

THE BOOK OF HEALING

The best medicine is free

**Learn how to boost your immune system
and prevent or get rid of disease at no cost**

by

John Balkwill



DEDICATION

This book is dedicated to my friend Phil Murray, MD, who taught me a great deal about natural healing, much of which is in this book. I regret that Phil died at age 95 in December of 2016, before the book was completed. When I told him what the book is about, he replied that the world badly needs such a book to provide the most powerful healing that exists.

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INTRODUCTION

The Health Care industry would lose billions of dollars in profit from what they market as "health care" if Americans practiced what is in this book and shielded themselves against disease.

These ruling forces of greed (who finance our elections and control media coverage of candidates to limit choices) prefer sick people to well people, because that is how money is made in corporate medicine. They prefer you take their pharmaceuticals, which often have side effects that force you to take more pharmaceuticals. Many pharmaceuticals are addictive, and others deadly when taken as directed, so they are largely a fool's path to health.

Big Pharma controls the Food and Drug Administration (through campaign financing of politicians who appoint their directors). Big Pharma is not concerned that their products might kill you -- none of their CEOs ever goes to prison for killing people, and they kill thousands of Americans each year from pharmaceuticals that they know to be dangerous.

You will not hear this from the TV news, where most Americans get their news, largely sponsored by Big Pharma (watch the nightly news on major networks and count the ads from Big Pharma). The nightly news reflects Big Pharma's viewpoint in return for millions of dollars in ad revenue.

Our health care system, or lack thereof, exists to finance seven-figure salaries for corporate executives and to milk billions in profit from the American people while providing minimal health care so that profits may be maximized.

It is a system of blackmail best summed up by three words: pay or die. Americans pay more for health care than citizens of any other nation on earth, and are robbed, when one considers what they get for it.

In most of the industrialized world this would be seen as a human rights violation, as there is a national health care program to provide for those in need, and it is considered to be immoral to profit from pain and suffering.

And while this is happening, culturally, we've gotten away from our natural environment that has protected us for the two million years our genus has walked the earth, and we've created an environment that invites sickness and disease.

Decades ago I edited a newsletter for Physicians for Social Responsibility and got to know a number of medical doctors. I discovered that many of them weren't using the corporate health care protocols to treat their own family members and themselves, but relied on natural healing techniques.

Over the decades I've learned a great deal about many of these techniques from international healers and scientist friends as well as Western M.D.s who've dug deeply into natural healing.

Years ago, I regularly got notes from people who live in poverty helping homeless and hungry people, telling me, "Mr. Jones just died," or "Ms. Smith just died" – people they were caring for on the streets. These people were without health care and abandoned by the American health care system. I got upset enough to try to find a way to help homeless people and not only keep them from dying, but actually improve their health.

My objective was to find an inexpensive way to improve their health, even as our so-called "health care system" lets many of them die from a lack of care. After months of working on this concept, and exploring why the immune systems of Americans are not working as they should be, I discovered, to my surprise, that the best health care is actually free.

I've explained this concept to thousands of people over the past few decades and decided to put it into this book with the hope that its readers may improve their health and get rid of disease. I am convinced that this is the best health care information that exists.

The key is to strengthen the immune system, which fights the diseases that plague and/or kill most people.

I gave my immune system protocol the acronym "MR NEWS," which stands for meditation, rest, nutrition, exercise, water and sunshine – six things that may dramatically improve our health, treating existing diseases and preventing future diseases.

MR NEWS addresses the factors that most degrade our immune system– stress, lack of proper sleep, poor nutrition, lack of exercise, dehydration, and a lack of sunshine.

MR NEWS recommendations will help prevent the common cold and cancer, among other diseases. This is easy to learn and costs nothing, which is why corporate medicine is not behind it. No profit can be made from this, because the corporations can't patent it; these solutions belong in the public domain.

If you follow the six recommendations, your health will dramatically improve, because if you are a typical American you are deficient in all six components of MR NEWS, and your immune system is so weak that it can't help you properly fight disease.

There is no good reason you should ever catch a cold or develop most cancers, as you will see from the guidance in this book.

SECTION I
MICRO HEALING TECHNIQUES
CHAPTER 1
SUNLIGHT

The biggest scientific studies of the effects of sunlight on human skin show that those who get the least sunshine get the most cancer. Those who get the least cancer are those who are regularly exposed to moderate sunshine.

Epidemiologists note that cancers increase as populations move further from the equator north or south. In the USA, people who live in the South get less cancer than those living in Northern states, which get less sunlight.

Most Americans get too little sunshine, which is one reason that we have so many unnecessary health problems.

Sunshine is essential for making vitamin D, which is not really a vitamin but a hormone vital to the immune system's efficiency. In the northern temperate latitudes in which most American states exist, it is not possible to get enough sunshine to make vitamin D in winter, which is why people catch colds in winter more than other times of the year – their immune systems aren't working properly.

Symptoms of vitamin D deficiency are increased risk of death from cardiovascular disease, cognitive impairment in older adults, severe asthma in children, and several cancers including breast, colon and prostate, among other diseases. Most Americans are deficient in this important nutrient and are risking their lives.

We are an indoor culture and most people don't get enough vitamin D from sunlight. I try to go out in the noon day sun in summer, wearing only shorts to get exercise and sunlight.

But in winter I take vitamin D3 supplements. I would suggest that people take 2,000 international units of D3 daily in winter with meals.

I believe sunshine is best when one can get it. Our genus evolved in Africa near the equator, and for most of the millions of years of our existence we got plenty of sunlight year round.

People are told to stay out of the sun to prevent skin cancers, but major studies indicate that melanoma skin cancer is more common in indoor workers than outdoor workers. This finding, supported in several studies, is explained in "Occupational Sunlight Exposure and Melanoma in the U.S. Navy," by Dr. Frank Garland and Dr. Cedric Garland.

A recent study from Australia has shown that the risk of skin cancer appears to be greatly diminished in those who twice daily take 500 mg. of nicotinamide, a form of vitamin B3 that does not bring about the flushing effect of niacin.

Darker-skinned people need more time in the sun to get their vitamin D because the melanin in their skin blocks sunlight. Dark-skinned people, like others, must avoid sunburn, indicating that one has gotten too much sunlight, which may be as dangerous as not getting enough sunlight.

In bright summer sun, a light skinned person in a swimsuit can get about 10,000 international units of vitamin D from ten minutes of exposure.

Exposure to sunlight alone is estimated to reduce many common cancers from 30 to 50%, and when combined with the other five suggestions in this book, practitioners should expect to be relatively cancer free.

CHAPTER 2

WATER

Many years ago I asked several medical doctor friends, "If you could only recommend one book on healing, what would it be?" My M.D. friend Phil immediately replied, "*Your Body's Many Cries for Water* by an Iranian doctor named F. Batmanghelidg."

The book explains how every system in your body is fueled by water. Batmanghelidg was assigned the duty of being prison doctor while a political prisoner himself in Iran. He had no supplies, no medicines, just water, so treated prisoners by getting them to drink more water, his only option. To his amazement, many of them recovered from their various illnesses.

Our bodies are mostly water. Skin, bones, muscle and other tissues make up less than 20% of our composition. Water is essential to the good function of the nervous system, digestive system, respiratory system, cardiac system— all systems of the body.

And yet, astonishingly, most Americans are dehydrated most of the time. This leads to sickness for a number of reasons. Short on available water, the body goes into a rationing system in which some body functions are temporarily denied water. Toxins that should be eliminated are not, for example, because there is not enough water to create excess sweat or urine that might carry them away. In time, this may lead to disease.

Babies are born with close to 80% water content. Men are about 60% water because they have more muscle, which is higher in water content. Women are about 55% water because they have more fat, which contains less water.

Long-term dehydration from not drinking enough water may result in fatigue, joint pain, weight gain, headaches, ulcers, high blood pressure and kidney disease.

In the modern world we have more toxins than ever existed before in human history. We humans have released some of the most horrible poisons imaginable into our air, water and soil.

Dioxins from manufacturing processes, for example, are everywhere in our modern world, and I am told it is not likely you can find food without human-caused dioxins in it. When you breathe, you may take in dioxins, as when you drink water. One of the more toxic substances on earth, dioxins cause cancer when in parts per trillion.

There are combinations of chemicals around us in our homes – fibers from curtains and carpets mixed with other chemicals creating compounds not tested in any laboratory. We really have no idea how toxic our homes are, but can assume from the millions of combinations of cleaners, disinfectants, insecticides and what not that some compounds resulting from their combining may be carcinogens or toxic in other ways.

There is a need, in my opinion, to clean out our bodies more than ever.

Following the MR NEWS protocol, you will help your body by improving the immune function, and flush out toxins through sweat and urine.

Lymphatic fluids, part of one's immune system, make up four times the volume of the body's blood supply and are designed to remove waste.

I believe that if you have too little water, your body will use it for priorities like the blood stream, lung function (about 90% water) and brain function (which uses far more water than most of the body).

Flushing out toxins is a low priority for your body's water needs, and if you are dehydrated, as most Americans are, your body probably isn't getting rid of toxins – it is trying to do the other things necessary to keep you alive and

conserving water that would have been used to flush out toxins if only the body had enough water.

For those interested in losing weight, drinking an extra glass of water satisfies the thirst signal in the brain. If you override the thirst signal (I'm too busy right now to go get a glass of water) your body slyly emits the hunger signal, because your body knows that if it can trick you into eating, most food contains the water it needs.

One of the reasons for obesity in America is that people eat when they are thirsty. Each additional pound of fat in your body contains 200 miles of capillaries, putting extra stress on your heart.

Doctor friends advise that one should drink an ounce of water daily for every two pounds of body weight in order to stay properly hydrated. If you drink caffeine or alcohol, it dehydrates the body, so you need to add even more water to stay hydrated.

For most people this means adding one more glass of water daily for their health to be improved.

CHAPTER 3

SLEEP

Most Americans don't get proper sleep.

Studies show that a lack of sleep may result in increased blood pressure, increased stress-hormone levels, hypertension, increased risk of diabetes, increased risk of fibromyalgia, increased risk of stroke, obesity, and other cardiovascular and metabolic disorders.

Studies with rats show that when lab rats get everything they need for health – good nutrition, an exercise wheel and so forth – but are denied sleep, they die. Rats are fellow mammals, with DNA very similar to ours, so what happens to them when deprived of sleep likely applies to us.

Sleep deprivation is used as a torture on prisoners. Agents of the U.S. government have shamefully employed this technique. Psychologist Kelly Bulkeley says, "It is less overtly violent than cutting off someone's finger, but it can be far more damaging and painful if pushed to extremes."

He continues, "Part of the reason for this calamitous breakdown is that during sleep the immune system performs a host of vital regenerative functions that are absolutely necessary for a healthy mind and body in waking life. When a person is deprived of sleep, the immune system becomes unable to perform these functions."

Again, we see the pattern that this book repeats– degrading the immune system leads to health problems easily avoided by getting proper sleep.

Some people need more sleep than others, for reasons not understood, so conventional wisdom's "8 hours" should only be seen as a guideline. Most

people do fine on slightly less than 8 hours. Some actually need more than 9 hours. Others get by on as little as 6 hours.

Too much sleep may be as bad for a person as too little sleep according to some studies. Too little or too much sleep both leave a person feeling tired.

To test if you have the right amount of sleep for your body's needs, you should find that upon waking you don't feel tired. Add more sleep or less sleep until you arrive at this feeling of being refreshed upon awakening, for the best health.

SECTION II
MACRO HEALING TECHNIQUES
CHAPTER 4
EXERCISE

Most Americans get too little exercise. I believe that exercise accounts for a significant part of the immune system's maintenance needs, so it's vital to good health.

Exercise is cumulative, meaning that you have to do it over and over to achieve a powerful immune system. Exercising just once doesn't appear to have much impact. Natural healing takes time.

I believe it takes about a month of regular exercise to begin to make a significant contribution toward strengthening the immune function, and after that it must be maintained for one to stay healthy.

When a person is ill, I believe they should not exercise. I have recommended to my meditation students with cancer that they avoid strenuous exercise while healing because the immune system shuts down during strenuous exercise.

This also applies to other disease, such as the common cold. Rest is best, as physicians commonly advise, to give the immune system a fighting chance.

But as soon as the illness goes away, I advise students to start up the old exercise program again. It will protect you by revitalizing the immune system over the long run.

Regular exercise makes a person feel better and addresses problems with depression and anxiety. I advise students suffering from depression to take long nature walks, which seem to assuage the problem much of the time.

Our distant ancestors were walkers, mostly nomadic peoples living in bands. The early humans— homo habilis and homo erectus, were not farmers— agriculture didn't come along for millions of years – so they had to walk to get to where the food was.

Berries, for example, might be found in a distant valley in June. A certain root that normally wouldn't be eaten because of its bitterness might be found during a hard winter at the edge of a distant mountain range, known by the elders of the band who had memories of suffering through hard winters. So early humans spent much of the day walking out of necessity, to meet basic needs.

Because of millions of years of doing this, our species is predisposed to walking for its primary exercise need. I believe the best exercise for humans is walking. It is what our genus did for most of its existence, and our bodies have adapted to getting their exercise need largely fulfilled from walking.

Studies show that the best way to do it for health is to walk continuously, that is don't stop to rest. About an hour is good, at your fastest comfortable speed. Studies indicate that doing this 3 times each week will fulfill most of your body's exercise need.

At age 65 I could walk 5 miles in an hour, comfortably. It takes a little longer now to comfortably walk 5 miles (I am 73 at this writing). A person should not begin at such a distance, but walk a few city blocks and work slowly up to a distance of 3 to 5 miles.

I choose nature trails that are circular, so that a walk can be finished where it started, perhaps where the car is parked. Locally I am blessed with many good nature trails ranging from 3 to 5 miles in length.

Physical inactivity contributes toward acquiring most chronic disease. It costs nothing to reverse this by taking 3 walks each week.

CHAPTER 5

NUTRITION

Most Americans get poor nutrition, a leading cause of health problems.

Several studies have shown that vegetarians have a much lower risk of obesity, diabetes, cardiovascular disease and cancer.

Vegetarians live longer than meat eaters.

I strongly urge people to become vegetarians for health reasons.

Vegetarians do generally have to take vitamin B12 and omega 3 essential fatty acid supplements. Most Americans are deficient in both of these nutrients, available at drug stores and health food shops.

Added sweeteners should be eliminated from the diet. Every vegetable and fruit contains sugar as Mother Nature requires, and is entirely adequate for good health.

Excess sugar causes chronic disease— diabetes, an impaired immune system, weight gain and more. Whenever I meet someone with a relative or friend who has Alzheimer's I ask if the person ate a lot of sweets. They always answer, "Yes, how did you know?" Scientific studies show that sugar is harmful to the brain and is likely a factor in causing Alzheimer's.

Reading the labels, one finds that almost every prepared food product in our grocery store contains added sweeteners, many disguised.

Most of our food today is grown by agribusiness, using three-part fertilizer lacking many of the nutrients plants need to be healthy. So we don't get the trace minerals we need for good health.

Further, we eat food that was harvested perhaps weeks before and shipped in refrigerated trucks from far-off places. Studies on lettuce show that 50% of the vitamin C is gone 24 hours after it's been picked.

So we don't even get the vitamins or minerals we should be getting from what we think of as "fresh food."

I believe most Americans need to take a daily multiple vitamin/mineral supplements because of the above. It is possible to get all of one's nutritional needs from food, but I think it is unlikely for people who do not grow their own food under controlled conditions, in the modern world.

Most of us also drink surface water now from public water reservoirs. Our ancestors drank well water often high in magnesium, which is important to our health. Most Americans are now deficient in magnesium, a macro nutrient necessary for good heart health.

It is important to be aware that any added supplements such as vitamins and minerals should be taken in moderation. Most nutritional supplements vital to our health are dangerous to our health at higher-than-recommended levels.

In summary, for maximum health, limit your diet largely to vegetables, fruits, seeds and nuts, and you will enjoy a healthier and longer life.

SECTION III

MEDITATION

CHAPTER 6

WHY SHOULD WE MEDITATE?

Studies show from 70 to 80% of Americans are overstressed. I believe that number should be even higher based on observations I've made.

We know Americans work more hours than people in other industrialized nations, get less time off, and have a more stressful work day. Production studies show Americans are some of the most productive workers on the planet, cultural pressure that may partly explain the high stress levels.

The American Institute of Stress claims that, "Numerous studies show that job stress is far and away the major source of stress for American adults and that it has escalated progressively over the past few decades. Increased levels of job stress as assessed by the perception of having little control but lots of demands have been demonstrated to be associated with increased rates of heart attack, hypertension and other disorders."

Our bodies have not evolved from the time when stress may have been induced because a saber-toothed tiger was about to pounce on us, and we had seconds to act. We could run, climb a tree, find a hiding place, or grab our spear to try to stop the monster from eating our children.

Resulting stress induced a faster heartbeat, more rapid respiration, adrenalin flowing and other chemical changes to enable us to act quickly.

Today, we are more likely to generate these stress chemicals because we are working on our income tax, or some other non-life-threatening event, but our

bodies only know how to react to the saber-toothed tiger kind of event, assuming we are in grave danger when we feel stressed.

Scientific studies show that stress weakens the immune system. A weakened immune system can no longer effectively fight disease, and with average Americans deficient in all six of the components of MR NEWS, I believe most Americans only operate on a fraction of the immune system's capability.

One theory is that our immune system checks all of the cells in our body over a period of time to see if they are healthy. We have about ten trillion cells in our body, and another hundred trillion independent microbes that are also checked to see if they are invaders or overgrowths of microbial species that have to be eliminated for health reasons. That's a lot of work for the immune system and only part of its job.

As the theory goes, a weakened immune system may check a cell to see if it is healthy and alive. In this check, dead or obviously deformed cells are replaced with healthy new copies of themselves. If the immune system is weakened, it may not check further to see if the cell is also cancerous, as it would if the immune system were functioning well. So cancer which could have been eliminated, instead keeps spreading, as it is overlooked by the weakened immune system.

The best way we know to get rid of immune-system-weakening stress is meditation.

We all accept that there are at least three states of consciousness – one may be awake, asleep or dreaming. It has long been accepted in the Eastern world that there is a fourth state of consciousness called meditation. Harvard studies going back for decades have concluded that there is indeed another state of consciousness that may be called meditation or at Harvard Medical School, the "Relaxation Response."

I believe that we have a need for meditation. I have used an example in my meditation classes to illustrate this, with which most people may relate.

I tell students, "You are in a college class just before exams, and you know the professor is giving information that will be on the test. You've been cramming all day in class after class, and suddenly you realize in one class that you have been daydreaming, and you don't know for how long."

I believe this is a form of meditation that your body creates to protect you from prolonged stress like preparing for final exams, when your brain is pushed hour after hour for an extensive time. When your brain responds, "I can't take it any longer," this form of meditation kicks in to save you. I don't believe this emergency meditation is the best meditation – it's better when you willfully control it.

Sadly, we don't teach our children how to meditate in the Western world as so many have done in the East for millennia. Some of the oldest known human writing, centuries before the historical Buddha, in the *Chandogya Upanishad*, refers to meditation.

Wealthy people, who have considerably less stress on average, average longer lives than poor people. Stress is a killer. In the next chapter we learn how to meditate to get rid of stress.

CHAPTER 7

HOW TO MEDITATE

When we meditate, we move to an altered state of consciousness that is extrasensory. To do this, we must escape the sensory world. I suggest the following method for beginners.

I find it best for those starting out to go to their bedroom at a time when they will not be disturbed for 20 minutes. Close the door. Turn off your phone, or any device that might interrupt you. Turn off the lights.

Lie down on your bed. Gently close your eyes. Let your mind move around in your body. This is not your brain, which has a fixed location, but your mind, which may be wherever you imagine it to be, on the French Riviera or the planet Mars if you choose.

Move your mind to your toes and gently give them permission to relax completely. Then to the soles of your feet, all relaxed. Let your feet go, sinking into the mattress.

Next move up to the ankles, the calves, the knees and thighs, permitting them to go into complete relaxation, sinking into the mattress.

Then to the hips and back, letting them go into relaxation and sink into the mattress.

Now you might want to wander your mind over what you've done, looking for tense spots that may have crept back. Where you find tension think "relax" as your mind finds that spot, and let it go into deep relaxation.

Then move your mind to the shoulders, upper arms, lower arms, wrists, hands and fingers. Let them sink into the mattress, relaxed.

Last, the neck and head, which are the most difficult areas to relax. Let your head sink back into the mattress, or if you need one, a pillow. Be patient, prepare to spend 30 seconds to several minutes.

If you have a headache it will take longer, but you can get rid of it by simply moving your mind to where the pain is, and letting that pain spot go into complete relaxation. Even my students with migraines tell me they learned how to get rid of them employing this technique, though it takes more practice for some people than others.

The key to breaking through is belief. If you believe you can do it, it will happen much faster. Millions of people have meditated, and knowing this, you should realize that you can do it too, everyone can do it. Do not let doubt creep in.

Again, go over what you have done, moving the mind over the body looking for tension, and where you find it, give that spot permission to completely relax.

Remember your body is protecting you from a surprise attack by a saber-toothed tiger. Muscles will tense in expectation of having to make a sudden escape move. After you are experienced this will become easier, though even the most experienced meditators have bad days when they just can't properly relax as much as they would like.

The next part is to shut out thinking. In the Western world we say we have five senses -- touch, sight, hearing, smell and taste. But in the Eastern world it's believed there are six. They include *thought* as a sense that must be escaped to arrive at complete meditation.

Sensory perception holds us in the waking state of consciousness, and part of that perception is our thoughts, in addition to sight, hearing, touch, smell and taste.

To meditate, one must get beyond "mind clutter," or thinking, to leave this waking state of consciousness, as we call it.

Staying as completely relaxed as you can, as a thought is recognized, gently tell it "go away thought," in a peaceful, relaxed way, and return to darkness and quiet.

The Great Masters of the East who've been teaching meditation for thousands of years say the gateway to meditation from the waking state of consciousness is in one's breath.

Think to yourself as you breathe in, "breathing in, I breathe in calmness," and as you breathe out, "breathing out, I exhale stress." Envisioning that in your mind as really happening, you are moving into complete relaxation.

Feel the stress go away. If you have a stuffy nose it will clear up. If your blood pressure is high it will move toward normal during the time you are meditating (many scientific studies support this).

For those with chronic lung disease or difficulty doing this using breath, I recommend a mantra. A mantra may be a nonsense word or phrase which means nothing to you. You repeat it, gently, to keep from thinking. You might repeat, as the Tibetans do, simply "Ommm."

Or, if you want to get fancier, you may do what the Japanese *Nichiren Shoshus* do and recite the ancient "*Nam myoho renge kyo*," or make up a word or phrase of your own.

Repeat your mantra as the only thing that exists; there is nothing else in the universe but the mantra, and this keeps you from thinking as you sink into the meditative state. When you are aware of nothing you are meditating.

Many meditation teachers recommend 20 minutes twice each day for best results.

With practice you may meditate anywhere, while waiting at the Department of Motor Vehicles, in a grocery store checkout line, or while walking in a park. You will be able to simply let go and relax the entire body at one time.

CHAPTER 8

CONCLUSIONS

While I believe that natural healing techniques are the best for your body, they must be taken like any other medicine, at the proper dose.

We need 2 mg. of copper in our diet daily for good health, but excessive copper for an extended time can damage the liver and kidneys. When people assume that if 2 mg are good for you, more must be great, they are taking a dangerous route and may be poisoning themselves.

This is true for most minerals and vitamin supplements, and I believe that even when they appear to be safe, upper limits should be considered on everything. Serious deficiencies requiring a large dose of vitamins or minerals should be addressed under the supervision of a qualified physician and closely monitored.

In my meditation classes I have often mentioned the case of the early astronauts who, with limited space in their capsules, breathed pure oxygen. Prolonged breathing of pure oxygen resulted in nosebleeds and hemorrhaging of the stomach lining. Our species evolved breathing our planet's air in the biosphere, and that is what our body needs— not pure oxygen.

I make this point only to show that there is an apparent upper limit to even the things our body most needs, like oxygen, which should be consumed in proportion to other elements.

While sunshine protects us from all of the common cancers – breast, prostate, colon, etc., too much sun is harmful.

Fortunately we have the Internet with wonderful search engines today. Again, people should not have to be warned that there are websites filled with misinformation urging readers to try products that may harm and even kill you.

And there are Web pages saying things are true when other pages say the same things are false.

Rather than heavily footnote this little book, I prefer to urge readers to investigate for themselves and check out what is written here by going to their favorite Internet search engine for verification.

In addition to preventing disease, MR NEWS may also treat disease, although one should be aware that natural healing takes time. Your cancer may have taken twenty years to spread, and natural healing won't make it go away in a few weeks.

If you follow the six suggestions in this book, your health will be greatly improved. I wish you well on your journey to good healing.

ABOUT THE AUTHOR

John Balkwill has been published from the little-read *Rectangle*, magazine of the English Honor Society, to the (then) millions of readers *USA Today*. He has won national writing awards for poetry, fiction and nonfiction works. He is author of *An Attack on the National Security State*, about peace activists in prison.

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