

# A KILLING Plan

## AND HOW TO ESCAPE IT

What is called the 'Cancer Cartel' is not a money-making conspiracy of international business though we who investigate are encouraged to see it that way. If that were all of it, humans would not allow it to happen.

Greed is not the limit of human endeavor and until we see that causing mass death and suffering in pursuit of money is a misguided conclusion we will continue to be controlled, deceived, and abused as animals.

To understand that culture can be changed by plausible ideology progressively introduced by concealed power requires the research of many people. The shoulders of generations past provide the base for convincing those living in passing comfort of cultural deceit. Complexity must be exposed in detail or the enormity of it is beyond common acceptance.

In the story of the blind men and the elephant one touched a leg and thought it like a tree; another the trunk and thought it was like a snake; another an ear and thought it like a leaf. So they argued and each thought each other stupid so they couldn't talk openly for fear of ridicule.

The story of our culture is similar: some feel the financial system and say: *usurious*; some the health system and say: *devoted to money*; others see politics as *disguised dictatorship*. So the general public, blind to the entirety of it all, think all the protesting just silly while those less blind fear ridicule should they try to tell the truth.

We have to understand that in seeking to know a human culture radically different from that we think we know, we are feeling a very large animal. We must get the pieces in order and perspective before we comprehend enough to bring all the elements together. This takes time and dedication.

For votes or for lives corruption thrives: millions of dollars for millions of lives; we hear acclaim of it but don't see the shame of it. We now approach depths of cultural corruption previously unknown in the length of what we call our history.

So again we look at health. Not easy reading but those of mature age, having concern and having read earlier essays, will understand well enough. Even so acceptance may take courage. A corruption of human rationality is not easy to accept but Europeans may find it easier because of experience with previous cultural upheaval.

First let's hear from:

**Mike Adams.** Mike is a natural health researcher and author with a strong interest in personal health; environment and power of nature to help healing! Author of over 1,500 articles and dozens of reports, guides and interviews on natural health topics, he reaches millions of readers with information that is saving lives and improving personal health around the world.

Adams, an independent journalist, does not write for pay.

In 2007, Adams launched EcoLEDs, a maker of super bright LED light bulbs that are 1000% more energy efficient than incandescent lights and is also an online retailer of environmentally friendly products; *Better-LifeGoods.com* and uses a portion of its profits to help fund non-profit endeavors.

Adams is currently the executive director of the Consumer Wellness Center, ... Known by his call-sign, the 'Health Ranger,' Adams posts his mission statements, health statistics and health photos at [www.HealthRanger.org](http://www.HealthRanger.org)  
**Links on quotes below may not survive.**

**Quote:** *Exciting new research conducted at the Creighton University School of Medicine in Nebraska has revealed that supplementing with vitamin D and calcium can reduce your risk of cancer by an astonishing 77 percent. This includes breast cancer, colon cancer, skin cancer and other forms of cancer.*

*This research provides strong new evidence that vitamin D is the single most effective medicine against cancer, far outpacing the benefits of any cancer drug known to modern science. [Well lets say; in USA &Australia]*

*The study involved 1,179 healthy women from rural Nebraska. One group was given **calcium** (around 1500 mg daily) and vitamin D (1100 IU daily) while another group was given placebo. Over four year, the group receiving the calcium and vitamin D supplements showed a 60 percent **decrease** in cancers. Considering just the last three years of the study reveals an impressive 77 percent reduction in cancer due to supplementation. (The full press release of this study is included below.*

*Note that these astonishing effects were achieved on what many nutritionists consider to be **a low dose of vitamin D.***

*Exposure to sunlight, which creates even more vitamin D in the body, was not tested or considered, and the quality of the calcium supplements was likely not as high as it could have been (it was probably calcium carbonate and not high-grade calcium malate, aspartate or similar forms). What does all this mean?*

*It means that if you take high-quality calcium supplements and get lots of natural sunlight exposure or take premium vitamin D supplements (such as those made from fish oil), **you could easily have a greater reduction than the 77 percent reduction recorded in this study.***

**The American Cancer Society opposes vitamin D.** *This research on vitamin D is such good news that the American Cancer Society, of course, had to say something against it. An ACS spokesperson, Marji McCullough, strategic director of nutritional epidemiology for the American Cancer Society, flatly stated that nobody should take supplements to prevent cancer.*

*If it seems surprising to you that the American Cancer Society -- which claims to be against cancer -- would dissuade people from taking supplements that slash their **cancer risk** by 77 percent, then you don't know much about **the ACS**. In my opinion, the ACS is an organization that actually prevents prevention and openly supports the continuation of cancer as a way to boost its power and profits. The ACS is the wealthiest*

*non-profit in America and has close ties to pharmaceutical companies, mammography equipment companies and other **corporations** that profit from cancer. Notice the name, too: It isn't the American Anti-Cancer Society; it's the American Cancer Society! What they really stand for is right in the name!*

*[Click here to read more about the ACS](#) and its financial ties to chemical companies, pharmaceutical companies and radiology equipment manufacturers. The cancer industry is a multi-billion dollar industry, and I've written extensively about the criminal organizations that protect and promote the industry.*

*Just about everything the public is told about cancer by these institutions is a lie. Those "race for the cure" cancer walks are a complete scam (they really aren't searching for any way to prevent cancer or cure cancer, they're only searching for new patented drugs to profit from cancer).*

*This research on vitamin D is a huge threat to the cancer industry profit mongers because **it reveals a way to prevent cancer for free** -- by seeking natural sunlight exposure and letting your skin manufacture your own powerful anti-cancer medicine (vitamin D). The idea that the cancer industry could lose 80% of its patients due to widespread education about vitamin D and sunlight **scares the living daylight out of the cancer industry**. Billions of dollars in cancer profits are at stake here, so the pro-cancer groups have to do everything they can to discredit vitamin D by creating doubt and confusion. The degree of dishonesty at work here is almost unbelievable to those who*

*don't really know what's happening in the cancer industry.*

*Ten questions to ask yourself about the cancer industry:*

*#1: Why does the cancer industry refuse to educate people about **cancer prevention**?*

*#2: If people keep donating money for the "search" for a cancer cure, why won't drug companies pledge to "open source" their patents on cancer drugs to benefit the people whose donations funded them in the first place? In other words, why do people donate money for cancer research but then get charged for cancer drugs?*

*#3: Why does the entire cancer industry so strongly dissuade people from using sunlight exposure to dramatically reduce their cancer risk? (Hint: Follow the money to the sunscreen industry...)*

*#4: Why have all the really good cancer supplements, clinics and naturopaths been banned, arrested or run out of the country? (Look up the FDA's oppression of Lane Labs over MGN-3 for a fascinating review...)*

*#5: The U.S. has poured billions of dollars into the cancer industry over the last three decades. Cancer cures were promised in the 1970's. Why are cancer rates still much the same today as they were in the 1970's?*

*#6: Why does the cancer industry continue to use chemotherapy, radiation and other toxic procedures to "kill tumors" when the latest science clearly shows that cancer tumors are only the symptoms, not the cause, of cancer? Chemotherapy destroys immune function ... permanent damage to heart,... brain liver...*

*#7: The World Health Organization says that 70% of all cancers are easily preventable through dietary and lifestyle changes. This*

latest research shows that sunlight and low-cost calcium supplements can slash the cancer risk by 77% in women. Why won't conventional medicine embrace this low-cost, safe and highly effective method for preventing cancer?

**#8:** The cancer industry routinely attacks anti-cancer herbs, super foods and supplements. Why is the cancer industry opposed to anti-cancer nutrition? Why does it believe that only man, not nature, can manufacture anti-cancer medicines?

**#9:** Dark skin pigmentation blocks ultraviolet radiation, meaning that people with black skin need far more time under the sun to generate the same amount of vitamin D as someone with white skin. Not surprisingly, black women suffer extremely high rates of breast cancer while black men show similarly high levels of prostate cancer. The white-dominated medical industry pretends to be "mystified" by all this.

Why won't conventional medicine simply tell black people the truth about vitamin D, skin pigmentation and cancer? Why do oncologists try to keep black people ignorant about their vitamin D deficiencies?

**#10:** Why is it illegal for nutritional supplement manufacturers to tell the truth about the anti-cancer effects of their products? Broccoli, garlic, onions and sprouts all have powerful anti-cancer effects, as do dozens of rainforest herbs (Cat's Claw, for example), Chinese herbs and Western herbs. But the FDA threatens and censors any company that dares to mention cancer prevention on its supplement products.

**Why is the FDA enforcing a policy of nutritional ignorance with U.S. consumers?**

Why does the federal government want people to remain ignorant of methods for preventing or treating cancer?

You probably already know the answer to all these questions, because the answer is the same for each one: **Corporate profits.**

Cancer is hugely profitable to treat. Substantially preventing cancer would result in a loss of billions of dollars in profits for the oncologists, drug companies, hospitals and clinics that currently prey upon the finances of cancer victims.

The cancer industry is operated like a criminal racket, using false information, intimidation, political pressure and propaganda to protect its power base and keep its corporations profitable. And that, my friends, is exactly why the industry is against the use of sunlight to prevent cancer. **[Sorry Mike, not just money: Read this site!]**

Free medicine from the sky? The very thought of it makes the cancer industry cringe. Sunlight doesn't even need a prescription, you see, and it can't be patented, either.

**Preventing cancer the healthy way!**

Let me tell you how I prevent cancer. I take long walks in the desert with no shirt on, and I don't wear sunscreen. I soak up the sun's rays for many hours each week, and I never get a sun burn because I eat lots of antioxidant-rich superfoods, berries and fresh produce.

I drink a raw superfood smoothie each morning, made of fresh produce and superfoods. My two favorite recipes are chocolate (with raw cacao, coconut oil or

macadamia nut oil, raw avocado, spirulina, quinoa, banana and almond milk); and super berry (fresh berries, freeze-dried berries, egg white protein, stevia, aloe Vera gel, fresh cucumber or watermelon, celery).

I put no personal care products on my skin whatsoever: No deodorants, no fragrance, no skin creams, no cosmetics and no sunscreen. This alone saves me from exposure to hundreds of cancer-causing toxic chemicals added to personal care products. I refuse to use chemical laundry detergent and, instead, use natural laundry soap that grows on trees: Natural soap berries that we sell as a replacement for chemical laundry detergents.

**Corporate-controlled .. government** doesn't want to prevent cancer. The ... government doesn't want the population to be free of cancer. That's a strong statement, so let me offer you an undeniable piece of strong evidence to back that up: The artificially low RDA numbers for vitamin D.

**One of the best ways to keep the population suffering from cancer is to enforce long-term nutritional deficiencies that lead to cancer.** The US government accomplishes this by keeping the recommendations for vitamin D artificially low, practically guaranteeing that anyone who follows the recommendations will eventually be diagnosed with cancer.

Vitamin D deficiency is the leading cause of breast cancer. Most educated nutritionists agree that the daily dose of vitamin D for an adult should be at least 1000 IUs, perhaps as high as 1400. **But the U.S. Institute of Medicine (IoM)**, which controls the recom-

mendations on these things, currently states that adults under 50 only need 200 IUs of vitamin D a day.

This policy is, in my opinion, **an organized conspiracy to keep the American people diseased by making sure they stay deficient in anti-cancer nutrients.**

It serves the interests of all the powerful corporations and non-profits that run Washington. And yes, it is a conspiracy. I've documented it in far more detail in my book, *Natural Health Solutions and the Conspiracy to Keep You From Knowing About Them*, which reveals shocking details, documents and photographs showing how modern medicine is a system that's literally designed to keep the people in a state of chronic disease.

The FDA doesn't want people to prevent cancer either. That's why they so aggressively attack companies offering anti-cancer nutrients, and completely censor the very mention of the word "cancer" by supplement companies. In fact, the only reason I can print the information you're reading right now is because I sell no food or supplements and my free speech writing is not regulated by the FDA.

If I were selling supplements and writing these same words you're reading right now, I would be arrested, charged with federal crimes, and put out of business by state and federal authorities.

That's the reality of the oppressive medical environment under which we live today: **Health is outlawed**, and only disease is allowed to be promoted. E.Q.

[Ed: I agree, man was made to live under the sun, but we cannot all live and eat as we like. Those used to living in the shade should take sensible advantage of the sun and health information when they can. Make changes gradually. Even a plant can be killed by a sudden move from shade to sun. Eat sensibly and add natural nutrients to your diet.

I too have to be careful because where I live the sale of apricot kernels was made illegal when it was found they contained laetrile; deadly to cancer. Note also: commercial apricots are now hybrid or genetically modified and lack these benefits.

Political action was taken with the excuse that apricot kernels contain a deadly poison; this is true; but only poisonous to cancer.

It is also true that everything the human body needs for life can be deadly in the wrong quantity, in the wrong form or in the wrong mixture. There are people who consider apricot kernels delicious and eat large quantities, they don't get poisoned and they don't get cancers either!

The crimes of deceit and trickery we speak of can only happen because we elect stool-pigeons chosen by the vested interests that own the political parties; we vote in delusion that they work for us. We let greed seduce our trust; Political Parties cannot be democratic they always serve controlling interests – that is their nature – Search for the big picture!

Corruption does not mean conspiracy: The force behind the camouflage is ideological warfare as explained on this site.

This war, in its health aspects, was clearly visible in Australia when our leading vitamin and minerals company was destroyed with no evidence of illegal or dangerous activity being produced. To add insult to injury, its stock of vitamins and minerals was destroyed as toxic waste.

No mass media exposed the shame of it; no politician defended our human rights. Today (14/8/08) that \$300 million health service was awarded \$55 million but the taxpayer pays the financial and the health costs; the criminals who misused their power lose nothing – just keep laughing all the way to the bank. Just as bankers in the financial meltdown, they destroy your life and you pay them for it.

This secret war is also revealed when 'our' governments make laws that make it illegal to discriminate against nations of enemy philosophy, this allows import of foodstuffs below our standards. The whole world is securely in the grip of a commercial financial system and though there are ups and downs, down will now be continuous unless we take control of our own affairs and government.

Could these crimes take place without government support? No! This site explains commerce – World Power and population control. Ed.]

**Quote Continues:** *The cancer industry, you see, is not incompetent; it is criminal.*

***Intentionally keeping a population sick so that you can profit from disease is a crime against humanity. And yet this is business as usual in America's modern cancer industry.***

***Discrediting simple, free and safe cancer prevention strategies is also criminal, and yet this is what the American Cancer Society seems to do at every opportunity.***

***Plotting to profit from the suffering of other humans beings is evil. And yet the entire revenue base of the cancer industry is based on precisely that: Keeping people alive long enough to "treat" them with overpriced toxic chemicals that can be billed to Medicare at 50,000% mark-ups over their manufacturing cost.***

*Cancer is big, big business. And curing cancer is a threat to all the criminals participating in that industry: The non-profit employees, oncologists, doctors, federal regulators, drug company executives, med school propaganda teachers, pharmaceutical reps and many others. These people cannot allow cancer to be prevented or cured. Their jobs and careers are at stake.*

*Here's a startling statistic: Did you know that reducing the cancer death rate by just 1% would be worth almost \$500 billion to the U.S. economy over the next hundred years or so?*

*(Source: Centers for Disease Control and Prevention) Drop the cancer rate by 10% and it's worth \$5 trillion dollars to the economy. [Gains are due to increased life spans and productivity of working, people.]*

*We know right now that vitamin D and calcium can slash cancer rates by 77 percent. Do the math on that, and you realize that **sunlight and calcium could result in a \$38.5 trillion boost to the U.S. economy over the next century.***

*That's enough economic productivity to ..... build new schools in every town and city in the country, provide free college educations to all young people who wish to go to college, invest billions in new energy technologies and even fund massive health education campaigns to keep our population healthy. \$38 trillion is a lot of money.*

*With that kind of increased abundance, we could build a whole new society of health, wealth and education. But guess what? The cancer industry won't let that happen without protest. There's too much short-term profit to be made in keeping everybody sick. The cancer industry is so evil that **it will sell out the future of life on earth in order to keep the truth hidden.***

*The cancer industry doesn't want cancer rates to go down, regardless of the benefits to society or individual lives. The cancer industry wants there to be MORE cancer, which is exactly why it opposes common sense prevention strategies that would reduce cancers. (It's true; this industry actually opposes removing cancer-causing chemicals from the workplace...)*

*Read more at Dr. Epstein's website:  
<http://www.preventcancer.com>*

*Cures for cancer exist all around us: Sunlight, rainforest herbs, anti-cancer foods ... super foods, etc. The causes of cancer are well known: Toxic chemicals in foods, cosmetics, personal care products, home cleaning products. [etc.]*

*So why don't we, as a nation, take steps to outlaw the things that cause cancer while*

*promoting the things that prevent cancer? The reason, once again, is because there's too much money at stake here. The corporations are in charge, and as long as they're running the show, cancer cures or prevention strategies that really work will simply not be tolerated.*

**End Quotes from Mike Adams comment!**

**Note: Deliberately misleading health advice, leading to death, must be seen as mass murder even though those setting up the program take no part in the actual crime and participants act in innocence.**

**When you wage war in secrecy to gain advantage, even though you personally did not set a rangefinder, pull a trigger or put a slow poison in the water of a city, you are not relieved of responsibility. Those killing in undeclared war must be seen as murderers and not pretended as innocent!**

To understand how humans can be made heartless by the power of mass persuasion and long term dumbing down, read the files on this site.

To broaden understanding of health and the New World Order I suggest: "The Doomsday Report"; there we assemble a deeper view in the interests enlightened understanding. The order this information is mixed to help the reader get a body of usefully related information on which to base understanding of our situation.

**Do we understand what we can do?**

What does it mean when we call our form of government democratic? It means the citizens run the government! Is that true

anywhere in the world today? Has it ever been true of any country?

I don't think so, not over any useful time; not in any true meaning of government of the people by the people. The electors of today's democratic countries do not choose their own representatives; they vote for those chosen by vested interests.

The most primitive uneducated savage would laugh at such stupidity. Why? Because he is not mind-warped by scientific persuasion techniques, to behave contrary to common logic!

1/ A democratic electorate CANNOT allow a foreign agency to choose its representatives!

2/ Today's Party requires its members to support the party line! In no democracy is it lawful for a representative to be pressured to act other than in accord with the will of the electorate that choose and elected the representative!

There is nothing to argue about! A party system can never be part of a democracy. It must now be clear, to all who want to live in a democracy, that to achieve this status the community must be honestly educated to understanding of money/finance, health and humanity; in ignorance the citizens cannot act in their own interests!

To live in freedom, the philosophy of the nation must be based on truth; that is: on reality of the order in which we exist.

All the evidence and logic you need to save your life is on this site right now: June 2009.

But this essay is about cancer and another great site for learning more about the evils of the cancer industry is that of G. Edward Griffin who wrote "*World Without Cancer*" about 30 years ago. This introduced apricot kernels and laetrile, the best cancer killer, to date in the USA and Australia but banned in these countries.

It is clear to me that we could create a world virtually free of cancer, heart problems and most other diseases in one generation by facing the truth of what is now going on and taking tough action to outlaw unhealthy products and deceitful promotions.

Yes drug companies would close; many hospitals would close and those who war against us for ownership of earth would become outlaws.

We'd be healthy and better off in every way. However before this can happen we will have to regain understanding of basics of human culture and true democratic government! We have to learn to live by human nature rather than by deceit and trickery!

When you have read the information on this site I doubt you, any longer, will believe we are being killed just for money! We are self-destructing because our thinking has been corrupted with false philosophy? If still not convinced, keep reading. The beast is huge.

As this file is about cancer I also remind you of the book "*How to fight Cancer and Win*" by William L. Fischer. There are now another two and together these 4 should solve the cancer problem with a range of action to suit everyone outside the killer cartel. I put

my reputation on my judgment so as to report them here.

Mexico has been known for some time for its anticancer medical services based of Vitamin B17, the substance giving Apricot kernels their potency. I expect the book "*Cancer Defeated*". by Frank Cousineau to give places and names for service along with a list of well known patients and cures.

**Here a quote from *Cancer Defeated*:** *When they get cancer, millionaire celebrities from some of the most exclusive neighborhoods in America head south of the border for forbidden medical treatments. . . . . They go to Mexico for treatments banned in America.*

*You probably know the names of some of these millionaires. ... another example: In November of 1986, cosmetic tycoon Max Factor's son Donald came down with one of the deadliest, most aggressive forms of cancer. I'm talking about carcinoma of the lung that had already metastasized to his liver and spine. At the time of the shocking diagnosis, Donald was 51 years old. He said, "I was told I only had six months to live. But 17 years later I'm still alive and kicking!" (He made that remark in 2003.) He credits his astounding recovery to forbidden cancer Treatments he received in Mexico. E. Q.*

**Now:** "*German Cancer Breakthrough*" by Andrew Scholberg. Germany now leads in cancer prevention and cure. Again high profile clients are given comfortable and "comparatively" moderately priced services.

**Quote:** *Yes, Germany's top cancer doctors have a long track record, proving that*

*drastic surgery, burning radiation, and poisonous chemo are now primitive.*

*They've developed a better way. .. Incredible as it sounds, Germany's top cancer doctors literally "cook" cancer out of your body while you sleep — and you wake up without any bad side effects.*

*Yes, you heard me right: no bad side effects. No hair loss, no vomiting, and no nausea. The German cancer cure is turning the worldwide medical community upside down! Patients whip their cancer in Germany and enjoy a new lease on life. They get to spend many more good, healthy years with their loved ones. They get to keep on doing what they love: golf, tennis, hiking, boating, and even martial arts. Yet the American medical establishment hides the amazing German cancer cure from you.*

*Hard to believe? Perhaps. But I'm not asking you to believe anything just yet. Keep reading and see the evidence for yourself. All I ask is that you refrain from disbelieving ... In the next five minutes, I'll prove to you that Germany's cancer doctors really have made a breakthrough. Invest those few minutes and judge for yourself, because... It could save your life or the life of someone you love.*

*During my tour of six German cancer clinics, I found out German doctors have leaped far ahead of American doctors.*

*While still in office, President Reagan got rid of his cancer the German way. ... during his presidency, the great German doctor Hans Nieper, M.D, treated him. It would have been front page news if it hadn't been hushed*

*up at the time. Just imagine if the American public knew a sitting president preferred German cancer treatments! I learned about it from my confidential source in Germany. In addition, Reagan's German doctor acknowledged it in an interview. End Quote.*

*[These quotes show the power of death Cartels with International Governance and humanist philosophy. Both books priced below \$20.00 US plus postage, but postage and time can be saved by Internet delivery: <http://www.germancancerbreakthrough.com/order.html> Ed.]*

**Now That Creighton Study Press Release itself.** OMAHA, Nebraska., June 8 –

*"Most Americans and others are not taking enough vitamin D, a fact that may put them at significant risk for developing cancer, according to a landmark study conducted by Creighton University School of Medicine.*

*The four-year, randomised study followed 1,179 healthy, postmenopausal women from rural eastern Nebraska.\* Participants taking calcium, as well as a quantity of vitamin D3 nearly three times the U.S. government's Recommended Daily Amount (RDA) for middle-age adults, showed a dramatic 60 percent or greater reduction in cancer risk than women who did not get the vitamin.*

*The results of the study, conducted between 2000 and 2005, were reported in the June 8 online edition of the American Journal of Clinical Nutrition.*

*"The findings are very exciting. They confirm what a number of vitamin D proponents have*

*suspected for some time but that, until now, have not been substantiated through clinical trial," said principal investigator Joan Lappe, Ph.D., R.N., Creighton professor of medicine and holder of the Criss/Beirne Endowed Chair in the School of Nursing. "Vitamin D is a critical tool in fighting cancer as well as many other diseases."*

*Other Creighton researchers involved in the study included Robert Recker, M.D.; Robert Heaney, M.D.; Dianne Travers-Gustafson, M.S.; and K. Michael Davies, Ph.D.*

*Research participants were all 55 years and older and free of known cancers for at least 10 years prior to entering the Creighton study. Subjects were randomly assigned to take daily dosages of 1,400-1,500 mg calcium plus 1,100 IU of vitamin D3, or placebos. National Institutes of Health funded the study.*

*Over the course of four years, women in the calcium/vita D3 group experienced a 60 percent decrease in their cancer risk than the group taking placebos. On the premise that some women entered the study with undiagnosed cancers, researchers then eliminated the first-year results and looked at the last three years of the study. When they did that, the results became even more dramatic with the calcium/vitamin D3 group showing a startling 77 percent cancer-risk reduction.*

*In the three-year analysis, there was no statistically significant difference in cancer incidence between participants taking placebos and those taking just calcium supplements. Through the course of the study, 50 participants developed non-skin*

*cancers, including breast, colon, lung and other cancers.*

*Lappe said further studies are needed to determine whether the Creighton research results apply to other populations, including men, women of all ages, and different ethnic groups. While the study was open to all ethnic groups, all participants were Caucasian.*

*There is a growing body of evidence that a higher intake of vitamin D may be helpful in the prevention and treatment of cancer, high blood pressure, fibromyalgia, diabetes mellitus, multiple sclerosis, and rheumatoid arthritis and other diseases.*

*Humans make their own vitamin D3 when they are exposed to sunlight. In fact, only 10-15 minutes a day in a bright summer sun creates large amounts of the vitamin, Lappe said.*

*However, people need to exercise caution since the sun's ultraviolet B rays also can cause skin cancer; sunscreen blocks most vitamin D production. In addition, the latitude at which you live and your ancestry also influence your body's ability to convert sunlight into vitamin D. People with dark skin have more difficulty making the vitamin. Persons living at latitudes north of the 37th parallel -- Omaha is near the 41st parallel -- cannot get their vitamin D naturally during the winter months because of the sun's angle.*

*Experts generally agree that the RDA\*\* for vitamin D needs to be increased substantially, however there is debate about the amount. Supplements are available in two forms -- vitamin D2 and vitamin D3.*

*Creighton researchers recommend vitamin D3, because it is more active and thus more effective in humans. ...*

*\* Study participants were randomly assigned to take daily dosages of 1,100 IU of vitamin D3 plus, 1,400- 1,500 mg supplemental calcium.*

*National Institutes of Health funded the study.*

**[Note: \*\* RDA recommendations for vitamin D** are 200 IU/d, birth-age 50; 400 IU/d, 50-70 years; and 600 IU/d, 70 years and older.

**Remember: Dangerously misleading health recommendations should be seen in terms of mass murder, as that is their intent; they should be treated accordingly!]**

### **WARNING!**

Don't trust those who poison your children!

### **EXAMPLE 2: HSI Cosmetics report: (Jan. 4th. '08)**

**Quote:** *"Even products for infants are part of the cosmetic mix. In fact, last year a group called Campaign for Safe Cosmetics issued a press release to warn consumers about several popular children's bath products that contain a cancer-causing petrochemical with the cumbersome name of 1,4-Dioxane.*

*This chemical is considered a probable human carcinogen and a proven animal carcinogen. Johnson's Baby Wash, Sesame*

*Street Bubble Bath, and Hello Kitty Bubble Bath are all reported to contain 1,4-Dioxane. Of course, you can always check cosmetic labels to see if they contain 1,4-Dioxane, parabens, phthalates, BHT, and other worrisome chemicals (including formaldehyde and sodium laureth sulfate).*

*But keep in mind that neither the FDA nor any other agency requires cosmetic companies to fully list the contents of products." End Quote.*

**We now have to realize that members of the kill club have no human feelings note comment by Bertrand Russell, (Famous British Earl and philosopher) in his book, "The Impact of Science on Society," wrote, "... If a Black Death could be spread throughout the world once in every generation, survivors could procreate freely without making the world too full ... the state of affairs might be somewhat unpleasant, but what of it? Really high-minded people are indifferent to suffering, especially that of others." End Q.**

These New World Order people have taken over practically everything. Babies to adults nothing is safe, nothing is sacred. No life except their own has value to them, as they work tirelessly for misery, pain and destruction! That cancer sufferers do not take advantage the growing evidence against official medical services exposes just how loyal we are to ingrained cultural beliefs!

**For further on the human situation see:  
[www.lifetruth.org.au](http://www.lifetruth.org.au)**