



## WHY ARE WE SICK?

[www.3a-wellness.com](http://www.3a-wellness.com)

### There are two reasons why a person becomes ill:

1. They “catch” something. This means your body picked up a “germ, generally a virus or bacteria.
2. You “develop” an illness or disease. This means there is some imbalance in the body, something is not working right, and an illness or disease develops. Common diseases in this category include heart disease, cancer, diabetes, acid reflux, arthritis, etc.

If we keep asking the question, “What caused that...”, we can then conclude that all illness comes from one or a combination of four things.

1. We are putting too many toxins in your body and not flushing the toxins out with bowel movements, sweating and cleansing.
2. We are not putting enough of the necessary nutrients into our body and the nutrients that are going in are not being absorbed. This means we are nutritionally deficient.
3. We have trapped mental and emotional stress.

What is a Toxin?

A toxin is a poison. It is a substance if taken in large doses can cause severe illness or death.

In relation to toxins, the question is what is causing toxins to be put into our body? The answer is that we have not been educated to know what these toxins are. And secondly, these toxins are being put in virtually **everything we eat, drink or put on our body.**

### **1. DRUGS**

The most toxic thing you can put in your body, and the number one cause of virtually all illness and disease, is **prescription and non-prescription drugs!**

The statistics show very conclusively that the more prescription and non prescription drugs a person takes, the sicker they are. Why? Because all drugs have negative side effects. If you are taking a drug to suppress one symptom, that drug is causing some other major problem to start developing in your body. Even if you stop taking that drugs the wheels have been set in motion and in a few weeks or a few months – boom- you have some more symptoms caused by the first drug you took a few months ago. Drugs only suppress symptoms; they do not treat the cause. Someone says s “Drugs can’t really be poison, cant they?” Then why don’t take thirty of them right now and see what happens- you probably die! If you eat thirty apples you’re not going to die. You may feel full, but you are not going to die. Think about it.

## 2. FOOD

What else we put into our bodies? Virtually everything that you put in your mouth has **pesticides, herbicides, antibiotic, growth hormone, genetically alters material or chemical food additives**. The additives being put in the food are unnatural, toxic chemicals. They adversely affects the body; they suppress your immune system making it more susceptible to disease; they make you age quicker, and they turn your body from the natural alkaline pH state to the acid pH state, which means you can easily be prone to cancer, heart disease, diabetes, allergies, etc.

There are over 15,000 toxic chemicals that are allowed to be added to food without being listed on the label. The secret poisons chemicals are specifically designed to do the following things:

- Preserve the food
- Taste and texture
- To make you hungry
- To make you more fat
- To get you addicted to the product

## 3. WATER

Our water supply is loaded with toxins- **Chlorine and Fluoride**. These toxins are getting into our bodies by:

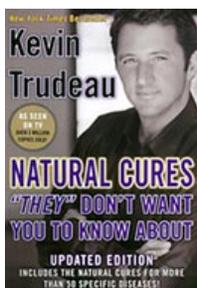
- **Drinking** the water
- Eating or drinking anything made with water
- Eating any food that was grown with the water,
- Eating any meat, poultry , fish or dairy where the animal drank water
- **Showering, bathing or swimming** in water

What we drink? There are two problems here. The first one is most people don't drink enough water, and the second one is the water you drink is incredibly toxic. All tap water has chemicals put in it, primarily chlorine and fluoride. Chlorine causes scarring of the arteries. When the arteries are scarred, the LDL cholesterol attaches itself to the artery causing arteriosclerosis. Fluoride is one of the most toxic chemical in the world. Fluoride adversely affects virtually every organ in the body, primarily your thyroid gland which controls your metabolism which leads you then to obesity and depression.

Most people are dehydrated. Dehydration means the cells just simply don't have enough fluid and the body don't have ability to get toxins and waste matter out of the body and out of cells.

## 4. ENVIROMENT

Other toxins include: Mould, dust, pollens, fumes emitted from carpeting, glue, paint, mattress, air conditioning, cleaning supply, the soaps and bleach what we use for cleaning our clothing, sheets.



*From the book:*

*Natural Cures "They" Don't want you to know about, by Kevin Trudeau*

## **Conclusion:**

Seven out of every ten diseases are life-style related. Everything we do, or choose not to do, will either bring us health or disease. And what makes it worse, is that when we do get sick, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of the pain and inconvenience. So they go to the doctor for some pill to counteract the result of their misdoing, with little or no thought of making a change in their un-healthy habits. If immediate benefit is not realized, another medicine is tried, and then another.

The only hope of better things is educating the people to right health principles. People need to be taught that restorative power is in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Un-healthy conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

## **HOW TO NEVER GET SICK AGAIN**

1. Eliminate the toxins that have built up in your system. You are loaded with toxins. Getting the toxins out of your body can immediately increase energy, help you lose weight, eliminate depression and anxiety, and potentially reverse most illnesses and disease. The basic cleanses that you should do are: colon cleanse, liver/gallbladder cleanse, kidney/bladder cleanse, heavy metal cleanse, parasite cleanse, candida cleanse and a full-body fat tissue/lymphatic cleanse.
2. Stop, or at least reduce the toxins entering your body. In today's world it is impossible to totally eliminate toxins from entering your body, but we can dramatically reduce the amount of toxins going in.
3. Make sure we are getting proper amounts of nutrition in the form of vitamins, minerals, enzymes, cofactors, and life-sustaining "energy" and make sure our system can assimilate this vital nutrition.
4. Reduce and/or neutralize the electromagnetic energy that is attacking our body energy fields and cells.
5. Create alkaline [body pH](#)

**There are 8 principles to good health. These simple healing principles of nature are found in pure air, sunlight, temperance, rest, exercise, proper nutrition, the use of water, trust in divine power--these are the true remedies.**

Every person should have knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and up building is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey.

