

### WE CAN HELP!

There are six chief causes of disease: (1) Emotional, (2) Nutritional. (3) Poisons, (4) Infections, (5) Accidents, (6) Inherited.

The greatest cause of disease is, without a doubt, emotional. Worry, fear, hate, envy, jealousy...These are the great killers.

The second greatest cause of disease is nutritional. We live in a country where we have more good doctors, more great medical schools, and more hospitals, more education, and more great scientists, and more money than any other place on earth. We hear so much about the great scientific advances that have been made in certain branches of medicine.

Last year we had more cancer than ever before. We had more heart disease. It is the leading cause of death, killing young people before the age of forty all over the land. We had more high blood pressure, more stomach ulcers, more rheumatism, more diabetes, and more mental disease. Fifty percent of the hospital beds in America are filled with mental patients. They are running out the top windows all over the land and more mental hospitals are being built every day.

We had more polio last year than ever before. Perhaps we are not so smart after all. Maybe something is wrong here. There are places in the world where these degenerative diseases do not occur. There is a place in India, called Hunza, where British physician Sir Robert McCarrison, stayed seven years looking, without success, for cancer. These people live to be one hundred and ten years of age and die with their own teeth in their mouths. Seventy year old men run 20 miles a day and think nothing of it. Sir Robert McCarrison said the reason these people have such excellent health is because they do three things that we fail to do. They eat natural food, grown on fertile soil, and they eat it fresh. We do none of these things.

The first great fundamental reason why all of us are sick, from the standpoint of nutrition, is because the land is worn out. The farmers of America violated another of Gods natural laws...Natures law of return. This law simply states that if you take away from me then you must return something to me. But all the farmers violated this law. We cut down the trees, plowed up the land, planted cotton one year and corn the next, and even burned the stalks. We constantly took out and never put anything back. As a result, all the land became poor land. And poor land grows poor food that makes poor people, who are sick. Poor land grows food that is poor in vitamins, poor in minerals, poor in enzymes and proteins of poor quality. All of this means sick people.

The most common disease in America today is hypo-proteinosis, that is, not enough protein, or protein of poor quality. This is of tremendous significance. The vitamins, the enzymes and the antibodies that give us resistance to disease are all protein substances.

About the time all the land became worn out, along came science to the rescue. And in this country we have been taught to bow down and worship this word-Science. In this instance the scientists through the chemical trust, using USDA, the A&M Colleges, and County Agents, gave to the farmers, "If you will put this on your land we promise it will grow twice as much, and you will put money in the bank", and the farmer did put more money in the bank as a result of its use. This was true for awhile, but the farmer found it took more and more fertilizer, and he got less and less in return. Unfortunately, NPK does not make the land rich. It merely drives out what remaining fertility is present and finally leaves a piece of dead, hard

concrete. A hard pan or plow sole develops. A concrete slab would be a better name.

The end result of chemical farming is always disease, first in the land itself, then in the plant, then in the animal, and finally in us. Everywhere in the world, where chemical farming is practiced, the people are sick. The use of synthetic chemicals does not make land rich. It makes it poorer than before.

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