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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Prevent Disease By Thinking Differently Than Experts**

**By William R. Quesnell**

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Did you know that all physicians and medical researchers have been indoctrinated with a flawed model of thinking dating to the 17th century?

These "experts" cling to a Cartesian model of thinking.

Cartesian refers to the philosopher Descartes who declared, "I do not recognize any difference between the machines made by craftsmen and various bodies nature alone composes."

All scientists, whether they were physicists, botanists, or zoologists, soon adopted his concept that the subject of their study was a machine.

Over time, however, every science but one opted out of that belief. The mechanistic, reductionist, biomedical model of health followed by our doctors and medical scientists still assumes our body functions like a machine.

This antiquated theory says our body consists of a fixed number of parts working together like a clock. Disease results from their breakdown, and repair of the machine depends on a doctor's intervention.

Intervention comes in three forms: Repair by surgery, treatment with drugs, or the replacement of defective parts.

Nowadays the smallest defective parts are presumed to be genes, human disease genes, found in our cells.

Are you comfortable with the premise that a single human cell measuring 1/1000 of an inch across, containing instructions within its DNA that would fill 1,000 books of 600 pages each, is but part of a machine?

## Prevent Disease By Thinking Differently Than Experts

A life systems model of thinking provides a much better understanding of health and the prevention of disease.

All life forms are comprised of layers or tiers. Genes are imbedded in chromosomes. We find the chromosomes in the nucleus and the nucleus in the cell. The cell resides in an organ and the organ functions within organ systems.

All these levels are dynamic, participating in mutual interactions that influence the health of each organism. They are not static parts of a machine, independent from nature.

For more than four million years, beginning when our ancestors first stood erect, we have had a partnership with nature.

The success of this partnership, reflected in our individual health, has much to do with nutrients derived from the exterior environment in the food we eat and the water we drink.

All life forms require minerals from the external environment to regulate the metabolic enzymes that run their internal environment.

When we consume food and water deficient in minerals, our metabolic enzyme systems break down. That's when we lose immunity to degenerative disease.

Getting a handle on where health comes from and how to prevent disease sure beats repair by surgery, treatment with drugs, or the replacement of defective parts.

William R. Quesnell, Author  
Minerals: The Essential Link to Health  
Six Ways to Put The Mineral Team Back in Your Diet

Price-Pottenger Nutrition member Bill Quesnell farmed melon for eight years in Costa Rica. He learned where health comes from by putting his hands in the soil, not by depending on the medical literature.

### **Approved Ways To Prevent Heart Disease**

#### **By MoneyMadam**

Today's modern medicine has made great strides in determining the causes of heart diseases, as well as ways to treat and prevent it. Just fifty years ago, most people didn't go to the doctor unless they were sick, and the medical profession itself didn't really warn its patients about heart disease, unless the person showed serious signs of it or had a close family member with the disease. Now, thankfully, a much more pro-active approach is taken by both the patient and the doctor in preventing heart disease, as well as treating it.

An Ounce of Prevention

## Prevent Disease By Thinking Differently Than Experts

Perhaps one of the best ways to prevent heart disease is to change the patient's outlook on diet and exercise. It has been shown, time and time again, by such medical groups as the American Medical Association and the American Heart Association that a diet low in fat and low in calories is a great way to lower a person's cholesterol, which is a major risk factor when it comes to heart disease. Add to that a regular doctor approved exercise routine and regular monitoring by the family doctor, and you will be an active participant in the battle to prevent heart disease.

One thing to always remember, of course, is that you and your doctor should be a team in the challenge to prevent heart disease. Routine monitoring of such things as your blood pressure, cholesterol level, general weight and health, as well as indications of other diseases that might complicate the situation are all very important things that both you and your chosen medical professional should be on the look out for. So, even if you're not overly concerned about preventing heart disease, see your doctor on a regular basis and talk with them. Depending on what is uncovered, you can possibly get a head start on your race to prevent heart disease.

### When Exercise and Diet Aren't Enough

While good diet and regular exercise are great ways to help prevent heart disease, sometimes they simply aren't enough. Occasionally, your doctor will prescribe different medicines, to help with the battle. The most common ones are those that either help regulate and lower high blood pressure or help the body process and lower the concentrations of cholesterol. Whether or not prescription drugs are needed for your situation should be decided after a serious consultation with your doctor and some monitoring of your health and lifestyle. There are many drugs out there to help prevent heart disease, and your doctor can discuss all the options available.

Trying to prevent heart disease is definitely something that should be on the forefront of everyone's mind. It is one of the leading killers of both men and women in the United States today. By working with your doctor, and following a sensible low fat diet and exercise plan, your efforts to prevent heart disease will not be in vain.

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