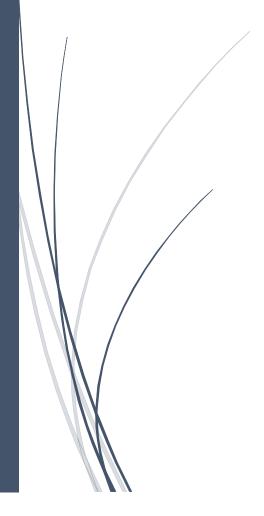
Allergies

When nature bites back

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Blunt Coach

Hi and welcome to BluntCoach.

This week we're talking about allergies though, as usual, the subject will branch off into many seemingly unrelated yet crucial health topics.

It has to do this since the whole crux of our BluntCoaching method hinges on the 'interconnectivity' of all things, and not just any particular subject in isolation.

Think of the mirrors on your car. I use mine all the time, and would feel pretty vulnerable without them, how about you?

So can we agree they're a pretty important component of any vehicle?

But if all your mirrors are lying on a garage floor, then by no means does that represent components fit for purpose.

Now imagine you have the world's greatest expert on vehicle mirrors, he has a PhD in design from some University or another, and perhaps a further qualification in aerodynamics in the context of mirrors and so on.

But he hasn't a clue how engines work.

Nor transmissions, fuel systems, steering and so on.

In fact, he can't even drive!

As far as this man helping us to arrive safely at work tomorrow, then I think it's fair to say he's becoming pretty useless in the grand scheme of transportation. Agreed?

Now imagine a dermatologist, endocrinologist, ophthalmologist, dentist, cardiologist, psychologist, biologist, an organic chemist, nutritionist, then keep going until you run out 'ists' (or experts) to think of.

What you have here, in regards to your optimum health, are a bunch of highly educated people exactly like our mirror expert.

In no way do any of them have the slightest clue of how to join the dots to make a healthy baby, adult, or senior.

A PhD simply means 'someone who knows an awful lot about very little'

This specialisation comes about deliberately for two major reasons.

Firstly, healthcare is the biggest profit making business on the planet right now, and to those with shares in such a business, the thought of a world full of healthy people is something that wakes them up in a cold sweat in the middle of the night.

The medical universities are financed by the pharmaceutical industries, who also set the curriculum when deciding what this or that 'ologist' needs to know before being let loose on an unsuspecting public.

It's been this way for 100 years since the richest men on the planet founded the entire industry, then hunted and hounded almost every 'alternative' branch of medicine into extinction.

A ten-minute search on the 'history of modern medicine' will confirm this to be absolutely true, but who has ten minutes these days? Certainly not medical students it seems.

Their entire education is centred around only 'managing the symptoms' of this and that specific disease, all via the use of drugs and expensive electronic equipment, also owned by big pharma.

You can now pass a Harvard Medical Degree without ever having a single hour of education on nutrition!

And a nutritionist knows nothing of medicine, and apparently, both the nutritionist and the doctor also need a dietician to know what the hell to eat.

There is no place for 'preventative medicine' in a course that's designed to manage disease and 'move product', which in this case are pharmaceutical drugs!

You, my dear reader, are nothing more than a little cash register.

The second reason is that for a physician to be of any use to you and to know how all the individual parts go together and work as one organism, would take 30 years at university, followed by at least another decade of daily study in practice.

Doctors wouldn't become fabulously useful to society till they were 60, by which time most modern physicians are either retired or dead!

This 'Lack of Interconnectivity' is partly to blame for all our dreadful medical failures such as 'the war on cancer', diabetes, obesity, heart disease, autoimmune

diseases, you name it, including allergies, and there hasn't been one 'war' these idiots have won in a hundred years of trying, and trillions of taxpayers money.

The 'compartmentalisation' of medicine is quite deliberate, driven by greed and ego, and is simply inhumane, since it's obvious they neither want to nor intend to win any wars!

None whatsoever, because to win a war would be to cut their own throats financially.

We (Steven and Andrew) challenge any intelligent person with a reading age over 12 to study this article, and not to discover something that may save their lives within it.

Even if you have zero allergies yourself and don't know any asthmatics, then you're still about to have a unique healthcare experience, where you discover absolute truths and clues to all types of health problems that take us from cradle to the grave.

But be warned, this is not for morons with the attitude of 'I have allergies, what can I take?'

It's this 'what can I take for XYZ' attitude that's part of the global health problem.

When did we become so lazy and dullwitted that we started thinking we could simply 'take something' and all our problems would vanish?

If you fear effort, especially using the muscle between your ears, then good luck with your life, and please pass this on to someone who's interested in 'making their own luck'.

You're either the Captain of your own healthcare ship, or a passenger on someone else's.

You either have a healthcare plan of your own or are lumped in with what everyone else is doing, believing, or the treatments they're having.

I'm sure the pharmaceutical company has a plan for you, even if Jesus doesn't.

Every single health issue you've had thus far in your life, or will ever have, has and will come about from the patterns of thinking you have towards the subject.

For things to change you need to change first, for things to get better you need to get better first, and not by simply thinking 'well now I'm taking turmeric, VitC,' or drinking a special tea you discovered on YouTube or from an old village witch.

The moment you begin thinking that any of your problems can be wafted away by a scented candle, a chemical drug or an apple a day, then you've been sold, hook line and sinker.

You've been taken for a fool, as we all have at some point, and reading this will explain some of the reasons why, and how that happened, but more importantly, protect you from future insults. Thanks for reading, and please join us on BluntCoach.com anytime. Andrew and Steven.

On Christmas eve we had the great pleasure of meeting 5-year-old Dora again at a party, and, as you might expect, she stole the show with her healthy energy and passion for life, as any 5-year-old lady should. I'd met this beautiful little girl the year before at the same Christmas event, where she was also full of life and excitement.

Besides Dora herself, I was super impressed to discover why her two Turkish Cypriot (Muslim) parents had chosen such a sweet and seemingly 'western' name for their daughter.

They explained that they chose 'Dora' because although also a Turkish name (meaning God's gift), the name would hold their daughter in good stead in any English speaking country, or for that matter anywhere in the world where she may end up on her adventures through life.

Now that's seriously smart thinking on a number of levels we won't go into here, but suffice to say, in my opinion, her parents have taken steps to upgrade her journey through life from economy to first class!

By March, however, I was informed that she now 'has allergies' and was using a cortisone inhaler, to which I was asked if there was anything I could suggest for Dora's parents.

Well, they could start by shooting their doctor of course, but that's not gonna happen, since here in Cyprus a visit to the doctor is akin to a garden party with the Queen of England, such is the way they crawl up their physician's arses in this culture, it's truly pathetic.

Things are not much better in the UK mind you, with people grovelling at their doctors feet chanting 'please kill me oh mighty one', to which the doctors are only too happy to oblige, legally I might add, through the use of various pharmaceutical drugs which in and of themselves are hardly tested for safety (unless you think 6 or 12 weeks is a fair trial on a person who may be using the drugs for decades), but in a drug combination, these toxic compounds have never been tested.

Hard to believe that, isn't it?

So the next time your doctor prescribes you a drug when you're already on another one or two, ask the genius in the white coat to show you the exact clinical safety trial from your specific chemical cocktail, on people of your sex and age, and see the look on doctor death's face as he/she asks you to leave the surgery.

Even if your on just one medication and need a course of antibiotics, ask the doc 'is it safe to combine these', and guess what you'll hear? 'Of course its safe'

Yet in any human clinical trial of any drug I've ever studied they always eliminate anyone who's sick from the beginning, otherwise, how would they know if it was the trial drug having any effect or the antibiotics in this example?

You may be further shocked to discover that drug companies are also legally able to have what they call a 'washout period' before any drug trial officially starts.

This means that any poor souls who get dreadfully sick from the drug can stop taking it immediately (which is understandable), but what's not understandable is that those people are then 'washed out' of the trial, and don't have to show up or count in the trials data (which is unforgivable).

I do hope you weren't believing these drug companies are squeaky clean and well regulated, because that's far from the truth.

Cost of Doing Business?

Drug Company Settlements 2006-2015

Company*		Number of Settlements 2006-2015**	
GlaxoSmithKline	\$7.628 billion	26	
Pfizer	\$3.458 billion	28	
Johnson & Johnson	\$2.822 billion	18	
Merck	\$1.890 billion	26	
Abbott	\$1.822 billion	15	
Eli Lilly	\$1.706 billion	14	
Teva	\$1.471 billion	13	
Novartis	\$1.230 billion	18	
Amgen	\$901 million	12	
AstraZeneca	\$669 million	10	
Purdue	\$646 million	5	
Allergan	\$601 million	2	
Daiichi Sankyo	\$586 million	6	
Bristol-Myers Squibb	\$583 million	10	
Mylan	\$566 million	20	
Others	\$3.812 billion	151	
Total	\$30.391 billio	on 374	

Source: Public Citizen

In the example shown here, for you, GlaxoSmithKline were fined 3 billion in 2012 alone for 'illegally' promoting their antidepressant 'Paxil' to under 18's.

We need you to understand, and this is important, that these fines are not just for making simple mistakes here and there, but include 'criminal' activities like kickbacks to doctors, failure to disclose data, making false and misleading statements, poor manufacturing practices and Medicare fraud.

In 2016 The pharmaceutical company Pfizer was fined a record £84.2m by the UK's competition regulator after the price charged to the NHS for an anti-epilepsy drug was increased by up to 2,600%.

These figures are only from 2006 to 2015, and just the tip of the iceberg.

But during all of my research, I've never found one instance where anyone went to jail. Not One!

^{*} Parent company at time of settlement.

^{**} Includes civil settlements and criminal penalties paid to federal and state agencies.
Calvin Alagot/Fair Warning

You wouldn't lend money or the keys to your home to a twice convicted fraudster would you?

Then why trust any of their products to your children?

I know dear reader, we've been raised to trust these people, but just take a look around you at the state of your nation's health and ask, 'are things getting better or worse?', then start questioning 'why' things are going steadily downhill.

Imagine we lived in a world where every single car mechanic was incompetent and retarded.



We'd drive our cars out of their garages, and after 5, or 10 miles the car would break down again, or something would come loose or drop off.

When we get towed back to the garage the mechanic always say's 'it's the way you're driving it, dummy'.

How long would we all put up with that kind of treatment before it became obvious who was at fault and incompetent?

In Sweeden for example, I'm told they give their doctors a much harder time, asking tough questions before they rush to drug their children, and apparently, the Swedes aren't afraid to confront their so-called healers when they smell bullshit, which is a step in the right direction at least.

So without much expectation of this information ever helping the little girl it's dedicated to, given the probability of her parent's continued respect for doctors, perhaps it may be of benefit to another young child elsewhere, who knows, but it'll all hinge on how much trust you have in the medical profession.

Maybe there are other parents out there who also have a child that's been prescribed a life-threatening drug to be inhaled as needed throughout the day as if it was candy, and what could be more conducive towards a night of blissful restorative sleep for a growing child than a lungful of a potent stress hormone (cortisol)?

Ok, so I'm being sarcastic again, but just think of how many thousands more little Dora's will be out there this year alone, who were perfectly normal and healthy just months or weeks ago, yet mysteriously have just become unable to tolerate something that's always been around them since they were born!

But instead of questioning this logic and demanding to know; 'why the hell did this suddenly start to happen, and how do we fix it', the children's parents will instead blindly swallow a doctors supreme line of bullshit and follow a pharmaceutical path that will seriously endanger their most precious children, and they may even accept it as being 'normal' to poison a child, just because a doctor or nurse says so, and since so many other children have similar issues, including doctors and nurses children, why not use the drugs?

With that said, to anyone who trusts their doctor on a scale of 1 to 10 at a 4 or higher, we doubt this information will be of much use to you, since both you, and anyone else you entrust to the doctors care, will be doomed to a life of mediocre health, chemical dependency, and a limited life expectancy thrown in for good measure.

As Sales Trainers and businessmen, we can tell you that the shareholders at big pharma love nothing more than to get their customers on board, or 'Hooked on the Products' very early in life, which is an obvious SALES process to anyone in the business.

The Perfect Sales Cycle the Medical Industry Want's for Your Baby

This sales process often begins with a needless cesarean procedure that severely compromises a child's immune system!

That's right from the get-go folks, a baby is being born somewhere on Earth at this very moment via a needless procedure that just makes a doctor or midwife's work schedule more convenient, and pays them more money.

A procedure designed for use only in a life or death situation, and not for some lazy bitch who's 'too posh to push'.

A birth which is supposed to be started off by the baby picking up the mother's bacteria from many hours in the birth canal, and that vital bacteria will populate the baby's gut and generate its immune system.

Cesarean babies are, according to George Malcolm Morley, a frequently published and world expert OB/Gyn, 3 to 4 times more likely to be autistic, and maybe you now know something your doctor or midwife has no clue about...why!

I'll come to vaccinations and the cocktail of toxicity they contain in a moment, but you don't have to be a rocket scientist to figure out which of the two children below has the best chance of dealing with the toxicity from any vaccine, or from the child's environment;

Child a/ with a normally developed immune system from a vaginal birth, breastfed for at least 12 months and who's never had antibiotics, or;

Child b/ a cesarean born child whose immune system was spawned by whatever bacteria happened to be floating around the delivery room, or from whatever the midwife ate for breakfast, who was then breastfed for just 2 months if its lucky (because mums career or figure was more important than baby's health), and who's already had a course of antibiotics for an ear infection or whatever.

(No disrespect to single mums intended, but for married working couples, 2 cars 2 vacations, jewellery, and a wardrobe of designer clothes are not essential items to anyone who says they put children first. Being there, love and education are the priorities!)

So assuming there is toxicity to be had from both vaccines, and from our everyday environment, which child in the above example has a fighting chance, child a, or child b?

Incidentally, boys are 4 times more likely to be autistic than girls, regardless of how they're born, because testosterone amplifies vaccine metal toxicity, and estrogen dampens it. (look elsewhere on Blunt Coach for more on that)

You may also be forgiven for becoming angry as to why all this 'scientifically documented and proven' information seems to have been overlooked by your doctors, midwives, nurses, dieticians, nutritionists and healthcare workers and so on.

Perhaps they're all on the same golf course together having fun, and too busy to do the research, or maybe they just don't like you enough to share it with you.

Truth is, we wouldn't trust a doctor to mow our lawn, since we know who funds the medical university's, sets the curriculum for what they'll learn and not learn during medical training, who decides the questions for the exams, and who invites doctors on all expenses paid Carribean cruises after they qualify.

Can you guess who that might be in control?

Perhaps the next paragraph will give you a clue if you're a bit slow.

Next will come good old baby vaccinations, perhaps starting off with something that sounds pretty cool, like a Free Vitamin K shot.

Wow, free vitamins I thought when they offered it to us on our second child, not moments after she was born.

Alas there's no such thing as a free lunch, and even this innocent-sounding vitamin jab contains aluminium and other toxic ingredients, together with, would you believe it, a 'Black Box Warning' (named after a coffin);

VITAMIN K₁ INJECTION

Phytonadione Injectable Emulsion, USP

Aqueous Dispersion of Vitamin K₁

Ampul R_x only

Protect from light. Keep ampuls in tray until time of use.

WARNING - INTRAVENOUS AND INTRAMUSCULAR USE

Severe reactions, including fatalities, have occurred during and immediately after INTRAVENOUS injection of phytonadione, even when precautions have been taken to dilute the phytonadione and to avoid rapid infusion. Severe reactions, including fatalities, have also been reported following INTRAMUSCULAR administration. Typically these severe reactions have resembled hypersensitivity or anaphylaxis, including shock and cardiac and/or respiratory arrest. Some patients have exhibited these severe reactions on receiving phytonadione for the first time. Therefore the INTRAVENOUS and INTRAMUSCULAR routes should be restricted to those situations where the subcutaneous route is not feasible and the serious risk involved is considered justified.

Isn't that disgusting? 'Including Fatalities' it says on the first and third line, and that's from both intravenous and intramuscular injections...... from a vitamin shot?

No, no baby ever died from the actual Vitamin K, but the toxic crap that has to accompany it in any injection is what does it.

Plus baby's are born with thin blood for a reason folks, and all babies suffer micro-traumas to the head at birth, but they're designed to cope with it, which is why even the newborn skull is flexible, to help get baby out.

Does it make any sense to thicken the blood with Vitamin K, at the exact time the blood needs to be able to move freely to repair these normal birth traumas?

And if the umbilical cord's been cut while it's still full of goodies, leaving baby short of 1/3rd of its blood, why thicken what's left?

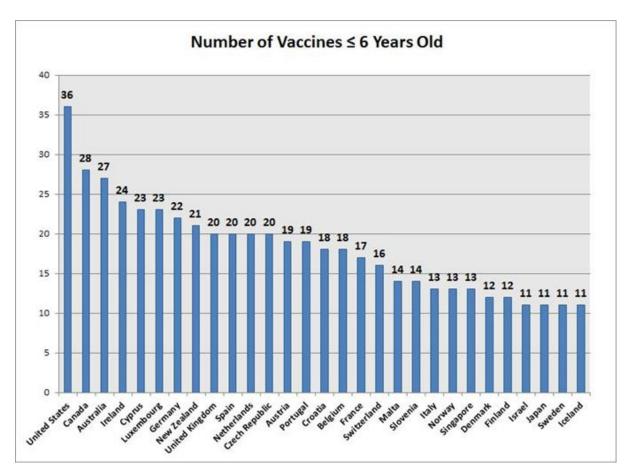
How many billions of babies have been successfully born without a vitamin K shot? I was, how about you?

So it's a fair bet that unnecessary Vitamin K shots have murdered some baby's somewhere, and they need to cover their backs from lawyers by printing a 'black box' warning.

Not that anyone will bother going through that insert warning with you at the hospital of course. We were in the most exclusive, expensive private hospital in London (The Portland) and nobody said a bloody word to us!

Then, over time, follows a cocktail of other needless vaccines and boosters, all containing traces of mercury, aluminium, Polysorbate 80, live or dead strains of various pathogens, and other evil additives such as aborted fetal material (they have to use something to grow the vaccine in).

By the tender age of 6, and assuming the parents are as dumb as a bag of rocks and are American, the vaccine schedule will have pumped 36 doses of poison into their nations little Dora's, while here in Cyprus the schedule warrants 23 legal poisonings.



You can see the slightly more intelligent Swedes are on the low end of the chart here, with just 11 drug assaults by age 6, yet the truth is even Swedish people aren't as smart as they imagine themselves to be.



Trust me I'm a Dickhead more like!

And for later on in a little girls life, how about something truly awful like 'Gardasil'?

First given at age 9 and thought to have only 4 to a maximum of 8 years of effectiveness, yet it's designed to protect little girls from a sexually transmitted

disease (from multiple partners), that hopefully won't even be an issue for a 9 yr old girl for at least another 9 years!

Although a bit off the topic of allergies, and purely to get the reader thinking about medical truth, one of the things that truly shocked me when I first studied Gardasil, was that a baby can pick up the HPV virus from the mother at birth (even by C Section), and regardless of sexual activity, approximately 11% of the public carry the HPV anyhow.

What does this mean?

First, it means a lot of baby girls are unknowingly being born with HPV, and secondly that a lot of 9-year-olds, and millions of other young women, are being vaccinated against a virus they already carry.

And guess what that does?

It creates 'Negative Efficacy' of the vaccine.

Great, well that might as well have been in Chinese for all I knew, and you'd only get that far if you read through the manufacturer's jargon anyhow. But for those of us who don't trust doctors, nor their pharmaceutical slave owners, negative efficacy means...in plain English.......drum roll;

It increases the risk of CANCER by 44.6%....!!

Below is page 13 from Merck's own research on Gardasil, and you need to read underneath 'Concerns Regarding Primary Endpoint Analysis Among Subgroups' then look at the very bottom right-hand corner for the 44.6%.

Ask any genius in a white coat why they're not wanting to screen your daughter for HPV, **before** they stick her with this poison.

VRBPAC Background Document Gardasil™ HPV Quadrivalent Vaccine

Table 16. Study 005: Analysis of efficacy, MITT-3 population, against the incidence of CIN 2/3 or worse due to any HPV type.

[From original BLA, CSR for study 005, Table 11-33.]

cross original arm is convict planty out; rable 11 april									
Monovalent HPV 16 VLP N=1193				Placebo N=1198					
N (subgroup)	Number of cases	PY at risk	Incidence Rate per 100 person years at risk	N (subgroup)	Number of cases	PY at risk	Incidence Rate per 100 person years at risk	Observed Efficacy	95% CI
MITT-3 1017	27	3635	0.7	MITT-3 1050	50	3683	1.4	45.3%	10.9, 67.1%
MITT-3 1017	6	3638	0.2	MITT-3 1050	21	3700	0.6	70.9%	25.6, 90.4%
	N (subgroup) MITT-3 1017	Monovalent F N=11 N Number (subgroup) of cases MITT-3 27 1017 MITT-3 6	Monovalent HPV 16 N=1193 N Number of cases PY at risk MITT-3 27 3635 MITT-3 6 3638	Monovalent HPV 16 VLP N=1193 N Number PY Incidence Rate per risk 100 person years at risk MITT-3 27 3635 0.7 MITT-3 6 3638 0.2	Monovalent HPV 16 VLP N=1193 N Number of cases at risk 100 person years at risk MITT-3 1017 27 3635 0.7 MITT-3 1050 MITT-3 6 3638 0.2 MITT-3	Monovalent HPV 16 VLP	Monovalent HPV 16 VLP Placebo N=1198	Monovalent HPV 16 VLP N=1198 N=1198 N Number PY Incidence (subgroup) of cases at risk 100 person years at risk MITT-3 27 3635 0.7 MITT-3 1050 MITT-3 6 3638 0.2 MITT-3 21 3700 0.6	Monovalent HPV 16 VLP N=1198 N=1198 N Number PY Incidence Subgroup) of cases at Rate per risk 100 person years at risk MITT-3 27 3635 0.7 MITT-3 1050 MITT-3 6 3638 0.2 MITT-3 21 3700 0.6 70.9%

Concerns Regarding Primary Endpoint Analyses among Subgroups

There were two important concerns that were identified during the course of the efficacy review of this BLA. One was the potential for Gardasil™ to enhance disease among a subgroup of subjects who had evidence of persistent infection with vaccine-relevant HPV types at baseline. The other concern was the observations of CIN 2/3 or worse cases due to HPV types not contained in the vaccine. These cases of disease due to other HPV types have the potential to counter the efficacy results of Gardasil™ for the HPV types contained in the vaccine.

 Evaluation of the potential of Gardasil™ to enhance cervical disease in subjects who had evidence of persistent infection with vaccine-relevant HPV types prior to vaccination.

The results of exploratory subgroup analyses for study 013 suggested a concern that subjects who were seropositive and PCR-positive for the vaccine-relevant HPV types had a greater number of CIN 2/3 or worse cases as demonstrated in the following table:

Table 17. Study 013: Applicant's analysis of efficacy against vaccine-relevant HPV types CIN 2/3 or worse among subjects who were PCR positive and seropositive for relevant HPV types at day 1. [From original BLA, study 013 CSR, Table 11-88, p. 636]

Endpoint	Gardasil™ N=2717				Placebo N=2725					
	N (subgroup)	Number of cases	PY at risk	Incidence Rate per 100 person years at risk	N (subgroup)	Number of cases	PY at risk	Incidence Rate per 100 person years at risk	Observed Efficacy	95% CI
HPV 6/11/16/18 CIN 2/3 or worse	156	31	278.9	11,1	137	19	247.1	7.7	-44.6%	<0.0, 8.5%

13

Unbelievable, isn't it?

That they don't even screen little girls for HPV **before** giving this vaccine, is criminal.

So, bearing in mind that according to Dr Diane Harper, who was involved in the testing of the vaccine, "there are normally no symptoms and <u>90% of infections</u> are resolved by the body in as little as two years. Only half of the remaining infections have a <u>rare chance</u> of developing precancerous cells that <u>could</u> lead to cervical cancer."

Are you kidding me?

They want to vaccinate 100% of our children without screening, giving all of the problems from the toxic chemical additives in the vaccine, also giving some of them who already carry HPV a 44.6% increased risk of cancer from the procedure, and they want to do this to save just 5% of our children who have a **rare chance** of developing anything nasty, that **could** lead to cervical cancer over many decades, and the survival rate for cervical cancer patients over 5 years is 91% anyhow!

So what's even the real worry?

Could this be another bullshit sales and marketing scare to sell vaccines to an 'uninformed' public?

Here's an idea;

How about we just educate our daughters on how to mitigate all the risk factors?

Such as how to live right to build a strong immune system, since that's how the **90% with HPV clear the virus inside 2 years**, then educate our daughters not to sleep around, and also to have a regular smear test as adult women.

Then further educate them not to smoke, not to use the pill for more than 5 years without a break, and not to have more than 3 children.

That's just about every known risk factor taken care of, so how about that for a Blunt Coach solution to this bullshit?

Nope, you won't vote for that, not if you love doctors or you're a shareholder in Merck (the drug company who makes Gardasil), and neither will you vote for my solution if you're a politician in Merck's pocket, nor a doctor, pharmacist, nurse, nutritionist, dietician or child healthcare worker. Why?

Because not one word of what I've just shared with you so far today has ever appeared in a textbook on any university course that any of the above idiots ever attended to get their so-called qualifications.

And I'm the 'Quack' they'd say.

I'm the uneducated dude from South London who's got his facts wrong.

Either that, or every current healthcare worker with an accredited degree needs to admit they just wasted 3 to 6 years of their lives on a bullshit academic degree course that's 180 degrees in opposition to taking good care of our children, never mind us adults, or our elderly citizens.

They'll also need to admit to being incredibly intellectually lazy, because believe me, the science we study is 'out there', 'freely available' and most definitely accessible to anyone in healthcare, and now through BluntCoach, to you.

So don't expect to get any sense out of any of these 'Quackademics' you may adore so much, not in regards to Asthma, Eczema or any other allergy or autoimmune problem (any health issue in fact), because they simply don't have a clue, which at best makes them friendly idiots you happen to know, or if they do know what you now know but they chose not to reveal the truth to you, then in my book that makes them evil bastards who should face the death penalty. You pick!

And remember, if you pick 'Friendly Idiots' or 'Evil Bastards', then what does that make you if you continue placing your child's health in their hands, without first doing your own research after reading this?

My own children, now aged 25 and 10, have had zero vaccines, and I mention this only to illustrate that the evidence for the stupidity of vaccines was available to any parents who, even pre-internet 25 yrs ago, could be bothered to visit a public library and do some reading.

So whatever would be anyone's excuse for needlessly and repeatedly poisoning (vaccinating) their children in 2018, is beyond me.

I guess it must come down to the many mindless modern distractions like facebook, TV, busier social lives, who knows, but whatever you're selling as an excuse for plain 'intellectual laziness' and 'bad parenting', I'm not buying it!

So if your child's already begun the vaccine schedule, then you can guess what my advice is going to be, can't you?

No, it's not to STOP any more VACCINES or boosters, since I'm not licensed to give medical advice, plus I'm a guest in someone else's country where they suck doctor dick like its honey glazed Turkish Delight!

No, my advice would be to cancel your next vacation, and spend the week studying everything you can on vaccines for yourself. That, and how to undo the toxic damage from the vaccine adjuvants (mercury, aluminium etc) already floating around in your child's body.

In just one day of study you'll know more on the subject than your doctor does, and in two days more than your paediatrician. After a week you'll be bulletproof, and immune to any more of this bullshit for all you're family members, be it flu jabs or whatever.

I make no apology for my tone by the way, for I believe the 'softly softly' approach with parents is a waste of time, especially when children are at risk. My own son, Steven, didn't have his first vacation till he was 12, because his mother and I were too busy studying and building for his future health, happiness and security.

I realise that's not going to be a popular comment, but it is what it is, a lifestyle choice, and one that was as clear to Debbie and me as was the choice for us to never be dumb enough to smoke cigarettes was clear to us (do real 'grown-ups' need to be told 'smoking kills' and makes you stink?).

We truly put our son's health ahead of what car we drove, or how things may have 'looked' to outsiders, long before he was born, in fact, 6 months before he was even conceived we began studying and preparing for the perfect child!

Blunt Coach History

For the record, my personal hatred for doctors began 25 years ago, when our trusted family GP, who was also my sister's employer and a Pediatrician would you believe, missed Debbie's blatant signs of pre-eclampsia, which, had things gotten any worse, could have been life-threatening to both her and Steven.

His incompetence led to my baby son spending his last few months before birth being strangled by his own umbilical cord, deprived of nutrients, then being born prematurely, jaundiced and puny.

To add insult to injury the midwife scolded us both, saying we were in the wrong for missing our regular prenatal checkups, which was bullshit because we'd attended every single god damned one of them. The midwife refused to accept this, stating in a very matter of fact way that; "no doctor could possibly have missed the signs", therefore we must have been lying.

As the night and Debbie's painful labour went on, the nurse shut her big mouth, I think both because she sensed we were telling the truth and could prove it, and because we weren't going to forget this in a hurry, and might somehow involve her as a witness.

All these healthcare people look out for each other, so never forget this, they'll watch each other's backs over yours or your children's any day, because that's

the only guarantee they have of having their own incompetence swept up one day, should the need ever arise.

This is why I have little or no time for nurses 'opinions' either, and while many of them may well have 'hearts of gold' they really don't learn anything useful from being in love with doctors, and smelling their farts on hospital rounds!

If a doctor is as much use to your child's health as a chocolate teacup, then what chance can his assistant have?

Our trusted family doctor was an obese, chain-smoking alcoholic, those are the facts, but rumour also had it that, like so many other doctors, he had suicidal tendencies as well, and his hands in the cookie jar (drug cabinet).

This lazy, unhealthy bastard never saw his 55th birthday, which is just another testimonial as to how stupid we have to be to consult these people on any health and longevity issue, when they can't even manage their own wellbeing.

For the record, doctors have the highest rate of alcoholism and drug abuse of any profession, the second highest suicide rate, and almost the lowest life expectancy of any profession, at around 60.

Doctors are in fact.....



Bloody Clown Shoes!

That was our story 25 years ago, since when I have scarcely missed a day of 2 hrs study, where I continue to learn more about the corruption, ego, and sheer greed of those who follow the medical monopoly, while at the same time discovering the truth of what really matters, what really works, and what's really safe for our optimum health, psychology, and overall wellbeing.

Please don't wait till your forced into doing your own research as I was, because you may not be as lucky as me. My wife Debbie was as strong as a horse and had breastmilk fit for Hercules himself, which she fed to Steve, on demand, for more than 2 years.

That, plus the fact we refused to vaccinate him or ever give him antibiotics, enabled him to bounce back from such a poor start in life, and then to become a man of exceptional character, great physical strength, and superior intellect.

Whatever ails your child today, and however far along the medical road you've been led astray, it's never too late to turn the tide and reclaim your child's optimum health birthright, or at least get pretty damn close to it.

Until you can accept responsibility for the past, however, you can't control the future, and responsibility isn't about blame or guilt.

We had to accept responsibility for trusting the medical mafia that owned our fat pig of a doctor and his nurses, and we really did have faith in them, but then we were raised in a culture, probably the same as you, that revered doctors and placed them on a pedestal.

Happily, many of Steve's generation are now actively questioning medical authority, and my daughter's generation will hopefully have nothing but contempt for them, which will be based purely on results, that are now self evidently, zero.

The war on cancer = Zero results. The war on heart disease = Zero results. The wars on diabetes, obesity, autoimmune diseases, neurodegenerative diseases, autism, and of course allergies and many others = Zero results.

Is the incidence of every illness or disease going up, or down?

The Human Genome Project is now also officially classed as a complete and utter failure, since whilst the 'theory' of one gene controlling one illness was a nice idea if you design drugs to correct certain damaged genes, and thus you could drug someone years before the illness ever became a problem (what complete bullshit).

But thankfully we now know that's not how our bodies/genes work, and that's also 100% proven, though not before billions of taxpayers money in research grants was wasted on the genome projects worldwide.

They wanted us to accept that our health was outside of our control, and totally genetically determined, thus we'd have to trust our lives to them.

Because if the specific disease was in fact 'all in our genes', then no amount of sunlight, pure air, quality food, vitamins, minerals, herbs, acupuncture, homeopathy or lifestyle changes, could possibly help us.

No counselling, Life Coaching or changes in attitude would make any difference, and neither would any belief in supernatural God's in heaven, or energy from a spirit realm, nor would Chi, Ki, Prana, Lifeforce or Chiropractic be helpful.

Nothing could help us if it was all truly 'genetically determined'.

But a man in a white lab coat, with a PhD, a stethoscope and a pharmacy, would be able to help us......Bollocks!

You see, we're coming real close to the point where modern medicine is running out of good ideas to bullshit you with, so best you wake up and smell the coffee sooner rather than later, before they murder you or someone else you love, because as my friend Dave Walker says; "if it looks like shit, smells and tastes like shit,....it's probably shit"!

And the current medical healthcare model is, going just by results alone, and never mind logic and evidence, a complete pile of steaming bullcrap!

The current trauma medical model, on the other hand, is pretty good, so if you get run over by a bus call them, not me!

Another Problem to Overcome;

Many of us have family, friends, or neighbours working in healthcare today, it's a huge big business. Doctors, psychologists, nurses, lab technicians, pharmacists, dieticians, nutritionists, and fitness trainers, I bet you know someone off that list, yes?

And I bet their nice people, right?

Well, we challenge you to read our website for an hour a day for a week, and then tell us that they're not all assholes who haven't a clue as to how to keep us fit and healthy, let alone get us to our 100th birthday or how to raise a healthy child.

Like I said earlier, my sister was our family doctors receptionist, and my dad was his casual drinking buddy, so it didn't go down well when I told them what I planned to do to him for nearly robbing me of my wife and child.

Even though they all felt for us, and sided with me of course, there was still this inescapable desire to somehow protect one of the medical 'pillars of the community', it was disgusting.

You must examine this misplaced faith if you have it at all, by correctly answering the following IQ test question;

You wake up in a hospital bed and are told you have one minute to live. Standing around the bed is your doctor, your tax collector and your lawyer. You have a gun in your hand with two bullets in it. Who do you shoot?

Correct Answer; The DoctorTwice!

I hope that lightened the mood in some dark way, but it's a point we need to drive home to be of service to you.

A few months ago, Steve and I were consulting with a 50 yr old man regarding statin drugs. We provided him with all the evidence of the scientific fraud, the bogus research, the lawsuits regarding misleading advertising in statin commercials, and the inappropriate prescribing of statins to women and men who have never had a heart attack.

I explained a/ how its been proven that cholesterol isn't the bad guy anyhow, b/ that statin studies showing the pathetic 1% reduction in heart attacks was only ever taken from men over 50 who had already suffered an attack, and c/ that there has never been a single study on women taking statins!

This is the worlds best-selling drug 'ever' I told him, "don't you think if there were any evidence that statins were safe and effective for women that tests would have surfaced over the past 30 years"? I asked...

Women's hormones are way more volatile than men's, and cholesterol makes all of a woman's hormones, thus, you mess with lowering anything that makes a woman healthy, happy, horny, mentally sharp and fertile, and your dancing with the devil!

His jaw dropped, eyes widened, and you could visibly see him squirming in his chair at the thought of being taken for an idiot. But do you know what he said to us?

"but....my doctors my friend..we play golf together"

Seriously, I couldn't make this up, so if you know someone in healthcare, hey, do you want to risk offending someone, or would you rather die or have your kids and parents needlessly suffer?

I've made my choice, and so has Steven, hence we're The Blunt Coaches.

Yes, many parents are also offended by us its true, but then some of them wake up and go 'do something good' for their children's health with the information we provide.

Afterwards they will, I'm sure, find it in their hearts to forgive us, and possibly even admit that our 'bad attitude' snapped them out of their apathy towards bad parenting, while in our opinion, those who will do nothing with this vital information and continue to trust in healthcare academics, regardless of the evidence, well they deserve to be offended.

And believe me, I'm not even getting started with being offensive in this article.

My point is, that by the time children are virtually 'out of the wrapper' (their Mum's belly) they are ruined, simply from 'following the herd mentality', applying 'common knowledge', and tragically trusting in our medical experts, corrupt politicians, big food companies, agriculturists, advertising agencies, YouTube, or some dickhead at a university.

The Dietary Connection;

I've just finished an entire book on pre and postnatal health, raising a healthy child and so on, and suffice to say the above madness and ignorance continues in many more ways, much of which leads to allergies down the road, beginning with either not breastfeeding for at least a year (or not at all), then stuffing babies full of mashed vegetables and wheat pasta which are still indigestible no matter how you mash them, in the mistaken belief that somehow this is good for baby.

NEWSFLASH; **Adults, (all humans, in fact)**, can't digest either wheat gluten nor cellulose from plants, so how the hell do you think a babies delicate digestion manages with the same crap?

I've often seen proud (but retarded) parents feeding babies as young as 3 to 6 months on mashed up vegetables, wheat, corn, rice, pasta etc, and of course babies do eat it because their 'HUNGRY' for god sake, but this crap damages their intestinal lining, allowing undigested proteins to cross the gut wall where they are identified as 'enemy invaders' to the immune system.

FYI; this idea that fibre is somehow great is also totally bogus, as if it works like a magic toilet brush to scrape and protect our colons. Strange then that vegetarians have more colon cancer than meat eaters, isn't it?

Question; Would you throw wood that you knew wouldn't burn on a fire?

Then why would you eat something that was indigestible?

Perhaps for all the vitamins and minerals that haven't been in the soil since the second world war (thus also not in the vegetables either, for almost 70 years).

That's nutrients that could just as easily be found and **fully absorbed** in eggs, milk, fish, liver, fruit and so on.

What vitamins are still in the vegetables won't be extracted till their thoroughly cooked either, so be careful when they tell you this and that vegetable contains xyz grams of some vitamin or mineral.

Yes, on the best day of its life it might have, but after 3 days since it was harvested, 2 days in a supermarket and a day in your fridge, its a different story, besides, however much of any nutrient it may contain, there's no guarantee you'll absorb it!

You are not what you eat, but what you can absorb, convert and assimilate.

I'll tell you what you will find in vegetables though...plenty of 'Anti-Nutrients', and what are they?

Oh, just the nasty stuff plants use to kill, poison or sterilize its enemy's, its called chemical warfare!

Compounds like phytoestrogens, for example, to make its enemy's infertile, along with compounds that block the absorption of vital minerals essential to the enemy's growth. The enemy is whoever's trying to eat it.

Yes, plenty of those chemical buggers will still be in the veg, along with a shit ton of pesticides, herbicides and possibly a sprinkling of genetically modified bullcrap. In fact, if the veg still had the pre-war nutrient goodness your grandmother enjoyed (and it definately doesn't), it might just outweigh the damage from the plants natural defence chemicals, but without those nutrients, and sprayed with glyphosate, well, there just a colourful excuse for putting butter on top of maybe once a week, again, provided their thoroughly cooked first, and your an adult without any digestive issues.

Fact; 50% of women on a raw food diet are infertile! 'Giessen Raw Food Study' Koebnick, C., Strassner, C., Hoffmann, I. & Leitzmann, C. (1999) Consequences of a long-term raw food diet on body weight and menstruation: results. Ann. Nutr. Metab. 43: 69–79. So why would you feed your little girl a salad?

We don't know about the men in the above study, because no ones ever tested them, and they only found out about the women taking part because of cessation of their menstrual cycles.

So much for healthy raw veg then (with the exception of carrots which act as a good antibiotic), and here's a newsflash for you in regards to farting; The next time you eat your veggies and start dealing **Agatha Christie's** (a silent, putrid fart committed by someone in the room), then here's some information on how fibre actually works.

You can't digest it, but bacteria can, and contrary to what you may have heard, the good bacteria don't need feeding vegetables or fiber since you can live your life quite happily without eating any, as did and still do; the Eskimo's of the Canadian Arctic, the Chukotka of the Russian Arctic, the Masai, Samburu, and Rendille warriors of East Africa, the Brazilian Gauchos, the Sioux of South Dakota, and the Steppe nomads of Mongolia.

But the bad bacteria love the fibre, and perhaps this goes some way towards explaining vegetarians increased rates of bowel cancer, depression, and other neurological disorders; *Vegetarians displayed elevated prevalence rates for depressive disorders, anxiety disorders and somatoform disorders. International Journal of Behavioral Nutrition and Physical Activity20129:67*

Since we now know for a fact that these depression problems AREN'T caused in the brain, as 99/100 idiot doctors still think, but in the gut, as Hippocrates said 2,500 years ago "all disease begins in the gut", and bearing in mind Hippocrates didn't have to contend with doctors, pollution and toxic drugs back then, he was right.

So it's a great quote, but don't take it too literally in 2018, but he was totally right about depression.

Incidentally, because doctors and psychologists still believe depression is a problem from the neck up, or a chemical imbalance in the brain as they sometimes say, you'll have heard of this word 'Seratonin', which the anti-depression drugs (SSRI's) claim to make use of (selective serotonin reuptake inhibitors), and the medical profession is quick to admit "The exact mechanism of action of SSRIs is unknown" which is hilarious, because it means they don't know (because they don't work), but they're putting their 'lucky strike' down to seratonin all the same.

You'll read almost anywhere online, or if you ask a doctor or nurse, that serotonin is a 'happy' neurotransmitter, which is partly true, but guess where 90% of it is made?

In the bowel!

It's responsible for giving you the violent shits when you eat something that disagrees with you, or you ingest a horrible toxin of some sort. It's a stress hormone basically, and first tested on aggressive dogs would you believe.

The dogs that responded well to the SSRI drugs were found to have 'lowered serotonin' not raised, as you might expect from a drug that kind of recycles the hormone and makes it out to be a good guy.

But if serotonin is a stress hormone gone wrong, then doesn't it follow that a stressed out dog producing more serotonin will be more violent than a chilled out dog?

And hasn't every mass shooting in recent years been committed by a gunman on SSRI's? (say yes)

I don't have time to detail the bogus research that originally pushed SSRI's to market, but in some people, as it did with the aggressive dogs, it seems to lower serotonin, which is a good thing, and of course there are some people who still believe in the Easter Bunny, Doctors and Jesus, so you can feed those muppets a tick tack mint and tell them it'll make them feel happy, and guess what?

That's called your 'placebo effect', but for everyone else taking SSRI's, their worse off than when they started, with more serotonin.

I mean do you even think they should be allowed to bring any drug to market saying; 'the exact mechanism of action is unknown'?

Seriously! But check this out, they don't know exactly how it works (though I just explained it), but they do know the side effects are; *Drowsiness. Nausea. Dry mouth. Insomnia. Diarrhoea. Nervousness, Agitation or Restlessness. Dizziness. Sexual problems such as reduced sexual desire or difficulty reaching orgasm or inability to maintain an erection,* and here's the real kicker;

According to most of the research, when compared with taking a placebo, taking an SSRI or <u>another antidepressant</u>; *doubles the risk for suicidal thinking*.

Un-Be-Liev-able!

Now, what's all that got to do with little Dora's allergies?

Well, suppose allergies don't start on the skin or in the lungs, but from endotoxins misbehaving in the gut, that would make a mockery out of applying hydrocortisone cream to a baby's skin, or having young Dora use an inhaler, wouldn't it?

In a study published in the *Journal of Pediatrics*, they concluded "we found an increased risk of asthma associated with maternal antibiotic use"

In other words, mothers who used antibiotics during pregnancy!

How many mums are on antibiotics before they even know they're pregnant, and how many doctors even warn of this to couples they know for a fact are looking to start a family? None.

Here are a few more clues:

"Early childhood use of antibiotics is associated with an increased risk of developing asthma and allergic reactions in children" **Journal of clinical and experimental allergy.**

"Antibiotic use in infancy may be associated with an increased risk of developing asthma" different study from the one above but published in the same journal.

"There is an association between antibiotic use in the first year of life and current symptoms of asthma, rhinoconjunctivitis and eczema in children 6 and 7 years old" **Journal of allergy and clinical immunology.**

And you'll remember earlier I mentioned something called 'Glyphosate', a herbicide that's sprayed all over our children's 'healthy vegetables', well guess how that works;

"Glyphosate is a very powerful selective antibiotic that kills beneficial, but not pathogenic, microorganisms in the soil and intestine"

"Glyphosate is probably the most important factor in the development of multiple chronic diseases and conditions that have become prevalent in westernized societies" **Dr Stephanie Senneff, Research Scientist at Massachusetts Institute of Technology (MIT)**

Maybe you now understand why many kids give their parents a hard time by not eating their vegetables!

Adults can't understand how kids don't like the taste, and one theory is that nature makes them taste like shit to kids to keep them away from veg, because;

a/ As mentioned the vegetables are full of anti-nutrients, such as estrogen to render its enemies infertile, or anti-nutrients to stop the predator from absorbing minerals, or other known carcinogenic compounds.

b/ the undigested fibre damages the intestinal tract causing malabsorption of nutrients from any food source.

c/ babies and young children can't convert nutrients like beta-carotene found in vegetables into real Vitamin A that the body can actually use.

Lots of nutrients in fact, like for example the essential fats EPA and DHA have to be upconverted in the body from crappy ALA found in plant sources. So when a health magazine or idiot vegetarian friend tells you-you'll get xyz amounts of super essential vitamin A or essential fats from vegetables, that's only a half-truth.

They either conveniently or irresponsibly leave out the simple facts that you need 6 units of beta-carotene to make 1 unit of true vitamin A, and that's if you can convert any in the first place.

Children, the sick, and the elderly are notoriously bad converters, and according to the *American Journal of Clinical Nutrition*, 45% of the 'Healthy' adults they fed beta-carotene in there 2002 study, didn't absorb any (see 'no cat's eyes for vegetarians' on BluntCoach.com http://bluntcoach.com/2017/04/18/no-cats-eyes-vegetarians/)

So a 3oz portion of lambs liver contains the equivalent to 40 raw carrots of vitamin A, only the liver source is 100% bioavailable, as is the iron it contains.

The liver is the most nutrient dense animal food on the planet, with many tribes saying prayers of thanks before eating it as a delicacy, long before they ever got to the muscle meat.

For kids, (or adults) who don't like the taste, you could liquidise that 3 oz portion of the liver, then pour it into ice cube moulds and freeze it. Whenever you're making any kind of gravy or soup for your child you simply throw in a liver cube.

I promise you no one will notice it, and even if it took 2 weeks to drip feed it to a child it still means the equivalent of 20 carrots a week worth of super important Vitamin A, tons of Iron and a stack of other power-packed nutrients, fat and protein, not found in carrots.

Animal sources of iron, by the way, contain 100% bioavailable 'heme iron' and plant sources contain 'non-heme', which again is an inferior source the body has to work hard at to make any use of (the 'heme' is for 'haemoglobin').

Plus, there's also a possibility that if we all had the brand new tastebuds of a child we may be able to taste the pesticide and herbicide residues in the vegetables, who knows, but neither of my kids was big veggie fans, but both loved fruit, which although some of that is modern crap that's been specifically bred by humans for our pleasure, beareing no resembleance to the original fruit of a few hundred years ago, such as apples, bananas, peaches, and watermelons, still, on the whole, its a million times better for kids than vegetables.

So we don't want to impair our digestion, or limit the absorption of nutrients, nor damage the intestinal lining allowing undigested proteins into the bloodstream to overstimulate the immune response, and we definitely don't want to piss off our happy gut bacteria, or upset the balance between good and bad guys down there with undigestable fibre.

Although there are tons more good bacteria than bad in our guts, the bad bugs are a lot tougher.

When we're healthy the good guys keep the baddies in check, and even govern how fast they reproduce. After a course of antibiotics, however, only the tough guys are left standing, and so an opportunity arises for bacterial overgrowth of the bad guys.

A classic example of this is thrush in women. They complete a course of antibiotics for an unrelated dental problem for example, and end up with an overgrowth of yeast in the vagina.

Now you know why!

And now you're also beginning to know why it's not that smart to stuff little kids with mashed up indigestible fibre or wheat gluten, then top that off with antibiotics for the first little sniffle or an earache that'll invariably show up from what you feed or don't feed the kid. That, or all by itself, a weakened immune system from vaccinations!

Either way, and simply by trying to be a good parent who respectfully follows current medical, dietary and nutritional advice, you may have created a shitstorm of inflammation, nutrient deficiencies, autoimmune responses, metal toxicity (from vaccines and dental work), and pathogenic gut bacteria in your child.

Congratulations parents, thanks to our 'experts', your baby is well on the way to an autoimmune disease before it can even walk, never mind allergies and neurodevelopmental problems, because 1 in 3 kids you meet today will have some kind of learning difficulty or behavioural problem, won't they? So I guess that must be 'normal' as well, as is the medications given for said problems.

Acetaminophen; A Household Name?

All baby's, even naturally born and breastfed ones, still have to develop an immune system over a two year period, and during this period a child will naturally come into contact with the odd virus or bacteria that will give the child's developing immune system a little challenge here and there.

This is all perfectly normal, and part of life on earth, as is the body's immediate reaction to the pathogen, which is to raise the baby's temperature.

Bugs and viruses hate heat, and a fever indicates the body's natural wisdom of cooking the invaders, at the same time as remembering them for next time they try to invade (so what doctor's call the symptoms (a fever) is actually the cure)!

Keeping baby comfortable with a cold flannel, maybe a battery operated fan and lot's of kisses and cuddles makes sense, but lowering the child's internal temperature with a drug is totally retarded, since we need to cook the bugs or they'll hang around longer, and maybe cause more problems.

But that's exactly what any doctor or pharmacist will do, they say, to make your baby more comfortable, or so that the parents can get some rest before they dump the child on a childminder in the morning!

Acetaminophen is a drug used to achieve this lowered temperature, and you can rest assured that like most drugs, it often comes at a cost.

Two costs in fact; First is the alarming amounts of research revealing how Acetaminophen increases the rate of asthma and allergies, and secondly the fact that Acetaminophen is simply Paracetamol!

Depending on where you live in the world, this poison may show up labelled as, **Tylenol, Calpol, Disprol, Junior Parapaed, Medinol** or **Medised**.

Tylenol Just Once A Month Raises A Child's Asthma Risk 540%!

A study, published in the *European Journal of Public Health, Volume 23, Issue 4, 1 August 2013, Pages 706–710*, found that children who had even a single dose of Tylenol before their first birthday had a 60% risk of developing asthma, the Spanish study also concluded that the prevalence of eczema in children increased dramatically the more frequently Tylenol was used.

'The children in the younger age group who had received the medicine only once per year were at 70% greater risk for asthma while those receiving Tylenol once a month or more were shockingly 540% more likely to have asthma'.

Now I know what your thinking; 'oh, that study must have come out just last week in 2018, or else my nurse friend, pally pharmacist or buddy doctor would have warned me to stay clear of any baby medicines containing paracetamol'

Nope; Try '2013' for that particular study, and remember Tylenol is Calpol.

Now, remember earlier I told you how these medical assholes all look out for one another? Well check this out;

UK Daily Mail, Sept 2013.

Malayka Rahman, the research analyst at Asthma UK, said previous studies had suggested there may be a link between giving children paracetamol and an increase in their risk of asthma and other allergic conditions.

'We would be keen to see more research to establish whether or not there is a causal link as it's vital to ensure appropriate advice is given to people who are living with the condition,' she said.

What a Bitch!

Read it again. She's admitting there was already PREVIOUS RESEARCH showing the link, but still wants to see more research before she pulls her finger out of her arse and warns anyone.

And what about this useless dr prick!

Dr Martin Scurr, the Mail's medical expert and a GP in London, said it was too early to draw firm conclusions but more work needed to be done.

'It could be that children with asthma are more likely to get coughs and colds and then are given Calpol by their mothers,' he said.

'At the moment Calpol is the best we have – and it's all we have so there is no reason to stop using it.'

Look at the spin he tries to put on the truth; 'the kids already had asthma or were undiagnosed, so they got more coughs and colds needing more Calpol use'

Brilliant, I'd hire this bastard to sell used cars any day!

I wonder how many times he's personally prescribed Paracetamol products to children, and can't face himself in the mirror?

You see, the other research dates way back to Nov 2009, from Canada; Acetaminophen use and the risk of asthma in children and adults: a systematic review and meta-analysis.

Those words; 'Meta-analysis', means that in this study the researchers searched all available previous studies between 1966 and 2008 to come up with their conclusions, which they published in the Peer Reviewed Medical Journal 'Chest'

CONCLUSIONS:

'The results of our review are consistent with an increase in the risk of asthma and wheezing in both children and adults exposed to acetaminophen. Future studies are needed to confirm these results'.

Again, here's **the truth**, but to cover our buddies backs, **'future studies are needed'** is thrown in (before taking the shit products off the shelves and upsetting big pharma, who later also get to sell the kid's asthma inhalers and such!).

Please remember that your nothing in the world of medical research if you can't raise a grant for your work. A multi-trillion dollar medical industry wouldn't have any trouble trashing a researchers career if he/she rocked the boat too violently.

So imagine you were a medical researcher trying to save the world, but shit scared of losing your living or your life by upsetting the wrong people, wouldn't you put a 'Future Studies are Needed' at the end of your conclusions?

Then, in September 2010, from New Zealand, published in the *Journal of Clinical* and Experimental Allergy; The effects of early and late paracetamol exposure on asthma and atopy: a birth cohort

Conclusion and Clinical Relevance. 'Our findings suggest that paracetamol has a role in the development of atopy, and the maintenance of asthma symptoms. Before recommendations for clinical practice can be made, randomized-controlled trials are needed to determine whether these associations are causal'.

Again you see **the truth**, followed by the 'get out of jail free card'.

They say they want trials to prove these 'associations are causal' which would be impossible to prove. Why?

Because you'd have to keep children in a sterile cage, feed them on a drip and give them only Calpol for a few years and see what happens. First off, if you suspected Calpol was the sole cause of asthma, wouldn't that study be unethical?

And there may well be other factors contributing to asthma, many of which I've covered in this article, so they know damn well its never going to be proven 'Causal', I doubt anything ever will, but surely to god we have enough of an 'Association' to work with?

Then, later that same year in Dec 2010, from London, published in the *Journal of Allergy and Clinical Immunology;* **Prenatal and infant acetaminophen exposure**, <u>antioxidant gene polymorphisms</u>, and childhood asthma.

This studies interesting, because not only does it tell us that **unborn children are vulnerable** if the mother uses Paracetamol, but it also tells us where they believe the problem lies.

You see where it says 'antioxidant gene polymorphisms', well that's revealing how Paracetamol is messing with the bodies antioxidant process on a genetic level.

The Rolls Royce of our bodies natural antioxidant defences no less; 'Glutathione', which you can imagine as our primary detox pathway for getting poisons out of our bodies.

This is super interesting, since Autistic children are also known to be deficient in Glutathione.

After some digging, I found this gem, from the Journal of Autism, may 2008 Acetaminophen (paracetamol) use, measles-mumps-rubella vaccination, and autistic disorder: the results of a parent survey.

Holy crap, just look at the conclusions; 'This preliminary study found that acetaminophen use after measles-mumps-rubella vaccination was associated with autistic disorder'.

Wow! It doesn't matter that they're trying to spin it that Paracetamol came after the vaccines, because the MMR back in 2008 still contained mercury, along with aluminium, and they all screw with Glutathione.

If we can't get toxins out of our bodies, especially heavy metals, then they accumulate in, and damage the brain.

So I think I've proved, yet again, that the best way I can help anyone reading this to conquer allergies or any childhood illnesses, is to first convince you to turn your back on traditional western, money-making medicine.

But only after you've checked out everything I've produced for yourself.

And if you need one more piece of damning evidence to drive home how little these so-called experts actually know, I have a link here to a disgusting video. Copy and paste this link into your browser, https://www.babycenter.com/101_9-medicines-not-to-give-your-baby_10381801.bc

You'll be taken to a page on childcare and 9 medicines not to give your baby. Forget that, but look for the 'featured video' on the page, and click play.

You'll see a dozy looking twat of a woman called Dawn Rosenburg, who's an MD, Pediatrician, and assistant Professor from San Fransisco.

She talks about 'RSV' the most common form of lower respiratory infection in children.

This is March 2018 folks, and bearing in mind what you've just read, she's actually recommending Acetaminophen or Ibuprofen.

Please watch the video on an old computer or monitor your about to throw out, then smash her in the face with a hammer!

The video is only 2.39sec long, but I had to go for an hours dog walk after watching it, and not just because she has a face like a rodent that bred with a Downs Syndrome person, but I just know she's bound to have contributed to

countless misery among thousands of children entrusted to her care over the years.

FYI. I just used my medical 'scholar' search engine, and typed in; 'Acetaminophen use, asthma and allergies'. It's like Google, but only shows medical and scientific research results for whatever the search criteria you enter.

<u>I got 18,200 results!</u>

Even the first page of 20 were all relevant to our discussion here, so how come this Pediatrician is recommending it without due caution?

Enough of this, because if I haven't convinced you to question everything medical you've ever been told, then you're a retard who just closed my webpage. That and you know your too damn lazy to do any work of your own, not when drugs are readily available for your children.

So bye-bye, it'll just be our secret that you knew better, but carried on as if you were none the wiser.

Aren't I a big pain in the butt?

You better believe it, and if you want things to get better healthwise for your family, you best get used to the idea of reading and studying a lot more, and doing a lot less of watching TV, drinking, gambling, gossiping, or whatever else you waste your free time on.

Allergies Simplified;

When an immune system is overstimulated with unnecessary stress from any of the above examples (and more to come), it overreacts to often very simple and basic things in our environment. Even things that have been with us since the beginning of human existence, like grass pollen etc, can begin to be problematic.

If you accidentally emptied your vacuum cleaner bag and inhaled the dust, then you might find yourself having a bad allergic reaction, and this is, of course, an 'appropriate response' given the number of allergens you've come into contact with.

But if you had a similar effect from only a few particles of dust, then this would be an 'inappropriate response', and a good example of an immune system overreacting, for which there should be an equally good reason.

So please try to keep this idea in mind, as there are tons of medical definitions of what an allergy actually is, though they're all pretty much along the same lines, but there truly are so many that I don't think its a problem if I throw one into the mix that's easy for us laypeople to grasp.

In my dust example, the allergens are getting into our lungs or eyes, with the vaccines they're invading the blood and brain, and with foods the intestines, and if they then breach the gut wall and become 'foreign proteins' in the bloodstream, then I'm not sure its fair to call it an overreaction when our immune system attacks them.

After all, as far as our immune system is concerned, it may as well be a virus, bacteria, parasite or fungus of some sort, so don't think of it as overreacting or inappropriate if it goes crazy trying to kill it, but you can understand how all this activity over time can lead to inflammation, which then leads to its own problems.

Allergies, Sleep and the Gut

Allergic reactions happen in most people as a response by the body to a foreign substance, the body reacts by activating the immune system to destroy or neutralise the foreign substance, until such a time as it can be dealt with permanently (through destruction or excretion).

So, in a normal environment, the body's immune system is on standby, then it encounters the foreign substance, the immune system activates, deals with the foreign substance, and then goes back into standby.

However, in cases where the body reacts extremely violently to allergen's, it shows that the immune system (and probably the entire person's biology) is either overactive or underactive, due to some form of stress. This stress often being an overwhelming inflammation present within the body

For example, if the body has a chronic issue such as a leaky gut, then every time the person eats certain foods the gut is letting undigested food bits into the portal circulation, which is the flow of blood that goes from the gut to the liver to be given a final filter before joining the normal blood flow.

This causes extra stress on the liver, because all these foodstuffs should have been stopped by the gut wall, and since they got through, the liver now has to clean them from the bloodstream before they can get further within the body and cause more damage.

Because the liver is under more stress due to its extra workload, it releases inflammatory chemicals called **cytokines** into the bloodstream, these cytokines travel throughout the body causing inflammation, and stimulating other immune cells to create more cytokines.

Meanwhile, just below the gut itself is what's known as the GALT (Gut associated lymphatic tract). This is the first line of defence between the outside

world and the inside of your body, and where your immune system can be found hard at work.

If the gut wall is leaky, then this is where every single leak causes activation of your immune system, often leading to overreactions throughout the body.

This overactive part of your immune system and the inflammation in the liver are both known as a pro-inflammatory state. If you looked at a pair of twins, with one of them having a leaky gut and an overstressed liver, they could look the same, but internally they are two radically different people.

Now imagine that you expose both twins to an allergen, and remember, one already has his immune system stressed by toxins from the gut affecting the liver, then in the leaky gut twin, the immune system is already under stress, so he reacts much more violently to the allergen than his non-leaky gut brother would.

This Leaky Gut scenario is only one way in which the body can find itself in this Pro-inflammatory state.

Another terrible problem that can increase the Inflammation within a human, is a lack of good quality sleep.

In ordinary sleep, which is something few people experience in modern times, the body will work to lower inflammation. The body prioritizes rest and repair by releasing a powerful anti-inflammatory chemical, that's also known more popularly for being the chemical/hormone that induces sleep, Melatonin.

This chemical has strong anti-inflammatory effects that are supposed to help us repair any damage through the night, and in the younger generations, this chemical sets the stage for proper DNA repair and expression, as well as ensuring that your immune system is properly adjusted to conditions found in the environment.

There is so much more to sleep than just shutting your eyes for a few hours.

So, if a child with inflammation in their system sleeps, but doesn't release melatonin, or has their sleep interrupted, then they wake up with the same amount of damage and inflammation they had before bed.

Imagine then, if that same child goes a month without proper sleep, the damage of 1 day becomes accumulative, and by the end of the month, the child is angry, stroppy, prone to mood swings, and unable to tolerate dust.

Even though the child had its eyes shut for 7+ hours a night, proper repair didn't have an opportunity to happen.

Melatonin release can be stopped by several different factors, but the ones that are most prevalent are ones that directly interfere with what we call 'circadian biology', sometimes referred to as your 'body clock'.

Circadian biology is the science of clocks found within all of your cells. These clocks within every single cell let the cell know when it should do certain things, for example, clock genes tell bone when it's night so it knows to rebuild itself while we are rested, and not while the bone is in daily use.

These clocks work off of one big master clock in your brain, and this master clock is set by your eye.

It's very simple; Bright lights tell your brain (through the eye) that it's daytime, and during the day we need to be running away from dangerous lions and finding food and water. Low lights and darkness tell the brain that it's time for sleep, and to rest and repair.

So, if the child from earlier is seeing very bright lights from the TV, iPad, or just the lights hanging from the bedroom ceiling, his clock is going to become confused about when is the time to rest and repair, and when is the time for action.

These bright lights lead to children & adults staying up extremely late, and stops them from releasing melatonin at the appropriate time, this means that any damage they have accumulated over the day is not repaired.

But it's not just light that can interfere with sleep, things like Wi-Fi, cordless phones, and improper electrical systems can release invisible waves of electromagnetic fields (EMF for short), that will interfere with the brains delicate systems.

This is extremely dangerous to an adult brain, but even more so to a child.

The brain contains an average 100 billion neurons within it, and these neurons and their conversations between one another are what create the effects of our wakefulness and consciousness.

Interfere with these neurons and you can make people hallucinate, become psychotic, or depressed. These effects are because the brain has a certain frequency associated with both emotional and biological states, known as brainwayes.

One frequency for anger, and one frequency for calm for example. These different brain frequencies are forms of natural electromagnetic fields, and are a sign of proper brain function. So, imagine a sleeping child. Their brain is trying to create a brainwave of calm and deep relaxation, known as **Delta Waves**, at around 4 Hz, in order to help them sleep.

The Wi-Fi router in the other room, however, is releasing an EMF that is beyond even the frequency a psychotic murderer could make, at 2.4 Gigahertz, that's 240000000Hz for comparison.

When the EMF field from the Wi-Fi router touches the child's brain it disturbs his/her ability to make that calming, relaxing brain state, and often can lead to bed wetting, nightmares, and general insomnia.

Asking a child or adult if they have and remember dreams is a simple test of this.

So, to summarize, a lack of rest and repair due to sleep issues can lead to accumulation of damage, leading to a pro-inflammatory state and associated immune over responses. This can also be caused by a leaky gut barrier.

These two scenarios are only the tip of the iceberg that represents autoimmune conditions, and stressed out immune systems.

But the simple fact is that the human body is designed by nature to be functional. Anything below functional means there is something either within the child's external environment, or within the child's cellular environment, that is getting in the way of that child being a functional human being.

Asthma would get our ancestors killed, overreaction to a nut would never be known beforehand, and thousands of children would die because of it. As a species, we would not have been able to afford such weaknesses in the harsh times of human history.

The only thing that's changed between us and our ancestors is the environments we live in.

Melatonin research:

Anti-inflammatory Activity of Melatonin in Central Nervous System

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3001216/

Melatonin protects rat cerebellar granule cells against electromagnetic field-induced increases in Na (+) currents through intracellular Ca(2+) release.

https://www.ncbi.nlm.nih.gov/pubmed/24548607

Gut research

Intestinal Permeability Regulation by Tight Junction: Implication on Inflammatory Bowel Diseases

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4316216/

Gut: liver: brain axis: the microbial challenge in the hepatic encephalopathy.

https://www.ncbi.nlm.nih.gov/pubmed/29485654

A Viewpoint on the Leaky Gut Syndrome to Treat Allergic Asthma: A Novel Opinion.

http://journals.sagepub.com/doi/full/10.1177/2156587216682169

EMF research

Electromagnetic fields and public health – World Health Organisation

http://www.who.int/peh-emf/publications/facts/fs296/en/

Extremely low-frequency electromagnetic fields as effectors of cellular responses in vitro: possible immune cell activation.

https://www.ncbi.nlm.nih.gov/pubmed/15352165

Electromagnetic field induced biological effects in humans.

https://www.ncbi.nlm.nih.gov/pubmed/27012122

Before we go into the how's and why's and what to do's of allergies, let's first look into the history books for a bit, and then try to understand the 'Medical Theory's' surrounding the subject to get a better understanding of where and why our doctors are failing us so badly.

By the way, parent's who say 'look...stop... my child's got allergies, we don't need to know all this, and we certainly don't need a lecture, can't you just tell us what to do' often don't follow any advice, since their usually looking for a 'quick fix', which of course plays perfectly into the hands of the doctors and their pills, potions and inhalers.

So please try to stick with me, as there are no shortcuts to anywhere worth visiting, especially finding your child's perfect health.

History of Allergies;

The first recorded event of an allergic attack I can find, comes from 3,000 years BC, when the Egyptian Pharaoh, Menses, was killed by a wasp sting.

Next, and a funny event, was an English King, Richard the 3rd, who knew he reacted badly to strawberries, yet deliberately ate them and rubbed them on his face to cause horrible swelling. He then blamed this on Lord William Hastings

who King Richard said had put a curse on him, which then justified the King to murder him!

In 1869 the first skin prick test was performed using pollen, and in 1902 the word 'Anaphylaxis' came into use when two physiologists, Richet and Portier, were experimenting with injecting jellyfish venom into dogs.

They were hoping that by giving the dogs a small dose it would immunise the animals against a later, possibly fatal dose, but things didn't go as expected.

No matter how large or small the second dose was, the dogs died after 25 minutes.

Chem Immunol Allergy. 2014;100:54-61. doi: 10.1159/000358503. Epub 2014 May 15.

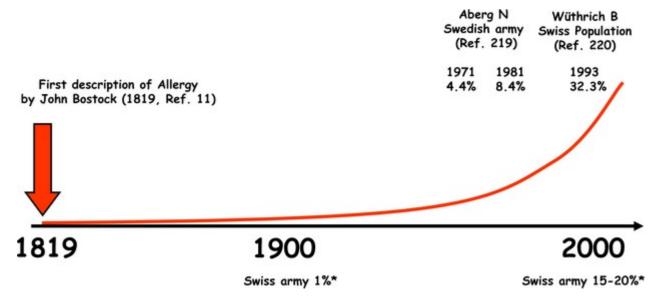
"The discovery of the phenomenon of anaphylaxis showed that by immunization not only protection but also harmful events could be induced."

I find this quite interesting, as it was clearly an early indication of the dangers of vaccinations, published in the French journal 'Comptes Rendus de la Société de Biologie' in 1902.

Either way, in 1913 Richet was awarded the Nobel Prize in physiology/medicine, in recognition of his continued work on anaphylaxis.

One of the interesting facts of looking back historically, is that since it wasn't talked about much, modern experts believe that no more than 5% of the population were affected, whereas today around 50% of children and 40% of adults are afflicted by allergies somehow.

Here's a cool graph from a Dr Th. Kündig, pertaining to the increase in allergies in Switzerland, but I'll just use it here to get you thinking.



Following that red line from left to right, we can see where vaccines and DDT were introduced around the 1900 mark, and steadily increased as the vaccine schedule increased over time, but what do you suppose happened from around 1970/80 or so on the above graph, which begins to display a pretty steep rise?

Could it have anything to do with the introduction of GMO's, Glyphosate, Sunscreen, EMF's and the massive switch from traditional healthy saturated fats such as lard, tallow, butter, coconut, and palm oil, over to the now proven deadly polyunsaturated 'so-called vegetable' oils and trans fats?

A Lesson in Sales and Marketing;

These are all modern substances nature never intended for the human body to ingest or the skin to absorb, and all-cause havoc with our immune systems. For example, if you cook with any kind of oil whatsoever, ask yourself this question; did it actually come from a **vegetable**?

Chances are you answered no, and then thought to yourself; 'so why the hell do they refer to cottonseed, rapeseed, corn, canola, safflower, sunflower, sesame, almond, soy or olive oil as 'vegetable oils' then?'

The answer is that the sales and marketing companies behind these products take you for the kind of idiot who'd buy something totally crap, as long as its name was associated with something supposedly healthy, like vegetables.

You know, the type of person who'd wear a dog turd on a chain if it were made of gold, or had Louie Vitton written on it!

You must understand that these businessmen know that not only would you be less likely to buy their crap in the first place if you knew the truth about where it came from, but you may also begin to question as to how the processes involved in extracting rancid oil from seeds, fruit and beans actually takes place, and why the last stage of processing at the oil factory is always 'deodorisation'.

Deodorisation is to stop you from smelling that you're buying a rancid waste product that used to be only fit for making paint (as they were 60 years ago until paint from petroleum became much cheaper), then they were used for making farm animals fat for market, and more recently, dumb arsed humans sick.

Mind you, we wouldn't believe anyone telling us they squeezed a gallon of oil from a bunch of vegetables either, but then as stated, besides being Health Advocates, Researchers and Life Coaches, we're also Sales Trainers and Salesmen ourselves, so we know what bullshit smells like from a great distance.

Imagine that! Something we all believe to be 'healthy vegetable oils' is not only 'NOT' from vegetables, but used to be a waste product sold to the paint industry.

Just as they lost business to the petroleum industry whose products could make paint even cheaper, farmers had been experimenting with a dangerous drug to fatten their animals in last the few weeks before slaughter, but the drug was dangerous to humans, and farmers were heading for trouble and needed an alternative.

Coconut oil, which is the most saturated of all oils, had actually made pigs **lose** weight, so they ditched that pretty quick, but what we now call 'vegetable oils' worked a treat in fattening animals for slaughter.

But they discovered they could only do this for 6 weeks, because the animals got sick if they ate the crap for too long!

The mechanism of action for fattening animals is that the polyunsaturated fats (PUFA'S) mess with the thyroid, which is the master gland controlling metabolism. The animals metabolic rate slows down, and can now put on more weight from fewer calories, so the farmer saves money on feed, and makes money on the increased weight of the animal at market.

Oops! We, humans, are animals too, aren't we?

And our thyroid is also our metabolic master gland, isn't it?

And haven't we seen an epidemic in obesity steadily rising around the world since we ditched butter, tallow, lard etc, in exchange for 'healthy vegetable oils and spreads' used in every home, fast food outlet, regular restaurant, and doughnut business across the globe?

And we've been told by idiots like 'weight watchers' that 'A Calorie is just a Calorie' and it doesn't matter where it comes from, so our obesity must be down to us 'taking in more calories than we burn off'.

In other words, we're greedy and lazy people! (remember the crap mechanic telling us 'its how we drive our cars, not him' I mentioned earlier? İts that again, only instead of doctors its now agriculturists and food giants blaming us)

And who might that false information financially benefit I wonder?

Besides the muppets who actually make the poison oils, how about the billions spent on 'the war on obesity' from the medical angle each year, the billions earnt from the diet industry, or how about the billions from the fitness industry?

What about the scumbags in the psychology profession counselling obese adults and suicidal youth's, or the useless dieticians and know nothing nutritionists out there, all perfectly 'qualified' of course, but qualified to give advice and counselling, 'minus' that very important piece of information, known in the scientific literature since the 1940's!

To make things even worse, these PUFA's are recommended by doctors to lower the so-called 'Bad Cholesterol LDL', and do so merely by making the LDL unrecognisable to the cell, and changing, or modifying the protein that keeps fat molecules together (apo b) in a group, as if you took ten ping pong balls and held them together in a bunch with some elastic bands.

As the individual fat molecules are delivered to a cell (or you drop off a ping pong ball) the elastic bands (apo b) tighten to keep the remaining fat molecules (balls) together.

Because PUFA's go rancid and oxidise, they change the apo b which then becomes 'modified apo b'.

Your cells can't recognise modified apo b, so the fats inside don't get delivered and drop out of circulation, usually parking up somewhere in an artery, **creating inflammation**, which attracts good cholesterol to cover the inflammation (to prevent a bleed), which ends up going hard, because you never get rid of the inflammation.

If the inflammation went away, then the cholesterol particles would be collected and returned to the liver for recycling, such is the importance of cholesterol to the body.

But the inflammation never subsides, because you never stop consuming rancid vegetable oils, which drop out of circulation, cause inflammation, send the immune system into overdrive with white blood cells trying to clear them up, but the PUFA's make them sick too would you believe, which causes even more inflammation, and so on.

It's crazy but true, and if the cardiologists could place their massive ego's to one side for a moment and consult 'Organic Chemist's' who do know about these things, then they'd stop giving such shit advice on eating PUFA's in a heartbeat (pardon the pun).

Dr Gerhard Spiteller PhD is the world's leading organic chemist, and has been working on this information for decades (he even discovered an antibiotic in the 1950's), and has written over 150 peer-reviewed articles, 30 of which at least are aimed at doctors on this very subject. But he remains ignored. I wonder why?

But do PUFA's actually reduce bad cholesterol?

No, there is no such thing as bad cholesterol, just PUFA fat molecules that were never intended for human consumption, that are inside the LDL. The reason

doctors say (or think) PUFA's lower LDL is because when the molecules drop out of circulation 'THEY CAN'T BE MEASURED ANYMORE'!

So they're still there, causing mischief, but the retards can't measure them, and because your LDL measurement goes down on your test results, then according to cardiologists; PUFA's done its job!

Remind me by the way, how are we doing on the 'war on heart disease' since we switched to healthy vegetable oils?

I Promise this is all Relevant to Allergies, So Please Stick With Me!

You see it's one thing to get a tiny dose of polyunsaturated fats from a handful of nut's or seeds (though still not that good), but its another thing entirely to process and then heat these oils to a massively high temperature during manufacture, then feed the foods we cook the oil in at a high temperature (for the second time) to our children.

Even one bag of fries/chips might cook your little girl or boy, so don't risk it.

All that is well and good for us adults and children alike, but sticking with the theme of allergies, then a big part of that picture is inflammation.

You'll see inflammation coming up time and time again in almost any illness you can think of, and anything that causes it, besides hard work or stress, such as something avoidable in our diets, must be stopped.

One of the major by-products (metabolites) of PUFA is leukotrienes which are linked to bigtime inflammation, and that's linked to allergies!

Leukotriene is also a major trigger of 'Histamine' which really brings the connection to allergies and PUFA closer.

Now it just so happens that there's a drug often prescribed for asthma and allergic rhinitis called 'Montelukast', and guess how it works?

It's a leukotriene antagonist. In other words, it blocks the thing that causes inflammation that comes from PUFA. *Ludwig Aigner at Paracelsus Medical University Salzburg in Austria. New Scientist article.*

Now work that backwards for a moment. Asthma/allergies, aggravated by inflammation and histamine driven by leukotriene, a metabolite caused by PUFA.

So why the hell would we still be eating PUFA?

It's absolutely everywhere, certainly in anything tasty, and especially if you eat out, because remember that fat makes things very tasty and satisfying, and it would be fine if they were still frying crisps or chips in animal fats, but every single god damned thing that once was fried or cooked in a safe animal fat, including my favourite of fish and chips, is now cooked in PUFA.

I also love a bag of Hoola Hoops, or any potato crisps really, but I've searched every single supermarket and read the ingredients on the back of every single bag of crisps, and couldn't find any cooked in traditional fats.

Even the crisps that say; 'baked not fried' as if to say their healthier, are still baked in shitty rapeseed oil.

I think I could eat a bag of crisps every day for the rest of my life, its a real comfort food for me, trouble is 'the rest of my life' will be pretty bloody short if I do, and thankfully I love life more than I do crisps!

By the way, in no way are we recommending any drug to block the leukotriene from PUFA, because a recent study showed it can also be achieved with 200mg of gamma tocopherol (Vit E to you and me) *Ziying Jiang J Immunol.* 2011 *Jan* 15; 186(2): 1173–1179.

Nor are we recommending the Vit E to counter the PUFA, that's missing the point and lazy thinking, because PUFA is mega dangerous, and not just from the inflammatory angle. I'm just saying that Vit E would be great for all of us anyhow, but when some PUFA does accidentally find its way onto your children's dinner plate, and it will, at least the inflammation angle will be covered.

And that's what 'vegetable oils' have to do with allergies.

By the way, just in case you run into your local village idiot/dietician/nutritionist who 'informs' you that PUFA's are classed as 'essential fats' Omega 3,6,9 ALA, EPA, DHA or whatever, its good to know that these fats were classified in the 1930's, and based on one single study.

Things have moved on since then, but even after almost 80 years, and countless studies to the detriment of PUFA, you won't find anyone saying 'sorry, we got it terribly wrong' anytime soon.

That's not how academia works, and neither will it have found its way into the textbooks that your 'expert' will have studied on their university course.

So not only is the idea of PUFA being an 'essential' nutrient a proven joke, most likely sponsored by some seed oil manufacturers, but as mentioned, are we talking about a small handful of nuts once in a while (still not good), or the abomination we call vegetable oils and spreads, or nutritional supplements containing a ton of it?

Because studies in the 1970's (one shown below) were talking about PUFA being only **semi-essential** at suggested RDA (recommended daily allowance) levels of 0.5% of daily calories, so a tiny amount of around 1 or 2 grams would be all you'd need, which you'd find in an egg, even if you were convinced it was essential for your child's brain development. **Essential fatty acid requirements in infancy.** Journal of Clinical Nutrition May 1976. For the reasons noted above it is believed that the minimum requirements for EFA have been set far too high and are in fact less than 0.5% of cal. PMID: 773167

The American Heart Association recommended 10% daily calories from PUFA from 1970 to 2005, when they moved to say; 20-35% of calories from total fat, with most fats coming from PUFA & MUFA oils. Which is a bit vague, and they've continued along those non-specific lines ever since, which suspiciously tells me they know its crap, and want to gradually forget about it, no doubt as they slowly raise the formerly dreaded saturated fat back to its rightful top spot.

PUFA lowers thyroid metabolism remember, and is proven to be liver toxic. The liver will be busy filtering foreign proteins from a leaky gut, and can do without any additional strain, plus there's more still, believe me.

But the worst nail in the coffin for PUFA for me, is that its <u>immunosuppressive</u>.

Any doctor will tell you there are established medical products on the market designed to lower immune function after organ transplants, to avoid 'rejection'. Those products are based on a mix of linolenic and linoleic acid. That's PUFA to you and me!

I mention this because you should know that if you are like most people at around the 10% to 20% mark of daily calories from PUFA, then that equates to more than the daily dose used to counter organ transplant rejection, which is around 20 grams a day!

Suppressing your immune system for a prolonged period, unless you've just received someone else's organ (sorry ladies), is a one-way ticket to cancer, so you can poke your 'Super Healthy Fish Oils' up your arse too, since their also PUFA, and sure, they may lower inflammation in your joints, but (now you know how), only by suppressing your immune system.

Remember where you heard that first, before you witness the shitty fish oils being taken off health store shelves.

Its another massive sales and marketing scam, where their telling you the truth, 'they are anti-inflammatory' but not 'how exactly'.

In sales, we call this 'being economical with the truth', you might know it as bullshit or telling lies!

By all means, eat seafood all you like (as long as its not farmed in any way, because the feed is full of excess PUFA and so will the fish be) but remember, in nature, if there is anything present in the animal or vegetable that could harm us, it's usually negated by a ton of other goodies like the iodine, catalase, peroxidase, glutathione, superoxide dismutase, selenium, manganese, Vitamins A, D and sometimes even C, CoQ10 and all that lovely protein, all found remarkably in fish.

I wonder why fish is so jam-packed full of anti-oxidants?

Probably to stop the shitty PUFA in the fish from oxidising and killing the fish, and my guess for the PUFA being there in the first place, would be as some kind of antifreeze, since it shows up more in colder water, and deeper water fish.

And full disclosure here, I was first sucked into the 'Eskimos don't have Heart Disease or Cancer' bollocks, way back (37 years ago), in the 90's with Herbalife, and I've consumed more than my fair share since then, as you can imagine.

But today I can think of at least a dozen other reasons an Eskimo might avoid cancer, heart disease, diabetes, or for that matter even a f----g tax or electricity bill, it's so ridiculously obvious to me now, as is destroying the research done in recent years, that allegedly support this bogus fish oil idea.

It's common today for parents to feed their children PUFA (which is also fish oil remember), in the mistaken belief it'll help them at school. Don't buy into that. If it oxidises in the body or suppresses the child's immune system in any way, avoid it like the plague, but as stated, any non farmed seafood is still excellent.

Brilliant scientists like Michael Crawford, the director of London's Institute of Brain Chemistry and Human Nutrition, will tell you that seafood (and the PUFA's therein) is how we humans developed such big brains, and that may well be true.

I can certainly see ancient humans reaching the coastline of South Africa where there would have been billions of shellfish just lying there to be eaten, and of course, an abundance of fish.

Now if that's true, and I'm inclined to believe the theory, then can we also agree that, other than active volcanoes, there was also zero air pollution at that time, drinking water was clean if animals were drinking it, every ounce of everything else we ate was crammed full of natures intended nutrients, and pesticides, herbicides, plastics, wheat, vaccines, mercury and a thousand other types of crap that attacks our immune systems, didn't exist.

Oh, and one more small detail. It's generally been accepted that by the time the last glacial period ended around 12-13,000 years ago, the worldwide human population was between 4-6 million people on the entire planet, none of whom could jump on an aeroplane and infect someone on another continent with a pathogen they were unaccustomed to.

Is it not fair to say then, that we need an entirely different and stronger immune system in 2018, than we needed in the Paleolithic period?

And how much fish oil did Sir Issac Newton or Leonardo Davinci eat exactly?

My guess is it's a bit like getting plates to spin on a stick; where the pain in the bum is getting the plate up there, but then, relatively easy to keep it spinning.

So we may well have our large brains thanks to generations of coastal cavemen stuffing their faces on seafood platters full of PUFA, specifically EPA and DHA, but we seem to need very little, if any, to maintain our brains today.

In spite of the fish oil propaganda, its worth mentioning that we can also get EPA/DHA from lamb, beef, eggs, game meat and poultry.

So yes, by lowering inflammation, fish oils (from pills) will reduce heart attacks as the research shows, but I'd like to see the same people in those studies followed for ten or twenty years and see what their cancer rates are, after a decade of suppressed immunity.

I wonder why there are no researchers bothering to do those studies?

Stick with the whole food sources till the truth comes out, and avoid anything in a pill or oil is our best advice.

Besides, there are way better ways of reducing systemic inflammation in the body than fish oil PUFA's (which don't make it to the arteries), and we could start off by eliminating PUFA (from oil) altogether, since the Omega 6's are definitely pro-inflammatory and do reach the arteries.

As we're talking children and cancer here, I'll add that the delicious snack food 'Pringles' earned its nickname of 'Cancer in a Can' by merit of simply raising the temperature of the potato crisp above the safe limit of 212 degrees F in their manufacturing process, resulting in a toxic carcinogen compound known as 'Acrylamide', but raising the temperature of these unhealthy 'vegetable' oils in a similar way leads to all kinds of added toxicity we won't go into here.

So what's acrylamide got to do with allergies?

Well, as mentioned, aside from also being a known carcinogen linked to both breast cancer Acrylamide exposure and incidence of breast cancer among

postmenopausal women in the Danish Diet, Cancer and Health Study. Int J Cancer. 2008 May 1;122(9):2094-100. doi: 10.1002/ijc.23359.

and linked to endometrial and ovarian cancer, *A Prospective Study of Dietary Acrylamide Intake and the Risk of Endometrial, Ovarian, and Breast Cancer.*DOI: 10.1158/1055-9965.EPI-07-0581 Published November 2007, which should be of some minor interest to the mothers reading this, its also linked to, yet again; major inflammation.

What's Good For the Goose!

Although I'll bet you never expected to be learning about Medical Incompetence, Vaccinations, Paracetamol, EMF's or Polyunsaturated fats in this asthma/allergy article, we do hope we've 'connected the dots' well enough to convince you that this is a deeper subject than someone selling a simple asthma treatment, medicine, vitamin or herb may ever want you to know about.

People selling you products often fear that you might become overwhelmed, and with so much to do and think about, forget to buy their SIMPLE, EASY, QUICK, GUARANTEED and CHEAP SOLUTION, which is of course, also BULLSHIT!

In Sales Management we call this customer problem; 'Paralysis from Analysis' In South London we might say; 'He's Eaten so many Eggs he Can't Shit'

Well, I'm here to tell you that helping a sick child is never going to be simple, easy, quick or cheap, and other than the fact that the medical industry is full of highly educated morons, nothings guaranteed either.

With that said, why the hell was I talking about cholesterol earlier, and where's the link to allergies there?

Two reasons.

Firstly, let's deal with what's good for the goose is good for the gander.

For this information to really help a child we don't want the child 'not allowed' to eat say; Pringles or crisps, while the adults and siblings in the family stuff their faces with the delicious PUFA potato snack every chance they get.

So you see we're not writing this for a 6-year-old girl, are we?

Because of this, we need to show the health connection for the whole family, as often as we can, so no one will want Pringles in the house, no one will want a flu vaccine nor paracetamol, everyone will watch what they order when eating in restaurants, and everyone will want the WiFi switched off at night.

This should be a team effort that benefits all the players, who should all have the same goals of Optimum Health and Happiness.

And this brings me to my second point regarding cholesterol, and it's also an interesting and massive link to allergies and asthma.

The Most Important Nutrient for 'ALL' Human Health is Vitamin D!

Of all the scientific, medical and nutritional studies I've ever read, NOTHING has ever impressed me as much as Vitamin D.

There are literally thousands of peer-reviewed publications that now all agree with my statement above, that Vitamin D rules!

I could write a book on this amazing nutrient, so amazing in fact that the experts wish they'd never classed it as a humble vitamin, and have now reclassified it as; 'Pro Hormone Vitamin D3'

It affects literally hundreds of gene expressions, and if you don't know what that means, then, in a nutshell, when you hear of someone's genes mutating, causing cancer for example.....well Vitamin D fixes the genes so as they 'Express' themselves properly!

As mentioned earlier, the Human Genome Project was the biggest load of bollocks ever devised to trick the public into thinking their genes were fixed in place.

In other words, if your mum died of breast cancer, and you had a gene test revealing your genes BRCA1 and BRCA2 were faulty, then you were doomed to follow the same fate as your mother (BR stands for breast, CA for cancer and 1 and 2).

This is exactly what happened to the idiot actress, Angelina Jolie.

Who paid to have both her breasts removed!

You can read more on this moron in our book on breast cancer 'Ignorance is Pink', and how she sent out a completely false message to millions of scared women worldwide.

For now, the good news is that genes can change day to day depending on a thousand things, most of which **you can control**, and when your genes are 'expressing' themselves as nature intended, your perfectly healthy, and when genes are upset, you're in big trouble.

This is the fascinating new science of **'Epi-Genetics'** (Epi means above), meaning the science of how your environment is both 'above' and in 'control' of your genes, and how every single god damned thing you do, eat, drink, breath and even think..makes a difference for better or worse.

You get to decide your genetic health outcome positively, based on either your own enlightenment of the world we live in, or negatively through your own stupidity, ignorance, stubbornness, or laziness in trusting doctors.

Besides genetic expression, VitD has a massive influence on hormones, and hundreds of other aspects of your biology.

I hope I'm selling this point well enough, because it's life or death as we know it, its involved in absolutely everything from fertility and pregnancy, to Altzheimers. That's serious cradle to the grave stuff.

The most VitD anyone can ever get from 'any diet' would be 20% of requirements and then it'd have to be wild caught fish, wild eggs and milk. Forget what any vegetarian tells you, that's about it for a maximum of 20% of what you need.

The other 80% absolutely must, and can only come from the Sun.

According to many locals I speak to who visit their doctors, 90% the population of this island (Cyprus) are Vitamin D deficient!

That's crazy since we get about 300 days of beautiful Mediterranean sunshine each year, most of which is above the Ultraviolet Index of between 'moderate' and 'very high', meaning you could burn within 30 minutes.



Vitamin D Deficiency Pandemic

- Initial reasoning it's not an issue
 - Existence restricted to rickets in children and very rare
- Now deficiency worldwide problem
 - 1 billion people worldwide are either vitamin D deficient or insufficient
 - 40% to 100% of elderly US men and women are deficient
 - >50% of postmenopausal women on anti-osteoporosis therapy are not vitamin D sufficient
 - 52% of Hispanic and black adolescent boys in Maine and 48% of white preadolescent girls are deficient
 - Problem extends across globe with similar statistics in China, Mongolia, Europe, and Middle East

Parents are covering themselves and their children in sunscreen, avoiding the sun between 10 am and 4 pm, or staying clothed or in the shade at the exact time the sun is dishing out the UVB rays that make this amazing and precious Vitamin D.

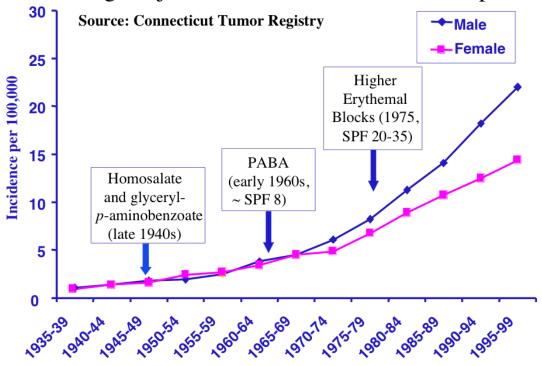
The sun is a little further away from the earth in the morning and late afternoon when the wavelengths of the sun are too 'long' to make the vitamin D, so the optimum time is 12 noon, when the sun is overhead and closest to the earth.

That's when you need to spend less time in the sun to get your daily dose, and either side of noon and the further you go towards 4 pm or back to 10 am, then the longer you need to stay out to get the same amount.

So in other words, we need our glorious sunlight at the precise time every dickhead dermatologist tells us to stay out of it, or, according to them, if we must go into it, we should cover up or apply sunscreen!

If you like graphs and statistics, why not indulge yourself in this one;

Dates of introduction of suntan lotions and sunscreens and age-adjusted melanoma incidence rates per 100,000



Notice any correlation between increase sunscreen use, its strength, and the increase of skin cancer?

The 'War on Skin Cancer' has been fought and of course lost, using toxic sun lotion, and after 50 years skin cancer keeps on increasing, with absolutely nothing to do with climate change (just in case anyone asks).

If you're that desperate to get cancer like everyone else seems to be, just follow this splendid advice;



I think the Iowa Cancer Consortium are getting their information from dickhead dermatologists, pharmaceutical companies and oncologists, all of which stand to prosper from your misery and treatment of skin cancer.

Vitamin D is measured by a cheap test called; 25-hydroxy vitamin D blood test.

It's measured in nanograms per millilitre and a doctor might tell you that anywhere between 20 nanograms per millilitre and 50 ng/ml is considered the normal level.

Cancer patients/survivors will often be told to keep their level at 50 ng/ml.

Back in May 2017 the **Journal of Preventative Medicine and Public Health** published this. https://doi.org/10.3961/jpmph.16.111 and titled it;

The Big Vitamin D Mistake

Before I give you the details of this brilliant study, which examined all previous studies on VitD, take a look at this, Garland et al. published the largest meta-analysis ever conducted of all studies published between January 1, 1966 and January 15, 2013 dealing with all-cause mortality related to serum 25(OH)D, showing that 25(OH)D levels <75 nmol/L may be too low for safety and associated with higher all-cause mortality, demolishing the U-shape curve of vitamin D levels and mortality that had been assumed until then.

So way back from 1966 to 2013, it must have been obvious that 20 to 50 ng/ml recommended by doctors was a joke, and I've underlined in bold the important bit for you. That < symbol in front of the number 75 means 'below' 75, and they're

saying this <75 ng/ml is "too low for safety and associated with all-cause mortality". All-cause mortality means any disease death you care to mention.

So we've suddenly gone from 20 to 50, with 50 being optimal, to 75 ng/ml as still not enough, so where does that leave a cancer patient for example, who thinks 50 is going to protect them from another round of torture?

I'm going to copy a whole section of the study for you here, and then highlight the best bits and comment on it in bold, as to what it means in plain English, since I don't want to be charged with chopping things up for some reason.

Remember, italics is them talking and bold regular type is me, ok.

Call to Public Health Authorities

Since all-disease (autoimmune diseases, metabolic syndrome, type 2 diabetes, cancer) mortality risk is reduced to 1.0 with serum vitamin D levels \geq 100 nmol/L This means if you get your levels over 100 nm/ml you are protected or not at risk from 100% of all diseases, we call all responsible public health authorities Notice the play on the word 'responsible' they're saying to all authorities to stop being 'irresponsible' lying bastards and tell the public they were babdly wrong, to consider designating as the recommended dietary allowance (i.e., the average daily level of intake sufficient to meet the nutrient requirements of nearly all healthy people, presuming minimal sun exposure) intake levels corresponding to those proposed by the Endocrine Society Expert Committee (2011) as safe upper tolerable daily intake doses for patients at risk for vitamin D deficiency (<50 nmol/L) If your under 50 nm/ml your now in big trouble and totally **deficiant,** 2000 IU for those <1 year of age, 4000 IU for those aged 1-18 years, and 10 000 IU for those aged >18 years These are daily doses in IU or international units of vitamin D they're suggesting for under 1-year-olds, 1 to 18 and over 18's, so those will be what you ask for in your health store.

Since 10 000 IU/d is needed to achieve 100 nmol/L, except for individuals with vitamin D hypersensitivity, and since there is no evidence of adverse effects associated with serum 25(OH)D levels <140 nmol/L, This is telling you it's totally safe to go up to 140 nm/ml leaving a considerable margin of safety Excuse me, so how far can we go above 140 then? for efforts to raise the population-wide concentration to around 100 nmol/L, They want the whole world between 100 and 140! the doses we propose could be used to reach the level of 75 nmol/L or preferably 100 nmol/L. Of course, these recommended doses can be individualized based on dietary and sun exposure habits and the latitude of the country, and they can also be adjusted according to body mass index, age, and skin colour, with obese, elderly, and dark-skinned people needing higher

doses. If you're an African living in London your F---'d (without big dose supplementation)

How the hell do we go from an effective 'normal' level of 20 to a maximum of 50 nmol/L for cancer patients, to needing 100 to 140 nmol/L?

Try medical incompetence, suppression of data, and corruption for starters.

Here are their conclusions word for word, again with my editing in bold.

CONCLUSION

Unfortunately, medicine took a very long time to realize that vitamin D is not simply a vitamin that prevents rickets. Sorry everyone, we're a bit retarded, sorry we killed so many of you from all-cause mortality. For that purpose, (rickets) 400-600 IU/d may be enough. However, we know today that vitamin D is a powerful nuclear receptor-activating hormone of critical importance, especially to the immune system. Which takes care of everything, including asthma and allergies. With the available data mentioned above, the proposed doses would probably suffice to maintain vitamin D levels around or over 75-100 nmol/L, with practically zero risks of toxicity. Undeniably, further studies are needed to clarify the optimal supplementation of vitamin D, Bollocks, they're just not ready to tell us the full amount we need to take to put doctors out of business. although it is uncertain whether a universal recommended dietary allowance is feasible. Meanwhile, actions are urgently needed to protect the global population from the threats posed by vitamin D deficiency. Which is every illness and disease, literally, 'under the sun'

And one last study snippet for a bonus; 'Improvements in vitamin D status may help reduce the public health burden of metabolic syndrome'. Metabolic syndrome is obesity to you and me!

Now, how do you like them apples?

Don't worry, I haven't forgotten to tell you why cholesterol was so important, and linked to Dora's allergies, It's coming, be patient.

But first here are just a couple of citations (from a hell of a lot) of studies linking asthma/allergies with a VitD deficiency.

The effect of oral steroids with and without vitamin D3 on the early efficacy of immunotherapy in asthmatic children Clinical & Experimental Allergy, doi: 10.1111/j.1365-2222.2009.03357.x

Finally, the most important finding of our study was that the 'adverse' suppressor activity of glucocorticoids was preventable with vitamin D3 co-administration.

All negative clinical and immunological effects of glucocorticoids were prevented by the administration of vitaminD3

Childhood asthma may be a consequence of vitamin D deficiency. Curr Opin Allergy Clin Immunol. 2009 Jun;9(3):202-7. doi: 10.1097/ACI.0b013e32832b36cd

SUMMARY: Improving vitamin D status holds promise in the primary prevention of asthma, in decreasing exacerbations of the disease, and in treating steroid resistance.

Vitamin D and asthma in children: A systematic review and meta-analysis of observational studies presented at the International Congress of Pediatrics 2013 (ICP), the 27th Congress of International Pediatric Association, held at Melbourne, Australia, from 24-29 August 2013.

Asthmatic children had significantly lower Vitamin D levels as compared to nonasthmatic children.

Is high prevalence of vitamin D deficiency evidence for asthma and allergy risks? Eur Ann Allergy Clin Immunol. 2011 Jun;43(3):81-8.

Vitamin D deficiency was higher among children with asthma, allergic rhinitis, atopic dermatitis, acute urticaria, and food allergy.

The effect of oral steroids with and without vitamin D3 on the early efficacy of immunotherapy in asthmatic children. Clin Exp Allergy. 2009 Dec;39(12):1830-41. doi: 10.1111/j.1365-2222.2009.03357.x.

vitamin D(3) prevented this 'adverse' influence of steroids.

Ok, I wasn't kidding, there really are tons of studies on VitD and links to allergies and asthma, as well as previously mentioned; just about everything else disease wise that terrifies people. But here's the thing,

You can't make VitD without 'CHOLESTEROL'

That's right, so if anybody's on a stupid low-fat diet, or worse; cholesterol-lowering statin drugs, then what little time they do spend in the sun might go to waste.

Many children find themselves eating a low-fat diet these days due to their parents being totally misinformed about what's good or bad.

So the refrigerator is often stuffed full of low fat this and low calorie that, the fat is cut from meat and bacon rinds, and even the milk's skimmed, then they have dangerous polyunsaturated fat spreads and cooking oils as mentioned (PUFA's) in place of the brilliant butter, and almost as good, coconut oils.

We can't really trust lard and tallow anymore, since we don't know what the animal was fed on, so if it was fed PUFA then you'll be eating PUFA when you eat or cook in its fat.

It's a real shame, even eggs are ruined by feeding chickens corn and seeds, as is the chicken itself.

If it didn't eat grass or bugs then leave it be, so it has to be 'pasture fed' or 'line caught' if its fish. Kerrygold butter is tops, and since no ones yet figured out how to feed coconuts crap vegetable oils, coconut comes out second.

Dairy is fine for fat, as is whole milk.

Nuts and seeds are once again PUFA's and phytoestrogens (bad lady hormones) and peanut butter is a 'goitrogen' which messes with thyroid function. So don't try to be clever with those kinds of fats, or listen to any vegetarians.

Trust me, its animal fat, fish, milk, dairy, coconut and palm oil you need to eat, cook, and dress food with.

Eat fresh olives if you like them, but the actual oils another rancid joke, and yet another example of a marketing triumph over stupid people, this time by the Greek olive oil counsel (see 'Olive Oil Bollocks' on BluntCoach.com for more on that).

Now you know why all members of a family need to be on the same page, and why stupid people are beyond help, since they simply won't be bothered to read 17,831 words (just to this point) to get the necessary backstory for why things are the way they are in the first place.

This is why the doctors, psychologists, pharmacists, dieticians, nutritionists and fitness coaches won't be going out of business anytime soon, because there's no shortage of truly dumb, ignorant, and uneducated people out there, willing to pay the 'experts' wages for a long time yet.

And government have no plans to change things either, because stupid people make up the majority of the voters.

Dumb people buy the most shit from supermarkets, spend the most time watching TV, eat the most fast food, buy the most tabloid newspapers and shitty Women's, Men's magazines, are addicted to FaceBook, and will take a 'selfie' of themselves eating a pizza, or posing with a stupid face!

And all their friends will look at the photo, comment on it, then send one back of their own sad lives!

We advise all the young entrepreneurs we coach, that if they have an idea or an invention, then please try and make it something dumb people will use and can't be without, because its sure to be a winner.

What Is Life Coaching, Really?

Me and Steve on the other hand.......Well, we're actually the idiots who believe there are still enough intelligent people left in the world that'll read something like this, and then give up the money for a small vacation to hire us for a day or two, because that's what it takes to get to anywhere near the bottom of anything to do with Health, Happiness, Fitness, Wealth Creation or the Psychology of Achievement. All that, and much more, we call Life Coaching, yet most Life Coaches just skirt around the subject of health and medicine like Fred Astaire around Ginger Rogers.



Yes, it's partly through lack of knowledge, but mostly its fear of treading on anyone's toes who may become a potential client.

No one likes being told they've been screwed by their doctor and needs to clear their refrigerator out and cancel their gym memberships, just to get some motivational life coaching!

Do they?

Who wants to be told that everything they've been doing or believing towards certain areas of their lives, are almost the complete opposite of what they need to do, or how they need to think?

I suppose no one does, but the real point is, whether you like it or not, are you a big enough person to accept it and grow from the experience?

Because any area of success lives in that place where ordinary people fear to tread, and no place else.

But here at Blunt Coach, we can't see how, without your health first, anyone can possibly be truly happy, feel alive, fit, or be able to thrive in the business world.

The kind of Life Coaching that leaves health out of the equation, we see as a 'BandAid on an Axe Wound', a temporary fix at best, to whatever the problem or issue is.

So that's why we tell it like it is, and fantastic health is like an exclusive golf club, where there's a limited membership and a hefty price tag to pay.

The price you need to consider now is the time your willing to invest in following up all the leads and breadcrumbs we've left for you here.

We hope we've presented many fascinating facts, though by no means all of them, that would indicate that any allergic problem a child may have didn't start last week, or even last year when the symptoms first presented themselves.

You need to take your child's age, add on another 9 months for pregnancy, and then maybe another 6 months for whatever you were up to before conception.

Why am I telling you this?

Because if you believe the problem started last year and I ask you to spend 3 months researching for an hour a day, it may seem too hefty a price to pay.

But if we take a six-year-old child, plus 9 and 6 more months, we have a problem that started 87 months ago, and now the 90 hours of study is just over an hour for each month of the problem.

Since everyone, including the bullshitters who think their always too busy, all have the same 24 hrs in each day, and all can spare (or make time) for 1 hour a day of study, then we now take that **'investment'** of 90 hours of needed study and divide it into 87 months or 62,640 hours.

Trust me, you will be investing less than 0.15% of the time you took to make the problem, to solve it. So only an idiot would complain about the effort.

Plus you'll solve everything else along the journey, because its impossible not to.

The reason everything is given a specific label, like cancer, heart disease, diabetes, obesity, dementia and so on, is so the medical profession can have a thousand ways of blowing smoke up your arse when you visit them, **AFTER** YOU GET SICK.

What if we told you that the cause of ALL ILLNESS and DISEASES have at the most 2 or 3 common roots **BEFORE** YOU EVER GET SICK!

That's how beautifully simple 'Preventative Medicine' is, once you break free of doctors, and provided you have the reading age of a12 yr old.

You will unravel every health mess that you and the experts ever caused or are likely to cause in the future, and for your whole family, for an investment of an hour a day for 90 days (or hire us for a day or two since we've already done it).

In sales, we call this 'Breaking it Down to the Ridiculous'.

I'm sure at some point you've told a salesperson 'I can't afford an extra 800 dollars' and a good salesperson replied 'can you stretch to 2 dollars a day?' Or a cup of coffee a day, either way, it works, and I've heard many men and women explaining to their partners how the thousands of pounds they just went over budget on for a car or clothes is, 'only a cup of Starbucks coffee a day darling'.

I don't want to trivialize the effort you need to put in, but sometimes I think I need to, because although I'm only looking for an hour a day for 90 days to stop cancer or heart disease dead in its tracks, by the look on some people's faces you'd think I was asking them to take a 5 year university course in oncology or cardiology, and pay me 20 grand into the bargain.

In this example it's supposed to make you feel like a complete idiot if you won't invest an hour a day for three months, or, if not an idiot, then a complete and utter fraud when you tell people how important your health is to you, or that of your parents or children's health.

Some people are addicted to get-well cards and sympathy it seems, and are never happier than when there's a family health drama to cry about.

I'll know how important you or your families health is to you, by how much smarter you are from the last time I met or corresponded with you on health issues, so you won't be blowing smoke up my arse anytime soon.

But of course, you can keep up the pretence with everyone else about how much you love life, you're family, and how many vegetables you eat!

Here at Blunt Coach, we see it as a form of self-hate and low self-worth when someone comes out with that bullshit or states; 'I don't have the time', or 'I'm not smart enough to learn all this'.

Everything we've written in this article has been translated into common, easy to understand language, and can be read, understood, fact-checked, and in many ways actioned by a 12-year-old.

It's not important that you don't 'Enjoy' studying, discovering, growing, being a better parent, husband, wife, son, daughter or friend.

Let's see how much you 'Enjoy' your first heart attack, obesity, diabetes, dementia, or a lovely course of chemotherapy, or how about watching your own children grow up infertile or perhaps being as dumb as a bag of rocks, hows that for 'Enjoyment and Fun'?

Finally, we need to address the people who'll still say 'but they didn't tell us exactly what to do'

These people like a nice little list at the bottom of a few thousand words on asthma, saying things like; Magnesium is the most important mineral nutrient for allergies, and if the child's old enough, coffee is the highest source of Magnesium in our diets, so forget green leafy veg.

Things like that (which are true by the way), but its not how we roll here at Blunt Coach.

This is knocking on for 21,000 words, produced by the two of us over 60 hours of researching, creating and editing.

And who say's you should only read it once?

When did you acquire the genius photographic memory?

On the second reading, we suggest a notebook and pen be on hand because this article certainly does contain plenty of do's and dont's, and they're all quite deliberately left among the 'meat and veg' of the article.

Repetition is the Mother of all Learning, but the effort involved is the 'Daddy', and you may have to review this material several times to extract all it's juice, follow the breadcrumbs, and check the references.

For example, we've even shared the details of the search engine we use to cut through the millions of bullshit hits on Google, or idiots on YouTube and get you straight to the scientific or medical research pertaining to your particular search.

That's a secret that dozens of University Professors, Doctors, Pharmacists, Nutritionists and Dieticians we've met have never heard of, and yet you have it now, for free, but buried deep within this article.

Our success at what we do comes from flatly refusing to feed fish to people, but instead to teach them to fish for themselves, and, as the biblical reference is trying to get across, the best learning only comes from the **effort** on the part of the student.

In today's world that effort is sadly lacking, and it's clear that the so-called Life Coaches out there are well aware of this and deliberately chose to tailor their products, courses, seminars, webinars, articles and blogs for the unwashed mass public, all of whom apparently have no free time to learn anything, and little more than 50 dollars to spare to eradicate a life or death problem.

One of the best-kept secrets of the Life Coaching world, Health Advocacy, Drug Rehab, AA, the Diet and Fitness Industry and all 'Self-Help' groups, is that they have, at best, a 10% success rate!

It's truly pathetic and embarrassing for Steven and me to be connected to them sometimes.

But why is it such a low success percentage, what with all the self-help and other coaches out there these days?

Well, first off, their actual coaching content is always mainstream, textbook, conventional, accepted, current, widespread, and well-established total bollocks!

And secondly, they pander to morons with the attention span of a fruit fly, who can't stand being offended, and desire free, easy, simple and fun solutions to complex problems, in as few words as possible, and preferably in the form of glossy pictures and daily e.mail tips!

Our success rate has always been above 50% on Sales and Life Coaching, upwards of 75% on clients hiring us to resolve long-standing health problems, and nearer 90% on fitness issues, and from reading just this one article, we hope you now understand why.

Be well, and thanks for reading.

Blunt Coaches Andy and Steve.

Blunt Coach Healthcare Newsletter Series

You may also enjoy reading from the current Blunt Coach top 25 library below.

- 1. Asthma/Allergies; When Nature Bites Back! (60 pages, 2 hours reading time)
- 2. Breast Cancer; Ignorance is Pink! (300 pages available in 6 parts)
- 3. Prostate Exams and Cancer; By Dr Ben Dover and Brace Yourself!
- 4. Viva Las Vegan!
- 5. Psychologists; Clown's of the Highest Order!
- 6. Blood Pressure Bollocks and Killing our Mum's with Mammograms!
- 7. It's All in Your Genes Baby!
- 8. Medicines Inconvenient Truth; Placebo Nocebo!
- 9. Warning All Students and Parents, Psychologist on the Loose!
- 10. Hormones and Anti Ageing!
- 11. Making Vegetarians Cry! (15 Chapters/Parts from the e.book)
- 12. Fundamental Fitness Questions Part 1
- 13. Fundamental Fitness Questions Part 2
- 14. What Makes us Fat and why Exercise for Weight loss is Bullshit!
- 15. Diabetes. Incurable? or a Walk in the Park!
- 16. Everyone and his Brother's a Life Coach!
- 17.NLP Bollocks!
- 18. How to Squeeze Bullshit from Olive Oil!
- 19. Why Positive Thinking is Bullshit!
- 20.Death by Cardio. The Biggest Scam of the Fitness Industry!
- 21. The Blunt Truth on Bullshit Anti Oxidants!
- 22. The Great Global Warming Hoax and why CO2 is Good for You!
- 23. Why there's More Cancer in Cyprus than Back Home!
- 24. Alcoholism!
- 25. How to Make a Weak, Sick, Stupid and Dysfunctional Child!

Request a newsletter from <u>info@bluntcoach.com</u>. Or please visit us at <u>www.BluntCoach.com</u> or consider hiring us for your specific Life Coaching requirements or training event.

Disclaimer; We are not 'bored housewives' who decided to become Life Coaches from information found in a Yoga magazine or an NLP course! We are a family business first established in 1980 and documented as Britains highest paid Life Coaches 2001/2011.

Our material is not dumbed down, cheap or quick to grasp. Though it is written for the general public in plain language it still requires effort, focus and a 12+ reading age.

Our services are for serious seekers of truth, health, happiness, and lasting personal change, not for people seeking mainstream bullshit, while secretly remaining addicted to drama, get well cards and sympathy! Blunt Coach does not give medical advice, but provides evidence and science-based research for educational purposes, designed for adults to make informed decisions on vital life and health issues.