

# WHY MORTALITY RATE DROPS WHEN DOCTORS GO ON STRIKE



**Dr. Leonard Horowitz**



**Dr. Biswaroop Roy Chowdhury**

“1947 तक देश अंग्रेजों का गुलाम था  
आज देश अंग्रेजी दवा का गुलाम है”

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Editing : Rachna Sharma  
Proofreading : Pratiksha Vats, Komal Singh  
Graphics Designer : Shankar Singh Koranga  
Production : Anupama, Nancy, Vibha, Divya  
Marketing Manager : Mohan Joshi

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B-121, 2nd Floor, Green Fields,  
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Phone : 0129-2510534, 9312286540  
Website : [www.biswaroop.com](http://www.biswaroop.com)  
Email : [biswaroop@yahoo.com](mailto:biswaroop@yahoo.com)

 [www.facebook.com/heartmafia.official](https://www.facebook.com/heartmafia.official)

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### Why Mortality Rate Drops when Doctors Go on Strike

Dr. Leonard Horowitz | Dr. Biswaroop Roy Chowdhury

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## **How To Enjoy this Video Book?**

Dear Friends,

I invite you to read this book with an open mind. As is evident from the title of the book, it is kind of a- controversial book. So, we have tried to make it an evidence/activity based book as far as possible. All over the book, you will find a \* mark every here and there. These \* marks represent that you can refer to the video evidence related to that particular example or content of the book by logging on to [www.biswaroop.com/mortality](http://www.biswaroop.com/mortality). I also encourage you to try my suggested diet plan (read chapter-5) and you will be amazed to see how quickly chronic diseases like diabetes, high blood pressure, intestinal disorders and even obesity vanish in just a few days.

Help us to help you to be healthy again. You can reach me and my friend Dr. Leonard Horowitz at [biswaroop@yahoo.com](mailto:biswaroop@yahoo.com).

Yours truly

Dr. Biswaroop Roy Chowdhury



## **Thanks to Dr. Leonard Horowitz**

I thank Dr. Leonard Horowitz, a world renowned whistleblower and a leading medical scientist, for being kind enough to accept my proposal to be the co-author of this book. I totally understand that his act of kindness is because of his concern for ever deteriorating health of Indians, majorly because of the profit-inclined Medical Industry.

Yours Truly

Dr. Biswaroop Roy Chowdhury



## **Dedication**

Dedicated to my angel daughter Ivy,  
loving wife Neerja  
&  
caring parents.



## Foreword by Dr. Leonard Horowitz

As a Harvard graduate in Public Health, having earned Advanced degree in Dental Medicine and Natural Medicine; as an award winning filmmaker pioneering bioenergetic technologies to advance health science, including a revolution in recording artistry producing “medicinal music” for global healing; and as an internationally known authority \* in AIDS, having researched the politics of emerging diseases and viral-related cancers for a quarter century; and having lost my mother and many friends to vaccine-induced illnesses and medical malpractices, I am qualified to tell you that this is a *very important* book by Dr. Biswaroop Roy Chowdhury.

In this compelling reading, Dr. Chowdhury, as Chief Editor of the *India Book of Records*, presents persuasive evidence and arguments why the multi-national corporate controllers of the “slash, burn and poison” paradigm of “health care” are grossly untrustworthy, and why natural common-sense alternatives exist to be celebrated and applied by those among us with superior intelligence.

In the following pages, Dr. Chowdhury discusses the nefarious tinkering with microbial, plant, animal, and human biology befitting a conspiracy to place profits before people and population control before compassionate medicine. He documents the man-made origins of some of the world's most deadly illnesses. He demonstrates academic and political malfeasance, and reckless irresponsibility undermining public health and modern medicine. In fact, he argues most persuasively that the massive killing and injuring of people through contaminated vaccines, intoxicated blood-supplies, injurious drugs, poisoned food, polluted waters and airways, lethal chemicals, and genetically modified biology, is genocidal in their imposition, resulting in the mass killing, injuring, and pharmaceutically-enslaving of people for profit and politics. Add to this iatrogenic diseases—physician-induced illnesses and lethal drug side effects—and you understand why “IATROGENOCIDE” and this book is so important.

Dr. Leonard Horowitz





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# **SECTION-I**

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**By Dr. Biswaroop Roy Chowdhury**

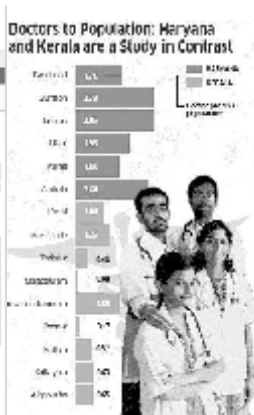


## **Mortality Rate Drops When Doctors Go On Strike**

Some of you may dismiss the title of the book thinking that I might be trying to sensationalize the ignorable medical negligencies and for some others the title may be disturbing, unacceptable and even outrageous specially if one is a doctor. Yet if you carefully analyze your encounter with the modern medicine, you will consider it worthwhile to pay attention on the present scenario of conspiracies of the Health Care business.

This book is not an outcome of my imagination. It is based on authentic evidences from highly regarded medical journals. The headlines like, *Doctors Strike May Be Good For Your Health* (as reported in *British Medical Journal*, 2000)\* or "*Mortality Rate Goes Down When Doctors Go On Strike*" (as reported in *Oxford Journal*, 2001)\* feature frequently in the Medical Journals. Whether it is the hospital of U.S, U.K and Israel or the hospital in India (try recalling the strike in Kanpur in the beginning of 2014), it was seen that the death rate decreased dramatically by 40%. The contribution of Modern Medical Industry in human care can be more clearly understood by the report published in *Economic Times* (Aug 3, 2013). According to the report the state with lowest patient doctor ratio is Kerala with 0.2 doctors per 1000 people and also that Kerala is the healthiest state in India. On the other hand the state with highest patient doctor ratio is Haryana with 2.24 doctors per 1000 people and also unamazingly Haryana is the sickest state of the country.

The most important thing in your life is the 'life' itself. So when it comes to caring for this life especially the medical care, you cannot take chances. You have to be sure. It is your right to know the reality of Modern Medical Industry. If you agree with me then read on with an open mind, this first chapter at least and be prepared to see how



your long-held belief about the health care system, shatters in just few minutes.

I don't expect you to believe what I say. I will give you evidences which are unquestionable. Throughout the book you will find the video reference\* which you can access so that you are more sure about what I am saying. If you want, you can reinvestigate the facts which I am going to present, ask question (hound of the doctors around) and then come to your own conclusion. Don't let yourself get biased with the long held belief. But once you arrive at a conclusion, you must put it into action. After all, it is the matter of life and death. Life and death of the people around you and even you may already be the victim of the conspiracy of the medical industry.

Let me start with the story of a man. I gave him the nickname, Mr. AD\*. He was taking care of a patient for more than 40yrs. But the disturbing part was that inspite of the best efforts, the health of the patient was undetermining and inconsistent. But there were few unwanted parameters, which were highly consistent:

### 1) Ever increasing amount of discomfort:\*

Year	Discomfort
1965	Septicemia, Allergy
1968	Skin Allergy
1972	Skin Allergy , High Blood Sugar
1974	Skin Allergy , Diabetes Diagnosed

<b>Year</b>	<b>Discomfort</b>
1980	Skin Allergy, Diabetes, Body Ache
1992	Skin Allergy , Diabetes, Body Ache, Cholesterol
1995	Skin Allergy , Diabetes, Body Ache, Cholesterol, Constipation, Acidity
1999	Skin Allergy, Diabetes, Body Ache, Cholesterol, Constipation, Acidity, Thyroid, High Blood Pressure Diagnosis
2000	Skin Allergy , Diabetes, Body Ache, Cholesterol, Constipation ,Acidity, Thyroid , High Blood Pressure, Obesity
2003	Skin Allergy, Diabetes, Body Ache, Cholesterol, Constipation , Acidity, Thyroid, High Blood Pressure, Obesity, Joint Pains, Rheumatoid Arthritis
2006	Skin Allergy, Diabetes, Body Ache, Cholesterol, Constipation , Acidity, Thyroid High Blood Pressure, Obesity, Joint Pains , Rheumatoid Arthritis, Palpitation
2010	Skin Allergy, Diabetes, Body Ache , Cholesterol, Constipation, Acidity, Thyroid High Blood Pressure, Obesity , Joint Pains , Rheumatoid Arthritis Palpitation
2014	Skin Allergy, Diabetes, Body Ache, Cholesterol, Constipation , Acidity, Thyroid High Blood Pressure, Obesity, Joint Pains, Rheumatoid Arthritis Palpitation. (Recommended Knee Replacement Surgery, Heart Bypass Surgery)

## 2) Ever increasing doses and types of medication:\*

<b>Year</b>	<b>Medicine</b>
1965	Clindamycin HCl oral (25mg)
1968	Clindamycin HCl oral (25 mg) Alimemazine (50mg)
1972	Clindamycin HCl oral (25 mg), Alimemazine (50mg), metformin(25mg)
1974	Clindamycin HCl oral (25 mg), Alimemazine (50mg), metformin (25mg)
1980	Clindamycin HCl oral(25 mg), Alimemazine (50mg), metformin (25mg) Tylenol (25mg)
1992	Clindamycin HCl oral(25 mg) Alimemazine (50mg) metformin(25mg), Tylenol(25mg), Simvastatin oral(10 ml)
1995	Clindamycin HCl oral(25 mg), Alimemazine (50mg), metformin(25mg), Tylenol(25mg), simvastatin oral(10 ml), Colace (25 mg)
1999	Clindamycin HCl oral(25 mg), Alimemazine (50mg), metformin(25mg), Tylenol(25mg), simvastatin oral(10 ml), Colace(25 mg), Synthroid oral(25 mg), lisinopril oral (25 mg )



<b>Year</b>	<b>Medicine</b>
2000	Clindamycin HCl oral(25 mg) Alimemazine (50mg) metformin(25mg), Tylenol(25mg), simvastatin oral(10 ml), Colace(25 mg), Synthroid oral(25 mg), lisinopril oral(25 mg), Contrave(25 mg)
2003	Clindamycin HCl oral(25 mg) Alimemazine (50mg) metformin(25mg) Tylenol(25mg), simvastatin oral(10 ml), Colace(25 mg), Synthroid oral(25 mg), lisinopril oral(25 mg) Contrave(25 mg), prednisone oral(25 mg)
2006	Clindamycin HCl oral(25 mg), Alimemazine (50mg) metformin(25mg), Tylenol(25mg), simvastatin oral (10 ml), Colace(25 mg), Synthroid oral(25 mg), lisinopril oral(25 mg ), Contrave(25 mg), prednisone oral(25 mg)
2010	Clindamycin HCl oral(25 mg), Alimemazine (50mg), metformin(25mg), Tylenol(25mg), simvastatin oral(10 ml), Colace(25 mg), Synthroid oral(25 mg), lisinopril oral(25 mg), Contrave(25 mg), prednisone oral(25mg)
2011	Huminsullin -30/70, Diamicron 30mg, Loscar 50mg, Ellixca-125, Nebistar-10mg, Ivabrad-5mg, Jalra(50), Detemir Insullin 10 unit, Levorid-5mg, Mixtard 30/70, Jalra (50gm), Glimiastar-1mg
2012	Mixtard 30/70, Losacor50, Ellixca125, Nexito 15mg, Nikoran-5, Ivabrad, Rabicip-D
From 2013 to 2014	Mixtard 30/70, Losacor50, Ellixca125, Nexito 15mg, Nikoran-5, Ivabrad, Rabicip-D

### 3) Ever increasing medical/hospital bills.\*

<b>Year</b>	<b>Medical expenses per year</b>
1965	Rs.600 per year
1968	Rs.1800 per year
1972	Rs 3000 per year
1974	Rs.4200 per year
1980	Rs 6000 per year
1992	Rs 18,000 per year
1995	Rs 24,000 per year
1999	Rs 42,000 per year

<b>Year</b>	<b>Medical expenses per year</b>
2000	Rs 50,000 per year
2003	Rs 60,000 per year
2006	Rs 84,000 per year
2010	Rs 1,02,200 per year
2011	Rs 1,03,000 per year
2012	Rs 1,05,000 per year
From 2013 to 2014	Rs 2,25,000 collectively for 2 yrs.

### **On March 2014 Patient's medical condition was as follows:**

- 1. List of diseases:** Skin Allergy, Diabetes, Body Ache, Cholesterol, Constipation, Acidity, Thyroid High Blood Pressure, Obesity, Joint Pains, Rheumatoid Arthritis Palpitation. (Recommended Knee Replacement Surgery, Heart Bypass Surgery).
- 2. List of symptoms/discomforts:** Body Aches, Knee pain, Palpitations, Acidity, Constipation.
- 3. List of drugs with dosage:** Huminsullin -30/70, Diamicon 30mg, Loscar 50mg, Ellixca-125, Nebistar-10mg, Ivabrad-5mg, Detemir Insullin 10 unit, Levorid-5mg, Mixtard 30/70, Jalra (50gm), Glimiastar-1mg
- 4. Monthly medical bills** (including doctors fee, Emergency handling, diagnostic, drugs): (approx Rs 9375 to Rs 10,000)

At this point I must mention that Mr. AD followed every advice and guidance given by the doctor(s). But the health condition of the patient kept deteriorating hopelessly. On 1st March 2014, he got a strange suggestion from an unexpected source. Mr. AD did something radically unusual (at least from the point of view of the conventional medicine) for the patient. Can you guess what might be the health condition of the patient now? Today, while I am writing this book, its 2nd June 2015, roughly little more than 1 year from the day when Mr. AD did something unusual for the patient.

### **Here is patient 's current profile:\***

- **Diseases** : NIL
- **Number of Drugs** : NIL
- **Hospital Visits** : NIL
- **Discomforts** : NIL

You must be wondering what Mr. AD might have done which resulted in the miraculous recovery of the patient! This is what he did:

He did nearly opposite of what doctors had been recommending for the last 50 years during the treatment of the patient. For instance

1. He reduced the dairy consumption of the patient to nil (doctors have been suggesting ample milk intake for the bone health).
2. Patient started drinking 2 glasses of coconut water a day (doctor prohibited the patient from drinking coconut water fearing that high potassium level in coconut water may damage otherwise already compromised kidney).
3. Mr. AD started serving about a kg of mango every day during the mango season (which is a strict no-no by the doctors, for any diabetic patient).
4. Mr. AD stopped all kind of multivitamin tablets/ tonics of the patient which the patient used to take upon the recommendation of the doctor.

Within few weeks of following the seemingly suicidal approach for cure, something unusual happened. Patient started recovering from the illness and now after being dependent on drugs for 50 years, the patient is finally free of 3D's i.e. Doctors, Drugs and Diseases.

But the story of this patient is no exception. Mr. AD tried similar (not same) approach on another patient with following health conditions:-

1. Constipation for past 20 yrs
2. High B.P for 13 yrs.
3. Diabetes for past 10 yrs
4. High Cholesterol for past 8 yrs

5. Parkinson for past 7 yrs

6. Knee Pain for past 6 yrs

**Medication:** Amitiza (50gm), lisinopril oral (25 mg), Glumetza (25mg), lipitor (25mg), Levodopa(50 mg), home remedies for knee pain.

Now today, on 2nd June 2015, this patient is also free of the 3 D's i.e. Doctors, Drugs and Diseases totally.

Although both the patients recovered but you may be confused about the irresponsible behavior of Mr. AD by putting the critically ill patients on something which is medically expected to be a disaster for the patients. But for AD it was no fluke. He tried this approach on himself and could get rid of diabetes and also skipped the much recommended dental surgery. Now AD, the **Accidental Doctor**, became popular among his neighbours, friends and relatives for his ability to cure seemingly incurable medical conditions. He has a long list of patients whom he has selflessly helped to recover from the 3D's. This Accidental Doctor is Mr Yogeshh Mittal and the 2 patients (whose information I just shared) are his mother Mrs. Krishna Mittal and father Mr. Om Prakash Mittal respectively.



Mr. Yogeshh Mittal



Mrs. Krishna Mittal



Mr. Om Prakash Mittal

All this started when Yogeshh Mittal's wife took an appointment with me, for him. She wanted to discuss with me if there was any possibility of skipping the otherwise recommended dental surgery. After understanding his medical condition, my team (which included dentist Dr. Indupreet) decided a set of protocol based on the new medical research, "The China Study" (you will get to know more about it later in the book). As expected Mr. Yogeshh got rid of the dental problem and did not have to undergo dental surgery.

Since then healing people became a full time passion for Mr. Yogeshh Mittal and rest of his work/business became secondary. I call such people " The Accidental Doctors". In this book you will find many such Accidental Doctors.

However, the concept of Accidental Doctor is nothing new. In the past also many intellectually evolved people have bypassed the conventional protocol of medical treatment and did something radically opposite and could quickly recover from the disease. Ahead in this book you will read the story of Bill Clinton former US President\*, who was lucky enough to discover this strategy at the right time and successfully recovered from the disease(s), old struggle with heart blockage and repeated failed surgeries. And also you will read about the truth of Steve Job's death\*, who had discovered this method quite early in his life and also could successfully control and suppress the cancer but finally under the social pressure and also the influence of near and dear ones including his wife who forced him to go under the care of modern medicine finally succumbed to the profit minded medical industry.

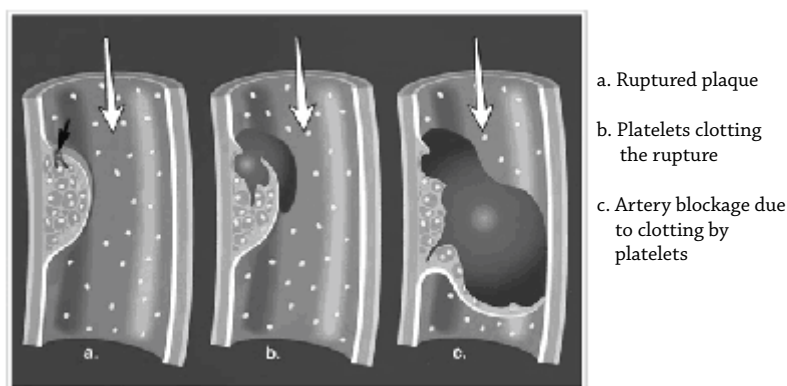
**End Note:** Here it is important for me to mention that being qualified in lifestyle disease & nutrition and also in emergency medicine, I can tell you with authority that although modern medicine has failed miserably in the care & cure of life style diseases but has done a commendable job in handling the medical emergencies.

## **How Bill Clinton Escaped from the Clutches of Heart Mafia**

If one of the most powerful person, the former president of USA became the victim of modern medical science, just imagine what would be the fate of common mass. To understand how even the most powerful person succumb to the trap laid by the medical industry, one must understand what heart blockage is, which affects majority of heart patients. For this I am picking some content from my earlier bestselling book 'Heart Mafia'. Some of you might have read it earlier also, but it's time to refresh your memory. Let us understand how the heart blockage happens at the first place. The innermost layer of the blood vessel is called endothelium. If all the endothelial cells of the body are laid out flat one cell thick, they would measure equal to 2 lawns of the tennis court. Healthy blood vessels are strong and elastic, their endothelial layer is smooth and unobstructed, allowing a free flow of blood. But when the level of fat in the bloodstream elevates, everything starts changing. Gradually the blood cells begin to clot these endotheliums, the white blood cells and the platelets, and cells become sticky. Eventually the white blood cells penetrates the endothelium, where it attempts to ingest the rising numbers of LDLs (bad) cholesterol molecules, that are oxidized majorly from the fatty/ processed diet. The white blood cells send out a call for help to other white blood cells. More and more of them get collected on the site, and sticks to bad cholesterol and eventually forms a bubble of fatty pus - a plaque. As they enlarge, they severely start narrowing and sometimes even block the arteries. A significantly narrowed artery cannot give the heart muscle, a normal blood supply, thus deprivation causes chest pain or angina. However, it is not the old, larger plaque (70 % or more blockage) that put you most at risk for heart attack . It is the small,

young plaque that ruptures at its outer lining or cap and bleed into coronary artery.

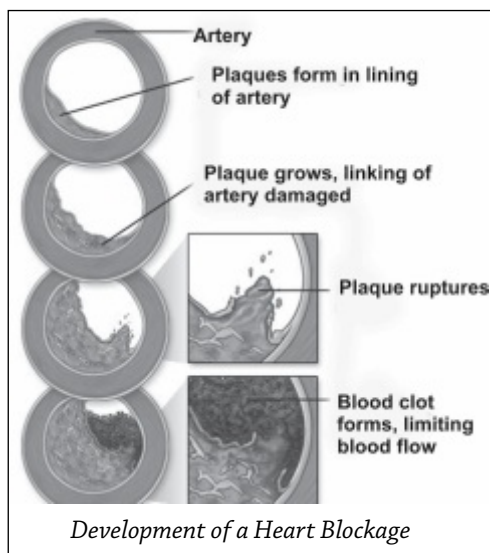
As plaque is formed, a fibrous cap develops at its top, which is covered by a single layer of endothelium. For a while, the protected plaque lies quietly at some place. Eventually the shearing force of blood flowing over weakened cap causes it to rupture. The plaque content now oozes out into the flowing bloodstream. To heal this rupture platelets are activated. They try to stop the invading garbage by clotting the rupture. The clot is self propagating and generally within minutes the entire artery gets blocked due to formation of clots by platelets. With no more blood flowing through the blocked artery, heart muscles dies. *This is the definition of heart attack.*



Often the doctors equate the plaque accumulated overtime in the artery, like a deposit in the old pipes. As they grow they cause angina (pain) and eventually heart attack. Everyone has had this experience with the household plumbing. First a sink drains slowly and then one day this flow gets so obstructed that it overflows. Many doctors and patients mapped the familiar and intuitive model of pipes into the problem of coronary artery disease.

The logic of therapeutic intervention here is clear. Arteries provide the network for blood flow. If the plaque obstructs the blood flow in a patient with chronic angina then the plaque must be removed or the blood must be bypassed. Managing the plaque or unwanted

deposits in this way would restore flow, reduce the frequency and severity of angina and prevent damage to the heart muscles. Such plumbing metaphors with all their intuitive appeal, were not simply a way of describing and marketing angioplasty and bypass surgery to patients, they also influenced the thinking of the doctors powerfully.



But there is a missing link. One thing that differentiates the plaque deposits in human arteries and the blockage of the house sink is that in 87.5 % of the cases, the cause of heart attacks is not the biggest plaque deposits in the arteries ranging from 70 % to 80 % or 90 % blockage but it is the smaller plaque or blockage like 30 % or 40% that are responsible for the heart attack as explained previously and managing these smaller plaques through angioplasty and bypass surgery is impossible because there are plenty in numbers.

Since the bypass surgery and angioplasty target only the biggest plaque this means that theoretically removing the biggest plaque you are reducing the chances of further heart attacks by only 12.5%. But in reality it makes the patient's condition even more worse.



To understand why angioplasty and bypass surgery cannot improve the life expectancy of patient and rather increases the mortality, let's first understand how bypass surgery and angioplasty happen.

Look closely at the details of the bypass procedure: After an anesthetist renders the patient unconscious, the surgeon removes arteries and veins from the patient's arm or leg or chest and then opens the rib cage to stitch the bypass grafts to the coronary arteries. Angioplasty involves only a slightly less bravado. The cardiologist snakes a three foot long balloon tipped catheter into the coronary artery. The balloon ruptures the plaque, stretches the artery wall, and deploys a wire mesh stent to prop it open.

Now the problem with both the procedures is that the body somehow recognizes the surgery sites as dumping site and start pouring deposits and garbage and within a few months, the artery gets blocked again.

According to the *Archives of International Medicine (Journal) Feb 2012*, in a randomized trail 7229 patients who had undergone bypass surgeries or angioplasty (between 1970 to 2011) were observed and compared with patients with similar severity of blockage but who did not go for surgery .

The report concluded that no extra benefits are seen after surgery in patients in comparison to those who avoided surgery. Similar report was published in *New York Times (27 Feb 2012)* also. Besides no benefit, these surgeries come with many life long side effects. One of them is poor mental ability, post surgery.

Doctors stop the heart during surgery and the blood is rerouted through the heart-lung machine. As a result it causes neurological damage. According to the *New England Journal of Medicine (Feb 2011)*, as many as 42% of patients who undergo a bypass are expected to perform significantly poorer in tests on mental ability 5 years hence. Other side-effects are personality changes, memory problems and irritability. The other major concern is that the patients face 1% to 2 % chances of dying in the operating room or suffer heart attack during the procedure.

In the light of the above concerns, it was reported in major newspapers and journals including *Business Week*\* (May 28, 2006) that these two procedures (bypass and angioplasty) should have been a part of archives by now but are being proliferated as they still contribute towards major revenue to the hospitals with a cardiac department.

Now you know the truth that one cannot recover from the heart disease by bypass surgery and angioplasty. It will just lead to future illness, as is very much evident from medical history of former US president Mr. Bill Clinton.

On September 3, 2004, Bill Clinton went to Northern Westchester Hospital after experiencing mild chest pain and loss of breath. Initial testing was normal. After undergoing additional testing at Westchester Medical Center, his doctors discovered that 90% of his coronary arteries were clogged and he was at grave risk of a heart attack. They advised, he should undergo bypass surgery. So, on Sept. 6, 2004: Clinton underwent an emergency quadruple-bypass surgery at New York Presbyterian Columbia hospital in Washington Heights.

Within six months, Bill Clinton started suffering from shortness of breath during his routine 4-mile walk. So he again visited his doctors. Doctors observed that he had developed pleural effusions-- fluid in the space between lungs and the inside of the chest cavity, which they said, was due to side effects of quadruple bypass surgery. On March 10, 2005, he underwent another four hours of Lung surgery at the same hospital. Doctors removed a quarter-inch-thick layer of rubbery, plaque-like scar tissue that had wrapped around Clinton's left lung. Fluid accumulated around the base of his left lung, compressing it and reducing his breathing capacity by about 25 percent. Most people who undergo bypass surgery develop pleural effusions -- fluid in the space between the lungs and the inside of the chest cavity after the bypass surgery. In Clinton's case thickening of the pleura prevented the lung from fully inflating. Clinton kept feeling heaviness in his heart from time to time, but doctors told him everything was normal and that he need not worry. In January 2010, Bill Clinton experienced intermittent pain and discomfort in

his chest. After a few days he could no longer ignore the discomfort and therefore in February 2010, he was hospitalized at New York-Presbyterian Hospital's Columbia. Here he was recommended for angiography. During angiography, doctors found two blockages in his coronary artery. So he was advised to undergo angioplasty. His cardiologist put two stents in one of his coronary arteries to fix the problem. That was not all! Doctors warned Bill Clinton that he might need more heart procedures because his vein graft from bypass surgery might clog up again after 3-4 years.

By 2010, Bill Clinton was too sick, sick not only from his illness but from doctors and drugs as well. **Bill Clinton is an intellect and of the same caliber as Steve Jobs was. It means that they both were leaders who did not depend on conventional thinking/methods/rules. These were the people who made their own rules.** Bill Clinton was no longer ready to accept the idea of bypass surgery and angioplasty as a cure for his heart problems after having suffered from it for more than a decade. So he started looking for an alternate method which could heal him in real sense. That is when he came to know about some research done by leading researchers and scientists of the world and finally in 2011, he could reverse all his ailments including his life threatening heart disease by following natural methods as prescribed by leading scientists.

By the end of 2011, he was healthy and young again. He could now travel widely around the world. When interviewed by CNN\* regarding his marvelous health regain, Bill Clinton went into great detail about his diet which he still follows. He explained, *"I went on essentially a plant-based diet. I live on beans, legumes, vegetables, fruit—no dairy—I drink almond milk mixed in with fruit when I start the day up. And it changed my whole metabolism and I lost 24 pounds and I got back to basically what I weighed in high school.*

*But I did it for a different reason. I did it because after I had this stent put in and I realized that even though it happens quite often that after you have bypasses, you lose the veins because they're thinner and weaker than arteries. But the truth is that it gets clogged up, which means that*

*the cholesterol was still causing buildup in my vein that was part of my bypass, and thank God I could take the stents. I didn't want it to happen again. So I did all his research and I saw that 82 percent of the people since 1986 who have gone on a plant-based, no dairy or meat of any kind, no chicken,*



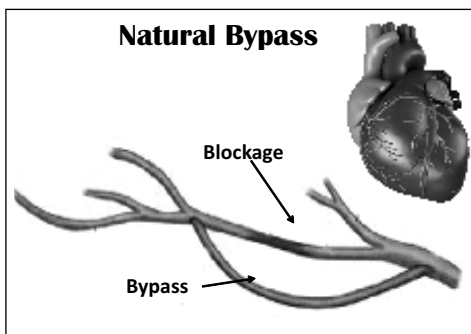
Bill Clinton with CNN Reporter

*turkey—if you can do it, 82 percent of the people who have done that have begun to heal themselves. Their arterial blockage cleans up, the calcium deposit around their heart breaks up. This movement has been led by doctors named Caldwell Esselstyn at the Cleveland Clinic, Dean Ornish who all of you know out in California, the doctors Campbell (father and son) who wrote The China Study, and a handful of others. But we now have 25 years of evidence and I thought that, well, since I needed to lose a little weight for Chelsea's wedding, I'll become part of this experiment. I'll see if I can be one of those that can have a self-clearing mechanism—we'll see... Here I am sitting with you in an interview all hale and hearty, no signs of heart diseases. Hillary and I, we're happy, we love our son in law, and we admire him, and we'd like to be around if there are grandkids—we want to be able to do our part in the world."*

When I saw this interview of Bill Clinton with CNN, I got curious and wanted to go in depth. So I contacted many doctors, among them were, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn whom Bill Clinton had named prominently in this interview. They explained that heart diseases can be reversed, if a person is kept on a special diet for some days.

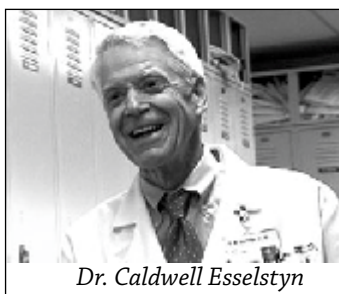
In a special interview\* with me Dr. Caldwell Esselstyn explained this science in a very simplified manner\*. He told me, 'when a person is kept on a special diet, Nitric Oxide (NO) is produced in the body which helps in clearing up the heart blockages including 30%-40%, to 90% -100% blockages. NO also initiates and accelerates one more amazing

mechanism in the body called "arteriogenesis". In this process the body begins to make new arteries especially when some of the arteries are clogged up. The new arteries make a new path to reroute the blood of the blocked artery and re-establish the blood supply to the affected body part or the organ.



This is also known as 'Natural Bypass'. The new arteries formed during arteriogenesis after an artery is completely blocked are known as 'Collateral Arteries'. Collateral arteries or Natural Bypass is hastened when a person is on a special Whole Food Plant Based Diet. There is complete reversal of heart diseases and all blockages clear in a few months' time."

I completely agree with Dr. Caldwell Esselstyn and Dr. T Colin Campbell as I saw it in many of my patients who were able to initiate Natural Bypass.



Dr. Caldwell Esselstyn

The collateral arteries were seen where coronary arteries had blockages.

One such case is of Mr. Alok Srivastva, 51 years old (Engineer) and a resident of sector 16 Faridabad who was working as a General Manager in a multinational company till 2013.



Mr. Alok Srivastva

He casually went for a general check up at Asian Hospital Faridabad. He got his TMT done, which came out normal. But he was told to get an angiography done. He along with his wife, went to a cardiologist, who asked, if he had a Medi-Claim policy. Mr. Alok Srivastva informed them about his medical policy of INR 5 lakhs. The doctor then persuaded him to get

his angiography done and also assured him about further treatment in-case something wrong showed up in his angiogram. When he got his angiography done, the doctor seemed too worried about his heart condition and told him that he is sitting on a ticking *bomb*. Alok Srivastva could not understand what the doctor meant. The doctor then explained that 4 of his arteries were blocked and 2 of them had 95% blockages and the other 2 with 80% and 60% blockages. He was asked to undergo angioplasty immediately. It was projected as a do or die situation. Both the husband and the wife got so scared that they immediately agreed for angioplasty. The doctors informed them, out of 3 stents, 2 stents will be the metallic ones and the 3rd one will be biodegradable. When Mr. Alok inquired as to why the third stent was different from the other two, the doctors replied, in case you need a bypass surgery after 2-3 yrs this will not give any obstruction as it will dissolve by that time. The doctors did the angioplasty and placed 3 stents in his arteries. Just 1 week after his angioplasty, Asian Hospital called up a press conference and announced that Mr. Alok Srivastva was the only person from Faridabad with successfully placed ABSORB stent. When one of the leading journalist inquired, where these stents were made? The doctors replied USA. Again the reporter inquired if USA was using these stents. The doctors said NO. WHY?, the reporters asked. They said it was yet not been approved by FDA to be safe!

Clearly it was experimental trial done to test the safety and efficacy of the biodegradable stents and Mr. Alok Srivastva had been used as a guinea pig.

After an year, Mr. Alok started feeling chest pains. When he visited doctors again, they asked him to undergo angiography again. Angiography showed that the biodegradable stent had deflated and was fully clogged up and since it was inserted in the main artery LAD, he will have to undergo bypass surgery. Mr. Alok then approached me and came to my office. I assured him about the reversal of his heart disease and prescribed him a diet for three months which he started following religiously. In the mean time he had to go away to

USA for a month to meet his daughter. He could follow the diet recommended by me for little over a month. But when he came back he went to Medanta Hospital, Gurgaon for angiography. He was asked to go for bypass surgery for his completely clogged LAD artery because of biodegradable stent. He was under the pressure from his family members and also the guidance (or misguidance to be honest) of the doctors. So he underwent a bypass surgery at Medanta Hospital, Gurgaon. The surgery was performed by Dr. Naresh Trehan. After the surgery the accompanying assistant surgeon Dr Vinay Agarwal, who was very surprised, told my patient that he could see some initial development of collateral arteries leading to the natural bypass which was not seen earlier/during the angioplasty and it was a matter of curiosity/surprise as to 'what might have led to such positive development which was missing a month before! Clearly enough as in the case of my patient, Mr Alok Kumar Srivastva and also mentioned and explained in Noble Prize Winning Science 1998, by Dr. Louis Ignarro, putting your body under favourable conditions by providing an appropriate diet, can open and utilize it's collateral arteries. Hence, it can save a patient from life threatening diseases including diabetes, heart disease, kidney dysfunction and many kinds of cancer. Now Mr. Alok Srivastva has filed a suit against Asian Hospital for treating him like a guinea pig and implanting biodegradable stent whose safety had not been approved by FDA and insisting on undergoing angioplasty when he could have easily been saved by a specialized diet plan.

Mr. Alok Srivastva was not as lucky as Mr. Bill Clinton to save himself from the clutches of Modern Medical Science.

## **How Cancer Industry Killed Steve Jobs**

### **Is Cancer a disease?**

The basic truth about Cancer is getting moved far away from all the myths. Cancer, in fact, is not a disease. It is a process of ageing. Some of us age slowly, while some others age faster. I am talking of a cell's ageing and not of morphologic ageing. It explains cancer occurring even in small children. Depending on the rate of growth of cancer, it could either outlive the victim or precede him. When cancer starts to grow inside a human body, there is always an attempt by the body's immune system to suppress it, or to overcome it. If in the, bargain the immune system wins, then cancer dies permanently. The unusually high incidents of cancer in those patients with AIDS clearly prove the above said point.

Biological Cancer is a normal body cell which has outlived its appointed time of death. Every cell in the human body, from which there are whopping one hundred thousand billion cells in all, have their life span cut out for each of them. They have to die a natural death, *apoptosis* (falling of a brown leaf, in Greek). A special gene known as the *suicide gene* sends the message to every cell when the time of death for that particular cell comes and this gene governs the entire process. With such a large number of cells belonging to so many varieties of organs and tissues, one shudders to think as to how this goes on in majority of us without a hitch! If, for any reason, the suicide gene either fails to send the signal, or the messenger enzymes do not perform their job perfectly, then the target cell might not receive the message at all. As a result, the cell supposed to die outlives its life span, but cannot divide any further since there is an upper limit for cell replication in any situation (as stated by *Hayflick's law*). The cell that escapes its death at the right time mutates to change its DNA, called the *Rouge DNA*. The latter is the beginning of a potential future cancer, if it chooses to do so.



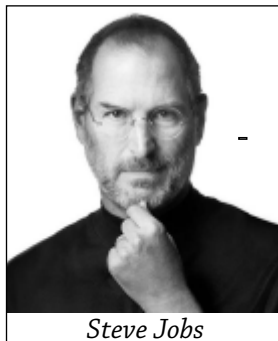
It is therefore, possible that every human being harbors some potential cancer or the other at all times. It is only an accident that one such could really become a clinical cancer. Ottoson in Sweden did minute postmortem study of two hundred and fifty consecutive deaths due to suicide, where he found the presence of a biological cancer in every one of them. Depression is the cause of suicide. Depression is now known to be associated with cancer, heart attacks, and many other major illnesses.

*Clinical Cancer* is that stage where the rogue DNA of the cell replicates thousands of times to produce a mass of cells that could be felt as a lump (tumor) by the doctor. Even this stage of clinical cancer could be dormant for years on an end, but it depends on the site of the lump. When it chooses to grow rapidly and/or grows at distant sites in addition, it causes local pressure symptoms depending on various factors. Factors on which occurrence of local pressure symptoms depends are the site and addition which causes local pressure symptoms, the site and the function of the organ. The victim feels these symptoms because of their growth and this stage is called *Symptomatic Cancer*. Even then, at times, it could remain dormant for years on at one end. At the other end of the spectrum is the tumor that could grow very fast, and produce symptoms that are disabling in a very short span of time.

These cells are just like indisciplined rowdy children creating nuisance in the neighborhood. To get rid of this problem, killing those children is not a solution. The only thing that we need to do is to discipline those children in a creative way. There are methods which can be used to discipline the rowdy cancer cells too. It's not a surprise that the cancer cells disappear in a few days as we have seen it happening in the patients at our Faridabad Clinic. Amongst all our cancer patients, some of them in advance stage IV of cancer, were kept on a particular diet for few days. Their body was able to discipline those cancerous cells and finally cancer vanished completely. The disappearance of cancerous cells was confirmed through diagnostic tests.

Their body had no sign or symptoms of any cancer after 3-6 months of following the specialized diet plan. We all know that Red Blood Cells take approximately 3 months to renew themselves and it takes two cycles of RBC to completely drive cancer away from the body and the person is able to reverse the disease.

This knowledge is not just confined to me! It is well known all across the world. Some intellectual people know about it and prefer to follow this method to reverse cancer rather than going in for conventional methods like chemotherapy and radiation. One such person who was considered to be the most intellectual person of this century is 'Steve Jobs'. Steve Jobs is known and reported to have died because of cancer. But what was the truth? I could not believe that a man of such intellect did not know that cancer is not a disease and that it can be reversed in a few days just by following a particular diet! So I tried to investigate the truth.



Steve Jobs

I contacted many doctors who were close to Steve Jobs. One of them is Dr. John McDougall. What was the reality and what was the fact?

And I came to know of the reality while I had a talk with Dr. John McDougall about his cancer, which ultimately led to his death.

In a special interview\* with Dr. John McDougall, he explained:

*"In October 2003, Steve Jobs happened to run to his Urologist who had treated him, and she asked him to get a CAT scan of his kidneys and ureter. It had been 5 years since his last scan. The scan revealed nothing wrong with his kidneys, but it did show a shadow over his pancreas. That evening they performed needle biopsy and diagnosed it as a pancreatic cancer (endocrine pancreatic cancer)."*



Dr. John McDougall

Talking about tumor that was revealed by the CAT scan was roughly around 2mm. When we talk about the size of the tumor or people dying of cancer like colon cancer, lung cancer, breast cancer etc, then their individual tumor is around the size of 10 mm or 4 inches in diameter.

Things from the environment like chemicals, from the food we eat, cigarette we smoke, attack our cells badly enough not to kill them but bad enough to start dividing them at their own will. Cells do not divide on their own; instead they are regulated and controlled strictly. But in cancer when these cells get injured due to environmental chemicals, from food, cigarette etc, they start dividing at their own will. So, in case of Jobs tumor cells started to divide on their own. The time when cell starts to divide on its own, is called **Doubling Time**. A cell divides into two, two to four and so on and becomes a lump of cells and when it is about 1 mm in size it contains about 1 million cells. And when it is 1 cm in size i.e. half inch, it contains about 1 billion cells. So what we know about Steve Jobs is that at the age of 48, CAT scan revealed tumor sized around 1cm. He died at the age of 56. It means that the tumor must have grown to the size of 10 cm which lead to his death. So it was a time interval of 8 years from 2003 to 2011 (from diagnosis of pancreatic cancer to death). So it took eight years for a tumor mass which got big enough to kill him. If we calculate **doubling time** for Steve's cancerous cells from 1cm to 10 cm in 8 years time, it turns out to be 10 months. It means that Steve Job's tumor doubled in size every 10 months. It was a very slow growing tumor. Commonly solid tumor of various organs doubles in size every 3 to 9 months. But in case of Jobs, doubling time of 1cm mass cells to 10 cm in 8 years is 10 months and from this we can very well figure out when the cancer started. It was almost 24 years back from the day Jobs was 48 years old.

What we calculated is the time period from a 1 cm to a single cell development, when the cell started dividing on its free will gives us the age when Steve Jobs first developed cancer. It means he first developed cancer when he was 24 years old.

Having calculated when Cancer started; let's get back to when he was first diagnosed with Pancreatic cancer. It was in October 2003. He got operated on July 31, 2004, 9 months after initial diagnosis. During

surgery not only the doctors found tumor on the head of his Pancreas but also found 3 metastases on the liver. These metastases clearly indicated that cancer has spread to his liver cells. They performed a **Whipple Procedure** during the surgery. In this surgery they cut the head of pancreas, bile duct and a part of small intestine and gall bladder was removed. This was a major surgery. But while they were removing pancreatic tumor they also found a little tumor growing in the liver. The tumor in liver was at least 1cm in size for it to be visible. So the tumor in liver was diagnosed at the age of 49 and he died at the age of 56. So it took 7 years for a 1 cm tumor to grow up to 10 cm tumor. Calculating from this, doubling time comes to be around 8 months. Calculating back to when the first cancerous cell reached the liver, we arrive at his age at that time - 27 years. So he was 27 years old when cancer spread from his pancreas to his liver. So we can conclude that cancer began at the age of 24 and started spreading at the age of 27.

Steve Jobs' wife, friends and others called him STUPID for delaying the surgery by 9 months after his diagnosis. They told him that during these 9 months cancer had spread from pancreas to the liver. But this does not happen. Cancer does not spread to this level in just 9 months. I showed you by calculating the doubling time and then going backwards that the cancer began at the age of 24 years and spread to the liver at the age of 27. Let me quote something as a proof of my calculations.

When Jobs was in his 30's and 40's i.e. around 1987, during a meeting it was reported that his hands were inexplicably yellow and in constant motion. 'Yellow Skin' is characteristically due to Jaundice and Jaundice is caused due to obstructions in the bile duct. One of the most common reasons for the obstruction of bile duct is cancer of pancreas. He was also reported having abdominal and back pain at least 5 years before his diagnosis of pancreatic cancer in October 2003. And doctors told that the abdominal and back pain was due to stones in the kidneys. But it was not possible to have any problem in his kidney because his **CAT scan** showed that his kidneys were functioning perfectly. The doctors misdiagnosed it as kidney stones! Kidney stones are caused by a diet high in animal protein. When you eat a high protein acidic diet, you dissolve the bones and that bone material is excreted into your urinary tract and in the

*process this material gets re-solidified and forms calcium stone. Almost all kidney stones are calcium stones. Steve Jobs was a vegetarian throughout his life, so it was not possible for a vegan to develop kidney stones. Other indication that he may have had this cancer earlier in his life is when he confided in John Sculley (Apple's CEO) that he believed that he would die young. He was very intuitive and had an insight that he could feel something was wrong in his body, way back when he was in his twenties.*

*Everyone believed that Jobs killed himself by delaying his surgery and he could have been saved if he would have gone for a surgery 9 months earlier. But none of his doctors told him that his body was already full of cancer cells way before he was diagnosed with Cancer in October, 2003.*

*In April 2008, Jobs underwent a Liver-transplant. But by July 2011, cancerous spread throughout his body reaching up to his bones. He died in October 2011 from a body full of cancerous cells which took birth when he was young.*

*But the consensus was that Jobs acted selfishly, stupidly and irresponsibly by refusing surgery in October 2003 at the time of his first diagnosis.*

*But now I have figured out that Jobs developed cancer at 24 and spread in his body when he was 27. But the question is that how he got cancer?*

*In his 20's Jobs worked in Silicon Valley, the hub of Computer Industry. He was exposed to all kinds of carcinogens. Electronic industry is full of germs. Electronics industry is full of toxic metals like lead (Pb) and cadmium (cd). Lead (Pb) causes cancer of 'islet cell' of pancreas. Research studies from 1978 tell this. Jobs used to solder computers back then and soldering uses lead (Pb). Metals found in computers include aluminum, antimony, arsenic, barium, beryllium, cadmium, chromium, cobalt, copper, gallium, gold, iron, lead, manganese, mercury, palladium, platinum, selenium, silver and zinc.*

*Steve Jobs was exposed to all these cancer causing elements when he was young and his fit body cells got injured to initiate cancer.*

*Throughout his life Jobs ate a healthy diet and he was considered looking like a boxer, aggressive and elusively graceful or like an elegant jungle cat*

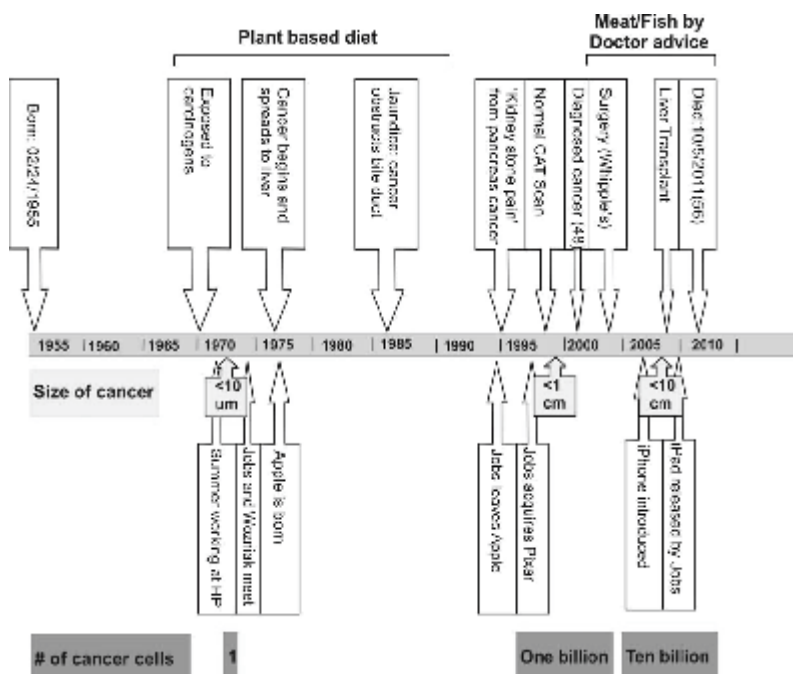
*ready to spring at its prey. Everyone who knew Jobs or met him marveled at his excellent health. This was all because he was always on a strict vegetarian diet. But he also ate out in restaurants often. He ate lots of fake cheese and meats. These fake cheese and meats are isolated soy proteins which are cancer promoting agents as they raise 'Growth factors'. 'Growth factors' stimulate cancer growth.*

*Now let's come back to the time frame when he got operated. His pancreas head, gall bladder, bile duct and part of his small intestine were removed. It caused him terrible mal-absorption. He also had to take narcotics to kill the pain caused due to surgery. All this caused him to lose lot of weight. He lost around 40 - 50 pounds (18 - 22 Kgs) of weight. And because Jobs was a vegetarian, doctors told him that this diet is causing a reduction in his weight. He was not getting enough proteins. So he was advised to eat meat and fish. They told him that he was sick and will get sicker not because he had a surgery but because he was a vegetarian. So they insisted him to consume high quality proteins. So Jobs's wife Powell (who was a vegetarian all her life), began to diversify their family diet with fish and other proteins after her husband's operation. Jobs eventually succumbed to these demands and ate seafood and eggs.*

*But eating high quality meat and seafood failed to prolong his life. His medical treatments did little or nothing to prolong his life and caused him great misery and a huge expense.*

*But he lived more than 30 years with pancreatic cancer on a vegetarian diet. He did not behave stupidly even by delaying his surgery. Steve Jobs was a man who believed in intuitions and a vegetarian diet. It is known that when he visited India he learnt about natural methods of curing diseases to keep one-self healthy and not getting indulged in conventional scientific treatment. He was a man of great intellect who created a product of this century. He knew about the natural diet and its benefits. This diet protected him for 30 years from his cancer."*

*Dr McDougall also wrote an article for Steve Jobs' family, to break their conventional notion and let them know how vegan diet saved Steve Jobs from cancer all these 30 years.*



While going through Steve Job's biography written by “Walter Issacson” I came to know that Steve Jobs had visited India and learnt about natural methods and techniques to reverse a disease by following a specialized diet pattern. Steve Jobs was not the only intellectual person to experiment on this diet pattern to reverse the disease, many people around the world silently did so. Among them one of the prominent name is Ronald Reagan, the former president of USA, who cured his colon cancer by following anti-cancer diet and died at the age of 93 years. Steve Jobs during his visit to India, as reported in his biography, had learnt the natural method of treating diseases. He considered India as the origin of natural treatment of diseases through alteration of diet plan.

Among many of our cancer patients, one such example of successfully cured cancer patient who followed our customized diet

plan is Mr Praveen Kumar\*, from Panipat. A young man, 32 years of age and an engineer by profession .

He was referred to me by my neighbor who knew about my expertise in medical nutrition and how it has the potential to reverse even cancer. When he visited me, according to Safdarjang Diagnostic Blood Report his TLC count was 1,30,000/ml and was taking Imatinib tablets for his Blood Cancer.



*Mr. Praveen Kumar*

It all started when he started feeling pain on left side of his abdomen (liver and felt a hard lump under his heart). Despite taking pain killers there was no relief. On Oct 16, 2014, the doctors advised him to go for blood test. His TLC count that day was 1,80,000/ml. Doctors in Panipat diagnosed it as Blood Cancer and referred him to Safdarjang Hospital-New Delhi. His TLC count according to Safdarjang diagnostics were 2,94,000/ml. Here the doctors reconfirmed Blood Cancer and put him on Imatinib Tablets. He took it just for 2 days. But after that he was referred to me. He visited me on October 29, 2014 and I prescribed him a special diet plan and he immediately started following it. In no time he felt relief and reduced the dosage of medicine instantly and then stopped consuming it altogether.

In April-2015, when he again got his blood test done his TLC count were 78,000/ml.

Now today, as I write this chapter on June 5, 2015, his TLC count is 7,500/ml (well within range), his hemoglobin 13.7 (too good for a person who had blood cancer). He is physically fit and now advocates our diet plan to others too.

Just opposite to it, is another example of a very close friend of mine Abhishek Malviya\*, a resident of Bhopal, Madhya Pradesh.

He was hale and hearty when I met him in January 2013 in Chandigarh during one of my health seminars. After going back to



Bhopal, in the month of February, he developed fever. The fever could not be brought down by pills. Doctors advised him to go for a biopsy. In biopsy report the doctors diagnosed *Blood Cancer*. He was immediately, rushed to *Tata Memorial Cancer Hospital, Mumbai*. One of his relatives was working in this hospital and offered help in every possible way. Doctors there, asked him to undergo chemotherapy. It happened so quickly that even Abhishek didn't know what was happening! Once he realized the gravity of the matter, he contacted me. I immediately flew to Mumbai with the first available flight. I met him, understood what was going on and prescribed him a diet plan, which he promised to follow. But the over educated doctors, his family members- chacha tau and friends were totally against it and forced him to go for conventionally known treatment. Within 4 months of his diagnosis, Abhishek lost his battle with cancer and died in June 2013.

The purpose of writing this chapter is to make innocent cancer patients and people, aware of the reality that conventional methods of killing the cancerous cell is not the solution but by simply changing to a natural diet plan can help recover from the cancer.

## **Two Blockbuster Inventions of Medical Science H1N1 Swine Flu & Ebola\***

Since you have already read 3 chapters of the book by now, it will be not very surprising for you if I say that H1N1 Swine Flu and Ebola are not natural disasters which reportedly have killed and affected millions of people worldwide. In reality, it is a conspiracy by the so called modern medicine (read western allopathic medicine) just for profit. You can call it two of the biggest lies of the last one decade. Lets first start with understanding the H1N1 Swine Flu conspiracy on the basis of talks I had with doctors and scientists in India and abroad and my own research work.

### **Flu or Swine-Flu**

There are innumerable living beings that surround us, which we call viruses, which cause various diseases in our bodies. At present, the swine-flu virus that is causing so much anxiety in the whole world works like this. This virus makes use of a protein to enter the body or its cells. We call this H1. This virus becomes alive after entering the body, and keeps increasing exponentially inside a person's body, and slowly spreads to the entire body.

After entering the cells, this virus uses the RNA (Ribonucleic Acid)

\*Some years ago, when the flu season was on, one drug company wanted to move ahead of others. With the help of scientists, it made some different strains of an ordinary virus and gave it the name of H1N1. They also named it swine-flu. The company was able to influence WHO and get it declared as an epidemic, so that the governments were forced to stock 'Tamiflu' which had been made by them, to counter this virus...and finally the company makes a profit of 18 trillion dollars or about 1100000 crore rupees.

*Dr. B.M Hegde*

of the cell's nucleus, and makes many copies of itself. In order to spread in the entire body, it has to come outside, so that it can enter the other cells of the body and use the same process to spread in the whole body. For this it is helped by N1. The virus is given the same name, whose help it takes, so this swine-flu virus is named H1N1.

But human body is unique. Whenever a virus enters a human body, the body immediately recognizes it and knows that it

will harm the body and sends a message to the brain. And the brain uses its tool- Fever. The brain increases the temperature of the body and the virus becomes inactive because of the high temperature. In other words, fever is not a disease. This is a mechanism of the body, by which it can kill the viruses in the body. And the body does it for protecting itself from all types of 'flu'.

**Doctors advise you to get tests done for recognizing the diseases.**

**The test to detect swine-flu is called PCR Test (Polymerase chain reaction). Does this test really tell you whether you have swine-flu in your body?**

\*PCR is such a test that tells you about the genetic sequence of the virus, not about a particular virus. If genetic sequencing is to be explained in normal words, we can take the example of Bin Laden. If we were told that Bin-Ladens could be hunted down with the help of binoculars, wherever he might have been hiding. Is that possible? Binoculars are meant to look at something from a distance. It could have pointed to a beard similar to Bin Laden, and indicated that it is Bin laden. The result would have been that all the people with beard in the world would have been called Bin Ladens. If we talk of statistics, one out of 14 people would have been Bin Ladens. In the same manner, if we talk of the PCR Test, then one out of every 14 persons will have swine-flu.

### THE OPINION OF EXPERTS

“In 2009, there was a big revelation concerning the swine-flu scam. CDC (Centre for Disease Control), whose work was to keep count of the number of swine-flu cases, stopped counting the number of cases. Because the samples that were coming back from the labs were showing that those patients did not have swine-flu. The CDC was spreading fear among the people and forcing them to take the swine-flu vaccine.”



*-Sharyl Attkisson,  
Journalist CBS News*

“According to the results, the PCR Test is a contradictory test. PCR recognizes the qualitative facts, but is not fit for numbers. The free and contagious viruses cannot be tested through this test. This test tells about the genetic sequence of the virus, not about a particular virus.”



- Dr. Kary Mullis, Inventor, PCR Test .  
*He had received Nobel Prize for the invention of PCR Test in 1993.*

\*“PCR is a very unreliable test. We cannot detect this virus from small samples. The virus may or may not be a part of the sample. The virus that causes a disease has to be active in the body in a large measure. There can be mistakes. A small viral sample does not prove that the person was ill, or will become ill.”



*John Rappoport,*  
*Investigative Health Journalist*

“Everybody is scared of coming under the grip of the H1N1 Swine-Flu virus, whereas the test to prove this disease is less than 50% reliable. There are a large number of patients in India who have been found to be positive through this costly but unreliable test. On 10<sup>th</sup> April, 2014, the British Medical Journal had published the results of the Tamiflu, but this report was suppressed. After this, in a company sponsored article Tamiflu's benefits and positive effects were touted. A lot of research and data was never published, and this medicine continued to be sold and stocked without any solid basis.”



*Dr. B.M. Hegde, Scientist*

**PCR is a very unreliable test\***

*John Rappoport, Investigative Health Journalist.*

The name of the Investigative journalists who were the first to expose the scam of H1N1 swine-flu, are Sharyl Attkisson and John Rappoport. I had special talks\* with, John Rappoport. The following are some excerpts from it:-

**Me:** These days the scare of H1N1 swine-flu is back in India. Do you want to say something regarding this?

**John Rappoport:** *I want to say that one must not believe in swine-flu, until and unless you have a good reason to do so. Let those people, who are spreading the rumour of H1N1 swine-flu, prove that it is actually swine-flu. Ask questions about the reliability of the PCR test. Ask whether the PCR test can actually find out about swine-flu. Don't believe in H1N1 swine-flu because everyone around you is talking about it. Don't be a part of the herd. The 2009 swine-flu of America was a full-blown rumor. They don't have any proper proof of this. Similarly, in India also there is no definite proof of H1N1 swine-flu.*

**DON'T BE AFRAID- DON'T TAKE A VACCINE OUT OF FEAR. IT IS A METHOD TO REDUCE THE WORLD POPULATION.**

*By this method, the population of the world decreases by about 15%. And when you hear about any disease or its cure from doctors, drug companies and world health organizations, then you are influenced by them and do what they want you to do. These doctors do not have so much time that they do proper research or investigation about any disease, and read the proofs of the data, or the results of research and clinical trials. These doctors work under a lot of pressure, where they have to fulfill a target, which is met in the form of patient-fees and medicines. The media also plays an important role in this.*

*Actually, the H1N1 Swine Flu is as bad as a common cold or any other virus. The danger of dying from H1N1 swine-flu is also that much, as that from a cold. People die of fevers and cold too, but only those people whose immunity is already very low. So, please don't be scared of H1N1 swine-flu.*

## IN THE NEWS...

Pandemrix is used as a vaccine for H1N1 swine-flu, but now it has been banned for people below the age of 20 years. Those patients who are suffering from brain-haemorrhage because of the use of the vaccine, are being compensated a big amount by the British Government. The lawyer of the victims, Peter Todd, has to say that there have never been cases like these. The patients of the vaccine become incurable, and they need a proper treatment. After the spread of swine-flu in 2009, about 60 lakh people had taken the vaccine, most of these being children. The patients have been affected in large numbers, out of which 80% are children. They are given anti-nacrolepsy drugs in school, whose annual cost is about 15,000 pounds. (13, 80,000 Rupees).

Among these people, is 8 years old Josh Hadfield. Josh Hadfield's mother considers herself to be the culprit and wishes that she had not given the drug to her child.

Nacrolepsy affects the sleeping-cycle of a person, because of which a person is unable to sleep for more than 90 minutes. He falls unconscious because of lack of sleep, and the situation becomes such that they become prey to mental sickness.

*- International Business Times, March 2, 2014.*

Swine-flu is the biggest scam of the century, which has been created by the World Health Organization and big Pharma Companies.

*-Dr. Wolfgang Wodarg*

This assertion by Wolfgang Wodarg can be very harmful for those Pharma Companies, whose profits have increased after WHO declaring swine-flu as an epidemic in 2009. GlaxoSmithKline alone reaped profits of 1.7 billion \$ in the last quarter of 2009, by sale of the H1N1 vaccine.

*-The Week, 11 January, 2010*

According to Finnish officials, for the people between the ages of 4 and 19, who took the Pandemrix vaccine for swine-flu, the chances

of narcolepsy increased by 9 times. The Global Advisory Committee of WHO had this to say about the safety of the vaccine- that they agreed with the Finnish officials that there was a strong connection between swine-flu and cases of narcolepsy.

*-The Associated Press, 8 February, 2011.*



## My interaction with Dr. Leonard Horowitz (co-author) on H1N1 Swine Flu Scam\*



**Me : How effective is the PCR test to find out whether a person has swine-flu?**

**Dr. Horowitz:** PCR is a very weak test. Its sensitivity regarding the detection of swine-flu is very weak.

**Me : Dr. Horowitz, the cause of death of one of my friends is attributed to him being H1N1 positive. The doctor tested him for swine-flu, and before the report of the test was out, he gave him Tamiflu. According to me he did not die of H1N1 Swine Flu, but because of toxicity of Tamiflu. What do you have to say about it?**

*(Some time ago, Mr. Yogesh Sharma of Faridabad died. He had been admitted to Asian Hospital, Faridabad, due to stomach ache, vomiting and difficulty in breathing, where he was diagnosed with pneumonia. A PCR test was also done, and without the report of the PCR test, he was given the medicine for swine-flu Tamiflu. He died three days later, and the cause of his death was stated to be H1N1 positive.)*

**Dr. Horowitz:** I fully agree with you, if you find out about Tamiflu, you will come to know that there is a big scam behind this also.

Tamiflu is a toxic medicine, which is very harmful and there can be serious side-effects from it; as it happened in the case of your friend. A highest authority on health- COCHRANE AND BMJ (British Medical Journal) have said in their joint report that according to research, *Tamiflu stops the production of anti-bodies in the body*, which lowers the immunity of the body. This report was released on 10<sup>th</sup> April, 2014, so that people could be warned about Tamiflu.

**Me: What is the reason behind all this, why is this happening in our society?**

**Dr. Horowitz:** In scientific terms it is known as Iatrogenocide, which means 'mass murder'...and in simple terms it means killing people by taking the help of doctors.

**Me: In India, a vaccine is being used to save people from H1N1, what do you have to say about this?**

**Dr. Horowitz:** Big drug companies make use of doctors to enslave people. And this is done through vaccines.

**Me: If the flu is actually Swine-Flu, what should we do? Why is it that even when a person suffering from Swine-Flu or Ebola is treated in other countries, even then most of them die? But, when the same person is taken to America and treated, the patient gets better within 3 days. Why is it so? What is the reason behind this?**

**Dr. Horowitz:** The medicines that are given to a patient, to treat him on-site, are experimental drugs. But the treatment that is given in America, is alkalizing your body. Which means taking out the toxins from your body.

**Me: And how can we do it in India?**

**Dr. Horowitz:** With the help of a diet-plan and a routine life-style. By following this diet-plan, no bacteria or virus can grow in your body. And even if it does, the immunity of your body is so high that the body is powerful enough to throw it out.



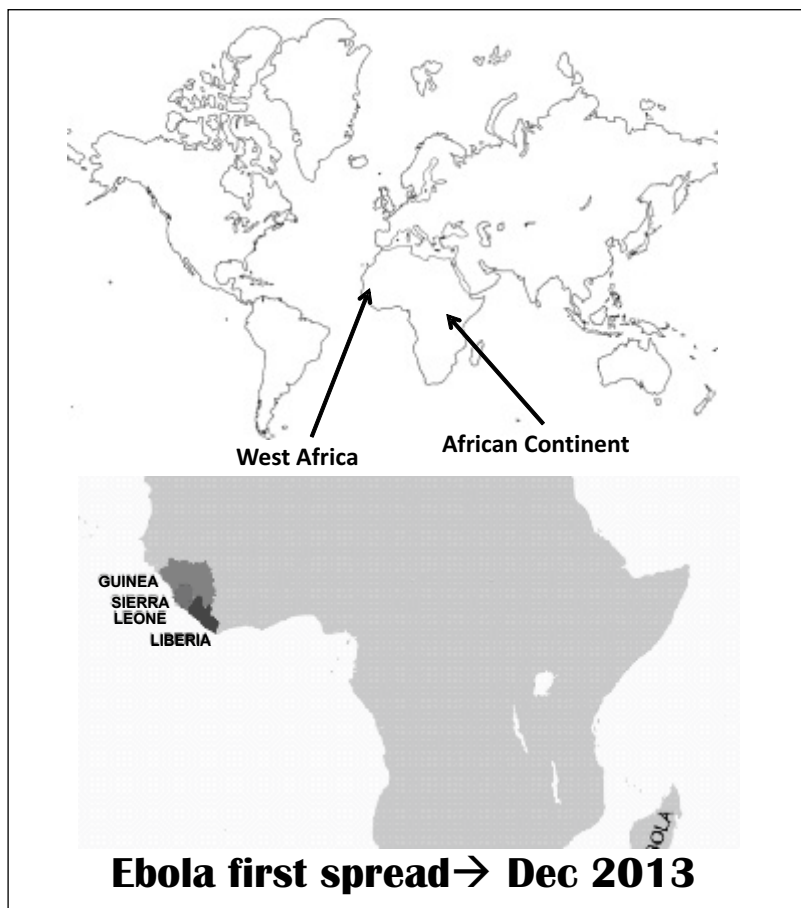
Another Scientific inventions of this century is EBOLA\*. How? This is the question that you will ask me. This is because some people greatly benefit from your illness and become more powerful as diseases and illness spread. They flourish and prosper when you are ill. Another example of this is Ebola. From March 2014, it was all over in the news be it television or newspapers. People were reported dying a painful death because of Ebola. A deadly virus Ebola was the cause of it. Patient Zero in the Ebola outbreak as researchers suspected, was a 2-year-old boy who died on Dec. 6, 2013 just a few days after falling ill in a village in Guéckédou, in southeastern Guinea (West Africa). Bordering Sierra Leone and Liberia, Guéckédou is at the intersection of three nations, where the disease found an easy entry point to the region. Ebola was reported to be highly contagious and a highly distinguished team of scientists, doctors and the paramedics from USA was immediately sent to assess and control the situation.. Ebola cases were also reported from others African countries like Liberia, Sierra Leone, and Nigeria. There was an epidemic. Everyday so many people were getting infected and killed because of Ebola.

But what did not appear in the news papers and media was that right in the middle of these countries is located a small town named Kanema. In this town is situated **US bioweapons lab\***. This lab conducts bioweapons research on behalf of the U.S. Army Medical Research Institute of Infectious Diseases (USAMRIID).

These bio warfare labs develop new and different kind of bacteria and viruses. This is done so that in case of a war, US can release Biobombs (deadly virus/bacteria) on the enemy nation. Within no time the enemy nation will be infected with deadly diseases and will be erased. In Kanema bioweapons lab this Ebola Virus is being developed and tested since 2006. New Vaccines have also been developed to protect against Ebola Virus. Here lies the CATCH.....

To test these vaccines, there should be ebola patients and also there should be a market to sell these vaccines.

So they test it on innocent people. First they infect them with ebola virus and make them sick. The deaths due to ebola are projected as headlines in all major newspaper, television and other media. A fear psychosis is created among people all across the world. Then among all this chaos they come down as saviors' and provide vaccines to these ebola patients. All these activities are continuously being captured by media world wide. The news of vaccines being available to protect against Ebola creates a market for this vaccine and government/ people are forced to buy it to protect themselves against this deadly disease.



## **The game has been played before**

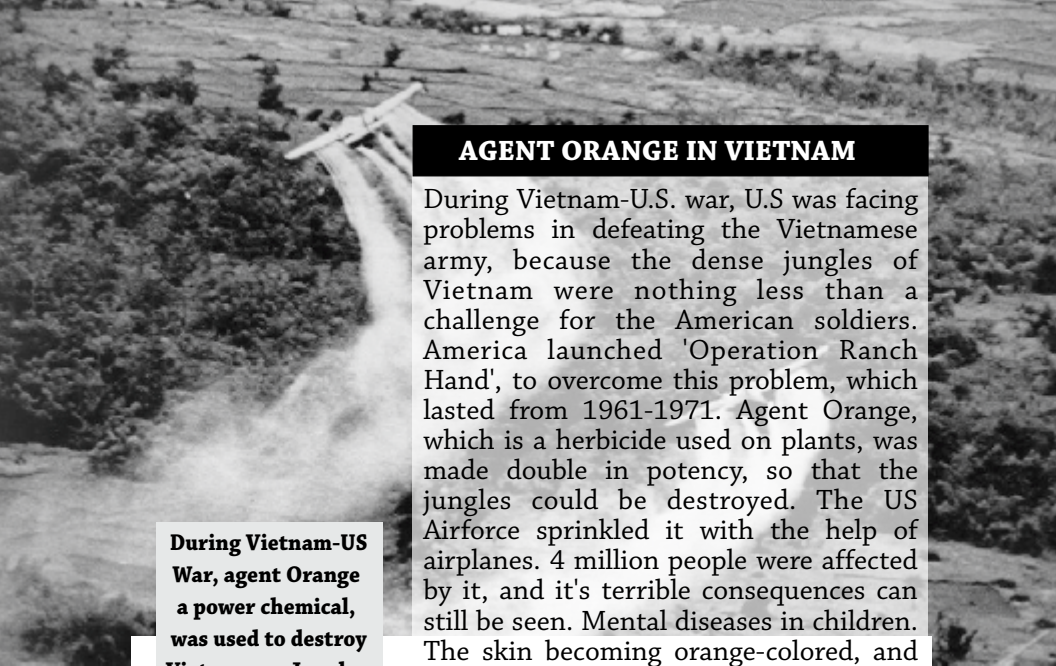
This is not happening for the first time, America has done this before also- for its selfish benefit. Playing with people's lives is just a part of business for it, nothing more.

### **GUATEMALA SYPHILIS EXPERIMENT**

This experiment was conducted in Guatemala between 1946-1948, which was conducted by Dr. Charles Cutler of the US Public Health Service; and the US National Institute of Health (US NIH), and Pan American had sponsored it. In this the local residents were infected with syphilis, so that the effect of the antibiotic drug penicillin could be studied. Many people died of the syphilis infection, and many others because of the harmful effects of antibiotics. Although, all the big and well-known people of America apologized for this inhuman research experiment in 2010!

On 1<sup>st</sup> October, 'The Washington Post' had published the joint statement of US Secretary of State- Hillary Clinton, and Secretary of Health and Human Services- Kathleen Sebelius, in this manner, "Although the incident is more than 64 years old, we condemn the research conducted at the cost of Public Health. We are sorry that this happened, that we were influenced by such a despicable research practice."

The American President, Barack Obama\*, had personally apologized to the President of Guatemala, Alvaro Colom. The White House Spokesperson- Robert Gibbs, said that the President told that it was sad revelation and very despicable.



**During Vietnam-US War, agent Orange a power chemical, was used to destroy Vietnamese Jungles**

## AGENT ORANGE IN VIETNAM

During Vietnam-U.S. war, U.S. was facing problems in defeating the Vietnamese army, because the dense jungles of Vietnam were nothing less than a challenge for the American soldiers. America launched 'Operation Ranch Hand', to overcome this problem, which lasted from 1961-1971. Agent Orange, which is a herbicide used on plants, was made double in potency, so that the jungles could be destroyed. The US Airforce sprinkled it with the help of airplanes. 4 million people were affected by it, and it's terrible consequences can still be seen. Mental diseases in children. The skin becoming orange-colored, and many congenital diseases like heart and kidney disease.

***I talked to Vietnam's Dr. Giang Phung Tuan about 'Agent Orange'. Dr.Tuan's family has been working in the Medical Field for the last 16 generations.***



*Dr. Giang Phung Tuan With Dr. Biswaroop Roy Chowdhury*

*Agent Orange was manufactured by Monsanto, Dow Chemicals, Uniroyals, Hercules, Diamond Shemrock and Thompson Chemicals and TH Agriculture. Monsanto was its main supplier. Immediately after the launch of Agent Orange, the employees started having problems of the skin, joint pains, weakness, anxiety and impotency. It has been revealed that Monsanto knew about its side-effects, but kept it a secret. 19 million litres of Agent Orange was sprinkled over 6 million acres of Vietnamese forest. This was an attempt to wipe out Vietnam. According to the Vietnam Government 3 million people*

*were affected by it, and over 8,00,000 became victims of serious diseases. Although, Monsanto still says that it is not responsible for this. But, according to one report that was published in 1990, the study that Monsanto had conducted to prove itself right, its results had been manipulated and only such results came forward that showed that there was no connection between 'Agent Orange' and the falling health of the people. But, America is still compensating the victims of people suffering from this reason.*

## **How to prevent and reverse the attack of swine-flu/ Ebola**

- **Refined sugar and salt: 0%**
- **Non-veg, milk and eggs: 0%**
- **Cooked food : 0%**
- **Processed Food: 0%**
- **Fruits: 35-40%**
- **Raw & steamed Vegetables- More than 50%**
- **Exercise: More than 1000 steps a day.**
- **Sunshine: 30 minutes every day.**

**Follow the above plan for 3 weeks**



## **It's not High Blood Pressure/High Cholesterol/ Diabetes, its Ostrich Syndrome**

Ask Padam Bhushan recipient Dr. B. M. Hegde, India's finest doctor and one of the world's most respected medical scientists, what is the standard blood pressure of human beings? His answer would be "*I don't know*"! Ask the same question to Dr. Caldwell Esselstyn\* (who is credited for Bill Clinton's recovery from Heart Disease). His answer would be, "*it depends*"! I asked the same question to more than 20,000 school children (during one of our health awareness programs Faridabad\*). Almost all of them answered, "120/80". I asked the same question to more than 500 school principals (during World Health Day-April 7, 2014\*), they answered "120/80". How come, the two of the greatest medical brains of the world don't know the answer whereas a common man has learnt it by heart!

Before 1997, the benchmark for blood pressure was 160/100 universally. But gradually American Heart Association (which gets big sponsorship from pharmaceutical companies) has brought it down to 120/80. As a result more and more people are labeled as high blood pressure patients. Other major medical authorities, including the *British Guidelines* has still maintained 160/100 as standard for diagnosis of blood pressure. It is quite understandable that the pharmaceutical companies will promote 120/80 as blood pressure standard as guidelines, for obvious reasons.

Feeding otherwise healthy person with high blood pressure drugs to bring down the blood pressure, often results in heart diseases and other associated illness. Look around, you will find every 3rd person above 40 yrs of age, popping high blood pressure pills whereas before 1997 (when the standard was 160/100), you could hardly find a high blood pressure patient! Similarly high cholesterol drugs have become part and parcel of most of the urban households which was unheard of about 2 decades back. The truth is, "*nobody has ever died of*

*high cholesterol*", told one of the most revolutionary doctors of the present time and my mentor Dr. John McDougall.

Dr. B.M. Hegde commented in his book, "*What Doctors Don't Get To Study In Medical School*" that, he dare not prescribe cholesterol lowering drugs to any of his patients.



Dr. Biswaroop Roy Chowdhury  
with Dr. B. M. Hegde

Dr Hegde writes, "now we have enough and more evidences to show

*how dangerous this cholesterol lowering drug- red yeast rice poison is, for the human body. While it definitely reduces the fat profile of the blood report, there is still no evidence that it reduces the outcome of premature death. In fact, we have evidences to show that in the long run, these drugs increase total mortality. In medical research, patient death is of no consequence. It is only a statistic! How does this happen? An enzyme called, HMG-CoA reductase, blocks many other routes in the liver, the most important one is the production of mevalonic acid, a vital part of good health and longevity. There are rare births with 'congenital mevalonic acid deficiency'. The child looks like an old man at the age of 1 year and dies by the age of 2-3 years! If a doctor has seen a child with that disease, she/he will never prescribe this poison to any of the patients. One of the other salient features need to be mentioned here. The cell wall in our body is made up of cholesterol. The wall has to be strong to be hydrophobic. Low cholesterol levels make cell walls weak inviting cell necrosis (the death of living cells or tissue), something that abets cancer growth! Converting the otherwise healthy person into a sick patient with the help of fictional and baseless diagnostic parameter has become a modus operandi of the Medical Industry."*



As in the case of diabetes, threshold of fasting blood sugar as 100mg/dl, is what is promoted by pharmaceutical industry funded *American Diabetes Association*. Whereas much independent from the influence of Medical Business, the *Japan Diabetes Society* has made 200mg/dl of random blood sugar as a base for the diagnosis of diabetes. Here it is important to mention that, all types of drugs are addictive in nature. Once you start consuming it, gradually you have to increase the dose to get the same effect. *That is why they are called drugs and not food.*

Most of the common mass surrender to their fate and decide to live rest of their life, enslaved by the drugs. But there are very few intellectually evolved people who are not influenced by the common mass belief. One such person is Mr. Mahesh Kaushik. I met him first when he visited my office for health consultancy on June 4, 2014. His health condition at that time when he come to my office was as follows:

1. Diabetes for 2 years
2. High B.P. for 12 Years
3. Weight 103 kgs

Here is a brief introduction of Mr. Mahesh Kaushik's medical history\*.

Mr. Mahesh Kaushik, 54 years old, is working presently in Life Insurance Corporation as a Senior Branch Manager Faridabad and a resident of Sector 11- Faridabad, Haryana

In 2001, he was diagnosed with high blood pressure of 200 mmHg. For this illness, he started taking Amlozaar 50 mg (twice a day). In 2012, he was offered a free regular medical checkup in Apollo Hospital sponsored by Life Insurance Corporation, where he was diagnosed with diabetes. He was prescribed Cetapin 1000XR (once a day) by the doctor, because his fasting blood sugar level used to



*Mr. Mahesh Kaushik*



be 120 mg/dl and post meal 180 mg/dl on a regular basis. He had been suffering from high blood pressure since 2001, by 2012 he was already on pills for diabetes and as well as high BP. Fortunately on May 25th 2014 he attended my seminar 'Diabetes- Type I & II - Cure in 72 hours" in Modern School, Sector-17, Faridabad. He decided to be on my diet recommendation (I am privileged to learn The China Study Diet Plan from Dr T. Colin Campbell, Cornell University). On 4th June, 2014 he got an appointment to consult me and got a prescription based on 'The China Study Diet Plan'. As was expected, so profound was the effect of the diet recommendation that within the first week, his blood sugar and blood pressure came within the healthy range and he was forced to discontinue his medicines for both high BP (which he had been taking since 2001) and Diabetes. His medical condition reversed and he was totally free from drugs. Within a month he lost 20 kgs of his weight (from 103kg to 83kg). This transformation was very well visible to everyone. For Mr. Mahesh Kaushik, explaining the secret of his new found health to his colleagues and friends started consuming a sizeable part of the day. He decided to play the role of an **Accidental Doctor**. He influenced the staff of his branch to change the tiffin ( for lunch) in accordance to my diet recommendation. And just by changing one meal of the day as per my recommendation, many of them witnessed great benefits in terms of reduced blood sugar level, controlled blood pressure and moderate reduction of body weight, which motivated them to follow the diet plan completely. As a good Samaritan, he decided to equip himself with the necessary knowledge to help his colleagues and friends, to reverse diabetes and other illnesses. He even enrolled and completed Diabetes Educator's Training (**see page 112**) . Till now he has helped more than 50 people to recover completely from diabetes, obesity and high blood pressure and has conducted about 10 awareness programs independently. Here the point I want to make is that, while the highest authority of the world's Health Care Industry labelled Diabetes as an incurable disease, Mr. Mahesh Kaushik on the other hand (who is just one

among us), could help in reversing diabetes, high BP and obesity of so many patients.

A point worth giving a thought here is, *how about putting this approved revolutionary diet modification to test?* If you are diabetic or you know someone with diabetes, then follow the diet given below and within a week of following this diet you (or the one who is following the diet) will be forced to reduce your dosage of diabetes medication/insulin by at least 50%.

	<b>Diabetes Reversal Diet Plan for 1 week</b>
Breakfast	Apple, Anar, Guava, Pear, Papaya (any 3 fruits- 500 gm to 700 gm
Lunch	250gm to 350gm Pre Lunch salad (Tomato, Cucumber, grated/chopped Beetroot)- 400 gm to 700gm followed by standard diet with less oil and salt.
Dinner	Same as lunch

During this period stop consuming dairy and refined/packed products.

Then, there is a second stage diet plan which is given to the diabetes patient on the basis of the response by their body(ies) after putting them on the above diet for a week. Similarly there are customized diet plan (based on The China Study) for other illnesses including heart diseases where the recovery period is about one month and for cancer the recovery period varies between 3 months to 6 months.

Now the automatic question could be, *"if the cure for such life threatening disease is so simple and powerful, then why it is not being followed"*? I believe this generation of humans are suffering from the **Ostrich Syndrome**.

Just like an ostrich occasionally digs its head into the ground and refuses to see and acknowledge the truth, humans too sometimes behave the same way. The truth is very simple and clear. The only thing is that, you have to open your eyes and put your intellect to use without getting influenced by your surroundings.



Here, I invite you to participate in one of my '*72 hrs Diabetes Cure Tour*'\*, where often the patients with the history of diabetes and hypertension for over 30 years, could recover completely from the drugs in just 72 hrs and once back home, never returned to medicine again. Read about it in detail in the chapter "*72 hrs Diabetes Cure Tour*\*" in *Section -III*.

## Why Mortality Rate Drops When Doctors Go on Strike

Imagine one fine day you get up in the morning and realize that the world is free of Modern Doctors. How will it impact the world? By now, after going through all the scientific evidences in the book, it must be clear, that to recover from any disease, medicine plays absolutely no role, whatsoever. It is always the immunity of the body itself which help you to fight back the disease and the immunity can be enhanced only through natural *plant based raw food*. All types of drugs are always an additional burden (people from medical background know about "the half life dose") on the immunity. Except the victims of an accident (which is only a fractional percentage of the total population) who benefit from doctors' services, rest of the mankind will be much relieved of the burden of Drugs & Doctors.

Let's do a *LESSAnalysis*:

1. **L**ogically
2. **E**thically
3. **S**tatistically
4. **S**cientifically

**1. Logically:** In India, the cause of 1/3rd of the total mortality rate is heart disease followed by cancer which is about 20% and then comes diabetes, respiratory diseases and other non-communicable illnesses. These are known as life style diseases which contribute about 85% of the total mortality rate of the country (death due to accident, communicable diseases and other reasons is about 15%). As is evident, the major cause of death in India is life style diseases. It is because of the faulty lifestyle which majorly includes food and nutrition. During my recent interaction with one of United State's renowned clinical researchers (had worked with world renowned

medical expert, Dr. Neal Barnard) Dr. Ulka Agarwal\* (Lead Physician, Psychiatrist, Nutrition and Integrative Medicine-Student Health & Counseling Services, California State University), she revealed that out of the 7 years of medical training which a medical trainee undergoes, food & nutrition occupies just 7 hrs of the syllabus.



This means medical doctors are not trained on food & nutrition. Do you think that without understanding the cause of the disease (in the present scenario it is lifestyle i.e. food & nutrition) can a doctor help his patient recover from the illness?

Rather doctors' ignorance about the food & nutrition science causes much damage to the patients. You may go for a test and ask any doctor the following questions:-

Q. 1) Which one of the following 4 may cause unhealthy fluctuation in the blood sugar level of a diabetic patient?

- a) Roti                      b) Tea                      c) Mango                      d) Banana

*Right answer is "a"*

Q.2) Consuming mango is----- for the diabetic patients ?

- a) Good                      b) Bad

*Right answer is "a"*

From many medical findings including the report from *Federation Of American Society For Experimental Biology* and *Oklahoma State University researches*, it is found that mango helps lower insulin resistance and moderates blood sugar levels. In my "72 Hours Diabetes Cure Tour\*" all my diabetes patients, even the one diabetic for 30 years, could free themselves of Diabetes, Drugs/Insulin while eating a kg of mango (during mango season) a day.

**2. Ethically:** Modern Medical Industry sees human body as a collection of spare parts, just like your car. Let me take you to the

factories of human spare parts and introduce you to their CEOs and what they supply as Human Spare Part Factory.

### **I) The Blood Factory:**

CEO: Pappu Yadav

Place: Gorakhpur

Blood Supplying Capacity:- About 50 ltr per day

Main Customers: More than 25 hospitals in vicinity.

**Method:** Kidnapping people from surrounding areas, keeping them captive for 2 to 5 years and drain their blood at least 2-3 times a week.

The one above is just one of the several blood factories which are operating in the country. In one of the major crackdowns on blood factory, the nexus between the local goons and doctors of the local hospitals could clearly be established.

### **II) The Kidney Factory**

Place: Kidneyvakkam, as it is nick named, comprises mainly of the Tsunami survivors in Tamil Nadu.

A long scar along the abdomen is a common sight among the residents of this village. Here the brokers, who trick the poor residents into selling one of their kidneys for a meagre amount, had established network with as many as 500 hospitals of the state including internationally known Apollo Hospitals (as reported by Scott Carney in Red Market), for the supply of kidneys, which then is transplanted mostly to wealthy foreigners.



*Woman with a Scar on Abdomen  
after Kidney Removal*

### **III) The Baby Factory**

Name of the Company: Akanksha

CEO: Dr. Nayna Patel

Place: Anand

Surrogacy or in simple terms womb on rent or baby for cash, is illegal in most parts of the world including UK & Australia. Although in India, it was made legal in 2002, but even after 13yrs of legalizing it, it is still an unregulated sector. Today, in India there are estimated 500 such clinics but 'Akanksha of Anand' is more popular among the foreigners. 2/3rd of India resides in villages where people live below poverty line. It is not difficult for such clinics to influence poor women to rent their womb for a petty amount. During the 9 months of pregnancy, they are kept in a confined place and rarely allowed to meet their family members or any outsider. Delivery is always through caesarian section and if twins are born, the extra baby is sold in the black market for nearly INR 80,000/-. Women are treated like egg laying hens, where many of them end up with medical complications because of the inhuman and unhygienic condition of such clinics. It often leads to the death of the women and also sometimes of the baby in the womb as well.

#### **IV) The Human Guinea Pig Factory**

India being a poor and uneducated country (except for the 25% to 30% who live in cities or towns), has always been a favorite place for the pharmaceutical industry from all over the world, as a testing ground for their experimental drugs. To make you understand the implication and seriousness of the issue, where humans are used as guinea pigs, let's consider one such incidence. In this case some pharmaceutical company convinced four hundred Indian doctors to prescribe Letrozole, a breast cancer drug, as a fertility treatment. They were hoping to get the drug approved for secondary use as a fertility drug (and double or triple its sale), but never informed the patients (whom they prescribed Letrozole as fertility treatment), that they were enrolled in an experiment.

While women reported no serious side effects, it had the potential for a disaster. As reported in '*Wired News*', 2 years after the *Letrozole Trial*, a child was born to one of the participant of Letrozole Trial. The child was born single eyed at the centre of forehead, a rare genetic disorder called **Cyclopia**. Investigative Journalist **Scott**

**Carney** got in touch with the **Kasturba Gandhi Hospital** where the child was born. His findings proved the connection between the experimental drug given to the women and the child born with severe facial distortion.



**3) Statistically:** According to *Journal of the American Medical Association-2011*, only 62% of the patients visiting/consulting doctors come across good doctors. That means if 100 patients go to a doctor, only 62% of them will be treated by a Good Doctor. According to *New England Journal of Medicine- 2010*, 'only 75% of the medical diagnosis are correct and rest come under the category of false positive.' This means, 25% of patients will still be diagnosed wrongly even though the intention of the doctor is good. This means that out of 62 patients, 75 % i.e 46.5 patients will have some fair chance of recovery from the disease. But according to the *Journal Of Medical Affairs*, '28% of the patients have to suffer from the side effects of the treatment and medical error due to iatrogenic causes. This means that out of 46.5 patients, 72% will be treated without suffering much harmful effect of the treatment. It implies, about 33.5 patients have chances of getting cured from the disease. Disturbingly in 2013,

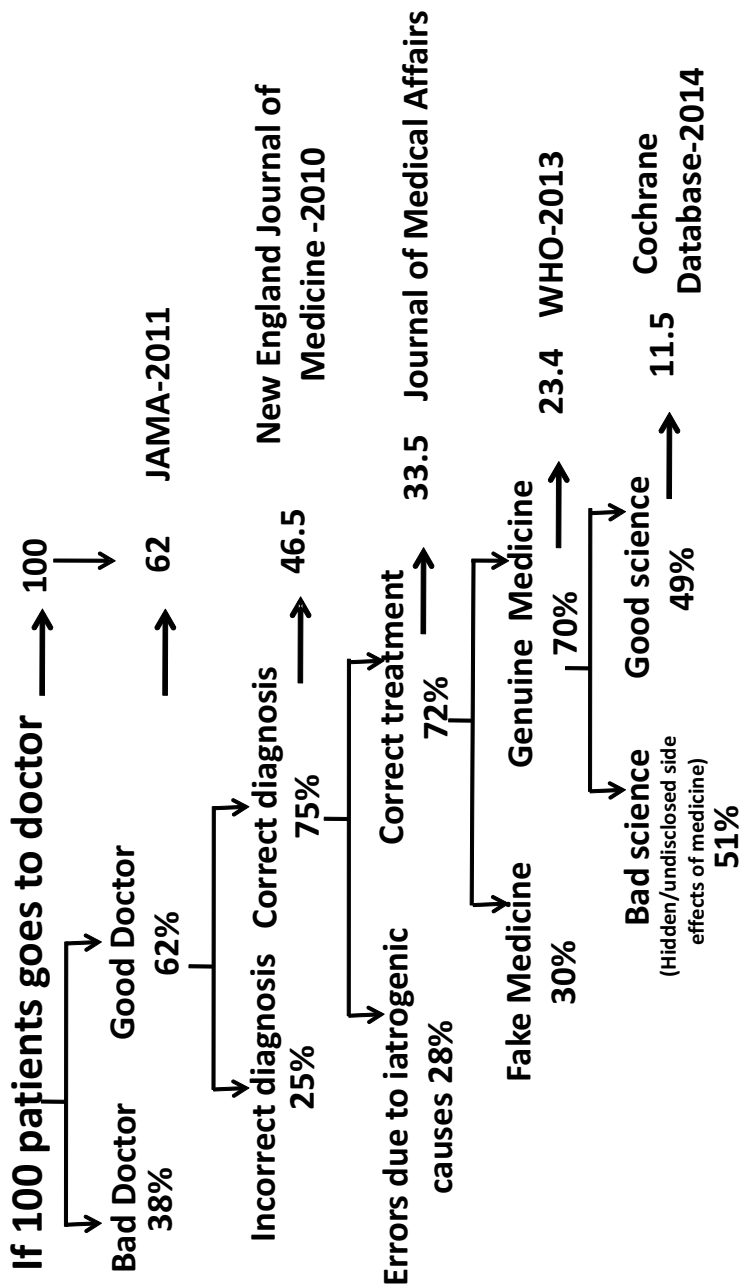


WHO reported that, *'30% of the medicine in the Asian market is fake and majorly exported from India'*. This means although 33.5 patients got good doctor, correct diagnosis and correct treatment protocol but 30% of them will end up buying fake medicines. Remaining 70% i.e. 23.4 patients still have some chances of benefiting from the treatment. If we consider the reports of the most authentic and highly respected unbiased authority *"The Cochrane Database"* which reported in Sep 2014 that, *'51% of the information in the report of drugs trials of all time are never reported, it is concealed by the profit minded Medical Industry'*. For example, the drug trial of *Pioglitazone* said, it can help a patient overcome insulin resistance but the report concealed the other part of the finding that the drug causes bladder cancer. Doctors, being unaware of this harmful effect of the drug, prescribe it to their unsuspecting patients. And within few months, reports of cancer developing among such patients starts pouring in. That is the time when the drug trial was re-examined and the truth was brought to light. This means, out of 23.4 patients who otherwise had some chances of benefiting from the Modern Medicines, 11.9 will end up being even more sick (because of the hidden/undisclosed side effects of medicine).

Do you remember the story of the patients in the first chapter!

Look around and you will easily see, how the health condition of the people is deteriorating day by day once, since they went under the care of Modern Health Industry.

**Scientifically:** Let's try to understand why cure through drugs can never be a reality. Any drug, including multivitamin tablets and health tonics, behave differently in comparison to the food that enters the body. To understand let's take the analogy of a folding umbrella. I call it an Umbrella effect. Let's assume you are entering your house with an open umbrella and the size of the umbrella is bigger than that of the door. To enter, you will fold the umbrella and once you enter, you may open it if you want. In the same manner the nutrient of the food works. For e.g. when the calcium from the plant based food enters the cell it squeezes and once inside the cell it opens



**Out of 100 patients going to Modern Medical Doctors, only 11 patients will benefit from it and rest will be sicker than before**

for the various functions of the cell. On the other hand if you take calcium from pills, it acts like an umbrella which is open but rigid. It cannot be folded. Such an umbrella is difficult to take inside the door and you have to struggle. In this process you may damage the door or the umbrella itself. You can imagine the similar situation with the drugs.

They work at the cost of damaging the body, which in medical language is called as "side effect". That is why it is called 'drug'. 'Drug' means 'poison'. You can learn about it, in the subject called "Toxicology". If you consume food in accordance to the principle laid down in "*The China Study*", the food itself will work like a medicine without having any side effects. You will be amazed to read the stories of our patients who joined my "*72 hrs Diabetes Cure Tour*\*". On the first day itself most of them went off their diabetes medicine/insulin, by third day they were free of high blood pressure drugs and once they followed the guidance taught to them in the tour, within one month or so, most of them lost appropriate weight and fell very much within their BMI (Body Mass Index) range.

Such is the power of food!

# **SECTION-II**

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**By Dr. Leonard Horowitz**



## IATROGENOCIDE: HOW AND WHY MANY OF THE SMARTEST KINDEST PEOPLE ON EARTH BECOME MASS MURDERERS

Years ago, I thought I had invented a word to describe the widespread abuse of the public's trust in medicine and the damages this misplaced faith caused, namely, "IATROGENOCIDE." I later learned that my esteemed predecessor, Dr. Robert Mendelsohn, first published this term as a result of being equally dismayed over the ravages of "vaccinology."

Iatrogenocide best describes the deadly criminal fraud and mass murder institutionalized as accepted "standard medical practice." The word combines two letters—iatrogenic and genocide. "Iatrogenic" refers to the broad array of "physician-induced" illnesses. Today, iatrogenesis, including drug side effects, is well known among the leading causes of death in the world. More than 1 million people die annually in the United States alone from prescribed drugs, and far more if you include vaccinations.

The word "genocide" is defined as "the mass killing of people for profit, politics, and/or ideology." It is shocking to realize that leaders in medicine, such as the Rockefeller family, that influence a large number of foundations, organizations, and institutions, along with pharmaceutical firms, are also the world's leading proponents of reducing world populations.

But **We The People** are blamed most commonly for our illnesses and healthcare woes.

The topics discussed in this book, and in this foreword, are rarely addressed by the corporate-controlled media. And if they are, those who raise these concerns are always smeared, discredited, and even libelled—falsely accused of heinous crimes.

Besides this most common form of "counter-intelligence" for "population persuasion," drug advocates and disease industry

protectionists always divert from the iatrogenic causes of diseases and failed cures. The media focuses on lesser matters of concern to secure their advertisers and the status quo. And by these diversions, our unnecessary diseases and preventable deaths mount.

What we are witnessing is the sociopolitical and economic imposition of illnesses, and defense of a medical paradigm steeped in fraud and commercial crimes. This psychosocial pathology, and arrogant economic intention, generates iatrogenocide.

It is a challenge and duty for those of us enlightened about this darkness, to publish as watchmen heralding these crimes while proposing remedies.

### **The “Brain Drain” Purportedly Plaguing India**

Ironically, one of these diversions, purportedly killing people worldwide, but especially in India, is called the “brain drain.”

The “brain drain” is the mass migration of medical doctors away from rural areas where poorer, more needy people, live. Wealthier urban areas in “developed countries” attract medical doctors like flies to dung. This, according to “experts,” is reported to be among the greatest risks to world health.

But is it?

Among the experts who track these matters is Dr. Fitzhugh Mullan. In recent years the Murdock Head Professor of Medicine and Health Policy, at George Washington University's School of Public Health and Health Services, pioneered a collaboration between the Peace Corps (historically known to be infiltrated in many developing countries as a “front” for Western intelligence organizations), the President's Emergency Plan for AIDS Relief, the Seed Global Health group, and the Global Health Service Partnership, all working to boost training for health professionals in developing nations.

India, for instance, is a nation purportedly plagued by “brain drain” shortages reported by Dr. Mullan. In India, 50-60 medical workers

reportedly serve 100,000 people in poorer areas, compared with a physician-to-population ratio of 200 per 100,000, or nearly six times the rural concentration of medical doctors, serving India's wealthier people.

These data enable a crude estimate of the number of medical doctors working worldwide today. There are an estimated 7 billion people living in the world today, being served by some 1,400,000 to 14 million health care professionals—a wide variation depending on demographics underlying the “brain drain.”

For the purpose of this consideration, let us assume our world has as many as 14 million of the smartest, kindest, humanitarian-oriented people in the world, mostly concentrated in urban areas, choosing to serve the wealthiest people. From this data we would expect to see improved health statistics, such as lower infant mortality, better overall health (i.e., lower morbidity and mortality rates), and longer life expectancy, among the “better served” wealthier populations.

Unfortunately, according to the U.S. Central Intelligence Agency, this is not always the case.

The CIA curiously oversees all infectious diseases institutions in America, and apparently globally too, because of the purported “risk to national security” posed by outbreaks overseas. The CIA has, thus, published infant mortality rates comparing the United States with other countries. The U.S. is, of course, purported to have the “best” medical training and service centers in the world. Yet, it is listed by the CIA no better off than the Cayman Islands and Poland, and Serbia, Lithuania and Croatia, for deaths per 1,000 live births.

War torn Afghanistan, targeted by CIA propaganda to justify the Anglo-American “War on Terror,” and conceal the opium trade in that geographically and commercially essential country for heroin trafficking, ranks as the worst place in the world to have a baby.

Consequently, the “brain drain” may not be as damaging to world health as “mind control” clearly is.



## **Introduction to Medical Education: Monopolization Policies and Indoctrination Programs**

According to the Foundation for Advancement of International Medical Education and Research (FAIMER), as of 2014, there were 2,409 operating medical schools in 180 countries or territories listed in the International Medical Education Directory (IMED). FAIMER is an offshoot of the Educational Commission for Foreign Medical Graduates (ECFMG) that was founded in 1958 by private commercial interests. ECFMG and FAIMER, incorporated as a “non-profit,” largely represents the interests of the American Medical Association (AMA) and the American Hospital Association. Advertisements state: “ECFMG has a long-standing commitment to promoting excellence in international medical education. Over the years, ECFMG has maintained a wealth of data that is essential to meaningful research on international medical education, IMGs, and their impact on world health.”

Accordingly, world health policies and programs have been heavily influenced by little-known corporate investors in the AMA—global industrialists who declared war on all alternative healing paradigms celebrating “energy medicine” many years ago. The monopolization of biomedicine, prejudicing applications to the chemical-pharmaceutical paradigm of disease treatment and prevention called “allopathic medicine,” was institutionalized in the Western World through a scheme hatched in 1910. That year, a publication titled “The Flexner Report,” funded by the Carnegie Foundation and compiled by Abraham Flexner, prejudiced people's attitudes, beliefs, and legislative actions pursuant to the healing arts and sciences to exclusively express the bias of corporate-controlled healthcare. Evidence for this illegal takeover, justified by purported respect for “science,” is published by the AMA as shown below in a screen shot of their website. This AMA publication admits that in 1913 the enterprise's commercial interests were secured by the “Propaganda Department” resulted in the criminal monopolization of health care through what is legally called “industrial disparagement.” Power brokers from Germany, England, and America violated the Statute of Monopolies Act (1623), and abused

consumer protection and freedom of choice laws to “gather and disseminate information concerning health fraud and quackery.” This method of social engineering continues in restraint of interstate and international trade today, embodied by drug industry protection racketeers, such as the agents at “Quackbusters,” published by Stephen Barrett, M.D., and other drug-industry shills such as Robert T. Carroll, who libels this author in “Skeptics' Dictionary,” calling me a “paranoid conspiracy hound,” among other malicious disparagements.

## Poisonous Profitable Medicine: The Rockefeller



Chemistry Lab

**1910**

The Flexner report, 'Medical Education in the United States and Canada', funded by the Carnegie Foundation and supported by the AMA is published and facilitates new standards for medical schools. The report cites many diploma mills.

**1912**

The Federation of State Medical Boards is established accepting AMA's rating of medical schools as authoritative.

AMA approves a report of the standard methods for prevention and control of tuberculosis adopted by the House of Delegates.

**1913**

AMA establishes a Propaganda Department to gather and disseminate information concerning health fraud and quackery.

**1914**

AMA Council on Medical Education sets standards for hospital internship programs and publishes first list of approved hospitals offering such programs.



Flexner Report

## Foundation's Investments in Sickening and Enslaving People to Drugs

The infamous Abraham Flexner was educated in Germany and America, was on staff at the Carnegie Foundation, and was funded by the Rockefeller Foundation to issue the “Flexner Report” on behalf of the Anglo-American medical monopolization and healthcare industry perversion. The US Congress, heavily influenced by Rockefeller money, accepted the Flexner Report, and paved the way for the widespread institutionalization of the “health science” paradigm to affect the greatest consumer fraud in the history of humankind. The Flexner Report and the Congress's endorsement exclusively benefited the complicit parties in the emerging genetic engineering and biochemical warfare industry, especially the I G

Farben-Rockefeller military-medical-petrochemical-pharmaceutical-banking cartel. These agents of disease and deception vilified every form of natural healing to profit from people's ignorance and suffering. Based on the Flexner Report's support for the Rothschild-Rockefeller-British Royal's investments, the US Government imposed harsh restrictions on the provision of all competing forms of healthcare, exclusively promoting reliance on deadly, not curative, drugs, and villifying every other approach offering clinical benefits including herbal medicine, homeopathy, acupuncture, chiropractic, Bach flowers, physical therapy featuring deep tissue massage, and even music therapy featuring the resonance energies of nature and pure spirituality.

Drug industry protectionists, such as the leading propagandists mentioned above, published to protect their enterprise earning trillions of dollars annually. Forbes magazine reported that the cost of healthcare in America alone reached \$3.8 trillion by 2014. The

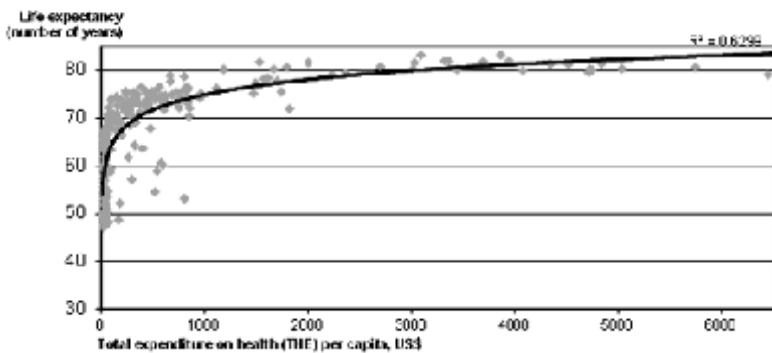
Spending category	Costs estimated in NHEA categories (in billions)		Costs estimated with sources other than NHEA (in billions)	
	Direct Costs		Direct Costs	Indirect/ Imputed costs
Hospital care	Hospital care	\$814		
Professional services	Physician and clinical services	\$516		
	Dental services	\$105		
	Other professional services	\$68		
	Other personal health care	\$129		
			All other ambulatory	\$19
			CAM practitioner costs	\$31
			Weight-reducing centers	\$2
Long-term care (LTC)	Home health care	\$70		
	Nursing home care	\$143		
			Homes for the elderly	\$17
Prescription drugs	Prescription drugs	\$259		
Retail products and services	Durable medical equipment	\$38		
	Other non-durable medical products	\$45		
			CAM products	\$2
			Health publications	\$2
		Nutrition/supplements	\$56	
Direct administrative costs	Total non-personal health care	\$408		
Supplementary care				Supplementary care \$492
Total		\$2,594	\$129	\$492

World Health Organization's estimates were far worse. According to WHO, the US spent \$6.5 trillion on healthcare programs worldwide by 2010.

According to WHO data reprinted in the chart below, these so called “investments,” had questionable, if not chilling, impacts on people's health. “Life expectancy,” in number of years, does not appear to significantly increased comparing people who spent \$1,000 per year on staying healthy through medical treatments versus people who spend between \$2,000 to \$7000 annually.

Also, according to the WHO, in 2010, the United States led the world with the highest total spending per person per year on healthcare—a shocking \$8,362.00! Compare this to only \$12.00 per person invested in healthcare in the African nation of Erithrea—a

**Fig 2: Correlation between expenditure on health and outcomes (2008)**



virtually totalitarian country that has outlawed the independent media. Life expectancy, as of 2008 in Erithrea, reached an average of 63 years—essentially the retirement age for people in the United States at which time human productivity in service to society drops precipitously.

Consequently, it is unclear as to whether the damage to the Rothschild-Rockefeller directed World Bank, for which much of this data was collected, is any worse in Erithrea than America, because “The Disability-Adjusted Life Year (DALY)” unit measuring the

amount of expense from “health lost due to disease or condition” is probably far less in Erithrea where people die earlier, sparing the expense of geriatric care in a country that, according to reports, doesn't give damn about its citizens.

## **The Hazing Process Misrepresented as “Professional Training”**

I wrote years ago that, “[m]edical schools conduct a virtual hazing process they call professional training. After prolonged intense studies, and life-and-health-jeopardizing clinical exposures, medical residents are deprived of sleep, sometimes for days.”

This is the same method of behavioral “programming” perpetrated to secure the aforementioned consumer fraud and illegal monopoly, abused in nearly every medical school, dental school, and other “accredited” professional training institution. This is trauma-based education, really indoctrination, at its worst.

What would happen to you after “graduating” from this programming? How would you cope these highly stressful conditions enslaving you, in the end, to hundreds of thousands of dollars of debt?

Probably, you would make a lot of mistakes. You would certainly be susceptible to such authoritative “programming,” otherwise called “mind control.” You would graduate with little-to-no-education in nutrition or energy medicine, and the other forms of natural healing and patient care mentioned. You would graduate with little to no knowledge of whole-patient care, the wholistic health paradigm, and cost-saving self-care. You would graduate as a mind-controlled manipulated slave of the drug cartel that you didn't even know existed, or if you did, the depths of its evil.

This form of high-stress trauma-based conditioning is completely consistent with standardized forms of mind control and cult indoctrination. This is commonly called “brainwashing,” but it is really “brainpoisoning” - a subtle form of behavioral engineering that relies on fear and trauma to capture and control your attention and

shape your beliefs, attitudes and actions for the rest of your life.

Most graduates literally become psychologically-impaired, subhuman-like with diminished empathy for the suffering of fellow citizens who look up to you as a “medical diety” or physical savior. The conditioning breeds egocentrism, and “dis-identification” from the human conditions that attracted medical applicants from the start.

Many doctors concur in published articles, radio shows, and videos that have been bringing the entire medical profession into disrepute. Dr. Alvin Mahoney, for example, described his “medical education” and one traumatic test thusly:

“You suffer from sleep deprivation, and light deprivation. You never see the sun for an entire summer. . . . It's brutal. It's traumatic. And almost everybody that comes out of there has some kind of post-traumatic stress disorder. . . .

“When it came to exam time, they would take you to this special room in a special building that you had never been to before called the 'red room.' And you would gather like cattle, outside of the red room. Everybody was super stressed. I mean, the energy in that room was so negative, and so full of fear, it was unbelievable. . . . And they had us stand there for about 30 minutes; and then they let us into the red room. . . . It wasn't until I started looking at mind control that I said – 'Man, that's a mind control thing!'”

### **The CIA Offers Its Political Solution Through Standard Propaganda**

Another article on this topic presented a classic case of media spin published by the Washington Post, which is a virtual mouthpiece for the right-wing CIA. It addressed the degeneration of medicine from what was once a patient-centered caring profession into a multinational corporate-controlled waste of time, money, and lives. But the CIA's Post published this article to blame “liberals” who elected President Barack Obama! (The propaganda was published to enable Past CIA Director and President George H.W. Bush's son, and

President George W. Bush's brother, Jeb Bush to gain the presidency.)

Propagandist Charles Krauthammer wrote about his medical doctor friend complaining about the “incessant interference” with the work of doctors, “a deep erosion of their autonomy and authority, a transformation from physician to ‘provider.’”

As one of the doctors wrote, “My colleagues who have already left practice all say they still love patient care, being a doctor. They just couldn't stand everything else.”

The doctor referenced “a never-ending attack on the profession from government, insurance companies, and lawyers [contrary to the Republican-friendly CIA that backs “smaller government” and larger private corporation profits] . . . progressively intrusive and usually unproductive rules and regulations, in addition to an electronic records keeping system now required in every medical office and hospital that has “degraded medicine.”

“I hear this everywhere,” Krauthammer wrote. “Virtually every doctor and doctors' group I speak to cites the same litany, with particular bitterness about the” computerized data entry requirements. As another doctor wrote, “The introduction of the electronic medical records into our office has created so much more need for documentation that I can only see about three-quarters of the patients I could before, and has prompted me to seriously consider leaving for the first time.”

“It's 2015 and what have we achieved?” Krauthammer asked. “The \$27 billion [promised to save \$77 billion and millions of lives] became a joke. Indeed, reported the Health and Human Services inspector general in 2014, the technological innovations [that had been evolving long before President Obama took office] “make it easier to commit fraud.”

“One study in the American Journal of Emergency Medicine found that emergency-room doctors spend 43 percent of their time entering electronic records information, 28 percent with patients.

Another study found that family-practice physicians spend on average 48 minutes a day just entering clinical data.”

“Forget the numbers,” Krauthammer added. “Think just of our own doctor's visits, of how much less listening, examining, even eye contact goes on, given the need for scrolling, clicking and box checking.

“The geniuses who rammed this through undoubtedly thought they were rationalizing health care. After all, banking went electronic. Why not medicine?”

Now here's the propagandist's spin. “Why did all this happen? Because liberals in a hurry refuse to trust the self-interested wisdom of individual practitioners, who were already adopting [the technology] on their own, but gradually, organically, as the technology became ripe and the costs tolerable.”

### **More “Respectable” Propaganda in the Scientific Press**

An editorial in the esteemed scientific journal *The Lancet* (Vol. 359, No. 9313; 2002) asked, “Just how tainted has medicine become [by pharmaceutical industry interests (i.e., bribes)]?” They concluded, “Heavily, and damagingly so.” *The Lancet* urged “doctors who support this culture for the best of intentions” to “have the courage to oppose practices that bring the whole of medicine into disrepute.”

Unfortunately, that's like “the pot calling the kettle black.” *The Lancet's* untrustworthy publisher is the Elsevier company that was purchased by the Reed Company. The merger formed Reed-Elsevier, a virtual monopoly over the entire medical and scientific publishing industry. So *The Lancet's* admonishment of drug-industry influenced medicine can be viewed as a form of “controlled opposition” to the ongoing iatrogenocide.

Elsevier alone publishes 250,000 articles annually in 2000 journals. How many of these can any good doctor read? Reed-Elsevier's archives contain seven million publications important to authors who research the “old stacks.” Total yearly downloads of this



company's articles amount to 240 million. Multiply that times \$30 per download and you get more than \$7 billion.

Who's making the money? Not surprisingly, BigPharma mainly.

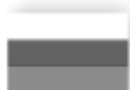
To discovery the depths of this massive consumer fraud and scientific deception, consider the case adjudicated in Australia involving Merck & Co., the defendant sued by a damaged VIOXX user. The patient/plaintiff alleged that Merck paid Elsevier to publish the Australasian Journal of Bone and Joint Medicine, which appeared to be a peer-reviewed academic journal, but only contained articles promoting Merck's drugs. Merck first denied claims that the articles in this "complimentary publication" were authored by Merck's ghost writers. Company officials defended saying all reprints came from peer-reviewed medical journals. In May 2009, however, Elsevier disclosed that their "sponsored article compilation publications," are produced "on behalf of pharmaceutical clients," and are "made to look like journals." The company admitted neglecting "the proper disclosures" fooling doctors and patients alike.

### **The Politics and Policies of Medical Publisher ChoicePoint**

Even more disturbing is that Reed-Elsevier purchased ChoicePoint in 2008 for \$3.6 billion in cash.

According to online descriptions of ChoicePoint, this is a "prime intelligence service." The company supplies governments and

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multinational corporations with demographic data, including confidential voter records. The company is best known for its administration of corrupted records used to certify Past-President George W Bush's purported victory over Al Gore in the hotly-contested 2000 election.

Yes, you read that right. According to Wiki online:

“In the aftermath of the vote, the owner of DBT Online, ChoicePoint, was accused of cooperating with Florida Governor Jeb Bush, Secretary of State of Florida Katherine Harris, and Florida Elections Unit Chief Clay Roberts, in the voter fraud conspiracy involving the central voter file. It was also accused of having a bias in favor of the Republican Party, for knowingly using inaccurate data, and for racial discrimination.”

Additional online research showed that many people were concerned about ChoicePoint's census data, acquired and provided to untrustworthy agents, government agencies, companies, and even crime rings.

It seems even those interested in genetics–like leading eugenicists and “family planning” pioneers Margaret Sanger–reference



**The Royal Society of Medicine is No Better**

ChoicePoint's copious provision of data to anyone for a price.

Even the Better Business Bureau has warned unwary residents to resist disclosing confidential information to ChoicePoint's census informers that are now walking door to door across America.

To advance my investigation further, I submitted an article titled "PHARMAGANDA: A Study in Conflicting Interests," for review and possible publication in the Journal of the Royal Society of Medicine (JRSM).

I considered adding to my cover letter, but didn't, an appeal to their editors and peer reviewers that they could either be heroes for publishing this urgent, honest, life-saving labor of love, or generate "instant-karma" when I relay to my regular readers, whose numbers certainly make JRSM's circulation pale by comparison, their rejection notice.

The prompt response from the JRSM Editor, Kamran Abbasi, was intriguing. He wrote, "Thank you for submitting your article . . . I read it with interest, but I am afraid . . .".

I wrote back, "If you read it with interest, what made you disinterested?" He never replied as the doctrine of "peer review" is supposed to assure to gain feedback and advancements in science. But my additional research provided a most likely motive for the Editor's unethical dereliction of duty.



Dr. Abbasi neglected to admit his conflicting interest and fear. The Wellcome Trust was among the JRSM's leading contributors—the same Wellcome Trust that Sherri Kane and I had royally exposed in that submission.

Ironically, in completing an online application accompanying our submission, the instructions cited The Wellcome Trust in an explanation of how to disclose conflicting interests and financial support for submissions!

This evidence corroborated our thesis, that the entire scientific publishing field is grossly biased by conflicting interests. OUTRAGEOUS HYPOCRISY in the field of science upon which all human life depends!

So if you ever hear someone reference any one of the thousands of “peer reviewed scientific journals” published by Reed-Elsevier-ChoicePoint or the Wellcome Trust, claiming the article provides “solid scientific proof” of anything, think twice before accepting their advice.

### **The Royal Society of Medicine is No Better**

Finally, I am reminded of the late great President of the Rockefeller Foundation who I believe was pressured to retire early from that assignment after publishing the landmark text, *Doing Better and Feeling Worse: Healthcare in the United States*. Here is what Knowles wrote that, I believe, got him fired:

“More than half the reduction in mortality rates over the past three centuries occurred before 1900 and was due in nearly equal measure to improved nutrition and reduced exposure to air-and-water-born infection. The provision of safe water and milk supplies, the improvement in both personal and food hygiene, and the efficient disposal of sewage all helped to reduce the incidence of infectious disease. Vaccination further reduced mortality rates . . . , although the contribution of vaccinations to the overall reduction in mortality rates over the past hundred years is small (perhaps as small as 10 per cent) as contrasted with that due to improved nutrition and reduction in the transmission of infectious disease. An even smaller contribution has been made by the introduction of medical and surgical therapy, namely antibiotics and the excision of tumors, in the twentieth century. (pp. 57-58.)

Knowles made it a point to promote the “small” contribution to better health from smallpox vaccines. However, I do believe that mention was his political concession, made to the Rockefeller-controlled vaccine industry for whom Knowles unofficially worked.

The Rockefellers, as mentioned above, heavily invested in all the vaccine makers, and promoted their prescriptions in the aftermath of the allegedly beneficial smallpox inoculation program.

The Rockefellers heavily invested in, and controlled from its inception, the entire field of “public health.” This is an industry that is militarily managed by the U.S. Navy in the United States and overseas.



It is not widely known that U.S. Naval intelligence operates in partnership with British intelligence. MI(6), for instance, has, from its inception, mainly served the financial interests of Europe's Royalty. Through intelligence gathering and analysis, political and industrial applications of intelligence, including media propaganda, the wealthiest families have administered politics and legislative policies akin to a new form of colonialism called “globalism.”

“Globalization,” of course, is secured militarily profiting mainly the investors in multi-national corporations such as United Technologies. Today's top 10 military manufacturers evolved from the “corporate shell game,” and asset transfers, that began with Westinghouse's diversification and the Royalty's investments

therein.

Extending this simplified scheme for global control in the health sector, the Rockefeller-family's monopolization of the petrochemical industry, and merger with Carnegie interests in the railroad and steel industries, foreshadowed the Rockefeller-IG Farben alliance that fueled and administered the Third Reich. The Rockefellers were full-fledged “married” business partners securing Hitler's rise to power, according to a U.S. federal court judicial decision. The Rockefellers profited from the spoils of World War II and subsequent conflicts.

### **Disregarding the Cornerstone of Public Health Practice**

Much of my concern and opinion sources from what John Knowles, and every other respected public health professional, knows to be true. That is, the cornerstone of legitimate public health policy rest entirely on the premise that, above all, more good should result than harm from any proposed health program, including vaccinations.

To date, however, not one definitive scientific assessment of the risks versus the benefits of smallpox vaccination, or any other vaccine, has ever been conducted.

I realize that this may surprise you. Most readers find this knowledge contradicts what most people have learned, and what most health professionals have been taught to defend. But, to justify this debate—a most controversial matter—certainly the most important and neglected topic in medical history, one must review the studies that purportedly prove vaccinations are “safe and effective.” Then, and only then, shall a researcher determine that no long-term studies have ever been done on the safety of any vaccine.

Experts have no idea what impact vaccines have in the long term, what genetic defects may have resulted from mutant virus injections delivered to humanity via vaccinations; nor how world cancer rates have skyrocketed, according to many experts, as a result of “immunizations.” Polio vaccines are especially suspect since they were contaminated for decades with live “attenuated” (i.e.,

genetically altered) viruses known to cause cancers.

Authorities and the corporate-controlled media have effectively evaded this controversy, and squelched debate about the high probability that most cancers, including leukemias, lymphomas, sarcomas, HIV/AIDS, breast cancers, prostate cancers, and also more than eighty newly named autoimmune diseases have exploded from vaccinations, most probably. And if there was no truth to this high probability, then there would be no good reason for the suppression of debate and intelligent analysis.

The data and propaganda the media mentions is grossly misleading in most cases. Take, for instance, hepatitis b vaccine intelligence. According to the “scientific consensus” that poison should be injected into infants blood within 24 hours of their birth. But no one publishes what is clearly the danger. I did a simple, yet highly conservative, analysis of the expected damages this malpractice yields, based on what the manufacturer published concerning the risks of hepatitis b side effects.

### **The Hepatitis B Vaccination Scam**

I projected the approximate number of adverse reactions to the hepatitis B vaccine, and multiplied those percentages by the approximately 80 million infants, children and teenagers targeted for the hepatitis B vaccination in the United States alone. This analysis yielded, conservatively, approximately 250,000 youth over the course of about 10 years would be crippled, brain damaged or killed. That meant approximately 25,000 hepatitis B vaccine-injured young victims were expected to be produced annually.

I conducted this analysis and predicted this ensuing mortality and morbidity in 1997. In 1998, I was unfortunately proven correct. That year, France suspended its hepatitis B vaccine program for children, “faced with a potential health disaster,” the Associated Press reported, “because of fears that the vaccine could cause neurological disorders, in particular multiple sclerosis.” When the 1996 hepatitis B vaccine adverse reactions were compiled by the

Association of American Physicians and Surgeons (AAPS) for their 1999 report, they tallied almost 25,000 people seriously harmed. An AAPS press release noted that there were 440 deaths, 7,726 emergency room visits and 2,549 hospital stays in 24,772 reports.

“About 10 per cent of the patients had not recovered from the adverse effects,” the medical organizations covering the fraud revealed, and “recovery status was listed as unknown in 33 per cent” of reported cases.

These numbers did not include all of the injured, only those injuries reported; which only represented approximately 10 per cent of the total population injured. Thus, the total number seriously injured, and projected to remain injured, was expected to be, and I correctly estimated to be, 225,000.

And why would this risk be acceptable? Because infants are, purportedly, at higher risk of hepatitis B—a bloodborne pathogen, sexually transmitted and iv drug users disease? The only other high-risk group are health careworkers who stick themselves with bloodied needles. Newborn's are not even on that “at risk” list!.

Yet, we are persuaded by propaganda to sacrifice 225,000.00 healthy people annually in America alone, from this one vaccine alone. Knowing this, extend your consideration to the more than 35 different vaccinations children are now “required” to receive. The final damage done is staggering.

### **The Autism Cover-up and More**

The mainstream media has done a superb job concealing this intelligence and misrepresenting the science, particularly surrounding the skyrocketing rates of autistic spectrum disorders in children. The corporate-controlled media, including Elsevier's scientific conglomerate, has sequestered evidenced of the association between mercury poisoning from thimerosal in vaccinations and the devastating global health crisis called autism.

I had the opportunity to briefly testify before the U.S. Congress,



Government Reforms Committee, chaired by Rep. Dan Burton of Indiana (You can read my testimony and submission to Congress on April 13, 2002 by clicking [here](#)). Two months later, on June 20, 2002 Congressman Burton lambasted the FDA and the CDC for condoning the mercury ingredient (i.e., thimerosal) placed in vaccines that health officials knew as early as the 1920s would cause devastating brain damage and nervous system irregularities in children and adults.

Arguably, much of the higher infant and child mortality rates in lesser-developed nations can be attributed to targeting impoverished mothers in those countries with vaccinations. This has been noticed in India and Africa via the “public health” “donations” of the Bill and Melinda Gates Foundation. Most people do not realize pro-vaccine propaganda broadcasting through MSNBC (i.e. MicroSoft National Broadcasting Co.) is copyrighted by Gates's companies working in partnership with the CIA, Naval intelligence, and British Secret Service.

“Sudden infant death” following “maternal and child health” interventions that feature “immunizations,” is likely to be contributing heavily to the highest mortality rates in countries such as Erithrea. As mentioned, Erithrea's people and government spend the least amount of money on health care, but the fascist nation is reported to have increasingly and “successfully” implemented vaccination programs funded by the World Bank and Gates foundation.

### **Bill Gates Lectures on Vaccinations and Depopulation**

Astonishingly, [Bill Gates](#) lecture on the problem of global warming featured his shocking projection that vaccinations are expected to reduce 15 percent of the world's population. This admission is completely consistent with global depopulation efforts pioneered by the Rockefeller Brothers with the formation of the Population Council in New York, and parallel funding for the Blood Council of the City of New York, and the Carnegie Building at Cold Spring

Harbor Labs in New York from whence “eugenics” programs, including Hilter's “racial hygiene” program and propaganda evolved to develop the Anglo-American notion of the “Master Race.” How, other than through blood intoxications and “mandatory vaccinations” can population controllers cull and kill the “lower races?”

The only other viable means of population reduction is through environmental contaminations, and media programmers and propagandists have done a great job disparaging, if not downright libeling, researchers and clinicians who openly oppose these dangers as well.

The spectrum of behavioral disorders that empirical evidence, and many scientific studies, attributes to neurotoxicity from mercury poisoning is now being blamed on agrichemicals made by the same companies that produce vaccinations.

For instance, most people have no idea that Monsanto's parent company is Pfizer—among the world's leading drug and vaccine makers. So genetically modified foods, pesticide poisonings, and herbicide intoxications increase cancer rates and other illnesses that fuel the parent company's profits from drug sales.

Given the fact that the media is so heavily controlled by pharmaceutical advertisers, common sense tells any reasonable person that the truth that can set humanity free from the threat of extinction, along with myriad other species, and reducing unnecessary (i.e., preventable) diseases, is concealed by special interests that invest in lessening global populations to 500 million from the current 7 billion.

Is this a “conspiracy theory” or a “conspiracy reality?”

The latter probability is certified by the simple fact that smaller populations are simply easier to control. Eugenics is the epitome of “scientific” “population management.” The “ends justify the means” according to fascists. It really doesn't matter to the agents of

genocide whether their desired outcome is administered by ignorant medical personnel, or gullible citizens hypnotized by their televisions to pop magic pills. The “ways and means” serve the same purpose of protecting the interests of the world's wealthiest families.

Accordingly, what we know about vaccination toxicity and pharmaceutical toxicity, and/or population reduction, is much the same—nearly nothing. Therefore, we simply do not know whether the Bill and Melinda Gates Foundation, The Wellcome Trust, the World Health Organization, and/or World Bank “donations,” are helping and save more people than they are damaging and destroying.

Obviously, this “reality check” flies in the face of social acceptance, based on Elizabeth Kubler Ross's “death and dying” model that predicts “denial” as a “normal” human reaction to horrific information beyond a “normal person's” coping capacity. Certainly, however, rational public health policy submits to corporate economic policies, and presents risks far more pervasive than threatened or actual terrorist attacks.

The little known fact is that the primary vaccine producers are in bed with the military industrialists, both profiting from, and serving depopulation objectives, is sobering.

Using the smallpox vaccine as an example, its producers, Aventis and Baxter corporations, or their parent companies, have been found guilty as alleged. They have been implicated on more than one occasion in committing genocide. Genocide is simply defined as “the mass killing of people for economic, political, and/or ideological reasons.” “Iatrogenocide” administers the same outcome via complicit, albeit ignorant, health professionals. Baxter, along with other pharmaceutical firms including Bayer, is infamous for having committed genocide against the American hemophiliac population through their sale of HIV-contaminated blood products. Both firms settled out of court for what amounted to economically motivated

mass murder—that is, genocide. As the attached organizational chart shows (Link to:

<http://www.tetrahedron.org/articles/anthrax/flowchart.gif>).

Baxter is a subsidiary of American Home Products (AHP). AHP, like Bayer, Hoechst and BASF, is a progeny of I.G. Farben – Germany's leading industrial organization that, as mentioned, directed the Third Reich and the Jewish holocaust. After World War II, I.G. Farben was broken up into Bayer, Hoechst and BASF companies. Aventis is a subsidiary of Hoechst.

Summarily, the “corporate shell game” conceals smallpox vaccine producers - Aventis and Baxter - hiding hideous legacies demanding caution, if not certain avoidance.

## **The Cancer Industry Scam**

Traditional “cancer therapy,” and the entire “War on Cancer,” has been an abysmal failure. Despite glowing reports from special interest groups representing the cancer industry, the fact is, more people are predicted to get cancer today, and die of cancer, than ever before. Much of this colossal failure to effectively treat and prevent cancer can be directly attributed to the criminal activities of leading cancer industrialists mentioned above. Individuals and organizations who are literally making vast fortunes from humanity's suffering, and getting away with murder.

The following chart from the National Cancer Institute, "the Lion's Den of Cancer Corruption," shows that beginning in 1973, following almost two decades of transmitting monkey cancer viruses to humans in every dose of polio vaccine, skyrocketing soft tissue cancer epidemics began and



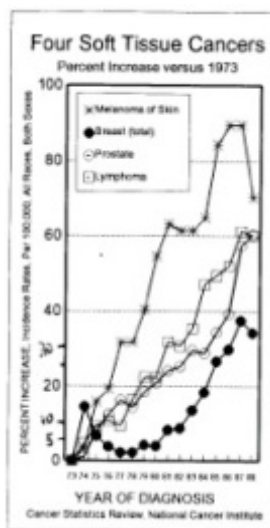
continue to this day. This, in fact, was officially predicted by the leading scientist at the Bureau of Biologics, forerunner to the Food and Drug Administration (FDA), in 1962. As a result of her urging safer vaccines, Bernice Eddy, Ph.D., was demoted, defunded, and largely ostracized from the medical scientific community.

I believe these skyrocketing rates soft tissue cancers are attributable largely to cancer virus contaminated vaccinations about which Dr. Eddy warned the United States Congress in 1974. Pandemic cancer is not simply a response to modern living. Like the poisonous approach to “cancer therapy” pioneered, promoted, and currently directed by leading vaccine makers, who are also chief cancer and population control industrialists, this provides a classic example of “iatrogenocide” in practice.

The reputability of the FDA has, likewise, been substantially undermined by pharmaceutical interests and cancer industrialists since its inception. As a result, this “gestapo” for the “medical mafia” not only “fast-tracks” poorly tested, overly expensive, and highly risky drugs, but it suppresses age-old, proven, low risk, inexpensive and highly effective alternatives, preventives, and even cancer cures.

It is sufficient to conclude here that the world's greatest growing cancer pandemics, given the scientifically published links between cancer virus contaminated vaccines and blood supplies, represents the most evil corporate imposition medicine has ever seen.

In essence, aside from its economic benefits and population culling capabilities, the widely heralded “War on Cancer” is a deadly ruse.



# **SECTION-III**

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**By Dr. Biswaroop Roy Chowdhury**





## 72 hrs Diabetes Cure Tour

"You can eat even a monkey, if you like" is my answer to my diabetic patients when on the first day of "72hrs Diabetes Cure Tour" they ask me "Do I need to forget my craving for chocolate or chicken to be diabetes free, life long? And what about Alcohol"? After the *72hrs Diabetes Cure Tour* you will be able to enjoy all the worldly delicious food and yet be able to maintain a healthy sugar level without being dependent on medication or insulin. I will teach you the rules of "Blood Sugar Adjustment" by modifying your eating behavior a little bit. I will not deny you of the worldly pleasure of eating. But yes, the only thing I prohibit is, a dairy product. And in case of heart patients I ask them to minimize animal food. For cancer patients (those who are diabetic and also have developed cancer in the process) we definitely prohibit them from eating all animals and refined food for at least 6 months or till the time they are free of cancer. Here specifically I would like to bring your attention to the dairy products. Nature has produced milk only to be consumed by the infant during the first few months of their life specifically from their own species. Humans are the only animal who drink milk life-long and that too other animals' milk. No other animal drinks milk life-long. Tiger may





hunt a cow to eat it but does not catch a cow to drink its milk. Associating milk with bone health and as a superior source of calcium is a conspiracy of the Dairy Industry. Animals rarely ever suffer from fracture or any kind of bone disease. On the contrary, countries like Finland, Spain, Sweden & Denmark with highest per capita consumption of milk are also the countries which have the highest rate of osteoporosis and bone fracture cases. We have been programmed to see milk as a food. Since childhood, we have seen a glass of milk in the food pyramid. Rarely do people know that originally, WHO (World Health Organization) decided to bring the food pyramid without milk but under the influence of Dairy Industry (as reported in Washington Post 27 April 1991), they were forced to add it in the last minute.

In my "72 hrs Diabetes Cure Tour" all my participants get freedom from Diabetes, Drugs/Insulin and even Doctors as well, with a freedom to eat as long as they follow the rules taught in the "72 hrs Diabetes Cure Tour".!

You give me your 3 days and I promise I will help you to reverse diabetes permanently.

Here I would like you to have the glimpse of 3<sup>rd</sup> - 5<sup>th</sup> April 2015 "72 hrs Diabetes Cure Tour" in Vietnam.

This is what Dr. Nguyen Manh Quoc (Cardiac Surgeon and a team member) had to say about this tour,

"Reading the title of the book, people don't believe that the diabetes Type I and Type II could be treated within 72 hours. Because until now the scientific evidences mentioned that Diabetes type I (dependent on insulin) and type II (non dependent on Insulin) patients can never be cured and will depend on drugs throughout their life.



*Dr. Nguyen Manh Quoc*

After reading the book "Diabetes Type I & Type II cure in 72 hours" by Dr. Biswaroop, I saw that he has given new knowledge and perspective about diabetes because he has studied thousands of pages of medical journals about this disease from many researchers around the world, which have been published in the recent years".

I also had the practical experience during 3 days of the program "Journey to recover the body –72 hours, starting farewell Diabetes" with the role as supporting Physician. Being a Heart Physician I have seen practically, the effects ( read side effects) of the treatment of a serious disease and how its spreading worldwide."

Now let's hear what some of our participants' have to say after they attended our "72 Hrs Diabetes Cure Tour" in Vietnam:

**Patient 1:** "This method offers me solution"

- *Mr. Nguyen Ngoc Thach–Vietnamese French, 67 years aged, suffering from diabetes for 15 years*  
"I had excessively, unintentionally pampered my body so much that it started to harm me. I used to eat improperly, imbibing on wine, beer, soft drinks, meat, fast food, etc. I had been living in France for about 35 years and had a heart surgery and 3 angioplasties (stent implantation). I almost reached the state of

clinical death, as my breath smelled of acetone (specialized chemical to clean nail polish), blood glucose fasting rose above 700mg/dl) but luckily, I survived. Then I told myself: "That is enough. You Need to change!"

So I Joined Dr B's ( My nick name in Vietnam), "72 Hrs Diabetes Cure Tour". After attending the "Journey to recover the body –72 hours Starting Farewell Diabetes", I am not taking medicine any



more, blood sugar level also became normal. I believe that I found the solution for myself.”

**Patient 2.:** “Death-rope hanging over the head”

*- Mr. Tran Quang Hung, 46 aged,  
suffering from diabetes for 3 years*

“Diabetes was a nightmare for me. My mother, my aunt, my cousins all had died because of diabetes. 4 months ago, a friend of mine died at a young age, due to this disease. When I was diagnosed with diabetes, I felt a death rope hanging over my head! I was really worried and searched a lot of methods to treat it. The earlier health signs indicated that my health was not good and was worsening even after 3 years of using medicines and regular treatment. I wished to find a method of treatment but didn't wish to use drugs any more. At the beginning of attending the “Journey to recover the body –72 hours starting Farewell Diabetes” I was suspicious whether this method can cure diabetes within 72 hours or not? But I found my answer after 3 days. I am fully committed to end this disease. Thanks so much Bimemo Center and Dr. B in helping me become more confident and optimistic about my life.”



**Patient 3:** "I'm determined to follow the new method".

*Mrs. Nguyen Thi Bach Hue, aged 59 years,  
suffering from diabetes for 25 years*

“My blood sugar levels fluctuated between 150-200mg/dl even after taking medicine. When consultants at the Bimemo Center guided me to apply the new diet plan without meat - I refused to attend the “Journey to recover the body –72 hours starting farewell Diabetes”. Till now my standard meals included meat, fish, vegetables for nearly 25 years. I had not much trouble with the exclusion of rice from the diet but



only vegetarian meals and no sauce and no meat was equal to no taste. It seemed “torture”! Tears came out of my eyes after seeing it. The first day I cried and thought of giving it up. But thanks to the encouragement of the Medical Board, Bimemo and my friends, I tried to eat all of what was suggested to me and felt better on the very 2nd day. The last day I ate a little steamed fish and rice with the condition that "we must finish our meal like 2 days ago". I understood that if I follow Dr. B's method for a certain time, I can still eat standard meals after that. Therefore, I was determined to get accustomed to the new diet plan and getting rid of the diabetes medicine".

**Patient 4:** “Need friends to keep a check on Diabetes”

*-Mrs Tran Thi Lan, aged 61,  
suffering for 31 years from diabetes*

“After attending the "Journey to recover the body -72 hours starting farewell Diabetes", I ate the recipe full of vegetables. On the 1st day to itself- Dr. B's technique helped decrease the injection dose of 10 units of insulin, and in the next 2 days, got rid of medicine. Although blood glucose levels hadn't reached the ideal level even after completion of 3 days but I don't take medicine and insulin anymore and my health indicators improved significantly. I knew that compared with the duration of 30 years of suffering from the disease, three days training is just the first step and have to fight more in order to recover from the disease and witness new improvements as per my wishes. I hope that I will continue to maintain the wonderful journey. After my own experience, I want to introduce this journey to my friends who are also diabetic like me. I believe that if I have fellow friends along the way, the treatment will be better and faster."



**Patient 5:** "The resilience index subjugated"

*-Mr. Nguyen Quang Trung, aged 43,  
suffering from 10 years of diabetes*

"I live in Hanoi, work in the field of medicine, but even I couldn't avoid getting diseases like tuberculosis and diabetes. I had met Dr. Biswaroop 2 years ago and admired his medical knowledge and expertise. His healing solution goes against the tradition of modern medicine. I managed to catch a flight to Ho Chi Minh to actively participate in this journey upon hearing that Bimemo is holding the program "Journey to recover the body -72 hours starting farewell Diabetes" there. My blood sugar level was highest in the group, 324mg/dl in the morning of first day and the next day, it came to 250 mg/dl (this figure is good for me because I do not use drugs). However, after applying this diet plan thrice as compared with other patients, on the evening of the 2<sup>nd</sup> day, for the first time ever during 10 years of high blood sugar levels, it came down to less than 200 mg/dl and on the morning of the 3<sup>rd</sup> day it came down at 156 mg/dl. After 25 days of applying the new Diet Plan, my blood sugar level is now 100.8mg/dl.



**Patient 6:** "I wish to contribute to community to make it free from diabetes"

*-Mr Vo Quoc Tuan, aged 62, Dentist,  
(Good health, No disease)*

"I don't have diabetes, but I expected to learn a method leading a healthy life at the Bimemo Centre. Bimemo Center is working under the guidance of Dr. Biswaroop. It is a karma which can't be explained. This is a very meaningful activity and a very rich form of humanity which is bringing useful knowledge to the community. Personally, I am extremely grateful and appreciate that Dr. B and Bimemo Center came to the Vietnamese community in general and for the people with diabetes in particular. I hope that



members will maintain and keep up the enthusiasm and passion for this meaningful job.”

**Patient 7:** "For me the most expensive price of diabetes is paid at the cost of happiness of my family"

*-Mr. Tran Thanh Lam, aged 41,  
working at a cargo at Vietnam Airline,  
suffering from diabetes for 5 years.*

“I personally think that I and all other patients who attended the program “Journey to recover the body –72 hours starting farewell Diabetes” held in Vietnam in April were very lucky because we got access to the methods of treatment and learn and explain the principles, provide guidance, practice and train ways to enhance fighting morale i.e. cure disease by positive thinking. When you realise that you are diabetic; the journey of finding methods of treatment gets very arduous. I wasted lots of time, effort and money to cure it. I even lost the whole family (my wife left me because of unbearable pressure). This method is really simple - but not easy to start. You have to be determined to overcome difficulties. At home, there are family objections; at workplace, you will be considered eccentric - but with the determination and regressed levels of blood sugar, I was patient enough to do what the system asked me to do. Strictly abide to the requirements of treatments and always try to eat more than other patients. Hence, the blood sugar level droppped to the normal limit".



**Patient 8:** "Did not believe before attending, then suspected on the first day but was convinced after 72 hours"

*-Mr. Le Van Quang, aged 61,  
diabetes for past 20 years,  
a high cholesterol*

"I was getting sick and got treated at many prestigious hospitals but blood sugar level, parameters, and prescription ... is a different kind of pattern. I was diagnosed with diabetes almost 20 years ago but no good results



appeared despite taking medicines. I didn't believe that the program "Journey to recover the body –72 hours starting farewell Diabetes" could help me cure diabetes. So when I started the journey, I did not fully trust it but seeing the body becoming fairly comfortable, the blood sugar level getting quite stable, over the next 2 days, the trust strengthened. I think that 72 hours is a great starting point for a long journey. We need the commitment of members and participants to encourage and motivate each other and stay determined to cure diabetes."

**Patient 9:** "I will apply this method to cure premature graying"

*-Mrs. Nguyen Thi Hong Ha, aged 47,  
member of the board FPT,  
premature graying of hair.*

"This really is a revolution in the treatment of diabetes and thinking about food and health. I learned a lot of values, especially mechanisms and ways to prevent not just diabetes but also other diseases like heart disease, high blood pressure, high cholesterol. Besides, I also learned how to eat food from plants properly and effectively. I understand vegetarians must eat properly. That was very helpful for me and family. I lost 2 kg after 7 days of applying these methods. I would apply the diet plan to cure my premature graying in particular because I do not want to continue to use toxic dyes on my hair.



**Patient 10:** "Root" of diabetes is you yourself"

*-Mr. Luong Duc Son, aged 48,  
Director of Construction Company,  
diabetic for 2 years*

"I participated in the program the "Journey to recover the body –72 hours starting farewell Diabetes" with 3 goals: 1.No drugs; 2. Eliminating the roots of diabetes; 3. No doctors. And after the program, I confidently announce to everyone that I have achieved all the three goals. I was always confident about my extensive knowledge on diabetes. However, I



found out, through this course, there is so much that I do not know or I could say that I had "blind" knowledge about diabetes. After the course, I realized that it's me and my habits that are the cause of diabetes: I eat very fast - my meals normally take only a few minutes, my job which forces me to drink so much alcohol, irregularity in meal time, were all responsible for my diabetes. After finishing this course, my every meal would take 45 minutes to an hour to finish as I began to eat slowly, chew carefully. Recently I cured my sinusitis using the same method. I believe that after reversing diabetes, my health is better in every way and everything will be good in life from now on".

**Patient 11:** "I had severe osteoarthritis"

*-Mr. Nguyen Duc Tien, aged 65,  
Former official of Vietnam Academy  
of Science and Technology,  
high blood sugar level with threshold diabetes  
and osteoarthritis.*



"Participating in the program the "Journey to recover the body-72 hours starting farewell Diabetes", I think was "just for fun" but as it turned out, I've learnt a very worthy and useful training. Dr. B imparted the knowledge on the causes of the disease which are mostly related to the long-term accumulation of toxins in the body without being metabolized. By adjusting the diet plan to get rid of toxins outside and to create a healthy environment for the body, it is worthy to spend the money on well-deserved right information".

**Patient 12:** "The way of living and eating uncontrollably give the unexpected result"

*-Mr. Nguyen Van Tam, aged 38,  
chief accountant, diabetic for 3 years,  
stomach pain, hepatitis B, colitis*



"As the chief accountant of a large company, I have to maintain diplomatic relation with everyone and indulge in finest dining outside, drinking beer and wine, In 2012, I was



diagnosed with liver, abdominal distention and by the end of 2012 with stomach inflammation. In 2013 Type 2 diabetes (blood sugar level was 185mg/dl), hepatitis B and two polyps in the colon. I had searched a lot of methods for medical treatment. I learnt meditation, Yoga, traditional medicine, and even drinking bitter melon. I followed this for 7-months. Then, I attended the program the “Journey to recover the body –72 hours starting farewell Diabetes” and stopped using all drugs, including drinking bitter melon juice. I think this is a very effective method that treats diabetes and helps to purify the body.”

**Patient 13:** Continued drug use leads to liver, heart and kidney failure

*-Mrs. Le Thi Chieu, aged 70,  
suffering from 20 years with diabetes*

“In the recent follow-up visit at the hospital, doctor told me the process of getting rid of disease takes long time and if I continue to use the drug, it will lead to liver, heart and kidney failures. The doctor advised me the need to be hospitalized for monitoring insulin injections regularly. I was so afraid of living with the disease throughout my life. The program the “Journey to recover the body –72 hours starting farewell Diabetes” helped me to understand the causal mechanisms of diabetes and other complications. I learned his treatments to cure diabetes. I am determined to follow this diet plan and am very satisfied with the results after the journey”.



**Patient 14:** "I overcame the fear of lettuce"

*-Mrs. Nguyen Thi Lac, aged 72,  
suffering from 2 years of diabetes  
and rectum-gut for 9 years*

“I got rectum - gut about 9 years ago, and as a result could very rarely eat fresh vegetables as it used to give me diarrhoea. So while attending the program and applying the meal full of



vegetables, not over cooked and processed, it was an enormous "challenge" to me. In addition, eating lettuces has always been a fear of mine. However, the instructors "hypnotized" me and then only I could eat the veggies and was no longer afraid of them. How strange it was!!!. Thanks to the encouragement of the board and the participants, as early as the 2nd day I was getting used to the food and felt very strong. The blood sugar level improved significantly. My children sent warm thanks to the program trainees and coordinators for helping me overcome the fear of eating fresh vegetables".

**Patient 15:** "To have good health and live happily"

*-Mrs. Nguyen Thị Thanh Tu,  
aged 44, Lawyer*

"Although I was not sick, I still participated in the program the "Journey to recover the body -72 hours starting farewell Diabetes" to get knowledge about health. After 72 hours, I gained a lot of valuable knowledge. I was made aware of the disease mechanisms and methods to treat diabetes, heart, blood pressure, liver, stomach, etc. The experience shared by the patients in the journey of their illness gave me a horrible picture about the complications of diabetes. The results obtained after 72 hours and the testimonials from the patient helped me believe the program will surely cure diabetes of many Vietnamese people".



**Patient 16:** "I'm not parting with diabetes"

*-Mr. Huynh The Nha,  
aged 44, Director*

"The reason why I am determined not to part with diabetes because I don't have diabetes and will never let it get me". I participated in the program the "Journey to recover the body -72 hours starting farewell Diabetes" through the "Memory, Mind and Body" training program.



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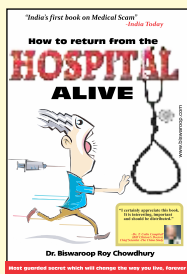
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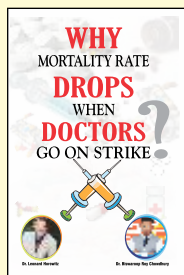
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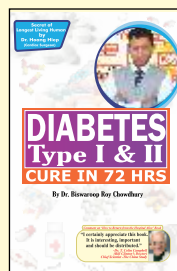
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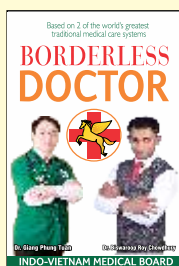
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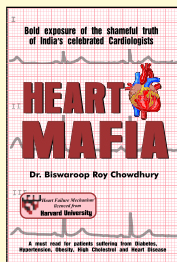
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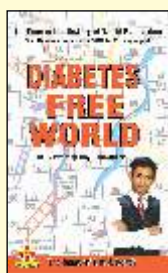
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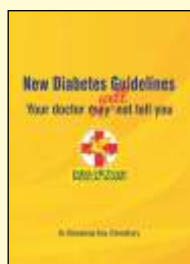
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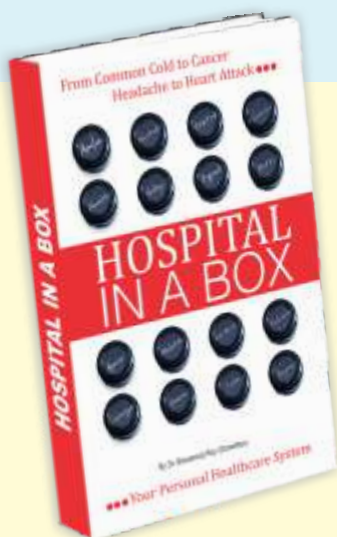
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# Let every morning be the Hunza Morning

**If you have decided to pick only one of my suggestions for the sake of your health. Then take this suggestion :**

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### How to prepare Hunza Tea (serves four):

#### Ingredients:

- 12 Mint leaves(Pudina)
- 8 Basil Leaves(Tulsi)
- 4 Green cardamom (Elaichi)
- 2 gm Cinnamon (Dalchini)
- 20 gm Ginger (Adrak)
- 20 gm Jaggery (Gur)

#### Instructions:

- Take 4 cups of water in a tea pan
- Add all ingredients, simmer it for 10mins
- Add a dash of lemon juice and serve hot or cold

**For those who are too lazy to collect the above ingredients (to make their own hunza tea) may order**



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# A step by Step Guide to a Smarter Memory

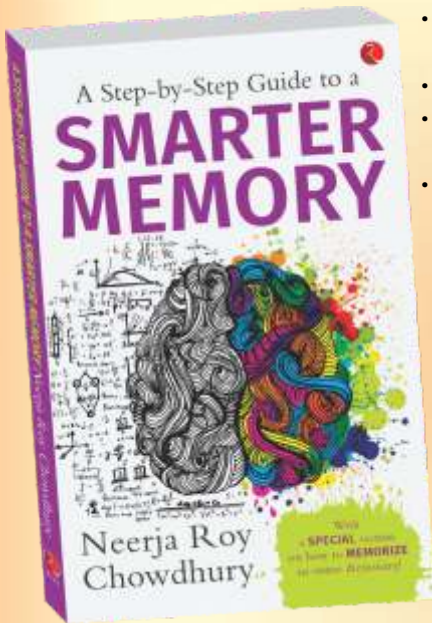
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## **About the author:**

Neerja Roy Chowdhury, the name can be found in prestigious record books including Guinness Book of World Records and Indo-China Book of Records for diverse reasons. The most interesting of all is her ability to memorize the complete Oxford English-Hindi Dictionary. She has also developed software for memorizing a dictionary. She has travelled more than 100 cities internationally in last one decade training people on 'Memory Techniques'. Her latest book 'Smarter Memory' is published by Rupa Publication. Presently she is involved in developing curriculum in memory techniques for international universities.



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