

***Guaranteed
Good
Health***

ORISSOR

Guaranteed Good Health

By

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The following is in the form of an interview by Bill Dawson of a person enquiring into the Orissor Way of good health, the cause & cure of disease, the cause & cure of CANCER.

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****A.** So, you'd like to know how you can be sure to be permanently healthy? By that I mean disease-free.

****Q.** *Yes I would - if such a thing's possible.*

****A.** Oh, it's possible all right. And I'm going to tell you how. But first we have to get one thing perfectly clear, and this is something the medical profession never tells you - **YOU ARE RESPONSIBLE FOR YOUR HEALTH** - unless you're a child or in prison, or something. In fact, I go as far as to say - **if you're ill, it's your fault.**

****Q.** *My fault? How can you say it's my fault? I might have an accident or catch a disease - I can't help that, can I?*

****A.** Look, in order to be healthy, you must adopt a totally new outlook on the matter - forget what you've been conditioned to believe all your life. You must think of your body as a machine - a living miracle of a machine, but nevertheless, a machine. Your body is **YOURS**. It's as if it's on loan to you for the duration of your life on this Earth, and it's up to you to maintain it in good working order. If it starts malfunctioning **YOU** are the one who suffers - and those who depend on you. You are responsible for it, no-one else.

****Q.** *I don't really understand how you mean?*

****A.** Well, let me explain then. Let's start with disease.

Every effect has a cause. Whatever happens on this Earth, something or other must have caused it. Nothing can ever happen without a specific cause and disease is no exception. Every disease has a definite cause. If you have a disease, you are to blame - because you caused it. That's the bad news - because for most people it is so difficult to accept. But it's nevertheless true. The reason you are to blame is because it's caused by something you are doing wrong. And that's the good news - because it means that **you** can correct it.

****Q.** *But how can I correct it? How do I know what's causing it, if all the best brains of medical science can't figure it out? And even if I could, I haven't got the equipment or drugs or medicines to even begin to cure it.*

****A.** Exactly! And that brings us to the second item of good news. Equipment, drugs and other medicines are not necessary to prevent disease. And as for knowing what is causing the disease - that's simple. That's just what I want to explain to you. But first, let me say what I mean by 'disease'. When a part of a living body, internal or external, is in a state of rotting or being attacked by harmful germs, microbes, viruses, bacteria, organisms or parasites (or any other related creature), then I class it as being in a diseased condition. I don't use it in the sense of other physical or mental ailments - we'll deal with those later.

So, let's get back to the CAUSE of disease. If your body gets a bump, a bruise, a burn or a cut, then it is a single, one-off action that has caused it, and immediately the body sets about healing the wound. What has caused the injury is immaterial to the healing process. But with disease, the body is under a sustained attack by harmful organisms of some kind. They don't just bite you and then run away. They persist, and they start and continue to destroy part of your body, like a small foreign army invading across the borders of your kingdom. They ARE your disease.

Now your body has its own army of soldiers, ready to defend their own territory - and they do it very efficiently indeed - providing they are allowed to do so. So, in effect, when disease is present, there are always two armies battling it out.

****Q.** *Two armies of what?*

****A.** Well, there are lots of different technical names given to them, and they're classified, by the medics, according to their shape, size and other characteristics - but for simplicity's sake, let's just call them "parasites".

You could have a garden full of plants with masses of botanical names in Latin, but for our purposes we could just refer to them as 'flowers'. And you could have another set of plants which invade the garden and try to kill off the flowers and take over the garden. They too, have lots of Latin names, but it is often convenient to refer to them as 'weeds'. Let's keep everything simple, in the same way. So - a diseased body has two sets of parasites - the 'host' parasites, which are natural, good and necessary to the upkeep and health of the body - and 'alien' parasites, which are the attacking, disease parasites. Never mind their Latin names - it's not important. And I use the word "alien" because those attacking parasites always come from outside the body.

****Q.** *Are you saying that my body is full of these 'host' parasites, then - all the time?*

****A.** Of course! You couldn't live without them. They're not just the body's defending army, they're the caretaker parasites, the engineers, the cleaners, the healers. There are literally millions upon millions of them - of all shapes and sizes and abilities. And they're all totally dedicated to the health and well-being of your body/machine.

Just consider what occurs when you have a cut. First, a scab is formed, and under the protection of this, the flesh is drawn in, then knitted together at a million different points. Thousands of minute 'veins' or channels also have to be connected up, and dirt and foreign elements pushed out or isolated. Then, after a time, the scab is eased off, and in most cases the flesh is as good as new, just as if the parasites were working to some amazingly accurate blueprint of your body, knowing precisely where and how each particle should be connected.

A million medical men could never hope to do the same thing, or anything like it. Remember, it's the surgeon who cuts, but it's the caretaker parasites that heal. What a superb Intelligence the body must have access to, to perform such a wonderful feat. Who can doubt the capacity for healing possessed by the body/machine's own host parasites?

****Q.** *Yes, I can see that - and I agree. But if the body has its own army of defenders, how is it that diseases do overtake the body then, and often destroy it?*

****A.** When the body is first attacked by alien parasites, they are very easily kept under control, sealed off or ejected. Generally, it is no problem to the body to do this. But imagine that you allowed alien parasites to enter the body every day, in large batches - constantly reinforcing the enemy army within, increasing its size, until eventually the defending parasites were just overwhelmed in a certain area. Then you have the onset of disease.

****Q.** *But I wouldn't dream of doing that. I wouldn't put disease parasites inside me. I'd have to be crazy. And I wouldn't know where to get them from anyway.*

****A.** But that's just what you do!

****Q.** *How do you mean?*

****A.** Well, you eat meat and animal produce, don't you?

****Q.** *Yes, but only the best, fresh meat - and none of that stuff from B.S.E. cows or those with E-coli, or sheep with Scrapie. I'm really careful. And I only eat good quality dairy produce. I try to avoid chicken with salmonella, or eggs and yoghurt with listeria. So I've not much chance of getting those diseases, have I?*

****A.** Well, then, let me explain further about body parasites.

As I said before, your body's own caretaker parasites are dedicated, programmed to protect and care for your body. You could say they are controlled from the brain by a Pattern of Thought which controls all the bodily workings. That is their one and only function - until your body is dead. That is, until the brain stops working and all activity of thought ceases.

When that occurs, then your host parasites stop caring for the body, and they are programmed to do one thing - break down flesh. And this they continue to do, in a perfectly natural way, until the body is broken down and ready to be absorbed into the earth. They too are absorbed into the earth. This is the natural process to ensure that all dead bodies go back into the ground. The horrible smell is a danger signal, a device of nature, to keep people away from the danger of the destructive parasites.

The crucial point about this process is that it also applies to other animals, birds and insects. So - when, say, a cow dies, all the caretaker parasites within it are programmed to break down flesh. Nothing can stop them from doing this, until they return to the earth. The flesh containing them can be cooked or frozen or otherwise treated, and it may delay their action for a time, but then they will continue with their work as soon as they are permitted to do so.

Now - when you eat even one cubic centimetre of an animal corpse - say, a small bite of a steak - that centimetre contains literally millions of parasites. And remember, they are not friendly host parasites to you, they are "alien" parasites as far as **your** body is concerned. And they are programmed to "break down flesh".

The point is that the flesh of an air-breathing animal is of the same basic structure as that of a human body, and the alien parasites you have taken in see no difference. It's not that they're malevolent, or have anything against you - it's just that they cannot differentiate between your flesh and animal flesh. When you chew the piece

of an animal corpse, the alien parasites it contains can easily lodge between the gums and teeth. If you have any tiny abrasion in the throat or digestive tubes, odd ones can lodge there, too. The same applies to the stomach, the bowels and other organs.

****Q.** *Well, I'd never seen it that way before. It sounds a bit gruesome. But isn't this where my own parasites deal with them?*

****A.** Yes, it is. Most of those which lodge anywhere can easily be ousted from the body, or just sealed off to stop them doing any damage - just as easily as an army would deal with the odd infiltrator straying across its borders. But just imagine you had whole platoons of invaders constantly coming across the borders several times a day, and making little strongholds for themselves, and constantly being joined by others. And imagine this going on ten, twenty, thirty years and more. At some stage, your own army of caretaker parasites just wouldn't be able to cope. You would then have outbreaks of disease where the alien parasites had taken over, breaking down the flesh and organs wherever they could.

****Q.** *But I already said that I only eat fresh, clean meat from vetted, disease-free herds, so that wouldn't apply to me.*

****A.** But don't you see - what I'm talking about applies to ALL meat, irrespective of whether it's diseased or not at the time of slaughter. As soon as the brain ceases to function and the animal parasites are disconnected from the flow of instructions from the brain, then they are automatically programmed to do one thing - **break down flesh.**

Each tiny parasite will take instructions from one controlling thought stream only, that of the original body it occupied, and each one has an unchangeable instruction programmed inside of itself. After the death of its original host body, it can do nothing else whatsoever except *break down flesh*, until it eventually reaches the soil of the Earth.

Notice how a body starts to rot, to decay, immediately upon death - from the very second of death. Soon it goes stiff - the suppleness disappears from the flesh and the joints, as soon as they are left 'unattended' by the parasites. Soon after, the body starts to smell as the rot progresses to noticeable proportions. The body is literally being pulled apart, digested - ready for integrating with the soil. And this is all perfectly good and natural - for a *dead* body - but not intended for your *live* body. When it begins to happen to your live body - that is disease, and that is **unnatural.**

****Q.** *But surely eating meat is natural - our ancestors were hunters and lived off meat. So it must be natural to Man!*

****A.** All right, let's examine that point - Man the Hunter. The cave man. Our primitive ancestors. I presume, because you mentioned our cavemen ancestors, that you believe in the theory of evolution?

****Q.** *Well, yes - I do.*

****A.** Well, I'm not saying that *I* do, but I agree with you that some primitive peoples did hunt and eat the dead bodies, both of animals **and their fellow Man.** But if you

look even farther back - before the cave-man era - according to the theory, Man descended from the ape or monkey.

****Q.** *Yes.... that's true.....*

****A.** So, if you look a little deeper you will see that to hunt was not a part of his natural, primitive condition - because apes live entirely off vegetation. They don't hunt and they don't eat the flesh of their dead fellow beings.

So you see, the nearer our ancestors were to the early ape-man, the less likely they would be to hunt and eat meat. And hunting certainly would not be *natural* and *instinctive* to them. That's merely a myth made up to justify the killing of animals and the eating of their corpses, and the same argument could be used to justify cannibalism as being natural. And you can safely bet that the communities who later did hunt and live off meat were just as riddled with disease as our society is today.

****Q.** *Yes, of course, that's right. If our true ancestors were apes, then we are naturally vegetarians. I hadn't realised that before.*

****A.** No, most people haven't. Because this concept of "Man-the-hunter" being thought of as *natural* or instinctive, is the way we've been conditioned and taught to think. But there's another, more obvious, common-sense way of knowing that it is unnatural for Man to eat meat - the way the human body is designed. It just is not designed to cope with it - to digest it.

****Q.** *Why not? How do you make that out?*

****A.** Well, let me explain. The digestive process for food is basically simple - first, chewing the food in the mouth, with the aid of special dissolving juices, which come from glands in the mouth. Then down the tube and into the stomach, where it is further digested by means of other dissolving juices, and the kneading motion of the stomach itself. Then into the sections of the intestines, where a similar process takes place, with the aid of a different set of juices.

Now, you're familiar with the item of food called "tripe"?

****Q.** *Oh, yes. It's quite popular in the part of the country I come from. We used to have it cooked or raw.*

****A.** Right. Well, consider what happens to tripe when it's eaten. It's chewed in the mouth, and then it goes into the stomach, which naturally calls forth juices which help to dissolve it before passing it to the intestines, right?

****Q.** *Right.*

****A.** Ah! but just a moment! That can't be right. Tripe is the stomach lining of an animal, say a sheep or a cow in this case, and basically it's quite similar to the tripe of a human - the stomach lining of a person. So, if the stomach of a human were to produce juices capable of dissolving tripe, stomach lining..... what would occur? It's obvious! It'd dissolve the stomach lining of the person - burn a hole right through it, wouldn't it?

****Q.** *Well, yes, I suppose it would.*

****A.** And the same applies to all animal-type flesh. Any juices or acids capable of dissolving "meat" would of course dissolve meat - which you are made of. Where, therefore, in the human body, can these highly dangerous acids or juices be produced or stored? No acid can be kept in a container made out of the same substance that the acid was intended to dissolve. It's just common sense!

The truth is that neither tripe nor any flesh of any animal can ever be digested by the human body, though it may be broken down to an extent and pass through the system - with difficulty. One of the most common *minor* ailments of the western, meat-eating world is constipation. Even though chewed into small pieces, the meat remains solid, even when passed through the intestines, and parts often lodge there, having difficulty in forcing a passage through the very fine and delicate passageways that were never intended for tough, indigestible lumps of so-called 'food'.

Now this builds up along the walls of the intestinal tubes and they gradually swell as the deposit becomes thicker, and more foods force their way through. Now - this is where the billions of alien parasites from the dead flesh you have consumed really have the time and opportunity to gather, to overwhelm the caretaker parasites, and attack any weak points. And notice that one of the most common *serious* diseases of the western, meat-eating world is **cancer of the bowel**. And those **facts** are no coincidence. It doesn't need a degree in modern medicine to realise that the human body **was never designed to accept or process the flesh of dead animals as food**. In fact, the more degrees and qualifications you obtain in modern medicine, the more blind you become to the obvious - and the less likely you are to apply common sense to the subject of health.

****Q.** *Well, I've never considered it that way before, but I have to admit that what you've said does make sense to me, now I think about it. But just a minute - what about fish?*

****A.** Well, what about fish?

****Q.** *Well, I know you believe it isn't harmful to eat fish, yet surely they have caretaker parasites, too. Why does eating fish not transfer alien parasites to humans, the same way as eating animal bodies does?*

****A.** The answer is that eating fish **does** transfer parasites to the body of humans - but not in the same way as the eating of animal bodies and produce does. Fish also have caretaker parasites throughout their bodies, which are programmed to break down flesh at death. In fact, the rot and accompanying smell seem to come about far more quickly than with meat. The difference is important, though: if you place a few million fish parasites onto a piece of animal or human flesh, they will not be able to attack it at all, or damage it in any way.

Fish parasites are designed for caring for and then breaking down fish flesh, **and no other**. They will not harm animal bodies, including humans. And as for the point concerning whether the human body was designed to digest fish - human stomach juices dissolve fish flesh quickly and thoroughly. It's highly suited to human digestion. And as for the eating of water creatures - apart from air-breathing mammals, such as whales, seals and dolphins - everybody does it. It's just a question of size.

We tend to give the name of 'fish' only to the larger ones, the ones you can see with the naked eye. Yet there is a whole, vast range of minute swimming water creatures of all shapes and sizes. These are still 'fish' in fact, though maybe not in name - and everyone consumes them in their drinking water. But parasites have to be of the same 'flesh' grouping before they can harm the flesh they encounter and cause diseases - which are, in fact, in reality, all cancer. Man, animals, birds and some insects all have the same flesh and parasite grouping - so, avoid them like the plague - but enjoy your fish, unless, of course, you have other reasons, apart from health, for not eating it.

****Q.** *Well, I have a friend who's a Vegan, and she doesn't eat fish because she believes it's wrong to eat any creature at all.*

****A.** Then, as long as she believes that, she must certainly do what she feels to be right. Although, as I said - she does consume millions of the smaller ones, and cannot help doing so. But at the moment, I'm merely pointing out what causes disease to occur in the human body - and fish is not one of those causes.

****Q.** *Yes, I can understand the reasoning behind that. But can I bring up another point? I know you claim that dairy produce causes disease. But that seems a bit odd to me, because we've all been told that milk is good for you - especially for children - and nutritionists and doctors recommend yoghurt. Now that's the opposite of what you say.*

****A.** But doctors have all the same cancers and other diseases that the rest of mankind has. If they knew what caused disease, wouldn't they all be pictures of health? How can they possibly understand what you should and shouldn't eat to be healthy, when they are riddled with disease the same as all the rest of the population?

Let's be reasonable about this. Let's use good, plain common sense. Look. Supposing there was a mass of people all trapped in a very deep pit, with seemingly no means of getting out. And supposing there were some very qualified people among them - civil engineers, surveyors and architects and suchlike - who claimed they knew all about pits and steep walls and climbing contraptions. And supposing these people went around in their white coats telling everyone how to get out of the pit. Wouldn't you be just a little bit suspicious of their knowledge and abilities, when you realised that they weren't able to climb out of the pit themselves?

And if there were one or two people calling down from the edge of the pit, explaining to you how they, and many others, had actually climbed out of it - would you tell them that they must be wrong because the white-coated ones in the pit with you recommended a different way? Would that be intelligent?

****Q.** *No. When you put it like that, I can see it would be foolish. But **why** do you say milk is bad for you then. Surely it's a pure, natural food?*

****A.** Milk is natural only for babies. Humans are the only species on Earth where the adults insist on consuming baby food for the whole of their lives (except when cats are fed with it). And not only that, but it's the baby food stolen from other animals,

and naturally intended for **their** young. Do you think nature intended that? And as for it being pure - well, let's consider just what it contains. Animal milk, I mean.

As I explained before, human and other animal bodies have an army of caretaker parasites. They are controlled by thought as long as the brain is alive, then they revert to the breaking down of flesh. However, vital nourishment is naturally transferred from mother to baby by breast feeding. The milk contains, as well as other elements helpful to the young body, billions of caretaker parasites, and the control of these parasites is transferred from the thought pattern of the mother to the thought pattern of the baby - the two bodies are so closely compatible. This is a natural process. The billions of parasites then immediately begin to work for the benefit of the baby body.

But this is only possible on two provisos - first, that the milk is transferred from mother to baby **direct** - from teat to mouth, with no break in between - and second, that the baby receiving the milk and its parasites, is the natural baby of the mother providing the milk. Otherwise, the milk consumer is not imbibing beneficial caretaker parasites, compatible with their body, but alien parasites which cause disease. And the same applies to cheese and yoghurt. These are merely different forms of rotting milk.

And you have to be really careful nowadays, because there is such a glut of surplus milk floating around the European Union, that subsidised waste milk gets put into a vast variety of prepared foods to bulk them out. You've only got to read package labels to see that. Now has that answered your question?

****Q.** *Well, I'm a little shocked by it, but ... yes, it has. So, what about eggs? Do you class those as "animal". I mean, are **they** harmful to the body?*

****A.** Well, first, let's just get it clear what I mean by "animal". I know there are lots of different definitions of the word "animal" - some people even say it means 'any living thing that is not a plant' . But as long as we are both clear what **we** mean by it, for the purposes of this discussion, then that's all that's necessary. Now by "animal" I mean live, air-breathing creatures that move about on land, air and water (including whales, dolphins and such), and also birds, reptiles and some larger insects. And all the produce which comes from them. Other insects and minute life I do not include.

So - to answer the other part of your question - yes, eggs are especially harmful to the human body. Each egg contains enough caretaker parasites to last the whole lifetime of the bird it contains, in miniaturised form. When the egg is destroyed and consumed, they then become alien parasites to your body - a concentrated mass of them. Anyway, would you really consider it natural to eat the foetus of an unborn chicken?

****Q.** *Urgh! No, I wouldn't. But there's just one other point that doesn't seem to fit in - if you can explain it?*

****A.** Certainly! I'm sure I can.

****Q.** *Well, why is it that vegetarians and vegans need to take supplements of vitamins and protein if, as you say, a diet without meat and animal and dairy produce is the natural way of eating for Man?*

****A.** Ah, I can see here that you're merely repeating a theory that we've all been conditioned into accepting as fact. That theory is that Man could not live without regular doses of a mystical substance called "protein" - and certain others called "vitamins" - with various letters and numbers after them. And this theory is often given as an excuse for eating animal bodies and produce - which they say contain those things. Some medical experts even say we should grow weak and die without them - that it's dangerous to live off vegetation alone, don't they?

****Q.** Yes, *that's right. That's what I mean.*

****A.** Well, let's just look at it again from a common-sense point of view. Let's be reasonable about it. Consider the strongest animals in the world - elephant, rhinoceros, buffalo, horses, bullocks and many more. And last but not least, our friend the gorilla. Now, he's far, far stronger than any muscular, beef-eating man. In fact, he could crush the ribs of such a man within seconds, without really exerting himself. Yet he, and the other strong animals I mentioned, don't eat their fellow beings. They live entirely off vegetation. They're not born with little bags of protein and vitamin B12 capsules hanging round their necks.

Let me explain this wonder theory of medical science in simple language. This, in effect, is what the medical scientists tell us:

"Look everybody! With our brand new microscopes, we've discovered these tiny substances that form a part of the human body. We're going to call them proteins and vitamins and enzymes and other foreign names. Now all our bodies make protein, therefore we should eat protein. And we've noticed that the flesh of a cow is full of the stuff. I know, let's all eat cows. And all you others, unless you take pills, eat nuts and things we tell you, you're all going to go very weak and die."

That's their theory - in a nutshell. But just a minute - if cows really are choc-o-bloc full of this protein stuff, where do **they** get it from? They all eat nothing but grass - (unless, of course, they're secretly fed pieces of other cows, in which case they get diseases, such as B.S.E.)

So, you can safely put your mind at rest. Those who eat their fill of animal-free foods, such as vegetables, fruits, grains, pulses, and fish if required, never even need to consider such words as protein, vitamins, enzymes, calories, etc., etc. - and any other minute particles the medics may discover in the future. Just live and eat naturally, and be safe and free from disease.

****Q.** *Are you saying, then, that we don't need medicine or doctors at all?*

****A.** If you live naturally, and take in no animal produce, then you will remain free from disease - and **in that respect** will not have any need for medicines or doctors of any kind.

However, you may damage your body in other ways - cuts, bruises, broken bones, stings and bites, toxic foods, etc. In which case, I can only recommend that you take the common-sense approach. If you cannot deal with it yourself, seek help from those who can deal with it, and whom you are sure will not harm you.

For example, if you break a bone, go to the nearest person you know (and can afford) who is skilled at repairing bones. If you develop a corn on your toe, go to a convenient person who can harmlessly remove corns. If you damage a tooth and it hurts, go to a suitable person who is skilled at dealing with teeth. But always on the proviso that they can **guarantee not to harm you** further in the process. That is something you must bear in mind when selecting the one you seek help from.

There is usually a choice between traditional medicine and modern, western medicine. Traditional medicine is herbal medicine (traditionally used for hundreds of years), and the other is the new 20th century wave of drugs treatments, both living organisms and chemicals - together with deadly radiation and cut-it-out surgery. It must be you who decides, because it's *your* body. You alone are responsible for its well-being.

****Q.** *But surely, once you place yourself in the hands of a doctor or hospital, the doctor is responsible for what he does to your body?*

****A.** Oh, no he isn't. You should always remain in control of what is done to your body. After all, you are the one paying for his or her services, and he is, in fact, your employee. His function, when consulted, should be to explain his diagnosis, lay out all alternatives, maybe recommend one of them, and then take your instructions regarding one of the possible courses of treatment. Just as a lawyer should explain the legal situation, give his opinion of the best course of action, and await your instructions as to which way you wish him to proceed. It is not up to him to tell you what to do with your life.

The same applies to an accountant. He is a paid sorter-out of your accounts, but his job is not tell you how to run your business. That must always be your responsibility. The same applies to your car mechanic. He is there to diagnose, explain the situation in plain language, and recommend a course of repair (change the oil, use a different fuel, clean a certain component, repair it, or replace it), and then await your instructions.

Doctors are, or should be, no different in these respects. They are, in practice, body mechanics, and they are not there to dictate to you just what you should do with your body. They are paid by you, and are there to serve you and satisfy you. It's up to you to become fully informed of all aspects of the situation. It's up to you to find out all benefits, and all possible harmful effects, of any treatment you decide to undergo. Unless you lose consciousness before you are able to give instructions to the doctor, **you** are responsible for **your** body.

****Q.** *Well, it's all right **saying** that, but it's not so easy to face a doctor, or a surgeon who's going to operate on you, and question him about it. They're usually very touchy if you demand explanations or go against their advice. Not many people have the courage to stand up for themselves in that way. And as I say, you don't want to upset the person who's going to operate on you, do you?*

****A.** If the doctor shows himself to be that type of person, then you should seriously reconsider whether he's a fit person to treat you at all, let alone place your whole physical welfare and your life in his hands. It's a good indication you should go to a more reasonable and caring person. It's just common sense.

****Q.** *Yes, I see what you mean. But wouldn't that need a whole new attitude adopting towards the medical profession?*

****A.** Yes, it would indeed. With the one who pays the piper calling the tune. Now let's consider the next subject - "Thought".

****Q.** *Thought? But I understood you were just going to tell me about **physical**, bodily health. I'm not mentally ill.*

****A.** No, of course not! But if you're to be healthy, the human body must be treated as one whole machine. And that's just what it is - a machine. And the whole workings of that machine are controlled by thought - either consciously or automatically.

Without thought, no movement, internal or external, can come about. Without a thought, you cannot blink an eye or move a muscle. Without thought, there would be no functioning of any internal organ - no digestion, no breath, no heartbeat. Death is the absence of the operation of thought. Without considering the interlocking function of both physical components and thought, Man is doomed to suffer ill-health and body malfunction to the end of his days.

Let's look at the situation in a **common-sense way**.

For instance - consider an automatic washing machine. It is composed of a mass of mechanical components, all controlled by instructions from a small electronic brain, or micro-chip. To take proper care of the machine, it would be no use attending to, and caring for, all the mechanical parts - plus giving attention to what clothes you put into the machine (removing all loose buttons and objects from pockets, etc.), as well as being careful of the powders and stain removers you put in. That would be of no use if you neglected or ill-treated the electronic control system. And yet, the human body/machine is normally treated in just that way. The physical or mechanical part is treated as a completely separate object from the thought control system.

Let's consider the example of the washing machine again. Suppose the designer and manufacturer of the machine was unavailable. It would be really stupid if, when the machine malfunctioned, you had a choice of sending for one of two types of repairmen - one who dealt with the mechanics of the machine, or one who dealt with the electronic system.

It would be considered insane if the two men worked for different businesses and if, for instance, the mechanics repairman, whenever consulted, merely started interfering with the mechanical system to try to rectify the fault, without even considering the cause might be electronic - that the electronic system may be giving wrong instructions to the mechanical components.

It would be even more insane if the two machine repairers had never even met, and had each gone to a completely different training school. The mechanics repair man could, in fact, interfere with many mechanical parts, replace others, or even just pull out some of them and throw them away - when just a small electronic adjustment may have cured the fault. Well, if you realise just how crazy that situation would be, with a simple washing machine, you must realise the absolute insanity of treating the far more complex and delicate human body/machine in the same way.

And yet that is just what occurs.

So, I'll say again - let's talk about "thought". Apart from outside interference, thought completely controls the human body/machine.

****Q.** *Do you mean, then, it's a case of "mind over matter", as some people say?*

****A.** Well, if you mean the theory that you can control the internal workings of the body by consciously willing it to obey you - then, no, I don't mean that. That is not possible. Merely telling yourself that you feel no pain, for instance, may help to control your **reaction** to the pain you feel, but it will not make the pain go away.

Let me explain the relationship between thought and the workings of the body.

Every human body/machine is operated by two systems or patterns of thought, simultaneously, and in complete co-operation. One is the thought pattern of your conscious thought, which is, in effect, your set character - your **personality**. The other you could call the secondary pattern - the one that controls the entire automatic bodily functioning. Now the secondary pattern always corresponds with (that is, matches) the conscious or primary thought pattern. If a person is intended to be, say, an athletic runner, then his thoughts, his desires, about running would be backed up by a secondary pattern which gears the body to specialise in exertive lung and heart action, and leg energy and muscle.

The full explanation of thought patterns would require an entire book in itself, but now let's just consider the basic facts necessary to an understanding of how to achieve good health.

Thought patterns **always** work in pairs - your internal bodily workings depend entirely on the type of thoughts you habitually use - daily. Your decisions and actions throughout the day are already predetermined by your set attitude towards a certain type of situation or interaction. For example, if you have a general dislike of people of another race or religion, then all your dealings with them will be influenced by those feelings - your attitude towards them is already fixed, and you will have no option but to react to them in a certain way - no matter how hard you try to conceal your bias externally.

In fact, your whole lifestyle is governed, not by individual choices you make within each situation, but by your fixed **attitudes**. It is the sum total of your fixed attitudes that make up the personality that people regard as being you. And it is those same fixed attitudes that govern the internal workings of your body/machine. Those attitudes form a fixed pattern of thought, and that pattern of thought in turn automatically selects a corresponding internal, physical thought pattern that governs just how your body will function - including your organs and your caretaker parasites.

If your habitual conscious thought pattern is generally one of conflict with people and the world in general, then you have, in effect, selected a pattern of conflict within your body's internal functioning - and your health will suffer accordingly. You do not need to engage in **external** verbal or physical conflict with people and circumstance in order to create this effect, **internal** seething, worry, wanting your own way, will have the same effect.

The closer your attitude (and therefore your daily thought pattern) is to harmony with other people, with other creatures, with the environment in general, then the closer to internal bodily harmony will be the thought pattern governing its workings. **It is as simple as that.**

You decide how well your body/machine will function, or how badly it will malfunction - merely by the fixed attitudes you decide to use to govern your everyday lifestyle. You control the conscious pattern of thought you **choose** to use, and in doing so, like it or not, you control how your body functions internally. In harmony - or in conflict.

****Q.** *This is a completely new idea to me. I understand what you are saying, but I can't visualise how it could operate. Could you give me an example?*

****A.** Well, it's not always so easy to see the direct physical effects of using certain attitudes, but in other cases it is. For example, take the ailment of Arthritis. This is a combination of eating animal produce and worry. Worry is the disharmony, the turmoil created within, by wanting your own way, wanting things to turn out the way you think they should, and getting frustrated and tense, mentally, when it appears they may not go that way. And this **mental** tension of your conscious thought pattern attracts to it a secondary thought pattern of **physical** tension. You find yourself holding your body stiffly, gripping things tightly, clenching your fists, or your jaws. This habitual tension, which you may not want, or even notice, combines with the attack by alien parasites to affect the joints. This is Arthritis.

There are also many other ailments which are often caused solely by mental attitudes - such as Multiple Sclerosis, Parkinson's, Asthma, Paralysis, Shingles, Stroke etc. etc. But to have harmony within your body, it is a requirement that you have harmony within the conscious thought pattern you choose to use. And this is determined by your overall attitudes to life around you, to the Earth you live upon, to the other creatures upon it.

The medical profession often classify certain ailments as being "hereditary", because they run in families. Yet wouldn't you expect the same ailments to prevail in some households or families where all have been indoctrinated into the same beliefs, the same ways of thought, the same attitudes and reactions to other sets of people, to other differing lifestyles - especially when all the family members habitually eat the same kind of food?

****Q.** *Are you saying that my general attitude to life in effect determines how my physical body will function?*

****A.** Yes. That and what you eat. But there again, what you eat is also part and parcel of your general attitude to life, what we could call your overall intention. Of course, apart from the matter of good or bad health, the development of your body and its capabilities will to a large extent be determined by your intended Purpose in life. But that's another topic, which we won't go into at the moment.

****Q.** *Yes, I begin to get the picture now.*

And that explains why two people living in exactly the same circumstances, and maybe eating the same foods, may suffer from entirely different diseases. Because

they have different attitudes to life, react in different ways to identical circumstances, and so their physical bodies react differently.

****A.** You've got it exactly. It depends on their conditioning, what they've been taught, and what attitudes they've just accepted from their parents, their peers and their teachers, or considered for themselves and decided to change.

Health is a matter of the **whole being**, not just isolated aspects of the physical body. It's because of the ignorance of this very point that the medical establishment today has become the realm of symptom mongers. The microscope mentality. Instead of looking for the **cause** of a particular ailment, the authorised method is to study the symptom in minute detail and try to devise ways of counteracting that symptom. So when the simple, overall cause of disease is pointed out, medical scientists prefer to ignore it and bury their heads in the microscope.

The result of this symptom obsession is the mass production of **drugs** as the panacea for all ills. The fact that the major drugs companies actually control the direction of authorised medicine, and just happen to make **billions** of pounds in profits each year, may have some bearing on the matter. They are determined that more and ever more, stronger and more dangerous drugs must be the only way of combating disease - even if it kills you.

It just is not in the interests of their shareholders to admit that the answer to ill health may be simple, usable by anyone, without specialist knowledge and scientific approval - and cost-free. To admit that there is a natural way to be healthy, to prevent disease, would mean an end to the drugs empires, and to the wealth, prestige and power of those with vested interests in them.

****Q.** *Are you saying that no-one should take any drugs, then?*

****A.** No. I would never presume to tell anyone how they must act, the way the medical profession does. Nor try to force my way or my opinion on others - the way the medics do with their compulsory vaccinations, and their vilification of all other types of healing they do not control.

But what I do say is that before you do take any drug whatsoever, make sure that those administering it can formally guarantee, first of all that it will cure you, and most important of all, that it cannot harm you in any way. It's only common sense. Blind belief in a system that has in recent years, stricken, maimed and killed millions of people, is not an intelligent way to behave. My task is to present to you an alternative way - the **only** way - to be healthy, and then leave you to choose.

****Q.** *Yes, I do know that many drugs are dangerous. The brother of a friend of mine was born with stumps instead of arms or legs, because his mother took a recommended drug that was declared "safe". But all the same, what about antibiotics? They're very effective against lots of diseases, aren't they.*

****A.** Look, I don't want to get into a discussion of the comparative benefits and dangers of various types of drugs, but once again let's look at the situation from a common sense point of view, the way of intelligence. The body is nurtured, cared for, and protected and healed by its faithful army of caretaker parasites. When the body is attacked by large numbers of alien parasites, it becomes like a battleground. Now,

on a battleground, if you could send in some weapons which would destroy the invaders, that would be all well and good.

But, if you dropped gas on the battlefield, and the gas destroyed both enemy and friendly troops alike, would you consider it to be such a good idea? If you were a general, sitting somewhere safe, you might claim the operation had been a success, because it achieved the objective of killing all the enemy. (A similar event actually did take place during the first World War, by the way).

But if you really cared for the overall well-being of the homeland and its occupants, then you would be horrified at such drastic and damaging tactics - wouldn't you? And yet that is what happens when antibiotics are used. They kill off bacteria (to use a medical term) - **all** bacteria. Including your own body's protectors. And antibiotics are often doled out **just in case** the body becomes infected. It kills off millions of your own troops and the gas then lingers over the land - in case an enemy invasion takes place. Not only that, but with antibiotics you're usually told to give repeated doses, day after day.

Now does that seem to you to be an intelligent or caring way to behave? If doctors explained this to their customers in the first place, do you think any sane person would deliberately allow their body to be treated in such a manner, unless they really believed it was a matter of life or death? Perhaps that's why they never do explain it to you.

****Q.** *I really did not know that. I've been given antibiotics a few times, but no doctor's ever explained the effects of it to me. All right, I take your point. But don't you think that drugs are useful for relieving pain?*

****A.** They may well be. Having teeth removed, a bullet dug out, a serious wound stitched, and many other cases. If you are brave enough to have teeth removed without anaesthetic, all well and good, but otherwise, be sensible. Pain-killing drugs can have their uses.

But pain is a good and necessary thing. It is nature's way of telling you that something is wrong and in need of being put right - and the more serious the pain, the more urgent is the message to rectify the situation. But when drugs are given **instead of curing the ailment** - then that is not intelligent. It's like a fireman being called to a house where the fire alarm is ringing, and instead of taking the trouble to seek out and extinguish the fire, or because he is incompetent and cannot do so, he goes and turns off the alarm bell. But in that case the fire is still burning and spreading. The same often applies with painful diseases, if you see my point. It could be arthritis, back pains, or even just a headache for which you take an aspirin. Why damage your stomach with aspirin, instead of finding out for yourself why the headache comes about in the first place. If you have a headache, it's telling you something.

Now there are also many other means of actively damaging your health, such as pollution and food poisons, strains and postures associated with your job, tight clothing and fashion shoes, pressure of car seat belts, over strenuous sports, and so on. Your best safeguard against all of these is to look to see what you are doing,

physically or mentally, to cause your ailment. Apply the common-sense test, then rectify it.

****Q.** *Yes, I realise that what you are saying makes sense. But it's just that we're not used to thinking these things out for ourselves, and now it needs a lot of effort. We're used to having everything thought out for us, no questions asked, I suppose.*

****A.** Well, now is the time to start thinking for yourself. As I said, **you are responsible for your body**, no-one else. And no doctor is ever going to accept any responsibility for whatever damage he does to your body. That's not the medical way.

Before we finish this discussion, though, there's one other very popular way of damaging the workings of the body that we haven't mentioned - depriving the it of SALT. *Salt is vitally important.* Always make sure you have an adequate intake of it with your food. It is essential for ensuring that all the organs are properly lubricated, by means of the Pancreas. A small pinch of salt taken onto the tongue and rubbed around the mouth, a couple of times a day, is very beneficial.

Depriving yourself of salt is most harmful. And putting people on salt-free diets is most irresponsible and the height of stupidity. Even medical scientists have recently been forced to admit the possible harm caused by this. The sooner the folly of this medical fad is generally accepted, the better - especially where Pancreas-related ailments are concerned.

Now, just to come back to the subject of disease for a moment, mostly a disease or cancer only persists or spreads because of a continued intake of alien parasites - mainly the eating of meat and dairy produce. Unless the organs are too far gone, or there has been medical surgical interference, stopping the intake of animal produce stops the disease. The body will repair itself, if you will allow it.

So, if you want to be healthy, you'd better make the effort to apply common sense and do it for yourself. It just is not fair to pay your money, sit back and expect someone else to cure you, whilst you carry on doing the very things that caused the disease. It's not fair to the doctors, and it just does not work. Only **you** can guarantee your own good health - but, without a shadow of doubt, guarantee it you can - if you are willing to make the effort.

****Q.** *Well thank you very much, that was really informative.*

****A.** Not at all - now all you have to do is profit by it.

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