Dear Editor,

I just could not help but reciprocate an article because of the recent article **“Great sham in medicine is costly drugs”** by Mark R. Jacobson reported on July 21, 2013 in the Fargo Forum. It brought a begrudged grin to me. You see the very thing stated in this article I have been trying to teach the general public for two years with little results. Many articles in the past 6 months. Why the disbelief? The research needed to prove what I have been saying has been documented since 1958, and the good concepts in eating and caring for the human body have been around since biblical times. Documented in modern times since the early 1800’s. So why the public and patient’s dragging of the feet?

With time it will be again be seen that the allopathic German medicine model of medicine is not the form and function of medicine to practice. But rather the methods which were in practice prior to 1941. Pre-world war one, if you want longevity with a higher quality of life.

In a nut shell what the Fargo Forum article retouched on was **cholesterol lowering medications are still being proven not to lower cholesterol** hence **not lowering your risk of heart attack(s) by** ZIP, zero, nada. But the main culprit is inflammation in the body. Aggravated and induced by diets high in refined foods and ingredients not excluding white sugar, white flour, white sale, white rice, pinto beans, preservatives, artificial food colors, flavors and other artificial ingredients. (You see inflammation can be an allergy response too. Many people have food allergies without realizing it.)

Still physicians are very happy to prescribe highly lucrative patented cholesterol-lowering drugs even though they don’t address inflammation, and don’t lower cholesterol to the point of keeping you from heart attack ally. Even though safer natural alternatives have existed for many years. And if you have already had a heart attack or stroke the odds are must higher that cholesterol-lowering medications are more damaging to you. Naturopaths know this because the human body produces cholesterol in responce to many things. The number one cause is dehydration. Lack of sufficient levels of water, in the human cells. So the body wraps a cholesterol paste around cells to hold cell water in preventing sudden death of cell. Much like the wax on a cactus’s leaves. DRINK MORE choline and fluoride free WATER AMERICA! The lack of mineral salt will also increase dehydration and higher levels of cholesterol. Cholesterol-lowering medications have been showed to increase dehydration in patients whom use them. Then your salt levels go up. So the medical profession believes that heart medicine for hypertension is the next proper course to take. This miss understanding of body operation, and application of hypertension medicine only increases dehydration and the stress on the heart some more. It is a few short years of this and you are extremely susceptible to heart attack/stroke/cancer. (**Never suddenly stop taking heart disease medicines you are already on**, with help of your physician as you get better you may slowly make changes in you medication levels. And keep monitoring.) Your blood pH gets out of whack, oxygen levels continue to decrease as your body uses up oxygen stores, to rid itself of chronic acidity in your blood opening you up to major diseases. Including cancer. Diseases from major system imbalances & **Cancer cells cannot survive in a well hydrated oxygenated alkaline environment!** Cancer grows in low oxygen environments. (A single cancer cell can replicate it’s self over and over

again. But a single cancer cell will die of old age in a high oxygen alkaline environment. No cancer.) A healthy cell has a positive charge. That is why E Power and diet changes in natural alternative medicine work. These methods help bring the cells into balance and give the cells back their negative charges under the right circumstances. Expelling toxins naturally freeing up correct cell function.

The use of microwave ovens to warm or cook foods is another contributing factor to high cholesterol. The excessive intercellular heat destroys the normal molecular structure of the food being cooked so when it is eaten it does not assimilate into the body cells like it naturally would. Causing an increase of cholesterol levels. (Not to mention added low levels of radiation in food and surrounding areas and has cumulative effects.) The original creators of microwave ovens never did long term or in depth health studies. Much like the inventors of fireworks. It is generally accepted they are basically safe because they are used everywhere by everybody. Well, there are a lot of holes in that hypnosis.

Third thing with the cholesterol, is not eating the good cholesterols, but the bad in processed foods. Thus starving the brain for its major component material and over loading the body with bad cholesterols. Which are not being expelled at higher rates from our bodies because we have become a sedentary culture. Not like our culture from 1920’s to 1960’s.

Along with cholesterol meds of little use, the apparent eventual need for strong pain relief because patient’s become SO toxic in their cells. Come the prescribing and use of addictive pain medications like Oxycontin. Yet we have a problem with the war on drugs. Millions of people are addicted to the drugs produced by medical research companies and daily prescribed by physicians. The paper reminded me of my own prior plight. Where I needed 1000-1500 pain pills a month to be physically able to stay gainfully employed in a physically demanding job. Because of an ankle injury at work. This damaged my endocrine system, digestive system, socially, and put me in a pre-cancer cycle which made my whole body hurt like the ankle injury originally did. My medical care givers where unconcerned and indifferent. Which on the second pre-cancer situation I went home to die at my own hands or find out on my own what was needed to get well. By the grace of God, the tools, herbs, and information necessary to gain a balanced system equaling health and LIFE; have been given (granted) me. (Pain free!) Hence my current overwhelming driving desire to educate as many people as possible to how the human body runs, and what you can do to rebalance it, to obtaining an education as a naturopathic specialist, and to building a Northern Plains Health Institute – body, mind, & spiritual healing.

**My mission: Sparing the world of suffering, and premature death; adding joy and quality of life, one person, one mind, one society at a time.**

Like everything else, mortality and ethics are put on the way side, even in medicine. As the Fargo Forum so bravely stated the current medical society dumps expensive patented drugs on the trusting population as they deny the world the God given natural pharmacy still promoted by naturopaths. Where do doctors and their families go when they have exhausted the allopathic paths to healing themselves? Drug companies provide incentives for the proliferation of the use of their products to their medical physicians whom use, and promote the pharmaceuticals being offered. You can be sure there are other types of incentives if you are reluctant to promote a particular product. It is well documented. Countless documentaries attesting to what I am writing. Modern medicine gets paid for treating the sick. Naturopaths get paid for a consultation and may get paid for providing herbs to buy.

The Forum states long ago cancer would have been cured if natural occurring medicines where demanded by doctors and medical communities. The truth is there are two major healing tools for cancer. One is in the pure ozone/air we breathe every day. The other has been in the hands of Native American peoples for centuries. This magical elixir cure came within three votes in Canada of being declared the official legal “cure for cancer”. When it didn’t pass, all known research was seized and burned. The recipe and a few testimonials remained. Those cancer survivors testifying to the truth and getting the recipe out of Canada, out lived the nurse brave enough to fight cancer in her patients on a grass roots level and the Canadian government. But it is against the law to state them as a “cure” worldwide. (The magic elixir is extremely helpful to those battling Aides too.) (Fight fire with fire acquiring to the Chinese medicine. Stimulate the healing organs (endocrine)systems in the body.) Those brave enough to think and learn may find the answer in research materials if they ask the right questions of the right people. And cancer and diabetes are not diseases! They are symptoms. Symptoms go away and are not permanent. You are not a victim; there is rhyme and reason to everything. Having will, desire, and happiness are paramount to success. The trick is to apply the necessary things while STOPPING THE toxifying of the body by..........

A few thoughts to ponder: hydrogenated & partial hydrogenated oils (bad fats & oils) use up ENZYMES that normally would be utilized by the good oils, which in turn prevents the body from building good quality cell membranes and nerve sheaths. Hydrogenated & partial hydrogenated oils disrupt the good fatty acid metabolism. Cells build deformed/mutated, impartial, or are unable to build structure under these conditions. Canadian studies show bad oils completely block the process. So eating bad fats seriously interferes with your ability to heal. (When a cell is off, you are in a state of decay, vs rebuilding.) Avoid all deep fried foods because high heat form toxic free radicals. (Rancid oil from heat). Avoid restaurant foods cooked in oils, oil cooked nuts, vegetable shortening, margarine & oil in all commercial foods including peanut butter & junk food. Cancer is the mutation of your own cells. **Cancer cells cannot survive in a well hydrated oxygenated alkaline environment!** Nerve sheaths, oxygen and water structure pockets/sheaths around health nerves,Hum, pondering links to MS. All you have to do is figure the pathway of function failure and provide it. AMINO ACIDS where are they when food is over cooked? Good food pattern: elements(ie #1 oxygen, 7-12 total necessary elements), amino acids, enzymes, minerals, vitamins, fats, proteins, others. Each is dependent on the previous to do its job. 80% raw per day; 51% raw each meal.

Junk food, fast foods, and restaurant foods are high in bad oils, low in nutrition, high in allergens, & artificial toxins to the body because cheap poor ingredient food are used to make a profit. What food value, the food once had, is lost with high fast cooking temperatures in bad oils. Even good oils can only be heated once before they are bad for us. Some good oils should never be heated anyway. When buying good oils make sure it is cold pressed and in dark containers to protect it from breaking down from sun and heat exposure.

Breath of life, healing water, in the bible was also practical insight from God to us in terms of our well-being, healing, and proliferation of life. This being as oxygen is the gas which powers our bodies! LIFE giving. Oxygen is required for all metabolic processes in the body including breaking down our foods. Oxygen is pulled from air by respiratory system, metabolized from foods we eat by digestive system & metabolic systems; attained from water via vapors, water by mouth, and water by absorption through the skin into lymph system (important part of our endocrine system which runs/balances most everything important.)

In Genesis it states, 1: 29) ...I have given you every herb bearing seed, ...every tree which fruit yields seed to you it shall be meat. 3: 18) thou shalt eat the herb of the field, 19) thou sweat of face shalt eat bread, {greens and fruit; carbs ok with sweat on face-indicative of hard labor.}

The Fargo Forum almost got it right.

Hope this gives you some insight and thought provoking thought. God, Bless. Joni Lund, Carrington, ND