

Before one heals, one must be willing to give up the things that are making him sick. Many are now rejecting the corporate food industry and the government endorsed "Food Pyramid." People are experimenting with different diets to find out what works best for them. One must choose the appropriate diet for their individual needs, at the appropriate time in their life. It would behoove us to not be married to a singular idea that might not serve us indefinitely. One must listen to their body, and adapt to situations as they arise. With advanced training, the body can be reprogrammed to require less food, but this should be considered a skill to master, not a treatment for disease in a time of need. Be wary of lab-made "Frankenfoods" being promoted by notoriously unhealthy mega-corporations under the pretense of being more health conscious. These may be part of the New World Order's depopulation agenda.

We are living through a war against our personal health being led by the establishment. To survive, we must go back to what we know is real, natural, and tested by time; organic, sustainable farming, and raw or minimally processed food. We've developed a culinary culture that mandates overcooking everything, destroying beneficial enzymes, bacterial cultures, and proteins. This causes poor digestion and malabsorption of nutrients, which can have a negative domino effect leading to greater systemic illnesses. It's time to unlearn everything we've been taught by the agencies we thought we could trust. The healing technologies being withheld from the public could extend life close to immortality. The prospect of eternal life may sound alluring, but does humanity have the maturity yet to adhere to a more ethical population regulation strategy that doesn't rely on mass deception? Are we as a species nothing more than a swarm of locust, pillaging one continent to the next, consuming planet after planet, leaving barren radioactive ruins in our path? Would we be considered a plague by the rest of the galaxy? Natural law dictates "Kill or be killed," but how should civilization fit into the picture? All energy and life-force is recycled from something that came before it. We are all one, and simultaneously individual refractions of Source. The Universe embodies the Eastern wisdom of Yin and Yang, not the New Age mantra, "Love and Light." Our mission, beyond survival, is to learn how to coexist in harmony with each other and all other sentient life in the universe, to create, and make progress without requiring endless consumption, the model of our present society.



A majority of the 1st World is presently witnessing a catastrophic state of institutional failure in their primary state-sponsored Medical industries. Hospitals are being built at breakneck speeds to combat a global health crisis, but in reality, it's not actually a crisis at all, but in fact a masterfully orchestrated plan carried out by a sick Cabal of elite profiteers. Previously known as "Robber Barons," their wealth goes all the way back to Pharaoh. Over centuries, they've studied psychology, black magick and alchemy, and used their advanced occult knowledge against the common people. In a way the Healing Web is comparing the work of Big Pharma to the best of Holistic medicine. That may seem biased at first, but as you come to understand the full history, and that medicine is partially being employed as a tool for mass extermination, Holistic philosophy is clearly the better choice of first resort. Diet modification alone could prevent or reverse a majority of diseases, but our institutions have misled us on some of the most fundamental aspects of health & nutrition. They have lied about what is unhealthy, while at the same time, they've taken naturally healthy foods and sapped the nutrition out of them through cooking & pasteurization. Other foods have been transformed into poison by adding preservatives, and sugar. Many personal physicians may mean well, but the core of the Medical Industry is frightfully corrupt. The interaction between Government, Big Pharma, Big Agra, and Big Food constitutes a perpetual genocide we've come to accept as the norm.

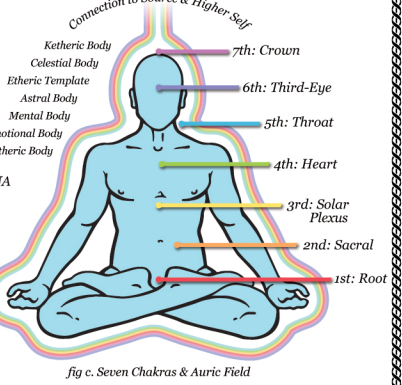
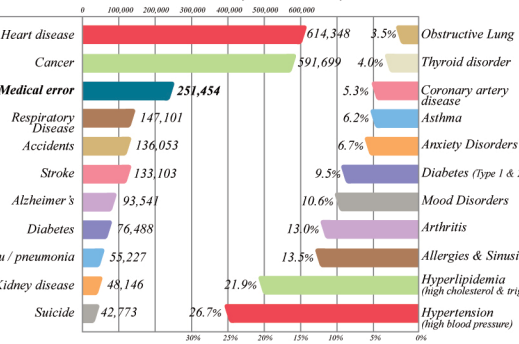
Thankfully, we still have a choice. Every condition would benefit from a multifaceted approach to treatment, such as a combination of detox, diet, exercise, immune support through supplementation, and energetic & spiritual healing. A holistic approach can even include a pharmacological treatment, with ancillary natural remedies to minimize the side effects.

What is the optimal diet for human health and longevity? Many are struggling to find an answer to this question. The debate has been heavily polluted with propaganda and misinformation from every angle. Clearly the Standard American Diet that most people grew up with was the wrong answer. Excess sugar and fried food have fueled one of the greatest unacknowledged epidemics man has ever known. Ninety percent of the regular grocery store is now the "poison" section. How can we navigate our way through this toxic labyrinth?

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DEATH IN THE UNITED STATES (21ST CENTURY)



PREVALENT CHRONIC CONDITIONS

INDEX OF CONDITIONS & REMEDIES

HEART DISEASE, HYPERTENSION:
 Causes: Standard American Diet, Processed Food & Meat, Fried Food, White Carbs, Fast Food, Stress, Obesity.
 Pharma: Antihypertensives, Statins, Stent & Bypass Surgery, Cholesterol Recommendations, AHA.
 Holistic: Organic Diet, Exercise, Celery Juice, Cat's Claw, Cinamon, Raw Cacao, Stress Reduction, Oxygen Therapy.

CANCER:
 Causes: Genetic and Environmental Factors, Sugar, Carcinogens, Radiation, Preservatives, GMO's, Herbicides, Pesticides, Acrylamides, Artificial Sweetener & Coloring.
 Pharma: Chemotherapy & Radiation Therapy (Carcinogens), Surgery, Stem Cell Transplant, Screening Tests.
 Holistic: Carcinogen Avoidance, Toxic Environment Elimination, Organic Diet, Chiropractic, PEMF, Natural Cancer Protocols, Turmeric, Jackfruit, Soursop, Gerson Therapy, Coffee Enemas, B17, Light Therapy, Electric Medicine, Rifle Function Generator, Energy Healing, Eastern Medicine, Crystals, Positivity, Organic, Sound Healing, Spiritual Healing, Releasing Trauma, Green Tea, Leafy Greens, Cruciferous Vegetables, Black Seed Oil, Frankincense, IF Vitamin, Immune Support, Sleep & Relaxation, Apple Cider Vinegar, Exercise, Rebounding, Physical Therapy, PEMF Therapy, Lymph Massage, Vibration Therapy, Alkaline Diet, Medical Miracle.

NEURODEGENERATIVE DISEASES:
ALZHEIMER'S, DEMENTIA, PARKINSON'S, ALS, MS:
 Causes: Metal Poisoning (Aluminum), Antiparasympathetic, Statins, Antihypertensives, Anesthesia, Sleep

Med's, Cholesterol Deprivation, Chronic Inflammation:
 Pharma: Cholinesterase Inhibitors, Memantine.
 Holistic: Detox, Natural Chelation, Organic Diet, Mushrooms, Green Juice, Liver, Keto Diet, Exercise, Cannabidiol, Ginkgo, Fish Oil.

COLD / FLU, RESPIRATORY & SINUS INFECTION:
 Causes: Flu Shot, Chemtrails, Toxin Overload.
 Pharma: Acetaminophen, Ibuprofen, Antibiotics, Decongestant, Expectorant, Flu Shot.
 Holistic: Immune Support, Vitamin C, Echinacea, Astragalus, Herbal Tea, Raw Honey, Licorice, Adaptogens, Steam, Neti Pot, Nasal Breath Aids, Eucalyptus Oil, Nature, Sunshine, Fresh Air, Sound Healing, Organic Diet, Olive Leaf, Garlic, Exercise, Lymph Stimulation.

AUTOIMMUNE:
DIABETES (Type I: Autoimmune, Type II: metabolic disorder / Autoimmune):
 Causes: Genetic and Environmental Factors, Obesity, Standard American Diet.
 Pharma: Insulin, Metformin, Endocrinology.
 Holistic: Organic Diet (Keto, Paleo, AIP, Whole30, Low Glycemic), Sugar Elimination, Detox, Berberine, Milk Thistle, Probiotic, Apple Cider Vinegar, Cinamon, Exercise (weight loss), Cannabidiol, BD, Ashwagandha.

ALLERGIES: HYPEREMEMIA, ASTHMA, FOOD ALLERGY:
 Causes: Toxic Environment, Toxin Overload, Smoking, Mold, Dust, Hypersensitivity (Fabrics, Cleaning Products, Detergent, Cosmetics, EMFs), Stress, Herbicides, GMOs, Pasteurized Milk.
 Pharma: Antihistamine, Corticosteroids.
 Holistic: Exposure Therapy, Toxic Environment Elimination, Stress Reduction, Exercise, Raw Local Honey, Neti Pot, Organic Diet.

ECZEMA, PSORIASIS:
 Causes: See Allergies

Pharma: Corticosteroids, Antihistamine. Remedies: MMS (Chlorine Dioxide), Tea Tree Oil, Coconut Oil, Bentonite Clay, Organic Diet.

GASTROINTESTINAL DISORDERS: DIGESTION, IBS, IBD, LEAKY GUT:
 Causes: Standard American Diet, GMO's, Food Additives, Stress.
 Pharma: Anti-Anxiety, Benzodiazepine, SSRI's, LSD.
 Holistic: Organic Diet, Ginger, Aloe Vera, Probiotics, Fermented Foods, Natural Chelation Therapy, Fennel Husk.

ARTHRITIS, LUPUS, FIBROMYALGIA, JOINT PAIN:
 Causes: Chronic Inflammation, Age, Obesity, Sports Injuries.
 Pharma: NSAIDs, Adalimumab, Corticosteroids, DMARDs.
 Holistic: MSM, Physical Therapy, Chiropractic, Organic Diet, Connective Tissue, Ginger, Magnet Therapy, PEMF, Reiki, Turmeric, Cat's Claw, Tepezochuite, Same-Tissue.

THYROID (HYPO, HYPERT):
 Causes: Chronic Toxicity & Inflammation, Iodine deficiency, Poor Digestion, Malnourishment, Water Fluoridation.
 Pharma: Endocrinology, Hypo: Levothyroxine (Synthroid), Hyper: Radioactive Iodine, Surgery.
 Holistic: Organic Diet, Detox, Water Filtration, Sunlight, Stress Reduction, Hypo: Iodine, Seaweed, Irish Sea Moss, Bladderwrack, Dulse, Kelp, Maca Root, Lotus Pollen, Ashwagandha, Trace Elements.

CANDIDA:
 Causes: Sugar, White Carbs, Low Immune System.
 Pharma: Anti-Fungal Medication.
 Holistic: Sugar Elimination, Immune Support, Organic Diet, Detox.

MENTAL DISORDERS: DEPRESSION, CHRONIC FATIGUE:
 Causes: Wage Slavery, Big Pharma, The Cabal, Vegan Frankenfood, Malnourishment.

Pharma: Psychiatry, Antidepressants, SSRIs. Remedies: MMS (Chlorine Dioxide), Psiocysin Micro-dosing, St. John's Wort, Spiritual Healing, Releasing Trauma, Reprogramming, ANXIETY, PTSD:
 Causes: Wage Slavery, Big Pharma, The Cabal, Military Industrial Complex, Trauma of War.
 Pharma: Anti-Anxiety, Benzodiazepine, SSRI's, LSD.
 Micro-dosing, Ketamine Nasal Spray.
 Holistic: Psychology, Psiocysin Micro-dosing, Kara, Relaxation, Sleep, Ashwagandha, Breathwork.

ADDICTION:
 Causes: Alcohol, Tobacco, Opioids, Oxycodone, Fentanyl, Sugar, Diet Beverages, Artificial Flavor.
 Pharma: Psychiatry, A4, War on Drugs, Methadone, Liver Transplant.
 Holistic: Psychology, Iboga, Ayahuasca, Spiritual Healing, Releasing Trauma, Reprogramming, Soul Contracts.

NEUROBEHAVIORAL DISORDERS: ADHD, ADD:
 Causes: Standard American Diet, Sugar, Artificial Food Coloring, MSG, EMFs, Television.
 Pharma: Amphetamine.
 Holistic: Psychology, Detox, Organic Diet, Spiritual Healing, Cannabidiol, Kava, Avoid Non-Native EMFs, Turn off TV.

AUTISM:
 Causes: Genetic and Environmental Factors, Vaccine Injury, Metal Poisoning.
 Pharma: Behavior Therapy, SSRIs.
 Holistic: Detox, Natural Chelation, Green Juice, Organic Raw Diet, Raw Meat, Cholesterol, Bone Broth, Probiotics, Fish Oil, Ketogenic Diet, Cannabis, Raw Dairy, Chiropractic.

GENDER DYSPHORIA:
 Causes: Atrazine, Estrogen Mimickers, GMO Soy, Childhood Trauma, Vaccine Injury, Plastic Packaging, Vegan Frankenfood, Transhumanist Indocrinology.

Pharma: Gender Reassignment, Hormone Therapy.
 Holistic: Psychology, Self Expression, Hypnotherapy, Ayahuasca, Spiritual Healing, Releasing Trauma, Reprogramming, Fast Life Regression.

AIDS (Viral Infection, COVID-19):
 Causes: Infection, Biological Warfare, Eugenics, Democide, (COVID: also see Flu and Radiation)
 Pharma: Antivirals, PrEP (prophylaxis), Gene Therapy (CRISPR) in development.
 Holistic: Cure Suppressed, Immune Support, MMS, Ozone RHP, Cannabidiol, Anti Aging, Organic Raw Diet, Black Seed Oil, Blood Electrification (Micro-pulsing), Magnet Therapy.

LYME (Bacterial Infection):
 Causes: Infection, Biological Warfare, Pharma: Antibiotics, IV Antibiotics, Stem Cell Transplant.
 Holistic: Cure Suppressed, Immune Support, Detox, Organic Diet, MMS (Chlorine Dioxide), Cannabidiol, Natural Antibiotics, Herbal Supplements, Coconut Oil, Raw Meat, Bioresonance, IV Vitamin C, Glutathione, Sunlight, B17.

PARASITES, MALARIA:
 Causes: Infection, Mosquito Bite, Unsanitary Drinking Water.
 Pharma: Antiparasitic Drugs, Antimalarial Drugs.
 Holistic: MMS, Wormwood, Black Walnut Hull, ACV, Grapefruit Seed Extract, Lemon Juice, Blood Electrification (Micro-pulsing).

PHYSICAL INJURY:
 Causes: Accidents, Physical Trauma, Sports Injury.
 Pharma: Surgery, Hospitalization, Opioids, Emergency Medicine, Casts, Wheelchairs, Crutches, Artificial Limbs.
 Holistic: Prevention, Physical Therapy, Chiropractic, Electric Muscle Stimulation, Kratom, MSM, Massage, DMSO, PEMF Therapy

(Pulsed Electromagnetic Field), Cryotherapy.

OBESITY:
 Causes: Standard American Diet, PUFA (vegetable oils), White Carbs, Sugar, Diet Products, Fast Food, Sedentary Lifestyle, Wage Slavery, Depression.
 Pharma: Gastric Bypass, Liposuction, Weight-loss Medications.
 Holistic: Organic Raw Diet, Exercise, Physical Therapy, Stretching, Vegan.

COSMETIC (Skin & Hair):
 Causes: Aging, UV damage, Substance Abuse, Hair: Genetic, Stress, Poor Digestion.
 Pharma: Plastic Surgery, Dermatology, Sunscreen, Hair: Transplant, Finasteride, Almonds.
 Holistic: Anti Aging, Monatomic Gold, Tepezochuite, BioLacking, Essential Oils, Coconut Oil, Antioxidants, Bentonite Clay, LED Photon Mask, Hair: He Show We, Scalp Massage, Laser Stimulation, Biotin.

GENETIC DISORDERS:
 Causes: DNA Damage, Ionizing Radiation, Carcinogens, EMR's, X-rays, CT Scans, Ultrasounds, Chemical Exposure, Random Mutation.
 Pharma: Management Strategies, Therapy, Gene Therapy, Stem Cell Transplant.
 Holistic: Prevention.

RADIATION (Ionizing & Non-Ionizing):
 Causes: Ionizing: X-rays, CT Scans, Fallout, Radioactive Contamination, Nuclear Power, Air Travel, Natural Sources. Non-Ionizing: Non-Native EMFs, Power Lines, Cell Phone Towers, WiFi, Bluetooth, Cellular networks (4G, 5G), Internet of Things.
 Pharma: Ionizing: Decontamination, Potassium Iodide, DTPA, Prussian Blue. Non-Ionizing: Denial of Dangers to Health.
 Holistic: Ionizing: Iodine, Natural Chelation, Chlorella. Non-Ionizing: Airplane Mode, Protective Stones (Shungite, Tourmaline,

Hematite), Faraday Case (for cell-phone), Relocation (Escape EMF sources), Subterranean Bunkers.

BONES, OSTEOPOROSIS:
 Causes: Chronic Toxicity, Pasteurized Milk, Vegan Frankenfood, Malnourishment.
 Pharma: Bisphosphonates, Dairy Milk.
 Holistic: Organic Raw Diet, Raw Meat, Raw Dairy, Bone Broth, Connective Tissue, Exercise, Physical Therapy, MSM, C60.

DENTAL (Tooth Decay):
 Causes: Sugar, White Carbs, Malnutrition.
 Pharma: Mercury Fillings, Fluoride Toothpaste.

Holistic: Brush & Floss, SLS & Fluoride Free Toothpaste, Remineralization, Organic Diet, VISION (Near / Far-Sightedness):
 Causes: Genetic and Environmental Factors, Eye Strain.
 Pharma: Optometry, Glasses, Contacts, Lasik, Surgery.
 Holistic: Vitamin A, Stenopetec Glasses, Sun Gazing, Blue Light Filtration.

REGULATORY:
 Pharma: Ultrasound, Hospital Delivery, C-Section, Neonborn Vaccines, Circumcision, Umbilical Cutting, Infant Trauma, Epidural, Birth Control, Formula, Twilight Sleep, Abortion.
 Holistic: Pre-Conception Detox, Home / Water / Hypno Birth, Placenta, Breastmilk, Unassisted.

DEATH:
 Pharma: Hospice, Incineration, Death Tax, Egyptian Burial, Embalming, Euthanasia, Organ Donor.
 Holistic: Ascension, Reincarnation, Karma, Return to Source.

