

More Cancer for Foreigners Living in Cyprus than in the UK or Your Home Country; Truth or Fiction?

Hi, we're Andrew and Steven Dunne, a.k.a. The Blunt Coaches.

Welcome to this month's newsletter, and thanks for dropping by today.

Much has been discussed about the various alleged health benefits of moving to this beautiful island, and to my mind they're all 100% legitimate.

Amazing sunlight throughout the year, fresh sea air, spectacular mountain and sea views for daily motivation, a laid back, almost Caribbean outlook to de-stress ourselves with, and best of all, a post code that's much nearer the equator.

Few people realize that the closer you get to the equator the less the incidence of just about every major killer disease that plagues modern mankind will burden you.

Well, supposedly that is, and there'll be more on that later, and yet scarcely a week goes past when we don't hear people talking about the shocking rates of cancer, or every killer illness in fact, here in Cyprus.

It's most unusual for us not to check those claims, particularly to find out the validity of the increased cancer rates before jumping into the debate, but just this once, and since finding reliable government stats on cancer out here would be a nightmare, we're going out on a limb by saying we wouldn't be in the least bit surprised to find the rumours to be true!

Assuming they are true, then this newsletter seeks to address the possible reasons as to **why** this may be so, and **not** what to do if you have a cancer diagnosis.

We are not licensed to give medical advice, and this newsletter is strictly for education purposes, but what we don't need a license for, is to provide solid scientific evidence from our combined 50 years of Life Coaching and Health Advocacy experience and research.

We do, however, have a unique angle from which we approach our trade, in that we are also both elite level sales trainers, and this allows us the ability to spot bullshit a mile away. That asset, all by itself, could save your life as you read on!

This is a quality that no other Life Coaches or Health Advocates we know of, possess, nor are likely to acquire anytime soon, as this also takes 30 years to master.

In fact, according to **The UK Financial Services Authority (FSA)** “*Mr Dunne is an Excellent Sales Trainer*” which no other Life Coach has on their résumé.

This will become very important to you, dear reader, since you’re about to discover how you’ve had smoke blown up your arse for decades on the subjects of cancer, health care, diet, nutrition, exercise and more, and only a Life Coach also rated as an ‘Excellent Sales Trainer’ would ever spot those discrepancies, let alone bring them to your attention in the down to earth manner we will.

It will come as no surprise to you that; ‘Excellent Sales Trainers’ tend to stick to sales training, and rarely apply their acumen in the world of healthcare and its related industries. But if you truly want to see through bullshit like looking through a pane of clear glass, then use a sales trainer’s eyes.

Remember, we train the top Lawyers to get people like OJ Simpson off, scot free, Home Improvement Salespeople, Estate Agents, Stock and Commodity Brokers, and those in the Used Car and Timeshare businesses.

Hey, please don’t be too hard on us, we just build the guns and provide the bullets, we don’t get involved in the aiming or pulling the trigger!

That said about us not being doctors, it should be pretty obvious that if you remove all the **‘Why’s** (the contributors to cancer and other killer diseases) then the ‘What to Do’s’ about disease should take care of themselves, shouldn’t they?

Unless of course you're stupid enough to believe that cancer is just a case of bad luck or genetics, as the current medical dogma would have us believe, *Couzin-Frankel, J. (2015). The bad luck of cancer. Science, 347(6217), 12–12.* In which case nothing you nor anyone else could have done (or not done), would have made any difference to you developing cancer in the first place.

So, if that’s your mindset, then any strategies we may suggest to prevent the disease would be equally as useless to adopt, as will be any alternative options you might take once you have the condition (and, according to **Cancer Research UK**, one in two of you reading this will).

This point of, can you or can’t you affect anything, is worth going over, because when you think about it, what does the current standard of care, i.e. surgery, chemo and radiation, actually achieve anyhow (if anything)?

That’s right, **if anything**, they only **temporarily** remove the **symptoms of cancer**, and do bugger all for what actually caused it in the first place, and that’s exactly why the cancer industry only gives its ‘survivors’ a poxy 5-year warranty!

You'll have noticed that all the stats the cancer treatment industry throw out there on survivability, are always 5 years, never 20 or 30. And shockingly, the cancer sales industry get to decide on the 5-year number all by themselves. How come? Because it takes 5 to 8 years for most cancers to develop far enough to be a problem, or be diagnosed, and since they know they've done bugger all for the original cause of the cancer, or to ever prevent it coming back, they decided all by themselves to give their **'customers'** (because that's all we are to them) a shitty 5-year warranty on their shoddy work.

In other words, if you're being treated for cancer right now, and die 5 years and one day after treatment, then you'll actually be considered a 'success' for the cancer cut, burn and poison industry, and you'll show up as such in their official success figures.

Even though you'll be stone dead!

So, if the best standard of care treatment only temporarily gets rid of enough cancer cells to give the all clear, and then keep it that way for only 5 pathetic years, perhaps we'd better be focused on the myriad of factors that go towards causing the disease in the first place.

And there's hardly ever one thing. In fact, in our professional opinion, there never is.

There almost always has to be a second, third, fourth, or the 100th thing that causes the **'Tipping Point'** before symptomatic cancers of any kind show up.

For example, 2012 global figures indicated that 967 million people smoke daily, yet only 1 in 6 men and 1 in 9 women will fall to lung cancer, and fewer still will die from it.

As much as I hate smoking, the sheer stench of it, or the sight of an otherwise attractive person, or a parent with children indulging in the habit, I can't help wonder why any adult would buy and consume something that warned on the packet; 'Smoking Kills' or 'Smoking Causes Cancer'.

Are smokers truly that mentally impaired?

No. What they are though, is very observant!

They absolutely know, both through observation and intuition, that **smoking doesn't kill**, or they wouldn't do it.

And that's why they ignore the packet warnings with impunity, and it's also why the cigarette manufacturers don't mind printing the warnings, since believe it or not, it doesn't affect sales one bit.

What would affect sales, would be printing something that said; Smoking Makes You Look Like a (mong, slag, tramp, prick, bell end, knob jockey, twat, retard etc, take your pick).

That might work, but don't hold your breath for any politician to warrant that intervention, not with the huge sales revenue, taxation, marketing, manufacturing and other employment opportunities generated by the massive tobacco industry.

So, no, I truly can't think of 'One Thing' you could point at and say; 'That Causes Cancer'

Try it right now as an experiment. Point to anything around you that you suspect causes cancer and say '**you cause cancer**' (go on, try it for me).

What you'll find is that one finger points towards the accused object, your thumb points upwards, and three fingers point back at you.

Now that's more realistic in regards to understanding your own personal 'war on cancer'.

Those three fingers pointing back at you symbolize; 1/ A misplaced trust in doctors, dieticians, nutritionists and fitness gurus.

2/ Ignorance. And 3/ Stupidity.

Most people over 40 reading this were brought up to have faith in our healthcare providers, to look up to doctors and pay attention to anyone offering dietary, nutritional or fitness advice, so long as they have a certificate hanging on a wall behind them.

Be warned, because reading this newsletter may seriously shatter that delusion.

Ignorance can be forgiven, because you don't know what you don't know, do you? And because you had respect for academia and government leaders, you never thought you'd ever have to know what you didn't know, did you?

Again, be warned, because reading this will seriously leave you wondering why the hell all those healthcare professionals out there never thought to advise you of the multitude of things you needed to know, but didn't, to protect yourself against the dreaded 'Big C'.

Don't worry, they simply don't know what you're about to read, but should, and could, if only their education had included anything remotely concerned with preventative care/medicine.

Which of course it didn't, and doesn't, nor won't ever, as long as there's no money in keeping people healthy.

3/ The third finger pointing back you'll remember, was for Stupidity.

And this again warrants a warning, because if after reading this you're too damn lazy or dumb to follow the information, then check the solid evidence and links to answers provided here to banish fear of cancer from your thought processes forever, well then, you're about to learn why they say 'Ignorance is Bliss'.

Because whilst that saying may be true, I can assure you it's no fun meeting coaches like us and having to walk around knowing you're a lazy dumbass for the rest of your life.

So best you stop reading right now, before you come to the conclusion that this is going to take some considerable effort out of your busy 'Trump/Clinton' life, that you know full well you won't do anything about, yet again, and that's a burden I'd sooner spare you from.

Not because I give a shit about you hating yourself, but because that hate is usually turned back on me, as the messenger, with such comments as 'what does he know, he's not a doctor' and such like.

These haters in our community are invariably people who'd rather be jogging round a park in a pink shirt than doing any meaningful research and passionate study, because;

Everything we provide in this document is fully referenced, fact checkable, verifiable, and, once you grasp the principles, even makes common sense.

Either way, understanding that those three fingers pointing back at you means you're totally responsible for your health outcomes, good or bad, is definitely not what a lazy or stupid person wants to discover in a hurry.

So, let's crack on with links and associations with cancer, and how exactly we all make our own beds, both back home, and here in Cyprus.

Again, just as an example, lung cancer is unquestionably linked to smoking, and most people won't give you an argument about that negative lifestyle habit affecting cancer there. Neither would they think it strange that a man working on a nuclear reactor might have glow in the dark testicles.

But surprisingly, most people will debate that there is any link with their lifestyle habits and just about any other type of cancer, be it breast, prostate, pancreatic, colon and so on.

I doubt there's ever been a lung cancer patient in the past 30 years who, having smoked a pack a day since their teens, was lying in a hospital bed coughing their guts up and asking; 'what did this to me doctor?'

So as daft as smokers may be, at least they face up to their stupidity when it comes on top of them, something which for some odd reason no one wants to do with breast, prostate, colon, or any other cancer types (or any killer illness in general).

No one wants to feel stupid or ignorant, but part of being a grown up is accepting responsibility for when we screw up, and this is never more crucial than in regards to our health.

Response-Ability.....Is simply the ability to respond to a given problem or situation.

You have to do the *responding*, otherwise guess what?

Someone else will do the responding **to, or for you.**

And if that person makes his or her living from cutting, burning or poisoning bodies that already have cancer, or counselling and caring for them afterwards, then you can put good money on them not trying too hard to talk you out of it.

What's up Doc!

Nor should you be too surprised to learn that doctors won't go into any big discussion as to what brought on the cancer in the first place, because if it becomes clear that you gave it to yourself by lifestyle habits ABC.... Then couldn't you... perhaps... given a few months of **not doing ABC**, and perhaps more of XYZ.... 'ungive yourself the disease'?

Of course, you could.

Neither will doctors be very happy to discuss the 'phenomena' of **spontaneous remission/regression**, nor why the 10-year survival rate for men with prostate cancer who just walk away and do absolutely nothing, is a huge 98%!

Spontaneous remission is no mystery to anyone with the slightest idea of how the body works, so it's laughable when a trained physician either admits, 'we don't know what causes it', or worse still, puts it down to an act of God.

If that fantasy were even remotely true, then presumably a supernatural being must have given you the cancer in the first place, then taken it away, and has also seen fit to keep the information you're about to discover from the mainstream medical community, but remarkably not from me, a devout non-believer!

Come on. Can we be grownups here for a moment?

The truth about spontaneous remission/regression.

If you use the link below, you'll be taken to a brilliant paper published in the Journal of Natural Science, Biology and Medicine.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312698/>

Here are a few snippets from the abstract;

“The spontaneous healing of cancer is a phenomenon that has been observed for hundreds and thousands of years and after having been the subject of many controversies, it is now accepted as an indisputable fact.”

“surprisingly modern cancer patients do not fare better than patients treated 50 or more years ago as concluded by researchers in 1999.”

“The word spontaneous implies “without any apparent cause,” and regression is defined as a decrease in the size of the tumour or in the extent of cancer in the body according to the national cancer institute (NCI). Spontaneous regression occurs in most types of cancer and was recorded in the medical literature as early as 1742. The standard definition of spontaneous regression as “the partial or complete disappearance of a malignant tumour in the absence of treatment or in the presence of therapy considered inadequate to exert a significant influence on the disease”

From this prestigious, peer reviewed and documented medical journal, published in 2011, we discover a few surprising facts.

1/ Spontaneous regression/remission first shows up in medical literature in **1742**.
2/ it's now accepted as **“an indisputable fact”**, and 3/ that you're no better off being treated by modern medicine today than you were 50 years ago!

So much for ‘the war on cancer’ then, as well as the body’s self-healing ability only taking over 250 years to be accepted as an indisputable fact, which I’d wager, **is still very disputable** with any oncologist your likely to meet anytime soon.

But I wonder how much of the \$90 billion raised by the cancer charities worldwide ever found its way into researching the **‘Indisputable Fact’**, that you can truly kick cancer to the kerb all by yourself, without medical intervention?

Try zero, not a penny, because there’s bugger all money in people healing themselves, and I’m not just talking about the medical profession here, but all the ponces and hangers on in the industry as well.

If you believe that the CEO of the world’s largest breast cancer charity (Susan Komen), needed to pay herself; \$459,406 in 2010, \$417,712 in 2011 and \$684,000 in 2012, then I have some ridiculous pink T-shirts you can run around in this October, while you pass out free copies of our new book on breast cancer; **‘Ignorance is Pink’!** (Available free till 31st Oct 2018)

So, no, apart from all the poor Doris’s and Betty’s who aren’t in the financial loop, and genuinely give their time on a cancer charity stall, or in a shop for free (bless them all), everyone else is on the take, and in it for the money.

Don't be too shocked that just walking away from treatment options and fully recovering is an accepted medical fact that many doctors are unhappy to discuss, any more than you'd expect a car mechanic to say; *'just run it gently for a few more miles and use a better-quality fuel, and it'll fix itself'*.

It's simply not a good business model to give anyone the idea that they can self-heal, is it?

In every case of spontaneous remission that I've ever studied, the cancer patient always **does something they weren't doing before the diagnosis, and stops doing something they were doing.**

It may be something small, subtle, blatantly obvious, lots of things, or perhaps something not even consciously realised by the patient, but intuitive. In other words, it's always a classic example of '**Response-ability**' mentioned earlier, that makes these people well again.

Even getting out of a doctor's office before they can con you into getting on a trolley and rushing you into surgery is a form of Response-ability, isn't it?

That's the real reason for the incredible sense of urgency people report their doctors stress at the time of diagnosis.

Because these doctors damn well know that, given the time to think things over and study your options, the cancer may be gone in a month.

Let's just be clear here. A lump in a woman's breast, for example, takes six to eight years before its big enough to be detected on a mammogram, or by the human hand.

So how does waiting another week or month before deciding on various treatment options make a lick of difference?

Ask any salesperson who sells just about anything, but especially double glazing, timeshare, used cars, etc., What's the worst customer objection to give in to?

They'll tell you it's; I/we want to think it over!

Any salesperson who gives into that old chestnut will go broke. It's financial suicide.

That's why salespeople always give you a good reason for proceeding, there and then, don't they?

'It's the last day of the sale', 'a substantial discount for today only', 'extras and accessories that only come with the show home or demo car', 'new tax laws that come into effect tomorrow morning', and so on, all designed to lead you to action.

Fear of loss (or greed) isn't quite as strong as the fear of death mind you, but the technique is exactly the same, and thousands of people are falling for this **medical hard selling** every day.

In regular direct sales, these fine people may wake up the next day having become the proud owners of an overpriced new bathroom suite, a joke of a timeshare, a wreck of a car, or a new home next to the neighbours from hell.

Whatever, you fill in the blanks for all the crap you've been sold over the years that you may have avoided with; 'more time to think it over'.

But in the case of cancer sales pressure, people wake up the next day minus a breast or a prostate, their masculinity or femininity gone, and looking forward to the horrific main course and dessert that follows the surgery starter.

Namely, chemo and radiation.

The Ultimate Lack of Responsibility Just Left the Building!

Finally, under no circumstances will doctors discuss the fact that 'The Human Genome Project' turned out to be a complete flop, and that in no way are we the slaves to our genes we were predicted to be.

Regardless if your Mother died of breast cancer and you carry the BRCA1 and 2 gene defects, we now know that, provided you get your lifestyle sorted, you have little or no risk of going the same way as your Mum.

In fact, should you be concerned with how your Fathers health may influence your own medical outcomes, you may be interested to discover that you have in fact 2 (two) genomes, and the only one that matters is your Mum's!

That's another thing your doctor won't know the first thing about, so don't even bother trying to have that conversation.

A New Science Emerges.

You probably know you inherit half your genes (Chromosomes) from your Mum and half from your Dad, and this is why you may be tall like Mum and have blue eyes like Dad etc. That's called your 'Nuclear Genome'.

But inside each cell of your body, you have many tiny engines called **mitochondria**, which you can imagine are like the powerplants of the cell.

The highest concentration of mitochondria can be found in heart cells, with each single cell having 5,000 of them, and of course, since heart disease is currently the world's biggest killer, that's both a huge clue as to why heart cancer is extremely rare, and which tiny part of your body you need to keep happy in order to ward off all disease.

When you watch a spy movie, and a secret agent bites down on a cyanide pill and dies in seconds, did you ever wonder if that's actually possible?

Well, it is, in 6 seconds to be precise, during which time all the mitochondria in the body stops working.

So, don't think of heart, liver, kidney or brain failure, and don't even think of the individual cells within those organs calling it a day, it's the mitochondria power plants within the cells that actually matter.

These teeniest tiniest things imaginable are what control your cellular respiration, and when those mitochondrial power plants quit, and the cell can't breathe anymore, then the cell dies, and when enough of the cells die then the organ they come from or live in also dies, and then you along with it of course!

I'm sure you knew that your body and organs etc. was made up of cells, but mitochondria will most likely be a new word for you.

You may also know that each cell will have something called a nucleus, thought to be the brain of the cell, and that's where your nuclear (mum/dad) genome is housed.

We often hear cancer described as cells that are misbehaving or mutating, and we're told that 10,000 cells do this every day, even in a healthy person, but for whatever reason that person's immune system can deal with the 10,000 hooligans, which sounds like a lot, but not when you consider we have almost 40 trillion cells.

Think of the most reliable manufacturer in the world, and it doesn't matter which company you choose, because if they were making, repairing or maintaining 40 trillion of anything on a daily basis, then 10,000 daily screw ups are a drop in the ocean.

So, our immune system takes care of today's 10,000 naughty cells, and stands by for more of the same tomorrow.

Thus, cancer is somehow thought to be a symptom of a depressed immune system, whereby the bad cells are not being conveniently gobbled up overnight, so tomorrow night, there's 20,000, and so on, until the tumour (a bag the body makes to keep the bad stuff in) can be detected.

Then we either prick the tumour/bag via a biopsy, or outright cut the bag out with surgery, only to declare... ***'just in case we didn't get it all Mr Cash Register, we'd now like to burn and poison you'***

Of course, they know full well they **didn't get it all**, how would you expect to prick a hole or cut into something without any of its contents leaking out? Try it with a balloon full of diarrhoea over your lounge rug, and see how it goes.

Especially since the clever design of a tumour is to continue growing to contain rogue cells until such time as the cells can be dealt with, when the bag then shrinks, and is reabsorbed by the body.

As per spontaneous remission/regression.

Nowhere in nature's plan was the idea of pricking the bag or cutting it out, allowing random cancer cells to be joined with immune macrophages and to spread wherever they travel to next, let alone burning or poisoning its surroundings.

That's just barbaric, and like throwing a hand grenade into a room with one terrorist and ten hostages.

Now, in the above commonly held beliefs and practices, there are in fact a few serious mistakes, not the least of which is the idea that a cell's nucleus is its brain and calls the shots.

Experts think, that because the oncogenes and tumour suppressor genes are situated in the cell nucleus, then this must be where the magic happens. Because, when the oncogenes mutate and cell growth gets out of control, we start making a tumour.

Meanwhile, tumour suppressor genes are supposed to be there to slow down cell division, repair DNA mistakes, or even to tell cells when to die if they don't play ball (a process known as apoptosis or programmed cell death).

When oncogenes and tumour suppressor genes don't work properly, it leads to cancer, and because all that's going on in the nucleus of the cell, the brainboxes of the cancer business figure that cancer is a '**Nuclear Genetic Disease**' which is complete bullshit.

But that's how it's taught in every university textbook, anywhere in the world, that the origin of cancer is genetic, and it originates in the cell nucleus.

Now, answer me this; ***If you get the origin of a disease totally wrong, then what's the likelihood of ever winning 'the war' on the same disease?***

None, right? Which is why the cancer industry is quite happy to continue with the bullshit, but I'm guessing you'd like a little more proof, yes?

Ok, well, all cancers have something in common that totally gives the game away, and that's that when cells become cancerous, they switch from using oxygen as their primary fuel, and turn to fermentation.

In other words, cancer cells always have defects in their '**Respiration**', and what governs cellular respiration? **Mitochondria!**

When researchers take a cancer cell and place healthy mitochondria in it, guess what happens? (The cell gets better)

And when they take a healthy cell and put damaged mitochondria in it, guess what happens? (The cell gets sick)

So, what's really calling the shots, what's really the brain of the cell, what should we really be taking more care of in our bodies, and what should we be repairing to fix cancer?

In a nutshell, our **environment** (i.e. light, air, food, water, stress, toxins, etc.) chronically damages our mitochondria, and being unable to respire/breathe to produce energy, but still wanting to stay alive, the mitochondria signal the nucleus; '**hey, we can't breathe to make energy, so switch to fermentation for energy till we get it sorted**' and **the nucleus complies** by making the necessary changes to its genome.

Billions of years ago, there was no oxygen on the planet, and primitive cells used fermentation to produce energy, something we can still do today, which is just as well as it often comes in handy.

If you hold your breath right now, or had to swim underwater or run through a forest fire, your cells would stop breathing and switch into this primitive energy pathway.

Lactate (lactic acid) would build up as a waste product, as it does when you exercise, and as soon as you can breathe again, you'd clear the waste and get back to using oxygen (a process called oxidative phosphorylation).

But cancer cells don't switch back, even when oxygen is available, they stay stuck in the fermentation pathway.

All the brilliant minds in cancer research want an end to this '**genetic disease**' nonsense, but you must understand that the ruthless industry is reluctant to kill such a massive cash cow, even though this is hardly breaking news.

1931-2018 What goes around comes around. "The status eventually returns to its original value after completing some sort of cycle".

The brilliant cytologist (cell specialist) Otto Warburg, won the Nobel Prize in **1931**, for flat out pinning the cause of cancer on the lack of cellular respiration in the mitochondria. In his own words he said;

“Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”

Countless secondary causes means **the absolute fact**; *American Journal of Pathology. 2002 Mar; 160(3): 755–758.* that if you took 10 thousand cells from a tumour, you’d find more than 10 thousand different gene mutations, and so if there is **only one prime cause**, then does it make any sense to overcomplicate things by looking for answers to 10,000 different gene mutations, and cut, burn and poison people while you’re waiting?

Yes, it does, if your business is butchering, burning and poisoning good people.

Or does it make more sense to tackle the **one prime cause** that’s common to every single cell in the very same tumour, whether there be ten thousand or ten million?

Nope. That’s way too simple, too cheap, all the textbooks would have to be rewritten, it would make the medical profession look like the corrupt, incompetent twats they truly are, and all conventional current cancer therapies would become obsolete, so there’d be little or no money in it.

Plus of course, it would mean that self-educated, common people like us, could explain it to lay people like you, in a hotel boardroom, in a day, with no need for anyone wearing a white coat or a carnation. Perish the thought!

The medical profession will never entertain any science, research, logic, evidence, common sense, or people like us, as long as it affects their bottom line.

You should now be able to understand why the idea that the immune system mops up problem cancer cells overnight is a bit thin to say the least. After all, the immune system is there to spot ‘foreign’ invaders, viruses, bacteria, parasites, toxins etc, so why would it attack something it recognizes as ‘self’?

If we do in fact have 10,000 cells mutate every day, and wake up each morning with a clean slate, then it’s more likely that during deep restorative sleep, all the nutrients you consumed over the day unravels and repairs the damage you caused to the mitochondria in those cells, which then signal the nucleus to behave itself again, by switching back from fermentation to oxygen for energy.

Either that, or at least they allow the tumour suppressor genes in the nucleus to act normally and push the self-destruct button, kill the cell, and recycle the parts.

Either way, you either wake up with 10,000 cells that now have sufficient energy to breath properly, or to some brand new cells made from the 10,000 that were killed and recycled via apoptosis.

I've a feeling that; **'we all have cancer'** and **'we all make 10,000 cancer cells a day'** could also be total bullshit, and honestly, although I use the phrases, I can't for the life of me remember where I first read or heard them, so perhaps it was just thrown out there by the cancer sales industry to keep everyone shit scared of the disease.

It's certainly working, isn't it? Considering how scared people are of cancer compared to heart disease, which claims ten times as many lives.

Perhaps the heart disease people should start saying; **'we all have a little heart attack each day'**, to keep us on our toes and going for more regular 'free' bullshit screenings for heart disease, so they can catch more business like the cancer industry does.

And as to the bizarre concept that performing a biopsy or cutting a protective bag wide open is a smart idea, aside from the issue of spreading the muck everywhere, there's something called; **'Inflammatory Oncotaxis'** *JAMA. 1978 Jul 28;240(4):374-5.*

This describes the remarkable discovery that cancer travels into areas of inflammation in any trauma! So, do you think punching a biopsy hole into a breast or prostate causes inflammation, or counts as a trauma?

And secondly, it describes an amazing phenomenon where simply sticking a needle into a lump, actually instantly changes the microenvironment of the lump! So what they then see on a slide in the lab, hours later, isn't even a good reflection of the condition of the lump, which changed; **BECAUSE THEY STABBED IT!** *T. Seyfried PhD, 2018 Silicon Valley Health Institute*

That's, as mentioned, a bag that's designed to grow to the size of a watermelon (if it's not in the brain), and, provided it receives the correct stimulus, then shrink down to nothing and be completely reabsorbed. Hence Spontaneous Remission.

Sorry to be repetitive, but unless you get your head around the above concepts, then you're doomed to 'Standard of Care Treatment'

We hope we've answered the above common mistakes to your satisfaction, but now we must take a deeper dive into the importance and uniqueness of those amazing, tiny, crucial, mitochondria, which is where all the brilliant thought leaders in cancer care are also focussed right now, though it'll sadly still take 10 years to change the text books or educate your GP on the topic!

Because these incredible power plants are so important in fact, that they even have their own DNA!

Known as mtDNA (the mt is for mitochondrial), you only inherit them from your Mum, who got them from your Grandma, and so on, back up your maternal line.

It's called, in fact; the '**Grandmother Effect**', where whatever granny was doing while your Mum was in her belly, affected your Mum's eggs, which she developed after only 20 weeks of gestation, and one of those eggs later turned out to be little old you!

Wow, just think about that.

Right now, as you read this, some idiot that's 20 weeks pregnant is standing next to a microwave oven cooking a chemical cocktail called a ready meal, and at the same time as killing her own health she's nuking her unborn daughter's lifetime supply of eggs, one of which will turn out to be her own grandchild!

Please go to our website www.bluntcoach.com to find out more information on the genome rubbish we've been fed for the past 20 years, or read our book on Breast Cancer; "Ignorance is Pink" available 'free' from Oct 1st to Oct 31st 2018.

Now for most of us reading this, our Grandmothers didn't get up to very much bar a few Gin and tonics, and perhaps they smoked, as my nan occasionally did.

Not that I'm suggesting that smoking was safe for our Grandma's, but in no way were they ever subjected to anything like the amount of extra toxicity and processed foods, poisoned water, and bad air that our mothers were, and we and our children are, today.

There's also a new medical toxicity term you should embrace, called '**Electromagnetic Hypersensitivity**', which comes from a different kind of pollution, known as 'dirty electricity'.

Chances are that your Grandma didn't have a Wi-Fi enabled mobile device bolted to her ear day and night, no microwave oven, nor a cell phone tower on a nearby rooftop (except perhaps on the roof of her care home in her last few years of life, when she mysteriously developed chronic dementia and cancer, poor dear).

But if you're under 30 reading this, then, oh boy, the chances are good that both your Mother and Grandmother were subjected to this dirty electricity, plus were eating processed foods, vegetables from soil with just 20-30% of the pre-war nutrition, absorbing thousands of household chemicals, cheap makeup containing lead, pharmaceutical drugs galore, not to mention the contraceptive pill.

As an example, the contraceptive pill wasn't invented when my Mum was carrying me, and so in no way could it have influenced my mitochondrial DNA, nor was my Mother ever vaccinated, nor anyone else in my 'Maternal Line', going right back to mitochondrial Eve, probably from Africa.

So, unless your Dad has six toes and you have six, then I wouldn't give a monkeys for any worries you may have about what disease he died of, or currently suffers with, as the only thing you inherit off of him (and Mum of course), is your attitude towards the world you live in, and everything in it.

Your environment, in other words.

If your parents were chain smoking drunks who lived off of processed foods, worshipped and loved the advice of doctors, thought bread and pasta were dietary staples, and were commonly on several different medications at the same time, then guess what?

You're more likely to be a similar fool yourself, since you're more influenced by the contents of your parent's refrigerator and health attitudes than you are by their combined (nuclear) genome.

As an example, my own parents thought the sun shone out of our family GP's arses, and one of our doctors was even my Dad's drinking buddy, who, after a good piss up, would write my Dad a sick note for work the following day, there and then at the bar, while still in the pub!

My sister worked for another one as a receptionist, so my family even prospered from the medical monopoly.

Had I not almost lost my unborn son and wife to these morons 25 years ago (neither doctor lived past 55 by the way), my attitude towards the medical profession may have been fixed or inherited by my parent's view of them, and how wonderful they are.

Does that make sense?

So, the big take away here, is that whilst you can only inherit your mitochondrial genetic health from your Mum, you can certainly acquire a thousand habits that can mess those mitochondria up, from both parents, and anyone else of influence.

Mother nature got it right of course, but she didn't build any defence for how far we've progressed over the past 200 years, when 90% of the things that can mess up our mtDNA today, leading to cancer, didn't even exist for parents to teach their children 200 yrs. ago.

It's all in My Genes!



In case you're worried reading this, perhaps because your Mum or Nan died or suffered with this and that illness, I have some great news for you.

We now know that your environment even trumps your Mothers mitochondrial DNA, when it comes to your health outcomes.

A whole new science called **'Epigenetics'** is fast showing us that we make our own health or disease situations, by every single thing we do, eat, breathe, drink, think, and expose ourselves to.

'Epi' means 'Above', hence epigenetics is the study of things that are above the genome in importance, and it's those things, believe it or not, that actually causes genes to **'Express'** themselves as nature intended in healthy cells, or to behave rather badly (mutate), as in the case of cancer cells.

And you probably guessed that those things also govern how healthy our amazing mitochondria are.

That's the piece of information that's conveniently left out when a doctor say's; ***'your genes tell us you're pre-disposed to obesity Mrs Shitforbrains'***, for example.

‘Predisposed’ to something is a million miles away from **‘Guaranteed’** to get it.

Forgive my sense of humour, but in the above photo of the humongous lady standing by her refrigerator, she may very well be **pre-disposed** to being obese, either because her grandma was huge (which is very unlikely), or in fact, because maybe her grandma was in a concentration camp while she was carrying her mum!

As crazy as that sounds, it’s a scientific fact, called the ***‘Dutch Hunger Winter Study’!***

In September 1944 the Nazis punished the Netherlands by blocking all food supplies, plunging much of the country into famine. By the time the Netherlands was liberated in May 1945, more than 20,000 people had died of starvation.

Pregnant women who survived those 8 months passed on a genetic blueprint of the harsh environment to their unborn children, who, later in life, experienced significantly higher rates of diabetes, obesity and schizophrenia.

One of the symptoms of schizophrenia is delusion, isn’t it?

Could the large woman by the refrigerator above be genetically deluded into thinking there was a famine, even when surrounded by an abundance of food?

Even though she knows there’s a supermarket cram packed with food just down the road (so what’s in her fridge isn’t the last food on earth), do you think her mitochondrial genes know that?

Could that not lead to her stuffing incredible amounts of food down her pie hole, because the hormones that regulate her hunger and satiety (**Ghrelin and Leptin**) are totally out of whack?

And couldn’t those foods she’s eating to satisfy the irrational hunger, be exactly the wrong types of food that drastically mess with her **Insulin** regulation, leading to diabetes?

Therefore, with just those three powerful hormones out of whack, are we at all surprised if she’s morbidly obese?

And if she’s followed her government's advice to ditch ‘Unhealthy’ saturated fat for ‘Healthy’ polyunsaturated (PUFA’s) spreads and oils, which any farmer will tell you slows down an animal’s thyroid metabolism, making them fatter for market on less food, then our obese lady’s **Thyroid** will be ruined into the bargain.

From all the ‘Diet’ drinks and other plastic containers she cooks from, (presuming she’s a fan of boil in the bag and microwavable shite), she’ll be getting tons of

Estrogen from the BPA, and various medications will further this estrogen dominance.

I could go on and on with at least 6 more hormones, but what I'm trying to demonstrate is that the **Epigenetic effect** of messing with just those 5 powerful hormones; (ghrelin, leptin, insulin, thyroid and estrogen) may be what makes this huge woman not only morbidly obese, but also more at risk from every major killer illness, including cancer.

It's way too simple to just say that being obese increases the risk of this and that, or cancer, and any idiot following Weight Watchers thinks it's all about calories in v calories out, so to those morons our fat lady simply has the character defects of gluttony and sloth.

But, I can assure you that even if she did eat the same calories as you each day, she'd lose lots of weight for sure, but she'd still be clinically very obese and in great danger, as well as totally miserable from the caloric restriction.

There is even a breed of mutant mice (the ob/ob) bred with the same gene defects/expressions that the woman above has, and guess what?

It affects all the same hormones, and you can practically starve the mice to death, yet they stay fat, or die fat, but from nutritional deficiencies.

So, just maybe, instead of concerning ourselves with how many calories she consumes, or what calories come from protein, fat and carbs (watching her macros), we should instead be focusing on why exactly this morbidly obese lady's brain would be getting signals to only be able to store fat for a famine, when there isn't one, and not to be able to tap into the fat for energy, when she obviously has at least 100kg of it strapped to her arse?

I'm guessing you'll be thinking this is all bang up to date news, right?

Nope, think 1949 for that revelation, it's just that anyone in the diet or weight watcher's industry conveniently forgot to read the memo!

The idea that we have good or bad genes is laughable, and genes only ever express themselves in an attempt to provide us a better chance of survival, given the signals they receive from our environment.

For example; one of the main uses for genes is to confer an '**Adaptive Survival Advantage**' to its owner. So, right now, a pregnant Jamaican Mum somewhere is passing to her unborn son, the adaptive advantage to deal with incredible heat.

The child won't need to generate much body heat to stay warm in Jamaica, will he? So, the energy can instead go to muscle function, hence, the next Usain Bolt!

This is called having a **tightly coupled mitochondria**.

Meanwhile, somewhere in the Canadian Arctic, a baby is being grown with the genetic ability to generate tons of body heat, literally to keep warm, and this is called **mitochondrial un-coupling**. The Eskimo can still have good strength and muscle function, of course, but nothing like as good as a Jamaican for speed.

Now you know why great white Olympic sprinters are as rare as rocking horse droppings.

And now you also know why a black man in Scotland needs a hat, coat and gloves in the cool summer, while a ginger white Scotsman walks around in a cap sleeved T-shirt midwinter.

Those are just two simple and obvious examples of how our mums incubate us, and prepare us for the environment we're expected to survive in.

Although dad may have pissed off shortly after having sex, and now be a thousand miles away, Mum's definitely always in the environment the baby's going out into, isn't she?

That's why I don't believe it was ever necessary to evolve both parents' mitochondrial DNA, since perhaps men have always been unreliable, but mum was always the child's best chance of survival, and always will be, by default, because wherever she was, you were. Does that make sense?

If the Dutch hunger study could infer an adaptive advantage on unborn children 40 years later, to **increase appetite, store and hold onto fat, and lower metabolism**, from just 8 months of epigenetic effect (the famine), then what are we picking up from habits that our mums picked up from our grandma's, that may have been going on for decades with her, and possibly centuries or millennia with her maternal line?

Now, let's look at that fat lady one last time.

Sure, you may eat 2,000 calories a day and she may eat 5,000, but to be that size she should need 10 or 15,000, and yet we both know ladies similar or just like her, who can still be huge on 1,500 or less, it's just that you now understand some of the science of obesity, and everyone else, including most doctors and dieticians, still thinks these women are just fat, lazy, greedy cows!

And if you were that fat lady by the way, would it be worth being miserable and starving all the time, just to lose maybe 5 stone, and yet still be 10 stone overweight, or would you rather be as happy as Larry stuffing your face all day, with pretty much the same health risks?

Because whether you're 20, 15, or 10 stone overweight, you can still barely wipe your own arse, and neither is a reason for much celebration in the health outcome department either, so why bother.

Please remember that this is all Chinese to your doctor, pharmacist, dietician and nutritionist, and I'm just a South Londoner trying to explain in layperson's terms, what geneticists and biologists love to overcomplicate, so I may have to go around the houses a bit, but we'll get there in the end and it'll be worth it, I promise.

I've used **'how to create an obese person'** as an example of how genetics really work, because they're as much at risk of cancer as anyone in Cyprus, but also, I think you'll agree it's an excellent example of how modern medicine has failed us all miserably.

It's bad enough for fatties whose Mum's and Grandma's were also obese, though they absolutely needn't be, because at least these people can, **falsely**, put it down to genetics causing their obesity.

Even professionals, who should know better, do it!



But there are literally millions of fat women walking this earth whose Mum's, Dad's and Grandma's were stick thin, so how do they get to play the 'Genetic Card'?

Well, now you know.

Sadly, Michelle, the fat nutritionist above, doesn't know, but then she's the one with the certificates on her wall, so what do I know!

And now you also understand how cruel it is that millions of obese men and women are walking around on antidepressants, or in therapy of some kind, because they believe they have some kind of psychological ‘Character Defect’, and that the only option might be as drastic as stomach stapling.

And all because maybe his/her Mum was a supermodel who ate cotton wool three times a day, Granny was always on a silly fad diet in the swinging sixties, and great Granny was starved in a WW2 death camp.

Mind you, yet again, if you’re a Bariatric Surgeon who makes a living from the stomach stapling procedure (VBG) at an average of £18 grand a pop billed to the NHS, or \$23 grand to an insurance company in the US, then a world full of skinny people is your worst nightmare.

So, although people need the pre-disposition to be morbidly obese, or for cancer, they also need the **epigenetic environment** necessary to fully ‘express’ the pre-disposed genes in a bad way.

And that can be done quite easily with so-called up to date nutritional advice from ‘Professionals’ like lardarse Michelle, and other idiot registered dieticians, what with their ridiculous food pyramids, food plates, and caloric restriction.

I hope this idea of ‘pre-disposition’ explains how dieticians often cite that; ***‘their advice must be sound because there are lots of people following it who are maintaining a normal weight’***.

Their argument makes good sense, doesn’t it?

Because if you didn’t know that those normal weight people simply didn’t have the genetic predisposition for obesity, and thus, you could feed them just about any old crap and they’d still stay around the same weight, then you’d have to agree with the dietician’s logic.

In other words, these people are maintaining normal weight **in-spite of** the national food pyramid or plate, the Atkins, Zone, Low Carb, Paleo, Vegetarian, Vegan or Fruitarian diet, or fat Michelle’s advice, and **not because of it!**

I’m sure you can think of someone who lives off fast food, doughnuts, crisps, and full sugar cola, yet they still maintain the normal weight they were at 21.

It doesn’t mean their eating style won’t give them cancer though, or an autoimmune disease, Parkinson’s, chronic fatigue or Alzheimer’s, so don’t be too impressed or jealous, they just won’t get fat on it.

Isn’t it crazy to learn how obesity really works?

So, if your pre-disposed to being slim, and have the gut biome to match it, you could literally drag a Down's Syndrome kid off the special bus and ask them 'what do you think I should eat', and whatever advice downey jnr gives, is as good as fat Michelle's in my book.

Plus, if I were a dietician with a brain, and with obesity and cancer skyrocketing towards 50% of the population, I'm not sure I'd be focussing on the 50% who were still skinny for validation of my '**national food plate or academic advice**', especially when they're also dropping like flies from cancer, heart disease, and many more killer diseases, just the same as the fat ones are.

That's another accepted medical term now by the way, **T.O.F.I.**; or **Thin on the Outside Fat on the Inside**. And hilariously, it turns out that your fat is safer strapped to your arse and gut, then it is wrapped around your internal organs as visceral fat!

So, there you are, and when the nutritionists and dieticians are done failing with society's morbidly obese, they just hand them over to doctors who'll give them antidepressants, stimulants or thyroid meds that don't work, in addition to terrible Statin drugs, then also recommend they consume PUFA's (polyunsaturated fats and oils) to lower LDL cholesterol (even though farmers use them to fatten cattle by lowering thyroid metabolism).

Can you now begin to understand why we have people walking around in the state the above obese lady's in?

Now, this newsletter is supposed to be about cancer, isn't it?

But being obese increases your risk factors for all ailments as mentioned, plus, I've used obesity to show you a remarkable example of how **epigenetics and mitochondrial inheritance works**, yet is woefully misunderstood, plus, hopefully I've explained that a **pre-disposition** (to anything, including cancer) needn't be a death sentence.

So, let's just be clear for a moment.

Hypothetically, let's say your Grandma died of cancer, and so did your Mum. Should you be worried?

Yes and no.

Yes, be very worried if you've adopted all Mum's lifestyle, dietary and nutritional traits, as well as her mental attitudes to life (and doctors), that she and your Gran had.

And absolutely 'No', don't be worried otherwise.

Does that make sense?

This is why sometimes it pays to 'NOT' be 'a chip off the old block'

Unless you have a true genetic defect passed down over many generations, which is actually extremely rare, and your **Great Grandma died in her sleep at 103**, then you have to imagine that your Nan was born with perfectly good genes (from great granny), but then through '**Epigenetic Control**', she managed to bugger them up somehow.

While she was carrying your Mum, your Nan was both preparing her for a world that matched her actual physical geographical environment, and also her health paradigm and lifestyle habits at the time.

Your Mum will have adopted some of her Mum's lifestyle traits and attitudes for sure, plus she may have been walking around as a worried woman for decades, worrying about dying early, the same way as her mum did, and this psychological stress compounded the problem.

So, let's recap; Great Granny lived to 103, but Nan died sick at 70, and Mum passed away at 62, your older sisters already in a mess at 60, and you're understandably shitting bricks at 55, so what should you do?

Your doctor will happily allow you the luxury of worrying yourself unnecessarily to death over the matter, since, a/ he/she doesn't know or understand the first thing about epigenetics or mtDNA, and b/ he/she knows that the placebo effect has been proven in drug trials (usually via a sugar pill) to be 30% as effective as the actual drug in the study.

So, you fretting over it is only doing him a financial favour in the long run (i.e. future business for him through the power of your own mind).

Why's the placebo effect important to understand in a newsletter on cancer in Cyprus?

Because there's now a medically recognised opposite of the placebo effect, called '**Nocebo**', where any **negative** output from a figurehead like a doctor, can become so real in a person's mind it manifests the outcome physically, in the body.

Just like it does, up to 30% at least, in a positive way for placebo. For further reading see; <https://bluntcoach.com/2017/04/24/medicines-inconvenient-truth-placebo-nocebo/>

Placebo-Nocebo

Incidentally, I believe the 30% placebo figure is bullshit, since it comes from the actual drug companies.

They hate to admit that the placebo effect even exists, and are pushing for it to be removed from drug trials on the basis that it's unethical to give sick people a sugar pill, even if it is as effective as their wonder drug.

The truth is that the placebo effect causes them to lose billions in revenue each year, as many drug trials fail or are halted, because the actual drug is not appreciably better than the sugar pill placebo used in the same experiment.

It has to be **appreciably better** remember, because these drugs carry incredibly harmful side effects. So, they can't bring a drug to market that may have muscle weakness, erectile dysfunction, heart attack and diabetes as side effects (like statins do), when the drug's only 10% better than a sugar pill.

Although they did get away with it with statins, which are proven to be **only 1% effective**, and then only in men with a history of heart disease, and never tested on women!

So, I think the 30% figure is played down to understate the miraculous healing power of our minds.

Why do I think this?

Because, as I've studied this placebo/nocebo over the years, I've witnessed things such as people 100% convinced of Voodoo, actually dying of the curse, and I've seen Baptist church goers survive deliberate rattlesnake bites, simply because they believed God was protecting them from the venom.

All moron's I'll grant you, but nothing limits what you can truly believe in, least of all intelligence, and if you're as dumb as a bag of rocks and visit a spiritual healer for cancer, then whilst no one's ever studied this, I'd put good money on the placebo effect being somewhere upwards of 60% effective.

200 or more years ago, I reckon it was nearer 100% effective, as the healer's job back then was just to change the mindset of the patient, and send them home with the **belief** of getting better, and a few herbs as a tonic.

Today, however, when the spiritualist's patient gets home, their still bombarded with unbelievable chemical and electromagnetic toxicity, as well as the same shit dietary/nutritional advice that most likely caused the problem in the first place, all of which never even existed 200 years ago.

Plus, whatever the patient does eat and drink to heal themselves today, it contains less than 25% of the nutrients it did pre-war, it may have been irradiated, homogenised, pasteurised, processed etc, and even livestock these days are fed ridiculous foods that drastically lessen the goodness of otherwise excellent food sources, such as liver, beef, pork, lamb, eggs, farmed fish and so on.

So, if Voodoo **Nocebo** can be 100% effective in a complete moron, then presumably the other side of that coin is that **Placebo**, notwithstanding my toxicity theory above, can be way more effective than 30%.

So, at the lower end, say a man of strong mind and science, such as myself, I'm guessing the placebo will be somewhat less effective, at maybe 10% to 20%, and the dumber or more desperate you are then this number can rise to maybe 60%.

Remember, **it can never be 100% effective nowadays**, despite the level of belief, even for an imbecile, because if the retards environment; i.e. their shit job, food, air, water, attitude, chemical and EMF toxicity, abusive relationship's etc, haven't changed, then the symptoms will return faster than any placebo drug or spiritual healer can possibly take them away.

This is why even the Bible bashers are having less and less success with their health prayers to the 'Man in the Clouds' these days. Because it seems even an omnipotent supernatural being evidently can't hold back, or out gun, the tsunami of cancerous toxicity and stress we all live in today.

The trouble is, that if you're smart enough to study and change all those toxic variables in your environment to **regain epi-genetic control**, then you're probably also smart enough not to trust a priest or a witch doctor with your health.

Still, you'll get better because of the lack of faith, **forever**, so you won't need any magical fairy dust bollocks health wise, will you?

But you can still keep up the prayer malarkey in other areas of life, just pray to win the lottery, for world peace, to bang the girl next door, or whatever else you pray for when no one's looking. But for health, rely on Blunt Coaching science.

Doctors are now having to learn about this nocebo effect because of law suits being flung their way for irresponsible comments they love to make like; ***'there's nothing that can be done for you John, you're a ticking time bomb, go home and make your arrangements'***

That's why they call them **'God's in White Coats'**, and if they wield that kind of power they'd better be careful who they spin it on, now we know both the power of suggestion, and the legal consequences of messing with people's heads.

You can read our article; **Placebo-Nocebo**, where I give three examples where the medical profession tried to do this to me personally. So, this comes from the heart when I share this with you;

There's 'ALWAYS' something that can be done for you, trust me on that.

100%. Always!

What doctors should say to a terminal patient is; *'there's nothing left in our pathetic cut, burn, poison and drug box John'*. That would be more accurate.

Or in other words, nothing left in the box of tricks created for our doctors by John D Rockefeller!

Medical History 101

In order for you to understand how we got into the dreadful state of affairs we call 'Modern Medicine', it requires a brief but fascinating history lesson.

Jackanory Time

Once upon a time, the world's richest man was up to no good.

In 1870 he established Standard Oil, which by the early 1880s controlled some 90 percent of U.S. oil refineries and pipelines.

Critics accused John D Rockefeller of engaging in unethical practices, such as predatory pricing and colluding with railroads to eliminate his competitors, in order to gain a monopoly in the industry.

In 1911 the Supreme Court ruled that Standard Oil was in fact an '**illegal monopoly**', and that it be broken up into 34 separate companies, Exxon, Mobil, Chevron, Amoco, Esso etc.

Rockefeller still had massive shares in all of them of course, but needed a 'New Baby' to keep himself occupied during his retirement.

Rockefeller Foundation

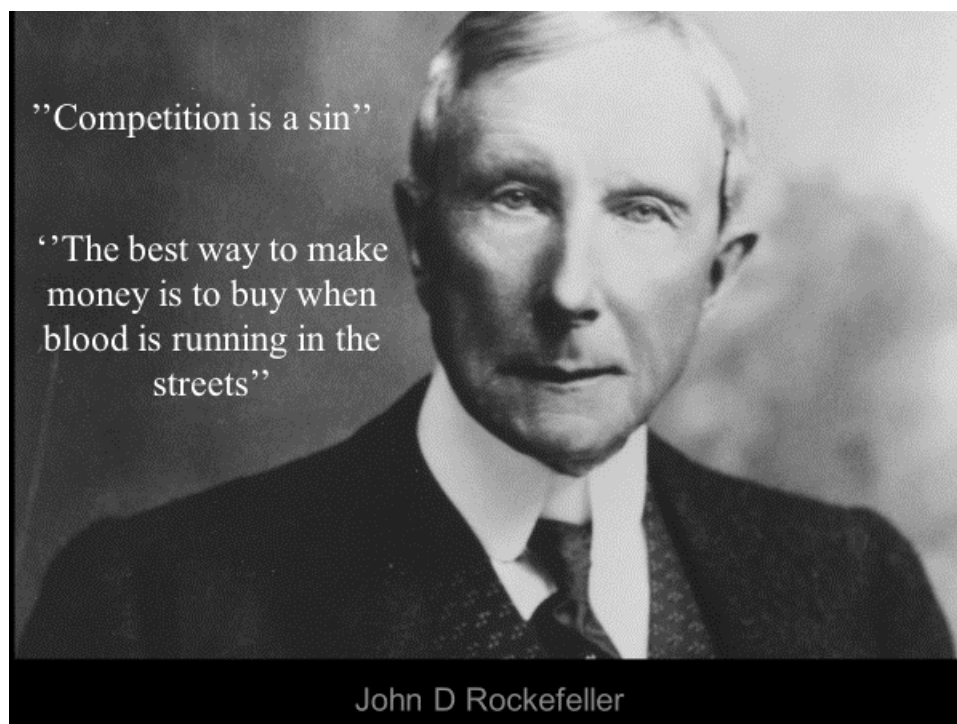
Looking for ways to capitalize even further with his oil, and he comes across the idea of using coal tar, a petroleum derivative, to make substances that affect the human mind, body and nervous system. These are called drugs, and they are excellent at masking or stopping symptoms, but overall do not cure the underlying cause of a disease.



In the early 1900's, he 'created/commissioned' along with the second richest man in the world's; (Andrew Carnegie's Foundation) an in-depth evaluation into 155 medical schools in the US and Canada, and many more worldwide.

The front man for this research was to be a 'teacher' called Abraham Flexner.

It was his resultant self-titled 'Flexner Report', published in 1910, that sparked the reform of medical education in the United States and Canada, and later the world, whereby only 'Flexner Approved' doctors could legally practice medicine.



And how would you have become a 'Flexner Approved Doctor' back then?

You'd do it by attending any of the (Flexner approved) teaching hospitals or universities that Mr Rockefeller's foundation had made massive donations to, graciously accepted of course, since it was either that or go out of business.

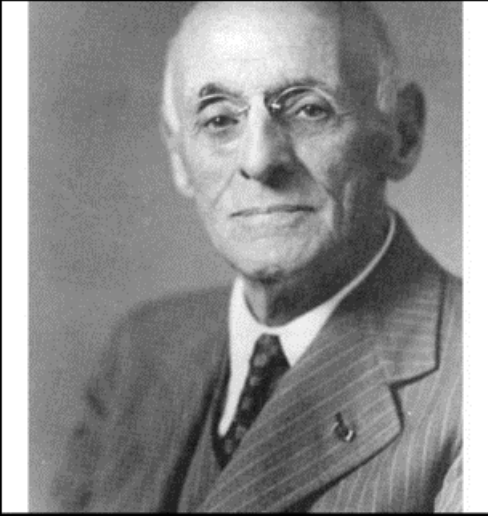
Every other form of healing profession and its teaching institutions or hospitals, from homeopathy, osteopathy, chiropractic, acupuncture, herbology, reflexology, iridology, mostly recognised as legitimate healing arts today of course, were absolutely devastated and destroyed by the Flexner report.

If you weren't Flexner approved, you were a quack, and couldn't call yourself a doctor, nor train people to do so if you were a teaching institution, nor would you receive any funding.

**Flexner Report:
Beginning of modern
medicine, 1910**

‘If the sick are to reap the full benefit of recent progress in medicine, a more uniformly arduous and expensive medical education is demanded.’


Abraham Flexner.



This man wasn't even a doctor himself, yet his report shaped the way we're treated medically, even to this day, and will continue for a long time yet to come.

Flexner Report

Making Medical Doctors
*Science and Medicine at Vanderbilt
since Flexner*



TIMOTHY C. JACOBSON

MEDICAL EDUCATION
IN THE
UNITED STATES AND CANADA

A REPORT TO
THE CARNEGIE FOUNDATION
FOR THE ADVANCEMENT OF TEACHING

BY
ABRAHAM FLEXNER

WITH AN INTRODUCTION BY
HENRY S. PRITCHETT
PRESIDENT OF THE FOUNDATION

BULLETIN NUMBER FOUR

And notice (above right) who else's name shows up on the richest man in the world's report to monopolize health care; non-other than the second richest man in the world at the time; Andrew Carnegie (who monopolized steel)!

Oh, by the way, did I mention there was another small catch to receiving a huge financial 'Gift' from the Rockefeller Foundation?

Well, not only did you need to be 'Flexner Approved', you also had to agree to use Rockefellers pharmaceutical drugs exclusively, and agree to let him, via Flexner, set the trainee doctors curriculum and exams, mainly to exclude any information on diet, nutrition, exercise and alternative therapies, but more obviously to heavily promote toxic petrochemical drugs.

Even to this day would you believe, it's possible to receive a Harvard medical degree without an hour of training on diet or nutrition, never mind what we're discussing elsewhere in this newsletter.

For your information, Rockefeller Foundation Gifts Totalled \$530,853,632 by May 24th ... **1937!**

That's \$9,766,280,654.86, almost \$10 billion in today's money.

But you can rest assured that the foundation was in safe hands, and the money was dished out ethically, because the man in charge was in fact a doctor.



Yup, Abraham's big brother Simon (already!) was holding the purse strings to a massive foundation that would change healthcare forever, and had to make sure the money only went to worthy, '**Flexner Approved**', causes.

That's a foundation set up by the world's richest, crooked oil man, who needed a way to shift useless and dangerous petrochemical drugs, and who openly commissioned the Flexner report to destroy the competition in the first place!

Now I know what some British or perhaps German people reading this are thinking; 'so what's that got to do with us?'

'We Europeans all know the Americans are totally corrupt, but in no way would the British, German, French or Swedish governments stoop so low as to hurt its citizens, just to make a buck, so we must have all adopted the same health care model as the U.S because it works, not because of scandalous corruption.'

Well, I'm so glad you asked old chap.



Yep, the bastards got to us Brits as well.

They got to everyone, in fact, as I'll prove in a moment.

It's first worth understanding, that prior to world war one, Britain was the strongest economic superpower on the planet, but what's not commonly

understood, is that those four years at war, 1914-18, cost us not only some of our finest bulldog breeding stock, but left the nation in debt to the tune of £7.4 billion.

And guess which country we owed the money to?

By 1920/21, Britain was experiencing the greatest depression in its history.

Now remind me, what was that Rockefeller quote again; ***“The best way to make money is to buy when blood’s running in the streets”***

In other words, when people are most vulnerable, on their knees, starving and desperate. So, for him at least, the opportunity and timing to change the global medical model forever, was perfect.

According to Rockefeller archives (*Foundation Fellowships in Biomedicine and Health*), between 1917-1950 Britain had received 218 handouts like the one in 1920, from Rockefeller.

4 for public health, 16 for nursing, 62 for sciences involving chemistry and biology, and a whopping 136 for actual medical science.

France got 135 and Germany received 131 total grants, against Britain’s huge **270** (I’ve included Ireland and Scotland in the grand total).

But here’s a question for you; where do you suppose the greatest scientific and medical minds in all of the world were during that time, and which countries exerted the most influence over the rest of the world’s scientific opinions?

If you said Britain, Germany and France, you’re right.

Every country in Europe got financially greased, as mentioned, even Greece got 38 grants, Italy 67, Latvia 4, and the Welsh got a sack of carrots to help them see in the dark.

Europe as a whole received 1,786 grants (Flexner bribes), at the exact time they couldn’t have needed it more, or could have said no to them.

World war two plunged Britain even further into a £21 billion debt to the USA, and even deeper into becoming their political, financial, and for the purpose of this article, medical and health care puppets.

Germany was also in debt after WW1, and was ordered to pay massive reparations after WW2, equivalent to £3.6 Trillion in today’s money.

The final nail in the coffin, was when Britain ‘adopted’ the USA’s dietary guidelines, shortly after the corrupt senator ‘George McGovern Report’ announced them in Jan 1977.

In the early 1980's, with the rest of Europe looking on, the UK and Germany jumped on the low-fat high carb bandwagon. The rest of Europe slowly followed, then the rest of the world, and the rest is history.

In 1990 Britain mysteriously wrote off Germany's remaining war debt, secretly and unbeknown to the British taxpayers.

Was £1.6 Trillion allowed to go down the drain because we were all now bum chums with America?

All fully sold into the Rockefeller corruption, all 'forgive and forget', and instead looking forward to mega profits from shoddy healthcare, German and American owned pharmaceuticals, and food made from crap cash crops such as soy, corn, wheat, PUFA's, High Fructose Corn Syrup, Trans Fats, and GMO's.

And by the way, the McGovern comities new set of **nutritional guidelines for Americans** (1977) sought to combat leading killer conditions such as heart disease, certain cancers, stroke, high blood pressure, obesity, diabetes, and arteriosclerosis.

And how's that been working out for us all ever since?

Just to get you thinking; Between 1979 and 1996, the number of medical procedures for heart disease increased from 1.2 million to 5.4 million a year, and obesity has gone from 22% back then to 42% among the middle-aged today.

And how's the war on cancer been going since we all took the vote and followed America's health care and dietary advice?

Pretty bad, huh, terrible even!

Or maybe we should be asking; 'How's that been working out for all the people who make money from treating heart disease, cancer, stroke, high blood pressure, obesity, diabetes, arteriosclerosis, autoimmune diseases, Alzheimer's, infertility and impotence.'

Or for the people selling complete nutritional dogshit, such as soy, wheat, corn, PUFA's and so on, how's things been going for them?

Because now the answers pretty bloody good, eh!

So, there's a bit of historical financial background, which I hope you'll use to re-frame how you view modern medicine from this point forward, and it'll also explain all those moments while reading this newsletter, where you say to yourself; ... 'What!... Really, is that true? How come my doctor, optician, dietician, fat nutritionist or fitness coach never mentioned that?'

This is why I had to touch on genomics, and mention how the human genome project was such a colossal flop.

The plan you understand, was to find one faulty gene for every illness, including cancer.

This would first of all have taken away any blame from us personally having caused the disease, and, since we wouldn't be responsible, then, nor could the food, air, water and dietary advice we take, and it would always be in our genes.

Then the drug, cut, poison and burn medical monopoly would ever so kindly step in to accept the responsibility for us.

Better yet, their idea was to offer us '**Targeted Personalised Medicine**'.

This is where you'd go for a genetic test as early as possible, probably as a child after having 20 or so vaccinations packed with neurotoxic aluminium, trace amounts of mercury, formaldehyde, polysorbate 80, MSG, and grown in a medium of aborted human fetal cells, and having just spent 10 years surrounded day and night by Wi-Fi and electronic gadgets, kept indoors in a sterile environment, and fed total rubbish.

Yeah, that'd be a good time to take a genetic test for a child, just to see if anything's amiss, wouldn't it?

Then, our heroes would spot the defective genes (surprise, surprise), indicating the doom and gloom to come in the future, and they could then begin drugging us all at the earliest opportunity, thus maximising their profits in the name of preventative medicine.

More shockingly still, was that they planned to patent the genes, so when anyone wanted to research them, they'd have to pay the patent holder an extortionate fee.

Plus, if they held the rights to the actual gene, then they could charge whatever they wanted for a drug targeting its associated disease, since it would be illegal for anyone else to make a drug to treat it (the gene), and the condition it was allegedly responsible for causing.

So, just imagine if someone did 'own' the gene responsible for say, pancreatic cancer, and a drug targeting it did work, and they charged say £100,000 for the treatment, which is still way less than cut, burn and poison.

Then, let's say a small pharmaceutical company in India comes along and say's '**we can make the same drug from sacred cow dung and dust for under £100, and we can have enough of it ready to cure everyone with pancreatic cancer by the end of the week**'

That scenario would never be allowed to happen, because all the world's courts would have backed up the American's who held most of the patents.

Why?

Because healthcare isn't about the greater good or saving babies from AIDS, or ending starvation in Africa, and it's certainly not about keeping costs down, it's a profit driven, ruthless business!

And it's also a massive part of the global economy, which, depending on when you're reading this, is usually in first or second place behind the food industry for revenue.

Does all this conspiracy surrounding the human genome project sound crazy?

Want proof?

They succeeded!

4,300 genes that you and I and every human who's ever lived 'own', were successfully patented, and, just as an example of their master plan in action, the gene test for BRCA1 and BRCA2 (BR=breast, CA=cancer 1+2) cost \$4,000, while today it's just \$200.

How come?

You may remember the dim-witted actress Angelina Jolie's double mastectomy fiasco, where she had both her perfectly healthy dirty pillows voluntarily removed, because she carried those defective genes, and her Mum had died of breast cancer.

BRCA1+2 are '**Protective**' genes by the way, as mother nature never goes out of her way to mess us up, unlike Ms Jolie, who smoked, drank, no doubt thought pasta and bread are healthy staples of the American diet, and probably also favoured polyunsaturated oils and spreads over butter etc.

And we now know that genes that show up on a test as problematic or mutated today, may well show up expressing themselves correctly in a month, providing the owner stops abusing them with any one of a hundred stupid things first.

Although I've written about her publicity scam in great detail in our book 'Ignorance is Pink', she clearly failed to get the memo that there were **at least 8 other protective genes** looking after her Jolie Juggs, that were all way more important than the BRCA's, though she's probably stupid enough to have caused those to also 'Express' themselves badly (mutate).

Still, she conveniently wasn't tested for them, so we'll never know, but, after having what I believe to have been nothing more than 'New for Old' boobs at a

secret location, (since she was always pretending to be anti-cosmetic surgery), terrified women across the world read ‘**Angelina’s Brave Story**’, and started queuing up for the \$4 grand gene test.

President Umbongo had given the go ahead for the test to be billed to insurance under the affordable health care bill, so the floodgates were about to open with tens of millions of women having the test for free, but at 4 grand a pop going to a company called Myriad Genetics each time, because they held the patent on the genes.

Remember, this is a test which should have cost \$150-\$200.

Long story short, after the human genome project flopped, people complained, and, under pressure from various groups in 2013, the Supreme Court of America refused to uphold Myriad Genetics right to exclusively hold the patents on genes that 7 billion people own (men have breasts and the genes too), because the court said, genes are a; “**Product of Nature**”.

But had the human genome project been a success, and had they found one gene for each disease, then you can bet your life the bent American Judges would have found in favour for companies like Myriad Genetics, and squashed any attempts to stop what was set to be a very welcome, global, multi trillion-dollar industry over the coming decades, especially since the Americans were in such a national financial crisis themselves.

So today, and since the targeted genetic medicine idea flopped, the test costs \$200.

Needless to say, that within days of ‘**Little Miss Brave Story**’ opening her big gob, the Myriad Genetics share price went to an all-time high, and after the supreme court ruling months later it hit the floor, by which time I reckon all of Jolie/Pitts friends had already dumped their Myriad stock at ten times what they’d paid for it!

It doesn’t matter how many genes are still held on patent today, because a precedent has been set against the scam, but it illustrates how both the rich get richer, and the Hollywood attention whores and journalists keep their careers alive at the expense of the health and wellbeing of the man and women in the street.

And there’s non-richer and more ruthless than the big pharmaceutical giants, who view us all, children included, as simple cash registers at the mercy of their well-trained ‘Flexner Approved’ drug, cut, poison and burn it brigade.

Doctors in other words.

Are there good, honest doctors around?

I've found just 10 in 26 years of hating them, and if you think the word hate is a bit extreme, it's because I subscribe to the philosophy of Malcolm X;

"That which you do not Hate, you will eventually Tolerate".

And I will never tolerate a profession that hurt my son and mother, are completely disinterested in preventative medicine, can't think for themselves, even after leaving university 10 years ago, and only profit from having the most incestuous relationship with the drug companies imaginable.

So yes, some good ones, two are even MD's, but mostly ND's (Naturopathic doctors), of which it's said there are only 10,000 in the whole world.

Ironically, the leading Naturopathic practitioner in the whole of Europe is based in Cyprus!

And I know some people reading this will be saying; 'and please include my doctor, of course, he/she's a good person'

Well dream on friend, because if your 'good person' has ever stuck one **newborn baby** with a vaccine against a sexually transmitted disease (HPV), or one **elderly citizen** with a useless and dangerous flu jab, then I beg to differ.

If he/she sent you for a mammogram in the past 10 years, in spite of the overwhelming evidence of their **contribution towards breast cancer** and having been outlawed in many civilized countries, then perhaps you should reconsider.

Free Health Screening

Or maybe your great doctor just kindly offered you a 'Free' health screening of some sort recently, you know, maybe a finger up the butt in search of lost treasure for you guys.

If that's happened to anyone reading this, then let's just discuss something called 'informed consent' for a moment.

I wonder if your friendly good doctor 'informed' you guys of any of the following verifiable facts, before venturing up the alley where the sun don't shine!



I'm sure they told you that in every man over 40 (who gets autopsied for any reason other than a prostate issue), they found that 20% of the men at the age of 40 had an enlarged prostate, 70% at age 60, and 90% by the age of 80 years old.

Or maybe they asked you if you'd had good hard shag recently, since that swells the prostate somewhat, as do regular visits with Mrs Palmer and her five lovely daughters!

Ok, so let's say your 60 years old and sexually active, and, surprise, surprise, the **'Digital Rectal Exam'**

as the medical profession calls it, or as I like to term it, **'Bum Fingering'**, revealed a swollen prostate, and hopefully also reclaimed a difficult to explain Superbowl ring or similar artefact, but what now?

Will your friendly MD explain some more embarrassing medical home truths about what often comes next?

Such as the facts that; **Dr. Richard Ablin, who invented the PSA test**, has recently co-authored a book titled; **'The Great Prostate Hoax'** (Macmillan, 2014) or that he's on record as saying;

"The test is hardly more effective than a coin toss. As I've been trying to make clear for many years now, P.S.A. testing can't detect prostate cancer and, more important, it can't distinguish between the two types of prostate cancer — the one that will kill you and the one that won't."

"I never dreamed that my discovery four decades ago would lead to such a profit-driven public health disaster. The medical community must confront reality and stop the inappropriate use of PSA screening. Doing so would save billions of dollars and rescue millions of men from unnecessary, debilitating treatments."

"Simple over-the-counter pain medications such as ibuprofen could elevate prostate antigen levels, giving a false indication of cancer" All above quotes from Dr. Richard Ablin, inventor of the PSA test.

You naturally didn't think to question the PSA test that 40 million men worldwide take each year, and that your marvellous doctor happily recommends, did you?

No, but your ‘great guy’ doctor should have questioned it, don’t you think?

Medscape Editor-in-Chief did ask this great question though;

“How is a test with a 78% false-positive rate approved?” Eric J. Topol, MD

That by the way, means that whenever the PSA test does reveal something of concern, **it’s wrong, 78% of the time!**

And that, Ladies and Gentlemen, is also the reason why my very own ‘**Chocolate Starfish**’ will remain an ‘out hole’ for the foreseeable future!

False positives.

But it gets worse, because according to the *Prostate Cancer Foundation*, an estimated 30 to 40 percent of men treated for prostate cancer have harmless tumours that would never have caused problems in their lifetime.

As noted by Jessica Herzstein, a preventive-medicine consultant and member of the U.S. Preventive Services Task Force, ***“you’re going to die with them, not of them.”*** The problem’s the same with colon and bowel cancer.

Seriously, I know we live on an island where every third Brit you meet is an ex SAS killer, and every other Russian is a super hard Spetsnaz, but could I be making this up?

Or, here’s one I heard recently from a typically tight arsed Scotsman, who actually thought he was going for a free lunch at a new ultra-modern hospital; How about a ‘Free Colonoscopy’ for one and all. Does that sound like fun? And the insurance company picks up the tab I was assured.

They do actually feed you on the tour of the hospital I found out, and in sales we call this ‘The Law of Reciprocity’.

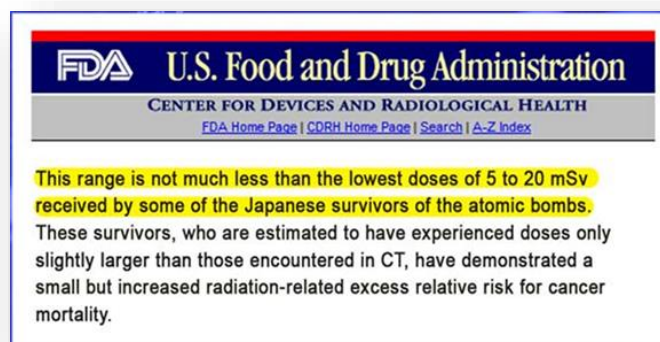
Psychological studies have proven that even buying someone a can of Coke can create an irresistible obligation or urge to pay you back, often by several orders of magnitude above the original gift given.

Even accepting a coffee in a car dealership sets this process into action, so you can begin to understand how a cappuccino, a cheese sandwich and a ring doughnut, is more than enough free stuff to warrant sticking a camera up a ravenous Scotsman’s tight ‘**Gary**’!

Cameras up the butt are a joke, as are the latest craze of ‘**computed tomography**,’ known as virtual colonoscopies.

Incredulously, instead of preventing your risk of cancer, they actually increase it by exposing you to five to ten millisieverts of x-ray radiation required for just one abdominal scan.

And what's that all mean in plain English?



But guess what?

Assuming you don't fancy a BBC film crew up your '**Jacksie**' (and each to his own of course), there's a simple poo test for colon cancer that's 80.4% accurate, called a Fecal Immunochemical Test (FIT), and another blood test that's 95% accurate.

It's unlikely that you'll be told about them, since they range between just \$40 and \$100, and are completely safe, whereas cameras up your '**Prison Purse**' or multimillion-dollar **radiation machine scans** are expensive, and good earners, as even if they don't find anything, they're still potentially sowing seeds for your swift return from all the free scans.






Or am I being too cynical?

Ok, what about 'Dysbiosis' and other gut imbalances, caused by the process of flushing out your intestinal tract before the colonoscopy procedure, using harsh laxatives that destroy any decent gut bacteria you may have had, and most of the immune system is situated in the gut for this exact reason.

The bad, pathogenic bacteria tend to be tougher than the good guys, but if the baddies are vastly outnumbered by the goodies, then the goodies can even control how fast the baddies breed.

So, if the pathogenic bacteria rule the roost after your '**Balloon Knot**' procedure, then life will be made easier for anything naughty already growing down there to flourish. Make sense?

Complications from the anaesthesia of colonoscopy may also cause problems, and many experts agree you should opt for the lightest level of sedation possible, or none at all, as full anaesthesia increases risk.

 <p><i>A Cancer Journal for Clinicians</i></p> <p>Screening and Surveillance for the Early Detection of Colorectal Cancer and Adenomatous Polyps</p> <p><i>Colonoscopy—Benefits, Limitations, and Harms. Colonoscopy can result in significant harms, most often associated with polypectomy, and the most common serious complication is postpolypectomy bleeding. [...] Another significant risk associated with colonoscopy is perforation</i></p> 	 <p>Thursday, December 14, 2006</p> <p>Study Questions Colonoscopy Effectiveness</p> <p>By GINA KOLATA Published: December 14, 2006</p> <p><i>The patients in all the studies had at least one adenoma detected on colonoscopy but did not have cancer. They developed cancer in the next few years, however, at the same rate as would be expected in the general population without screening.</i></p>
 <p>National Cancer Institute U.S. National Institutes of Health www.cancer.gov</p> <p>Colonoscopy — In this test, the rectum and entire colon are examined using a lighted instrument called a colonoscope. During colonoscopy, precancerous and cancerous growths throughout the colon can be found and either removed or biopsied, including growths in the upper part of the colon, where they would be missed by sigmoidoscopy. However, <i>it is not yet known for certain whether colonoscopy can help reduce the number of deaths from colorectal cancer.</i></p> <p>Reviewed: October 17, 2008</p>	 <p>HARVARD School of Public Health</p> <p>Fiber and Colon Cancer</p> <p><i>For years, Americans have been told to consume a high-fiber diet to lower the risk of colon cancer—mainly on the basis of results from relatively small studies. Larger and better-designed studies have largely failed to show a link between fiber and colon cancer. One of these—a Harvard study that followed over 80,000 female nurses for 16 years—found that dietary fiber was not strongly associated with a reduced risk for either colon cancer or polyps (a precursor to colon cancer).</i></p>

(I put that last slide in because so many ‘Experts’ bang on about fibre, but it’s always been a complete myth (debunked in 2018), designed to encourage us to eat more indigestible rabbit chow, and nutrient devoid bird food (veg and grains).

In his brilliant book; ‘**Science for Sale**’; Environmental Protection Agency Scientist Dr David L Lewis, PhD, talks about how difficult the ‘**Corn Hole**’ cameras are to clean, often used many times a day (yuck), and how this accounts for various infections being passed on to unsuspecting patients.

According to the author, these tools cannot be autoclaved (heat sterilized), and testing reveals the disinfection techniques and agents used 80 percent of the time are grossly inadequate. As a result, the tools can spread all manner of infections from one patient’s ‘**Dirt Box**’ to another.

If the hospital or clinic uses **peracetic acid**, your likelihood of contracting an infection from a previous patient is slim, but, Glutaraldehyde, or the brand name Cidex (which 80 percent of clinics use), does NOT properly sterilize these tools.

If glutaraldehyde is used, cancel your appointment and find a clinic that uses peracetic acid (not my advice, Dr Lewis’s. You can invite the BBC up your

‘Freckle’ for a picnic for all I care, if you're daft enough to not do your own research).

You should also ask; ‘How many of your colonoscopy patients have had to be hospitalized due to infections?’

According to the *Journal of Medical Screening; 2001;8(3):125-7 Screening and the number needed to treat.*

“To prevent one death from colorectal cancer, 1,200 people (needed screening)”.

And yet in the *Journal of Forensic Science, Medical Pathology; 2012*, they openly admit that ***“one in one thousand colonoscopies end in perforations often leading to death”*** So, 1,200 screens to save a life, but it kills somebody!

Dr. David Ransohoff, the Professor of Medicine at the University of North Carolina at Chapel Hill, states the following:

“A goal of avoiding all deaths from colon cancer may be admirable, but we do not have evidence that we can achieve it.”

“Although colonoscopy is generally safe, it is still an invasive procedure with a 0.2% rate of serious complications”

FYI; The colon is like a bicycle inner tube, and when it has bulges on the outside of the tube their called diverticulum, and if it’s on the inside it’s called a polyp.

Naturally, both can become inflamed, as in diverticulitis (itis or osis means inflammation), and polyps can disappear all by themselves with a healthy, non-inflammatory, gluten free, low omega 6 and PUFA free diet.

Beware The Pre-Cancerous Scam

Precancerous, by the way, means **NOT** cancer, so it doesn’t matter if you have pre-cancerous polyps or a pre-cancerous Rolex watch stuck up your **‘Growler’**, it doesn’t need removing, poking, prodding, filming, or a biopsy.

But to us laypeople, we don’t hear or understand the word **‘PRE’**, since the word **‘CANCEROUS’** follows right after it, which is another naughty sales trick they use to cruelly scare us.

Why not just say; ‘yep, you have some polyps up your **‘brown eye’**, and they're all good and happy’

Why not?

Because it wouldn’t scare the shit out of the uninformed layperson, would it?

It's a well-established fact that new polyps spring like weeds following polypectomy anyhow, and probably for the same reason, the release of cancer cells into the rest of the body.

As the number of polyps goes up (following polypectomy), so do the odds of one of them eventually turning into a cancerous tumour. So maybe you're better off with just the ones you have, or better yet, getting rid of them naturally.

So, beware of any great doctors offering 'Free' medical screening or check-ups.

Just as any mechanic will tell you; it's pretty damn easy to find something amiss in a 40-yr. old car with 200,000 miles on the clock, and these check-ups are merely smokescreens to drum up business, not for the good of mankind.

At the very least do some research on whatever its being proposed you need screening for, before you agree to anything whatsoever. Or hire people like us to do the research for you, then decide.

Here are some more things to consider, as to why we may be more prone to disease in Cyprus than back home;

Cigarettes.

If people smoked back home, then you can bet they smoke more out here because they're way cheaper. I even know tight arsed Brits who starve themselves all day, then visit a casino where they stuff their greedy faces and get 3 or 4 packs of free cigarettes to take home, while drip feeding 50tl into a slot machine over the night.

They think they're having one over on the casino owners, who probably also own the hospitals!

3 or 5 extra cigarettes a day doesn't sound like much, does it? But it's another possible 1,000+ carcinogenic exposures the body's mitochondria has to contend with each year.

Smoking also increases **estrogen** in both men and women (more on that below).

Alcohol.

If people boozed back home, they'll drink even more out here. Again, because of the much lower cost mainly, plus many people arrive here after retirement with no real hobbies to speak of.

Besides, where else are they supposed to go, other than to a bar, to regale other men and naive women of their Kray twins' affiliations, Boiler Room exploits, SAS/Spetsnaz stories, or lecture people on health issues and the benefits of weight watchers, if they're an overweight and unhealthy ex nurse?

I'm not going to bang on much about actual alcohol consumption per se, but more to just use it as a springboard into something far more interesting that applies to all of us out here, teetotalers and drinkers alike.

If you do drink though, here are 3 facts about alcohol that may be useful to know if you're hoping to avoid cancer;

1. Alcohol is a combined mind, body toxin. Meaning it'll do your liver and muscles in as fast as it will your brain neurons and synapses. As the liver tries to metabolize the ethanol it lowers the amount of an enzyme, NAD+, in the liver and testicles (if you have them), and this **reduces the production of testosterone.**
2. Alcohol stimulates the brain to release beta-opioid endorphins which cause relaxation after a few drinks, but these endorphins are known to have a **negative effect on testosterone synthesis.** *Alcohol. 2002 Mar-Apr;37(2):169-73.*
3. Alcohol causes an increase in estrogen that signals the testes to **produce less testosterone.**

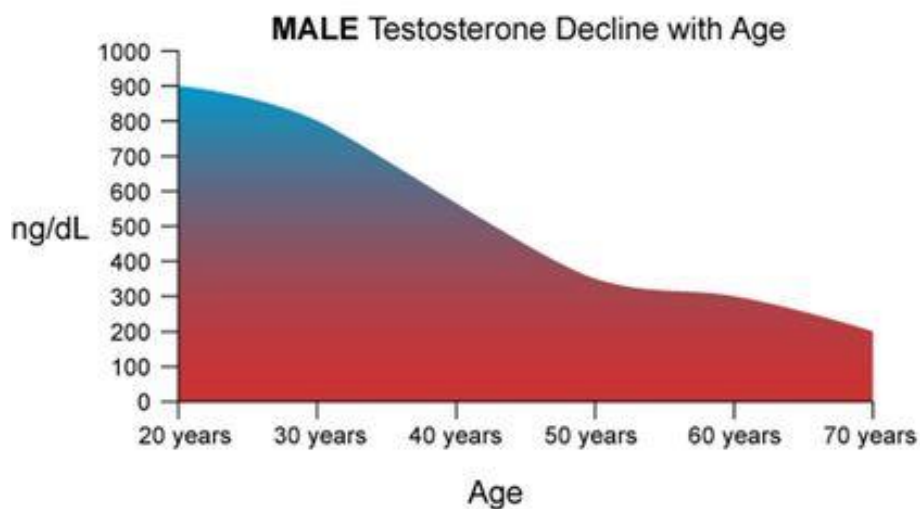
Most men reading this thought I was going to have a pop at liver damage, but you seriously need to be some kind of a professional alcoholic to achieve George Best status, plus this newsletter isn't strictly about alcohol or liver toxicity.

And I'll bet the ladies reading this are about to jump to the next heading thinking this is exclusively a male issue, what with all the talk of testosterone, but please stop, and instead pay attention to something which may well be the single biggest hormonal factor in the increase in cancer rates of both sexes.

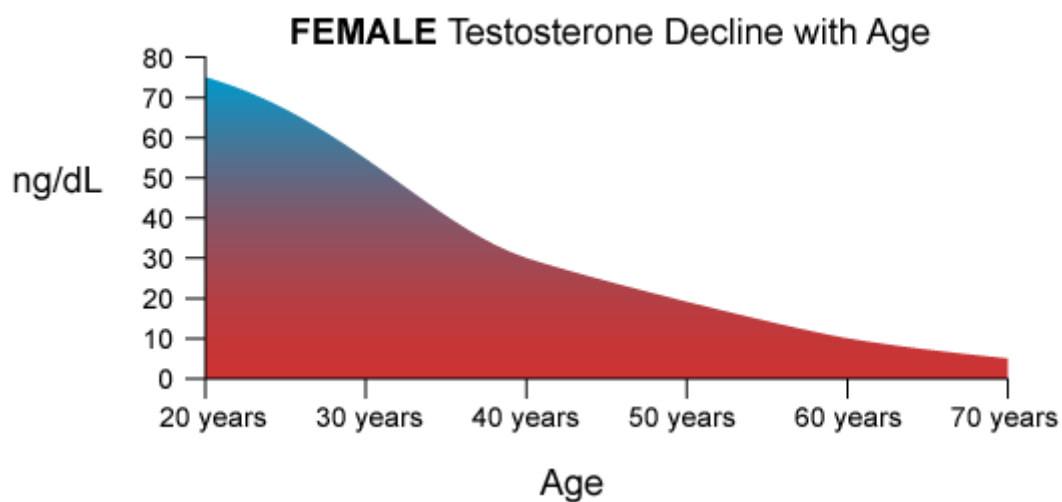
Something which will show up time and time again throughout our time together today, and booze was as good a place as any to introduce it to you.

The Evils of Estrogen!

Take a look at the following two graphs please.

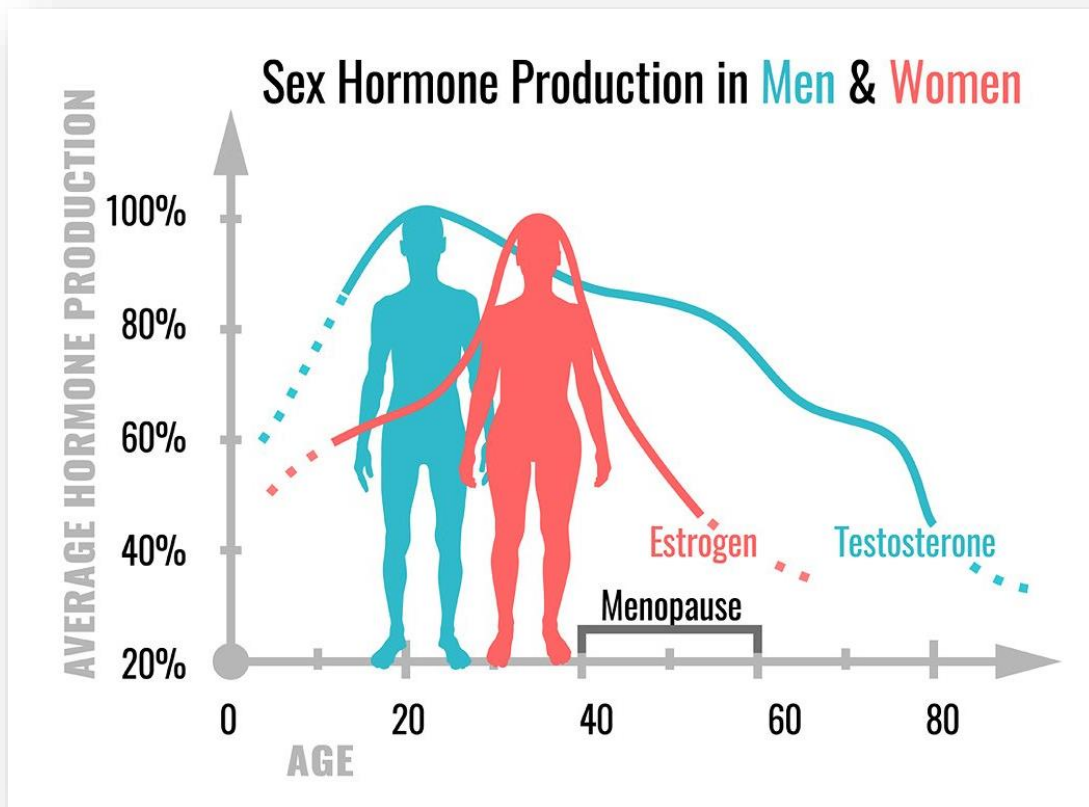


Here's something above, I'm sure you knew, yet something below I'll wager you didn't know!



That's right, women make testosterone in their ovaries and adrenals, and it plays just as important a part in female health as it does in men.

You may have seen graphs showing the age decline in male/female hormones as typically looking like this one below;



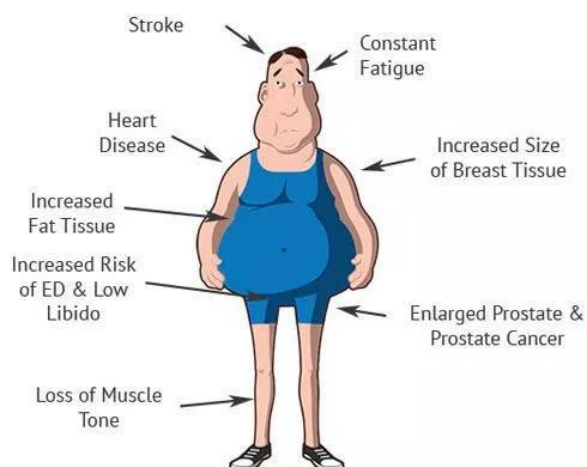
This graph is accurate of course, but it's completely misleading, since it gives the false impression that testosterone is a male hormone and estrogen exclusively a female hormone.

Every man, woman and child, makes estrogen, and in every cell, but particularly in fat cells, and both sexes make copious amounts of testosterone, so the above chart should show two coloured lines for each sex (or 4 lines in total), to denote the rise and fall of both hormones for both sexes.

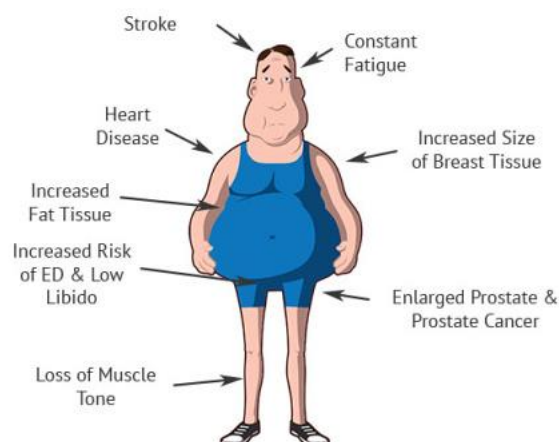
Below you'll see two more interesting examples pulled from Google, and you'll see that the symptoms are identical for both low testosterone and high estrogen, so which is it causing the grief?

And for the ladies, simply replace prostate cancer with breast cancer in the symptoms below (and throw in osteoporosis for a bonus), because they apply to all of us.

7 Signs Of Low Testosterone



High Estrogen in Men



This really confuses doctors, who should know the answer, but it's absolute Chinese to them, never mind any dietician, nutritionist or gym owner. In fact, the only specialist that'd have a clue would be an endocrinologist (hormone specialist), who should be able to explain it thus;

As we age, all our youth associated sexy hormones decline, including **growth hormone** which keeps us youthful inside and out, **dopamine**, which keeps us happy and driven, **testosterone**, which maintains our positive mood, sex drive, muscle mass, red blood cells and bone strength, **melatonin** for a restorative night's sleep, and **progesterone** that also has multiple uses in the body, but for the purpose of this newsletter on cancer in Cyprus, the main thing we need to focus on **progesterone** for, is that it counters many of the negative side effects of excess **estrogen**.

All that would still be bad enough, if not for the fact that all the misery/stress hormones keep on chugging along doing their thing, while the sexy hormones are tanking as we age.

All except estrogen that is, which doesn't decline or level out, but often actually increases like crazy, and I'll explain why in a moment!

So, we still need cortisol and adrenaline for example, or we'd never be able to get out of bed in the morning, or cope with any kind of stress during the day.

Now, take another quick look at those two side by side illustrations above, and decide which is correct.

Both of them are correct!

Here's how things really work in the body, and why **excess estrogen** may end up being the major villain in our Cyprus cancer, murder mystery.

But first, perhaps let's just ask ourselves a couple of observational questions, because the answers will show us how we already know more than we think we know, but just didn't know we knew it, nor that our doctors don't know it (sorry, bear with me. First question);

When are women most miserable, grumpy, moody, subject to skin breakouts, emotionally unstable, and prone to gaining weight?

That's right, when 'Auntie Flow' comes to visit at the pre-menstrual time of the month, and in labour, yes?

Those are the two times when estrogen is at its highest, for cell division each month, and to bring about the birth process (labour).

After birth, some ladies will often experience an absolute overload of estrogen, which is responsible for the dreaded **Postpartum Depression**.

Progesterone on the other hand, makes women happy and better able to cope with the stress of a new baby, plus it helps regulate the thyroid to avoid excessive weight gain.

Next question; When are women absolutely at their most stunning, enthusiastic, blooming and super sexy, with great skin, thick nails, and luscious shiny hair?

When they're pregnant, right?

And guess what, when they're pregnant the body **stops making estrogen** and **increases its progesterone production by four hundred percent!**

Another couple of facts you may like to check out, are that cancer during pregnancy is almost unheard of, and women who have the most kids, and thus the most lots of 9-month dumps of progesterone during their lives, have the least cancer!

Or you could look at it as the woman with 4 kids has had 4 lots of 9 months of estrogen deficiency, and progesterone through the roof.

In the UK, women who have a history of miscarriages are even prescribed progesterone to; **preserve/maintain the pregnancy. Pro (good for)-Gest (as in gestation)-Erone (sterol/steroid).**

Estrogen remember, causes cell division, so as horrible as it sounds, a miscarriage is a form of termination, almost as if the woman's body thinks it's having a period.

If you heard of a pregnant lady falling down a flight of stairs and losing her baby, you may naturally conclude that she'd bumped her baby in the fall, but no.

Estrogen is a stress hormone released in huge amounts under any stressful situation or bodily trauma.

Imagine it as nature saying; *'look, if you die, you'll never be able to have another child and keep the species going, so we're getting rid of the baby so you can escape this lion, plus there's no point having a new born baby in such a stressful environment surrounded by predators'*

Mother nature is very pragmatic (practical) about such things, and doesn't know the difference between lions and car crashes, tumbles down stairs or abusive Jeremy Kyle type relationships.

In other words, women who suffer a miscarriage under normal circumstances, are **estrogen dominant, and usually progesterone deficient.**

Considering how easy and cheap the blood test is to detect high estrogen, it beggar's belief as to why all newly pregnant ladies aren't screened **before** the poor women have to suffer the tragedy of losing a child first, and then, only if they're lucky enough to have a knowing doctor, they might be advised of a more cautious approach **'on the next try!'**

Sorry for that, it's a disgusting phrase, isn't it? And I've only used it because I've actually heard a doctor use it, and been advised by several male clients that they remember hearing it after their partners lost a baby.

Their wives or girlfriends were in too much shock and grief to remember I'm guessing, but that's how cold and clinical the medical profession is, like; *'don't worry, when you 'have another try' we'll try something we could easily have done first time around'* (progesterone)

That said, I meet many ladies who, even after two miscarriages, still have no clue as to what you're learning here.

And why don't they test for estrogen dominance as a matter of course? You may well ask.

First off, when you paint estrogen in a bad light it casts a spotlight on the millions of women who've needlessly died of increased risk of cancer, heart disease, stroke, depression, and more, at the hands of estrogen dominance, **through HRT.**

Which is why HRT has been discreetly taken off of the market since early 2000, after the 1999 Woman's Health Initiative Study brought the shocking truth on estrogen to light.

The World Health Organisation then urged all member countries to drop it after EMBO, a peer-reviewed scientific journal covering research related to biology at a molecular level, published their report in 2003 saying this;

“The results of two large-scale studies on the health risks and benefits of hormone replacement therapy (HRT) for post-menopausal women dropped a bombshell of bad news this year. The Women's Health Initiative (WHI) study, sponsored by the US National Institutes of Health (NIH), and the UK's Million Women Study, sponsored by the British Medical Research Council (MRC) and Cancer Research UK, both found that HRT significantly increases the risk of invasive breast cancer. The US study also found higher risks of heart attack, stroke and blood clotting”.

If you're reading this with your mouth agape (because it's the first you've heard of it), then here's the references; *EMBO Rep. 2003 Dec; 4(12): 1112–1115. doi: 10.1038/sj.embor.7400043.*

I know for a fact that women are still getting HRT on this island, in the mistaken belief that somehow menopausal women are lacking in estrogen, when, as you're about to discover, nothing could be further from the truth.

It's not that the woman's own natural production of estrogen hasn't dropped, as per the charts, it has, but estrogen is **everywhere else all around us**, as you'll be shocked to discover by the time you finish reading this newsletter.

Some of you will know that HRT combines estrogen with progesterone, and since I've already hinted that progesterone effectively cancels out estrogen, you may be left wondering as to why put the bloody estrogen in the formula anyhow?

Simply for profit!

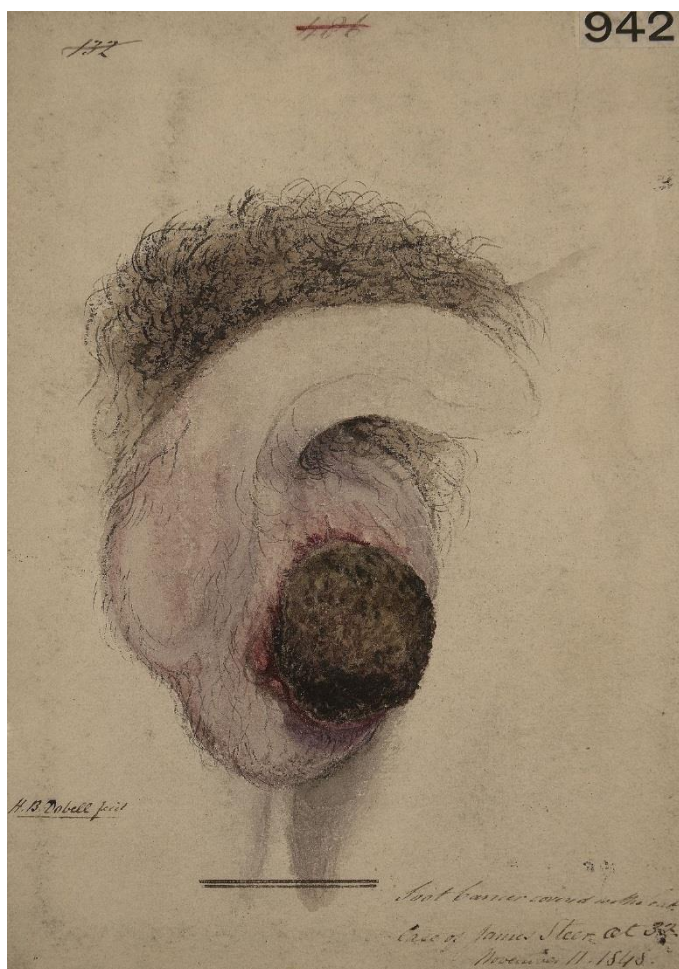
The pharmaceutical giants know full well of the myriad of benefits of progesterone for both sexes, but particularly for women, but guess what?

They can't patent it!

Because it can be made from wild yams for example, for pennies per dose, but they have made a crap synthetic substitute to use in HRT, which is probably why it offered women no protection from the estrogen.

But estrogen? Oh, they can patent that alright, and make it for next to nothing from burnt toast!

You think I'm joking?



Way back in Victorian Britain it was a mystery as to why chimney sweeps had the highest rates of cancer. It was first identified in 1775 and they called it ‘soot wart’.

It was basically a carcinoma on the scrotum, and shockingly was even affecting young men in their late teens and early twenties, who would have been making practically zero estrogen, and tons of protective testosterone and progesterone.

This is the first evidence we can find of what we now call ‘occupational cancer’.

The artist that did the drawing to the left needs to spend more time studying the walls in public

toilets, granted. But since we're all about facts, science and proof here at Blunt Coach, we thought we'd show you it, though you may have to look closely.

But not too closely, or for too long!

It turned out to be the soot of course, and believe it or not, when you burn anything, even toast, the black stuff (soot) are carcinogenic estrogen compounds that you can isolate, patent, and charge what the hell you like for to unsuspecting insurance companies or the NHS.

So, all the studies on the brilliant potency of progesterone were totally ignored, purely for financial reasons, and so the bullshit idea was born that estrogen was somehow exclusively a ‘lady hormone’ and indeed what actually made women feminine.

Plus, the drug companies were also claiming it would improve fertility, so the crap was rushed to market via junk science and clever marketing.

Cancer, blood clotting, and infertility were known to be caused by estrogen before 1940!

True Blunt Coach Story;

I recently discovered a know it all Kiwi touting the benefits of estrogen for skin health and anti-aging. Needless to say, she was in her mid-fifties but had skin that looked like it should either be sat on, or hanging onto the skeleton of an 80-yr old woman.

Not only was this idiot promoting a hormone that, just from the above research, you should clearly want to keep at arm's length, but she was also a vegetarian who believed soy milk, soy beans, soy yogurts, flax, beans in general and all peas were great foodstuffs, when nothing could be further from the truth.

Phytoestrogens are what plants make to render their enemy's infertile. Phyto refers to plant, and estrogen speaks for itself. What's important here is that phytoestrogens count towards our estrogenic tally when we consume them, and more is definitely not better.

Since they can't run or hide, plants have evolved to become nature's masters of chemical warfare over hundreds of millions of years, long before any animals walked the earth, and it was just the plants v the insects.

Phytoestrogens render enemies who eat the source plant infertile, **Goitrogens/Isoflavones** mess with the predator's metabolism (thyroid), **Phytins**, which take essential minerals such as iron, zinc, magnesium etc. out of the body before they can be absorbed, **Trypsin Inhibitors** which block this vital anti-cancer enzyme (trypsin), anti-fibrosis enzyme, and **Carcinogens** that flat out give the predator cancer.

Soy ticks all the above boxes for anyone 'Linda McCartney' enough to eat it.

And yes, it works just the same on us humans as it does bugs.

That said, the daddy of all phytoestrogens is Flaxseed. Along with its disgusting oil it's the highest estrogen food source on the planet, and still bizarrely sold in capsule form to unsuspecting women as an aid to anti-aging, which is a cruel joke.

Interestingly, you can't buy soy baby formula now (UK), not without a doctor's prescription to prove your kid's allergic to goat or cow's milk.

Why?

Because soy formula turns little boys into little girls, and little girls into menstruating young women at the tender age of 6-9, that's why.

These compounds are technically called '**Endocrine Disrupters**'

Endocrine is a just poncy word for 'Hormones' and if you disrupt or upset those delicately balanced babies you don't get a happy home (body or life).

So, thanks Linda McCartney, thanks for all those shit soy veggie burgers and look-alike trendy Tofu meat pie substitutes.

And by the way, she died at 56 of breast cancer!

Soy was originally grown in China, simply for crop rotation, and thus referred to as 'Green Manure'.

In Britain, for example, we used to collect poo from populated human areas, plus animal manure, and spread that all over our fields to get minerals back in the soil.

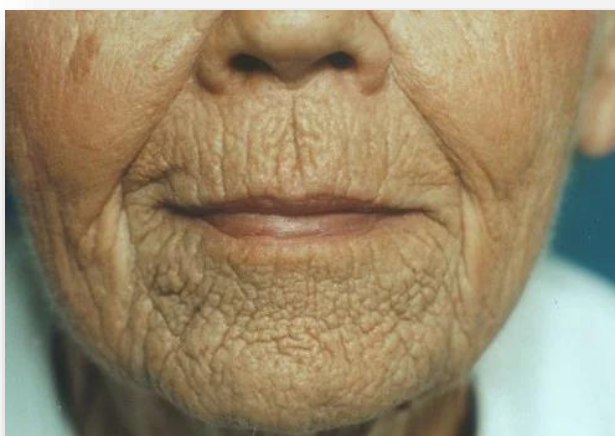
Later in Chinese history, soy was deliberately fed to monks to suppress their libido's.

Pity none of it grows in pedo central Vatican City, isn't it?

In fact, Dr Doris Rapp, the world's leading paediatric allergist, asserts that *"environmental and food estrogens are responsible for the increase in male homosexuality and the worldwide reduction in male fertility."*

Last time I checked soy was the world's largest cash crop (definitely in the US), and it's estimated that it shows up in 50% of **all processed foods**, usually as; 'contains soy isoflavones' or just plain 'soy', and 79% of all soy is genetically modified (read <https://bluntcoach.com/2017/04/24/blunt-coach-on-gmo/>).

When this was all pointed out to the woman in question, she announced that it was; *"a well-known fact, that estrogen tightens the skin"*. And she's right..... But by making it thinner, because it's a stress hormone!



That's why these people always look 20 years older than they should, in spite of their virtuous, pious, spiritual, animals before humans eating style, and a shed load of yoga thrown in for good measure.

But they still look like shit, don't they?

And they look even worse in our Cyprus climate, because

what do you think happens to tight, thin, collagen starved skin when you bake it in the 35 c Mediterranean sun?

That's right, it looks like a woman's face caught fire and the flames were put out by a London fireman..... with a shovel!

If estrogen were any good for the skin, then why would a woman's skin never look better than when she wasn't making any, whilst pregnant, but was instead making four times the amount of the hormone that counters estrogen, instead?

They even use progesterone in some of the world's most expensive, anti-aging moisturiser creams.



“I love my phytoestrogens” said ‘Skeleton’, as she tried to divert attention to the fact that she’d *“worked with many top Naturopathic doctors”*, which I suppose was pointing to my lack of academic qualifications.

For the record, and as an ‘excellent sales trainer’ who teaches people to smell bullshit from a mile away, her statement; *“I’ve worked with many top Naturopathic doctors”*, roughly translated, means she either answered the phones, or collected sickle cell sperm samples from sheep shaggers on behalf of an STD clinic, somewhere in New Zealand.

Estrogen is a shock/stress hormone, and is 100% **Pro-Aging**.

Many Anti-Aging experts (for over a hundred years now), have argued that aging is a hormonal deficiency of some kind, and they’re spot on, but it’s absolutely not a deficiency in estrogen, never was, and never will be.

We do a whole-day Anti-Aging seminar, so if you truly want to know how to stay young and beautiful, then you can fill a boardroom with intelligent people and learn from us for 8 to 10 hours.

Or, you can hook up for a **free consultation** with Kiwi Skeleton, at the Silver Rocks hotel (her clinic!), (And mine, to be fair), and know all you need to know over a coffee, with her, in ten minutes flat!

You may also hear (from her) that there are 3 types of estrogen, only one of which is ‘bad’.

Actually, there are at least 10, and they all do pretty much the same thing, just with different potencies, so to say one is bad or good is like making a case for low tar cigarettes against the regular cancer sticks.

But when you've 'worked closely with many doctors', and taken the shite yourself, plus recommended it to anyone that'll listen, as she has, then it's a bitter pill to swallow that the entire estrogen market is one ginormous scam.

Back in the day (pre-1940) it wasn't even called estrogen, it was known as 'Adipen' (Adi=adipose=fat), which tells you right there that they knew it was in every fat cell of either sex from the get go.

Equally important to note, is that throughout the 20th century estrogen was identified as a carcinogen.

Remember, the word estrogen doesn't just refer to a group of steroids, **estrone, estradiol, estriol** and so on, but to an entire class of chemicals that all do the same thing as estradiol (the most potent of the three) in our bodies.

This is why we have Phyto-estrogens from plant origins such as flax, soy, beans, peas hops, peanuts, cashews and so on, then Zeno-estrogens from man made things like plastic, pesticides and household chemicals.

A child can absorb estrogen from playing with a Barbie or Action man, you can absorb estrogen from drinking water from a plastic container, and we all get a shit ton of it from pesticides/herbicides (glyphosate), and household cleaning agents.

It's absolutely everywhere, to the point where no one, myself included, isn't getting some of it, somehow, and however much you are getting, above and beyond that which nature makes in your body and brain, is way too much.

Drinking Water.

How many gallons of water did you drink from plastic bottles back home?

Whatever your answer, it's a pretty safe bet that you'll exceed that, and by some considerable margin when the thermometer goes north of 30 degrees.

In 2008, a comprehensive **European Union risk assessment** reviewed all relevant scientific evidence and concluded that "BPA (bisphenol A) does not possess any significant carcinogenic potential". BPA free baby bottles are all the rage now, however, so if it's not safe for babies, what about us?

I wouldn't trust '**a comprehensive European Union risk assessment panel**' any further than I could spit, but I guarantee you that's the study anyone selling you plastic bottled water will quote in their defence, and it sounds awfully convincing.

Let's get this straight, BPA is a chemical that can mimic the sex hormone **estrogen**, BPA has been linked to a dozen health problems, including insulin resistance and type 2 diabetes, cardiovascular disease, asthma, liver damage, ADHD, plus cancer, and we have the evidence on all of them.

Besides, a new study says that even if bottles don't contain BPA, most plastic products release estrogenic chemicals anyhow, and where you find estrogen you'll find cancer.

For the real proof, forget bribed and corrupt EU risk assessment panels, and look no further than this real, published, peer reviewed study, published in the Journal of Reproductive Toxicology, by real scientists, in 2015.

Published online 2015 Oct 19. doi: [10.1016/j.reprotox.2015.09.006]

A Review of the Carcinogenic Potential of Bisphenol A

“we submit that BPA may be presumed to be a human carcinogen due to its ability to enhance tumor susceptibility and promote tumorigenic properties in the breast and prostate glands. This notion is further strengthened by the fact that BPA is estrogenic and that data gathered in humans have shown that the synthetic estrogen DES, a compound structurally related to BPA, induces clear cell adenocarcinoma of the vagina and increases the risk of breast cancer following fetal exposure

Based on the weight of existing evidence, we believe the following to be likely, but requiring confirmation:

Pharmacological doses of BPA may be associated with increased malignancies of the hematopoietic system and testicular interstitial-cell tumors in rodents.

The human prostate epithelium may be significantly influenced by developmental BPA exposures resulting in increased susceptibility towards neoplasia and cancer with aging.

Elevated urinary BPA levels are associated with prostate cancer in humans and may be an independent diagnostic marker in prostate cancer patients.”

But for anyone doubting the way I've been bashing on estrogen, or to validate that 'Epigenetics' is a totally real and valid science (that we are completely in control of our genes), the same study said this;

Epigenetic effects of BPA on the mammary gland

“The principal mechanism of action of BPA appears to be its estrogenic activity, yet many of its effects are observed long past the duration of exposure. Thus, the impact of BPA must extend beyond immediate transcriptional

regulation in both stromal and epithelial cells. Indeed, alterations of the transcriptomes of both tissue compartments observed during the period of exposure may explain the morphological and functional effects observed later in life”

In English, they're saying **estrogen changes gene expression**, and you can see they use the word 'Epigenetic' which proves genes start out ok, but by our lifestyle habits we change their expression.

This tells you, or it should, that if you stop doing whatever it is that was causing the bad gene expression, it'll revert to doing what nature programmed it to do, which is obviously not to give you breast or prostate cancer!

Now a word of caution. Anyone trying to sell you the idea that BPA free plastic is also free of health risks is pulling your plonker, because although 'BPA Free' water bottles may be all the rage right now, what about BPS?

No, I'm not winding you up after all that BPA stuff, there really is a BPS, though few know about it as yet, except for the makers of plastic crap who proudly tout BPA Free on their water bottles and containers.

How come they must know? Because BPA Free is where you'll find BPS, and according to a 2014 University of Calgary study; *“It claims that BPS is more dangerous than BPA”*.

Bottom line; Glass is the only way to go, or install a decent home water filter or distiller, and keep the water in glass jugs in the fridge.

If you're a little old lady then a cheap Brita 'glass' jug filter might suffice, but if there's more than two of you, or you exercise, you'll need either a triple filtration point of use, under sink filter (£175), a 2 gallon a day distiller (we use a Megahome £250), or a bit more poncey and expensive Reverse Osmosis unit (£500+).

Don't cry about the money, because cancer's not exactly a cheap date either!

Showers/bathing.

If it's on your skin, it ends up inside you, so if you go from 2 showers a day to 3 or 4, then you may like to consider a filter over your showerhead and bath tap. And use a shower gel or soap with the lowest chemical content.

Shower cubicles become chlorine gas chambers if not well ventilated, so get used to a cooler temperature if you have a small cubicle, or buy an air vent.

Deodorants.

You'll 'sweat like a glassblower's arse' out here in summer, and the natural inclination after a shower is to reach for the Lynx or the Dove.

Don't, it's as good as rubbing poison into your lymph glands, and if you're a lady this becomes all the more retarded for obvious reasons.

Use pit rock or bicarbonate of soda under your pits. It doesn't smell of anything, and nor should you after using it. And besides, I don't know where this idea of men smelling like a tart's handkerchief comes from in the first place.

Save it for special occasions, and also avoid counterfeit perfumes like the plague, since you may be shocked to discover that the chemist who formulates them won't be sending you a get-well card in hospital, nor paying your chemo bill.

Same goes for cheap Chinese makeup containing lead. If Mr Pound is your 'go to cosmetic store', then looking your best is the least of your worries.

Newspaper ink.

I've no idea what regulations they have on newspaper and till receipt ink out here. Some newspapers might still use dangerous petroleum-based inks with a high amount of volatile organic compounds (or VOCs) in them.

The best approach might well be to contact one of the newspaper companies and ask them what ink they use, then do some research for yourself.

I don't waste my time with the gutter press anyhow, and I once lined my birdcage with a copy of the Sun, but my budgie refused to shit on it and died!

But to my mind, if the ink comes off on my fingers it can't be good for me, and if it was safe it'd be 'food grade', so you could eat it.

Supermarket chains back home have switched to using BPA-free ink/receipt paper, although a question still remains regarding the safety of the substitute for BPA, as with plastic bottles, so best ask the checkout person to put the receipt in the bag, and examine it when its dry.

Exercise.

If people exercised back home, then I find they'll do the same amount or perhaps more out here. Even in Oct/Nov/Dec/March/April we can have sunshine here that's akin to British summertime, and this is a superb motivating factor.

Also, we spend most of the year semi naked compared to back home, plus living in a tourist resort, we're often surrounded by bikini clad sun worshippers who think nothing of walking around a supermarket or dining at a restaurant during the day wearing very little.

If ever there was a place to live that reminds you you've let yourself go a bit, then this is it.

Because of this, many people unaccustomed to exercise decide to begin an exercise programme.

Exercise is great, but it needs to be **age appropriate**, meaning the right type, intensity, duration and frequency.

As a physical practitioner and PT student for 55 years, a coach for 37 years, a UK gym owner, and a health advocate encompassing diet/nutrition and so on, I can hand on heart tell you I don't see much, if any, age appropriate exercise being done, and definitely none being taught out here.

It would be the same worldwide mind you. You'd still get some twat of a child that's passed the easiest fitness qualification imaginable, then writing a programme out for you, and, if you're daft enough to pay for it, stand next to you texting, while you slog your guts out performing the programme.

This newsletter is not about exercise, and there's plenty we've written on Bluntcoach.com on the subject, but here are some home truths about exercise you should know, and a cancer connection if you get it wrong.

A Scandinavian exercise physiologist, Martti Karvonen, found in the 1960's that the heart began to condition 5 minutes after it got to a training heart rate (60% of max), which took 2 minutes.

So, seven minutes is the minimum required for a strengthening effect on the heart, which is good to know when you're pushed for time.

Dr Kenneth H. Cooper, a doctor of medicine and former Air Force Colonel from Oklahoma, then pioneered the benefits of doing aerobic exercise for maintaining and improving health.

Cooper proved the human heart is good for 22/24 minutes @50% max heart rate, before it begins to get stressed, and if you're over 35 you can't possibly unravel that stress as fast as you can produce it.

Which is why we age!

In a nutshell, when your body breaks down faster than you can rebuild it (not just the heart muscle), then you're officially ageing, and this process starts, depending on which expert you consult, between 28/30.

So, if you want to do a triathlon or an hour's cardio twice a day, as many aerobic teachers do, then fine, so long as you're under 30 and on an optimum diet with

good sleep patterns, you'll be able to repair the damage as fast as you can cause it.

After 30/35, and regardless of the perfect diet and sleep cycle, you will be 'in the red', permanently, forever.

Do you think that kind of chronic exercise induced inflammation, stress, and cellular breakdown helps promote cancer, or helps prevent it?

Maximum heart rate by the way, according to experts like Colonel Ken Cooper, and the 'Karvonen formula' is 220 minus your age, so if your 50 its 170. People say you can go to 65% of that for your cardio or aerobic conditioning, but this has recently been lowered to 50% for seniors.

This is vital to grasp as there are lots of 'Powerwalking' clubs and such out here, which are great, but we seniors must do the math first.

I'm 60, so take that off of 220 (160) and 50% of that is just 80 beats per minute!

I personally believe I can safely push it a bit beyond that, since I have both a 40-year background in athletics, and a shed load of knowledge on how to reduce the inflammation I may be causing, so I'm fine with the original 65% figure.

But where does this leave an untrained 60-yr. old woman, who's trying to keep up with some silly tarts who are pushing her to well over 80 beats per minute, and for way longer than Dr Coopers recommended 24 minutes?

I respectfully advise everyone to buy or loan a heart rate monitor to find out exactly where they're at, rather than follow some powerwalking 'cancer survivors' lead, because you may be shocked at just how easily you get to 80 or 90 beats, and how quickly these group leaders, however well meaning, get you up to and beyond 100, and for how long they'll happily keep you there, all in the name of health.

People out here often talk about doing 10k walks, which is 6.2 miles, so I'm guessing they're at it for well over an hour or more, and without the backing of a little science, they may unwittingly be playing Russian roulette with their lives.

If you're carrying a few extra pounds, then only walk with other people of the same age and the same weight disadvantage, because some stick thin cardio freak has no idea what it's like to do the same walk wearing a 20-kilo weighted vest, though I do have one if she ever wants to find out!

Either way, you can follow Dr Coopers advice, who's still cancer free and going strong at 87, or the advice of the leader of your powerwalking club, who'll likely not have a clue about anything you just learnt, nor turn up to your funeral.

Beware; Cardio releases **zero** Growth Hormone and **zero** Testosterone, both **Anabolic Youth Hormones** that promote longevity, fat burning, lean muscle gain and tone, strong bones, great libido and plenty of mental drive.

Cardio does, however, release **tons** of Cortisol, **tons** of Adrenaline and **tons** of Estrogen, which are all **Catabolic Stress Hormones**.

Male runners have been observed to double their estrogen after a race.

Anabolic means to build up, and **Catabolic** means to break down or destroy.

This is why marathon runners look like skinny, baggy sacks of half-starved shit compared to sprinters or gymnasts, and why women who persist in cardio beyond 50 usually have worse skin and more baggy arms than their husbands, whose only exercise is pulling the bathplug and fighting the current.

So, ask your fully-qualified, teenage, six pack, buff exercise coach, for a programme that's purely Anabolic, releases tons of Growth Hormone, plenty of Testosterone, zero Cortisol and Estrogen, and requires an elevated heart rate for between 7 and 24 minutes, no more than 3 times a week.

Good luck with that by the way, because you may as well be asking them for directions to Venus.

Another huge problem is with excess mineral loss through sweat.

Even in an air-conditioned gym, you'll still sweat way more than you did back home, but particularly while walking your dog, gardening, socializing, you name it.

Water puts back 3 or 4 minerals at best, but in ridiculously puny quantities, and a good sports drink has maybe 6 minerals.

Dioralyte would provide more electrolytes still, and in larger quantities, but now we're getting into the territory of 'I don't like the taste', why? Because it's bloody good for you, and the taste of a sports drink shouldn't be more important, I hope, than cancer.

Over many years, a mineral deficiency will show up as all sorts of different symptoms and diseases, including cancer, so be warned.

Remember that minerals and water-soluble vitamins are the raw building materials the body uses to rebuild and repair your mitochondria overnight.

Without them you're screwed, and probably won't get a good night's sleep either, since those same nutrients you sweat out are also essential to deep restorative, uninterrupted sleep.

This is why there's never been a professional athlete that's made it to 100, especially if they kept up the cardio beyond 40. Make sense? They literally sweated out a lifetime's worth of minerals over two decades of training and competing, and die early as a consequence.

In fact, there's never been a billionaire or a Nobel Prize winner get to 100 either, proving that being Smart, Rich or Super Fit is no guarantee of longevity. You need insider knowledge, like this, or blind luck.

The next time you're sweating profusely, give your arm a good lick, or capture an eggcup full of sweat from your forehead and drink it.

That's what your electrolyte drink needs to taste like to put back what you're losing. (Salt is brilliant for you by the way, that's another complete myth to sell more blood pressure meds and diuretic drugs to fat swollen women)

Exercise classes are often an hour long or more for one very good reason you may not have considered; **Perceived Value for Money**.

If you do an exercise class right now, ask yourself this; would you pay the same money for the class if you were in and out inside of 25/30 minutes?

Maybe you said yes, after what you've just read, because surely you didn't join a gym or class purely for value for money, you wanted to hit some physical, mental, spiritual or weight management goals, yes? You joined for results, in other words.

Or did you just want to ponce around a gym looking beautiful, taking selfies and never missing a session, even when you're under the weather or sore (unrepaired) from the last workout?

Trust me, there's an appropriate time for '**No Pain, No Gain**', and it ain't when you're over 40 in the blistering heat, when a better saying might be; '**Be Guarded or be Retarded**'.

Otherwise, the exercise is killing you!

All of my writings are always from the true accounts of either my own experiences, or clients, colleagues, or students' actual experiences, as well as my own 'observed reality', and this next story's no different.

Born to Ride!

Just this week I was out with my parents in a lovely local open-air restaurant, called the Wild Duck.

As we sat enjoying the Mediterranean sun, and actually watching the ducks go about their business, a nearby table became occupied by 5 or 6 British guys.

All of them were between 55 and 60, all fat and out of shape to some degree, all had a pint in front of them, and two were smoking.

Nothing out of the ordinary about that you may be thinking, but they were also all wearing ridiculous Lycra cycling outfits.

You know, the sort of outfit that ‘only just about looks right on a man with 10% body fat’, like the dude below.



And not with 30% to 40% body fat like the dude below him, who is, by the way, a dead ringer for the guys we saw.



A very nice guy I'm sure. Married, probably got kids, maybe even grandchildren who adore him, Omega watch, all the top kit, and I'm guessing ex RAF (if he's British), or Army, Police, Paramedic, possibly even an ex Firefighter.

That's an important issue to understand, because yes, an accountant can get stressed out the same as any of us, but all our first responders, our soldiers, and our police officers, all soak up more stress in a month than you and I do in a year. They're literally inflamed to the gills the day they leave the services, even without the help of a poor diet, or a crazy exercise regime.

The above is just a random photo I found on the net, but look at how the guy looks like he's been pumped up by a bicycle pump.

Check out his fingers and forearms, and I'm guessing that wedding ring would have to be cut off him.

This poor bugger's probably on some stupid low sodium diet and is obviously retaining fluid, because that's what salt restriction does, it triggers the release of the hormone, aldosterone, which holds onto water, and most likely he's also on blood pressure meds and statins to boot.

This man will bust his balls to raise money to save lives, and we should all love him for that, but I don't feel he should risk his own life and deprive his wife and kids of their Dad, not for at least another 30 years.

Anyway, these guys in my story all had the logo of the Royal British Legion on their shirts, and had just finished a training ride.

It was 2 PM (early June), and the sun was 28c and blazing, not the best time for exercising, but they were in training for an upcoming fundraising event that would involve having to take on both the Cyprus weather, as well as a big physical challenge.

The previous year, that challenge had entailed them cycling around the whole island of Cyprus (700 km) over 7 days, in temperatures south of 25c, and with the average team member being 55, and the oldest 72, in health terms, this is insanity.

This year I discovered, would be a 3-day event, involving two days of hard slog riding, either side of one crazy day of climbing Mount Olympus in the Cyprus Troodos mountains.

That's a **13-mile road climb**, by the way, to get to the 6,400-ft. elevation.

A teenager could do the whole thing in a weekend, no problem, and still be up for exercise at school on Monday. How come?

Because teenagers can repair their bodies faster than they can break them down.

A 30-yr. old could do it over the 3 days, and maybe still take the stairs over the elevator at work on Monday, and not be too stiff. How come?

Because a 30-yr. old **just about** repairs himself as fast as he breaks down.

But regardless of how stoic any of these 40 plus yr. old guys in question may be, I know, and science can back me up, that they will have created massive amounts of systemic inflammation in their bodies and arteries, that they have no hope whatsoever of clearing up anytime soon.

In fact, if they think beer, whole grain wheat, pasta, vegetable or olive oil and energy bars are a good choice for someone in hard training, then they're in for a double whammy.

Pro-inflammatory foods such as the above, will only add more fuel to an inflammatory fire that's already impossible to extinguish.

And you can bet your life they've all been warned off of salt, fat, and cholesterol, but will be guzzling gallons of water from **Zeno Estrogenic** plastic bottles, and be using sunscreens akimbo.

The zeno estrogens that leach from the plastic into the water is just one of the reasons why most of them are still fat or have little man boobs. That and the estrogen from the hops in the beer, in spite of cycling over 100 miles each week, spread out over 3 sessions, which also elevates estrogen!

Endocrine disrupters, or estrogen mimickers from plastic bottles, beer, soy, flax, beans, peanuts, peas and so on, are just one small part of the puzzle as to why there's never been a professional athlete that's lived past 100, and here's another part.

As mentioned earlier, but worth repeating, these cyclists simply cannot replace minerals as fast as they piss them out in sweat.

'Mineral Water' by the way, is just another marketing joke, or yet another tax on stupid people if you like, because the number and amount of minerals they contain is beneath negligible.

So-called electrolyte drinks certainly give the idea that they contain much more of the basic salts, and they do, but are also very insufficient.

Diarrhoeal powders are better still, but start to taste like crap after a while.

A fat man cycling 13 miles up a mountain in 25-degree heat will be sweating 3 to 4 litres per hour, and every drop of that sweat contains more minerals than anyone over 40 can afford to be losing.

Some good research has been done into this, but in no way enough research, and the following study shows the amounts of some of the familiar minerals and trace

elements lost, in grams, per litre of sweat; "Sweat mineral-element responses during 7 h of exercise-heat stress," *Int J Sport Nutr Exerc Metab* 2007 Dec;17(6):574-82.

Sodium (0.9 gram/litre), Potassium (0.2 g/l) Calcium (0.015 g/l), Magnesium (0.0013 g/l), Zinc (0.4 milligrams/litre), Copper (0.3–0.8 mg/l), Iron (1 mg/l), Chromium (0.1 mg/l), Nickel (0.05 mg/l), Lead (0.05 mg/l).

A good study, yet where's the manganese, phosphorous, cobalt, boron, selenium, and vanadium?

That lot is classed as essential to life, **currently, that is**, which doesn't mean there won't be more of the 60 minerals in total, that later turn out to be equally important.

Nature never makes redundant systems, junk DNA, or vestigial organs of no use, such as the tonsils, the appendix, or the tailbone.

All those were thought to be surplus to requirements, yet with our current knowledge, how embarrassed are the medical experts who told us that?

'Carnosine' for example, is officially classed as a 'non-essential' amino acid, yet was recently found to have incredible anti-cancer properties, and powerful anti-ageing benefits. *1, Anti-aging AA Boldyrev, SC Gallant, GT Sukhich - Bioscience reports, 2, carnosine retards tumour growth; 1999 C Renner, N Zemitzsch, B Fuchs, KD Geiger... - Molecular cancer, 2010*

Shame it's only available from red meat then!

So ya boo sucks to all your vegetarian friends, who tell you a plant-based diet can contain all the essential amino acids.

It's worth remembering that what's essential or non-essential, or important or trivial to our health, was often worked out over 50 years ago, since when we've not only learnt a hell of a lot more about what's essential to life and what's not, but we've also witnessed the mineral content in our soil and food chain plummet to as low as 20% of pre-war levels.

So, since there are around 60 minerals that could be potentially leaking out in our sweat, what hope do any of us have in replacing them as fast as a cyclist sweats them out, at 3 or 4 litres an hour?

No chance is the answer, and even if they take supplements and eat right, it'd take weeks to stock back up, but they're out on their bikes every 2/3 days.

Besides which, don't count on being able to absorb more than a fraction of the minerals you ingest via food or pills, not until you stop eating 'wheat' in all its disguises, since it destroys your intestinal villi's ability to absorb nutrients.

Plus check your diet for **Phytins**, which you'll remember are just one of plants many defence anti-nutrients, that take essential minerals such as iron, zinc, magnesium etc. out of the body before they can be absorbed.

Absorption is separate from digestion by the way, and most people over 50 only make half the stomach acid they need to fully digest their food, which needs to happen to have any hope of absorbing whatever goodness it did contain.

Stomach acid is of the 'Hydro-**chloric**' type, and to make any of it you need chloride from adequate salt intake! That's the same sodium **chloride** we've all been wrongly warned off of.

Also, all wannabe athletes should know that drinking anything fizzy 30 minutes either side of or during a meal will neutralize stomach acid, halt digestion, and ruin the absorption of nutrients that they need more of for repair than anyone.

The carbon dioxide (in absolutely anything fizzy) is the culprit, and whilst many athletes know this widens the blood vessels and aids performance before an event, and many these days are even taking bicarbonate of soda as a legal performance enhancer, a pint of beer or a cola with any kind of meal is disastrous.

Anyhow,

My Dad's been a big backer of The Royal British Legion for as long as I can remember, and our family has always supported them. They're brilliant, but the idea of me going over and reasoning with them (as Dad would have liked) was out of the question.

Because my advice would be, **don't do it!**

Not unless you want to knock a decade or two off your life expectancy for charity!

On a small island with thousands of 16 to 21 yr. old, bored shitless ex-pat children to ride the bikes, and these older guys to apply their brains and experience to the fundraising, equipment, sponsorship and coaching, then the event would still be a brilliant financial success, but without the older dudes killing themselves in the process.

Though I'm guessing they'd tell you there's a bit more to it than just fundraising, and it's as much a part of their social life, as it is an event.

Anyhow, here's more food for thought on the stupidity of hard exercise over 40, in the form of another true story that no one seems to get the message from.

The True Story of a Greek Messenger, whose Message no one Seems to Get!

It was August 12th 490BC, and Greek messenger and professional runner, Pheidippides, was having a busy week, since Greece was at war with the Persians. Based in Athens, Pheidippides was called into his supervisor's dispatch office.

'Got a nice big job for you 'Fed' (as Pheidippides was known), and this is urgent, sort of 'Express' if you know what I mean, so you better set off right away' said the supervisor.

'You need to run to Sparta and ask them to send troops to Marathon because we're losing the battle'

'Great' said Fed (Pheidippides), what leg of the journey am I doing?'

'All of it' replied the supervisor, 'I'm short staffed today, sorry Fed'

What a bloody liberty, Fed thought, 147 miles to Sparta, and no time to 'carb load' or stock up on wanky gel packs.

'Look' said the supervisor, 'it's no good having a face like a slapped arse, besides, there'll be a bunch of silly tarts along the way offering you water, and you might even get your leg over on your way back with the Spartans, what with you being Athens's best runner, so let's crack on'

Fed set off in the burning morning sun, and under a clear blue August sky.

'Damn living in the Med' he cursed, '280 poxy sunny days a year'!

Fed followed a rugged, difficult, and mountainous terrain, and arrived in Sparta 36 hours later.

'Of course, we'll help' said proud King Leonidas 'we're all well hard in the special forces as you know (and definitely not gay), but your people should know that our religious laws require us to not take to the field of battle till the moon is full, so we won't be there for a while'

The words; 'full moon!, and are you f***ing kidding me', were about to leave Fed's burnt, charred lips, when he noticed he had his back to Sparta's infamous pit of death, so he wisely replied; 'thank you, King Leonidas, I shall immediately return to tell the generals, but I'm a bit banged up from the run here, may I consult with your medic to tend to my blisters and knees before I set off?'

'Medic, what medic? Are you calling us 'soft boy lovers' Athenian?' Shouted the proud (and definitely not gay) Spartan King.

Fed stammered, closed his eyes and knelt before the King; 'No, my lord, forgive my presumption, I.....'

'Wait' interrupted the King, as he smiled and reached inside his tight leather speedos to perform a rare act of kindness.

'Here, try swallowing this' (Fed peeked up at the King with a feeling of impending doom), *'but you didn't get em from me ok...there called Ibuprofen, one of my Captains had an eye out last week and didn't feel a thing after taking four of these. Take two every four hours, and make sure you drink plenty of water or they'll ruin your kidneys'*

'Oh, blinding my Lord' said the thankful runner.

'Blinding! Oh, I get it, 'blinding', yeah very funny, but I've got to go and watch some kids beat the snot out of each other now, then offer them some (non gay) 'companionship', so be gone puny Athenian'

36 painful hours later, Fed limped into his dispatch supervisor's office and delivered the bad news.

'Bollocks' said the supervisor. *'the Generals will be well pissed off. Still, look here, we've just had a delivery of these high energy protein bars, and I've half-inched a box for you as a thank you. Eat no more than 2 a day mind you, or in this heat they might damage your kidneys.'*

'Thanks boss' said Pheidippides, exhausted and starving from his endurance ordeal, and already chewing on his first protein/energy bar, washed down with 4 Ibuprofen and a gallon of 'mineral water' from a local spring.

'Don't thank me too soon Fed, you're off to fight at Marathon tomorrow, they need every bit of help they can get against the Persians'

The following morning when Fed woke at dawn, he could barely stand, and his swollen blistered feet could hardly fit in his sandals. An hour later after 4 Ibuprofen and 4 protein/energy bars, he felt able to set off for Marathon with the other troops.

'At least were walking it today, he thought, but I'm too old for this shit, I'll be 40 in a few days.'

2 days later, at Marathon, Fed was fighting alongside his fellow Greeks.

Outnumbered four to one, the Greek commanders decided upon a very risky strategy.

Instead of holding their ground, they launched an offensive, which took the Persians by surprise killing 6,400 of their soldiers to just 192 Athenians.



The surviving Persians retreated to the sea, and immediately set sail for Athens.

They figured they could sail around the peninsula to Athens before the army could get back by land to defend the city.

Someone had to warn Athens, and at the same time announce the victory of Marathon, so the Generals briefed Pheidippides (Fed), who hurriedly ate 3 more protein/energy bars, took another 4 Ibuprofen, and set off for Athens.

'Remember to stay well hydrated' said a General, 'you know how that messes with your kidneys'

According to Plutarch, writing several hundred years later, after 3 hours, and running 25.8 miles, a tragically dehydrated Pheidippides arrived in Athens, exactly on his 40th Birthday.

He says of the legendary runner; ***"...who ran in full armour, hot from the battle, and, bursting in at the doors of the first men of the State, could only say; "Hail! We are victorious!" and straightaway expired!"***

The end.

www.awesomestories.com/asset/view/Legendary-Runner-of-Marathon-Pheidippides

Now the truth is, that historians are not entirely sure if that was Pheidippides who did that last run, but they are sure he did the first, Sparta and back run, from the accounts of Herodotus.

But either way, Pheidippides did exist from 530 to 490 BC (remember to count backwards for BC), and he did drop dead at 40.

Obviously, the Ibuprofen and the protein bars are my idea, since too much protein, painkillers and dehydration are a lethal combination on the kidneys.

Or maybe Pheidippides died of a massive coronary from the stupid amounts of cardio induced inflammation built up in his arteries, that would have been

protected by good old cholesterol for as long as possible, but eventually, his heart just couldn't push hard enough, or get the nutrients it needed to function.

Are you seeing anything here that might apply to our fundraising chums?

How many men over 55, in serious training in a hot climate, WON'T Be; Mineral deficient, massively dehydrated, on some form of painkillers (any meds in fact destroy the kidneys), and eating too much protein, (what else are you left with if fat's so bad for you?)

Carbs, by way of starchy foods, and any cooking oils, create even more systemic/arterial inflammation, and protein buggers the kidney's, so take your pick.

Why do many of these guys think they still have a weight problem I wonder? They're cycling 33 miles in a sauna, 3 times a week for god's sake, and a lot of that's uphill.

Do they believe in the bullshit of calories in v calories out?

I mean, who in their right mind would want to carry an extra 30lbs of ball crushing fat on a 33-mile bike ride anyhow, especially when you weren't even able to tap into it as a primary energy source.

Why can't these cyclists burn fat for fuel?

The answer's quite simple. It's because your body can't fully get at the fat to use it for energy, not while you're consuming carbohydrates and releasing insulin.

And all the cyclists I've ever met or coached seem to be of the understanding that carbohydrates are the body's 'Preferred' energy source, and an 'Essential' component of pre, during and post workouts, and their actual events.

Both of those understandings are blatantly false!

Carbohydrates are not 'Preferred' by the body at all, they are '**Prioritized**', since more than 10/15 grams (3 teaspoons) of glucose in the blood becomes toxic. Insulin is released to deal with this problem whenever we eat or drink carbs, and this powerful storage hormone signals all muscle cells to **stop using fat for fuel** and prepare to take on the glucose for immediate energy.

If muscles are depleted of glycogen at that precise time, then the glucose consumed via a pasta lunch or a gel pack on the road, will go straight to the muscles.

That's a precise science we don't have time to go into here, but suffice to say the only people who have a grasp on it, and know exactly how much carbohydrate to feed a cyclist...to the gram...are Tour De France coaches.

This explains why their athletes can perform at such a high level, while still staying as lean as possible to avoid dragging any excess weight around.

It also goes some way towards explaining Lance Armstrong's cancer problem at the age of 25, and cycling's link with prostate cancer in general; *J Men's Health 2014;11:75–9* “*infertility and prostate cancer on the basis of repetitive trauma to the perineum leading to recurrent inflammation and compression of anatomical structures*” “*men were found to have a two- to six fold ‘greater risk’ of prostate cancer with increasing cycling hours per week*”.

Back to glucose. What you need to understand is, that if your muscles only needed say 20 grams to top them up, plus the 10 grams needed to float around in the blood ready for action, then every gram of glucose over that 30 grams will be sent to the liver for conversion to ‘non-toxic’ glycogen.

And the liver would hold onto that liver glycogen like a reserve fuel tank if you like. So, what's the problem?

Well, that fuel tank only has a 100-gram limit as to how much it can store, and if its full, and the muscles are also full, guess what happens to every ounce of consumed carbohydrate/sugar/glucose/fructose/maltose/dextrose and so on?

It gets stored again. This time on your arse, gut, thighs or wrapped around your internal organs...as FAT! (a process called *de novo lipogenesis* literally: the creation of fat from non-fat sources).

That's right, surplus carbs turn into, and make you fat.

As a coach of 37 years myself, I can tell you that the level to which Tour De France coaches and doctors understand this, is absolutely mind boggling, and this is why each team has its own doctor, (and chemist!) chef, dietician, nutritionist, coach and physio, following the athletes around day and night.

Not something that's likely to happen for Cyprus charity riders!

Unlike the storage capacity of muscle glycogen (3/400grams) and the 100 grams in the liver, which come to just 2,000 calories, the amount of reserve fuel a human can carry around on their bodies in the form of fat, is unlimited.

2,000 calories will last an endurance athlete around 90 minutes at a good pace, which is why you see them constantly stuffing energy bars and gel packs down their necks, for fear of running out of glycogen and ‘hitting the wall’.

The reason they ‘hit the wall’ and look wobbly and drunk, is because they're unable to switch energy sources from glycogen to fat, and the reason they can't switch to fat is not because they don't have any, but because they're always

stuffing carbs down their necks at every meal, and before, during, and after training.

Every time they do this insulin spikes, and since we don't burn fat in the presence of insulin, we need to wait 3 to 5 hours for it (insulin) to clear the body first.

Problem is, that other than first thing in the morning, they never get to clear insulin for 5 hours before stuffing their faces with even more carbs. And do they wake up in the morning fat burning mode and go straight out on a 33-mile, water only, fasted training ride?

I doubt it. They probably scoff some ridiculous grain-based cereal or porridge, toast and an energy drink, then hit the road an hour later, or go straight out on the bike with one gel pack consumed, and supplies of one more per 20 minutes of planned road time.

Gel pack manufacturers know their products are designed for elite, and closely monitored professional athletes, of course, and that they'll make everyone else who messes with them fatter and fatter, regardless of how many miles they clock up on the road, because they simply don't know the science.

And the sheer fact that Lycra outfits come in anything larger than a medium size tells you that someone's onto the fact that this is big business for all concerned parties, looking to make it 'OK' for fat boys and girls to 'get on their bikes'.

Probably under the mistaken belief that clocking up 99 road miles over 6 hours a week in a saddle, sweating like a dyslexic on Countdown, will somehow have weight loss as a bonus side effect.

This is where Weight Watchers fall's flat on its outdated fat arse, because if a calorie is just a calorie, and, just as an example, you eat 3,000 and burn off 3,500 a day, then you have a caloric deficit of 500 per day, or 3,500 per week, which should burn off exactly a pound of fat a week, right?

But they don't, and nor do the fat ladies pounding the treadmills at the gym, or the pathways up the mountain, because a calorie is definitely not just a calorie.

It's the effect those calories have on your hormonal system that's the key to understanding weight loss, since a 500-calorie breakfast of cereals, toast and jam etc will totally derail any fat burning effort, due to the insulin spike, for up to 5 hours.

Alternatively, the same 500 calories of bacon and eggs won't hardly budge insulin, allowing not only those 500 calories to be dealt with, but as many more calories as needed to complete the workout will come from fat stores.

Better yet, having a black coffee, then a glass of fizzy water with a soluble Aspirin in it, and nothing else, will put the lardy athlete in super fat burning mode, which his body will have already been in since maybe 2/3 am (5 hours after last carbs).

The carbon dioxide in the fizzy water will widen the blood vessels, and both the liquid and Aspirin will further protect from dehydration and early morning blood clotting (best time for a stroke!), plus the Aspirin and the coffee make an awesome fat burning (thermogenic) stack.

This rider, should they need to lose weight, will save a fortune on poncey gel packs and energy drinks, and only require plain water with a twist of lemon and Himalayan salt. He will never run out of fuel, since even a lean person carry's more than 100,000 calories in stored body fat.

This athlete is what we call; '**Fat Adapted**'.

And so now you understand why a calorie is never 'just a calorie'.

Hopefully you'll soon also understand part of the Miss Marple mystery of why many endurance athletes over 40, including aerobic/Zumba type coaches, often teaching two sessions a day, are still as fat as f***!

The human body didn't evolve to ride a bike for 3 hours for pleasure, especially at a cracking pace, and as far as the body/mind is concerned; your either 'Hunting' something, or being hunted yourself.

You can't be 'Gathering' can you? Since you'd hardly have to chase some berries or fight some carrots for 3 hours.

And since there's no protein or fat arriving in the stomach, the body thinks you must be a pretty crap hunter.

Worse still, is that your body can't allow you into your fat stores in the presence of high insulin, and all you ever seem to do is burn glycogen and replace it with ever more carbs.

So, your amazing body dials down your metabolism in something called '**compensatory behaviour**', and increases your appetite for when you do catch something worth eating, so you'll soon put back any excess fuel you expended on your 3 hour hunt, with some extra bites at dinner.

Hence, we say, 'working up an appetite'.

So now, when we examine a person eating 3,000 calories a day and burning 3,500, it makes more sense as to why they can't shift the fat off their arses, because Mother Nature has lowered the person's basal metabolism required for survival to perhaps just 2,000 calories.

They're eating 3,000 remember, no doubt keeping track of it all on some stupid calorie counter, and they also calculate the burning of 3,500 by a similar formula, considering sex, height, weight, and how far they cycled or powerwalked etc.

But Mother nature's way smarter than any calorie counter, and has reduced the number of calories actually required to 2,000, so, although they're burning 3,500 and think they only need 3,000, giving a daily deficit of 500, they are in fact still consuming 500 calories 'MORE' than they actually need.

Take your time and do the math! (I'll wait)

Try running that past the fat old duffer that runs the local Weight Watchers club, and see how fast her ankles swell and she gets a migraine.

I'm going to annoy the hell out of some people by dropping that subject now, just as it was getting interesting, but this newsletter isn't about weight management.

But, and I speak from both personal experience and from coaching thousands of people, there's nothing more frustrating for a 50+ year old who counts calories and is fitter and trains harder than most teenagers, than to see 1 or 2 lbs of excess baggage creeping on each year starting around 40, and by the time they're 55, hey presto, they're 20 to 40lbs overweight.

Gutted!

And what do most of them do about it?

Well, if they believe in the dogma of calories in v calories out, which I just destroyed, then what else can they do, but further reduce calories, exercise even more, or both, right?

And wrongly believing that starch carbohydrates are god's gift and fat is the enemy, they reduce their calorie intake of protein and fat even further, plunging themselves into a deeper hole of being an insulinaholic sugar burner, never giving insulin a break long enough to deal with the excess fat problem.

My experience is that most of them do both, i.e. restrict calories and increase exercise, and this leads to disastrous amounts of chronic, systemic inflammation, that can be found at the root of every major killer disease, including **cancer**.

Here's one final example of exercise/weight management folly for you; In 1989 A Danish research team actually trained a group of couch potatoes to run a marathon. *International Journal of Sports Medicine, May 1989; 10(1 suppl.):S17-21 Janssen GM*

Sounds cruel I know, but these people planned on dropping some considerable weight in the process, so it would be worth the monumental effort, (or so they thought).

18 months later, and after actually running a 26.2-mile marathon, the 18 men in the study had lost a whopping average of '5', yes you read it right, five pounds of body fat.

The 9 women in the study must have had faces like a slapped arse because they lost sweet FA! "***No change in body composition was observed***" the report read.

Now that's my idea of funny.

It's hard for me to understand how someone can know the detailed workings of a Harrier Jump Jet, a tank, or mortal combat, but not have a clue as to how their own body works!

But that's just me, and I can barely tell one end of a tank from another, so each to his own, I guess.

But these likeable RBL guys are killing themselves, as are millions of others worldwide, by refusing to accept that firstly, ***exercise must be appropriate to age***, and secondly, exercise and health are two completely different things.

If, and only if, the exercise was age appropriate, then the best you could say is it'll help the exercisers quality of life, through increased mobility, flexibility, balance, coordination, maintenance of muscle and bone mass, plus better hormonal balance, etc, but that's if it was the right exercise (don't get me started, but it ain't 33 miles of cardio or 90 minute mountain powerwalks).

At best, you could still only show a correlation between fitness and better health, since they really are a world apart. (think Ovett, Coe and Cram, always sick!)

I've often said it's a pity more people don't snuff it in the gym, or while actually out on a run or bike ride, because then the public would be questioning this bullshit of a fitness/cardio/health connection, a good bit closer.

But no, that final, fatal bit of stress damage and chronic inflammation from that last workout or fun run has to take place first, then the body tries to deal with it, adapt, cover the damage with cholesterol, and a few days or weeks later the person dies, usually between 8 and 9 am if their still working, or at some random time if retired.

Often people feel under the weather for a few days leading up to their demise, and so naturally, since they're over 50, they listen to their body wisdom, take it easy, and refrain from training.

Thus, the death certificate will say perhaps; myocardial infarction (heart attack), or renal failure (kidneys gave out).

Never will it say, *Cause of death; ‘heart congestion or renal failure due to cycling up hills like a madman, chronic dehydration, use of any meds that affect the kidney’s (they all do), a top-heavy starch diet that was high in pro-inflammatory foods and omega 6 oils, absorption of phyto and zeno estrogens, malabsorption of minerals from gluten damage and fizzy drinks, on top of kidneys which were already way past their prime.’*

Of course, if they don’t die of an acute problem, like an arterial tear and a clot to the brain or heart, which still takes years in the making, the systemic inflammation, chronic dehydration and mineral depletion, will see to it that cancer comes knocking at their door sooner rather than later.

Most people who die peacefully in their sleep at 95 are riddled with cancer, but they died with it, **not because of it**, unlike those where cancer shows up early at 60 or 70, where for whatever reason their physiological age far exceeds their chronological one.

In other words, they’re 60 or 70 on the death certificate, but 95 to 110 on the inside. Am I making sense?

Every physiologist or longevity expert agrees we have a theoretical lifespan of 110 to 120 years, and in fact the oldest documented person was, Jeanne Calment, of France, who died on 4 August 1997 aged 122 years, 164 days.

My belief is that we confuse chronological age with biological/physiological age, and in the case of Jeanne Calment her ages matched each other, where for the vast majority of people it’s as if they have Jeanne’s body on the inside, but by the tender chronological age of just 60, 70 or 80.

It’s a pity we can’t take our birth certificates out each month and see how old we are on the inside, given last month’s level of mitochondrial/cellular abuse, but chronological time has a set pace, whereas our wear and tear and the metabolic diseases of ageing know no such limitations.

One thing’s for certain though, and that’s whilst many centenarians will have worked very hard back in the day, maybe even played a sport and endured tons of stress from war, work, loss, divorce and bereavement, its usual to discover that crazy exercise over the age of 50 rarely shows up in their profiles.

I take a great message from this, and plan to do the least amount possible for the maximum physical returns in my next 60 years, perhaps concentrating as much on my mental muscles as I did my physique in the past.

When confronted by 50 plus year old **'10 k Mountain Power walkers'**, **'CrossFit Mongs'** or **'Ultra This and That's'**, I just piss myself laughing, not the least because I know how badly they're doing it, but because I fully understand the long-term consequences of their folly.

Please don't be impressed by them, nor feel obliged to join in.

Rescue a medium sized dog, teach yourself yoga and buy some dumbbells, and by all means join a chess, lawn bowls or snooker club and thrash all-comers, young and old, sign up to an art club and create something beautiful, or spend the next decades mastering a musical instrument, as I plan to do.

But being a trendy exercise junkie over 50, in a world of chronic stress, pollution, toxic nutrient depleted food, and drug happy doctors, well, that ships sailed, and it ain't coming back for you!

To try and end this segment on a lighter note;





Or how about this, as the worst ever team cycling outfit;

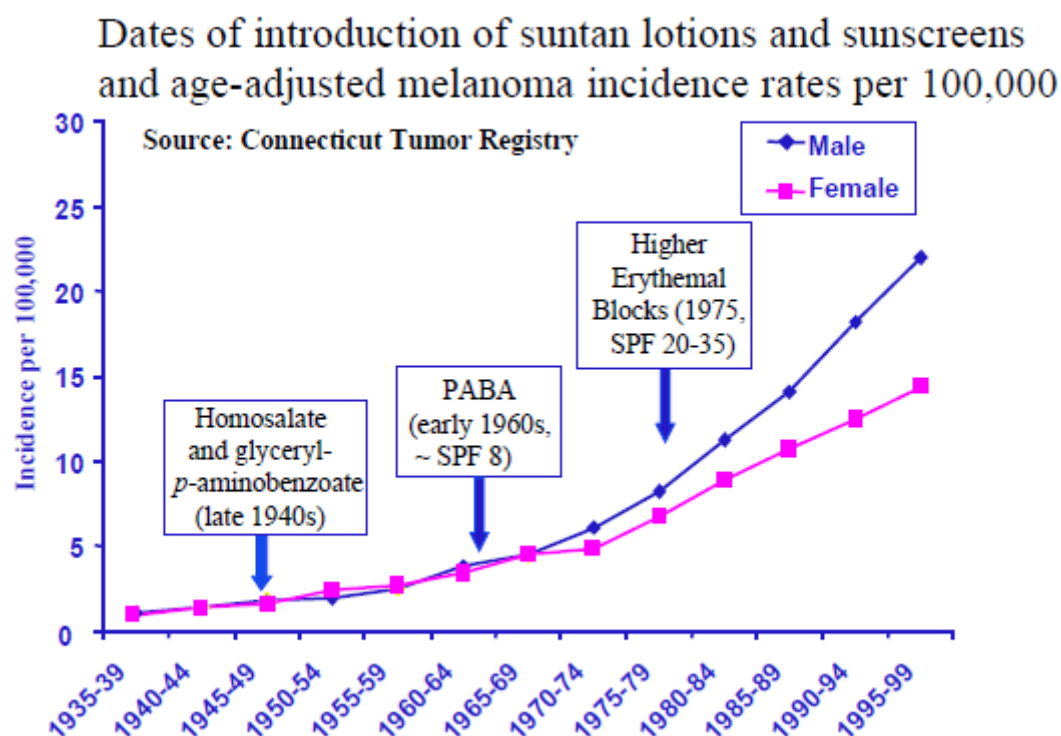


I can't seem to draw my eyes away from the girl's 'growler' third from the left, or the 'slap head' standing next to her. Surely it must be photoshopped?

Well, now you know something about exercise that you won't hear from any bored housewife who's done a diploma course in Life Coaching, NLP, Fitness Training, Diet or Nutrition.

Sunscreen.

Check out this graph below.



It looks convincing doesn't it, but you could see a similar skin cancer correlation with the rise in consumption of PUFA's, exposure to EMF's, or even the use of sunglasses and glyphosate.

Vitamin D is incredibly cancer protective, and you may even find a correlation between skin cancer and the lack of it, due to perhaps statin use, low fat diets, or even from not going out in the sun at the optimal time of day.

Which just happens to be of course, the exact time dermatologists tell us to stay out of the sun, or to slap on sunscreen, hats and clothes (11am to 2pm).

Once again, I'm suggesting that cancer is a multi-factorial condition, and whilst it may be true that one specific thing may have caused the tipping point, or broke the camel's back if you like, I caution you to be very careful of trying to pin the

tail on a specific donkey as it were, as the chart above is obviously trying to do with sunscreen.

We've made the mistake in the past of allowing our clients the luxury of thinking; 'oh, ok, I'll just stop smoking then', or eating PUFA's, using sunglasses or sunscreen etc, and it's a massive trap to fall into.

The human body is so remarkably resilient, and there are so many cancer protective genes that need to be screwed up before symptomatic cancer shows up, that it would be irresponsible of us to suggest that this is some kind of a buffet, where you can pick and choose which of the 22 ideas for an increase cancer risk in Cyprus (presented here), can be selected or rejected.

It's not a buffet, it's a set menu! And when you read our research, and follow it up for yourself, then, provided you're as serious about avoiding cancer as we are, then the only way forward is to take all the steps, however uncomfortable or anti-social they may be.

Otherwise, what if there are another 22 things, as yet undiscovered by science, that also contribute to cancer, and it turns out you're doing, eating, drinking, breathing and absorbing through your skin, every bloody one of them?

Or what about the 22 other things you were doing just as much of back home as you'll do here, but that we haven't mentioned, since this newsletter is all about the **differences in cancer load** between here and your home country.

Be honest, if you didn't know half of what you've read so far, then what else is there to know? And thus, can you afford to pick and choose what you will and won't do off our list?

Because for all you know you're '**Camel's Back May Already be Broken**, and your just one 'free finger up the bum or mammogram screening' away from Cut, Burn and Poison!

So, with that in mind, how much sunscreen did you use back home, and on your normal vacations?

For those who persist in this chemical madness, whatever the amount you stated, you'll be using a ton more here, May to October, so best you find an alternative.

Particularly look for products that **don't contain** the following; Oxybenzone, Octinoxate, Retinyl Palmitate (Vitamin A Palmitate), Homosalate, Octocrylene, Paraben Preservatives, PABA, and spray on products containing Titanium Dioxide and Zinc Oxide have 'inhalation concerns'.

15 to 20 minutes, preferably naked, in our summer sun (or till you go pink), is plenty long enough to make 10 to 15,000 IU of Vitamin D3, providing you go out when doctors recommend you don't of course!

The absolute latest research on D3 can be found in our Newsletter on Asthma and Allergies, available through our distributors or Blunt Coach.com.

That's 15 – 20 minutes on skin unpolluted by sunscreen, in a body minus statins, and certainly not in someone who believes cholesterol is evil, since without it, **no ultra-cancer protective, 'Pro Hormone Vitamin D' can be made.**

Your level of tanning is of no concern to us, but the darker you get, or are, then you may need to extend this time to 30 minutes, and way beyond that if you're of African descent.

According to the latest research, 10 to 15,000 IU's of daily D3 will not only make you **bulletproof to all known diseases**, but will help you store enough to see you through the winter months without any deficiency, or S.A.D syndrome problems.

Barbeques.

How many barbeques did you attend back home. Perhaps 5 per year?

Well, you can expect to be invited to 20 to 50 out here, and, if you like the idea yourself, you can even have a Barbie most evenings, May through September.

And why not, it's a fantastic way to eat outdoors, and to socialize in the late afternoons, or under the beautiful Mediterranean stars.

Except for 'That Guy', of course!

You know, that bloody guy who insists on building the barbeque like its bonfire night, and cremating all the meat, fish and veggies under a cloud of smoke, and even the pitta bread will end up slightly charred; That guy.

Eating **Anything** that's burnt is one of the most dangerous things you can do towards your carcinogenic tally, and I see it all the time out here.

I personally have no idea whatsoever how to make the perfect barbeque, but like 99.9% of all men, I guess I'm still a sucker for anything involving fire.

I've also discovered that it's considered rather bad form to point out to another man that he's overdoing it a bit, either with the 5-foot flames leaping out of a 1-foot high barbeque pit, or the fact that charcoaled anything, as tasty as some find it, is; **Highly Carcinogenic!**

It's high time the women took over, since I'm sure they can both talk, laugh, drink, enjoy the safety and warmth of the fire pit, and keep an eye on the food crematorium at the same time.

Men it seems, cannot perform this simple act of multitasking, and in 6 years I can think of no more than 6 barbeques I ever attended where I could eat anything that was put in front of me, and was cooked to perfection.

The carbon compound 'Acrylamide' is what we want to avoid, and even burnt veggies will give another carcinogenic compound called 'Benzopyrene', which is found in larger amounts in cigarette smoke.

Even browned potatoes are dodgy.

So, what about grilling?

The three troublesome chemicals that can easily be produced during grilling are heterocyclic amines (HCAs), advanced glycation end products (AGEs) and polycyclic aromatic hydrocarbons (PAHs).

HCA's are mutagenic, meaning they tinker with how your genes express themselves, and an oncogene is a gene that has the potential to cause cancer.

In a study published in; *Meat Science march 2012*, it revealed that well done meat can have 3 ½ times the amount of HCA's than opting for medium rare. <https://doi.org/10.1016/j.meatsci.2011.11.005>.

Temperature is also key here, so in an ideal world your barbeque/grill chef will cook over a low heat, for longer, producing relatively safe, medium/rare meat and fish.

AGE's are found normally in everyone, but adding too many more from overcooking may be linked to increased inflammation, and oxidation stress in your body.

Not cancer necessarily, but anything that increases inflammation and oxidative stress will age us prematurely, so be mindful of that, and again lower cooking temperature is key to reducing AGE's.

For my money, PAH's are the worst offenders, and yet possibly the easiest to avoid, since they don't come from the food, but from the wood, gas or coal used on the fire.

The chemical is actually in the smoke, including smoke from where fat drips from the meat onto the grill. Inhaling this smoke is known to cause skin, liver and stomach cancers in lab animals.

But, if your meat or fish has been bathed in this smoke, then the PAH's mix with the nitrogen in your food and create nitrated PAH's (NPAH's) which are even more carcinogenic.

Dark grill marks on the meat (charring), combined with the smoke, will only add to the problem of leukemia and cancers of the digestive tract and lungs. <https://www.nap.edu/catalog/371/diet-nutrition-and-cancer>.

Marinades can help, and not only by reducing the fat drippings, but according to the <https://www.naturalmedicinejournal.com/journal/2010-07/july-2010-vol-2-issue-7>; *A mixture of one-part lemon juice to two parts onion and garlic was found to reduce the production of HCAs with grilling up to 70 percent!*

They also cautioned that barbeque sauces made with tomato and sugar will double or triple your ingestion of toxic chemicals within 15 minutes of cooking!

But using garlic, onion, rosemary, thyme, mustard, oregano, black pepper, paprika, ginger and so on to burger patties or simply as a rub, have also been found to help reduce the number of HCAs and AGEs produced when grilling.

And finally, marinating meat in beer can also lower amounts of PAHs in the food. Darker beers produced the least number of PAHs in the meat, and up to 68 percent less with a black beer marinade.

So, someone please tell 'That Guy' that well marinated, slow cooked, medium to rare, over an indirect heat with less smoke and more herbs and spices is the way to go, and he should also invest in a meat thermometer to check that steak is 145 degrees Fahrenheit inside, hamburgers 160 degrees, and chicken 165 degrees. The thermometer being placed in the center of the meat, away from bone, fat or gristle.

Some of the above may be useful info to pass on to those back home in London, Stockholm or Berlin, but if you're thinking of stepping up your barbeque game out here from 5 to 50 a year, then it could be lifesaving.

Swimming Pools.

Something most people relocating to Cyprus probably won't have done back home, is to jump into a swimming pool 3 times a day to cool off.

Nothing wrong with that, of course, and we often use the pool frequently on hot summer days ourselves, but then we take care of our own chemicals!

The International Agency for the Research of Cancer (IARC), reckons the safety of hypochlorite salts (chlorine) has been evaluated, and it has been concluded that there is inadequate evidence for the carcinogenicity of hypochlorite in animals.

A similar conclusion could not be reached for humans because of the absence of human studies.

Fine. I'm not sold though, how about you?

Anything that touches your skin is in your blood stream in minutes, and reaches your organs shortly after, so where any chemicals are concerned we can't afford to be reckless.

Still, let's give the IARC the benefit of the doubt there for a moment, and ask;

'Why do we put chlorine in our pools in the first place?'

Answer; To kill bugs and algae, and oxidise organic crud from sweat and dirty feet.

I'm pretty sure bacteria and algae are living things, right? And chlorine kills living things, yes? But not us evidently, which is good to know.

And when chlorine's done killing stuff, but not us, what happens to it then?

Trihalomethanes (chloroform) and haloacetic acids are formed when chlorine reacts with organic matter (us, the bugs and the algae) in the water. These are called water disinfection by-products (DBPs).

A number of studies have suggested a '**Weak**' association between DBPs and cancers of the bladder and the rectum.

Michaud DS, Kogevinas M, Cantor KP et al. (2007) Total fluid and water consumption and the joint effect of exposure to disinfection by-products on risk of bladder cancer. Environmental Health Perspectives, 115(11): 1569-1572.

Villanueva CM, Cantor CP, Grimalt JO et al. (2007) Bladder cancer and exposure to water disinfection by-products through ingestion, bathing, showering, and swimming in pools. American Journal of Epidemiology, 165(2): 148-156.

Trouble is, what if you have 4, 5 or 10 other '**Weak associations to Cancer**' going on in your life? How many weak associations does it take to make a strong correlation, or even a cause? No one knows it seems.

The IARC has concluded that chloroform is; '*possibly carcinogenic to humans. This classification is based on research on animals that may or may not be relevant to human cancers.*'

May or may not be relevant to human cancers sounds a bit vague for my liking, especially where children or the elderly are involved.

You'd think there'd be a bit more human research on a product that's been used in pools since 1910, wouldn't you?

That's unlikely by the way, since after dumping billions of tons of it in our drinking water since 1903, I doubt any government would be too pleased to admit to having poisoned its population, should it turn out to be anything less than a positive study on chlorine.

Although, incidentally, it wouldn't be positive, it'd be proven bad enough on its own, but remember they mix the chlorine (chemical 1) with fluoride (chemical 2) for teeth (not true)) and aluminium (chemical 3) to keep the water sparkly, plus combined with the trihalomethanes (chemical 4) from chlorines activity on the bugs, and you have a shitstorm of 4 chemicals that should never be ingested by anyone.

Your friendly pool guy makes money from maintaining your pool, and from the wholesale purchase of chemicals, which he then bumps onto you at retail.

Therefore, do you suppose he wants to get through the tubs of chemicals, sooner or later?

And would using the maximum amount of chemicals possibly make his next visit any easier, than if he'd used the minimum amount of chemicals if he only visits once a week?

That points debatable, he may still have the same amount of worktime to do on your pool either way, but what's not debatable is that he makes more money the more chemicals his clients use.

Human nature being what it is, when you financially incentivise a man he tends to sell more of a product, not less!

I'm sure all our pool guys out here are qualified to the highest EU safety standards in handling potentially lethal chemicals. Am I being sarcastic? Not at all!

So, back home, how many times per year did you totally immerse yourself in 4 potentially carcinogenic compounds? 10 times a year, more, less, or once in a blue moon?

Because out here, from May till October at least, 200-300 times is not uncommon.

I kid you not. My previous next-door neighbours were in and out of the pool 4 times a day during August, every day, for an entire month, till we got tired of counting (I was laid up and housebound with injuries in my defence).

Admittedly, they were from the North of England, where swimming pools are due to be invented in 2020, so it must have been an incredible novelty for them. But with 120 immersions in a single month, the mind boggles as to what their annual total might be.

Their pool guy/gardener looks like a shaved Orangutan, who arrives on a moped, and just from knowing how to use the chemical test kit myself, I'd put money on him not having a clue what he's doing.

You may have heard the term; '**The Devils in the Dosage**', and I think it's reasonable to conclude that someone who's responsibly monitoring their pools chemical load and takes a dip just once a day, minus the added chemical burden of aluminium based sunscreen, but perhaps using coconut oil instead, then showers straight after, is far less at risk than someone who's pool's maintained by 'Maurice', from the new planet of the apes films.

If it is, and they use it 4 times a day caked in sunscreen, don't shower after each dip, but just cake on more sun lotion and sundry themselves each time, then they could be heading for trouble.

Buy and learn to use the test kit yourself, and be sure your pool guy knows your checking it, which'll help keep him honest, and more inclined to use the absolute minimum for your pool size, the temperature, and the number of likely daily users.

One last interesting fact, is that chemotherapy patients are often recommended to not use the pool while undergoing treatment. They say (the god's in white coats), it's because of the risk from the bugs on the patients depressed immune system.

But since bugs are absolutely everywhere and unavoidable, and chlorine has at least been proven to be effective at sorting them out in water, I'm wondering if that non-swimming advice isn't given more obviously so as to not further add to the dreadful toxic chemical chemo load, with chlorine and trihalomethanes.

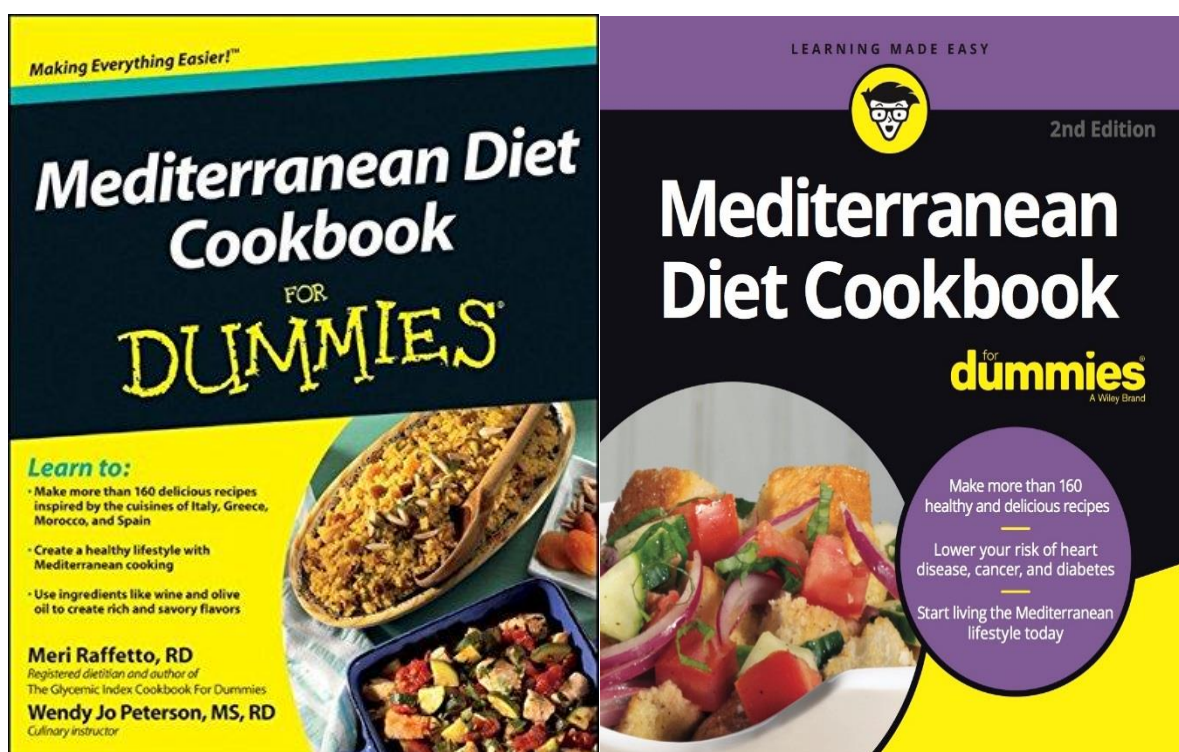
The obvious alternative is swimming in the sea, where, given the right location along our coastline, you can absorb some amazing minerals, whilst being fully grounded to the earths anti-inflammatory magnetic field.

Given the wrong location, however (and I'll let you decide where that might be), and as many an English lady and gentleman will tell you, you can, whilst actually swimming, enjoy a light breakfast of Turkish Brown Trout, delicately sea salted and garnished in bog roll, all free of charge, courtesy of some of the larger hotels and marinas!

The Mediterranean Diet.

Go to Amazon books and type in 'the Mediterranean diet' and you'll be staggered with over 2,000 results.

Here are the only books you'll ever need, and the titles sum it up beautifully.



So good they made two editions!

This has to be one of the biggest marketing scams I've ever encountered, and, as a sales trainer with 40 years' experience of teaching salesmen who sell bullshit, I have to take my hat off to them.

Here's what they told you, and conveniently forgot to tell you about the so called healthy Mediterranean diet, and you should see more clear links to cancer.

It all started with a researcher named Ancel Keys, who died in 2004, which is important to know, as it wasn't until he was safe in the boneyard that other researchers and top academics slaughtered his flawed Mediterranean study, which also happened to be the basis for the 'Cholesterol = Heart Disease' Myth.

This shows how these academics watch each other's backs, because I can assure you that even at the time of publishing his fraudulent data in 1955 there were many well qualified scientists who called B.S on the idea of saturated fat causing heart disease.

You can check out my own research at <https://bluntcoach.com/2017/05/11/all-about-what-makes-us-fat-and-why-exercise-for-weight-loss-is-bllshit/>

In a nutshell, it was the Greek island of Crete that the diet emanates from, since they lived the longest of the people of the Med, though strangely not as long as the Danish, who typically enjoyed such things for lunch as slices of cold meat,

sliced sausage or hard-boiled egg. Leverpostej, a liver pâté prepared from pig's liver and lard, was also frequently used as a spread.

Sounds delicious to me, and not a lick of sickening olive oil in sight, and for hot dinners the Danes typically prepared meals with meat or fish. Substantial meat and fish dishes included 'flæskesteg' (roast pork with crackling, yum yum) and 'kogt torsk' (poached cod) with mustard sauce and trimmings. Ground meats (pork, veal or beef) were also popular.

But Ancel Keys didn't want to live in Denmark, with their freezing winters and cool summers, he liked the Med, and built a home overlooking it in Italy. Plus of course, in spite of their increased longevity over the Cretans, the '**Danish Diet**' made his cholesterol/heart hypothesis look like Ronald McDonalds shoes!

We learned from his fraudulent research that the Cretans had a low incidence of heart disease, yes, but he failed to mention that they also walked, on average, 9 miles a day, usually behind a plough in the sunshine, and of course anything they did eat wasn't smothered in pesticides, nor were their chickens fed corn, soy and so on.

Incidentally, for what it's worth, they also only consumed a maximum of 3 tablespoons of olive oil per day, and, since they were very poor, my guess is that they did so simply for caloric energy, and not by choice.

For the record, today in 2018, Cretans with the highest intake of olive oil have the highest heart disease, which is kind of ironic, but was their extra life expectancy back then 'in spite' of olive oil, and not because of it?

Much of the Keys research was carried out during 'Lent' which meant traditional religious people would have abstained from eating anything that came from animals that live on land (according to official church abstinence laws), so hence the fish everyone bangs on about, and the reason for the low-fat observation at the time.

This huge fact was also conveniently left out of the shady study results.

Crete was very poor after the war, and we've been misled as to how much meat and dairy they would have liked to have eaten, notwithstanding the Lent issue.

And how would I know that, since I'm not Greek and wasn't there?

Well, funnily enough, it turns out Crete had another visitor, just before Mr Keys got there. A certain epidemiologist named Leyland G Allbaugh had paid them a visit on behalf of the **Rockefeller Foundation** in New York.

Allbaugh recorded the visit in meticulous detail and revealed that: ‘the Cretans were openly miserable with their daily fare’. *“We are hungry most of the time,”* said one. When asked how their diet could be improved, *“Meat alone or with cereal was mentioned as a ‘favourite food’ by 72% of the families questioned.”*

They had obviously eaten more meat and dairy before the war, besides which, if we were at all interested in how perhaps their diet had affected their longevity, and how they were still being able to work and walk 9 miles a day at 80 + years of age, wouldn’t it be prudent to know how they were fed as children and young adults, rather than just what they may or may not have been eating as octogenarians?

Especially during such post war hardship, let alone Lent.

I personally couldn’t give a stuff about their diet, and for two very good reasons.

Firstly, another piece of info that’s been tragically overlooked, is that at the exact same time as Ancel Keys studies on the Cretans, a cohort (same) study was being done on men in Corfu.

Keys was well aware that the men of Corfu ate exactly the same amount of saturated fat and olive oil as the Cretans, yet had **HIGH** death rates from heart disease!

Unsurprisingly from what you’ve read so far, that entire cohort study was completely hidden and ignored.

Could it have had anything to do with the studies being funded by the; **Elais Oil Company in Greece, the International Olive Council, the California State Olive Advisory Board, and the Greek Association of Industries and Processors of Olive Oil?** Because that’s who paid all the bills.

In fact, did you know that there was even an International olive oil commodities exchange?

And that the IOOC (International Olive Oil Counsel, based in Madrid), was founded by the United Nations to control olive oil quality, and to develop the “world olive and olive-oil economy”, or that the IOOC paid for every good food journalist in the world to visit the Mediterranean, be pampered in luxury hotels, all expenses paid, for decades and decades, and then write bullshit rave reviews or not be invited back in the following years (all documented).

The European Union even shelled out a reported \$215 million of taxpayer’s money over roughly a decade on olive-oil-related public relations.

These campaigns also targeted European doctors with “scientific” (bullshit) information about olive oil, leading many researchers and critics to complain that their governments **‘Improperly Disguised’** marketing campaigns as scientific advice. That’s fraud to you and me, but just improperly disguised for a politician! This is just one good reason why you must never trust ‘epidemiological’ (population) studies, where diet is concerned.

When you hear that the Okinawans, the Maasai, the Eskimo’s or the people of Brixton in South London eat certain foods and don’t suffer this and that disease, or that they live longer than people in your country, then unless you want to live in Brixton, Africa or the Canadian arctic, and join in with everything else they’re doing day to day, 24/7, for decades on end, then you can poke the diet information where the sun don’t shine, because someone’s trying to sell you something.

Sweet potatoes and veg if it’s a diet that stems from Okinawa, Raw Fish and saturated fat from the Arctic, Milk from the Maasai warriors, or the KFC, Goat Curry, Sunny Delight and Red Stripe diet, from my South London hometown, Brixton.

But there’s another good health reason for not trusting epidemiological studies.

When you study any population, for example to see why they may be smarter than everyone else, you can’t just leap to their diet and say it must be what they’re eating that’s doing it.

That’s hardly scientific, is it? Because what else could it be?

Could the answer be in their sleep-wake cycles, sun exposure, air or water quality, time spent reading/studying, prenatal nutrition, better parenting, breastfeeding for 24 months, no separation anxiety from being dumped on childminders as infants, better teachers, more comfortable chairs at school, or a lack of paedophile priests!

I’m deadly serious. You’d even have to examine the local fauna and flora to discover if there may be a certain plant, giving off a pheromone or smell that elicits better brain function, since the whole basis of aromatherapy science is how smells alter our brain chemistry.

As a thought experiment, why don’t you make your own list of all the things that could possibly make a person or population, smarter, stronger, or longer lived, and what you’ll end up with is a huge list of things that scientists and researchers call;

‘Confounding Variables’.

All epidemiological studies (population studies) suffer from this massive flaw.

The researchers will never be afraid to admit, that, because of all the hundreds of confounding variables, the best they can **ever** do is to point to a ‘Correlation’ between say, eating fish and being smarter.

The media, however, along with any corrupt doctor or scientist in the pocket of big pharma or a food giant, will instantly spin this simple **‘Correlation’** (which means simply a connection, or jack s**t in fact), into a **‘Causation’**.

How many people reading those media articles even know the difference between correlation and causation?

Not many I’ll wager, but it’s made worse by the media spinning the not often used word ‘Correlation’ into the word; ‘Linked’.

So, a press, magazine, or news headline might say; **“Cornflakes Linked to Higher Intelligence, Scientific Research Reveals”**.

To the average man in the street, ‘Linked’ is as good as it needs to get, especially if he’s daft enough to not know the history and nutritional problems with the cornflakes he eats, 7 times a week.

If he reads that sensational headline in the press at 8 am, then I guarantee that everyone he comes into contact with by 12 noon will know, unequivocally, that.....

“Proven fact mate, cornflakes make you smarter.”

God forbid he should be a London Taxi Driver, a Dr, Dietician or Nutritionist, but that ‘Scientific News’ will be all over town by dinner time, guaranteed.

Cornflakes aren’t going to make anyone smarter, obviously, and John Harvey Kellogg only invented them to stop men masturbating! (Absolute true fact).

He would have been successful if only they’d have invented soy milk in those days, which would provide a powerful estrogen boost to squash a man’s testosterone (which is why it’s banned in baby formula now!).

But the half pint or so of whole milk that went with the cornflakes, which incidentally cost less to produce than the inner wrapper and printed cornflake box they package them in, thwarted Mr Kellogg’s anti-bishop bashing plans.

I’d throw the cornflakes down the toilet and just have the milk and a quick ***k before work!

I can’t think what’s worse than cornflakes to start your day, but you can bet your life that a huge corporation like Kellogg’s can afford to find it, then fund a study where they compare the IQ’s of ten thousand corn flake eaters against the ten

thousand people eating dog turd on toast or whatever, and then show the increased IQ scores from their cornflake study.

And if the study fails to prove what they want, since they paid for it, they'd bury it (like the Corfu, Danish study), and try again somewhere else till, often just by chance, they get the results they want, and publish it (like in the Crete study).

You may be shocked to discover that when you publish positive results in any peer reviewed scientific/medical journal, you don't have to declare that you tried ten times and failed beforehand, as we now know they did with antidepressant drugs, and so you legally just need to submit the positive results, or study.

Anyone else find that wrong? Especially since doctors, dieticians, nutritionists, food and health journalists, all view these journals as gospel.

The only reason we discovered the bullshit science behind the antidepressants (that don't work and cause more problems than they solve), is because a researcher forced the drug companies to release the shocking research info, under the freedom of information act.

The scientific, medical and nutritional journals would defend themselves against my criticism above, by explaining the following fact;

Science is supposed to be about a hypothesis/study being **repeatable**, regardless where in the world it's done or who funds it. If blue and yellow equals green in Cyprus, then it should be the same in Japan or Australia.

And so, if it turned out that another researcher got different results from the published study, they'd print them, thus not hiding anything, since that's what they do (simply publish results submitted to them after peer review).

Truth is, these scientific, medical and nutritional journals carry massive advertisements and are heavily sponsored. Can you guess by whom? (Big Pharma, Big Agra, Big Chemical, and Big Food companies).

And anyhow, who's going to fund a massive study to prove the drug companies flawed studies on SSRI's and Statins? My point is this:

In the above corn flake example, it won't matter if 5 other independent researchers then fail miserably to replicate the cornflake = high IQ results, and go on to publish their findings in various nutritional journals around the world.

Why won't it matter?

Because by the time that happens the global media will have already run riot with the original studies fantastic result.

Global sales of corn flakes will have gone through the roof, and paid for the study cost a million times over, and since most of the media also have sponsors in food and agricultural business, they won't run the negative story that negates all the hype from the first one, and I'll absolutely prove that to you in a moment.

The next time you read your favourite newspaper or magazine, make a quick note of all the advertisements in the publication.

For example, if there was an ad for an indoor exercise bike, then don't expect to ever read of the dangers of riding one for 30 minutes a day, such as hip, back and knee problems, or maybe male infertility and erectile dysfunction from the saddle.

You may be unaware that the money from the actual sales of newspapers and magazines, barely cover the cost of printing, and all the juicy profit and wages in publishing come from **Advertising Revenue**.

Therefore; The first rule of the publishing business is not to piss off your sponsors/advertisers.

So, if you're reading how good this and that vitamin, diet or protein powder is in a magazine, then just have a quick scan to see if anyone's advertising said vitamin, diet or powder, in the actual publication.

If there is such an ad, then based on what you've just come to understand about running a magazine, would you seriously expect any editor to allow a medical/food/nutrition or exercise journalist, to dish the dirt on a product sold by a company who buys an expensive whole page ad from them each month?

Thought not.

And that's how we all get suckered into such rubbish as the Mediterranean and Okinawan diets, or olive oil bullshit, and by studying the dietary patterns of other long-lived cultures such as the Abkhasia of Southern Russia, the Vicalbamba Indians of the Ecuadorian Andes and the Hunza of North Pakistan, but without ever understanding the dozens of confounding variables.

The only diet you should even consider trying is as follows (assuming you're over 50);

If your Grandmother didn't eat it, you don't!

And whatever she did eat, you eat the same, but take nutritional supplements to make up for the lack of nutrients in the soil and our livestock today, which your Grandma never had a problem with.

If you're younger than 50, then make it your Great Grandmother's diet you study.

And since you've inherited her mitochondrial DNA, then the best foods will always be foods that grew or lived in her neck of the woods, and only in the seasons she would have eaten them in.

So, a banana on Christmas day for an Eskimo, a Swede, or anyone living north of the equator is a big no no, once you begin to understand your genetic haplotype.

And understanding genetic haplotypes or circadian rhythms, let alone epigenetics, are not on the curriculums of any doctor, dietician or nutritionists at any university, anywhere in the world.

Which makes that lot about as useful as an ashtray on a motorbike for dietary and preventative health advice!

As a matter of fact, I ran into a **'Registered Dietician'** the other day, only I never realized that 'Registered' must mean they have the remarkable ability to screen out common sense, scientific evidence, and all and any data that conflicts with the dogma they were taught at university.

'Quackademia' as I like to call it, had prepared this woman to listen to me rant on for 20 minutes about the utter B.S of the Mediterranean diet, citing all of the above evidence and some more still, then, at the end of it all she came back with;

"Yes, but....."

Doesn't that wind you up?

'Yes, but...', usually means that what the person just heard would be too painful to even contemplate as a possibility, let alone ever acknowledge it was the first-time hearing about it.

Not after 4 years in university and another 5 preaching the benefits of Weight Watchers and the Mediterranean diet to anyone that'll listen, here in Cyprus.

She quipped; ***"Yes, but... none of that old history lesson matters Andy, because a 2013 study 'proved without a doubt' that 30% of heart attacks, strokes and cancer deaths could be avoided in high risk patients if they converted to a Mediterranean diet high in olive oil, nuts, wine, fish, fruit and vegetables"***

"Oh, was that the Spanish study paid for by the olive oil and nut producers in Spain, and the California Walnut Commission?" I asked.

"It doesn't matter who paid for it," she blurted, "it involved thousands of people and was reviewed by experts and published in the NEJM (New England Journal of Medicine), it's been reported all over the world, and even the experts have said they were impressed with the results"

I asked her; “but you do know that many of the researchers were also found to have financial ties to the food and wine industries, yes?”

“It still doesn’t matter Andy, if the research is good, then you’re wrong, aren’t you?”

I deliberately fumbled my next words, and softly said, “so... you’ve been giving out solid dietary advice since 2013, and I’ve hurt people with all my terrible advice to avoid the Mediterranean diet... What do you think I should do?”
Allowing my lip to wobble and eyes tear up.

She responded compassionately with; *“perhaps just stick to Life Coaching Andy, and leave the focus on diet to the professionals who’ve had the training”*

I mumbled back; “So, you’d quit giving dietary advice if you made such a fool of yourself as I just have?”

“If my advice was hurting people, yes of course” she said.

I went in for the kill with; “so, when shall I tell people you’ll be quitting then, shall I book an ad in the paper for you, give out fliers, what, because I know you give out lots of advice to lots of people out here, don’t you?”

Now at this point she’s flat out confused, because she thinks she has me bang to rights, but what she evidently didn’t know, was that on Wed 3th of June 2018 the New England Journal of Medicine **Completely RETRACTED** the published 2013 article due to “issues concerning study design”.

Journal articles are only ever retracted when its discovered that their results are considered no longer reliable, and, when there’s no correction that can be made to the study that can make the results reliable.

Like for example; ‘oh, did we say 10,000, sorry, we meant 1,000, the extra zero is a typo’, that sort of correction is allowed.

So, a study being **Totally Retracted**, is the journals way of saying the study’s corrupt, the researchers were on the take, had a biased agenda, fudged the data, omitted important information, and got rumbled after 5 years.

The authors of the original paper are allegedly replacing it with a corrected version that clearly states that the Mediterranean diet was only ‘Correlated’ to better health outcomes, and **NOT** that the Mediterranean diet ‘Caused’ or could cause the better health outcomes in any way, shape, or form.

This 100% negates all claims made in the original paper about reducing heart disease, stroke and cancer!

But how many rubbish Mediterranean cook and diet books have been purchased off the back of that research since 2013?

How many seminars and courses with accredited qualifications for the attendees have been sold, and how many sappy YouTube videos watched and believed, hook, line and sinker?

Needless to say, the world's media is keeping quiet, (where did you read this?) and aren't keen on publishing anything that paints its sponsors in a bad light.

So, the next time you see a Mediterranean diet book or an olive oil ad in your favourite magazine, or someone writing for the mag extolling the virtues of seven glasses of red wine per week, and more daily nuts than a monkey could crack in a month, as the above fraudulent 2013 study did, then you'll be one of the few informed people who understand this Blunt Coach truism;

“While Bullshit runs around the World in a day, Truth is still putting her Shoes on”

Now, back to our cancer topic.

If you only ever swallowed half the Mediterranean diet rubbish whilst living in your home country, could you possibly be going overboard on it while you're actually living here, in the Med?

And if the diet has been completely misunderstood in the first place in regards to what it actually ever even was (pre-war Crete and not during Lent), and if it doesn't fit your Grandmothers genetic haplotype in any way, plus the fruit and veg has shite sprayed on it that your Grandma never even heard of, or ever had to ingest, what then?

How about eating exotic fruit's available all year round, chickens that have been fed pro-inflammatory, thyroid lowering omega 6 grains instead of Grandmas garden insects and food scraps, and what if you're also going overboard on the pro inflammatory Omega 6's in the olive oil (a 9 to 1 ratio in favour of dodgy O6's is not good news, as we should be aiming for 3 or 2 to 1), then is it possible that a potentially negative impact on your health might occur as a result?

Just saying!

One last thing; assuming you could actually find grass fed cattle, line caught fish, pasture fed chicken and eggs, non-sprayed seasonal only fruit and veg, and took a slow 9 mile walk a day in the sun, without toxic sunscreen or trendy Ray Ban's....

As great as that diet and lifestyle may be; Is that all you'd ever do?

Are you seriously telling me you'd never venture into wonderful Veni Vici in Lapta for some amazing Italian cuisine, St Tropez for a taste of France, Dragon for Chinese, or Freddie's for an English Sunday roast or London Pie and Mash?

You're seriously never going to fancy a traditional full English breakfast, a giant two-foot long sausage and as many boiled eggs and ham slices as you're allowed to carry from the buffet if you're a German, or a Continental breakfast of delicate pastries, butter and jam, if that's your thing.

Are you never going to find yourself so desperately hungry in an emergency, that you simply must buckle and get yourself a moody Burger King, or probably the lowest of the low, eat fried chicken of some sort?

Because if you are going to indulge yourself in the above from time to time, then I'd love to see all the scientific research showing how that **eclectic dietary approach** works on your long-term health outcomes.

But of course, you won't find the olive oil council funding any such hybrid diet studies, which also happens to be mine (minus the fried chicken), because even after spending billions of euros over 50 years, they still can't fudge the data well enough to prove their own olive oil was ever good for anything more than fuel for oil lamps, used in religious ceremonies, and of course, as Greek butt lube.

Truth be told, because of environmental toxins, microwave ovens, dreadful vegetable oils, pesticides and herbicides, nutrient depleted soil and animals fed foreign foods for their species, I believe it's obviously possible to '**Eat in the Mediterranean**' in 2018, but at the same time it's impossible to '**Eat an 1880's-1950's Mediterranean Diet**'. I hope that makes sense.

It's basically a complete construct by clever sales and marketing people, who prey on both our fears of ill health, and our vanity for a shapely figure and trendy lifestyle at the same time, simply to shift more product. Period.

When you consider that 60% of all arable land in Greece is devoted to growing olives, and that olive oil is the number one agricultural export for Spain and number two for Italy (behind wine), then it's beyond belief that anybody would be daft enough to believe any studies emanating from that neck of the woods, regardless of who funds it.

When a Japanese research team turns up here because they're thinking of pitching it to their nation as a healthier diet alternative, then I'll sit up and listen, but don't hold your breath. Because the Japanese don't have the second largest economy in the world by being dumbasses (The no.1 economy if you look at just Kyoto).

If you truly want the bottom line on what the ancient Greeks actually ate, I suggest reading Homers Iliad or Odyssey, the two-epic works of ancient Greek literature. Neither were funded by the olive oil counsel or had any big agricultural agenda, so maybe you'll find more honesty there than in any scientific journal or woman's magazine.

Not unsurprisingly, for me at least when I read them, there was no mention of consuming olive oil, and no stories of strapping Hellenic heroes stuffing their faces with fruit and veg, but exclusively meat, bread and wine.

In fact, according to the world-famous translator of ancient literature; C D Yonge, they cooked with **lard**, and fruit and veg were; *“considered beneath the dignity of the gods and heroes”*.

So, for what it's worth, I'm sticking with the Hercules, Hector, Jason, Odysseus, Perseus and Prometheus Mediterranean diet, which pretty much happens to be the same as what my Great Grandma ate in Portugal!

Don't worry, all this is still leading up to very important points regarding cancer.

Fresh Fruit and Vegetables.

It's ironic when the nearest you can get to fresh veg these days is frozen and in a freezer bag, since my own personal definition of fresh is pulled from the ground, or picked **TODAY**.

What's your definition of fresh?

Either way, be it 2 or 4 days from the field or orchard, it was dead from the moment it lost contact with its earth or branch energy source.

That makes a mockery out of anyone suggesting that plants somehow have 'Living Enzymes' that are so good for us, and thus we should only consider eating them raw.

The exact opposite is true on both counts.

First, the foods dead, you're an adult, so deal with it. And there's never been a shred of science behind the 'living enzyme theory'.

And secondly, we humans are unable to break down the cellulose to get at what little nutrients the plants do have, until we cook them. Rabbits can make **cellulase**, the 'Living Enzyme' that breaks down cellulose, but humans can't!

And when we do try to eat like rabbits, this happens; *Koebnick C. · Strassner C. · Hoffmann I. · Leitzmann C. Institute of Nutritional Science Justus Liebig University of Giessen, Germany.*

Did you know that ‘half’ the women on the above raw food diet study, stopped having their periods?

In other words, they became **sterile!** In spite of the participants of the documented 1999 study eating whatever they wanted (so long as it was raw), from any part of the world, and as much as they wanted, all selected from Germany’s finest organic supermarkets!

Thankfully, no experiments have been tried like that in the wild, because with the added stress of being able to only use locally grown food, and using up valuable energy having to find it in the first place, the human race would have died out long ago.

By ‘what little nutrients the plants do have’ I’m referring to the worldwide government published soil erosion crisis, and that, due to intensive farming, there is only around 20-30% of the pre-war nutrients in the soil today, and thus, it would be physically impossible for those nutrients to turn up in the produce grown in such poor-quality soil.

Organic V Non-Organic

First off, the UK Government, after reviewing more than 150 studies, concluded; *"There is no good evidence that consumption of organic food is beneficial to health in relation to nutrient content."*

So, it’s now illegal to suggest any additional health benefits by going organic.

But whilst it may not be ‘nutritionally superior’, is it superior from the health standpoint, especially with cancer in mind?

The Soil Association of the UK states, *'that when consumers are asked why they buy organic, 95% of them say their top reason is; to avoid pesticides!'*

Totally overlooking the fact that organic does not even mean chemical free, and merely means that producers can use up to 20 chemicals, deemed by the authority as organic, many of which are chemical pesticides!

I have no idea how many chemicals qualify as ‘Organic’ in Cyprus, so let’s leap to the punchline and explain the following.

According to the world’s leading, No.1 toxicologist; **Dr Bruce Ames**, we cry like babies about synthetic carcinogens giving us cancer and the like, yet we get 10,000 times that from eating plants!

No, that’s not a typo, it is ‘ten thousand times more’.

“A cabbage contains 49 known carcinogens and broccoli has 100 chemicals, 50 of which are also classed as carcinogens” Bruce Ames. Professor of Biochemistry and Molecular Biology Emeritus at the University of California, Berkeley, and a senior scientist at Children's Hospital Oakland Research Institute.

This is just my own personal theory next, but I imagine the various minerals and other goodies in the vegetables we eat are supposed to offset the carcinogens bad effects on us, so we stay in front as it were, or better still, the vegetables are doing us a little more good than harm.

That said, taking into account soil erosion, and the drop in minerals of worldwide soil by up to 80% since the second world war, I doubt it'll be long before our beloved veg will be doing us **more harm than good!**

If it isn't already. Especially if we eat it raw!

Remember you heard that here first, won't you?

Plants make poison, period!

They can't run or bite to defend themselves, and over hundreds of millions of years, have become masters of chemical warfare.

Dr Ames and his scientific research team discovered that 99.9% of all the carcinogens and poisons we ingest come from plants!

Organic produce is now a \$50 plus billion worldwide market. And anywhere there's \$50 billion to be found, there are some very clever sales and marketing people in the vicinity.

When consumers start to underestimate how inventive clever people can get (with \$50 billion at stake), you can bet they're about to get bent over and dry f****d yet again.

Even the word 'Organic' sounds kinda sexy, doesn't it?

From the Latin word *Organicus*, meaning 'to masturbate furiously'

Just kidding, but in medical terms, the dictionary definition of organic says; ***'of or having to do with a body organ'***, and you have to admit that organic is not that far from organ, orgasm, or orgasmic, is it?

You may not see very much **sales significance** in a name, but this is the same way these crooks sold us all so-called **'Healthy Vegetable Oils'**, that's giving us all chronic inflammation from their **massive 70/1 omega 6 to 3 ratio**.

They also cause lowered immune systems, since PUFA's are proven for use as immunosuppressants in organ transplant therapy, lowered thyroid function, since

farmers used these oils to fatten pigs, and, because of the lowered thyroid and immune function, **cancer!**

But surely, they couldn't lie as blatantly as that and get away with it, you think?

So, you tell me if; Corn, Soy, Rapeseed, Canola, Cotton, Sunflower, Safflower, Sesame, Almond, Peanut and Olives are all vegetables now, are they?

That's news to me, but not to the rest of the world, who I guarantee still refer to them as; 'Healthy Vegetable Oils'

Because if they'd called them seed, nut or fruit oils, then not only would people question how the hell you get oil from seeds and fruit anyhow, but it wouldn't sound half as healthy as 'vegetable oils' would it?

And so, please don't underestimate the power of carefully chosen words to sell more product, since more marketing thought goes into it than you can imagine.

But it gets worse for the organic mob, because it turns out that with non-organic (when you spray a plant with man-made pesticides), the plant can take a break from making its own deadly chemicals needed to kill bugs, and instead make more chemicals that make the plant healthy.

These same chemicals also work to make us healthy!

Organically grown plants, however, are bred, surprise surprise, to make more of their own deadly pesticides, plus, when the pests do get to them, the levels of these toxins in the plant go through the roof.

Brace yourself, because; Organic produce contains more toxins than non-organic!

And non-organic contains more of the healthier chemicals!

Sorry to shock anyone learning that, and I'm going to offer a fix in a moment, but I need to have you first explore the uncomfortable proposition that if you were **blatantly lied to** over the dangers of lard, tallow, butter, coconut oil and cream, and **completely conned** into switching from butter into 'Healthy Vegetable Oils and Spreads', then could you have also swallowed a line of supreme bullshit regarding the value of 'Fresh Organic Vegetables'?

Because if you have, and then you moved from some cloudy grey country to beautiful sunny Cyprus, then guess what you're going to eat a ton more of than you ever did back home?

Salads!

Just yesterday I was chatting to my friend Joanne, who grew up in East London, and she was remembering how her Mum used to cook two or three different

vegetables on the stove, each in little pots, just covered with water, salted, and boiling away.

After the thorough cooking was done, her Mum used the liquid from each pot to make up a delicious gravy.

You want irony?

Chances are good that the gravy had more nutrients from the veg than the veg had left in it, and this nutrition would be far superior to anything from raw veg, and is an excellent way of humans using our intelligence to get at the nutrients.

It was the same with my Mum in South London.

Was it because our climate was too dreary to dish up big plates of trendy salad, or was it because our Mum's instinctively knew somehow that vegetables need thorough cooking to be of any use to their children, mainly from the juice left behind after cooking, and the final product of the cooked vegetables were nothing more than filler on the plate, and an excuse to throw big chunks of salted butter on?

One of the main reasons for our huge brains, and why we only need to eat (chew) for an hour a day, when most primates chew for 6 to 10 hours, is that through the use of fire, we invented cooking.

And through the use of cooking we managed to drag nutrients out of various plants that would otherwise be almost useless indigestible fibre, were we to eat them raw, plus cooking disables many of the plants 'Anti-nutrients' and natural defences, which of course are designed to be available to any predator dumb enough to eat them raw!

You will have more salads slapped in front of you here than ever before in your life.

Restaurant owners will happily supply you with abundant cooked veg, which you can then cover in lovely salted butter, all you need to do is ask, but you'll never need to ask for the ton of rabbit food that shows up automatically at every meal.

But the idea that salads are somehow 'Healthy' needs to leave your mind in the same way as 'Vegetable Oils' are from vegetables, and are healthy, and 'Organic' is better, also needs to be forgotten.

Perhaps it's better to say you need to re-learn some of the dietary fundamentals of being the dominant intelligent species on this planet. Basics such as;

Eggs are brilliant for you, fish is totally safe (if you're worried about mercury), salt's absolutely essential to life, and your brains made up of **70% saturated fat**, not sunflower or olive oil, but **saturated animal fat**.

Meanwhile, sugar, the white stuff you put in tea or coffee or find in a bar of delicious chocolate, is the least of your worries if you still believe pasta, rice, corn, soy, whole grain bread, beans, peas, peanuts, cashews, cereal grains and vegetable oils are any good for you.

If you're eating anything off the above list, and still stressing out over eating a bar of Dairy Milk a day, then you've again been suckered into a herd mentality, and need to do more reading.

Re-learning dietary fundamentals can be painful intellectually, since we all like to think we could never be fooled into eating something dangerous by a bunch of salespeople, the worst of which are corrupt politicians in the pockets of big agricultural and chemical giants.

But we can be fooled, and have been over and over, certainly since the 1970's.

How many Londoners did you know in 1970 who were scoffing down a green salad each day with garlic bread sticks and croutons, drizzled with poncey extra virgin olive oil, and washed down with a glass of trendy Cabernet Sauvignon?

Exactly! It was eggs for breakfast, pie and a pint for lunch, and meat and two veg for dinner, with apple pie and custard for desert. All cooked!

In the 1960s, only 1 per cent of men and 2 per cent of women in England were classed as obese, compared to today's 25.2 per cent of men and 27.7 per cent of women. www.telegraph.co.uk/news/health/news/7307756/Obesity-rates-20-per-cent-higher-now-than-in-the-1960s.html

According to a 2012 study in the Journal; Nature Plants. ***'The remains of dirty North African pots dating back 10,200 years have just yielded the first known direct evidence for cooked vegetables, grains and other plant products.'***

Grindstones dating to even earlier times had been found in North Africa, which suggested that plant products were processed and heated for eating earlier than 10,200 years ago, but the 2012 study provided the first direct evidence for cooking.

Lead research author, Julie Dunne, a post-doctoral research associate at the University of Bristol School of Chemistry said; ***"the ability to boil plants for long periods of time in newly invented ceramic vessels would have significantly increased the range of plants prehistoric people could eat."***

Cooking makes food infinitely more digestible, and kills off deadly bacteria, and every human society in the world does it, all except those societies lazy enough to still need a little siesta in the afternoons, or who only just stopped using donkey's as a primary source of transportation.

Go figure, and having not had the 'Tom Tits' once in six years, I feel it's partly down to avoiding anything uncooked, but it cracks me up when other people get the shits and put it down to a dodgy pint, ice water, or seafood, totally discounting the three indigestible, chemical soaked raw salads they ate that day.

Ripe fruit, by the way, is worth eating, though again fruit does contain indigestible cellulose, and soil erosion has lost us around 25% of the vitamins.

But you can also cook fruits to drag more goodness from them, bearing in mind that they start losing their vitamin content as soon as their picked and come into contact with oxygen.

The best way to witness this oxidation is to cut an apple in half and watch it go brown in front of your eyes.

Protecting yourself against chronic vitamin and mineral deficiencies is a crucial cancer prevention strategy for all of us, and with that said, you should understand that expecting to stay well stocked up from fruit and veg, what with soil quality and oxidation alone, is like taking part in a nutritional lottery.

Just as an example, a 3 oz portion of lamb's liver will give you the equivalent of 40 carrots worth of nutrients, plus all the things you'd never find in a carrot.

You can also think of fish as food for your brain, beef as food for your muscles and blood, and eggs as both!

Muscles/oysters are brilliant sources of copper and DHA, and I can go on and on.

My point, though, is that a cancer free world is not for fussy eaters who'd turn their noses up at any of the above, '**Massively Nutrient Dense**' foods.

And if you are a fussy eater, who'd trade any of the above for a salad, then you absolutely must become a nutrition expert in your own right.

Knowing which nutrients you're missing out on by not eating any of the above is the tip of the iceberg, as you also need to discover where to get them from other sources, where I absolutely guarantee they won't be in anything like the amounts you need, nor will they have the bioavailability and quality the nutrients would have had if consumed from real food.

Again, as an example, carrots don't contain a lick of vitamin A! (Big shock)

They contain inferior Beta Carotene, which then has to be converted by the body, at great effort (at a 6:1 ratio) into vitamin A. But guess what?

Children, the sick and the elderly, plus those foolish enough to be on a low-fat diet (since Vit A is fat soluble), fail to convert anything!

So, when your fussy eating leads to you discovering an alternative source for the nutrients you want, and you read that a certain nut, seed, vegetable or fruit has the 'equivalent' of this and that vitamin or mineral, be warned.

Dig a little deeper and you'll find that they're not flat out lying to you, because you could sue them, but they are being, as we say in sales; '**economical with the truth**' by not telling you you'd need to eat 40 of them carrots, and even then, on the best day of your life, you might not be able to convert anything useful like you'd find in the 3 oz portion of liver.

Remember, anyone trying to convince you that you can get the same nutrients found in liver, kidney, eggs, fish, beef, milk, cheese and so on, but from walnuts, greens or a banana, is probably trying to **sell you** walnuts, greens or bananas, get it?

And in the process of dressing up their vastly inferior product, they'll conveniently leave out the issue of bioavailability in the first place, plus what else you'd be getting in the liver or eggs, the huge amounts of it, the incredible cancer protective benefits it provides, and how their walnuts, greens or whatever, don't contain a lick of it.

Why would anyone selling a banana tell you what its missing in nutrients (everything), what it has way too much of (starch), or that it didn't even exist in nature 100 years ago, and has only been engineered for our sweet tastes, since no one in their right minds would eat a real banana (tiny, green, hard, and full of seeds).

Why would they tell you that?

No, they'd rather make a big song and dance about the 400 mg of potassium in a 100-gram banana, rather than tell you there's 970 mg of potassium in just 25 pistachio nuts weighing just 15 grams, not to mention the high-quality protein and relatively high amounts of thiamine, vitamin B6, copper, manganese, phosphorus, magnesium and iron, all found in the nuts.

So, to summarize on 'Fresh Vegetables', you now know there's absolutely no nutritional advantage for organic over non-organic, and pretending there is, in the UK at least, is breaking the law, and, according to the world's leading toxicologist you may begin to feel at a disadvantage health wise by going organic.

You learnt that, at best, due to our modern farming practices, vegetables contain around 30% of the nutrients mother nature intended for us, yet they do still contain 100% of all the anti-nutrients she also built into the plants to kill predators, many of which are carcinogenic compounds.

You learnt that you need to cook the hell out of them to unlock the good stuff, and to always make use of any liquid captured as a result of cooking.

You learnt that smart people have been cooking veg for 10,000 years, which also kills pathogens (germs), and that eating exclusively raw food left 50% of women infertile, according to a 1999 scientific German study.

And finally, you discovered that many nutrients found in veg/plants are inferior to their animal-based food equivalents anyhow, needing to be up-converted by the body first, before being of any use, and then only in some people who can make the conversion. (ALA, Vit A. etc)

Some vegetables, if you needed another example, contain iron, that's true, but it's **Non-Heme Iron**, while animal sources of iron such as from eggs or meats, contain **Heme-Iron**.

The 'heme' stands for 'Haemoglobin', and guess which type of iron you have inside you, and which type you really want to be getting from your food?

Oh, and maybe you've come to understand that we may all have been flat out lied to, or mislead at least, as to what's good or not good for us, what our ancestors actually ate and how they prepared the food, and that money and political power will always be more important to those seeking it, than our public health.

Salad History;

On the rare occasions I do eat a salad, I find myself heavily salting it to make it more palatable, so imagine my surprise to discover that the word 'salad' comes from the Latin 'salata' (salty), from 'sal' (salt).

Salt is apparently associated with salad because vegetables were seasoned with brine or salty oil-and-vinegar dressings during Roman times, and since we know the Romans prized salt, as did the Greeks, Hebrews, and many others, and we should too, then I'm inclined to think that the Roman idea for salad was simply another way of getting essential sodium inside the people and soldiers of their empire.

Most historians believe that Caesar salad honours restaurateur Caesar Cardini (1896-1956), who invented it in Tijuana, Mexico in 1924 on the Fourth of July weekend. Legend has it that on this busy weekend, Cardini was running low on

food, and he put together a salad for his guests from what was left over in the kitchen.

That says it all to me. Running low on proper food, raked out the dustbin, and hey presto 'I call it the Caesar Salad'. His original recipe included romaine, garlic, croutons, and Parmesan cheese, boiled eggs, olive oil and Worcestershire sauce.

Having owned a restaurant myself, and witnessed the unbearable temperatures and stress of a busy kitchen (which I never spent longer than 5 minutes in, and managed the upstairs), I can assure you that my business partner and chef (Paul), would have loved the idea of serving anything uncooked, and if memory serves me we even used to have a retarded guy come in the mornings to make up all the salads etc, before Paul and I arrived and business started.

I've a strong feeling, and not for the first time, that sales and marketing have once again played a massive part in the concept of taking dirt cheap ingredients that require little or no culinary skill to prepare, and no gas or electric costs to cook, and dishing it up to an unsuspecting public on the premise that salads are good for us, fast, trendy, and economical.

If moving to Cyprus takes you from eating one salad a week to one a day, then you may be doing yourself a big nutritional disservice, so be careful, and despite the heat here, always opt for cooked food over raw when you can.

It's worth dragging every last nutrient out of food by going to the trouble of cooking these days, if you want to have brilliant, vibrant, sexy, brainy, muscular, virile, anti-ageing, anti-cancer health, when the alternative is just fast, trendy and economical rabbit food!

Eating Out.

Go for it, we're spoilt for choice, and I now know of at least 10 restaurants out here that rival anything in London's West End, only with views to die for.

But know this; All restaurants, anywhere in the world (bar France maybe), cook and fry with disgusting polyunsaturated 'vegetable' oils, and the oil is used over and over.

These PUFA's were never designed for human consumption, period.

Originally used for paint and varnish, then fed to fatten cattle before slaughter, some bright spark had the idea of conning us all into believing they were better for us than lard, butter, coconut oil etc.

And we fell for it.

PUFA's are now 100% proven to lower thyroid function (that's how it fattens pigs), increase stress hormones (what else will you run on if thyroid is low?), and release more estrogen (through the stress cycle).

They lower the immune system (used in immunosuppressant drugs), increase systemic inflammation from a massive omega 6 to 3 ratio (leading to heart disease and stroke), are implicated in diabetes, and the cause of premature ageing.

And in 1962, it was found that unsaturated fatty acids are directly toxic to mitochondria. *Borst, P., "Uncoupling action of long chain fatty acids," Biochem. Biophys. Acta 62, 509-18, 1962.*

So, if you ate out back home, let's say twice a week, then you were getting enough of this **carcinogen** as it was, what with however much you used by yourself at home (which will now be zero, hopefully).

Out here you can eat out 4 or 5 times a week for the cost of two back home, plus, ex-pats can embarrassingly be found stuffing their greedy faces 'for free' at most casino's, and 'all you can eat and drink' buffets are becoming ever popular at the 5-star resorts.

All British Jews reading this might like to understand that; 'All You Can Eat and Drink' is just an 'Offer', not a 'Challenge'!

No one's got a gun to your Mum's head if you don't clear the plate, and you don't get a certificate or a Blue Peter badge for showing yourself up, and your country.

Since I work out of these hotels (using their boardrooms for lectures), I get to hear the opinions of the staff regarding the conduct of many of my fellow countrymen, and I can assure you the staff at these hotels are royally taking the piss out of you all, while you're loading up on two days' worth of food, and a month's worth of booze, in a few hours at the buffet.

They also know who the ponces are who ask the casino waitresses for a pack of fags each time they order a drink, even though they don't smoke!

Yeah, that's clever, that's real British Dragons Den entrepreneurial flair, selling handbags full of casino fags on to losers.

RANT OVER. (I'm not sorry, but since this newsletter is 'Free' you can bet your life it finds its way into the hands of people who want the cure for cancer for free also).

It's not mandatory to starve yourself all day, then eat and drink like a pig, for free or otherwise at night, especially when during this period your body is supposed to be repairing your cells, and using the nutrients consumed during the day to

ensure the ‘correct expression’ of your genes, particularly **oncogenes** (a gene which in certain circumstances can transform a cell into a tumour cell).

Basically, you’ll find people out here who ‘eat out’, breakfast, lunch, and dinner, almost every day, and unknowingly, have increased their toxic burden from PUFA’s and salads tenfold, over what they consumed back home.

The solution? You need to choose your dishes very wisely when eating out.

Sadly, this will limit your options, and everything comes with chips out here, though I do ask for boiled potatoes occasionally, and get them.

Still, I manage, in spite of also not touching bread, or any kind of pasta or grains with the same antiseptic barge pole I use to avoid PUFA, but for entirely different reasons.

I also allow myself a lapse once a week, yesterday scoffing traditional fish and chips at Sardunya Bay, and both the fish batter and the Cyprus potato chips tasted delicious, in spite of being fried in carcinogenic oil that’s probably a week old.

But! If I had the slightest inkling that I had cancer, or any degenerative, inflammatory illness, then that definitely wouldn’t have happened, not ever.

I mention that because Steve and I see what appears to be more than our fair share of the ‘walking dead’ out here, and it’s no exaggeration to say that inflammation can be found at the root of just about everything that ails us disease wise.

Just for the record; it’s **NOT NORMAL** to walk like you’ve shit yourself before the age of 85, nor to need a wee in the middle of the night. One poo a day is still medically recognised as constipation (the rule is; food in, food out. Do the math), and it’s definitely not OK to be on more than one medical drug. Why?

Because there’s never been a clinical scientific safety trial..... ever..... on two or three drugs combined. So, you’re not only being used as a guinea pig by your doctor, but guess what happens when you mix drug A with drug’s B+C?

OK, so let me put it this way; You never hear of anyone visiting the doctor and coming away on 5 or 6 drugs, do you?

No. Think about that for a moment, because we have a client who only visited a doctor for a broken arm, and yet over time, ended up on blood pressure meds, two anti-arrhythmia drugs, statins, then had two stent operations, and hired us after receiving a diagnosis for a third stent.

How kind of the doctor to measure a man’s blood pressure after breaking an arm, knowing full well that any injury and pain raises the pressure, plus the dude was super stressed out, visiting a foreign doctor away from home.

After a month on the BP meds he started to get a little flutter from his heart, which led to the anti-arrhythmia drugs, and a month after that his cholesterol was up, so statins were prescribed.

Of course his cholesterol was up, it's a protective molecule made in the liver to protect against chronic inflammation and arterial stress, which is always made worse by pharmaceutical drugs.

After that, his deeply concerned and sincere doctor talked him into going for an angiogram, but failed to mention that whilst the angiogram clearly shows occlusions/stenosis (blockages, narrowing), it fails to show how our amazing bodies are able to make their own bypasses around the obstacle.

That only shows up on a different scan, which is peculiarly never offered!

Just like when you're stuck in traffic, and rather than just sit there you take a right or a left turn to get around the problem, then still arrive at your destination. Well, blood does the same thing.

I call them 'bypasses' because that's what they look like, and how I explain them to clients, along with the photographic evidence and studies of course, but the technical word for them are '**Collaterals**'.

Let's just briefly pause on the cancer topic, since heart disease kills more people by a mile, and see what a Nobel Prize winning doctor would've said to my client after looking at his angiogram results;

This Dr is a practicing physician by the way, who has taken the time over 30 years to also study traditional Chinese Medicine, and Ayurveda.

He is a true scholar of all scientific literature available on the subject of heart attack. Here are some of Dr Knut Stroka's thoughts, echoed by other great thought leaders, and 100% backed up by science.

"Collaterals": the life-saving natural bypass system.

"Dramatic growth is seen in the connecting links when the blood flow in the coronary arteries is obstructed by severe stenosis, it has been shown that the growth of collaterals is at such an advanced stage after 1 week that even a total blockage of the coronary artery can no longer seriously endanger the heart muscle.

The existence of the collaterals is totally overlooked. The coronary arteries appear, as traditionally accepted, as "end arteries".

The angiogram usually convinces the patient. Without knowledge of the collaterals, the pictures of severe stenoses are of course very worrying.

At least as much blood flows through these collaterals as would normally flow through the unblocked normal artery. The heart muscle therefore does not suffer from a blood deficiency due to the coronary stenosis.

Generations of practitioners of conventional medicine denied that collateral circulation could balance or even compensate for the effects of critical stenosis, or even a complete vessel blockage. In exceptional cases this could be possible, but not as a rule.

The coronary angiogram does not give precise information on the extent of the network of blood vessels in the heart muscle and in particular the extent to which the collaterals bypass stenoses.”

Oh lordy, so the body can figure out how to move the blood and **deal with a total blockage**, after only a week!

Well, you're smart, how long would you stay stuck in traffic before attempting an alternate route? Less than a week, I hope.

But here's the real kicker on stents.

“Such an intervention allows the blood to again flow unobstructed through the right coronary artery; the collaterals will then degenerate and disappear as quickly as they had developed.

If an “in-stent” thrombosis now develops, a blood clot within the stent, which is not rare when “drug-eluting stents” are used, a heart attack occurs.

An acute blockage of a coronary artery within a stent, without any protection by collaterals, is fatal.”

In other words, your body can't make the bypasses around a £3,000 stent, and since the doctors did bugger all for what caused the blockage in the first place, when the stent gets blocked again, and it will do...Your cooked!

So, my client still has two of these bloody things inside him, though I'm happy to say he's off all meds, stenosis free, and has never felt better.

Well, not at least since the day he moved home, broke his arm and wandered into a doctor's surgery, because prior to that he hadn't been to a doctor in 20 years!

That's my point when I asked you what happens when you combine drug A with drugs B+C, because if you do, then a few months down the road you can look forward to a new problem, that'll also need drugging with drug D, of course.

The next time you look on the insert for a drug, and it says 'Possible Side Effects', think more like those are the drugs **actual effects**, except no one knows for sure who's going to suffer which ones, and how badly.

All drugs have these unwanted effects in some way shape or form, even if you're blissfully unaware of it, but keep drugging yourself over and over, just as our client did, and it won't be long till something shows up in the disguise of a 'new symptom' **that requires drug number two**, which leads to drug 3 and so on.

Finding someone who's on 5 or 6 meds is dead easy out here, so just ask them for a blow by blow account of how exactly that came about, and you'll hear a story similar to our client's.

Or, for the worst story of medical nonsense, the next time you need car insurance drop in and ask David Hillier at ESTA in Alsancak, to tell you what happened to his lady friend in the south. It's a shocker.

The medical monopoly is a sales industry, pure and simple, and if you're naive enough to think it's there for the benefit of mankind, then my other mate Dave has some moody land for you to buy, or how about a property with no deeds?

I hope that last comment didn't burn anyone, but it shows you how we can all be suckered in by a good sales pitch from an estate agent or a builder, but we just don't expect the same treatment from the God's in White Coats', do we?

Well guess what, ask a doctor if he or she want's half the patients they saw last year, or to turn up to surgery tomorrow and find an empty waiting room.

Ask a pharmacist out here, and there's one every mile, if they want peace on Earth and an end to all sickness in Cyprus for Christmas, or find a shareholder of a pharmaceutical company who'd like their shares to take a shit on them next year.

We need to wake up and smell the coffee folks.

Free health screening, free check-ups, free food, fags and booze down the casino, eat your way to diabetes and drink yourself into a coma at the Kaya Palazzo Sunday brunch for £25, and buying homes with no title deeds. Come on people, what is this, 'Bonehead Island'?

Late Eating.

Your usual first shot of restorative growth hormone happens while you're fast asleep at midnight. Or not, if you're still awake, as many people out here tend to be after eating and drinking between 10 and 11pm.

This was one of the first things that struck me when I first moved out here. Back home I would class half an apple and a few pieces of cheese or a glass of milk at 10 pm as a pretty late snack, but here were people sitting down to 3 course dinners (with children, which is appalling), between 10 and 11.

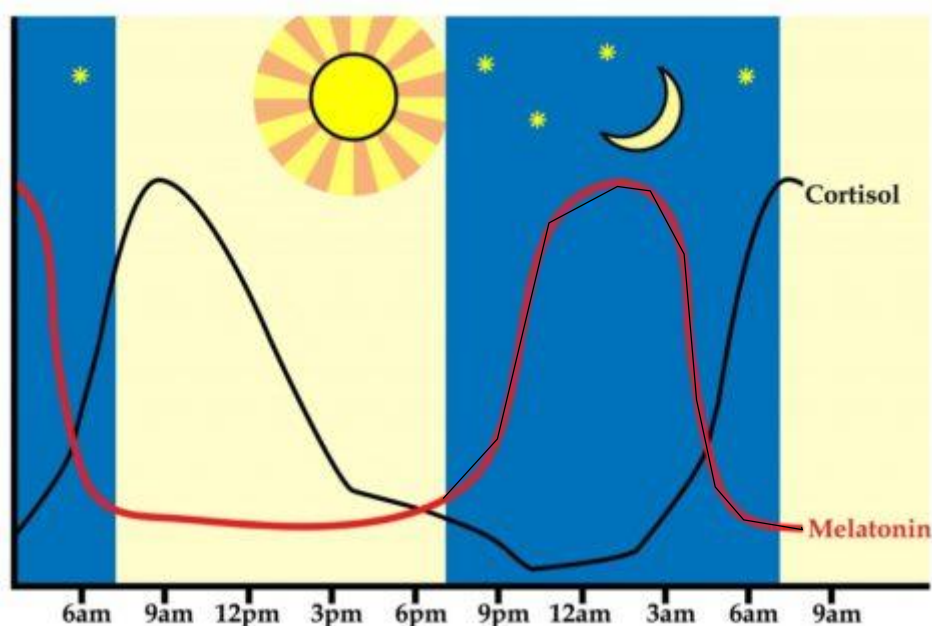
In a nutshell, your circadian rhythms (body clock) are designed by nature to provide you with the best chance of survival. This means you'd be home with your tribe just before sunset, when your body would begin to release a sleep hormone called melatonin, which I believe was necessary to combat the stress of night-time.

Thanks to melatonin, you'd be yawning 2 hours after sundown, and asleep 3 hours after, as melatonin reached its peak.

As the light from sunrise hit the photoreceptors on your skin and eyes, your body would stop its production of the sleepy hormone, and your get up and go hormones, cortisol and adrenaline would have been steadily rising to awake you, alert and refreshed.

These 'Stress Hormones' would peak around 8 am, when presumably we'd have been likely to be face to face with something looking to have us for breakfast if we failed to kill it, before it got us.

So, we needed to be sharp in the am. and sleepy by around 10 pm.



Looking at the chart above, you'll see the melatonin and cortisol lines cross just after 6 pm, and this I believe is the time when we needed to be home safe by, so no stopping off for a pint with the lads after work for Fred Flintstone, since dusk is when the predators come out to play, and, assuming we made it home by sunset, we could then safely allow our stress hormones to tank at around 10 pm, which looks like a good time to hit the sack on the above chart.

Notice how cortisol starts rising pretty sharply around 2 am, and experts believe it's rising in preparation for morning, but I'm not convinced of that hypothesis.

Many soldiers have told me of how, even though sleep deprived for days, they've been woken from a solid sleep in an emergency, and within seconds are ready to fight for queen and country.

This holds true in my own life, and I've never needed a 3-hour run up to be ready for burglars at the foot of my bed.

My theory, is that the cortisol needed to be elevated significantly between 2 and 5 am. Because a certain level of vigilance would be needed when it was our turn to keep guard.

No way would I be comfortable sleeping, regardless of a camp fire, without knowing a couple of people were guarding the camp, and I'd be only too pleased to take my turn when called upon.

This is called **polyphasic sleep**, and something I practice myself when work dictates it. (client time zones etc)

However, if you wanted to switch the melatonin for the cortisol line at midnight, if say you were a night worker operating dangerous equipment, then all you'd need to do is eat under bright man-made lights, at around 10-11pm.

You'd die early of course, and it's well documented that night workers suffer increased rates of all illness. And as study author Xueli Ma, assistant professor at West China Hospital, Sichuan University, said in an interview with Oncology Nursing News.

Ma noted that; *“previous studies have found possible reasons why night shift work can be so bad for an individual's health. First, circadian rhythm disruption, which typically happens with nocturnal melatonin suppression, can act as a carcinogen.*

Since melatonin plays a role in preventing tumor growth through antioxidation, antiangiogenesis and immunity regulation, reducing natural melatonin release – which is an effect of being exposed to artificial light during the night time – can promote cancer growth.”

Women came off worse in the study; *“Overall, long-term night shift work among women increased the risk of cancer by 19 percent.*

Of all the occupations analyzed, nurses had the highest risk of developing breast cancer if they worked the night shift.”

Wow, breast cancer was **up 58% for the nurses**, although I think that's probably because Nurses are more in awe of doctors than anyone, and this would lead to them buying into all and any of the various bullshit screening examinations.

That's not just my opinion by the way, even the above study expert made the same observation. Sadly, no one loves smelling doctors' farts more than nurses, which is why I so often lock horns with them.

A doctor knows when he's about to get thrashed by me, so they withdraw or back down, but nurses don't, because they haven't a clue of the science either way. The poor dears truly believe in the monsters who write their pay checks.

Those monsters are well aware of this unwavering loyalty, which is why historically they've gotten away with paying nurses a salary that's utterly disgraceful for the services rendered, while the dreadfully undereducated doctors are swanning around wearing carnations, bow ties, and living in mansions, all nurses struggle, usually needing to marry a policeman to get ahead.

How come? Well, when was the last time you saw a nurse write a prescription for drugs? Which is why only doctors, pharmacists, and drug sales reps are the only people worth greasing for big pharma's paymasters.

Now, I fully realize there's a huge difference between working a night shift for ten years, and staying up/eating late a few evenings a week, or popping down to a casino in the dead of night to refill your 'Poachers Pocket' with free fags.

But how much difference?

Nobody knows. And since we're in the middle of a cancer epidemic, perhaps we ought to stick with what we do know, and that's that mother nature gave us circadian rhythms for the best chance of survival in a hostile environment.

Any deviation from those rhythms means you won't be resting and repairing as well as you might, so this is worth considering if your health and longevity mean anything to you.

Insects.

True story; I was once eating at a restaurant in Karsiyaka, and the owner noticed I was bothered by the fly's pestering me, so he thoughtfully came over and sprayed insect repellent in the air around me. Indoors!

I know, I couldn't make it up, could I.

The only thing I could do was laugh to be fair, because the dude really thought he was doing me a favour, but it got me thinking.

How many times per year did you use bug spray back home?

I can remember using ant powder a few times, but I can't ever remember even buying a can of bug spray, can you? Let alone spraying my bedroom, all be it several hours before bedtime, to try and ensure a bug bite free night.

The teeny tiny sand flies get through the fly screens, and some miraculously even appear in my bathroom, even when all the windows are closed and I've checked earlier.

I can handle them during the day, but they're a royal pain in the arse when it comes to sleeping, so a mosquito net attached to the ceiling has helped.

Regardless of what they put on the can about how safe these insecticides are, these products 'Kill' living organisms, generally by destroying the bug's nervous system, so it's not much of a leap in logic to assume they're toxic to us as well, is it?

And I'd like to think that anyone reading this newsletter this far, has got past the point where they believe anything written on a label by a company selling the stuff.

Certainly, In the United States at least, fly sprays often contain the powerful insect toxin 'dichlorvos', which is often targeted by environmental groups as a **deadly carcinogenic compound**.

So, buyer beware, because as health conscious as I am, I still use bug spray probably 20 times a year, and that's 20 times more than I'm comfortable with.

This year I've been experimenting with a homemade 3% hydrogen peroxide solution, mixed in plain water and simply sprayed around the bedroom and bathroom, plus a UV light trap similar to those used in butchers' shops.

The light trap certainly attracts and zaps the regular fly's and mosquitoes, and the sand flies don't seem to like the hydrogen peroxide spray. The net over the bed does the rest.

Driving Fumes.

The German high court has declared that in Feb 2019, Frankfurt, Germany's financial center, must ban highly-polluting, older diesel vehicles from the city center as part of a plan to improve air quality. Berlin has already done so.

"We need to understand that this is about a threat to our health," Said Judge Hartmann.

The main effect of breathing in raised levels of nitrogen dioxide from old diesel bangers, is the increased likelihood of respiratory problems. Nitrogen dioxide inflames the lining of the lungs, and it can **reduce immunity** to lung infections.

In the journal; *Environ Health Perspect.* 2015 Nov;123(11):1107-12. doi: 10.1289/ehp.1408882. Epub 2015 Apr 14.

Lung Cancer and Exposure to Nitrogen Dioxide and Traffic: A Systematic Review and Meta-Analysis.

Concluded; “*We found consistent evidence of a relationship between NO₂, as a proxy for traffic-sourced air pollution exposure, with lung cancer*”.

The World Health Organisation has also declared diesel exhaust a carcinogen.

Trust me, you will get stuck behind diesel cars and trucks older than Noah out here, and when the driver puts their foot down you better be ready to hit the *recirculate* button on your dashboard. Locate it, learn to use it, and change your air filter as often as you can afford to.

Sunglasses.

How often did you wear sunglasses back home?

Because everyone out here seems to think they're Joan Collins or Johnny Depp!

This is a huge health mistake that no one seems to be talking about, let alone opticians, who seem to view eyes merely as lenses for vision.

Because our eyes also use light to determine time, and if we can't sense time correctly via our eyes, then the brain and body can't either, and this can lead to huge health consequences.

We also use our eyes to sense the colours and intensity of light in the environment, but, if you wear sunglasses, your eyes think it's night time, and if you have to be active at night, your body will create adrenaline and cortisol to make energy for you to perform the activity, because night time is supposed to be for rest and repair.

So, **Sunglasses during the day plus activity**, means increased stress hormones in your body. Stress hormones not only increase your rate of ageing (ladies), but if used chronically, will depress your immune system, which may lead to **cancer**.

You must understand that your eyes are directly connected to your brain, and, based on the brightness of light and its colours at different times of the day, your brain will make vital decisions about when to release certain hormones, and later, when to rest and repair.

The use of sunglasses leads your entire body to speed up into an emergency stressed state, until it can sense time again by light hitting the eye.

Darkness is supposed to mean rest, sleep, and repair, but if your eye is telling your brain to do that because you're wearing sunglasses, only while your body is still active and your skin is receiving a ton of light at the same time, then the body becomes confused.

You must always interpret any hormonal/brain confusion you cause in the body as 'stress', and stress always kills us, sometimes sooner rather than later.

But who'd have thought that swanning around thinking you're a Hollywood A lister was causing you added stress? well, now you know how and why, and the next time you're out and about try to observe the mannerisms and movements of people wearing shades, against those who don't.

You'll discover those wearing the shades look and act sharper, more alert even, than the non-shade wearers, because that's what happens when your body's in a high state of arousal and running on stress hormones.

Look for the fidgety legs, busy hands, and bird type head movements. The only exception will be really dumb people, who have two mental speeds, slow and stop. They'll tell you they 'feel better' wearing shades, and now you know why!

It's night time for shade wearers remember, and night times always more dangerous than daytime, which is why nature revs us up if we're active at night.

You may think it's a good thing to be sharper and more alert (especially if your thick or driving), but you don't need to be like the Queens bodyguard on night duty while queuing up for a coffee in Gloria Jeans, do you? And running off of the sympathetic (flight fight) nervous system is never a good idea.

Steve and I are plenty alert, yet never wear shades, not on the beach nor while driving. In fact, most people seem pedestrian to the way our minds work, and we keep those stress hormones under wraps for when they're really needed, first thing in the morning, during sport, or in an emergency.

The skin pigment that allows you to endure UV radiation (safely) is called **melanin**, and if your eyes are covered during the day, despite looking super cool, then your brain won't be able to tell the skin to create melanin to protect you from sunburn (because your eye thinks it's night-time).

Needless to say, again, melanin is a **protective** pigment, but guess what else it protects us from besides sunburn?

Perhaps instead of **falsely accusing the sun** for the increase in **skin cancer**, idiot dermatologists, oncologists and opticians, ought to pay more attention to how we behave when we do go out in it.

Rather than warning us to stay out of the sun, when it is in fact the most health promoting thing we can possibly do, they should be advising the public on how the increase in skin cancers can be directly correlated to the use of sunglasses and toxic sunscreens, neither of which any native tribe ever use, and yet where skin cancer is unheard of.

Also, if you wear UV protected glasses, then you block Ultra Violet radiation from reaching your eyes. As usual, the common sense on UV being evil is totally wrong, and another example of herd thinking.

You actually have a UV light receptor in the eye that takes in the UV light, and uses it to make chemicals and hormones to help your brain and body stay healthy.

In fact;

Exposing the eyes alone to UV light can trigger a “tan”

<https://www.newscientist.com/article/dn1227-exposing-eyes-alone-to-uv-light-can-trigger-a-tan/>

If your eyes are covered on and off with your sunglasses, then you end up with this incredible confusion, as the amount of light going into the eye changes so massively, as does the colours and the brightness, which all matter.

This means your eyes will be telling your brain one minute that it's getting dark, and your body should start getting ready to rest and repair, then you take your sunglasses off again when you're inside and the eyes get another signal that it's suddenly daytime again, so cancel the rest and repair it thinks.

Then you go out again and put the sunglasses back on, and so on.

This constant change in the light signals causes damage to the eyes and their connection to your brain.

Eventually this leads to inflammation of the eyes, the nerves between the brain and eyes, and then the brain itself.

This inflammation in the brain is as dangerous as it sounds.

People often say; 'I have to wear sunglasses because I'll be squinting and blinking with watery eyes otherwise'

No, you blink and squint a lot when you go without sunglasses because you've forgotten how to use your bloody eyes without them. Watering eyes is nature's way of cooling off the retinas till the eye can get back to its normal business.

Throwing your shades away will confer so many health benefits, and here are just two more to finish up with.

The UV, when it hits the DHA (an Omega 3 fatty acid) in your eye, creates a DC electric current. That's right, the same electricity used in your home electronics is also made in your eye from sunlight.

The reason this happens is because DC electric currents stimulate cells to regenerate, as shown by; *Dr. Robert O Becker in his book "The Electric Body"*.

Dr Becker measured salamanders that could regrow entire arms and legs using the DC electric current to heal themselves. He then found the exact same effect in human bone and skin.

Then it was discovered that when DHA is hit by Sunlight and UV, it creates a DC electric current within the eye to **cause stimulation, repair, and regeneration throughout the entire body!**

Do you think such a brilliant, natural, in built system of repair and regeneration should be cock-blocked by the sheer vanity of looking cool?

Finally, you'll remember on the subject earlier of 'Late Eating' we showed a chart and made mention of the super important sleepy hormone '**Melatonin**', which is secreted at around 2 hours after sunset, and peaks around 1am.

Well, a ton of research has proven that **melatonin is also massively cancer protective**, which is worth knowing, as is the fact that whilst its secreted mainly at night, it **only gets made during the day**.

And, you guessed it, only if your eyes have an unobstructed view of full spectrum light!

Get this if you get nothing else; if you have cancer, and we all do to varying degrees, then any chance of your body kicking it to the curb will take place while you're in deep, restorative sleep.

And what is, deep restorative sleep?

It's when you sleep through the night without the need for the bathroom, and you dream, the more vivid the better.

It's absolutely not normal to need a bathroom break during the night, and we have an almost 100% success rate of getting our clients out of that situation.

If you're in a deep enough sleep your brain will release an anti-diuretic hormone (ADH), which effectively stops the bladder filling, and providing you have anything like a decent nutritional profile, you should be having dreams.

People who wake twice a night for a wee and don't remember dreaming, are on their way to the bone yard, the oncologist, or some other degenerative illness!

And sunglasses could be a major contributing factor.

Pro-Hormone Vitamin D Deficiency.

Here's the strangest thing.

Ever since coming to Cyprus and speaking to 2 doctors, 3 pharmacists, and numerous individuals, we've heard that it's 'common knowledge' that the majority of people here (supposedly 90%) are vitamin D deficient (its officially 75% in America for example).

That sounds absurd when you consider the 280/300 days of sunshine we enjoy here, and of course, regardless of where they live, anyone taking statin drugs or on a ridiculous low-fat diet, will be D deficient, since cholesterol is the molecule needed to convert sunlight into D.

But not any old sunlight mind, but the sunlight during the exact time of the day we're warned to stay out of it by dermatologists and 'experts' in general.

That, or they tell us to cover up or slap sunscreen on, again curtailing any chance of making precious, **Anti-Cancer D3**.

The sun is closer to the earth in the run up to and just after noon, and that's when we make our D, when the rays are shorter, and not in the early morning nor the late afternoon.

This got us to thinking; could it be possible for someone living in such a superb climate to actually be getting **'LESS' D3 than they did back home?**

Sounds bizarre doesn't it? But you won't find my Mum and Dad back home worrying too much about slapping sunscreen on, or hiding indoors at noon. No, they'll be pottering about in the garden, doing odd jobs, or even taking their walk in the park.

In other words, getting their daily quota of Vitamin D!

But, when they came to visit us here in Cyprus, wild horses couldn't drag them outside between 11am and 2pm. We literally had to coax them outside saying; 'come on, you need 20 minutes to make your Vitamin D'

People living nearer the equator are supposed to live longer and be protected from 'ALL CAUSE MORTALITY', which means '**everything**'. Every disease you can imagine (barring dysentery from bad water or starvation from poverty etc).

To move to a country for its wonderful climate, but then to stay out of it during the exact time of day it's wanting to protect you from every major disease in the book, especially **cancer**, is ignorant at best (if you didn't know this info), and plain stupid if you did.

Vitamin D is measured by a cheap test called; 25-hydroxy vitamin D blood test. Measured in nanograms per millilitre, any doctor will tell you that anywhere between 20 nanograms per millilitre and 50 ng/ml is considered the normal level. But is 'normal' any use to you, or more use to your oncologist perhaps?

Cancer patients/survivors will often be told to keep their level at 50 ng/ml because research has shown that once you reach a serum vitamin D level of 40 ng/mL, your risk for cancer diminishes by 67 percent, compared to having a level of 20 ng/ml or less. <https://doi.org/10.1371/journal.pone.0152441>

Another study published in 2015 found women with vitamin D concentrations of at least 30 ng/mL had a 55 percent lower risk of colorectal cancer than those who had a blood level below 18 ng/mL. *Cancer Prev Res (Phila)*. 2015 Aug;8(8):675-82. doi: 10.1158/1940-6207.CAPR-14-0470. Epub 2015 Mar 26.

And in a 2005 study, women with vitamin D levels above 60 ng/mL had an 83 percent lower risk of breast cancer than those below 20 ng/mL. *European Journal of Cancer* 2005 May;41(8):1164-9

However, we'd prefer if you were protected 100%. Interested? Because back in May 2017 the *Journal of Preventative Medicine and Public Health* published this. <https://doi.org/10.3961/jpmp.16.111> and titled it;

'The Big Vitamin D Mistake'

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 ≥ 100 nmol/L

This (1.0 above) means if you get your levels over 100 nm/ml you are protected or not at risk, from 100% of all diseases!

Depending on your skin colour, you can make 10-15,000 IU's of Vitamin D, and get your blood levels near 75-100nm/ml from 20 to 30 minutes exposure, but it needs to be a big skin surface, so head and arms are as good as nothing, but say 15 minutes on chest and 15 for your back will do the trick.

That's old news now (May 2017), but don't be too surprised to discover that your doctor didn't get the memo yet, since preventative medicine is definitely not on the agenda for big pharma, nor its 'pushers'. The last thing any doctor wants is everyone on his books with a D level over 100, because that would mean an empty waiting room.

Maybe I'm wrong you think? But have you (since May 2017), had any contact whatsoever from your doctor, requesting you take an immediate D3 test to ensure your levels are now above 75/100?

Thought not, yet 100% of our clients were informed of the life saving research, and we even wrote and distributed a free newsletter on the subject, as a general public service, for those who are unable to afford our services.

Because that's our idea of 'Preventative Public Healthcare', while your doctor obviously cares more about golf than he does you or your family!

Thus, we still have 90% of people wandering around Cyprus with D levels that don't even reach between 20-50 nm/ml, somehow thinking they have all the bases covered, when in fact the study says the minimum level should be **100-140**.

To read our full research on this D issue, read our newsletter titled '*Asthma and Allergies, When Nature Bites Back*'. Request a copy from info@bluntcoach.com

This deficiency is being called a 'worldwide epidemic', and whilst we can understand how Canadians or Swedes might get a raw deal on the sunshine front, how do we explain Florida, or sunny Cyprus?

Surely there has to be more to this mystery than just not spending enough time in the sun, combined with idiotic low-fat diets, sunscreen, and the world's most popular (and useless) drug; Statins, being swallowed like Smarties.

And there is, and this may be considered as your secret reward for reading this far, because there's also a worldwide deficiency of Magnesium (50% globally), and Vitamin K2 (global deficiency unknown).

Both magnesium and K2 are **needed to activate, and then make proper use of Vitamin D!** (Remember you heard that here first please)

Magnesium/D activation study; Journal *ListBMC Medv.11; 2013PMC3765911*

Get your magnesium from fish, dairy, coffee, dark chocolate, pink salt, avocados, butter, almonds, brazils, and 'the juice' of dark leafy greens.

For K2 study's read anything by; *Professor Cees Vermeer. He's one of the world's top vitamin K2 researchers, or Dr. Kate Rheaume-Bleue ND.*

For K2 you need animal products such as eggs and butter, fermented foods like natto, goose liver pâté and vitamin K2-rich cheeses like Brie and Gouda. Why?

Because if you do get enough magnesium to activate your Vitamin D, one of its jobs is to help your uptake calcium. And you want that calcium in your bones and cells, NOT in your arteries, and **Vitamin K2 tells Calcium where to go!**

So, whilst this is a cancer newsletter, as an incredible bonus, you also just discovered some of the crucial answers to the true causes of **calcification of arteries**, and **osteoporosis**.

Air Conditioning.

This isn't something many people have much use for in the UK, but certainly from May till October it's a godsend out here.

There is much debate over the health risks of using air conditioning, particularly from the manufacturers of the units, which again should come as no surprise.

The most obvious health problem would be with the lungs, and there's even a medical condition called 'Air Conditioner Lung', but for the purpose of our focus here on cancer, I'd be more concerned with anything affecting sleep quality.

This research I'm about to cite is the result of a study conducted by **Professor Kazuyo Tsuzuki at the National Institute of Advanced Industrial Science and Technology.**

The research results were reported online in the; *Energy and Buildings journal on December 23, 2016.*

“The results found that the subjects have significantly greater body movements, an increased heart rate and a higher frequency of waking in the room that has the AC with a mean velocity of 0.14 m/s. This suggests the general AC may have some influence on sleep, as we discovered that subjects roll over or their sleep depth changes the moment cool air blows out.”

“It suggests some AC setting may have an unintentional negative impact on sleep quality despite the comfort the person feels.”

I interpret that as meaning it's a trade-off between comfort, and poor sleep quality, but if I'm not comfortable, then I can't sleep at all, which is surely worse, right?

Our view on AC is to try and discover the minimum setting and time you need to have it on for, and to use the sleep and timer functions on your remote control.

The sleep button (which most people don't use), will increase the room temperature by 1 degree in around an hour, because your core temperature drops by 1 degree as you sleep.

So, as your head hits the pillow you push the sleep button, that's usually like a man in the moon symbol. Otherwise, in an hour, your body temperature will drop, and what felt good when you got into bed will now feel too cold.

And the timer function can be used to automatically switch the unit off, maybe 3 hours before your due to wake anyhow, so that's 3 hours less that the unit could be damaging your health.

Finally, if you own your own home, invest in the most modern and expensive unit for your bedroom, they are worlds apart from the units most homes were built with, which are now 5 to 15 years old.

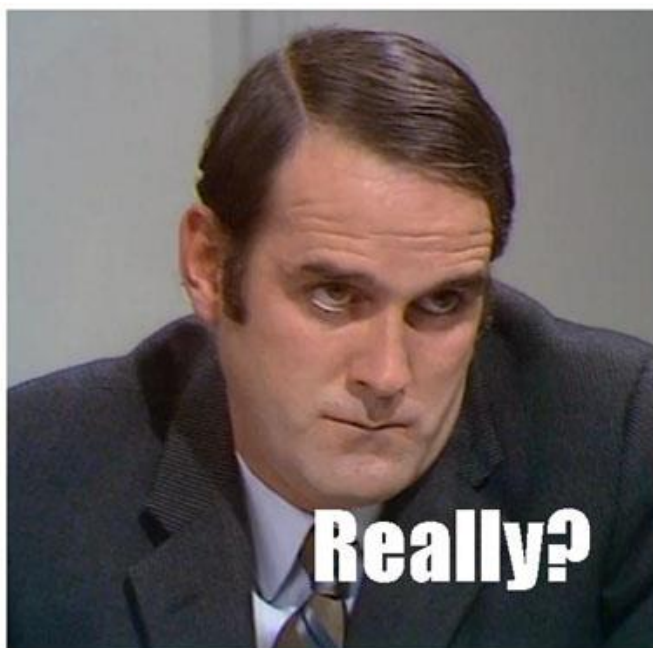
EMF's.

How many people would put their cat in their microwave on a low setting? You wouldn't, because you know that would cause an incredibly gruesome demise for the kitty.

Microwave radiation is not something nature provides us with, and for good reason.

The problem is that the effects of large doses of microwave or X ray radiation are known by everyone to be dangerous to living things, yes, but the technology we all carry in our pockets and in our homes also uses low levels of microwave radiation that still affect us, just not in such obvious ways.

It must be safe though, right? Otherwise, people in charge like governments and doctors would come down hard on companies like Apple and Samsung.



I don't feel the need to argue about the corruption of government, medicine, and the "people in charge" at this stage, so you just need to remember that while putting your cat in the microwave oven will kill it quickly, having your cat sleep on top of your Wi-Fi router may not seem such a bad thing, but will kill it just the same, only slowly.

The problem is that the Wi-Fi uses microwave radiation technology just like your microwave oven,

only on a smaller scale.

Instead of the cat instantly heating up by way of vibrating water molecules, like a microwave oven would do, the WI-Fi's microwave signal vibrates just enough to damage the DNA in your cats' (or your) cells, to cause damage and mutations across the body, leading to increased risk of cancer.



Above cell damage evidence, <https://www.ncbi.nlm.nih.gov/pubmed/8627134>

So, let's say you go out to a coffee shop and sit down early in the morning, and plan to stay there all day. At 7am there are 3 people nearby, and each has their phone in hand.

Each phone releases microwave radiation to both talk to the Wi-Fi, but also to the phones network to constantly be ready to receive calls and texts.

Now you're under the effects of both the Wi-Fi at your café, and the combined Radiation of your own, plus 3 fellow coffee drinkers combined. And if one of those people chooses to take a phone call while sitting in proximity to you, the exposure is even higher.

Now let's take that to 1pm, and there are now 20 people seated in the coffee shop, and a near constant line of 5 people to get their takeaway drinks.

Every single one has a smartphone and is connected to the Wi-Fi and phone networks. One Wi-Fi working at 2.4GHz can cause small DNA damage as per the research above, so what do you think happens when you have 20+ people, each with a microwave device in their hand or in their pocket?

Do you think they all have higher rates of DNA damage, cell death, and potentially cancer across the board?

We can't say that people get more or less EMF exposure here than back home, and the chances are good that it's actually less, because thankfully, we don't have 4 or 5G (yet).

But since we don't have many homes with landlines here, we know a lot of people who sleep with their mobile phones nearby, fully enabled, all night long.

Worse still, is if your Wi-Fi router is left switched on and your phones still Wi-Fi enabled. Because while you're trying to repair mutated cancer cells during deep restorative sleep, the technology in your home will be doing quite the reverse.

All devices must be switched off, including the ring main of your bedroom!

Notwithstanding air con in the summer, this is easily achievable from late October onwards. We use rechargeable, portable lamps as bedside table lamps, purchased in Storemax, cheap as chips.

At bedtime the lamps provide plenty of light if needed, and the upstairs fuse box is turned completely off.

All electrical appliances aside from the fridge/freezer go off downstairs. Why?

As you lay in bed tonight, would you like to have your brain cells scrambled by an active ring main that runs around your bedroom, inches away at head height, and running at 50HZ in and 50HZ out, when I tell you you're vital mitochondria need to resonate at 100HZ to maintain maximum efficiency?

Your brain, which is full of electrical cells known as neurons, uses magnetic and electrical signals to alter its normal waking state into a drowsy state, and then full on unconscious state.

Magnetism and Electricity are the cornerstones of how your brain creates a good night's sleep, and if it works properly then you also reap the healing benefits of sleep, including the body's natural ability to resolve cancer cells and stop their creation, by keeping mitochondria in tip top health.

The problem, then, is that the copper wire behind your wall also works on magnetism and electricity, and a key part of understanding this field is that wherever there is electricity flowing, there is also a magnetic field.

So, when you sleep within range of a highly electrified copper wire behind your wall, your brain's ability to create the unconscious state is broken. We're not saying you won't get to sleep, because the brain will force its way through such things, but the brain will be altered just enough that the normal regeneration your body should perform, doesn't get started.

As a side note, any wire that has electricity flowing through it has a magnetic field, this includes: Headphones, Charger Cables, Lamp Power Cords and others.

You may have heard the term '**Sympathetic Resonance**', where two guitars can be laid side by side and a string on one is plucked, causing the same string on the other, untouched guitar, to also vibrate.

To think that these electric and magnetic fields don't negatively impact our cellular biology through the above principle, and thus our health, is both naive, and completely ignores the massive body of evidence stacked up since the 1940's, that this technology is dangerous.

In the UK, you have a legal right to refuse the installation of a ‘Smart Meter’ on health grounds (not a lot of people know that), since the meters send out an incredibly powerful Wi-Fi signal each time they send information back to the service provider, which can be hundreds of times per night.

The World Health Organization has listed smart meter wireless radiation as a possible carcinogen. Class 2 B Carcinogenic Classification.

So, if you write the electric/gas company a letter stating that if they install a smart meter, you’ll hold them responsible in a court of law for any injuries or health issues arising from said meter, then guess what?

They shit themselves and leave you with the old meter. What does that tell you?

Here in Cyprus, I know of no such option!

We’re all bombarded with this ‘**Dirty Electricity**’ as it’s called, day and night, so the least you can do is try and limit the amount you get while you rest and repair.

However, even just switching off your ring main, Wi-Fi and cell phone, and if you can, educating your neighbours to do likewise, will result in a significant improvement in sleep quality, rest and cellular repair.

Golf.



Or did you think they sprayed fairy dust to keep the lawns immaculate?

It's a documented fact that far from being a healthy pursuit, golf club superintendents have more than their fair share of cancer.

“In conclusion, mortality from smoking-related diseases among golf course superintendents was significantly elevated” AMERICAN JOURNAL OF INDUSTRIAL MEDICINE 29~501-506 (1 996) “Mortality for four cancer types-brain, lymphoma (non-Hodgkin’s lymphoma, NHL), prostate, and large intestine-occurred at elevated levels within this cohort”

It’s impossible to find evidence for the casual golfer, since golf is big business, and no one’s queuing up to fund such research, but the thing that interested me in the above study was the increased risk for greenkeepers who smoked.

This proves that other lifestyle habits influence the degree to which you’ll be affected by the same pesticides and herbicides. I even found one study where the over the counter medication; ‘Tagamet’ used for simple indigestion, increased the potency of insecticide *AA Agyeman, LG Sultatos - Toxicology, 1998 - Elsevier*

So, and this is purely a hypothetical question; Where does this leave a 60-yr. old overweight Golfer on Metformin, Blood Pressure meds and Statins, who occasionally takes a heartburn medicine and smokes?

Because you’ll find thousands of them teeing off any day of the week, won’t you?

If you played twice a week back home, and increase that to 4 times a week here, then congratulations, you just doubled your potential toxic load of some of the deadliest chemicals on the planet.

Because regardless of the lack of research, we can surely all agree, that whatever pesticide/herbicide residues you will come into contact with, are unlikely to be ‘good for you’, don’t you think?

And if you plan to take up the sport from scratch and you get the bug for it, then unfortunately that might not be the best thing for your health outcomes.

I’m just guessing, but due to the extreme heat we enjoy here in Cyprus, perhaps early morning rounds are more popular with ex pats who come from colder climates, and since sunrise can be as early as 05.30 am, why not?

What a great way to start your day.

But here’s another wild guess; They spray their greens with poison either at night, or at first light!

So, which golfers come into contact with the most potent doses of toxicity, the ones who favour Ball Licking, late afternoon rounds, or the early birds?

Just saying!

Ps. If anyone could prove that they only spray once a week, then I'd love to know which day they do it. That way I could go six days later, before the next dose, as it is one of the most beautiful places to visit for leisure and entertainment.

Wrap Up.

So, there you have it. If there is indeed more cancer, or any type of disease, here in Cyprus, then perhaps the 22 things below may begin to make more sense of it.

Free Health Screening, Cigarettes, Alcohol, Drinking Water, Showers/bathing, Deodorants, Newspaper/receipt ink, Exercise, Barbeques, Swimming Pools, The Mediterranean diet, Raw foods, Fresh Fruit and Vegetables, Eating Out, Late Eating, Insects, Driving Fumes, Sunglasses, Vitamin D, Air Conditioning, EMF's, Golf.

Yet none of the above begins to explore the possible psychological components that may also be contributing to poorer health, i.e., the profile of a person who moves here in the first place, and the fact that birds of a feather flock together.

By that I mean; 'Misery Loves Company'

We mentioned earlier about it **not being normal** to 'walk like you've had a trouser accident' before the age of 80, and that was by no means a throwaway remark.

Just go to any bar and watch the over 50's ex-pats. Just the mere fact you can find people propping up a bar at 12 noon tells you something, or it should. But then observe these people when they take a bathroom break, or in fact first hobble into the bar.

Humpty Backs, Wheezing, Limping, Poor Coordination, No Balance, Covered in Small Bruises (from statins and blood thinners), Ropey Skin, Bulging Veins, Limbs Bandaged or Swollen, Obese, Emaciated or Confused. It's all too common.

More common still, is to discover them in groups where the above applies to 80% of the group. Where being in tip top health is the exception, rather than the rule.

As Life Coaches we understand better than most that; **'Perception' plays a great part in our 'Epigenetic' Expression.** In other words, if people perceive that it's normal to be falling apart at the seams at 70, or to be on 4 to 7 medications, then they follow the herd and comply likewise.

It doesn't matter that they know 'Paragliding Peggy' was still going strong till 104, or even that members of their own group are still fit and healthy, because the negative always outweighs the positive, and the majority 'Group Think' always dominates.

With little else up for discussion, medical problems become the order of the day in these groups, particularly among women, often with those with the most tragic problems wearing them like a badge of honour.

That's not me being mean, that's simple human psychology.

You see, we all have basic human psychological needs that must be met for us to thrive, such as connection, significance, recognition and so on.

The trouble is that we seek these needs on a subconscious level, and unlike our logical, rational, conscious mind, **our subconscious has no concept of good or bad, and only desires that the needs are met.**

No one in their right, logical, rational mind wants to feel 'Love and Connection' from or to a bunch of alcoholics, for example, but in the absence of love and connection with a group of chess masters or musicians, drunks will do just fine.

Let me give you some examples of the actual needs, and how they can be met in a negative way, leading a person to actually feel quite contented with their life, but at the same time be as sick as a dog, or riddled with disease. The negative bit will be in bold italics next to the basic psychological need.

Need 1: Certainty/Comfort. ***That doctors know best, or Jesus will save us.***

Need 2: Uncertainty/Variety. ***Maybe I'll die soon, maybe I won't, will I make it to the toilet in time or won't I, will Murat cheat on me again, and should I give him the password for my building society account?***

Need 3: Significance. ***I have cancer, everyone's fussing over me, there's a fundraiser with my name on it, I have a hundred get well cards, I can drink anyone under the table, win a pub quiz, lie about being in the SAS, get attention from Turkish/Greek men, or advise people on health because I was a nurse.***

Need 4: Love & Connection. ***To mental, emotional, financial, and physical cripples, doctors, alcoholics, gamblers, drug users, people who feel sorry for me, couples stuck in failed relationships, or a group of sick people.***

Need 5: Growth. ***I'm getting fatter, have more health issues, getting more sympathy, taking more medication, getting better at being sick, hoarding more junk, making more friends just like me, and finding more shoulders to cry on.***

Need 6: Contribution. ***I give money to ponces and people with hard luck stories. I listen compassionately to anyone's story of woe. I stop to pick up dead cats off the road, and I work half a day on a cancer stall, shop, or give them money.***

Which, by the way, just superglues the idea that you're focussed-on cancer and hard luck stories, and that it's ok to let people use you as their 'emotional dustbin'.

And what does The Law of Attraction give you? **What you're Focussing On!**

Not that it's very popular, but on that last point, my advice is that if you fear cancer, have had it, or currently have cancer, then work in an animal charity, and if you hate animals suffering, then work with a cancer charity.

There really is such a thing as '**The Law of Attraction**', and I don't make up the rules on how it works, I just explain them.

So, no apologies for pointing out that by telling everyone you're a cancer survivor, working in a cancer charity, running around parks in pink vests, wearing cancer wristbands and dedicating your life to never getting cancer again, you're still massively focusing on...; **Cancer!**

The correct way to frame your mindset is outside the scope of this newsletter, and for that you'll need someone who truly understands the subject, and definitely **not** a psychologist, but perhaps an 'Excellent Sales Trainer', if you know any!

Now, let's take a look at meeting those same psychological human needs, but this time from a more positive angle. And please remember, your subconscious mind doesn't give a stuff how you tick the need boxes, just as long as they get ticked.

Need 1: Certainty/Comfort. *In my own research, effort and intelligence, my observational awareness, certainty that the sun will rise tomorrow, and that my dog/cat/children/partner loves me unconditionally.*

Need 2: Uncertainty/Variety. *Maybe it'll be sunny and I'll go to the beach or for a picnic, maybe it'll rain and I'll stay in and practice my piano, paint, study, sing, make love, or Skype the grandchildren.*

Need 3: Significance. *For my paintings, sculptures, music, voice, literature, humour, cooking, parenting, mentoring, or paragliding when I'm 103.*

Need 4: Love & Connection. *To mental, emotional and physically stable, loving, healthy, happy people. I feel a strong connection to people in my Yoga, Art, Music, Poetry, Theatre or Dance class.*

Need 5: Growth. *I'm getting fitter, smarter, healthier, happier, wealthier and wiser, more fulfilled and ever more grateful for whatever I do have.*

Need 6: Contribution. *I pass my wisdom on as often as I can, and to anyone who'll listen. I do this both through social speaking and social media. I give time to charity and walk stray dogs at KAR once a week. The world will be a better place for having me in it.*

Now, can you begin to understand how this second person, having ticked all the same psychological and emotional need boxes as did the first, can feel just as

contented with life as that first person says they are, and yet our second person will enjoy remarkably different health outcomes?

It does take a little more effort than propping up a bar though, doesn't it!

Which is why; **Life Only Begins Outside Your Comfort Zone, and When you Understand the Workings of your Inner Mind!**

Can you see or grasp this?

Good, because if you can, then welcome to Life Coaching.

Or, we could say, welcome to the only profession in the world that not only understands this phenomenon, but factors for how we can manipulate those psychological needs in our minds, to amazingly influence the physical conditions we find manifesting in our bodies, with disease or optimum health as the body's two physical extremes, and bliss and misery as the two psychological opposites.

If you only understand one component without the other, as doctors supposedly do with the body and psychologists with the mind, then you're of no use to mankind.

Even with a combined degree in medicine and psychology, since, as you should have gathered from reading this document, the whole healthcare profession sits on top of a business model designed for profit, not for public wellbeing and the prevention of mental and physical illness, the results would still be abysmal.

This is why we have more sickness and messed up people in the world than ever.

We offer this as a slap in the face to anyone who, even after reading this newsletter and gaining some serious insight into our thought processes, still asks the ridiculous question; '**What are Your Qualifications**'.

There is no bloody qualification in Life Coaching. You either are one or you aren't, and it's a 30 to 50-year course, not a week with an NLP guru, 6 Cd's and a workbook, a weekend with Tony Robbins or a Louise Hay '**Life Study Course**'.

You can't **Study Life!**

You either live and experience one, and have a passion for communicating it to others, or you don't. I seriously doubt there's any swimming coaches who '**Studied**' it on dry land, and can't swim themselves, but I can assure you there are tens of thousands of Life Coaches who've never been healthy, fit, entrepreneurs, rich, famous, infamous, or successful at anything, other than at bullshitting the public that they are of course; 'Qualified or Certified' to be able to coach you on all the things you want to **do, become or have**, but that they evidently never **did, became, or had** themselves!

Well, I'm sorry they chose to be Bank Managers or Housewives and wasted the first 30 or 40 years of their working lives not learning to swim, because I chose to be a F***** Life Coach with my time, and still am, and I'm the Aqua man!

And I did **do, become and have**, just about every trapping of success imaginable, plus lived through all the downs that often accompany great achievement, and, after 40 years, know how to coach others to both an elite level in anything, and how to help them avoid or navigate their way through the pitfalls of success in any endeavour.

Any Great Adventure will be Fraught with Obstacles and Danger, and there isn't a University or Life Coaching course on the planet that could even begin to prepare someone to lead thousands of people through a dangerous Safari (Life), but from within the confines of academia. Thus;

Our 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 Britain's highest paid Life Coaches 2001/2011.

Our material is not dumbed down, cheap or quick to grasp.

Though 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, and not for people seeking more 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.

You can request other free newsletters from info@bluntcoach.com. Or please visit us at www.BluntCoach.com and consider hiring us for your specific Life Coaching requirements or training event.

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's Ben Dover and B. R. Aceyourself!
4. Viva Las Vegan!
5. Psychologists; Clowns 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 of 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 doesn't work!
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!

Our Sales Message, and the Harsh Truth about Life Coaching

May we take a brief moment of your time to offer you our services, or to request that you pass our details onto an organisation or individual we may be of service to. Thank you.

We offer a tailor-made Life Coaching service that always begins with physical and mental health as the foundation stones.

This requires our clients to undergo a ‘**Foundation Day**’, that covers the basics of how they came to be in their unique position in the first place.

How did the failure in business, sales, athletic, financial, health, relationship or happiness levels, come about to start with?

Before we can focus on solving the primary problem, be it Heart Disease, Cancer, Lack of Success, Fitness, Anti-Aging or Obesity, we first need to understand how the industries that sell us Success, Fitness, Dietary, Nutritional, Spiritual, Medical, Psychological, or Life Coaching, got it so disastrously wrong.

Without this vital understanding, which we call ‘**The Back Story**’, and even armed with perfect information, client’s often fail to take meaningful action, and won’t achieve the results they desire.

This is because the agencies who profit from the public’s ignorance have done such a brilliant job of brainwashing the masses over the decades, that without the backstory and hard evidence to support it, the truth becomes unbearable, even though it makes perfect sense.

‘Agencies’ such as the healthcare monopoly, or the ‘law of attraction’ mob, know full well that the average person will never go to too much effort to research and discover the truth, let alone spend money doing it, and are banking on the public being just as lazy, naive, tight-fisted and gullible tomorrow, as they were today.

They’re happy for you to pay £100 here and there to a dietician, nutritionist, fitness\life coach, spiritual guru, or a Reiki Grandmaster Ninja, or to waste all day on YouTube and buy a £30 book.

That’s fine, because they know that the information you’ll receive will be the usual mainstream, outdated, biased, flawed, bullshit, and thus it plays perfectly back into their hands.

In other words, they know that because the information you receive is perfectly in line with their agenda (to keep you fat, poor, sick, drugged, unhappy, single, stupid etc), and because **you actually paid for it**, then the flawed, fraudulent and bogus science will be even further cemented into your sub-conscious mind as; ‘**Must be True**’, because you read it in a £30 book, or heard it during a 30 minute consult with a qualified dietician or other such ‘expert’.

The psychological cycle goes something like this; *it sounds very convincing and a lot of other people believe in it, so it must be true > so I paid for it > but I keep on doing it and getting the same shitty results > then I paid for some more of*

the same advice > because I decided it must be me who's got it wrong, not the coach with the qualification > because the information was true to begin with, wasn't it? And on and on it goes in circles.

Till you run out of money or die that is, at which time they stop caring about you, and since there's 'one born every minute', it's business as usual!

Whatever your current problems or challenges in life are, they haven't come about or become impossible to overcome because you're weak, stupid, or not rich enough to find and follow the information. It's because the 'Information is Shit!

That, and the people teaching the information are insincere frauds, who, oddly enough, all believe in god or spirits, don't swear, believe in a plant-based diet, have a tragic personal story of hardship and bum raping to share, and want you to have fun following their quick, easy, sugar coated and affordable programme!

Which also happens to be a programme that, evidently, '**Anyone Can Do**'.

Here's the gospel truth: **Not everyone can be healthy, happy, rich, successful, or meet the partner of their dreams.**

Why?

Because, by any statistics you look at, only 3 to 5% of the population will ever put the effort, energy, time, and money into achieving such goals, that's why.

The huge problem is that the 97 percent of average people who dominate society today, all seem to think they're elite 3 percenters.

And with bullshit media campaigns and Life Coaches constantly telling them; '**Anyone Can Do It**', you can understand how they suffer such a delusion.

Our foundation days are typically 8 to 12 hours in a 5-star hotel conference room, where we thoroughly deal with your specific concerns, of course, and the object of the exercise is to have you leave the venue totally empowered and motivated to take your life to the next level, and with an action plan of how to do so.

After the foundation day, we can be pretty bloody sure we're dealing with a **True 3 Percenter**, because up until then 'Talks Cheap', isn't it? especially talk about how people want to be healthy, happy, cancer free, successful, fit, thin, or rich.

Oh boy, do we hear more than our fair share of that verbal diarrhoea, especially around the subject of health and happiness.

We can then have further consultations, usually anywhere from 2 hours upwards, because your foundation stone is in place, and we know we're dealing with a sincere client.

This is why we shudder when asked; **‘how much do you charge for an hour’?**

What type of moron thinks any meaningful lasting change can be achieved in an hour, when it took a decade to create the cancer, the obesity, the business failure, the divorce, or 9 months to incubate yet another damaged child, who’ll never be able to study, work, have children of their own, and fit normally into society?

Sadly, 97% of the public do think a couple of hours is all it takes, that’s the truth!

A few of them will lay out £20 for a book here and there, again provided it doesn’t cut into their busy social lives, or requires too much effort and has lots of pictures.

Which is exactly why the books are priced to sell at £20, and exactly why most life coaches, dieticians, nutritionists, spiritualists, psychologists, fitness and health consultants do 45 - 90-minute consults, and it's exactly why we don’t!

Our clients are the rare ‘three percenters’ who are willing to **‘put some skin in the game’** (effort, time, money), and we’re the even rarer ‘one percenter’s who have the inside track on truth, sincerity, and measurable fantastic results.

Our client’s need and desire what we have in order to break free of the limitations set upon them by the modern health, happiness, and wealth creation specialists, where the target market is always ‘the lowest common denominator’, i.e. mugs who seek fun, easy, fast and cheap solutions to the vast complexities of life.

The 97 percenters in other words.

It is absolutely impossible to cater for the masses with anything like reliable information, because I can guarantee that the freedom from the bondage they endure, will absolutely never be fun, fast, easy or cheap.

This is why regular people stay ‘stuck in a rut’, or more correctly a **‘Normal 97% Mindset’**, until the day they die.

Few Life Coaches will admit that to you, but then no Life Coaches we know of come with a 54-year combined background in Sales, Sales Training, and Martial Arts, where sniffing out bullshitters and principles that don’t work on the sales floor, or on muggers down a dark alley, is very much the order of the day.

This unique perspective on life in general, i.e. **‘Does it Work, or Just Sound Like it Works’?** is how we approach every aspect of our Life Coaching business.

Moreover, we then need to be able to coach ‘what works’ to our clients in plain language. In other words; ‘that’s great, but how do we teach it to John and Mary to make a significant change in their lives?’

Otherwise, it's just 'food on a plate' for John and Mary, that looks and smells great, but without consumption, digestion and absorption, it's as much use as a chocolate teacup.

In the high-flying London sales industry, food that stays on the plate results in financial suicide, and nothing is there for window dressing.

Sales companies want their people trained and, on the road, the shop floor, or on the telephones in the minimum possible time, and if it takes a week it's a week, that's fine, but not a week and an extra day doing bullshit fire walking or team building exercises.

This is why many sales companies won't hire Life Coaches. They know they'll shell out 10 grand for a coach who's nothing more than a cheerleader, most of what is taught won't work, and 48 hrs after they leave, the motivation in the office will have deflated back to baseline.

Better they think, to put 10 grand in cash in a shoebox, and give it away as a cash prize to the salesperson most over quota this month. That would likely double the team's sales, and provide motivation lasting for at least 28 days. Make sense?

The absolute fact that we spent more than a decade in marketing, sales, and investment companies around the City of London, where no excess baggage or passengers are allowed, is a testimony to our Blunt Coach method's effectiveness.

A Blunt Coach foundation day brings a company closer to its full potential, an athlete nearer their best performance, couple's closer to making the perfect baby, and sales/business people nearer to targets they previously thought impossible.

It releases sick people from the burdens of multiple medications and fear of more disease, it renews vigour, vitality, sex drive, cognition, and regular sleep patterns.

Not only will the length of your life **Extend** (which granted, is difficult to prove), but the improvement in your **Quality** of life will be absolutely obvious, often within a week.

Our minimum primary goal is to provide you with 10 hours of research for each hour we spend with you, so, in an 8-hour foundation day and with 4 hours pre and post consultations, you walk away with the equivalent of 120 hours of saved research time, for both your 12-hour time commitment, and financial investment.

Of course, if you saved the 12 hours with us, and the money, and did your own research, then there's absolutely no guarantee you'd find your way to the right information anyhow, is there? What with the world being so full of bullshitters, who all sound very convincing as doctors and PhD's in this and that, or as Oprah's pet coach, and who all desperately want to sell you something.

Two things you need to consider are 1/ how good of a researcher are you? And 2/ how much is 120 hours of your time worth?

Because if you were any good at researching, and putting the time and effort in to get to the truth, then you'd have already known everything you read in this newsletter for starters, right?

Your foundation day also includes how to do research, where to find information, and how to discriminate good from bad science. In fact, we spend an hour teaching you exactly how we do it ourselves, because the first thing we want you to do when you get home is to check our own information out, never mind be able to spot and protect yourself from the PhD bullshitters out there.

To inquire about a Foundation Day with your specific topic of choice as the theme, i.e. 'Cancer Foundation Day' you can e-mail samantha@bluntcoach.com, or call 0533 8728467 to speak to our team for a quotation.

To lower the cost, you may share your foundation day with a group of friends or like-minded intelligent and sincere citizens. People who, like yourself, and just like us, truly care about life, or you can have us all to yourself, and our fees begin at £1,500 sterling for the first 12 hours, which includes the foundation day and pre and post consultations via e-mail or face to face.

Should you decide to share your day with 5 other delegates (just as an example), then the cost is reduced to £750 per person, and £500 per person for 10 or more delegates.

Clients become automatic V.I.P members of our website, with private access to various slideshows used on the day, exclusive audio and video not available to the public, new newsletters ahead of the public launch, plus information we only share with clients anyhow, as a thank you for continued loyalty and referrals.

The primary purpose of the BluntCoach.com website, newsletters and e-books, are as reference sources for our valued clients, but it also serves as a unique free resource for all mankind, especially for those less financially fortunate, and unable to hire our professional services.

Regular foundation day focussed topics include; *Anti-Aging, Addiction, Advanced Communication Skills, Business Building, Breaking Patterns of Abuse, Cancer, Diet and Nutrition, Fertility and/or Pre Natal-Health, Goals and The Law of Attraction, Health and Fitness, Heart Disease, Ladies Health, Men's Health, Mental Health, Stress Management, Sales Training, Weight Loss*. Specific topics not on this list can always be arranged.

Are you feeling frustrated, desperate, deprived, confused, sick and tired, perhaps even starting to feel like there's no way out, or that life's left you behind?

The truth is that you can succeed at pretty much anything you dream about, or perhaps used to dream about.

You can have the things you desire, and most importantly, enjoy a wonderfully long lifespan of robust physical and mental health. But here's the catch; **You can't, and won't do it alone, nor without effort, and not without it costing you something.** Otherwise you'd have already done it!

Maybe you're trying to go at it alone and on the cheap right now, or with the help of a few books and YouTube, but it's not working out how you hoped it would, is it?

Or perhaps you continue to throw money down the drain on medical bills, visits to dieticians, nutritionists, spiritual gurus, NLP practitioners, psychologists, fitness and mainstream life coaches, and so on.

Add it all up. What's the total come to thus far? And don't forget the cost of all the books, courses, magazines, or pills and potions over the years.

If you've been a sincere seeker of truth for any length of time, then I'll wager you've already spent thousands on crap over the years, but all in dribs and drabs, because the people selling you crap never want you to stop and tally it all up, since you might just say '**Enough's Enough**', and cut off their pocket money.

The big boys however, aren't afraid to clear you out, so bear in mind that a little chemo here and there isn't a cheap date, nor are heart bypasses, stents, bankruptcy, divorce, dementia, or having a damaged baby.

"An Ounce of Prevention is Worth a Pound of Cure" is as true today as it was when Ben Franklin first made the quote. For Franklin it resulted in the first Union Fire Company to protect his citizens in 1736.

For you, it may result in robust, bulletproof health, perfectly healthy baby's or grandchildren, the business acumen of a self-made multimillionaire, a physique to be proud of, or to double the sales of your product or service.

The good news is that the best help is now available, right here in Cyprus!

Since 1980, thousands of people, just like you, have found themselves in similar situations, and found their way through the maze of life with the help of a coach.

We promise that if you take the right actions, you'll see the right outcomes.

The problem is, you may not know what actions to take, and you need someone that's been where you are to show you how to get to where you want to be.

People hire us when they finally realize that they don't have all the answers, but discover someone does!

Take the first step and call today, or e-mail us with your specific inquiry or concerns on 0533 872 8467 or info@bluntcoach.com We look forward to hearing from, and working with you.

Thanks for reading, we hope we've been of service, and send our sincere best wishes.

Andrew and Steven

Exciting Income Opportunities as a Blunt Coach Distributor.

If you know any 'natural networkers' or promoters who'd like to make a part time income promoting our services, please have them call us on the above number.

We pay our distributors between 20 and 30% of our earnings on foundation or corporate training events. So, for example, on a ten-person foundation day event, our distributor receives £1,000 in promotion fees for seeding the event.

We pay all expenses for the actual occasion, which distributors needn't attend, but who simply find the people interested in a particular topic, distribute our free literature to them, set the date, time and location with us, and we do the rest.

We provide full training if needed, and complimentary Life Coaching as a bonus.

Once again, thank you.