

SICK?

DON'T BOTHER READING THIS UNLESS YOU REALLY WANT TO GET BETTER

Lately, it seems like I'm surrounded with news of people with advanced cancer and mysterious, crazy, deadly diseases. Many are hopeless, as they rely on the doctors, and are slowly (and sometimes, not so slowly) inching closer to leaving us. It's hard to watch, and it makes me sad, because as people are overwhelmed with the seriousness of it, they look to the doctors to be their God in healing them, and don't seem to look beyond. The sad truth is, doctors can only help us with 10% of what we need to heal; the other 90% needs to come from us, and possibly, from other healing experts, in some cases. This is not my thought, it's a proven fact. We need to stop giving doctors all the responsibility; they are human, just like we are. They are not God, and usually cannot perform miracles.

Another truth is, cancer and other deadly diseases (some that they can't even name and understand yet) ARE on the rise, and no, the cures are NOT on the rise. Some cancer research charities will word things to lead you to believe otherwise, but read the real facts, and you'll see things ARE getting worse. Why? For a lot of obvious reasons, mostly going back to the fact that we are slowly poisoning ourselves and not giving our bodies what they need. Convenience in food and drinks load us up with poisons, to the point our bodies are overloaded and cannot function properly, which means it gets behind on healing anything that comes along, as a normal body would. Belief that nothing else affects our health also has us running in the wrong direction and slowly killing ourselves, literally. Again, I don't make this SH** up; there is scientific proof behind all of it, which you easily find, if you do your homework. As always, be wise enough to read between the lines of proof and opinion, and use your own common sense in finding things to try, to help yourself or a loved one. If 10 world experts say that studies show proof of something working or not working, but then you read one article that says, "there's no proof that plastic causes cancer," for instance, don't cop out with an excuse for not trying something new that might help. In other words, get rid of the plastics that have been proven to be harmful and start using glass to store and heat foods up in the microwave! It's way too easy to have any excuses in not trying it, especially if you're sick. Why on earth would you risk putting more poison in your body, when such a simple change can reduce the risk? Again, you have to ask yourself, do I really want to be healthy?

So here's what I know, so far, and I hope you take these things seriously, if you seriously want to get better, or help a loved one get better. What have you got to lose, at this point? Try everything that could possibly help and not cause additional harm! You don't know how much time you have!

MINDSET: It's a proven fact that what you believe, deep down, is what you will get. There are plenty of books explaining this, but it's as sure as there's oxygen in the air we can't see, but still need. There is measurable energy in all the systems of our body, including the brain and heart. FYI, the heart produces the most energy of all. So guess what? If deep down in your heart, you feel that life is hard and you're tired of all the things in your life, you are sending out a HUGE message (YES, in the form of measurable energy) that you'd rather not be here, with all the struggle. I hate to be the one to point out, that whatever you think, deep down, has to come about eventually, including an exit to a life that is considered too hard to be worth it. Don't do it, unless you mean it! IF you have been thinking this way, it's time to clean up your thinking, NOW! Replace your toxic thoughts with a commitment and focus on taking care of yourself and on healing, You cannot heal, unless you believe you can heal and set that as your deep-down desire. There just may be people around you that don't want to lose you yet!

CONNECTIONS: Your body is all one unit, right? So guess what? If it's all stuck together, it is ALL STUCK, together! Anything that goes on in one system or part of your body is absolutely affecting something else in your body. In the case of nutrition, toxins, and breathing, it's affecting EVERY PART of your body. Thinking medicine or treatment only impacts one part of your body is complete BS; come on, think about it! Again, is your heart and mind part of your body? So yes, what it believes and truly wants, deep down, DOES affect everything. If you still don't want to believe this, I highly recommend you start learning more about it and decide for yourself, instead of just going with a silly belief that someone else has, that never seriously took the time to learn about it, including doctors. Doctors are amazing and have saved me and my loved ones more than once, but remember, they are human, and how the heck can one human have the time or capacity to know everything? And how do you expect another person to know more about what's going on in your mind, body, and soul, than you do, anyway? They are NOT responsible for you—YOU ARE! Take responsibility for yourself. Playing the victim won't get you anywhere. You are still in charge, whether you admit it, or not. Again, don't mess around with this; no one is guaranteed another day in their life. No one.

NUTRITION AND LACK OF NUTRITION: The most heart-breaking to me of all, is the total disregard we have for what we consume. Just because someone's selling it, it doesn't mean it's safe, or of any good to our bodies, at all. Our bodies are alive and NEED GOOD FUEL! If we don't give ourselves the nutrition we need, the body cannot function properly, and you're gonna get sick. If you stick more poisons in than nutrition, you will eventually kill yourself. It's really quite simple, I think. Again, why would you poison yourself, and makes excuses like, "They can't prove it causes cancer" or "It's not gonna kill me." Really? How do you know that? Sure, maybe once, twice, or 200 times, your body can detoxify it and flush out the crap you're putting in, but what happens when you put in hundreds of poisons, or get to the 201st time you ate or drank that poison, and your body just can't take it anymore? What do you think is gonna happen? And what do you think it's fighting it with, when you don't eat, drink, or breathe properly? Invisible nutrients and oxygen? Don't LIKE the healthy stuff? Guess what? You're in trouble, because all the toxins have your taste buds all messed up and you're probably addicted to several chemicals, just like a person gets addicted to the well-known drugs out there. As you heal your addictions by getting away from the toxic foods and drinks and introducing healthy stuff, your taste buds will eventually return to normal, so that you can taste how good fresh food is. Find a way. Mask the high-nutrient foods, like spinach and carrots, by making yourself a smoothie or juice with your favorite fruit, and hiding it in there. Juicing is very healing because the more you break open live plant cells, the more your body can use them. (That's one reason you're supposed to chew things up finely.) Just stick to organic greek yogurt in your smoothies (without a ton of added sugar!) and organic fruits and vegetables, because you really don't need the extra toxic chemicals that can be in non-organic stuff, do you? Give your poor body a break, and feed it well. It's DYING for good fuel to function! Can your car run on water in the gas tank? What makes you think your body can run without proper fuel, then? Can I point out that your body is a slightly more sophisticated and complicated machine, than a car? Can I remind you, it's the only one you got?

TOXINS: Have no doubt, the rise in cancer and disease is absolutely from the overload of toxins. Lack of nutrition and mindset make it almost impossible to detoxify from all the crap that we're exposed to, every single day. Air quality sucks, in most of the country, and most of us don't take a deep breath, hardly ever, so we're NOT getting sufficient oxygen anyway; the cells in our bodies NEED oxygen. Cancer and disease THRIVE when we are not breathing properly. Most of the body, household, and especially outdoor products are LOADED with poisons that we inhale, absorb through the open pores of our skin, and even consume, somehow. (Like plastic poisons, from water bottles and food containers.) You already know that your body counts on plain, toxin-free water to clean out toxins, right? I have not found very many low-toxin-risk drinks out there at all, so I usually stick to plain water, organic milk, or a freshly-squeezed, organic juice. I don't miss the soda or sugar-and-chemical-loaded juices at all. They are not worth bringing back the allergies, body aches, or tumors I used to have.

TRY, TRY, and TRY AGAIN: If you really want to live a long, happy life, why not take the time to do your own research, on your particular ailments, and connect with others that have cured it? When I developed breast tumors and lymph node problems, I had one thought in mind: Find the source and change something to stop it from feeding the tumors. I knew that the tumors were my red flag that my body was struggling with something that I could correct. I didn't let the doctors take a biopsy because it could absolutely spread the cells of the tumor. What good would it do, anyway? I either had cancer or pre-cancerous tumors, according to everything I researched. Either way, I just wanted to stop it in its tracks and heal it, not risk spreading it. It didn't take me long to find a list of plants that are PROVEN to kill cancer cells. PROVEN! Yet when I asked my doctors, they really didn't know about it. Again, we have to remember, doctors are geniuses, trained in the specifics of proving quick fixes to keep us alive, usually by treating the one thing. We have to be responsible in making the decisions, like the impact on the rest of our body. I eliminated soda and most alcohol and added organic, fresh-ground flax seed to my diet, and BANG! Within a few days, my tumors were gone. GONE! People I know have added some of the other cancer-killers, like turmeric and aloe vera, in addition to the flax seed, and have told me they feel cured as well. Again, stick with ORGANIC and FRESHLY ground or squeezed. I found that my flax seed is ineffective if it's older than about 5 days ground. There is something out there that can help. Keep looking!

I've written lots more in other articles, providing specifics on some of these things, so please take a look and pass it on to the people you care about. There's lots more easy-to-access information out there, too, and I recommend you start with the Super Foods to start fueling up with the stuff that your body needs to heal. And drop the toxins like soda, right away. Again, it's proven that a change in nutrition and attitude can heal ANYTHING. ANYTHING! This stuff is so simple. Why are people saving it as a "last resort?" Why do people take on treatments that are killing them to the point that nothing can save them, at that point? Wouldn't it be a lot easier, cheaper, and effective to just start with the basics of health? It kind of kills me that they call the stuff that really works "ALTERNATIVE MEDICINE"... but it kills me more that people don't think they're worth taking the time to look at the proven facts of what does and does not work. They just take on some random opinion of someone that doesn't know a thing about it, instead of talking to the experts in that area of "ALTERNATIVE MEDICINE." Makes me think that people just don't think they're worth it, and again, it makes me very sad. I really don't want to see one more person kill themselves through a slow death of toxins, so please give this some serious thought and do what YOU THINK makes sense, not what you think someone else thinks. It's your body, and it's your life. Don't put anyone else in charge of it!

~Mary Anne

"Raise \$1 million for charity while making the world a happier place!"

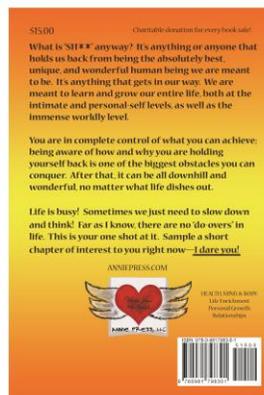
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