russia'. (I cannot remember in which book this is mentioned).

Modern education is NOT AT ALL up to scratch, as children are not allowed to use their own brains and have to accept whatever the teacher TELLS them and these subjects are always the 'set curriculum' by the department of education. I found that very disturbing and controlling. I have brought up 5 children and have had the necessary arguments with the teachers, about the things my children had to learn. I even had to go to meet a teacher, who stopped my son from speaking his mind about a certain subject. What my son was saying was correct and the teacher finally admitted it. I myself left school at the age of 15, being totally frustrated with the system. I have never been an academic. I am very practical, as so many other children and adults are. As soon as I left school, my life became a breeze, as I



was allowed to think for myself and was able to develop the way I wanted to. I learned from experiences and have done some amazing things in my life. Read my books: "share my POT OF GOLD" and "FARMING AND BUILDING". These will enlighten you with some very practical information. On **these communities**, everyone knows everyone, but nobody

is allowed to enter another Domain, unless permission is given at the front gate. How wonderful is this? I like that arrangement, which allows privacy and respect for the occupiers. As mentioned, there are no hard fences between the blocks of land, something we experience today and usually, there is a strip of '**no-mans-land**' of about **3 metres** between these Kin's domains. This allows for access to properties further down the land and allow people to get together. They are like streets really, but not that often used.

After I read the whole series (9 books) of the 'Ringing Cedars of Russia', during the early 90's, my life changed somewhat towards a more spiritual way of life, which I confirmed by

going to the Kimberley region in WA and do a 10-day meditation and fast in 2009, as suggested by my Higher Spirit. (\*) Now my life is so much more at peace. I am alone, but not lonely and meditate a lot for peace and love in the world. I cannot do the hard, physical work anymore, but I am passing on my knowledge through writing these books and articles, so whosoever wants to learn more, something we can always do, will benefit. I am still learning heaps every day from anyone, but especially from the younger generations, together with the modern technologies, something I find a bit daunting at times. I have decided to tackle that as well and I have become quite familiar with a lot of it. There is another lot of it that goes WAY OVER MY HEAD TOO, as I do not understand the 'language'.

There are many people in the world, who live this kind of life and also do their best, to grow and make use of whatever Mother Earth provides, by working the land and be part of it, providing for themselves. You do not necessarily have to live in a community to achieve these goals, but the way the Russians have done it, following Anastasia's guidelines, are well ahead, because of the massive support given by other members of their whole community. Everybody around you has the same idea, so there are no judgements made, ever! Everyone supports everyone. Many communities have started all around the world, following the above guidelines.

Working the land to live and supply your family, is the aim and really always has been. I just remember my Mum. Any extra produce you may have accumulated, may be exchanged or sold for money at markets, often called 'farmer's markets', to buy the things you need around the property, such as tools etc.

Working for money (as most of us do in the modern world these days) and then go out and buy produce, grown somewhere else, carried for hundreds, sometimes thousands of kilometres, is not the best way to go and should not get the "NOD". This way, the prices of the produce increases enormously, by the time you get hold of them, because of the middle-men, who are taking their cut and the food value has dropped way below the original and health-giving level.

Eating our produce should preferably always be, what is grown in a particular season, (planned by God, who created this place with its seasons etc.) whenever possible. I look at the days, when man was roaming the Earth, following the seasons. This is still done by some animals. (There could be some human tribes, who still follow these steps.) All food should be freshly picked, ripe and wholesome to do us any good, not half-ripe and tasteless, mostly experienced when buying produce by modern man today.

There are so many younger people do not realise that a piece of ripe fruit, directly eaten from the tree is just 'so good' to eat, as it has all the life-giving juices in them, which are tasty, sweet and wholesome. I was lucky to have had that experience and my children were fortunate, to have had that as well, when we were farming ourselves. I am very disappointed in the fact that RIPE FRUITS ESPECIALLY, are hardly available. You get the opportunity once in a while, buying from a farm gate, when you are travelling.

I picked up some nectarines in the supermarket the other day, thinking of seasonal fruit that I should eat, BUT they were horrible, hard and tasteless blobs.

Having your own animals, like these people in the Kin's Domains is of course sound diversifying. They supply one with milk, honey, meat, eggs etc. and in the end also manures. Having your own manures is a valuable commodity and again a natural product for growing next year's produce. The wool from the sheep and goats is used to make yarn and cloth through spinning and weaving; the hides are used in making clothes and shelters like teepees, footwear and lashings.

If you have your own horse or maybe a cow, they may be used to help in pulling heavier loads, like lumber from one place to another. I remember my father building a 'billy-cart', simply done from second-hand wood. He also made a harness of leather to fit the (nanny) goat, who would pull the little cart to a small plot of ground he rented, about 1 km away from home, to get potatoes and pumpkins, as there was no room for them in Mother's garden. Dad had some of the factory workers grow them, at slack times during the war. Everyone profited from this. The pigs were fed these as well and it made them grow well.

This reminds me of the pig-food mother mixed together, which had all sorts of vegetable matter, especially partly boiled potatoes and pumpkins, some flour and whatever. It tasted so good. Yes, as children, we used to have a taste, when Mother was mixing these ingredients. It was to feed the pigs, but there was nothing in it that would do us any harm. Mother never stopped us from tasting the mix. Father was a bit different. He did not eat pumpkins, because he said they were pig-food. He was so funny that way!

Living this way, also allows you to maintain your day-night routine pretty well. It is very important to remember, that our body-clock is set to be awake during the daylight hours and go to sleep, when the sun goes down. Artificial light is alright for a short time, but should not be on for many hours of the evening and night. There is a saying, that every hour before midnight, counts for double your sleeping time.

People travelling overseas on aircraft, very often complain from 'Jetlag (\*)', something caused by flying into different time zones in the world very quickly. I experienced this years ago, when I was flying as an airline steward and many of you, who are travelling these days, have experienced the same feelings of tiredness and listlessness for a few days, after getting back from overseas. It is your body-clock, which needs to be reset. That may take as long as 4 days.

*(\*) PS. People travelling regularly, will benefit from an Australian Bush Flower remedy called TRAVEL ESSENCE. Make some enquiries at your health food store, or call the company direct. Travel essence may also be purchased on the net. This essence will help you re-set your body clock very quickly.*

Living in one of these communities, or domains, where the day-night routine is strictly adhered to, makes one happier and healthier. In the winter months, we need more sleep and since the sun sets earlier, we will automatically get more. Sleeping is an amazing healer and is recommended by myself as the number one healer. I will come back to that later.

I am continuing to write this paper, to show you, that life is so very different today in most places. Life experienced by the people, whom I wrote about above, is almost forgotten in



the rest of the world. We live by the laws of just a “few” and the rest of humanity are **like puppets, who dance to their tunes.**



I see so many people giving in, or giving the “NOD” to so many lies and negative promises, put to us every day. We have become tied down by the “few”. These strings stay attached all the time.

The reason for this is for us to part with our hard-earned money and put that money in the hands of the “multi-nationals”: the “few”. Your life is no longer your own and is regulated in every department, WITHOUT YOUR PERMISSION. You “NODDED”. We must learn to cut these ties and become individuals again.

Let me put it to you this way; normally, if your bed is getting old and uncomfortable, you go to a shop and order a new one. Isn't that right? If your fridge has really had it and it failing in every department, you also get a new one; that's the way it has always been (\*), BUT...as we live in a world of 'MONEY' and the more you can gather, the better off you are supposed to be, (that is in the eyes of your neighbours and general society) the money-sharks are not happy with that, so they have devised a system, where they make you believe, that you need a new bed today or a fridge, new TV, computer, mobile phone and the list goes on and part with your money.

(\*) Something not many younger people realise is that at one time, broken furniture, fridges and other appliances etc., were repaired when they failed to work. There were people earning good money doing that and at the same time, the 'so-called' broken item was back in business again, to be used for another period of time. This was an amazing way of saving on resources for one thing and also saving space in the garbage dumps or tips. However, the multi-nationals want to keep producing goods all the time, to make even more money, so the products become “cheap-and-nasty”, with only a short lifespan. Repairing these products is not really warranted these days, as a repair job would only last a short while again and the price of a new one is cheap. What is happening?

It is worthwhile going to your local tip and see what gets thrown out. It is an educational experience. Some tips have recycling shops, where goods are repaired and sold to the public. You can get a cheap chair or bike there you know. This MUST be a big “NOD”.

I am warning you, NOT to fall for the tricks-in-the-trade and rather be sensible, using your own thinking capacity and reasoning, to make up YOUR OWN mind, when it is necessary for you to spend money on ANYTHING. Please read on.

Indeed, nodding means 'YES' and shaking (moving your head *from side to side, often a number of times*) means 'NO'.

I have been thinking about this for a long time, before I decided to write about it and make you aware of this fact. So very often, we are inclined to go along with the big businesses, who are always trying to get your money somehow. We are driven to a point, where it is easier to say yes, or in other words to give the “NOD” to something, than to fight it. We live in a world of advertising, fast talking sales people and other ways of introducing goods and services to people directly from person to person or via the media. This media is very

powerful and the advertisers are in it for the money; YOUR MONEY! Let's remember this first and foremost.

*Selling goods, has become a very highly skilled and specialised science of convincing people to eventually give in and give the "NOD" to buy, or do what the advertiser wants them to do.*

*We should **NEVER** have to be sold anything.*

*When you need something, you go and buy it!*

I watched part of a video a few years ago, on how to sell the modern way, but it was too horrible to view all the way to the end. The way they suggested, that people had to be approached to buy, was very crude and damaging. They suggested certain things to sell to poorer people, who could not afford to buy, which would make it difficult to almost impossible, for them to make repayments. All these suggestions to buy, were done, suggesting the use of the 'dreaded' credit card or cards, something these people would have to pay back in due time, without the necessary income. I had to stop watching this video. How many CREDIT CARDS do you have and use?

Why are you doing this? Get a DEBIT card, so you know that the money in that account is YOURS. As soon as you run out of money, you have to stop spending till your next pay comes in, but I again suggest that you SAVE some money and have some in reserve for that special thing or 'time-out' you need.

In the days of money only, you paid cash for everything. Salespeople did not have the clout, to sell you anything, unless you had the actual money in your hands. Now in the days of credit cards, they can convince you to buy, because you "HAVE THE MONEY (NOT REALLY) AVAILABLE TO PURCHASE THE ITEM THEY WANT YOU TO BUY". Most of the time, the items they want you to buy are expensive goods, worth thousands of dollars and these are the items advertised continually, year in and year out.

I walked into an electrical shop and bought some inks for my printer. That was the easy part. The next thing the salesman kept on harping to me about buying other goods and he would not let up, till I 'almost rudely' had to tell him to lay-off. I told him I had everything I needed, thank you.

I knew a lady, who was working in the natural healing industry (supposedly a Naturopath). She took advantage of the fact, that when people are not well, they will do almost anything to get better, especially when these supplements are natural. She would sell them bottles and containers of vitamins and mineral supplements, costing these poor people lots of money. I am talking about hundreds of dollars, something they did not have AND THESE SUPPLEMENTS WERE NOT REALLY NECESSARY EITHER, to cure their ills.

Good dietary advice and maybe a small supplement, would be all that was necessary in most of these cases. That is disgusting indeed.

There are so many so-called professionals in all sorts of businesses, not just in the health industry, who pretend to be professionals, but so often, their work is shoddy and inferior. You just do NOT get the satisfaction you are looking for and sometimes it is difficult to find a

good professional. That again proves that so many people are in it 'for the money'. No ethics or responsibilities. I had this happens in the catering field, where inferior foods were served, made from old and limp vegetable and dried out or over-cooked/reheated fish. This happened in a holiday town. That is very sad!

The constant repetition, by some loudly, screaming advertisers seems to work, as people relent and give them the "NOD".

Playing special types of music in shops is done to make you buy. Shop window-dressing is another special art, to again make you buy. There are so many tricks in the trade and you JUST do not realise it.

We don't seem to have the power to say 'NO' anymore and make up our own minds. We should at least give buying a LOT of thought and consideration, before we actually make a purchase.

First impressions are always inviting. When you see an article, say some ear-rings and they are very attractive to you at first sight, walk away after inspecting them and think about it for a while, before you spend big money, you did not intend to spend or maybe do not have available right now, possibly needed somewhere else.

Years ago, I took my girlfriend to choose an engagement ring. In the window of the jewellery shop she saw a beautiful **diamond ring** and she said straight away that she wanted it. I said to her: "Do you really want it? Yes, she said, I like that one; please may I have that ring?" I suggested that she should think about it for a while and have another look. A week later, we were in the area again and she told me she wanted to see this ring again. She asked the shop keeper if she could see it and inspect it.



While she was doing so,

**a blue sapphire ring** counter top and it golden ring, not yellow small diamonds on the well and she fell in love her to think about it up getting this ring



was displayed under the glass caught her eye. (It was a white gold, as shown here, but it had the side.) She asked to see that one as with this ring immediately. I asked again and a week later, we finished instead of the diamond ring.

She did not give the "NOD" to her first thought, but was able to decide and say "NO" after taking a bit of time and think about it, before deciding. She really loved that ring and was so proud to have that ring on her finger, when we got engaged and for ever after. It was a beautiful ring indeed. She also admitted, that the diamond ring was quite 'cold'. Amazing how things can change, giving it time.

Every day, we are exposed to advertising 'stunts', playing on our weakest emotions, especially during times such as the Christmas period, a time when all of us are told to give (\*) and be 'merry'. The advertised goods, during the Christmas sales and Boxing Day sales,

are made to appear very attractive in many ways. (The figure of \$32 billion was quoted, that people would spend in Australia on boxing day sales. That is just Boxing Day sales, after Christmas, after you have given your presents. We are really caught up in the advertised lower prices and will continue to buy, even though Christmas is over.)

(\*) *"GIVING IS RECEIVING", an article I wrote a while ago. Personally, I don't give, when there is a commercial reason behind it like Christmas. I like to give, when I think a person needs a 'pick-up' at ANY TIME during the year.*

As soon as the 'boxing day sales' are over, a new name is found, to suck you in and buy again, such as 'January sale', or 'stock-take sale' etc. The list goes on right throughout the year such as 'Mothers' day sale', 'end of the year sale', 'clearance sale', etc. etc. and we fall for this every time, because the advertisers tell you that you get something for half price or **"UP TO"** at least a certain percentage off the original price. On top of that, they will give you 'something' ABSOLUTELY FREE, and we get sucked in again. Or the other 'one': "If you are one of the first 23 (or whatever number) people to ring us, we will GIVE you ANOTHER ONE ABSOLUTELY FREE:" ....but ring us **right now**, before you miss out...". You have seen the ads? Did you ever think about what they are saying? Do you analyse the words they use? Does that make sense to you then?

AND you know what?... these adds run for years sometimes. Come on guys, be real and THINK AGAIN AND AGAIN AND THEN AGAIN.

Ex footballers, cricketers and often ex radio and TV personalities are engaged to do the advertising for some firms, but that has NEVER impressed me at all. No "NODS" here. Are these people guaranteeing you that what they say is correct? Are they experts in the field of the goods they are hired to advertise? Of course not!

Today it seems that more and more advertisers are 'flirting' with the customers in TV-land. Beautiful ladies are getting your attention, by being so ""nice""! Be careful!

Wrong! NO, NO, nothing is for free in business and you better believe it!

As a small child I was told that in business, NOTHING is for free and I have taught this to my children as well. I hope they still remember what I told them.

These 'so-called' free things are calculated in the price of the article they are trying to get you interested in. Of course! They are NOT going to lose money! They may not make a big profit, but they will never lose money. It is so easy to put down a price and put a stripe through it. That seems pretty genuine doesn't it. '~~\$5,000~~, now **ONLY \$3,500**'. No "NODS" here! Of course, it is just the other way around. They put a higher price 'number' down, stripe-it-out and quote the actual price of the article. It has NOT gone down! It is the selling price of the article.

This means one thing: YOU PAY FAR TOO MUCH FOR THIS ARTICLE THROUGHOUT THE YEAR, especially as these many 'sales' seem to run into one another, almost throughout the year.

If they can let you have something for half price at sales times, that means that you should be able to get that article at ANY TIME, for that 'so-called' deflated price. (at the time WHEN you need it.)



I have personal proof of that; my first experience of bartering for things in my home.

Many years ago, after having been married for about 2 years, we lived with a **little old second-hand fridge**, which was noisy and kept on cutting in and out all day and night. It was given to us before we were married and it was something we gratefully received, as we chose to struggle for a while to get ahead. Soon we were in the market for something much

better, as the family started to grow. We worked very hard and had some "money" saved for this. (no credit cards in those days.)

I went to a shop and asked the salesman the price of the fridge I liked and he told me. (I had been travelling around the world and learned to bargain in places like Singapore, Hong Kong, Bahrain and the Tehran bazaars etc.) I offered the guy a lower price and he started to laugh. He said he would only make £5 (in 1963) which is equal to £134 today on it, if he sold it to me, I told him that £5 was better than nothing. (It was probably more than £5 anyway). I also told him I would walk out of the shop and go somewhere else, if he did not agree. He 'hummed-and-hawed' and eventually gave in. I asked him what time he could deliver the fridge as well.

Instead of giving him the "NOD" and agreeing on his price, I decided to use my brain and make him realise, that if he did not sell me the fridge for the lower price, he would not sell it at all and therefor make no profit and this item would sit there, actually costing him money.

I reminded him, that a sale is better than no sale and the wholesaler would be happy with him, having sold another item and moved some more stock. I reminded him, that turn-over of stock is a valuable way of making money, EVEN IF IT IS A SMALL PROFIT.

I did not "NOD" at the first price and was not fooled, hearing his sob story. These days we do not bargain too often and we just pay the price which is advertised. We give it the "NOD". This above deal also proves, that he still made good money, otherwise he would NOT have agreed.

I love (hate) the ads that tell you that their product, such as a washing powder is **cleaning your clothes, twice as clean (.....)**; a vacuum cleaner **cleans 3 times better (.....)**, or whatever.

Now read that again, go on.....slowly! They are pretending to make a comparison, but that should always come with another product or brand in mind, which they do not do. In between the brackets, there should be mention of another product for this comparison, shouldn't it? So cleaner or better (THAN WHAT) should be mentioned. You have never thought about that have you? We have given another "NOD" to some carefully constructed advertising stunt, cleverly done indeed.

Another thing to remember is, that we should NOT buy goods, UNLESS we NEED them.

Yes, it is very nice to have something new and modern, BUT we cannot afford that sort of spending. You just have to wait, till you need it in the first place and then, when you have the funds to pay for it. We lived that way, years ago and it worked. Putting an item on your credit card, because it was cheaper during a sale and not paying your credit card in time, just negates the so-called 'bargain'.

When I was on the farm, some neighbours and I used to share our farm equipment between us, to save on having to buy the same implements each, as some farm equipment does not get used constantly and it will sit idle for months sometimes, deteriorating. Common sense prevails all the time. Even neighbours should share expensive kitchen appliances, which are only used a few times a year, when special dishes are made, such as cakes, breads etc. Buying some things second hand is often a very good policy, but always make sure that the item is checked by an expert, so it will do the work it is supposed to.

A lady in the units I lived in, was constantly buying a new coffee table, or a new chair, floor mat or whatever and put the 'older' one out on the street for people to take away. These second-hand items were always in a very good condition, as she only had them for a short while. She just could not help herself buying things, which were totally un-necessary. This adds to CONSUMERISM and is wrong. (Read my paper on CONSUMERISM). A type of addiction. She was always crying poor-mouse as well!

I constantly hear, that people 'cannot make ends meet', but the reason for that is, that we spend far too much money on un-necessary goods, overseas holidays (\*), regular parties for all sorts of reasons, etc. (more of that later) which are introduced to us by SALES PITCHES, ADVERTISING AND EMOTIONS. Sometimes it is "the Joneses" as well, meaning, that if your friend or neighbour has bought something new, you follow. There is NO NEED to do that. Just be yourself and work within YOUR cash-flow.

If your friends do not like coming to your place, because you have a simple house (but a loving HOME), with simple, functional furniture etc., the way you can financially manage, they are NOT friends and you are better off without them. ALWAYS BE YOU, THE BEAUTIFUL PERSON YOU ARE AND LOVE THE HOMELY HOUSE YOU LIVE IN! You do not need to be judged.

*(\* ) An ad running at the moment tells us that we can **SAVE \$6,600 per couple, on a riverboat cruise in Europe. What? **No, YOU don't SAVE a cent.** It is what they charge! It sounds amazing doesn't it, to see the word SAVING. Do not "NOD" at this suggestion. If they charged you the price, as well as the \$6,600, you just have been taken for a ride. THINK GUYS! This is the latest trend. Saying you are **saving 'x'** amount of money, instead of putting a stripe through a higher price as I indicated above.***

Now another thing. Our lives are driven by FOLLOWING THE MASSES and if we are individuals, who live our own lives, different from theirs, the way we want to, we are judged; we are weird; we don't belong. Maybe we don't belong to their way of thinking, but we are happy, just the same doing the things we like doing, like the Kin's Domain people.

Unfortunately, the masses have been brainwashed in the first place. These are the people, who do NOT think and just accept anything. We have become sheep and follow the leader (\*) most of the time in our social life. We entertain at home, go to clubs, drink alcohol, go on expensive holidays, often overseas and while we are there, we will do the same things again and that is partying, drinking, buying stuff, etc. Of course, while you are there, you see vistas, buildings, people; you eat the local produce and enjoy these people's company etc. etc, but so many people get trapped into just 'going overseas'. I have seen them overseas. I have seen Australians as drunk as skunks, holding a can of beer in their hands, singing (? joke) "Waltzing Matilda" in the streets of Hong Kong, at night, that it made me ashamed. I was walking back to the hotel after visiting a friend, but I went across to the other side of the street, as not to be 'tarded with the same brush', being an Australian. There is an old saying: "Do in Rome, as the romans do." Maybe we should remember that. When I was travelling, I always made sure that I blended in with the local community as much as possible, as not to "stand out like a sore thumb" and the local people appreciate that.

On TV it shows, that people visiting places like Bali, Thailand etc. are constantly being pulled up by a special police force, who are engaged in the duty of 'night-patrols', to bring disorderly and rowdy people into line. These drunks are always getting into trouble and are causing all sorts of disturbances. Is that fun? Is that why we go overseas? And again, and again!

Whether you have a party at your place or at one of your friends' places, doesn't matter, because that is always the same. You are doing just what everyone else is doing. Pretty boring really? But then, it probably is not, because you are and have been doing this for ages and it has become a pattern of your life. EASY, BUT SILLY! (in my books).

Remember if you are invited to go and join a party at one of your friends' places, you are allowed to say "NO" (\*\*) you know, something I am quite sure you would like to do at times. GO ON! DO IT THEN! You were really not interested this time, as much as you love them and you should do what you had planned in the first place or maybe you just want stay at home, relax and enjoy your beautiful family or go for a walk on the beach instead.

*(\*) These leaders, "the FEW", mentioned above, are people who run the Multi-nationals and the Big Pharma, the modern drivers of life and commerce, enforced by advertising. They multi-nationals drive technology to the highest level they can, all the time, and people fall for that; AGAIN, THROUGH ADVERTISING.*

*(\*\*) I have been asked to join my neighbours, who have built a 'beer garden' in their car parking area at the caravan park, to have a drink and celebrate Australia Day on January 26. Even though I celebrated Christmas with them, while they were drinking and smoking all the time, I will NOT go there again this time. I don't drink alcohol and I HATE smoke. I don't condone it, so why should I subject my physical body and my emotional side, to this sort of abuse? I made an exception because it was Christmas time, but no more. I still love them and appreciate them being around as 'family'. I cannot give that invitation the "NOD". I have learned to say "NO", whenever I feel I need to.*

Having a TV set in your home, is a comfortable way to be entertained, IF ONLY WE COULD NOT SEE THE ADS and the horror, terror and negativity etc. AND FOLLOW! They show us so much, absolute rubbish, not at all what life is really all about, or should be about. I often wonder who these people are, who write the scripts for these shows.

The contents of most of the shows on TV are negative and **I feel, that the young people get their ideas of robberies, car stealing etc. from the examples seen on TV.**

I also feel that the Government should re-introduce conscription for young men and women, to be taught discipline, respect, care, order, true friendship with real mates, and so many more aspects of life, which are not taught in school or sometimes at home. Some parents today are not capable, for various reasons, to teach these to their children. Young people are on the streets at night, without supervision, doing the most horrendous things, while they should be in bed resting to do work the next day. When a young teenager gets out of hand and is too young to be punished, the parents should be fined....for NOT LOOKING after them. Why do people have children, if they do not love them enough to care for them and supervise them? It is all back to front.

Now I want to mention our health care and the medical professionals, at first port of call, your GP. He/she is generally only treating people most of the time and they are very seldom curing anyone. That is the system these days. They are certainly NOT advising patients how to PREVENT themselves from falling ill. Doctors are always complaining about being so busy and that there are not enough doctors available, so the consultation time is cut down to an absolute minimum. That is certainly not enough time to properly find out from the patient, what is really going on.

In my younger days, a doctor would check you all over at every visit and evaluate what needed to be done and how to prevent further complications. There were no drug companies, so whatever a patient needed to get well, was done with herbs, **individually** prescribed for each patient. Also massage or ray treatments would be suggested, all very natural. As a patient, you were also advised, how to prevent yourself from getting sick, often by being told to go to bed for a few days, receiving a diet or even told to fast, to allow the body to throw off the toxins, which were causing the problem.

Today, chemical drugs are used, supplied by the BIG PHARMA, to mask the problem and poisoning the body. We must however remember, that the body is a self-healing system. Giving it some time, relying on your immune system, you can heal almost anything, so care must be taken not to rely on medication alone. Some branches of medicine have come a long way, but ordinary, daily medicine, referred to as 'the health system', relies mostly on referrals to drugs or specialists. This makes it 'the sickness industry', as Elaine Hollingsworth wrote in her book entitled 'Take control of your Health and Escape the sickness industry'. That is another book worthwhile reading, if you are fair dinkum about your health.



We need to take more time out and rest our body, so it is allowed to heal itself. We are inclined to push ourselves to the limit and abuse our bodies. The excuse: “But I cannot take time out, as I am always busy and I need the money”, is just not good enough. If you finish up being really sick and maybe end up in hospital, then you are forced to take time out, aren't you? Do you love yourself? Do you appreciate your body in a state of wellbeing? Then you have to give that service to yourself and heal yourself and you should not rely on chemical drugs, which are ALL toxic and have various and many side-effects. Look them up. (I know you won't do this, but you should.) Having saved some money, allows you to take time out, when you need to.

If your car makes all sorts of noises when you are driving, you know that you should see your mechanic and have that fixed, otherwise you will do irreparable damage, going to cost you 'big-bickies'. And you NEED this car to get to work or even for work. You cannot say, I cannot take the car to the mechanic, because I need it. This is a pretty poor excuse, if the car is just about to fall apart.

People do not realise, that ordinary GP's have only had a maximum of 25 hours of instructions in nutrition during their years at Uni, so they cannot really help you in that department as a rule. I find this rather sad, because if your doctor does not know what good, nourishing food is, how can he/she advise you as their patient? If your car mechanic doesn't know what fuel your car drives on, how can he make the thing work properly? Just think about this!

Advertising, is the big culprit. We are being brain-washed! Our lives are consumed with ideas and constant advertising everywhere, such as eating take-away foods and pre-packed foods from the super market, to be micro-waved (shock horror). There are also a number of businesses advertising prepared meals, delivered to your door, which cost you an arm and a leg. Micro wave ovens should NOT be used, as the violent way they heat food, changes the structure of this food.

NOTE: At any time when you buy food which is heated quickly, IT IS MICROWAVED. There is no other way, even though some outlets, like service stations, take-away outlets and at airports claim that they heat their 'pie' in a safe oven. These 'safe' ovens are a combination of **micro-wave**, infra-red and convection heating. A common brand name is 'Menu-master'.

Eating proper, nourishing, FRESHLY PICKED food, prepared at home is close to my heart and is surely the answer. It is also cheaper and this art of preparing home-cooked meals should be taught to our children. We should grow (at least some) produce at home, something the children really enjoy being a part of. Our permaculture group proved that. One of the ladies, even introduced growing foods at the local schools, something that became a real success.

You can do this in pots or even raised gardens on your veranda. These gardens are available from the hardware store. It is a beautiful way to entertain the children as well. We have become lackadaisical and do not think of the value of food, the way it is supposed to MAINTAIN US AND GIVE US THE VITAMINS AND MINERALS we need on a daily basis for good health and to PREVENT US from getting sick. Filling up your stomach with just

anything, that tastes nice only, is not the way to go. So many of us do just that and get take-away foods all the time, which are highly processed.

There are so many people sick all the time and the medical professionals are rubbing their hands together. They just love to see you come in and write you a script for drugs for your constant sickness complaints. But that is NOT the way. Patients should be advised AND EDUCATED on how to look after themselves in the first place, but that is NOT happening. We are supporting the “sickness industry” and putting big money in the pockets of the Big Pharma.

I think I am qualified to say this, as my life was/is run this way. I have mentioned in other books the way I have cared for myself and have NOT seen a doctor since 1962 and that was for a cold. Unfortunately, I am not able to grow food for myself anymore, but I still look for the best quality I can get all the time.

In my next life, I want to come back and start educating people, making people aware, of the way of proper living. Educate and teach prevention in hospitals, they then being mainly education centres, rather than places for sick people, where doctors are the teachers, fully qualified at Uni. There is always a time, when people need a hospital to be treated for a possible broken limb or something, but the incidences will be greatly reduced if we learn PREVENTION.

Before giving the doctors the “NOD” and go along with their treatments, you should do some real thinking and PREVENT yourself from getting sick, by thinking what you are doing wrong all the time. Sit down and think about it quietly, without interference from the TV or loud music. Most of the time it is food and drinks we should not consume. (Read my article about “PREVENTION”).

In the case of prepared foods and drinks, there is much to learn these days. Every ingredient that is put into shop-bought foods and drinks can be found on the net, so there is no excuse saying: “I didn’t know.” I have covered all that many times over. I always use a small book called: “The Chemical maze”, written by Bill Stratham and Lindy Schneider, who cover every indicated item and number you may find in foods and drinks, such as chemicals and also the good items. You MUST read the ingredients label though. When you see something new in the shops, which you are drawn to, READ THE LABEL and look up the ingredients in Bill and Lindy’s book and see what you are going to ingest. If it doesn’t come up to your standard, put this article back where you found it. Yes, even my partner’s mother, at the age of 85, always carries this book with her to check on negative ingredients. That is dedication!

Good health comes from good management, just like looking after your car. You give your car all the attention it needs to make it work for you, so why not yourself? It takes discipline and responsibility, something that is lacking in society in general.

The need to be well and have even better health, was presented to me, when my eldest son became ill in 1974. He contracted leukemia at the age of 10. We were stunned at this and we were not qualified, to deal with this at the time. Therefore, we had to go and consult the doctor and see a specialist. The specialist impressed on us the urgency to have David treated

the way they always treat leukemia, since this type of leukemia was possibly going to kill him in 2 days, if we did not act immediately.

David was hospitalised, given radiation and chemo and at home there was some instant deep thinking and researching going on, which led us to the best type and quality of food and drinks and general loving care and indeed, the results were very positive. Within 3 months, his leukemia **was gone** and the specialist was surprised, since his own son died from exactly the same form of leukemia, 10 years before. He personally took him to the Mayo Clinic in the USA and he was treated there, but the result was negative. He congratulated us on our outcome and told us to keep going the way we were.

I mention the fact that THE SPECIALIST'S son was also treated for the same disease, WITH SIMILAR CHEMICALS AND GIVEN RADIATION **10 YEARS** BEFORE DAVID. When I heard this, I was shocked, as 10 years had passed and they had NOT progressed with a better treatment during that time. What is happening with all the money collected for cancer research? Are they getting anywhere? And mind you, this was in 1974. I know that the same chemicals and radiation treatments are still used today (2023), as my neighbour is being treated at this very moment, more than 50 years later. I have lost faith in research I am afraid. Millions and millions of dollars are collected every year through all sorts of venues for cancer research. Where does this money go? I feel that the research is NOT done in the right department, because to me there is a strong pattern for increased cancer cases, since the take-away outlets opened up and also since the canned drinks have become so popular. SUGAR IS A PROBLEM, cancer loves sugar. Not only does sugar put weight on you, but it also feeds cancer cells. I have covered this in: "THE WAY WE ARE MEANT TO LIVE."

**(Oh, by the way; the specialist did not ask us what we were doing for David).**

Another big problem exists in the medical profession, where they put a time on someone's life, especially in cases of cancer. THIS IS SOMETHING I TOTALLY DISAGREE WITH. Nobody, and I mean NOBODY, has the right and the capability to forecast such a thing, since we are all different and have different constitutions etc. etc. Even though we started to give David the best of everything, even better to what he was getting before he became sick, we proved that his life was not over.

For a doctor to state to a patient that he/she has only 'so long' to live, puts a negative thought into their mind and usually this person dies at about this fore-casted time. My brother died exactly 3 months after he was told he would and I know of others as well. THIS IS VERY IRRISONSIBLE AND I COULD ALMOST CALL THAT MURDER.

Instead of telling a patient the negative thoughts above, tell him/her to be positive and do as much as possible to get better, by changing their lifestyle. Doctors should seek advice from other natural health professionals, who have studied and deal with the natural ways of treating diseases; of course, that is going against their better judgement and against the Big Pharma.

The medical profession calls these natural healers 'The alternative healers', but actually, the natural sciences were available well before modern medicine was 'invented'. Nobody knows everything and to ask another professional, should be the norm, for the sake of the patient.

I used to consult other natural healers at times and learned from them as well. The fact that the medical profession does not really know too much about diet and quality foods and drinks, they are missing out on quality care, as much as they try. A problem should always be attacked from the source, NOT from the side-effects.

Here again I compare a fire in a building, setting off an alarm, to a sickness in a body, causing the patient a pain. It is NOT the alarm that is a problem, it is the fire. To stop the alarm bell from ringing, is NOT putting the fire out. To give a patient a pain killer is not attacking the cause of the pain, so the disease is raging on; the 'body fire' keeps on burning. Much more care should be taken in prescribing chemical drugs for these sorts of cases. Painkillers and anti-inflammatory drugs should NOT be available in super markets. A good diagnosis is needed to help this patient in need.

The 'Declaration of Geneva', the modern successor of the 'Hippocratic oath' started in 1973. The US Supreme Court rejected the Hippocratic oath as a guide to medical ethics and practice by stating that "the oath is incapable of covering the LATEST DEVELOPMENTS AND METHODS OF MEDICAL PRACTICE AND RESEARCH". This is peeing in the pockets of the Big Pharma. Who is supporting who? Hippocrates wrote the oath in 400 BC.: "I will follow that system of regimen which to my ability and judgement, I consider for the benefit of my patients and abstain from whatever is deleterious and mischievous." He is stating in another one of his works called 'Of the Epidemics': "...firstly: do no harm."

The US Supreme Court rejected the original oath to favour who? Big Pharma maybe? I don't know, because I am only me! Yeah, but I am NOT stupid!



During some native tribal rituals, the Chief may '**point the bone**' at someone who is guilty of doing something wrong and that person will die. That is how strong the message is, because the 'victim' believes the Chief has that power.

If that is so and the doctor tells a patient that he/she is going to die within a certain time, **YOU HAVE THE POWER TO OVER-RIDE THIS AND SAY**

**TO YOURSELF: " I AM NOT GOING TO DIE, BEFORE MY NATURAL TIME IS UP! I am only going through a negative phase, which I will conquer"**. And repeat this saying often.

We are amazing creatures, **with immense power; YES, YOU TOO**. This is something we do not always realise. NEVER SELL YOURSELF SHORT OF YOUR CAPABILITIES. Our minds are AS STRONG AS a doctor's mind. A doctor is not better equipped than what you are. We all have the same type of brain. All he/she might realise, that the sickness a patient is suffering from is acute and needs urgent attention, as the timeframe could be short, but not stating categorically, a definite time, as how long the patient may live for.

Realising this, you have nothing to lose.

Many people have done just that and survived the most difficult physical problems. Do not give the doctor the “NOD” but instead live on, **by changing your life-style immediately** and be positive; **you will succeed!** Talk to a positive person in your life and always pray for help from above, as your God is there to support you always. My life is lived by the Higher Power, something I wrote about as well in my book: “Share my POT OF GOLD”.

Not only was my son given top-quality food and drinks, even when he was still in the hospital for 2 weeks, because we took that in for him, instead of him eating hospital food, he was also massaged every day, given a lot of sleeps with either one of his parents lying beside him and a lot of love and peace as well. The medical fraternity cannot physically do that to all patients, I know, but it is up to ourselves, to take charge. My other children had to **stand back a bit** for a while, getting a little less attention, allowing us to give most of our care to David. NO, THEY DID NOT SUFFER! It was a strong message for them to learn.

We did not give the specialist the “NOD”, and followed his **guide line only** to start his treatment, instead we thought about it and came up with an **additional and better result**. Even though I was already practicing as an Osteopath at the time, I was not qualified to make a decision on how to treat him, but as I stated, we used our own thinking capacities and followed good, sound reasoning and research **through the library**. (No internet search etc. in those days). It took many hours a week, but it worked.

Next: the things we do to ourselves, because someone else did it before you, are such things as:

#### **Botox injections**



#### **Tattoos and**



#### **Body piercing**

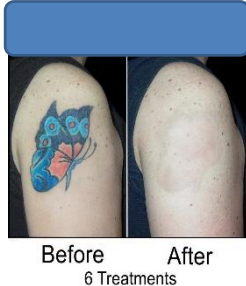


**So often over-done.** Body piercing is something best left to the advice from an acupuncturist, who is trained to know, where to put needles in the body, without interfering with the ‘qi’/ ‘chi’ or lines of force throughout the body. These are very specific points he/she has to learn, to improve or even slow down certain conditions a person (animal) may experience. Put a needle in the wrong place and you could have a negative effect. (\*\*)

Liposuction is certainly not something without nasty side-effects. It is worthwhile looking all of them up like I did. But as I stated above, it is always PREVENTION we MUST consider, throughout our lives. That fat should not be there in the first place.

Botox to improve your lip line (in particular; see above) or whatever, can be so un-natural and artificial looking. Very often it looks totally out of place, but if you want to look like that other person, who had it done, is your choice. Think things over carefully before you go ahead. You should always be YOU, that special person of which there is only ONE. How lucky are you, just to be YOU! And the real YOU is inside your heart and soul.

*(\*) There are thousands of people, who had some tattooing done and were very sorry later. To completely remove these tattoos, is almost impossible and may be very painful especially if this is done by laser.*



**There is a cream**, which is used today, but it takes a very long time to work. (?)

Think before you act and don't have a tattoo done in the first place. I have seen people on holidays overseas, having had a big night out drinking alcohol, going to have some tattooing done. Were they thinking clearly? Not likely. So often these acts are performed during a drunken bout or as a "dare". Not very smart! Definitely no "NOD" here.

More PREVENTION is needed to giving the "NOD" to this sort of body 'abuse'. It is the same as the engagement ring above. If you feel like a tattoo, don't rush into it, but think about it and also remember the consequences. When after careful consideration, you still feel you want a tattoo for the rest of your life, go ahead, but it MUST BE **YOUR CHOICE!**

These days you can get 'temporary' tattoos, as in transfers. They would have to your best choice, would it not? You can change them about and you won't be sorry later. Just remember that the permanent tattoo is there forever.

*(\*\*) A friend of mine had a 'belly button' piercing done. Some weeks later, she was attending a lecture on natural health and was complaining to the lecturer of having some strange pains, since she had the piercing done. The lecturer realised what was happening and told her to go to the bathroom and take the stud out immediately. She would not do this at first, but she eventually went away and came back without it in place. After only half an hour, she started feeling well again. The piercing had interfered with the 'central meridian', making her feel sick all the time. Ask you acupuncturist.*

That is all about health. THINK BEFORE YOU ACT! It is your life!

SOCIALISING these days, is something we should give a lot of thought to. If we compare it with the way the community people live, (often called the alternative people) being busy most of the time producing food and building shelters and gathering together and socialising on very special occasions, like the solstice celebrations, religious occasions, etc., there is little room for the abuse of alcohol and poor food on a very regular basis.

A friend of mine has a drinking problem and he cannot give up drinking beer and there are thousands like him. His first thought of the day is beer and the last thing at night is always beer. He doesn't sleep well, so beer is the answer during the night as well. He knows it and

admits that he is an alcoholic and wants to do something about it. In fact, he has made an appointment with a counsellor to see if he can be cured. (\*) THAT IS A FANTASTIC START, but so many of us are addicted to 'booze' and drink alcohol every day and deny we have a problem. Can you go without an alcoholic drink for 24 hours? Try it and you find it quite difficult. What does that mean?

I had some good news from another friend yesterday, who drank a lot of beer when he came home after work. **HE STOPPED DRINKING 'COLD TURKEY'**. He realised and admitted that he was hooked and it was telling on the family and his relationship.

CONGRATULATIONS MATE. That's the way!



In our modern society, people drink alcohol doing housework, **in the backyard pool**, even doing manual labour. I was visiting a friend who was laying down a new driveway of concrete. I was watching this in amazement, as every worker who was helping on this job, was carrying a can of beer and even before these people had finished the can in hand, they were offered another one. I could not

believe my eyes. If they had a drink after the job was done, I could accept that, because that is what they normally do, but DURING the work itself???

Does the word socialising mean: 'drinking booze'? Can't we be social, without it? Getting together and drinking a cup of tea, coffee or even a juice is un-natural to a lot of people these days. Water is totally forgotten during socialising; WHY? It is always nice for me, to visit friends, who offer me a glass of water. I drink that all day to quench my thirst and to hydrate. Alcohol, sports drinks, coffee etc, do not hydrate you, in fact it does the opposite.

We see it advertised daily, that different alcoholic drink manufacturers are competing with one-another on TV. (Just as well that I look at advertising in a different way and see the flaws and lies they are telling us.) One of the ads is suggesting that 'beer is no longer what I want to drink', so they suggest another drink instead; STILL ALCOHOLIC OF COURSE. I know a few people who have followed this trend and gave it the "NOD", because they reckon that these alternative drinks put on less weight. That may be true, but weight is not the only consideration. I suggest not drinking alcohol at all, a habit that is so damaging to our body, especially the brain. I feel I must keep on harping on that fact FOR YOUR SAKE. There are some beautiful non-alcoholic beers on the market and they taste the same as the beer most people drink. Wines too! You can get these without alcohol. Drinking the volumes of beer is something I cannot fathom.

*(\*) I offered my mate above a non-alcoholic beer, something I may have in the fridge (for that occasion), but he refused, as he says that his body is craving alcohol, not beer. (and he keeps saying it, over and over!) It is a pity he cannot say another line, such as: "I don't want to drink alcohol", and repeat that a thousand times. He would cure his addiction.*

Normally, drinking is something you do, when you are thirsty, don't you? I sometimes wonder, how some people can hold so much beer (mainly) in their stomach, which is only

one litre in capacity. There is really only room for 2 cans of beer. I know, they continually relieve themselves, to make room for more, but that is not drinking to quench your thirst or hydrate you. The kidneys are working over-time for hours on end.

What is wrong with drinking water? (I can hear you already). You can get beautiful spring water home delivered on the Sunshine Coast and other places. It generally is more alkaline (\*) too, as springs often run through rocky (lime-stone) country, where the water picks up various minerals etc., which it is better for your health than filtered water. Another “NOD” here.

What about a nice fruit juice, freshly made from real fruit or vegetables in season? I give that the “NOD”.

There is no excuse to drink alcohol. The problem is that once we start on drinking alcohol, we get addicted and it is very difficult to give away, but if you love yourself and appreciate your body, you should make **every effort** to change back to a normal healthy life style. Water is Mother Nature’s drink for all living things.

(\*) Alkaline drinks, fruit/vegetable juices and water are much better for you than acidic drinks (eg.: beer, canned drinks, alcohol generally, sports drinks/health drinks and sweetened drinks). The same as alkaline foods, which I have covered all this in my first book: “VICTORY OVER DIS...EASES”. A body in an alkaline state very seldom gets sick; YES, even the really bad illnesses, such as cancers. Cancers JUST LOVE sugar.



*Of course, I believe in having one’s immunity raised and kept at a very high level all the time. I have not had a cold or the flu since 1962, or any other sicknesses.*

**This is I, 12/10/2022, at the age of 89.**

On TV we see so many ads, that refer to drinking in clubs and pubs, drinking at home around a bar-b-que, at any other social event, at *sporting events* and even meeting people for the first time. That is so damaging and un-necessary, because we start to accept that as the ‘norm’. We are driven by the business people again, who want to sell for money.

In Australia, the number of craft beer brewers is up to 470 and rising (2022) and there are also 2,500 wineries in Australia. This is on top of the big brewing companies, which have been there for years. There are a lot of people brewing their own home-brews, which are NOT calculated in these figures. The latest consumption figures are:

Beer consumption is 39% or 74.6 million litres per year, falling slightly,

Wine consumption is 38.6 % or 73.9 million litres per year and rising,

Spirits consumption is 19.9% or 38 million litres per year, a grand total of 168.4 MILLION LITRES OF ALCOHOLIC DRINKS. The latest figures on alcohol consumption available area staggering rise of 70% from 1990 to 2017, to a total figure of 35,677 million litres per year.



THAT'S REDICULOUS! Take away the non-drinkers and children, that leaves you with an even higher consumption rate for the regular drinkers.

I love tennis and have been watching some matches while I am writing. There is a Chinese company advertising and I found out, that they have sold 50 BILLION litres of their spirit drinks, since they started brewing in 1573. That adds up to a record amounts of headaches I would say.

As I have stated, alcohol is very damaging to our body, especially our brains. When are we going to wake up and take notice? I would not drink any alcohol, even though it is quoted that a small glass of red wine, could be beneficial for the heart. (The glasses are getting larger, so don't be fooled!) Some studies confirm, that red wine and red grape juice are both equally beneficial to heart health. So, it is NOT the alcohol; end of argument!

Grapes and other fruits make beautiful juices, which are healthy and life sustaining. Why don't we drink them instead? No, I don't mean for you to go to the supermarket and buy them, because they always have additives in them, which you do not need.....make them from fresh fruits in your blender at home and become inventive as to what flavour you like. This way you also drink 'fruits' and 'vegetables' IN SEASON.

Only drink small amounts of red grape juice, because there is a lot of sugar in it. I and other naturopaths have always suggested to drink fruit and vegetable juices diluted with at least 50% water, for that reason. Carrot juice (100%), can give a person a real 'high' and feel extremely tired for a while after consumption, because of the sugars in carrots (\*). A hypoglycaemic person will need to go and lie down for a while, after a pure carrot juice. I give grape juice the "NOD" over wine.

*(\* ) A standard glass (236 gr.) of pure carrot juice (\*\*) will have as much as 9 grams of sugar in it. That is over 2 teaspoons.*

*This is especially high for people who suffer from hypoglycaemia! Commercially available drinks such as Sprite 375 ml. contains 52 grams or 13 tsp of sugar; Bundaberg ginger beer, 40.5 gr, or 10.1 tsp of sugar; Coca cola 40 g. or 10 tsp of sugar etc.*

*As mentioned in my book: "THE WAY WE ARE MEANT TO LIVE", sugar consumption is up 15 times higher, than when I was a young man, from 2 kg per person a year, to over 30 kg. Some young men, will consume even more sugar, because of the sweetened drinks they drink.*

*(\*\*) Carrot juice is a very valuable juice indeed and is a really healthy drink I can recommend, BUT don't over-do the habit of drinking it in large amounts at once and always dilute the juice 50/50 with water.*

*A NOTE: In some modern sports drinks and also colas etc., the manufacturers have replaced the sugar with ASPARTAME (951). THAT IS BAD STUFF. REALLY DAMAGING TO OUR HEALTH. Safe sugar replacements are xylitol, very similar to sugar but healthy and Stevia (green powder). Watch out for mixtures available in super markets.*

It is the alcohol we have to learn to get rid of, if we are 'hooked'.

I have just published a few summer drinks and sent them along on FB, which were made with fresh, in-season fruits. Here they are again.

## SUMMER /TROPICAL DRINKS

Now the hot weather has set in and the typical local summer fruits are everywhere, I decided to give you my recipes for making smoothies and at the right price. They are so filling, that at times they serve me as a meal.



### 1. Mango smoothy.

1 ripe mango peeled, cut into small pieces

1 cupful of rice milk

½ tablespoon of Xylitol optional

1 teaspoon of gelatine (\*), dissolved in boiling water and cooled first

METHOD. Blend all ingredients together with just a few blocks of ice (\*\*) and serve.

Serves 2



### 2. Pineapple smoothy. Pina colada, without rum.

¼ pineapple, peeled

½ cup of coconut cream

½ cup of coconut water

1 teaspoon gelatine (\*) dissolved in boiling water, cooled.

½ tablespoon of Xylitol or ¼ tsp green Stevia powder, depending on the pineapple.

METHOD: Blend the whole lot together with a few blocks of ice (\*\*) and enjoy.

Serves 2



### 3. Watermelon drink.

A good chunk of ripe watermelon.

½ cup of coconut water

½ tablespoon xylitol

1 teaspoon of dissolved gelatine (\*) in boiling water, cooled.

METHOD: Blend the whole lot together with a few blocks of ice. (\*\*)



4. Banana and pawpaw/papaya smoothy.

½ pawpaw/papaya (cut lengthwise)

1 banana

A teaspoon of lemon juice

1 teaspoon of gelatine (\*), dissolved in boiling water and cooled.

½ cup of coconut water.

MEHTOD: Blend them all together, lightly iced maybe (\*\*).

I personally don't mix too many fruits together, as they all have different digestion times, so I keep the recipes simple.

A small reminder is to **chew your drinks** as well as chewing food. I know this sounds weird, but chewing is NOT just a way of making your food particles smaller, it also mixes your saliva with them, to aid the digestion. And by chewing, you get the full flavour throughout your mouth for longer. Making your own juice so much nicer.

Food in season is also important. Always try and buy organic produce, so your chemical additives are eliminated and DO NOT PEEL YOUR PRODUCE. As mentioned, the peel is very valuable and high in vitamins and minerals.

*(\*) Vegans, you may choose to add 'Gel-it-in' or 'Agar-Agar' instead of gelatine.*

*I add the gelatine to increase brain function, joint health, and may help the skin and hair.*

*(\*\*) If your fruits or vegetables come straight from the fridge, your rice milk, your coconut milk and coconut water are also cold, you do not need ice at all. The mixture is just right to drink at that temperature. Something very cold does not have the flavour, as when it is just a little warmer. Have a COOL drink, not a COLD one.*

## ENJOY! CHEERS AND GOOD HEALTH.

The pineapple smoothy or 'pina colada', without the white rum, is my favourite. It is just such a tasty and refreshing drink. It is almost a meal by itself. Vegetable juices can be great too, made with fresh in-season vegetables.

I see so much misery in people's lives, who constantly drink alcohol. A big problem is, that these people bring their children and grand-children to their parties and they are gently introduced to drinking alcohol as well; **That is even more disturbing and sad.**

I have learned so much from constantly observing and researching (\*), something that is so easily done these days on our computers or mobile phones, the gadget you have purchased and carry around all day, to make life easier. PLEASE USE IT FOR THIS PURPOSE AS WELL and educate yourselves with the massive amount of information there is available on the net, as

this is the good part about progress. Don't give the "NOD" to advertisers' ideas, as they want your money. They really don't care 'a hoot' about your health or circumstances.

*(\* My second book: "VICTORY OVER DIS...EASES #2, and there is more, much more", is full of all the researched material I kept and have now published for your education.*

Writing this article, is very difficult for me, as I am a stickler for health and I want you to be really well also. It should be entirely your responsibility and wish, to be well and healthy all the time. I am NOT TELLING you what to do, however it is so nice to feel well all the time and not to have to visit the doctor and for that reason I am suggesting to you, to take stock and change your negative habits, just one at the time, for an easier life for yourself, your family and society in general. Who wants to wake up with a massive hangover, which ruins the following day, or days? I managed to get drunk ONCE ONLY in 1964, while visiting Mexico city and I have learned from that experience. Never again do I want to feel so lousy and out of control, as I was during that episode. I got sucked-in! Tequila!

It is going to be VERY DIFFICULT for most of you, to change your lifestyle, because, as I stated before, you are hooked on this lifestyle and are addicted, something that is ALWAYS hard to change. Remember however, that the new life you are going to create is going to be so much healthier, easier and happier. Just 'take the bull by the horns' and wrestle him down.

Yes, I say happier, something you think you are now, but deep down, underneath it all, many of you are struggling and for that reason you are covering up that misery with the habits you have formed. Living is difficult these days, I know, but be reasonable and be well, so you can think your way out of the situation you are in. Don't be in denial! Be honest! Most of our difficulties however, are caused by ourselves, by setting our financial goals too high.

It is not just alcohol. Shopping as mentioned, is also a cover-up for a difficult or miserable life at times. It is a form of entertainment, keeping your mind off reality, so to speak. The new item you bought, becomes a talking point for ages among your friends and is very often a 'trend-setter'.

So, you are poor! What's new? You are not able to keep up with the 'Joneses'! That is ALRIGHT too! AND DON'T TRY EITHER. You have a right to 'live the life you are living' for now and if you work on the future, you will love it even better, because you are achieving something very special by yourself and for yourself. In the end, you stand back and you can say: "I did that all by myself". How proud will you be? I speak from experience. PLEASE, don't let anyone run your life. Again, I am NOT telling you what to do. It is your show and yours alone. Here is my story.

Yes, I decided to scrape and save in my youth, after coming to Australia at the age of 19, with nothing to my name. I wanted to achieve things and I succeeded. I worked, worked and worked even harder and put some of the money I earned away in a safe place. I still had the obligation to support Mum and Dad as well. I reaped the benefits from this way of life soon after. It was a hard slog for a while, but it paid off. I worked hard and long hours with little

sleep for years, (4 jobs at one stage for 2 years) not spending any money that was not necessary during that time, to get on top. Falling asleep on public transport was not unusual. My goodness, I used to get so tired at times. But once I reached my goal, life became a breeze. Buying a car, was the first thing on my bucket-list, to enable me to get to these jobs easier. At least I was getting some more sleep.

When my fiancé and I built our first house, we continued working hard after getting married and saving as much as possible and spent everything on the house itself including a loan. We had no furniture though. A mattress on the floor, a dressing table I made for my wife as an engagement present, a tea chest as a dining table, 2 wooden fruit crates as seats, that second hand fridge and that was about all we lived with for a good while. Our friends did the same and as money became available, we would purchase something new and certainly better.

Instead of paying our house loan off over 27 years, we did it in 7. That's the difference! Get it!

I don't think that too many young couples would put up with that sort of lifestyle these days. It seems that they want everything that opens and shuts, the minute they are getting married and of course, it is all on credit.

Many other people realised the need to pull out all stops, wanting to get ahead.

Then I look at the way my brothers were spending money, while I was saving. They struggled for years, after I was free and was having a ball. That does not mean that from that day forward, you will NEVER have another bad or difficult time. Sure, they will come along, that's life, but you are equipped to handle them, as you are a clear thinker and have the physical and mental capacity to beat that. You did it once, so you can do it again.

Dick Smith was interviewed one day and he was asked the question; "How did you make your money in the first place?" His reply was simple: (something like) "Working long hours and spending as little as possible for a while."

**The world does not owe you anything. If you want something, you work for it and hard too.**

Giving the "NOD" to spending big money on alcohol, new furniture, up-to-date mobile phones, gambling, smoking etc. is surely going to keep you poor, but THAT IS WHAT SOCIETY WANTS and the banks love you! It would be so good to put some money aside and save some small amount every week. In the end, you CAN buy the thing(s) you need and wanted for so long. Having some savings, allows you to take some time out, when things get hectic too; time to go to bed for a few days. All your free time, doesn't have to spent on entertaining or socialising! You are allowed to rest and rest properly you know?.

Alcohol and shopping are already mentioned, but there are more things to consider like drugs, coffee, gambling, sport, smoking tobacco and more. All these have become the norm and we have given them the "NOD". It is such a pity we have done so, because they all are damaging to our lives, the way we use them and keeping us poor.

NO, I AM NOT ANTI-SOCIAL AND I WANT YOU TO HAVE A GOOD TIME, but you can still have a beautiful and healthy life, curbing your acquired negative habits, often pushed on to you by others in society.

People have been doing these modern things for eons and are saying that 'it is alright'! No, it is not true. Common sense prevails.

Drugs, both recreational and medical drugs are mostly over-used and should be curbed or totally stopped in many cases. The cost of recreational drugs is prohibitive and therefore you will NEVER GET ANYWHERE FINANCIALLY. The problem is that people cannot find their way out of a situation they are in and need to cover this with drugs (sometimes alcohol). Drug addicted people, often resort to illegal ways of getting the funds to pay for their habit and finish up in the 'gutter' or in jail. Oh boy, it is so hard! But you can still do it.

Medicinal drugs also become addictive and should be looked into regularly, but that is NOT done. You always get MORE on top of what you are taking, every time you visit your doctor, so in the end you become a druggo. Many people have taken themselves OFF medicinal drugs and their lives become more normal again. I have also proof of that.



Coffee drinking has become an addiction above all limits. Some people will go out of their way, to have that cup of coffee and drive miles to get there. Once upon a time, we would be happy to make a cuppa at home (mostly tea in Australia) and so many people have coffee making machines to do so these days. They are quite expensive to buy. Some of them

are worth 500 cups of coffee. But still, that drive to a coffee outlet, seems very important. These people are addicted as well and have given the negative effects of coffee the "NOD". There are few positive effects for drinking coffee, except that we are covering our feelings with a sort of 'drug' (\*) Coffee affects our kidneys negatively. Gall stones are increased. Also, coffee has negative effects on anxiety, headache, nervousness, irritability, frequent urinating, muscle tremors, insomnia, and increased heart rate. Pregnant women may lose their foetus. Some of the positive effects of coffee, such as alertness etc, may be better obtained from other sources.

Drinking coffee from these 'take-out' coffee cups, adds up to 16 billion cups a year, all finishing up in garbage tips and leads to 6.5 million trees being cut down. That is another, BIG consideration. Plant trees; don't cut them down.

- (\*) Talking about coffee. Go on, have a laugh! *When I was flying as an airline steward in the 60's, a special request was made by a member of the Royal family we were carrying on the aircraft, to be served HIS SPECIAL brand of coffee. As the plane was*

*descending and soon to land, he requested a cup of coffee and I realised I did not have the time to brew HIS BRAND of coffee, so I made him a cup of Nescafé. When he disembarked, he asked who made him that 'BEAUTIFUL CUP OF COFFEE'. He thanked me for the best cup of coffee he had, since he left the UK. I had to restrain myself from laughing, but had a good laugh afterwards. Naturally I did not tell him what I had done.*

Gambling is another common thing to do for a lot of us. We will play the pokies, buy lottery tickets, gamble on horse races, sporting events etc. at least once a week. These games we play, are taking our money as I mentioned above and they all make our life a misery. Why do we give the "NOD" to something that hurts us? The addiction is so strong and saying "NO" is almost impossible.

To see it advertised that the next lotto is worth millions, makes a lot of people go quickly to the newsagent and buy not one, but a series of tickets. The gambling people realise this and suck-you-in. **IF** you make a wind-fall gambling once, YOU ARE EVER SO LUCKY. Normally the odds are NOT in your favour at ALL. To win Oz lotto, your odds are 1:45,379,620. /1 in 45+ million. Powerball: 1:292,201,338. / 1 in 292+ million etc. Look at these carefully, before you buy another ticket.

In Australia, we spend \$1.9 BILLION per year on gambling. Is it any wonder why you are unable to make ends meet? Buying lotto tickets or any other gambling habits, drinking alcohol, smoking cigarettes, getting drugs, and all the others, will keep you poor for sure. If some of that money was saved, here again you could take a day off work and recuperate.

Sport in general has taken over the world since it has become a professional business. In the days when sport was played to improve our health, we indeed improved our health, because we would play to our own capability and stop when we felt "it is enough". Today sports people are driven to the absolute limit and play above their body's capacity, because the sponsors expect top performances from the players, since they are paid millions. The results show this, by observing the accidents these sports people are involved in. Many of them have had reconstructions of their shoulders, knees, elbows etc. Look at the number of strappings sports people wear on their shoulders and legs in many sports. These are not just in the contact sports, like football, boxing etc, but also in the game of tennis for instance, a sport that seems very innocent and "sporty". SO many of them have had these massive operations and not just once. Roger Federer had multiple knee re-constructions and had these injuries re-occur till eventually he had to retire. The repair job is not a natural process and the strain put on the reconstruction is too great to go on playing. There are thousands of players with the same complaint. We also need to realise, that our body does slow down and we cannot do the things we could, when we were younger and the repairs take longer to heal when we get older.

Others have had so many head knocks over the years, that they have become imbeciles, such as Mohammad Ali, the 'greatest' boxer, who died with Parkinson's disease. Recently an Australian football player (Mario Fenech. NRL) came forward with his problem publicly. He is getting the same way as Mohammad Ali. Unfortunately, these cases are not very often

reported, so we do not know what percentage of the average sporting people are really affected. I don't think the sporting fraternity wants to let these details out, as it would affect the income of the clubs and sponsors. I, as an Osteopath, have treated many of them during my 48 years in business, so I am speaking from experience in this field as well.

Boxing, the various football codes, ice hockey and others are SEVERE CONTACT SPORTS, which should be looked into, to make them safe. Having your head punched for 15 rounds in a boxing ring, surely should not get the "NOD". Getting tackled and driven into the ground and then weighed down with 2 or 3 heavy football players, weighing on average 100 kg on top of you, when maybe a leg is underneath you is NOT the ideal situation, as we often see and should not get the "NOD" either. I would not let my children play the rugby types of football and even one of my children, who played soccer for a short while, was told NEVER to 'head the ball', as in my opinion this would affect his cranium, where the bones were not even joined properly (\*) and also the shock to his brain. A soccer ball weighs up to ½ kilo. That coming from a certain height, would make this ball a dangerous weapon.

*(\*) It takes up to 23 years for the cranium bones to completely join together. Did you know that? Children playing soccer and who are allowed to 'head the ball', are put in grave danger of becoming imbeciles at an early age and will have to live their lives out being affected negatively, just for being a sportsman for a few years? A lot of these incidents, are NOT even considered by the medical profession, when a patient comes in years later, with considerable problems.*

Foot running, for a lot of people is NOT recommended, as shown after almost every race. Athletes fall or stumble over the finish line, totally exhausted, having run this race beyond their capacity. It may be alright for some people, but we are all different and a lot of us CANNOT do this safely.

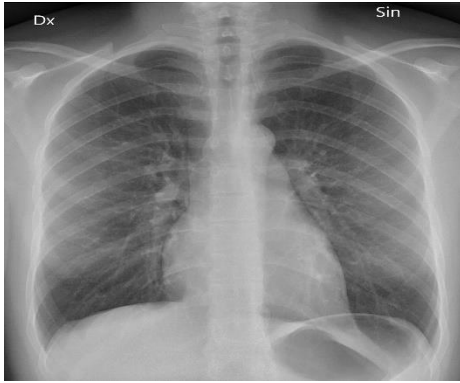
Smoking of tobacco is of course another addiction, to which so many people have given the "NOD". Fortunately, many of us have given up smoking, realising it was affecting our health. My wife was a radiographer and she showed me an X-ray of a smoker's lungs one day.



***Look at this hey!*** I was a smoker myself for a few years, when I was young, doing the things everyone else was doing. Yeah, I **was** a 'baah-lamb' too. One day I lit up a cigarette and started to 'puff away'. I suddenly realised what I was doing and thought how stupid and damaging this habit was. I put the cigarette out and threw the almost full packet in the open fire. That was the last one I ever had in my mouth. Now, I HATE THE SMELL OF

TOBACCO SMOKE. Do this yourself and give that the "NOD".





This is an x-ray of **normal healthy lungs**.

There is an enormous difference in the 2 lungs shown.

The cost of smoking alone these days is surely enough, for you to give it away and give that the “NOD”. If you put the amount of money you spend on smokes in your ‘piggy bank’ every week, you will have enough money for your Christmas presents every year and more. **\$12,775 or more** you would save, if you are smoking **one packet of 20 cigarettes @ \$35.00 a day**.

Yeah, that’s right! I wish I had the money my father wasted on smoking. He chain-smoked from the very first thing in the morning while still in bed, till going to bed at night. He just used ONE match all day; the first cigarette in the morning and lit the next cigarette(s) with the butt of the last cigarette. THAT IS SMOKING HEY? He died at 63 from a heart attack. In today’s money, he would have spent over \$500,000.00; half a million dollars. Damn-it Dad, I loved you so! I also wonder how his smoking has affected us as children, as we breathed in the ‘second-hand smoke’? It is well documented, that SHS is more damaging than we think.

I won’t go into this here, but the info is available on the net.

I told you before, that I spent 10 years of my life as an airline steward on board jet aircraft in the sixties. One day the engineer showed me something quite remarkable. (This was during the time, when people were still allowed to smoke during a flight). At each stop, a special filter was removed and cleaned, which collected the ‘tar’ (he called it), created by tobacco smoke. This filter had a 1-gallon capacity, which is 4.5 litres. It was almost full of this black substance. If you could actually have seen that as well, I am sure you would ‘giving-up smoking’ the “NOD”. Have a look at the white paint on your ceiling at home. Instead of being white, it has discoloured and is now yellow to brown. That is from smoking. Curtains get stained as well.

I hope I have covered most of the possibilities of you realising, that being well, happy, free, rich with some savings in the bank, etc., is in your hands.

IT IS GOING TO BE TOUGH, DIFFICULT, ANNOYING FOR A WHILE, STRANGE and IN THE EYES OF YOUR FRIENDS ‘**YOU ARE SILLY**’ (but don’t let them judge you) and all sorts of things will follow, BUT YOU ARE GOING TO BE YOU AGAIN, doing just what you would like to do all the time, because you are no longer giving the “NOD” to things YOU DO NOT REALLY WANT TO DO, IF YOU HAD THE CHOICE.

‘You are now free’, ‘you are you’, ‘you live the life you love’, ‘you will look at the rest of the WORLD in a very different way and you will see the “NODDING HEADS” everywhere’, of which you were one once. You are ‘healthy and happy to be ‘you’ and not one of the sheep who say BAAHH, when every other one does’. You are a special individual!

I am sorry in some way, that I had to bring this news to you, something you had completely overlooked and will change your life completely, but it is for your sake I have done this.

**I am very, very concerned about the health of our nation and beyond. I know that I cannot save the world by myself, but all I would like you to do, is think before you act and remember that you will only have one chance to get it right.**

**It all sounds very negative, because you have to switch, however it is just the opposite.** I know that when you go to a party and have a drink, smoke and eat some foods, which are not necessarily health giving, you feel satisfied, because your body is used to them, BUT that does not mean that by changing to a healthier lifestyle, you won't feel even better and you don't have to stop being sociable. You can continue to be social, but keep in mind, how you do it (\*). Choose to consume good things for your body in small portions, that will help you to be well and healthy. Remember the fuel you put in your car; IT IS WHAT YOUR CAR NEEDS, to run well.

*(\*) We were going out to a restaurant to have dinner with friends one night. The first thing the waitress brought to our table was a jug of water. I asked her if the water was filtered water and she said "yes". Then I asked her if the ice blocks were made from filtered water as well, because I could smell chlorine. She did not know and I said I could not drink that water. She snatched the jug from the table and did not come back. We had to be served by another waiter. This is how strict I am, because even though, if I had drunk that water, I would not have suffered greatly, but the constantly ingestion of small amounts, add up to a large amount in the end. One drop of rain eventually contributes to making a flood.*

I HOPE YOU WILL BE HAPPY WITH YOUR DECISION. TRY HARD! GOOD ON YOU!

With much love, from your ever caring Shanti

