



"Every 34 seconds someone in the United States has a heart attack. Each minute, someone in the United States dies from a heart disease-related event." – CDC

VIRUSES, VACCINES, DRUGS AND DECLINING HEALTH

AMERICA'S THREE BIGGEST HEALTH THREATS

1. **ARTERY DISEASE** (coronary & cerebral).
2. **CANCER.**
3. **ALZHEIMERS / DEMENTIA.**

Statistically, people in general are living longer today. The average White American life expectancy is about 79 years. We are living longer, but not due to better health. Rather it is due to advanced medical techniques to battle infections like pneumonia and complications from influenza. Also, there are new technologies of medical intervention for coronary artery disease. Heart attacks and strokes that in years past would have resulted in death can today often be repaired, thus lengthening life. The question remains, however, as to what is causing these diseases that requires high-tech intervention?

In spite of the improved medical technology to intervene in the case of heart and brain artery disease (heart attacks and stroke), something in the American lifestyle is damaging arteries at an ever-growing pace, taking too many lives too early in life. It kills more of us than any other disease.

In past centuries the biggest killer was usually some form of pneumonia. But it is relatively uncommon today for an American to die of pneumonia.

Other typical killer diseases have been reduced greatly by improved sanitation, antiseptics and antibiotics as well as other modern advancements in medicine that people today tend to take for granted. I don't include vaccinations among these advancements. In fact, the vaccination industry is responsible for some of our more pernicious modern ailments. I'll have more to say about this later.

Overcoming the infectious killers of the past generations has, today, lengthened the average lifespan, and greatly reduced infant mortality. However, in spite of these advancements, the three big killers (artery disease, cancer and dementia) are claiming more lives than ever. So, over all, in spite of living longer ... more Americans than ever are

dying from these big three killers.

The reason for this is that the medical industry has more effectively addressed infectious diseases and trauma/injury problems. But it has not addressed general health issues like diet and personal healthcare. Hospitals now have advanced intervention techniques for dealing with heart attacks, broken hips, and infections. But they have largely turned a blind eye to daily health issues and disease prevention. Neglect of these daily health issues having to do with diet is killing us at an accelerating rate. These issues can often be addressed when they are made known to us. But these issues get little or no attention by most doctors. For this reason most Americans hear nothing about them and remain unaware of what causes them or how to correct them. We can confidently say that America's health threats are mostly caused by ignorance or inattention to what we eat ... or don't eat.

PREVENTION

While the medical establishment has paid little attention to diet and personal healthcare, others (independent labs and scientists) have done some very good work at getting to the bottom of what is causing these three greatest killer diseases in America, and what we can do to address them.

In these four pages I will try to give a distilled version of some of the latest findings that can help you live better and longer. There are simple, inexpensive things we can do to reduce the probability of premature sickness or death from these three great killers. Eventually, everyone's heart is bound to stop. But we don't want that to happen prematurely. And we want to enjoy robust health in the meantime.

I must begin by stating that the biggest contributing factor for these three killer diseases is **greed**. Greed – the worship of profit and wealth, when people are not satisfied with "enough." They always want "more." This has undermined the business of modern medicine. We see the "more" mentality in the extremely wealthy, in hoarders, in obsessive compulsive workaholics, in megachurches where riches and

wealth are celebrated, and in narcissists who can't get enough adulation, power and control. The desire for limitless more, the idea that MORE is always a good thing, as something desirable, is a disorder, perhaps a character disorder, perhaps a personality disorder, almost certainly a societal disorder.

For today's medical industry the "more" motive has replaced the Hippocratic motive of healing and caring for people. When profit, rather than healing, became the main motive, the medical industry began losing its soul.

In a culture that equates happiness and success with whatever produces the most wealth, the welfare of people is no longer considered important. This is what has happened in America, and it has left millions in ignorance, ill health and early death. In its pursuit of wealth, western culture has lost sight of the most important values in life ... like health and moral integrity.

Today I see people who are wealthier but sicker, proud but distressed, and ambitious but less secure. Greed and the pursuit of wealth is creating a culture that is lost.

That being said, let us step away for a moment from today's conventional wisdom concerning health issues. Let us put some rather simple facts on the table and see if we can draw some sound conclusions. We'll look in random order at three of my current favorite subjects.

FATS

The "experts" have been lying to us about fats in our diet. Beginning in the 1950s the "experts" began changing America's idea about which fats are healthy, and which are unhealthy. Much of this was spin-off from a study conducted by Ancel Keys in the mid 50s. At a 1955 meeting at the World Health Organization in Geneva, Keys presented his diet-lipid-heart disease hypothesis claiming that cardiovascular disease was correlated to cholesterol in the diet. He hypothesized that a Mediterranean-style diet low in animal fat protected against heart disease and that a diet high in animal fats, or saturated fats, increased cholesterol and led to heart disease.

Then in 1956 representatives of the American Heart Association appeared on television to inform people that a diet with saturated fats like palm and coconut oil, butter and animal fats, eggs, and beef all produced cholesterol and led to coronary heart disease. This resulted in the American government recommending diets low in saturated fats in order to prevent heart disease.

From that time forward, polyunsaturated vegetable fats and hydrogenated vegetable fats (from cotton seed, soy, corn, canola [rape seed], and sunflower seeds) dominated the cooking oil shelves in markets replacing animal fats, palm oil and coconut oil. At the same time a butter replacement called "margarine" became popular. It was also made from hydrogenated vegetable oils.

America switched from saturated fats to polyunsaturated vegetable fats in the 50s based on the premise that they were "heart healthy" and would improve our lives.

So, how has this affected America's heart health? Since the 1950s, and since Americans went almost exclusively to vegetable oils and have shunned cholesterol-containing

foods (eggs, dairy and red meat), coronary artery disease has steadily increased in near proportion to the use of those so-called "heart healthy" vegetable oils.

I'm not suggesting that cardiologists conspired to cause coronary artery disease, but the fact is their business has grown into a mega industry ... for which we can thank the vegetable oil industry, the government, and Ancel Keys for his flawed studies about cholesterol. Also, we can thank the pharmaceutical companies for pushing fear of cholesterol along with their cholesterol-killing statin drugs. The push for dangerously low levels of cholesterol, and especially the liver-poisoning statin drugs (like Lipitor) are sending people to hospital emergency rooms in record numbers. Many are dying early from these drugs. One lethal side effect of taking statin drugs is the deterioration of nerve tissue that, in time, can mimic ALS (Lou Gehrig's Disease) and is often diagnosed as such ... for which there is no cure. Those who don't develop ALS are likely to experience various forms of neuropathy which is usually very painful and debilitating. Nerves (the brain being the largest nerve in our bodies) require large amounts of cholesterol to stay healthy. Statin drugs starve nerves of cholesterol, and thus cause neuropathic disorders. Couple that with the artificial sweetener "aspartame" (a neurotoxin) and it is no wonder that so many people today are having nerve problems.

By the way, cutting back on sugar consumption is a good idea. Sugar, among other bad things, causes the stomach to produce more acid and contributes to a condition called acidosis. Acidosis has been recognized for a long time to contribute to a number of chronic ailments. I'll comment more on this later in the section on magnesium. But let me point out that it is very easy to cut way back on sugar without having to sacrifice the sweet taste we've come to appreciate. There is a product called "Sweet Drops" made from stevia (a plant) that is perfectly healthy and has no calories. You can order it from Amazon.com, or get it from a health food store. It has no bad aftertaste and it is very inexpensive since a 4-ounce bottle can last a year for me and my wife. It takes only a few drops to sweeten a drink or a dessert.

HEALTHY FATS

Animal fats that come on meats (from healthy animals), butter, and especially coconut oil or palm oil are the best fats. Some olive oil can be good on salads, but remember that olive oil fats are high in omega-6 which can promote inflammation. To offset omega-6 in our diets we need to be taking good quality omega-3 fish oil capsules that are enteric-coated (to protect them from the acids in our stomachs so they can reach the small intestine to be absorbed unmolested).

Coconut oil is a medium chain fatty acid that is almost totally saturated. It is the best and healthiest all-around choice for cooking and for use as a supplement. Coconut oil is somewhat unique in that it has neither omega-6 nor omega-3, so it causes no inflammation, nor does it cause weight gain. It actually helps us lose unwanted pounds, and diminishes our hunger cravings because fats satisfy our

hunger for a longer period than do carbohydrates. Plus, it has the special benefit of nourishing the liver, brain and nerves. In fact, coconut oil is now proving to be a great benefit to prevent or reverse Alzheimers and dementia. Good information on this is available on the Internet.

I encourage you to research these things on your own. Don't take my word for it. There are many distinguished scientists and doctors who have published studies to substantiate these things I am telling you.

VACCINATIONS & VIRUSES

The second insult to American health I want to point out is vaccinations. It is known by scientists and researchers that vaccinations in general are unsafe, especially for the young and the aged ... the two age groups whose immune systems are the weakest. Vaccines are not safe for a number of reasons. It has been recently admitted by the CDC that they have been hiding (not reporting) test results showing that vaccinations are responsible for increased instances of autism.

Since I have limited space to comment on all the bad effects of vaccinations, and the false reporting over the years claiming successes from vaccinations, I'll restrict my comments to the campaign and bizarre story of the polio vaccine debacle from the 1950s.

In 1957 the polio vaccine was introduced, and all public school children were vaccinated with it. Some (like me) got the injection, and some (like my wife) got it on sugar cubes. Both methods introduced horrific diseases into millions of American kids. Today there is a new push backed by billionaire Bill Gates to popularize polio vaccinations again ... mostly in third-world countries so far.

The real polio vaccine horror story is fully explained in a book by Edward Haslam titled "**Dr. Mary's Monkey**." This book with a strange title is one of the best reads I've found. I highly recommend it to everyone.

What Haslam exposed, and a lot of people are learning, is that there were horrific secrets surrounding the polio vaccine. It is hard to know where to begin on this subject.

Like all other vaccines, the purpose is not to improve health, but rather to facilitate the acquisition of huge wealth for pharmaceutical investors.

So, let us begin by explaining how the vaccine was made. The vaccine was cultured taking some live viruses from a patient infected with polio and using them to culture more viruses in laboratories. The medium of choice in which to culture the polio virus was kidneys of African Green monkeys. In fact, most viral vaccinations are cultured in animal organs of one kind or another. Another popular medium for culturing viruses for vaccines is lung tissue from aborted fetuses (listed on vaccine labels as "human diploid cells" and often called WI-38. "*WI-38 is a diploid human cell culture line composed of fibroblasts derived from lung tissue of a three month old white female fetus.*" – [Wikipedia](#)). So when you go to get your flu shot or your hepatitis vaccine you might want to reconsider where the vaccine is derived and what you are letting them inject into your body.

The Green Monkey kidneys grew the polio virus well.

They also grew SV-40 – a cancer virus. But they kept secret the fact that Green Monkey kidneys had a number of deadly viruses that came along in the vaccines. One or more of these little critters were cancer-causing viruses. Thus, the CDC and the AMA (and the US Government) injected millions of kids in my generation with virulent cancer viruses.

As a result, for the past 60 years we've seen a tremendous spike in cancers of all kinds. Who knows how many other chronic diseases these vaccines have caused in us?

The theory of immunization by vaccination seems sound when seen on paper. But in actual use we have learned that the science is much less specific or refined than we were told. No one knows what all is getting injected into people who get vaccinations. The CDC recently admitted that vaccinations were causing childhood autism. There are many, many contaminants and foreign ingredients in vaccinations that are not listed or accounted for. As with the polio vaccines, unwanted components come along for the ride with every vaccination.

To demonstrate the maniacal obsession of vaccinators, let me tell you the story of one doctor who was central in promoting the first polio vaccines. Dr. Alton Ochsner was the head of Ochsner Medical Clinic, a high official at Tulane University and important man in New Orleans political circles. Ochsner's hospital was one of the 159 covert research centers which the CIA has admitted to setting up. Ochsner was instrumental in pushing the polio vaccine. The problem was, when the vaccine was first introduced Americans in general were skeptical and weren't coming forward in numbers to get vaccinated.

Ochsner was dedicated to get the public to go get their vaccinations, so he devised a public display to convince them it was safe. He took his two grandchildren, a young boy and a girl, and vaccinated them in a public display to prove that he had full confidence in the vaccine.

The result was that the vaccinations went ahead on schedule. Many who received the shots got sick with polio, and many died. Within a few days Ochsner's own grandchildren caught polio. His granddaughter was paralyzed, but survived. His grandson died. This was not publicized.

Consequently, a less dangerous form of the vaccine was devised that used a weakened virus. Fewer people died from this one. This was probably the one with which they injected me and most of my generation. I don't remember the school officials even asking me or my parents if I wanted it. They just lined us up and ran us by a table in the school cafeteria with nurses giving the shots as fast as they could. We were young and oblivious to what was actually happening.

When it was over they had injected an entire generation of Americans with disease-causing polio virus plus cancer-causing "polyoma" monkey viruses that were in the polio vaccine. They named the monkey cancer virus "Simian Virus #40" (SV-40). The fact that this cancer virus was in the vaccine was revealed to them in 1959 by researcher Bernice Eddy. They covered it up and crushed the career of Bernice Eddy. Most of us never heard any of this until 50 or 60 years later, after many of my generation had contracted cancers and died. The cancer epidemic in America is still raging, and ignorant people are still donating millions of dollars to Cancer Foundations without knowing that the industry is

fully aware that they are causing cancer rather than curing it.

The death-dealing vaccination industry sells fear by lying to the public, telling them that their lives are in danger if they don't voluntarily get their inoculations and flu shots. They are making millions of people sick, and killing many. The big pharmaceutical companies make billions of dollars by manufacturing and selling vaccines. One of the latest vaccination scams is the vaccinating of small girls with Gardasil which is sold as a prevention of cervical cancer. God only knows what they are doing to these little girls. How they are able to look at themselves in the mirror each morning is beyond me.

MAGNESIUM, ACIDOSIS & K2

The third health issue I want to comment on is a combination of acidosis (low pH), insufficient magnesium and insufficient vitamin K2.

Magnesium shortage in our diet is a very common and very serious problem that contributes to several health issues in America ... including heart disease, strokes, mental illness, arthritis as well as calcification of joints, organs and soft tissues. Calcification is also commonly associated with stiffness of muscles and joints in what is usually associated with "old age."

Those on the leading edge of this research estimate that we can probably live 20 years longer if we get sufficient magnesium and K2 ... and lay off calcium supplements.

Nearly everyone is deficient in magnesium, and over-dosed with calcium. Lots of the foods Americans eat are loaded with calcium. We get more than enough calcium in our diets. Nonetheless, calcium supplement pills are the most common minerals taken by Americans. They don't realize they are over-doing it and calcifying their bodies ... causing themselves untold trouble.

Again, the "experts" have been lying to us for the sake of corporations that profit from selling us foods and supplements that over-calcify us. At the same time, the magnesium content of our food appears to be diminishing. So Americans are getting too little magnesium.

Government guidelines for diet have told us since our youth that we need lots of calcium to build strong bones. It seemed right when we heard it because bones are made from calcium. But what they haven't been telling us is that dietary calcium does not go straight to our bones. Also, they didn't tell us that bone density doesn't depend upon the amount of calcium we eat. In other words, eating more calcium doesn't increase bone density. It only causes calcium deposits in places it shouldn't be.

Bone density depends upon several biochemical functions mostly involving hormones. Magnesium also plays a part in that it helps calcium find its way into the bones instead of stopping in the soft tissues and in artery walls. So stop taking calcium pills and do these two things. To help insure we never get osteoporosis, and to keep us more flexible and supple into our 80's, we need to take a good magnesium supplement along with vitamin K2.

Vitamin K2 repairs the integrity of the walls of our blood

vessels, as well as the walls of our intestines, which can leak (seep fluid) into soft tissues causing inflammation which then invites calcification and stiffness. In other words, K2 helps prevent calcium from being deposited in the wrong places. Magnesium helps too because it moves out the unwanted calcium that has already been deposited to the wrong places. Magnesium along with vitamin K2 help to move calcium to the right places where it can be used correctly.

Calcification of soft tissues and organs (calcium in wrong places) is the cause of a number of ailments including high blood pressure. And this is easily prevented. When we get enough magnesium and K2, the calcium goes where it belongs, in the right proportions, instead of depositing in soft tissues around our joints or into our organs forming calcifications (hardening of soft tissues) and calcium deposits on bones. Calcium can be deposited in the walls of our arteries causing infectious plaques and stiffening of the arteries (called arteriosclerosis), and can lead to high blood pressure as well as heart attacks and strokes.

Don't get magnesium oxide. It is the cheapest, poorest form of magnesium, and is poorly absorbed. It is basically not much more than a laxative. Rather, choose a good chelated form of magnesium like **magnesium glycinate**. It is much better, plus it does not cause the laxative effect.

However, some folks may appreciate a little laxative help and might prefer magnesium citrate or magnesium malate. I don't recommend magnesium aspartate because aspartate can be a neurotoxin (like Monsanto's aspartame). Daily amounts are 500 to 1000 milligrams. With large doses it is best to divide them into two daily half-doses.

It is important that you know the difference between vitamin K1 and vitamin K2. K1 is found mostly in green leafy vegetables and is known for its ability to help with coagulation and clotting of blood. K2 (menaquinone), on the other hand, is produced by bacteria in your gut, and with our modern diets it is not produced in sufficient quantities.

Vitamin K2 plays an important role in maintaining healthy levels of bone mineral density (BMD). First indications came from patients with femoral neck fractures, who were shown to have an extremely low level of circulating vitamin K2. The strong association between vitamin K2 deficiency and impaired bone health was later proved by both laboratory and clinical studies. Vitamin K2 deficiency results in a decreased level of active osteocalcin, which binds calcium into bones. Moreover, vitamin K2 is essential for the maintenance of bone strength in postmenopausal women, and improves bone mineral content.

Increased intake of MK-7 (K2) results in higher levels of activated osteocalcin and a significant reduction in fracture risk. Natural K2 is found in bacterial-fermented foods, like mature cheeses and curd, and Natto (fermented soy). The best way to get sufficient amounts of K2 is by taking a good quality **K2 (MK-7) supplement**.

Use the Internet to research these issues – or write to me for more information. I encourage everyone to do their own research. My email is on my website listed below.

Ben Williams