

Listening to a recent interview by a renowned astrophysicist last week in Detroit who perceives himself as 'universally scientific' was quite enlightening. He condemned all natural health care and stated that it did not rise to the research standards the scientific community expects. How such a well- educated and seemingly intelligent individual could be so blind is not only perplexing but frightening. When the general public hears such statements from respected individuals, they obviously assume such statements as to be true. Sadly, the fact is that most science today is corrupt at its core and created, paid for and manipulated by special interest for the purpose of marketing of products or ideologies.

Any awakened person will notice that there is an ongoing onslaught of lawsuits facing pharmacological drug manufacturers due to the side effects, including demise, which is as common in US as it is in UK. As obviously currently working in US, I can testify that since FDA is supposed to monitor food and medicine, such is actually funded by the very companies they are supposed to investigate. It is no wonder the public has become guinea pigs and research subjects. In fact, there is little science being done; most of it is a tailored cheque book creation of propaganda and sales. Although free enterprise is a healthy economic standard, when it comes to human life and health, one would expect more compassion.

People have been taught for generations to believe in the credible standard that governments and institutions should represent. Sadly, these very organisations have crumbled under the pressure of profiteers. Their moulding of the minds which, had us believe that a pill will reverse a lifetime of poor dietary application, just does not make sense. Even the natural health field has fallen into the trap of recycling misinformation and expecting their patients/patrons to believe they do not have to participate in their own prevention and healing!

Health leaders, researchers, physicians and organisations that disseminate health info and data are commonly known for their bias. This grows out of the arrogance that humans possess in the field of human biology. We have effectively separated ourselves from nature and placed blinkers on our eyes thinking that we are unique to the ecosystem and biological community. In fact, like other species and life-forms, our lives and future are determined by the choices we make. Legitimate science calls this epigenetics. Causative reasons for aging prematurely and encouraging and developing disease are self-motivated realities and stem from limited perception.

We often look at the norms and trends that feel comfortable to participate in and try to validate their benefit. As an example, in recent years, chocolate and coffee have been fraudulently elevated to a status of health foods. Pure science that is unadulterated offers volumes of data on their depredating properties. Although I believe that individualised supplementation is an essential factor of any healthy lifestyle, 90% currently available are unnatural, chemically laden pills that weaken our overall health. When governments are in bed with the meat and dairy lobby refuse to report the empirically rich evidence about the harms of consuming these non-foods and, not report this to their citizenship, the World Health Organisation has had to step in revealing this alarming fact. When many of the popular health books are literally funded by and marketed aggressively by organisations that benefit from these theories, one must stand strong to avoid the trendy, brainwashing effect that this may have on the public at large.

Here in Germany we have conducted clinical research with hundreds of thousands of participants. As we develop our depth of understanding on how lifestyle affects our overall health, we have refined and established criteria for a life of health and happiness.

Though we do see a handful of open minds in the hierarchy of medicine and biology rapidly moving in the direction we have pioneered, the majority of those in medicine and science are completely detached from the truth. Our mantra is common sense and our mission and exploration are to educate and place the duty of health, maintenance and recovery on the individual.

The most important consideration for you to address is 'Do I have the self-respect and commitment to make my body, mind and consciousness function well without fail'?

Pat Reeves

August 2016