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Eden's Health Plan — Go Natural!

Live Long Enough to
Fulfill Your Destiny

by

Mark and Patti Virkler

God's covenant of health:

Then he cried out to the Lord, and the Lord showed him a tree; and he threw it into the waters, and the waters became sweet. There He made for them a statute and regulation, and there He tested them. And He said, "If you will

1. give earnest heed to the voice of the Lord your God, and
2. do what is right in His sight, and
3. give ear to His commandments, and
4. keep all His statutes,

I will put none of the diseases on you which I have put on the Egyptians; for I, the Lord, am your healer (literally *the Lord your health*)."

—Exodus 15:25, 26

In this book we will try to learn how to live in this wonderful covenant of health which God has made with His people!

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IMPORTANT NOTICE:

The information and procedures contained in this book are not intended as a substitute for consulting your physician. Any attempt to diagnose and treat an illness should come under the direction of a physician who is familiar with nutritional therapy.

Foreword

In this volume, Mark Virkler has compiled a wealth of effective health information. The value of this book goes far beyond a writer's intellect to reflect on scriptural teaching that is put to the test in the real world. His work reflects the wisdom of having lived out the restoration of God's Health Plan for our lives.

The words of this book are effective tools for positive change in our lives. The ideas of this book work best when they are applied through the leading of the Holy Spirit, for the Spirit will guide us into all truth.

I recall the story of a primitive man who stumbled across a pair of prescription eyeglasses. As he was closely examining the glasses, he happened to look through them. Immediately he noticed that his vision had greatly improved. This realization led him to believe that he had found the answer to all the world's eyesight problems. But as you would imagine, only a small number of the people he tried the eyeglasses on were actually helped.

We need to remember the experience of this primitive man when seeking God's wisdom for our health. This book contains much sound and safe information, but its personal application, as in all issues of your life, should be led and confirmed by the Holy Spirit.

By applying scriptural truths to diet and lifestyle management, Mark shows how to prevent or deal with many of the common health problems of this age. But he also goes beyond this to reveal how we should glorify God in our bodies by living healthy and vital lives.

Mark has done the body of Christ a great service in compiling this information. I am convinced through my many years of practice that this book holds valuable treasures we need to apprehend the fullness of health that God has for us all.

Frank J. King, N.D., D.C.

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Dedication

This book is dedicated with love to our children, Charity and Joshua. May the Spirit of purity rule in every area of your lives, giving you physical, emotional and spiritual wholeness. May you live long enough in vibrant health to fulfill the awesome destinies God has in mind for you. We love you!

Introduction

Questions concerning health

Wouldn't it be nice if God's children were the healthiest people in the world? Wouldn't it be great if they were the most vivacious, active, spontaneous and creative? Doesn't it make sense that they should live the longest, accomplish the most and become the most outstanding leaders the world has ever seen? Wouldn't it be exciting if they didn't get the diseases common to the rest of the world because they knew how to live sanctified lives according to the Word of God? I wonder if that was God's plan. I wonder if such a thing is possible. What do you think?

The current dismal scene

My heart wept as I walked through the airport, passing the lethargic, shuffling crowd with a listless gait. Some were standing in line waiting to purchase "food" which they fully intended to put in their mouths, poisoning their entire systems and making them even more lethargic. Many probably do not know that the United States Surgeon General has said that half of the people who die in America every year die because of what they eat. I have a good idea what their destinies hold. They will likely find themselves with degenerative diseases requiring several stays in the hospital, during which they will experience humiliating, invasive and mutilating surgery, followed by an early and pain-filled death. All of this could be avoided, if only they knew.

They are led as sheep to the slaughter — lambs without a shepherd, or at least without a good shepherd — innocently assuming that if the food is available for purchase, it must be safe to eat.

They do not know that the law of the land requires that processed food be dead before it is sold. Most of the “living” food is sold at the perimeter of the store.

They innocently assume that the doctor and the Food and Drug Administration (FDA) are looking after their health. And some doctors are, because they are seekers after truth. They are courageous men and women who stand against the tide of our times and offer wholeness of body and soul. However, many simply adopt the outdated and ineffective remedies of the past, and the pronouncements of the FDA, trusting its honesty and accuracy. They do not know that greed and a limited world-view corrupt such agencies.

How I wish I could tell them what I have learned about health and nutrition! I wish they could taste how full of health and vitality I have become since I began to practice the simple principles delineated in this book. I wish I could convince them to turn from the path they have so trustingly chosen. How I wish I could spare their lives from the tragedy which is before them, and indeed which many of them are already walking in. As I travel the country, I find that “everyone” is sick! This ought not to be in a nation as prosperous as ours! How I wish I could place in everyone’s hands a copy of this book and say, “Try everything it suggests for thirty days. See how you feel *after only one month.*” I know they would be rejuvenated. I believe their health would be renewed. I am convinced that many inoperable and degenerative diseases would be reversed, and in some cases, would go into complete remission by following the simple, non-invasive, inexpensive solutions presented in this book.

However, I can’t convince them to change. That is the work of the Holy Spirit. I can’t undo the effects of wrong training in just a few minutes. Many are not even asking me for that kind of help. Only about 20 percent of people are seekers after truth. Another 40 percent will embrace truth when it is presented to them and there is a great enough need in their lives. The rest will not embrace truth, even though they are in critical need and it is right there before them.

I can offer the truths I have seen to you, the reader. You are taking the time to read, to look and to listen. I pray you have an

open heart. I pray you have the heart of a learner. I pray you are a seeker of truth. And more than that, I pray that your life is submitted to Truth, so that when it (that is, He, Jesus) confronts you, you have chosen to yield your life to His claims upon you. For indeed the Good Shepherd, the Shepherd of our souls, has said that He is truth and that His truth “shall set you free” — if you will heed it! How tragic it is for one to know the truth and not act upon it. How tragic it is to walk through life without even discovering the way of life. My prayer is that neither of these tragedies would happen to you, dear reader.

Life is too short. It is too precious to squander in listlessness, lethargy, sickness and disease. It was not intended to be lived this way. It was intended to be lived in divine health, filled with joy and ecstasy, vitality and abundance. It was designed to be fulfilling beyond measure. And mine has become so. After losing these wonderful, precious gifts for several years, they have been restored by discovering and practicing the truths that are recorded on the pages that follow.

And so I offer you an abundance of health, life, energy and vitality by following a few simple, biblically-grounded rules of health care. Try them for thirty days, and I believe you will never return to your old ways of living. Wouldn't it be worth a thirty-day test, just to see? Can we live 80, 100, even 120 years in vital health? I think we can. Why not read and decide for yourself?

1

An Unhealed Nation!

My early, unwise decision

I remember thanking God for giving me a strong, vibrant physical body which was hardly ever sick. I remember thinking at age twenty that, when I got older and my body began breaking down, I would study health and healing and gain a better understanding of how to maintain the wonderful gift of health with which God had blessed me. That may not have been one of my smarter decisions because once you damage a gift as precious as your health, it can be very difficult to restore it to its original strength. You see, the most common cause of death in the United States is heart disease. Every year, 1.2 million people have a heart attack. Fifty percent of them die. Fifty percent of those who die never knew they were sick. They may have gone for a medical check-up and received a clean bill of health. The first sign of heart problems for many is death. Heart disease is a socially acceptable way to die. And it leaves millions of widows and orphans every year.

Twenty years later

Well, by the time I was forty, my body had broken down. I was full of stress, had become fat, and my energy level was always low. Even after eating a huge meal, I still felt low energy and continued to eat and eat. But it didn't seem to help. My high energy was gone. I felt gaseous pain in my upper stomach after every meal. I was beginning

to feel some chest pains which made me wonder about the condition of my heart. My vitality was gone. My resistance to disease had waned and I was easily susceptible to germs and sicknesses. Stress would throw my neck and back out of place regularly. My toes would become inflamed with infection. My intestines had picked up parasites from travel abroad, and I was an all-around mess.

I discerned it was time to begin studying health and healing, but by now I had lost my energy to do so! By 5:00 in the afternoon, I only had enough energy to sit on the sofa, eat M&M's and watch television, trying not to move too much because my system was exhausted from the day's work. And I was the person who had always worked full steam until 11:00 at night!

So I went to my doctor, and had a complete physical. He said I was in great shape except that my cholesterol was a bit high. I went back a year later and he again said I was fine except that my cholesterol was even higher (274) and that my triglycerides were about 300. That, he informed me, put me at maximum risk for coronary disease, and he recommended I go on a strict diet right away.

Discovering motivation and strength to change

That got my attention a fair bit. Having a wonderful, loving wife and two dynamic teenagers, I did not think it would be too smart to die, leaving them to fend for themselves. So I discovered the motivation I needed to get moving and begin taking care of myself physically. At the same time, I was picking up additional energy and motivation through some herbs and chromium I had begun taking. They were not only giving me energy, but also weight loss, muscle gain, suppression of appetite and suppression of desire for sweets. They increased the blood flow to my brain, so I felt more alert, and helped in the digestion of food.

I regained enough energy and motivation to begin a one-year study on diet, disease and divine healing. I read more than seventy books, experimented with their suggestions on my own body, went on a seven-day fast, lost twenty-seven pounds, sixty-three points of cholesterol and seven inches around my waist. I felt my energy and vitality and physical frame restored to that of twenty years earlier when I was only twenty years of age, and I am still improving every day, even at the writing of this book.

So I decided to share with you what I have learned so far. I am sure it is incomplete knowledge, but it is considerably more than I have ever had before. And I am convinced it is enough to help many others who may also be struggling with health problems. I am not a doctor of medicine by training, so my findings must be tempered by that fact.

Those familiar with my writing are aware that I never present a problem without also presenting a solution. My practical German nature sees problems as challenges to be overcome, and I am only satisfied when I have analyzed a situation, discovered solutions that work in my life, and clearly communicated my findings to others so their lives can be enhanced as well. Therefore, this book will contain references to specific products and disciplines which I have found effective in dealing with specific needs. This doesn't mean that these products are the only ones available which can do these things. It just means that they are the ones I have chosen to use. You are certainly encouraged to do your own research and find alternatives that meet the same criteria, if you'd like. The information I am presenting is my testimony, offered to assist those who face similar problems but who don't have the time, resources, or inclination to do intensive research.

Another motivation to study health

I have been frustrated for years by the fact that I, and others in the body of Christ who believe in prayer for divine healing, see only limited results to our prayers. Sometimes prayer works miraculously well. Sometimes it appears to work for a while, and sometimes it doesn't seem to work at all. Even Kathryn Kuhlman said that she did not understand why some were healed and others were not. Well, I certainly didn't either, and I found it very frustrating.

I believe that healing is an incredibly complex issue, that there are many reasons why a person can become sick, and many avenues which can be used to make one healthier. It is often a matter of matching the right solution to the discerned need. That takes a bit of knowledge and discernment and anointing — more than I had. Well, my year's study in the area of health has given me many more answers than I have ever had before, and I am convinced I can help many more people than I have before when it comes to the area of

physical health. I don't for a minute believe I have learned it all. I am a learner along the road of life, and look forward to learning much in the years to come in this area, as well as others.

A researcher

A recent investigation by a Senate subcommittee revealed that the average physician in the United States receives *less than three hours* of training in nutrition during four years of medical school, and that less than three percent of the licensing exam questions are concerned with nutrition.¹ I was astounded by the realization that the year of research I had just completed may have given me greater knowledge than the average doctor has on the relationship of diet to disease. I somehow assumed that doctors would focus heavily on the fuel our bodies take in, since our bodies are complex, intricate engines burning this fuel at a constant temperature of 98.6 degrees and designed to repair themselves IF GIVEN THE PROPER TOOLS! Obviously, if we are taking in the wrong fuel, our engines will sputter and could malfunction, and our bodies' ability to repair themselves will be impaired.

Detours taken by Western medicine

1. Focus on cure rather than prevention.

Western medicine has focused much more on the cure for disease than on prevention. Rather than trying to keep me healthy, doctors are trained to help maintain me when I become sick. And they will not maintain me primarily through diet or natural means, but through synthetic pharmaceutical medicines which often have severe side effects. Students in medical school study pathology (i.e. sickness) rather than health.

2. Corruption of major medical establishments.

Pharmaceutical companies have become big business and, when linked with the FDA, are able to maintain an almost complete stranglehold on any and all natural means of physical rejuvenation. Instead, they fill the market with high-cost synthetic drugs and procedures which may leave the patient in worse shape than before receiving the treatment. The corruption which I found documented

in my research shocked and sickened me. It was a major factor in my decision to **take charge of my own health**, which has been one of the best decisions I have ever made.

Benjamin Rush, M.D. and signer of the Declaration of Independence, foresaw years ago what has happened to us when he wrote, “Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship...the Constitution of this Republic should make special provision for medical...as well as religious freedom.”²

I am not against doctors. I object to the abuse of power by doctors who try to limit individuals’ freedom to choose the methodology of healing which they believe is best for themselves.

3. Over-emphasizing one theory of disease over all others.

Another over-emphasis in Western medicine is the result of the pendulum-swing from one theory of disease to another. Until the late 1800’s, doctors did not wash their hands before examining patients. It was common practice for medical students to go straight from their work in the morgue to hospital wards to examine their living patients. Of course, the diseases which had killed those in the morgue were spread to the patients. Hospitals became breeding grounds for disease. Ignaz Semmelweis (1818-1865) discovered that the simple ritual of washing one’s hands between patients had tremendous benefit. Yet, when he tried to convince the medical community of the mass murder it was perpetrating on innocent victims entrusted to its care, he was laughed at, ridiculed to scorn, and fired from his position in the hospital (even though his hand-washing procedure reduced mortality rate in his ward to about 1%). After his firing, his hand-washing procedures were dropped and mortality rates again soared. He instituted his procedures in other hospitals with the same results — a drastic reduction in the spread of disease, and ridicule and rejection. It was not until after his death that medical science accepted his procedures.³

Now, of course, medical science has accepted the “germ theory of disease.” However, it has done so to the almost total exclusion of the truth that if we provide our bodies with a healthy immune system, our bodies’ defense artillery can fight off most diseases successfully themselves. Now, medical experts laugh in derision at anyone who

would suggest that proper food, vitamins and nutrition can build a powerful immune system which could in itself destroy cancer. It is scary to see the arrogance and intolerance mankind has of any and all opposing views. Lord, deliver us from our pride so we can be seekers of truth, even if that means our own views and our financial security may be threatened.

No wonder God put medical care in the hands of the priests (Lev. 14). I am sure it was with the hope that, as spiritual leaders, they would demonstrate humility, righteousness, and a godly honoring of truth, regardless of what it cost them. Perhaps this needs to happen once again. Perhaps the individuals in church leadership themselves need to become spiritual enough to be willing to lose their lives and pet doctrines and job security, for the truth. They must be willing to be open-minded searchers after truth. If church leaders won't meet these criteria (and often they won't), how can we ever expect others to? The Church sets the standard for the world in which we live.

Cancer

I also learned that I was not the only one sick in America. We are a nation of sick people. Even after spending hundreds of billions of dollars on cancer research and treatment, the percentage of people in America diagnosed with cancer each year continues to grow. Now, about one in three will be afflicted with this terrifying disease — an exciting statistic, since I have four in my family and some of my grandparents died of cancer, so cancer “runs in the family.” If you are a woman, in 1900 your chance of getting cancer would have been 1 in 40. By 1990 it had become 1 in 2.6.⁵ That is a 1500% increase for women in just 90 years. I find it amazing that we cannot get a handle on cancer when some cultures of the world have practically no cancer. Why can't we simply observe their diet and lifestyle, and experiment with it to see if it would reduce cancer in our culture?

Some doctors have done this and have written about their findings. Among them is Dr. Max Gerson who wrote *A Cancer Therapy — Results of Fifty Cases* and *The Cure of Advanced Cancer by Diet Therapy*, a summary of thirty years of clinical experimentation. In 1946 he testified before a United States Congressional subcommittee on his success in curing advanced cancer through diet. Gerson died in 1959 and was eulogized by Nobel Prize winner Albert Schweitzer

(Gerson had cured his wife of lung tuberculosis after all conventional treatments had failed): “I see in him one of the most eminent geniuses in the history of medicine.” What a pity that Gerson’s simple, inexpensive way of treating cancer through diet has not yet caught on. We could have saved billions of dollars, and untold suffering and agony, and needless bodily mutilation in so many millions of lives. Gerson’s clinic for the nutritional healing of cancer still functions (The Gerson Institute) and his books, newsletters and diet plan are available (www.gerson.org). The Gerson Institute has tremendous expertise and success in dissolving cancerous tumors through diet therapy. If I had cancer, I would surely go on the diet Dr. Gerson teaches in his books and stay on it until I was healed.

What absolutely amazed me is that the diet Gerson recommends, as well as that recommended by other doctors who heal the body of various diseases through diet, is the same diet that God gave man in Genesis 1:29. A shocking revelation struck me, that —

the Genesis diet heals!!!

Then God said, “Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you.” (Genesis 1:29)

In a later chapter we will explore what foods are contained in this diet and why they are so healing. In the rest of this chapter, I will briefly show how modern scientific studies have proven over and over again that the Genesis diet which avoids trans fat, includes healthy fats and is high in fiber, is the healthiest diet in the world.

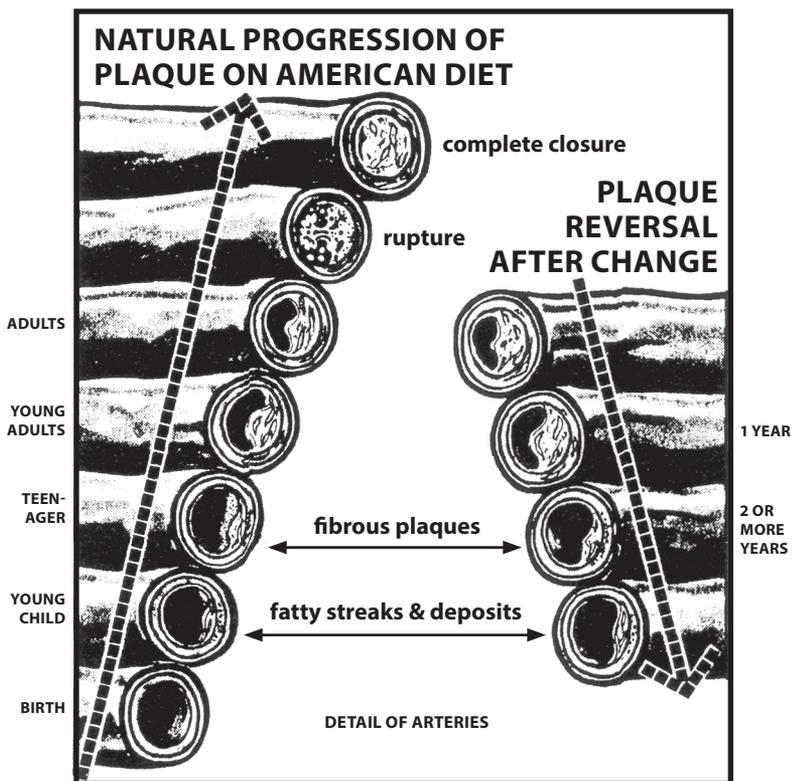
Many great historical figures have adopted this diet. They include Daniel, Albert Einstein, Ralph Waldo Emerson, St. Francis, Benjamin Franklin, John Milton, Isaac Newton, Plato, Albert Schweitzer, Socrates, Henry David Thoreau, Voltaire, H.G. Wells, and John Wesley, to name just a few.

Osteoporosis

Americans are sick with more than continuously rising cancer rates. An epidemic fifteen to twenty million persons in the United

States are affected by osteoporosis, costing \$4 billion annually for diagnosis and care of these suffering people. About 1.3 million fractures attributed to osteoporosis occur annually in people forty-five years and older. Approximately 100,000 wrist fractures occur each year from osteoporosis. One hundred ninety thousand hip fractures occur annually at a cost of more than one billion dollars. Eighty percent are in postmenopausal women. At least 15,000 women die each year as a direct result of hip fractures. Of those who recover, only 25 percent regain full mobility. The diagnosis and care of people suffering from this disease has become a four billion dollar-a-year health business in the United States.⁶

This entire tragedy, with all its accompanying pain and suffering, is preventable by consuming the Genesis diet. We will show how and why in a later chapter.



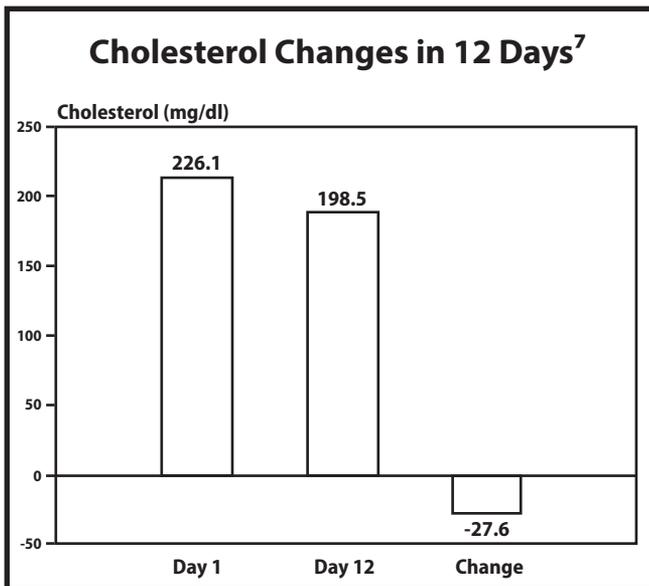
Atherosclerosis

Atherosclerosis can be thought of as sores on the many miles of arteries in your body, which are caused by slivers of cholesterol which injure the inside of the linings. Build-up occurs within the arteries until we have a stroke or heart attack. Then we know our arteries are rotten.

As soon as you change your diet, more cholesterol flows out of your arteries than flows in, and its accompanying diseases immediately go into regression. You experience the reversal of atherosclerosis. Within hours of changing your diet, you reduce your risk of dying of heart disease. I changed my diet, removing three-quarters of the meats and dairy products and two-thirds of the sugar, and within 90 days my cholesterol had dropped 65 points.

Cholesterol is not cement. It can be reduced through lowering fat intake. On the Genesis diet, which is similar to what John McDougall recommends in *The McDougall Program*, his patients average a nearly 28 point drop in cholesterol in twelve days!

Atherosclerosis is epidemic in America. Studies show that at least one out of three major coronary arteries is narrowed by 50 percent

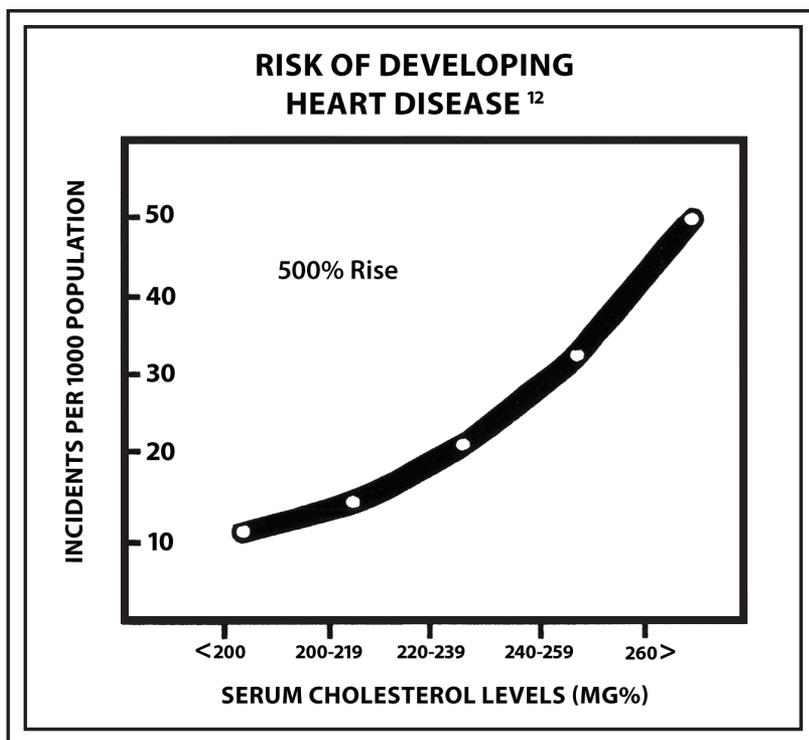


or more in approximately half of the high-risk men below age forty.^{8,9} Autopsies of 300 men killed in the Korean conflict (average age of 22 years) showed that 77 percent of them had atherosclerotic disease in the arteries that supplied the heart muscle, known as the coronary arteries. Eight had almost complete or complete blockage of at least one of the essential arteries that had kept their hearts beating long enough to allow them to be killed in action.¹⁰

The good news is that **the day** one begins the Genesis diet, his arteries begin to cleanse and heal themselves.

Cholesterol

Just as a grade on a test does not really tell what you know but it is an indicator, so cholesterol does not tell you the state of your health, but it, too, is a good indicator. Many doctors believe it is one of the most reliable indicators we have of the overall state of our health. The average cholesterol in America is between 210 and 220.



You don't want to be average because the average male in America has a greater than 50 percent chance of dying from heart disease. A decrease in your cholesterol of about 60 points will decrease your risk of dying of heart disease about five fold. (I just reduced mine 65 points, from 274 to 209, in 90 days!) Many studies have proven that when your cholesterol gets below 150, you are essentially immune to heart disease. In Framington, MA more than 4000 people were followed for 40 years and it was found that when cholesterol was 150 or less, the people did not get heart disease.

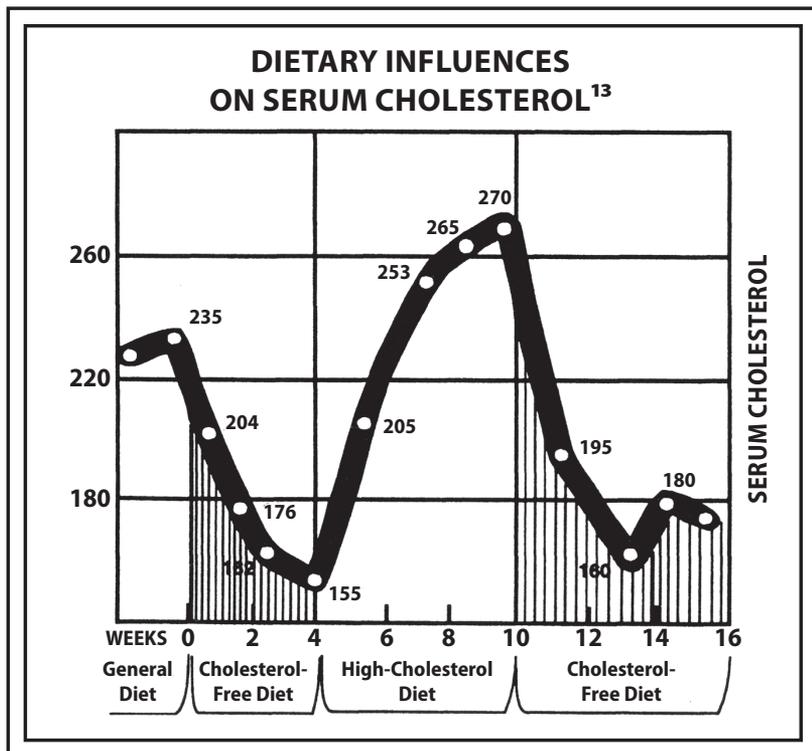
Heart Disease

Cholesterol levels in one's bloodstream are probably the strongest indicator of one's risk of developing heart disease. The accompanying chart shows that as one's cholesterol goes up, so does incidence of heart disease. The second chart shows that in only three weeks on a cholesterol-free diet, one can drop cholesterol about 100 points.

It was almost unbelievable to me how much better I felt when my cholesterol dropped 65 points. It was hard to imagine that a change in lifestyle could do so much in such a short time. When accumulation of cholesterol is great, as it was for me, the large deposits of cholesterol throughout the body are released into the blood and in that way keep the level elevated for a long time. Eventually, after several years of eating proper foods, the cholesterol deposits may be depleted and the cholesterol levels will begin to fall again. At 150 or 160 there is essentially no chance of developing heart disease. That is my personal goal. I did have my cholesterol checked about three months after my initial cholesterol drop, my cholesterol level had not dropped any more. It had even gone up a few points. I was very encouraged to learn that an inner cleansing of my artery walls was occurring, although my cholesterol may not fall any further the next two years. However, I will be cleaning up the damage I have been doing to my body for the last forty years. That understanding is comforting. Plus, every day I seem to have more energy. I suspect that as the arteries are being cleansed of their plaque build-up, more blood is flowing, carrying more oxygen to every part of my body, and thus a sense of being "more alive" continues to permeate every part of my being day by day. Do you think I'm thrilled and excited? Try it, you'll love it!

Bypass surgery is a \$5 billion a year business that earns many surgeons \$1 million and more annually. Each year 200,000 trusting patients are sent to these surgeons, asking to have their clogged arteries bypassed.¹⁴ Major complications of one kind or another affect about 13 percent of the patients.¹⁵ Studies show that nearly 100 percent of the patients who are placed on the heart-lung machine suffer some form of brain injury.¹⁶ Almost every review of the results of bypass surgery has concluded that this surgery does not save lives when compared with simply giving patients drugs that relieve their angina.¹⁹ ²³ A five-year review of the survival rates of those receiving bypasses showed 82 percent still alive, while 80 percent of those who were simply treated with medicines were still alive.²⁴

One-quarter of bypass patients return to the hospital within six months of their operation. Nearly 60 percent of the readmissions are for chest pains and other heart-related complaints.²⁵ Evidence from researchers from the Cardiovascular Laboratories, Harvard School



of Public Health, has shown that even with severe coronary artery disease, good medical care along with changes in diet and lifestyle will give equal or better results than surgery.²⁶ As a matter of fact, the primary reason people submit to bypass surgery is to alleviate chest pain. Open-heart surgery does relieve that pain. However, a healthy diet is also highly effective and much less harmful, not to mention less expensive. In patients using such a dietary treatment, chest pain episodes are decreased by 91 percent in only twenty-four days without the \$25,000 - \$37,000 price tag and painful foot-long incision across the victim's chest.²⁷ Doesn't this sound more reasonable? I think I prefer simply sticking to the Genesis diet.

In addition, new research in the area of histamines has indicated that if you have enough of vitamins B6 and B12 and folic acid in your system, cholesterol is not a problem. (See *The Homocysteine Revolution*, available from Amazon.com.) I therefore take a supplement which has these and other nutritionals to ensure strong, clean blood vessels.

Hypertension

About 23 million American adults have high blood pressure. They make about 25 million visits to their doctors per year, and drugs are prescribed in 89 percent of those cases.²⁸ People with high blood pressure have twice the chance of dying from anything at all, twice the chance of closure of the arteries in the legs, three times the chance of dying from heart attacks, four times the chance of heart failure, seven times the chance of having a stroke.²⁹⁻³¹

It is not a coincidence that the societies where blood pressure remains the same throughout adult life are the same as those where blood levels of cholesterol, triglycerides, and uric acid are also low, and obesity is uncommon. All these positive characteristics are common to people who follow the Genesis diet, or a diet based on grains, potatoes, and other starchy foods. Normal blood pressure in these countries is 110/70. That is what I have chosen to aim for.

Diabetes

One in twenty people in the United States has diabetes.³² Childhood onset diabetes represents less than five percent of the cases. The rest are adult onset. Diabetics have earlier and more severe com-

plications from atherosclerosis, which lead to kidney failure, heart attacks and strokes.³³⁻³⁶ The typical high-fat, low-fiber American diet is a primary culprit in adult onset diabetes. The Genesis diet can be beneficial in controlling it.

Arthritis

Arthritis is a term that refers to signs and symptoms of inflammation in any joint in the body. Osteoarthritis is the most common of all types of arthritis. At least 85 percent of persons aged 70 to 79 have diagnosable osteoarthritis, which compromises the quality of life they can live. An estimated 180,000 people in the United States are bed or wheelchair invalids because of this common disease.³⁷ Osteoarthritis and osteoporosis, another bone disease common in the United States, are rare among people in underdeveloped countries where they are much more likely to be eating the Genesis diet than are Americans.³⁸

Investigators at Wayne State University Medical School fed a fat-free diet to six patients suffering from rheumatoid arthritis. They found complete remission of the disease in all six patients within seven weeks. The symptoms recurred within seventy-two hours when either vegetable oil or animal fats were introduced into their diets. Chicken, beef, cheese, and safflower oil all caused severe arthritis in these patients. The investigators concluded that “dietary fats in the amounts normally eaten in the American diet cause inflammatory joint changes seen in rheumatoid arthritis.”³⁹ Again, the Genesis diet heals and the American diet wounds.

Urinary Disease

Various urinary diseases can also be avoided or healed through the Genesis diet. For example, in the United States, vegetarians (people who eat the Genesis diet), have about half the incidence of kidney stones as the general population.⁴⁰

Kidneys are damaged by excessive protein consumption, a high-fat diet and excessive intake of Vitamin C (more than 12,000 mg/day). Twenty years ago, the World Health Organization determined that a 176-pound adult needed only 11/3 ounces, or 40 grams of protein daily. (That was actually 30% higher than their studies indicated. The extra was added as a safety factor.) Since the body cannot store

excess protein, any extra that is consumed must be excreted, putting tremendous overload on one's kidneys. The average American consumes 90 to 150 grams of protein daily (or three or four times more than the body needs or can use).

Drs. William E. Mitch and MacKenzie Walter published in the *New England Journal of Medicine* a study of 24 patients who had chronic kidney failure. They were treated with a low-protein diet containing only 20 to 30 grams of mixed quality protein, plus some specialized low-acid protein supplements. Seventeen of the patients had slower progression of their kidney failure, and seven of these patients had no progression or even reversal of their kidney failure.

Prostate Problems

The prostate is a gland which only men have and is associated with the sex act. Prostate enlargement and subsequent urinary problems occur for the majority of men over age 40, including urgent and frequent need to urinate, slow stream, hesitance and pain in urination.

This enlargement is caused most largely by the American high fat diet. In Thailand, Japan, Taiwan and Ceylon, where the average dietary fat consumption falls between 25 and 45 grams per day, the average death rate from prostate cancer is two or less deaths per 100,000 men. But in the United States, New Zealand, Australia and most of the countries in Western Europe, where the average fat consumption is between 120 and 160 grams per day, the death rate from prostate cancer is 12 to 18 per 100,000 men. Fully 165,000 new cases of prostate cancer are diagnosed every year in the U.S. and 35,000 men die of it.⁴¹

In recent years, the incidence of prostate operations has increased sixteen fold. Currently, 400,000 operations at \$12,000 each are being done annually in the U.S.⁴² According to Dr. John Wennberg of the Dartmouth Medical School, the death rate is as high as 1.3% (one death per 77 procedures), 8% of the men having the procedure have complications requiring hospitalization within three months, and 5 percent of them develop impotence. Also, 20 percent of all men need to repeat the procedure within eight years. Other reports show that, for 15 percent of the patients, symptoms can return in about a year and 4 percent of the patients suffer from incontinence.⁴³

The Swedes generally do not treat prostate cancer. Their five-year survival rate was 92 percent. The survival rate of those who have radical surgery is 90 percent.⁴⁴

Certain herbs such as saw palmetto and its extract *Serenoa* have been shown to relieve prostate problems, increasing urine flow rate by 38% as compared to only a 16% increase with Proscar.⁴⁵ Proscar is the more expensive drug approved by the FDA to treat prostate problems. Plus the following warning comes with the drug Proscar: "Exposure of Women — Risk to Male Fetus — It is not known whether the amount of finasteride that could potentially be absorbed by a pregnant woman through either direct contact with crushed Proscar tablets or from the semen of a patient taking Proscar can adversely affect a developing male fetus.... Therefore, because of the potential risk to a male fetus, a woman who is pregnant or who may become pregnant should not handle crushed Proscar tablets; in addition, when the patient's sexual partner is or may become pregnant, the patient should either avoid exposure of his partner to semen or he should discontinue Proscar."⁴⁶

I think I will go on the Genesis diet instead, and if necessary take the natural herb saw palmetto and some zinc. All men should purchase and read "Prostate Report" by Dr. Julian Whitaker (www.drwhitaker.com). From the same number you may also order various natural non-toxic non-surgically-invasive remedies for prostate problems.

And If You Have to Go to the Hospital...

Make sure to take your own healthy, high fiber food with you because the typical hospital menu lacks the nourishment your body needs. These foods will keep you sick longer and often contribute to the development of new diseases.

Summary

After carefully notating thousands of scientific studies in his three volumes, *The McDougall Plan*, *McDougall's Medicine*, and *The McDougall Program*, John McDougall, M.D. presents us with a list of the diseases which are caused by a "rich" Western diet, and which can be healed by the Genesis diet. His list follows.

Eating Ourselves into Early Graves by Way of Painful, Debilitating Diseases

I believe the issue of whether the American diet heals or destroys has been settled in the same way the issue on smoking was settled: by a Surgeon General's report. The Surgeon General of the United States said that annually **over one million deaths in the United States are caused by what we eat**. So out of the two million people who die in the U.S. each year, half of them **take their own lives, in slow suicide** through what they eat day after day. Unbelievable! The Surgeon General said that five of the ten leading killer diseases in the United States are caused by what we eat. These include heart disease, cancer, stroke, atherosclerosis and diabetes.⁴⁸

Health Through Prevention

Perhaps it is time we take care of people with a new set of principles which are simple, cost-effective, medically-proven and sensible. May I suggest the following: the Genesis diet, exercise, nutritional and herbal supplements as necessary, clean air, pure water, adequate sunshine, attitudes of faith, hope and love, occasional fasting, and prayer for healing when necessary. I believe that by practicing these we can probably live to 100 years of age in excellent health and great spirits. Perhaps that would give us enough years to develop the talents and anointings necessary to become mighty world changers for Jesus. We can become those who participate in discipling nations. We shall pursue these possibilities in future chapters.

A Preview of Where This Book Will Take You

Everything we will study in this book heals by doing at least one of three things: 1) It detoxifies the body; 2) It builds the immune system; or 3) It nourishes the cells. We must become constantly aware of how the things we do promote either overall health or sickness by either honoring or dishonoring the above principles. **The bottom line** is that degenerative diseases (and the aging process itself) can be slowed, halted, and even reversed by doing simple things: 1) detoxifying your body, 2) strengthening your immune system and 3) nourishing your cells.

Diseases Caused by a “Rich” Western Diet

Systemic Diseases

Allergies
 Arthritis
 Atherosclerosis
 Diabetes (Adult)
 Gout
 Heart Attacks
 Hormone Imbalances
 Hypertension
 Kidney Failure
 Kidney Stones
 Multiple Sclerosis
 Obesity
 Osteoporosis
 Strokes

Bowel Disorders

Appendicitis
 Colitis
 Constipation
 Diarrhea
 Diverticulosis
 Gallstones (cholesterol)
 Gastritis
 Hemorrhoids
 Hiatus Hernia
 Indigestion
 Malabsorption
 Polyps
 Ulcers

Cancers

Breast
 Colon
 Kidney
 Pancreas
 Prostate
 Testicle
 Uterus

❖ Diet is a primary causative factor in all the above diseases and it is *controllable*. (Heredity is also a primary factor, but it is not under our control.) Smoking, alcohol, lack of exercise, and “stress” are secondary factors which are also controllable. A primary factor must be present for a disease to develop; a secondary factor aggravates the disease process after the development has begun.

❖ *Diet and lifestyle changes are the most effective treatment for chronic forms of the diseases listed in the first two columns, far surpassing in results any drug or surgical therapy according to scientific and medical literature. This should not surprise you; what causes disease promotes disease. If you eliminate the cause, then the body's healing mechanisms can take over, resulting in improvement or recovery. The effect of diet on cancers is yet to be determined.*⁴⁷

This is true because the growth of mutated cells within one's body causes degenerative diseases (cancer, etc.) and the aging process. A strong lymphatic system (immune system) eats up and destroys mutated cells before they can multiply into growths, diseases and aging symptoms. Well-nourished cells will stay strong and healthy and perform their assigned jobs without breaking down. This book will reference many scientific studies along with testimonies which show that:

We can detoxify our bodies by

- ❖ Eating the Genesis diet
- ❖ Breathing pure air
- ❖ Drinking pure water
- ❖ Eating vital food
- ❖ Excreting waste from the intestines quickly
- ❖ Using herbs wisely
- ❖ Eating superfoods
- ❖ Removing toxic chemicals from surfaces which we touch
- ❖ Taking vitamins and minerals
- ❖ Taking antioxidants
- ❖ Fasting
- ❖ Praying for healing

We can strengthen our immune systems by

- ❖ Eating the Genesis diet
- ❖ Praying for healing
- ❖ Being healed of past emotional traumas
- ❖ Living in a spirit of faith, hope and love
- ❖ Exercising
- ❖ Receiving proper chiropractic care
- ❖ Eating vital food
- ❖ Taking vitamins and minerals
- ❖ Using herbs wisely
- ❖ Taking aloe vera

- ❖ Taking Pycnogenol
- ❖ Taking DHEA
- ❖ Eating superfoods
- ❖ Supplementing with Co-enzyme Q10

We can nourish our cells by

- ❖ Eating the Genesis diet
- ❖ Eating superfoods
- ❖ Breathing pure air
- ❖ Taking vitamins and minerals
- ❖ Drinking 7 or 8 glasses of pure water daily
- ❖ Supplementing with Co-enzyme Q10

We will expand each of these points in future chapters, bringing you to an excellent understanding of how our bodies fight cancer and disease, and how we can make sure that our immune systems win, over and over again! A healthy immune system that is not swamped with toxins **can** fight off diseases successfully! Awesome!

Additional Resources

The following books about diet and disease provided much of the research behind this chapter and are an ESSENTIAL PART of everyone's education. THESE BOOKS CAN SAVE YOUR LIFE.

Explore Dr. John McDougall's therapy and research at www.drmcDougall.com.

Required Reading for All Men

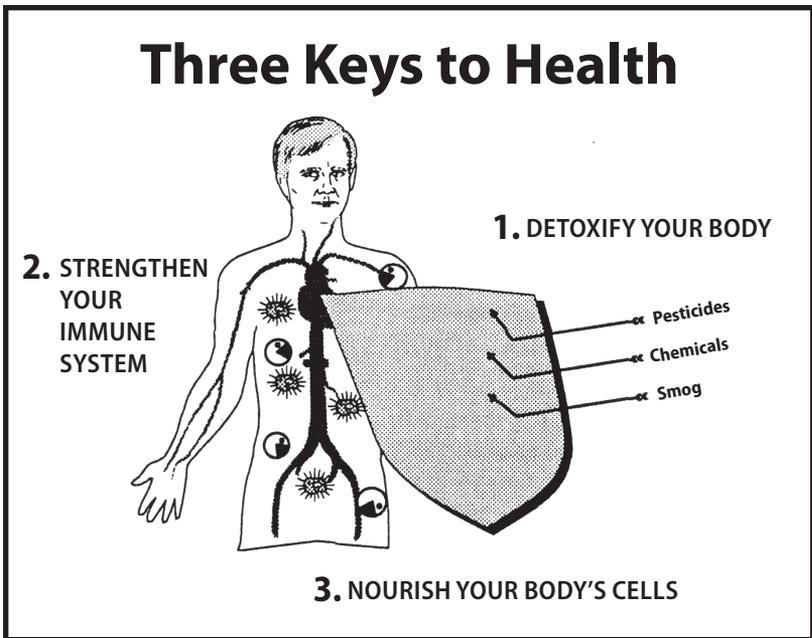
The Prostate Report: Prevention and Healing by Julian Whitaker M.D.

This book will give you in clear, *simple* language an understanding of prostate problems and easy, natural things you can do to prevent and heal them. Go to www.drwhitaker.com.

Concerning Institutional Corruption

The Healing of Cancer: The Cures — Cover-ups — and the Solution Now! by Barry Lynes

This book documents the corruption of the Food and Drug Administration (FDA), the National Cancer Institute (NCI), the American Medical Association (AMA), and the American Cancer Society (ACS).



It will shock you and **convince you to take responsibility for your own health care**, which is a good lesson for each of us to learn. One quote from the book by Herbert L. Ley, Jr., M.D., **former Commissioner of the FDA**, is as follows: “People think the FDA is protecting them — it isn’t. What the FDA is doing and what people think it’s doing are as different as night and day.”

Concerning Current Cancer Therapies

Options: The Alternative Cancer Therapy Book by Richard Walters

This book overviews 23 alternative approaches to treating cancer and provides resource addresses for these therapies.

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