

## Blaylock Wellness Report Save Your Brain

Never Be Fat Again Raymond Francis 2007-05-01 Fight Fat at Its True Source . . . Your Cells. An M.I.T.-Trained Scientist Explains the ONE Secret You Need to Know to Lose Weight and Keep It Off. Raymond Francis is the scientist people turn to when diets don't work. His groundbreaking approach treats excess weight for what it really is--a disease caused by malfunctioning cells. As Francis explains, many of the foods we eat every day, especially the 'health' and 'diet' ones we dutifully buy to lose weight, have the opposite effect. Full of hidden toxins and lacking nutrients, they actually poison your cells and alter your weight-control genes, causing your body to put on the pounds. Like he's done for thousands of other people, Raymond Francis can help you turn this fat cycle around and reclaim your waistline--and your health. His simple yet scientifically supported plan will have you looking and feeling better than you have in years-- in just six weeks. You'll discover: Which low-fat and no-fat products actually make you fatter How one missing nutrient can signal your body to store fat Which food additives are most toxic--and how to spot them on a label The 'Big 4' worst foods to eat--with delicious and nutritious alternatives How to sneak more fiber- and nutrient-rich foods into your day Plus, delicious recipes for meals and snacks and week-by-week to-do lists to keep you on track Your body already knows how to regulate its weight--you just need to give it a fighting chance. Now you can--for life.

*Dr. Blaylock's Prescriptions for Natural Health* Russell L. Blaylock 2016-04-28 HEALTH SECRETS THAT CAN SAVE YOUR LIFE Do you find your medical conditions don't get better and prescription drugs don't live up to expectations? No matter how you feel right now, Dr. Blaylock's Prescriptions for Natural Health will give you the lifeline you need. In this book you will discover the key diet and lifestyle factors you must embrace to achieve peak health and wellness—right now and in the years to come. Dr. Blaylock reveals: Specific supplement recommendations for nearly any health issue you could face How to fight back against the diseases of aging with a simple anti-inflammatory diet Why you must avoid specific substances in your food that can damage your brain, heart, lungs, and other organs— especially if you are over 50 How you can drink your daily veggies without messy juicing Safe and effective natural remedies for a full range of conditions including cancer, brain and heart disorders, diabetes, digestive illness, skin problems, pain, and prostate concerns Natural health encompasses two equally important aspects: specific remedies for what currently ails you, and the diet and lifestyle factors that enable your body to avoid disease and premature aging. This book is designed to help you address both points. A health condition, whether temporary or chronic, is a warning sign from your body that things aren't working the way they're supposed to, and that changes need to be made. With Dr. Blaylock's help, you will learn how to heal 70 health conditions, and identify and correct the underlying dietary and lifestyle habits that cause and perpetuate them. The book discusses: The diagnosis and treatment of dozens of medical conditions plaguing men and women: cancer, skin problems, brain and heart diseases, prostate disorders, diabetes, and many more Dr. Blaylock reveals how to relieve common troubles such as pain, ringing in the ears, constipation and other digestive issues, vision problems, mood disorders, and other ailments You will also see how natural products are superior to many pharmaceutical drugs, and learn more about the exciting new field of hyperbaric oxygen therapy Unfortunately, mainstream medicine does not encourage or support optimal health. If you truly want to maintain a healthy body far into the future, read and follow Dr. Blaylock's advice today.

Invisible Eugenics Mark M. Rich Wealthy eugenicist-psychopaths have launched a covert eugenics program to reduce the population. They are attacking citizens with chemical weapons disguised as medicine, which slowly inflict many devastating medical conditions. The victims suffer a reduced lifespan and are removed from the breeding pool. They have established complete control of the public schools which have been transformed into eugenic laboratories. These laboratories are used to identify and destroy any positive values that might foster individual development and to identify those to be attacked. The teachers and doctors are on the frontline working together to identify the resisters who are attacked for life with chemical weapons under the guise of medical treatment. There is a highly coordinated worldwide coverup

of the deaths and injuries caused by these weapons. This population control agenda can be traced back to the late 1800s, when they vowed to eliminate certain bloodlines to purify the human race.

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