

~ Ask Granny Earth ~

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Natural Cures

ASK GRANNY EARTH

I'm confused about the so-called 'natural cures'. How can I protect myself against diseases that are out there? I don't trust doctors and I'm suspicious of the food industry/ pharmaceutical industry connection.

You are asking questions that deserve and require in-depth yet simple answers. And this is very possible. Yes, there are a lot of natural remedies on the market and it can get confusing. But, let's try to keep it simple.

We are now living in the age of Aquarius, where there is an awakening taking place among the consciousness of humanity. We are starting to come out of the fog, so to speak. We are becoming more aware of untruths and injustices that are surrounding us daily. We are becoming discontent with the crimes being done against humanity in the name of 'medicine' and protective government. We are more aware of the lies that are blasted at us on TV concerning, pharmaceuticals vs. natural healing. We are becoming discontent with the commercials and advertisements for diseases and prescription drugs in-between our favorite (or not so favorite) sit-coms.

By the way, have you noticed that for the most part TV shows are getting more and more stupid all the time? I have not replaced my old TV with a new one since lightning blew it out last summer. Actually I am a firm believer that letting strangers into our homes with uncensored (by us) gibberish has greatly contributed to the 'dumbing down' of the American

public and the violence demonstrated in our schools. I think that if you have common sense and an open mind, you have probably figured out that TV is not about giving you the T R U T H. This new awakening of the human consciousness then, I believe, is about getting to the truth, over coming evil and healing (the planet).

There are some important things to consider when we are searching for the truth about health and healing: all human bodies are basically the same, having typical anatomy (structure) and physiology (function) i.e., digestion, immune, cardiovascular, endocrine, skeletal/muscular, nervous, and elimination systems. We are each uniquely different, but the physical systems basically function in a predictable fashion. Medical science has come a long way since the days of Louis Pasteur (the father of vaccinations), but is it teaching us how to prevent disease and cure illnesses?

No! Rather it is becoming more tyrannical in its need to control and dictate disease and 'treatment' via news media and advertising. It appears frantic in its attempt to make people dependent on their physician, pharmacist and drugs. At the same time, the Natural Health Business is on the up-swing. The mega surge of natural healing products on the market is largely due to the discontent of the average American concerning medication and medical treatment in general. There are a lot of new products on the market and many good reference books for you to educate yourself. But, as in all of Nature, there are no magic bullets and the natural healing process requires patience and education.

You mention one conspiracy theory, which would be an article in itself: The Food Industry/Pharmaceutical Connection. I promise to devote a future article on this subject. But, to answer your question: How can you protect yourself? There are some basic rules to know, and then many 'off-shoots' of natural healing. First of all, remember this saying: You are what you eat. And it was never more true, than it is today. Read labels. Do research. Become familiar with what's being added to your food. Stop eating food that is DEAD! Stop eating chemicals and trans fatty acids (in the form of hydrogenated vegetable oils, i.e., margarine). They are proven to cause deadly diseases. Then, and this is very important- drink lots of **WATER!** Not coffee, not tea, not juices, not soda pop, not beer, not wine coolers **WATER!** Dr F. Batmanghelidj says that virtually every disease could be cured if we only drank enough water (<http://www.watercure.com/>).

Above all, try to eat natural organic, fresh vegetables and fruits. And remember that white sugar is not a natural product (honey and (green) Stevia are) and neither is white flour. Actually, whole wheat (flour) has been biologically altered for a long time and can be the cause of many allergic problems. There are some 'heritage' grains out there that have not been biologically tampered with: Spelt, Millet, Bulgur, Amaranth, Cous Cous, Quinoa, are just a few. If you can't find them in your local health food store,

you can call Earthy Delights at 1-800-367-4709 for a catalog or check out their web site at www.earthy.com and order on-line.

I sincerely believe that with the advent of the Industrial Revolution, TV and Women's Lib something has happened to the health and thinking process of the average American citizen.

Not too many decades ago (actually it was about 4 – 5), it was common for most families to have a garden in their back yard big enough to sustain them for the summer months and well into the winter. The family canned, had a 'fruit cellar', made sauerkraut, baked bread, made home-made soups, pancakes and layer cakes from scratch.

Then came the cake mix. Now we don't even have time to bake a cake mix, let alone make it from scratch. We pick up ready baked goodies from the local Wal-Mart, which is packed full of artificial flavorings, sugar and preservatives, and we wonder why we don't feel good?