

Health Review

CREDENCE

CANCER:
**What you can
do at home**

Dinsley's Black Magic

The King of Vitamins

Garlic's BENEFITS

**The Great
Sun Scare**

**ORIGINS -
The Greatest Scientific Discovery**

Sponsored by the Campaign for Truth in Medicine



The

Campaign for Truth

In Medicine

'people helping people'

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The Campaign for Truth in Medicine is a worldwide citizen's organisation dedicated to educating the public on health issues and pressing for change where entrenched scientific error, ignorance or vested interests are costing lives. Our ranks comprise doctors, scientists, researchers, biochemists, politicians and industry executives as well as countless members of the world public.

Millions today use nutritional supplements and alternative health strategies and yet, increasingly, the public's freedom to choose is being eroded by government legislation and attempts by the pharmaceutical industry to 'buy out' the massive alternative health market.

CTM stands for the people's right to choose the healthcare system they feel is right for them, free of big business interference, pointless government regulation and coercion by a medical establishment which often attempts to compel its own dubious remedies upon an unwilling public.

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Please note: this magazine is for informational purposes only and should not be construed as medical advice. A doctor's opinion should always be sought in the matter of any illness.

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Health Review

Welcome to Health Review Magazine



Dear All,

According to the Sony Corporation, mankind produced 4 exabytes of unique new information in 2009. That's 4×10^{19} bytes or, put another way, more new stuff in one year *than our species has produced in the last 5,000 years combined*.

We're also told a week's reading of the *New York Times* yields more information than a 17th century noble could expect to come across in his entire lifetime. Truly we live in exponential times. The question is, are we getting the right information? Countless TV channels, websites, magazines, blogs and infomercials bury us in information daily, but what if we've got cancer or diabetes? Who do we turn to?

The answer is, we start with what we know to be true and work outwards from there. In health this is not difficult. You are the sum total of everything you've ever done to yourself; everything you've ever eaten, drunk, slapped on your skin, allowed to be irradiated, inhaled, looked at and listened to *has become you*. Sobering thought, isn't it? And so is the cure, which is to *change the input*.

Did you know the subconscious mind controls every cell in your body? You have to *know* you'll get better. The incredible advances in biophysics and molecular biology today bring us to one conclusion: that we are each the product of mind and the choices we make. Making good choices is about having the right information and deciding to act on it. That's what Health Review and Credence is all about. Read on and be amazed!

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ORIGINS—THE GREATEST SCIENTIFIC DISCOVERY

"There is no such thing as freedom of choice unless there is freedom to refuse."

- David Hume

Cancer—A Cautionary Tale

PHILLIP DAY looks at the latest news and why no-one wants to hear it



I have studied cancer for 25 years. I've given countless lectures on the subject, written books, made films, spoken to some of the most successful cancer doctors in the business, and actually there really is some good news about cancer, though you would be forgiven for thinking otherwise with all the tall tales appearing in the press recently.

The bad news we all know about. Britain leads the industrialised world in its failure to halt the disease. The General Medical Council likes to attack doctors using safe, alternative means to cure the problem. More people will die of cancer next year than in previous years - more people will contract it too. The UK, or what's left of it, has the worst cancer survival rates of any western industrialised nation - frankly not surprising in a country whose citizens have taken to yanking out their own teeth with pliers brought at Homebase because they can't afford the dentist. Into this woeful mix you can toss all those upbeat charity reports: *'The war on cancer is being won, just give us another £170 million'* when the war on cancer is being deliberately lost. Oh, and those 80% of women surviving breast cancer? They really aren't. In desperation to maintain credibility and show progress for the big bucks spent, Big Cancer has redefined the word 'survive' to mean only five years after initial treatment.

In the real world and not Bubbleland, 'surviving cancer' is not living another five years pumped full of chemical warfare agents, it's dying in your own bed at the grand old age of 91 from something other than cancer - yanking your own teeth out with pliers bought at Homebase, for instance. And in the real world and not Bubbleland, the simple fact is, cancer is still killing your family and mine and all the 'experts', pink ribbons and ££billions



in the world don't seem to be making a hoot's worth of difference. And why exactly is that? Because wars are only profitable while you are fighting them, not when you've won them.

That's right. Welcome to the not-so-enchanted forest of baleful scientific endeavour. Cancer is a \$200 billion-a-year industry. There are more people today making a living out of cancer than are dying from it. *'From an economic point of view alone,'* one professor

"If I contracted cancer, I would never go to a standard cancer treatment centre. Cancer victims who live far from such centres have a chance."

**Charles Mathe,
French cancer specialist**

confided, *'why would anyone ever wish to cure cancer? Millions would have to re-train.'* Hard to believe, but just as countless millions are wasted digging up the same old piece of road year after year, pointless cancer grants are renewed so researchers can continue to follow the wrong course with the maximum of precision. We've seen the same template used with Health and Safety, 'Climate Change', Foot and

"I'm part of a profession that is systematically lying to people."
- Dr Mark Donohoe



"Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers. This fact has been documented for over a decade, yet doctors still use chemotherapy for these tumours." - Dr Allen Levin



Mouth, the HIV epidemic that wasn't, the annual flu pandemic which never turns up, SARS, CJD, swine flu, and that other shining beacon of medical idiocy, psychiatry. In Britain, it's business as usual with the National Horror Service and 'independent' cancer charities all vying to

"My studies have proved conclusively that untreated cancer victims live up to four times longer than treated individuals."

Professor Hardin Jones

scare the pants off you so you'll cough up more dough. In the US, the American Cancer Society remains the world's wealthiest non-profit organisation which even makes political contributions. All very bleak and unsettling but, let's face it, everything we've come to expect from a medical 'industry' which lies its hat off to keep the money coming in, and can't even keep its patients from dying of diseases not even our livestock die from.

WHAT WORKS AND WHAT DOESN'T

After decades of chemotherapy, surgery and radiation, it's quite clear even to the terminally blinkered these treatments don't 'cure' cancer, perhaps for the very reason the patient got cancer in the first place.

Dr Alexander Berglas explains: *"Civilization is, in terms of cancer, a juggernaut that cannot be stopped.... It is the nature and essence of industrial civilization to be toxic in every sense.... We are faced with the grim prospect that the advance of cancer and of civilization parallel each other."*

In other words, what if cancer never was something a drug could cure but a civilization wake-up call instead? What if all the billions spent chasing a *cure* have been hopelessly aimed in the wrong direction? Witness King Hussein of Jordan and many like him treated with the best cancer medicine money could buy and they still died. Then witness, as I have, the poorest victims of the disease doing the basics, changing their diets, turning their lives around and clearing the problem. *'But if it were that simple, everyone would be doing it!'* people cry. No, they wouldn't. Do you have any idea how hard it is to change people's habits, let alone your own? I spend three hours a day on the phones talking to people about such issues and trust me, they want to *negotiate*.

Doctors are caught in the middle, bristling at the merest inference they are withholding a cancer cure. *'If food really did it,'* they e-mail me frostily, *'we'd have been told about it,'* Wrong again. You weren't trained in even the basics of nutrition, mate, let alone lifestyle and attitude. You have swallowed the enormous paradox that food is good enough to keep you alive but not good enough to fix you when you're sick. Witness the muck they serve *you* in the hospital canteen at lunch-time, let alone to your patient. From day one

“There is no reason for women to panic when they hear ‘cancer’. Panic makes them easy victims.” - Dr Irwin Bross, New York

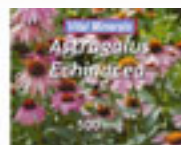


of medical school, they taught you to stop thinking. And you're still not thinking.

Witness the 1st November *Daily Mail* headline, 'So What Is Safe to Eat?' decrying a recent £4.5 million effort by 21 international experts to discover what's really causing cancer. The honest assessment resulted in the public being told to curb alcohol, processed meats including pork (yes, that's ham, bacon and sausages, Kevin), and steer clear of red meat and table salt if you don't want to get cancer - advice, as Paul Hogan might say, which has proved about as popular as a rattlesnake in a Lucky Dip. Britain's 'top' cancer specialist Professor Karol Sikora indignantly remonstrates, '*Alcohol, red meat and bacon in moderation will do us no harm and to suggest they will is wrong!*' And Sikora should know, presiding as he does over the worst cancer survival disaster of any western industrialised nation. By the way, what does one have to do to be a 'top' cancer specialist under such circumstances?

Look, for a £20 donation, the World Cancer Research Fund will send you a 650-page tome stuffed with literally thousands of nutritional annotations for cancer which are routinely ignored *because the answers don't pay*. Things like, if you're fat you're more likely to get cancer. If you smoke, you're more likely to get cancer. If you take drugs and medications, you're more likely to get cancer. If you're stressed, depressed, grieving, bankrupt, jilted, divorced or just plain lazy, you're more likely to get cancer. If you lack vitamins B, A, C, E and D, you're more likely to get cancer. If you *care*, you're more likely to get cancer. See? Nothing there to make Porsche payments with, and who likes their lifestyles judged anyway in this liberal, risk-averse society where we're told that anything goes but don't even think of expressing an opinion about it?

Doctors will continue to fail with cancer until they buck the training and accept that a patient is not some collection of malfunctioning



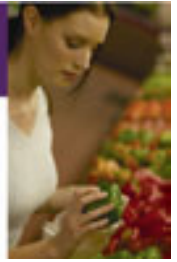
tioning cells but a human out of homeostasis. We have cultures alive today who don't get cancer. No stress, no speed cameras, no mobile phones, no Katie Price, no Afghan War. Don't get me wrong, I truly believe 21st civilisation has much to commend it but there are the downsides. As Berglas says, we're a toxic society and that includes the medicines. If cancer is



striking 1 in 3 of us, that means something is going fundamentally wrong out there and we're either going to be honest about it or continue canoeing down that long river in Egypt called De-Nial, splurging down the rat-burgers until the meat-wagon comes to collect us.

Science tells us that cancer is the judgment-bar of lifestyle. It's a call to repentance with no naughties to evade Matron's attention. Dr Ted Morter has the right idea. '*Your body doesn't care if you are sick or healthy. It doesn't plan for the future. Your body doesn't think and it doesn't judge. It doesn't care if you are hurting or if you are happy. All it does is respond to survive. Your body makes thousands of perfect survival responses every instant of your life. You may like the results of these responses and*

"My sincerest wishes for our friends the Nechilli Eskimos is, that civilization may never reach them." - Roald Amundsen, 1908



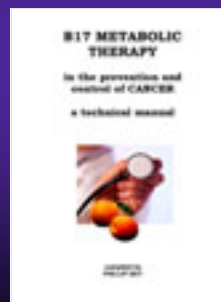
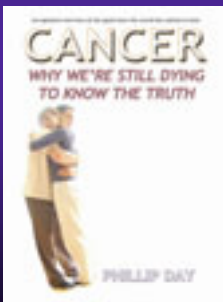
call it 'health'. Or you may not like the results and call it 'ill-health'.

In other words, your body is an amazing piece of kit. During my decades of public research, the overwhelming impression I got was how little the public was being taught about what they could do for themselves. Thus they were forced to rely on the 'experts'. Thankfully this is changing. Jamie Oliver and Gillian McKeith are but two of the personalities these days hosting programs in an effort to change our behaviour. Government, so quick to sticky-beak into every nook and cranny of our lives, seems not to be bothered with the bigger picture. Why should it? The bigger the crisis, the bigger the budgets. 'Healthcare' costs rocket as doctors continue their ignorance of diet and lifestyle. Cancer remains the corporate preserve of vested interests, these days spear-heading legislation in some countries that would make an SS Sturmbahnführer blush. Parents arrested at gunpoint for refusing chemo for their children? Kiddies whisked away to be

forcefully medicated to preserve their 'human rights'? Mums on the run to avoid toxic AIDS drugs for their children? Did you know refusing vaccinations for little Fifi in Maryland USA will bring a SWAT team to your door these days?

They say that corporations have neither bodies to be punished nor souls to be damned, though I do wonder how these New World Order minions sleep at night. Let's not go there now. For all the rest — for all those willing to take charge of their lives and make a change for the better, the good news is, science has done what science was supposed to do. And science says cancer today need not be the Terminator even for those considered beyond hope. I agree. I've seen the dead get up and walk. I do not accept the bias of the word 'terminal'. In the Oxford English Dictionary it's where a bus ends up. If it ever had any medical relevance whatsoever, perhaps all it described was a doctor who ran out of ideas and a patient who ran out of hope.

"We concentrate on consistency without much concern of what it is we are being consistent about, or whether we are consistently right or wrong. As a consequence, we have been learning a great deal about how to follow an incorrect cause with the maximum of precision." - **W Deutscher, University of Manchester Institute of Science and Technology course hand-out**



"I did not invent water. I only discovered its importance to health and wellbeing. As a doctor, I ask you to give water a try." – **F Batmanghelidj**



Water/salt—Don't go without!

THERE ARE TWO THINGS I notice about modern civilisation right off the bat. Firstly, the leading causes of disease deaths are all chronic malnutrition problems and secondly, most of the population is suffering symptoms of chronic dehydration, especially the elderly. How can you tell? There's a pub on every corner.

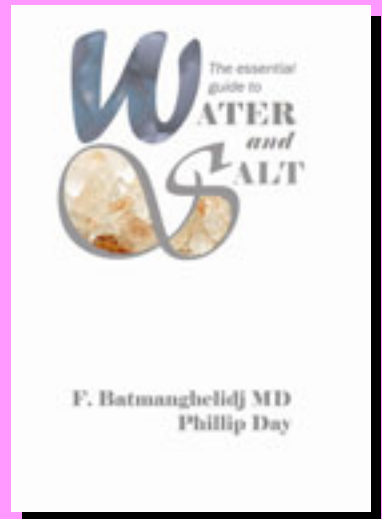
Experts are fond of telling us that we get all the water we need from the food we eat, as well as from beverages such as tea and coffee. This is dangerous nonsense for two reasons. Firstly, most are eating processed, cooked food devoid of nutrition and secondly, the beverages we do drink tend to be diuretic or water-expelling in nature, exacerbating the problem.

One of the top specialists in the field of hydration was an Iranian physician named Dr Fereydoon Batmanghelidj, and I was delighted to be approached by his foundation to do a celebration book of his life's work following his passing. This superb scientist spent his professional career studying the effects of dehydration on the body and how supplementing the body's water needs with *whole salt* could reverse a range of conditions, many of them believed incurable.

Of course, the experts also tell us that salt is dangerous, but which salt? There are hundreds of salts in nature. Vitamin C in its ascorbate form is a salt. Baking soda is a salt. Magnesium oxide is a salt. We never question why seriously ill people are put on a saline drip and yet we swallow the 'bad salt' mantra without demur. It is true that sodium chloride is an industrial poison which wreaks havoc in the body, but this isn't true of unrefined salts such as Celtic salt or Himalayan salt. The problem stems from how sodium chloride is refined and then heated to 1200°F to dry it, wrecking the ionic structure of the salt so the body cannot use it. Salt is vital for getting acid out of the cells. Read the above book to discover just how important salt is and what will happen if you go 'salt-lite'.

Dr Batmanghelidj found that in cases where the body is dehydrated, an excess of histamine is produced to regulate available water resources. Histamine is a neurotransmitter hormone linked to various inflammatory conditions and also asthma, depression, migraine headaches, constipation and depression. Dr Batmanghelidj discovered that adequate hydration coupled with half a teaspoon a day of whole salt and an organic diet could deactivate inflammatory responses as well as alleviate high blood pressure, chronic lower back pain, joint problems, heartburn and more. He wrote:

"Water is a readily available natural medicine for some prevalent and very serious medical conditions that are known to kill many thousands of people a year. For instance, is it heart disease or dehydration that is killing people? In my professional and scientific view, dehydration is the biggest killer, more than any other condition you might imagine."





HEALTH WARS

PHILLIP DAY

In most industrialised nations, doctors are the third leading cause of death

If you think you're completely healthy, you've not had enough tests yet....

Doctors don't cure disease

Drugs don't cure disease

Your body cures disease

You are the sum total of everything you've ever done to yourself

Most people kill themselves with malnutrition, cooked food, poisons, laziness and stress

The odds are, you'll die the same way unless you do something different

Change your input!

DINSLEY'S BLACK MAGIC

Is Nature's great toxin remover overlooked because we can't see the wood for the trees?



Once a year I get hot flushes when I come across a technique or health aid that really works. And usually behind each story you'll find a dedicated researcher who's spent years exploring and refining the techniques before putting fingers to keyboard to tell the world all about it. Such a man is John Dinsley, a redoubtable Canadian who has lived, travelled and worked from South America to the North Pole, from Nova Scotia to Nepal. During the course of his work in overseas development and counselling in some of the planet's most deprived areas, he quickly learnt what worked and what didn't. His book is about that most unlikely of remedies, charcoal, and the irony that in our technocratic age where science is now God, the simple truths escape becoming known.

In fact, science knows all about charcoal. As Dinsley writes: *'We drink water filtered by it; breathe air scrubbed with it; eat food purified through it; wear clothes made with it; preserve things with it; go to war with it; enjoy hundreds of dishes cooked with it; we move mountains with it; we make the night sparkle with it; grow our food and flowers in it; we take it with us to the bottom of the deepest oceans and out into space; and then we call upon it to clean up our many environmental mistakes. Not least and not last, medicinal charcoal plays an increasingly significant role in maintaining, restoring and enhancing man's level of health. No wonder we naturally warm up to it.'*

Unfortunately Medicine has not, since charcoal is commercially worthless and you can't boost shareholder dividends with the remains of last night's fire. In 1897, health re-



former E White wrote: *'I expect you will laugh at this, but if I could give this remedy some outlandish name that no-one knew but myself, it would have greater influence.'* The Roman innovator and scientist Pliny himself knew all about charcoal: *'It is only when ignited and quenched that charcoal itself acquires its characteristic powers, and only when it seems to have perished that it becomes endowed with greater virtue.'*

Back in the old Iron Empire days, of course, who but the Romans knew best with all the poisonings in Caligula's court? I imagine most senators walked around with smug expressions in those days with pouch or two tucked under their togas. These days, who cares? If you can't drive, drink a cup of coffee and have a doughnut with it, no-one's interested. And perhaps for that reason alone, many lives have been lost because charcoal's not sexy and the whole idea of *drinking* the stuff doubtless gives the housewives of Purley the screaming heebie-jeebies.

For charcoal is, quite simply, one of Nature's most powerful antidotes for poisoning. It can render harmless thousands of deadly chemicals when taken

internally, so much so that it should not be taken with traditional medicines lest it removes them completely from the system (no comment on the grounds that I may incriminate myself). Accident and Emergency departments use it to treat overdoses and victims of accidental poisoning. In poultice form it has been observed negating the effects of gangrene, boils and sores. In tablet and capsule form it's used for heartburn, gas, flatulence and wind (I heard they introduced it into the Palace of Westminster bar and the entire House of Commons disappeared).

The wonderfully named Agatha Thrash MD, co-founder of the Uchee Pines Institute and Medical Examiner for the US State of Georgia, remarks, *'Charcoal has amazing healing properties. In fact, if I were stranded on a desert island and could take only one thing along to protect me from disease, infection and injury, I*

would choose charcoal.' Really? I'd choose the QE2.

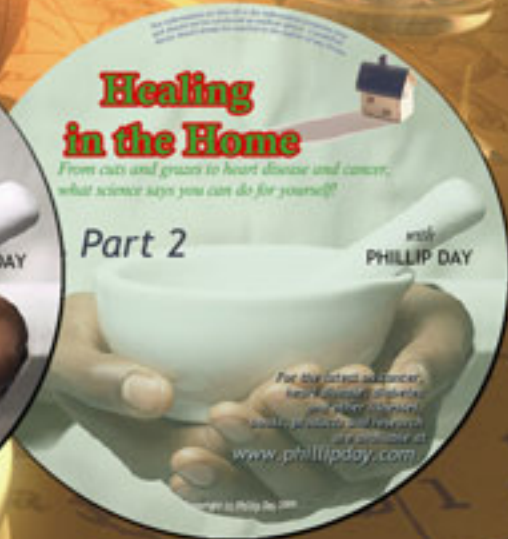
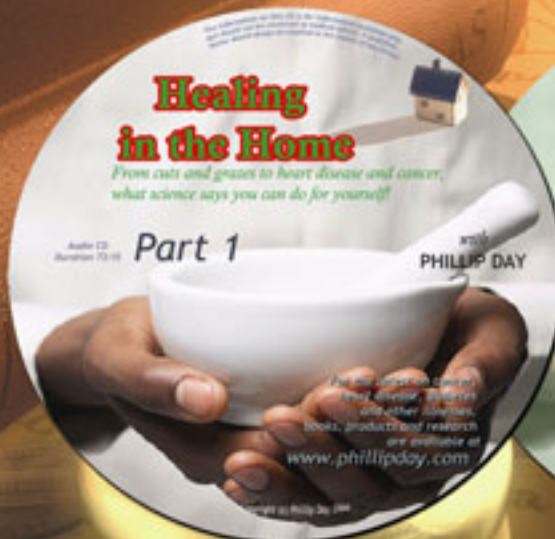
The pure gold of Dinsley's book, in my view, are the 150-odd charcoal anecdotes from all over the world and the science to back them up. Food poisoning, spider bites, Crohns, haemorrhoids, vomiting, cancer and miscellaneous ailments – you'll catch on quickly. Charcoal's adsorptive surfaces can bind toxins and transport them out of the body, a bit like a courier collecting two computer disks from HMRC, only this time delivering them. As Dr Thrash intones, *'People need this book. Every family, healthcare worker, every traveler abroad, every health-conscious individual needs a copy in their home library.'*

I heartily concur. Even the righteous should be up for evangelist Dinsley and his little pieces of Black Magic.

Make good choices!

What really works

Also available as an MP3 download



The Great Sun Scare

So what's the deal with the sun? Do I? Don't I?

IN THE LAST eighteen months, a number of well-articulated studies have come out on vitamin D, extolling the virtues of this pre-hormone and demonstrating that it is one of the most important nutrients to human health. Previously sidelined as a vitamin whose deficiency produced the old medieval problems of soft bones and rickets, it now turns out that vitamin D up-regulates around 10% of the human genome. It is so vital to human health, says The Vitamin D Council, that *"current research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more."*

BIG MISTAKE

Vitamin D is known as the sunshine vitamin, which of course produces the attendant problems of a) getting enough sunlight and b) rejecting government scare stories that 'sunlight kills'. Let's deal with the latter first.

In the late 1980's, the medical profession began telling the public that the sun was going to kill them. Dr John Cannell reports:

"In 1989, around the time autism began to rise, the American Medical Association's (AMA) Council on Scientific Affairs warned about the dangers of sun exposure, advising mothers to "keep infants out of the sun as much as possible." In 1999, when autism rates really exploded, the American Academy of Pediatrics went further, advising mothers always to keep infants out of direct sunlight, use sun-protective clothes and sunblock, and make sure children's activities minimize sunlight exposure. Quite inexplicably, they said there was "no evidence"

such "rigorous sun protection" would affect vitamin D levels. By 2002, the Centers for Disease Control (CDC) reported such efforts were quite successful: "protection from sun exposure is reported for a high proportion of children."

If there was ever an example of crass ignorance costing the lives of millions, this is it. As the environmental movement gained strength in the final decades of the 20th century and began propagating the myth of man-made global warming, the sun also became the enemy in the public eye after big business. So people stayed out of the sun. And got sick. And died, in spite of medicine's best efforts to save them.

Studies show today that the vast majority of Americans, British, Europeans, Australians, Russians and just about everyone who watches the BBC is vitamin-D-deficient. Yes, if you barbecue your flesh with the sun or a sunbed, you can get melanoma, but how many were told of the sun's amazing *cancer-protecting* benefits?

GETTING EDUCATED

In researching and writing my booklet, *The Essential Guide to Vitamin D*, I was astonished at how little mainstream medicine knows or even cares about vitamin D. Why? The short answer is, because vitamin D doesn't send your kids through private school, and advising the public about a commercially worthless nutrient directly competes with pharmaceutical drug revenues. You think this can't happen? Witness the special interests scam over swine flu; how governments were over-hyped on the 'dangers' of H1N1 to the point where, even as I write, Gordon Brown is still trying to offload £1 billion-worth of vaccine the public refuses to

Vitamin D Fact File

take. In my view, the vitamin D catastrophe is even more insidious since people just aren't being told.

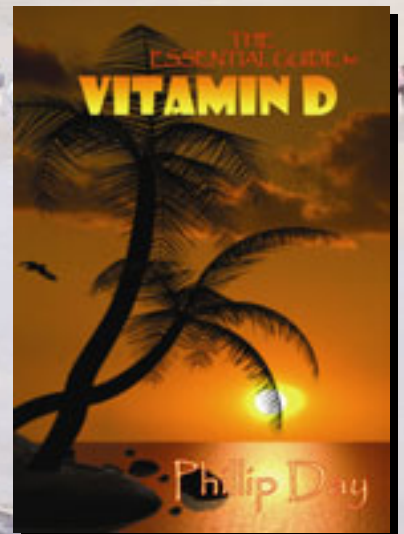
Let's cover some basics. Getting adequate vitamin D from the sun is not as straightforward as it seems. Let's say you go out into the local park and strip completely naked and lie out on the grass. In the 20 minutes it takes for the police to arrest you, you'll make at least 15,000 IU of vitamin D. If after being released, you go home and have a shower, you'll wash most of it off the skin and down the plughole. Vitamin D takes around 48 hours to penetrate the skin and being fat-soluble, doesn't take kindly to soap or other detergents. So now you're asking, "I've got to go 48 hours without a bath?" No. Use soap and water on your underarms and naughty bits and water on the rest.

There's two types of solar radiation: UVA and UVB. UVB is the beneficial form which causes suntans and allows your body to produce vitamin D. UVA is harmful and believed by many scientists such as Dr Di-

anne Godar of the US FDA to be the cause of the melanoma epidemic. So you need the sun, you just don't need to barbecue yourself with it. And by the way, many sunscreens filter out UVB while allowing in UVA! That makes them carcinogens.

The official RDA for vitamin D varies from country to country, but an average is 200-400 IU. Research shows, however, that this is woefully short of the 4,000 IU required just to maintain the vitamin D levels you've already got. It's best to get your vit D from the sunlight, but for those who can't or won't, sensible supplementation with a vitamin D3 supplement (cholecalciferol) should be in the range of 5,000 IU/day. For those who are sick, get your vitamin D levels tested via a 25-hydroxy D test for calcidiol levels in the blood. If you are ill, you are almost certain to be vitamin-D-deficient. Knowing where you are on the D scale and then optimizing your D levels is the major step to take to get better. Get a copy of my booklet for a full briefing. You might be staring recovery in the face and not even know it, sunshine.

- Government RDA for Vitamin D: **200-400 IU/day**
- Needed just to maintain Vit D levels: **4,000 IU/day**
- Latitude above/below which the body cannot make vitamin D levels during winter: **52nd Parallel**
- Mothers who took 4,000 IU of vitamin D during pregnancy had their risk of premature birth reduced by half
- Numerous studies show that optimising Vit D serum levels protects against 17 varieties of cancer, as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteo and rheumatoid arthritis, Alzheimer's, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, etc.



DON'T STAY IN THE DARK, GET THE FACTS!

The Credence Bookshop



SIMPLE CHANGES by Phillip Day: Drawing from over twenty years of research on most aspects of modern life, the world's most well-travelled, common-sense crusader provides some hilarious, scientifically-backed thought-provokers into what it takes to survive on 21st Century Earth.



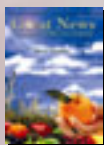
THE LITTLE BOOK OF ATTITUDE by Phillip Day: 21st Century life is fast, furious and, according to the mental health industry, will claim one in four of us with a 'mental illness' at some point in our lives. Today, millions of children are medicated for problems 'only drugs can solve'. So, are we all mad?



CANCER: WHY WE'RE STILL DYING TO KNOW THE TRUTH by Phillip Day: The book that has become a classic. This simple but stunning latest update highlights the quackery practised in cancer medicine, as well as the importance of diet and lifestyle changes in the fight against the disease.



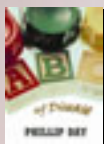
B17 METABOLIC THERAPY in the prevention and control of cancer *compiled by Phillip Day*: From the desks of some of the world's leading cancer scientists comes the empirical proof of vitamin B17 and its dietary protocols in the treatment and prevention of cancer.



GREAT NEWS ON CANCER IN THE 21ST CENTURY by Steven Ransom: THERE IS TIME! A cancer diagnosis calls for decisions which, because of circumstances, are so often made in haste. Author and researcher Steven Ransom tells us there is time to consider the important options your oncologist will almost certainly not share with you.



HEALTH WARS by Phillip Day: One of the most important books to come out in the new millennium, *Health Wars* tears the lid off the inexcusable medical and corporate scandals daily harming the public. This book also reports on the breakthroughs in cancer, heart disease and other illnesses using nutrition, showing how changes can be employed to great effect in restoring health.



THE ABC'S OF DISEASE by Phillip Day: Welcome to the updated 2010 Credence compendium of the leading health problems facing 21st century humanity. This is a bullet-point, easy-to-read collection of the latest research on these illnesses, what they are, what the symptoms are, how not to get them, and what to do if you've got them!



FOOD FOR THOUGHT by Phillip Day: Foodstuffs today are often repositories for a daunting host of harmful additives, hidden sugars, fungi, hormones, pesticides and other chemicals. The Credence crusade to better health and a disease-free life begins with what we put in our shopping carts each week. *Food for Thought*, our official recipe book, is the ideal companion to our other titles, and offers practical and fun advice on healthy eating and disease prevention.

If the title you want is not in your regional online store, purchase it through our UK/Global shop!

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The Credence Bookshop



ORIGINS—THE GREATEST SCIENTIFIC DISCOVERY by Phillip Day: Since Charles Darwin, it has been widely taught that mankind is nothing but an evolved animal and that life is essentially meaningless. Today, however, science is being forced to reconsider man's origins in the light of spectacular discoveries in astrophysics, molecular biology and the information sciences. Don't miss this new Phillip Day classic!



THE TRUTH ABOUT HIV by Steven Ransom & Phillip Day: The book that dismantles one of the world's greatest fears and exposes the fraudulent science and needless fear-mongering behind this supposed global epidemic. Numerous cases are covered, along with doctor and scientist commentaries on what AIDS actually is and how to deal with it.



DIGESTIVE HEALTH by Phillip Day: Credence's best-selling primer covers the problems and describes the simple program that can help restore proper digestive balance. This booklet covers digestive disease profiles, yeast overgrowths, parasites and fungi, problems with weight gain and dietary abuse, and the cleansing program itself.



THE ESSENTIAL GUIDE TO VITAMIN C by Phillip Day and Nicholas Cockayne: Vitamin C. maligned, ignored, taken for granted. Humans cannot exist without it. In this new Credence primer, the bizarre predicament of the 'king of vitamins' is covered, showing how some of the 20th century's most credentialed scientists were met with anger and disbelief when they demonstrated that 'cure' begins with the letter C.



ALLICIN—THE HEART OF GARLIC by Peter Josling: Welcome to fascinating research that explains and celebrates the scientific secrets behind garlic. Discover how a wide range of ailments, especially microbial diseases, can be helped by allicin, the chemical heart of garlic.



THE MIND GAME by Phillip Day: Today citizens feel imprisoned, witnesses to unprecedented threats of terrorism, street violence, drugs, media sleaze, government corruption and the misery of what is termed 'mental illness'. Steel yourself for Phillip Day's investigation into modern psychiatry and the damage this 'science of the mind' has wrought.



CHARCOAL REMEDIES by John Dinsley: We drink water filtered by it, breathe air scrubbed with it, eat food purified through it and wear clothes made with it. Not least and not last, medicinal charcoal plays a forgotten role in recovering poison victims, saving lives and restoring and enhancing man's level of health. No wonder we naturally warm up to it!



THE ESSENTIAL GUIDE TO VITAMIN D by Phillip Day. In the late 1980's, the medical profession began advising people to stay out of the sun. Over the past few years, however, a growing number of studies have been painting a shocking picture of a public health disaster of vitamin D deficiency. Get the facts for you and your family in this excellent new Credence primer.

Discounts available if you purchase online!

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The King of Vitamins

Nature's wonder nutrient has received some shoddy press over the years. Often ignored, this powerful antioxidant offers natural protection from western civilisation's constant stresses.

Dr Linus Pauling, known as the 'Father of Vitamin C' and twice awarded the Nobel Prize, declared that daily intakes of this vitamin complex aid anti-cancer activity and assist in repairing damaged arteries and removing arterial plaque (atherosclerosis). Pauling was largely derided for making these declarations (he lived to be 94!) but today, large doses of vitamin C complex are used by many practitioners to great effect who believe Pauling was right and that the popular nutrient is indispensable to the body in its fight to regain or maintain health.

An associate of Pauling's, Dr Matthias Rath, writes: *'Animals don't get heart attacks because they produce vitamin C in their bodies, which protects their blood vessel walls. In humans, unable to produce vitamin C (a condition known as hyposcorbemia), dietary vitamin deficiency weakens these walls. Cardiovascular disease is an early form of scurvy. Clinical studies document that optimum daily intakes of vitamins and other essential nutrients halt and reverse coronary heart disease naturally. The single most important difference between the metabolism of human beings and most other living species is the dramatic difference in the body pool of vitamin C. The body reservoir of vitamin C in people is on average 10 to 100 times lower than the vitamin C levels in animals.'*

Pauling and Rath reported that optimum Vitamin C intake should be 600 mg - 3 g daily (depending on bodyweight and stress levels), along with supportive intakes of Vitamin E (600 - 1,000 IU), the amino acids lysine and proline, the B vitamins, essential fatty acids (EFAs), magnesium, minerals, trace minerals and amino acids to provide healthy arteries.

A long-term Vitamin C deficiency will lead to atherosclerotic deposits in the arterial walls to cover the breaches caused by the disintegrating collagen, resulting in coronary heart disease and,

further north, strokes to the brain.

Vitamin C depletion over a few months will lead to massive blood loss through collagen disintegration, resulting in leaky artery walls, collapsing organs and death by scurvy.

Dr G C Willis demonstrated vitamin C complex could reverse atherosclerosis. Willis gave a sample of his patients 1.5 grams of vitamin C a day and gave the remainder no vitamin C at all. After a year, the atherosclerotic deposits in the patients fed the vitamin C had decreased in 30% of the cases. In contrast, no reduction in deposits was observed in the control group, which had grown further. Sadly, in spite of the clear evidence over 40 years ago of the benefits of just vitamin C through Willis' work, no follow-up study was ever commissioned.

Professor Gey, from the University of Basel in Switzerland, conducted studies in which he compared the vitamin C, vitamin A (beta carotene) and cholesterol intakes of citizens living in Northern Europe with their counterparts in the southern regions of the continent. He found:

Those living in the northern nations had the highest levels of cardiovascular disease and lowest blood levels of vitamins.

Southern European populations had the reverse statistics of their northern counterparts and were much more healthy.

Optimum intakes of vitamins C, E and A had far greater impact on decreasing risks of cardiovascular disease than the reduction of choles-





terol (now becoming increasingly viewed (correctly) as a secondary factor in heart-disease risk, an inevitable result of the primary deficiency of nutrients leading to the breakdown of arterial walls).

Gey's report also highlighted the preference for the Mediterranean diet, rich in wine and olive oil, abundant in bioflavonoids (part of the C complex) and vitamin E as a main prevention regimen for heart disease in almost all its forms. Further studies show these nutrients separately produce impressive results for cardiac disease prevention:

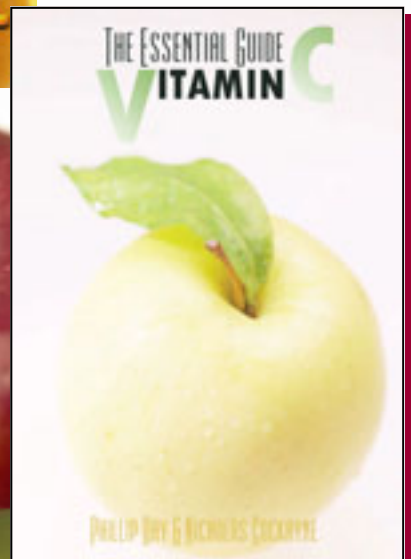
- Vitamin C intake lowers cardiovascular risk by 50%
- Vitamin E intake lowers cardiovascular risk by one-third, documented in 87,000 study participants over six years
- Beta carotene (vitamin A) intake lowers cardiovascular risk over 30%, documented in more than 87,000 study participants over six years

No prescription drug has ever come close to matching these figures in preventing heart disease. However, when these nutrients were combined with other synergistic agents such as

magnesium, vitamin B3 (nicotinic acid), vitamin B5 (pantothenate) and the amino acid carnitine, and levels of these maintained in the body over the long-term, near total prevention could be expected, and in those already suffering from a variety of cardiac ailments, a clear record of efficacy in reversing these conditions was consistently observed.

Scurvy in the industrial nations is almost an impossibility (vitamin C depletion), even with the ghastly diets with which we feed ourselves. However, long-term C deficiency is common in many, hence the prevalence of heart disease and stroke in their various forms today.

Vitamin C is not just ascorbic acid, it's a complex of factors common in fruits, vegetables and other foods. More and more doctors today recommend heavy oral doses of C during the day for everything from infections and arthritis to heart disease and cancer. The new Credence primer, *The Essential Guide to Vitamin C*, covers the amazing work of Drs. Klenner, Cathcart, McCormick et al with mega-dose vitamin C treatment. Most mammals can synthesize large amounts of C in their bodies, humans cannot. But if we calculate the levels of C we would produce by bodyweight if we were able, it's interesting that we arrive at the same doses scientists find work wonders on the sick.



CTM Mailbag *Some comments by our subscribers....*

"Some of the best and consistent health information available. Phillip is doing a great job!" – Dr Bill T, Atlanta, USA

"Glad someone is speaking up!" – Kritzlynn A, Malaga, Spain

"Great! Very exciting and necessary. Do continue the good work. Thank you so much." – Caroline M, Devon, UK

"Wonderful to have information that recognizes both sides of the story." - Maurice, N. Zealand

"Congrats and well done, Phil Day – thank you for having the guts to speak the truth. May God bless you always. This is the way we should be living." - Mary McD, Co Sligo, Ireland

"My school attended Phillip Day's lecture in Modesto CA in 2004. It is ESSENTIAL! Far too many people are developing catastrophic illness in our world today. We need to offer education to the general population so they can be restored to optimum wellness and self-empowerment. Phillip's lecture tours, website, books and Campaign for Truth in Medicine are "just what the doctor ordered"." - Jan N, CA, USA

"Great to see this site..... Always arming myself against all the bull in modern medicine and trying to educate all the sheep that follow it. My friends and family thank you." – Sarah F, Wellington, New Zealand

"Loved you in Food Matters. Show it every 6 weeks to 50 people in my fitness club." – Jason C, Ontario, Canada

"Go on!" – Balduino B, RS, Brazil

"Being anti-psychiatry I read your Mind Game. Mind-blowing. Thank you." – Grace S, Dunedin, New Zealand

"I want to join with like-minded individuals to advocate that this affront to what I consider a basic Human Right be discontinued." - Alan S, Kingston, Jamaica

"Although I have not yet seen Phillip in person, his information is most helpful. Through using proven natural health food and his information, I stopped cancer from spreading in 2 MONTHS (been developing for 5 years) NO CANCER CELLS!! I tried loaning Phillip's book and CD to a friend and although I realize there is no cure, I know it worked for me. I buried that same friend just one week ago. She believed the conventional doctors. I know that my Dad's friend was given 3

WEEKS TO LIVE and used natural treatment after radiation "therapy". 15 years later he still has no TRACE of cancer!! Keep that info flowing!!" – **Erin D, NSW, Australia**

"Hi, let me express many, many thanks to Phillip and the CTM members for spreading the true and 'Real Evidence-Based Medicine' treatments and approaches. I hope that I can also contribute by spreading the information about the 'new' Slovak translation of the book "Cancer: Why we're Still Dying to Know the Truth" in my home country. Thanks, Phillip, for writing the book and thanks Damian for the translation. Good health for everybody and keep informing the public! Kind regards from Slovakia." - **Robert H, Slovakia**

"I refused allopathic treatment for malignant melanoma in Aug. 2005. Since then I have followed an organic vegan diet, free of oil, salt, frozen or microwaved food. Have never been fitter or felt better than I do now. Power to your elbow!" - **Joy H, Cornwall, UK**

"I have avoided allopathic medicine for nearly 60 years – now 83 and fit!" - **Jan H, Norfolk, UK**

Dear Phillip, diagnosed with inoperable rectal cancer. I have refused operation and killed the tumour off by using metabolic therapy. I'm in the process of registering a charity to help cancer sufferers avoid being poisoned by chemo or slashed to pieces by surgeons. You are welcome to use this as a success story if you wish." - **Chris M, SA, Australia**

"It's very well presented, very educational and easy to understand. Phillip, God gave you a gift and you're using it so you can help people, thank you very much." – **Lorraine P, B'kara, Malta**

"Only truth shall release us!" - **Fidelia S, D.F, Mexico**

"You don't come over to France, Phillip - YET! (I'm working on it!) - so in the meantime, I have to watch your presentations via your site! Best wishes to Sam, Anna and you." – **Roger P (Ben sends his regards too!), Mayenne, France**

"I want to support truth in medicine." – **(Dr) Niels M, Denmark**

"Thanks to your book and other information I have successfully healed myself of cancer with nutrition and energy healing and have been clear for two years now. I like to offer as much supports as I can to the publication of positive news." - **Roswitha R, Almeria, Spain**

"I have attended your seminar in Malta as a Neways Distributor. It was brilliant and informative, keep it up. My daughter sends hugs and kisses to your wife, Samantha. I hope you will come to Malta again." - **Pauline H, Malta**

Eat Garlic

ALMOST all cultures in the world use garlic. Not all cultures in the world know that garlic is Nature's potent antibiotic and a lot more besides. Peter Josling does, he's studied the stuff for years at Britain's Garlic Centre and his book, *Allicin – The Heart of Garlic*, is the first popular, comprehensive outing by a scientist on the benefits of this most marvellous of extracts.

'Garlic contains many beneficial components,' he writes, 'and over the last 10 to 15 years an enormous amount of research has been published on the properties of various breakdown components that are formed when fresh garlic is cut, crushed, chopped or processed. Of these well-known and categorized sulphur-containing chemicals, it is allicin that stands out head and shoulders above the rest, showing the most exciting, interesting and beneficial properties.'

Now, with the advent of new technology, for the first time ever it is possible to produce stabilized allicin on a commercial scale. This has led to research confirming the most incredible spectrum of activity against today's most pressing problems – resistant bacteria, viral and fungal infections, and micro-organisms that have long been the scourge of modern man.'

There are a few who cannot stand garlic, and for them, Nature has an arsenal of other substances. For the rest, garlic/allicin represents a highly potent, holistic way to:

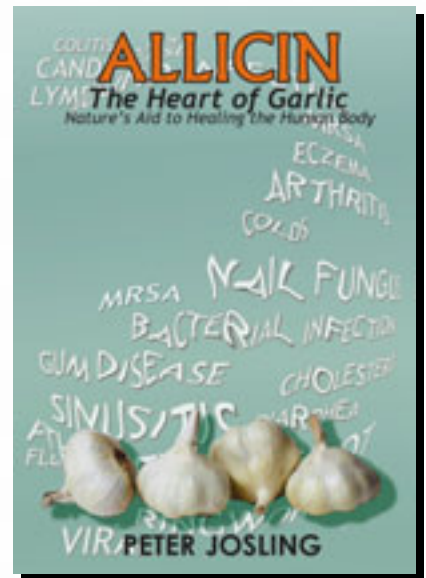
- Boost the immune system**
- Fight yeast and fungal overgrowths**
- Kill parasites and viruses**
- Reduce cholesterol**



LESTEROL

When combined with the plant sterol, beta-sitosterol, allicin has been found to have marked anti-cholesterol properties. Peter Josling states:

'Beta-sitosterol is one of hundreds of plant-derived 'sterol' compounds (including sterols and sterolins) that have structural similarity to the cholesterol made in our bodies. The most prevalent phytosterols in the diet are beta-sitosterol, campesterol and stigmasterol. Plant oils contain the highest concentration of phytosterols, so nuts and seeds contain fairly high levels and all fruits and vegetables generally contain some amount of phytosterols. Perhaps the best way to obtain beta-sitosterol is to eat a diet rich in fruits, vegetables, nuts and seeds (which obviously brings numerous other benefits as well) or to take a daily dose of Lesterol.'



ALLICIN—WHAT IS IT GOOD FOR?

Acne, AIDS, animal bites, arthritis, asthma, athlete's foot, bacterial infections, bad breath(!), bladder infections, blood pressure, boils, candidiasis, canker sores, cellulitis, cholesterol control, circulation, cold sores, colds and influenza, coughs and respiratory infections, cryptosporidium poisoning, dandruff, diabetes, diaper (nappy) rash, diarrhoea, delayed aging, ear infections, eye infections, ebola and dengue fever, eczema, fungal nail disease, gingivitis, hay fever, heavy metal contamination, hepatitis, immune system irregularities, impetigo, impotence, irritable bowel syndrome, mosquitoes, MRSA infection, parasites, peptic ulcer, pre-eclampsia in pregnancy, protozoal infections, psoriasis, ringworm, rosacea, shingles, sinusitis, sore throat, thrush, toothache, traveller's tum, TB, verrucae, viral infections, warts, wounds, vampires -

EITHER GOD EXISTS

Can we get any closer to answering the real mysteries of life? PHILLIP DAY on some startling scientific discoveries which are upsetting everybody....

ECLUB: Your new book is certain to stir up controversy. What was the chief reason for writing it?

PHILLIP DAY: *Origins* has been simmering in the breach for around fifteen years during countless hours of travel and research, and there are in fact three books planned for the series. The evolution/design debate is fascinating for many people, so I wanted to update the argument with the latest breakthroughs.

ECLUB: Do you think the book's controversial?

PHILLIP DAY: It's bound to be, because we're dealing with people's beliefs, but that should not condemn the argument. Inevitably some will take offence. It's really not possible to breathe in the western world today without offending someone.

ECLUB: Is *Origins* aimed at anyone in particular?

PHILLIP DAY: It's for those who can still think for themselves and make up their own minds about the evidence. It's probably not for those who want to dispute facts, which is a waste of everyone's time. By all means dispute conclusions, but a fact is a fact. For instance, when a whale is found buried upright on its tail in diatomaceous earth inland from the California coast, that's a fact. How we think it got there is about drawing sensible conclusions based on the evidence.

ECLUB: Why should any of this matter?

PHILLIP DAY: Because evolution underpins all science and not an inconsiderable chunk of modern civilisation; what we take as the truth. Evolution's the reason we use drugs instead of nutrition and continue to fail with cancer and other diseases. Evolution justifies euthanasia and the mass kill-

ing of the unborn with abortion. Evolution justified who lived and who died in the Nazi death camps. Stalin's evolutionary beliefs resulted in the slaughter of the entire Polish officer corps and millions of the dictator's own countrymen, never mind the enemy. I'd say it matters.

ECLUB: But religion kills also.

PHILLIP DAY: No question. Millions have killed as a result of 'faith' and still do, and that's the whole point. What do we base our faith on? Our worldview determines how we behave. Whether we kill. Whether morality exists and where it comes from. Whether we save the weak or let them go tumble in the great wash-tub of natural selection. Are we here by accident or design? This one question galvanises our whole attitude to 'civilization' and our place in it.

ECLUB: So Darwin was wrong?

PHILLIP DAY: Darwin brought forth his theory in an age in which the tools of modern science were unavailable to unhorse him. One look at the cell through the electron microscope after World War 2, however, and evolution was finished. The reason the theory still persists is because of evolution's concomitant religion of atheism. People simply choose to believe evolution, in spite of the problems, because the alternative is design and that is unthinkable.

ECLUB: Unthinkable?

PHILLIP DAY: Because design means a Designer and all the trouble that brings.

ECLUB: So you're no fan of Prof. Richard Dawkins, the high priest of atheism.

PHILLIP DAY: On the contrary, I found *The God Delusion* a hilarious read. Dawkins is scientifically wrong and he knows it, but he's stuffed so far down the evolution rabbit-hole now, he must come out, teeth bared, or van-

OR HE DOESN'T...

Both alternatives are frightening

ish. No-one has ever seen evolution happen, there are no missing links in spite of the comedy, and no science to back it up. So when someone like Dawkins or Attenborough tells you about something they have never seen, such as evolution or the Big Bang, they are giving you a theory or a belief. When they insist on teaching you this belief as fact, they are now priests pushing a religion. Believing a frog can turn into a prince over millions of years with no proof is not science, it's faith. Real science pushes the envelope with *facts* without fear or favour of where the evidence leads.

ECLUB: What are the main problems you have with evolution?

PHILLIP DAY: Natural selection always reduces genetic information, never the reverse. Secondly, evolution violates the two most basic laws of science – the laws of conservation and entropy. Thirdly, there's no proof whatsoever that one kind of life-form has ever changed into another. I'm a farmer's boy and I'll tell you for nothing, you can plant all the wheat you want and wait until hell freezes over and you'll not get one hippo. What intrigues me is that Dawkins adopts the position of evolutionary atheism while admitting there could be design in the cell. Now that's weird.

ECLUB: Richard Dawkins says *what*?

PHILLIP DAY: When pushed on a design inference for the origin of life in the groundbreaking *Expelled* documentary, Dawkins states on camera, and I quote:

"It [life] could come about in the following way. It could be that at some earlier time, somewhere in the universe, a civilisation evolved by probably some kind of Darwinian means to a very, very high level of technology, and designed a form of life that they seeded onto, perhaps, this planet. Now that is a possibility, and an intriguing possibility. And I sup-

pose it's possible that you might find evidence for that if you look at the details of biochemistry, molecular biology, you might find a signature of some sort of designer...."

ECLUB: Strewth, aliens?

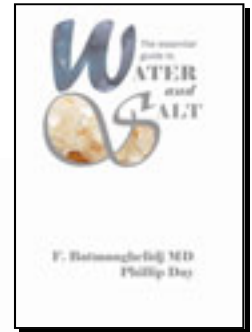
PHILLIP DAY: I'm afraid so. It's the way many evolutionists are getting around the most recent discoveries. If there's provable design in the universe, then we must have been made by aliens. Any alien. Even a Sigourney Weaver one. Just not the God Alien. The problem with this view is that the design found across the macro, medial and micro structures of the universe is provably the same, which means no little green men running up human pond slime in a space lab somewhere. Whoever this Designer is, he knows how to make a million galaxies *and sustain them* while renewing the trillions of cells in your body while making butterflies and kangaroos.

ECLUB: You're assuming the Designer is a he.

PHILLIP DAY: Like I said, the book's controversial.



THE ESSENTIAL GUIDE TO WATER AND SALT



Are you sick or just thirsty?

F Batmanghelidj:

“Water is a readily available natural medicine for some prevalent and very serious medical conditions that are known to kill many thousands of people every year. For instance, is it heart disease or dehydration that is killing people? In my professional and scientific view, dehydration is the biggest killer, more than any other condition you could imagine.”

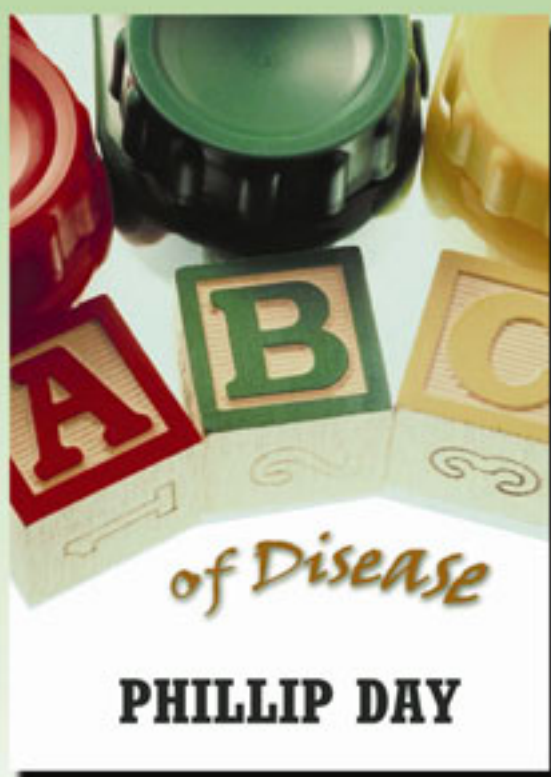


Phillip Day:

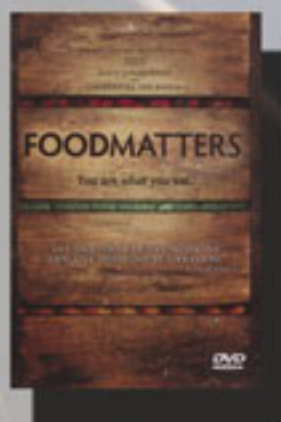
“The public is being seriously misled over the necessity for water and proper salt in the diet. We have a medical system that does not train its doctors in even the basics of nutrition and hydration, so why are we surprised that they have failed with ‘disease’? The information in this book should be trumpeted from the rooftops if we truly profess to care for our loved ones and wish them to avoid a painful, premature and needless death.”

Welcome to the health compendium that should be in every household! The leading 21st century diseases, what they are, what the causes are, how to avoid them, and what to do if you've got them.

In this enthralling work, British health reporter Phillip Day catalogues the problems and offers bullet-point strategies to combat today's leading killer diseases and many other non-fatal disorders. These are tactics used by some of the most successful clinics in the world today.



From arthritis to diabetes, from cancer to schizophrenia, the leading health problems are all here, and the means to defeat them. Described in everyday language with step-by-step strategies and straightforward explanations, not for nothing is the author's motto throughout this work: *"Take Action!"*



FOOD MATTERS DVD

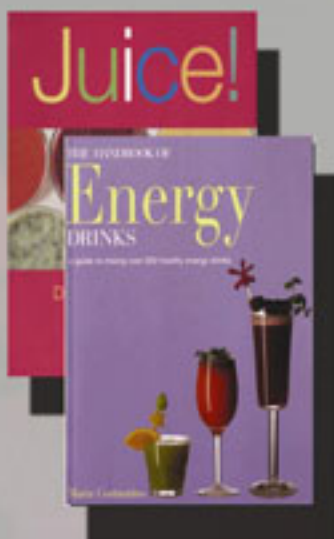
Welcome to the film that EVERYONE is talking about! Food Matters gives you the facts you need to make the best choices for you and your family. In this day and age with so many companies profiting from your misfortune and ill-health, the information in this documentary will help keep the money in your pocket and health in your body. Join the world's leading authorities on nutrition and natural healing as they uncover the true cause of disease. Find out what works, what doesn't, what's likely to kill you, and how to steer clear of the minefields.



FOOD FOR THOUGHT by Phillip Day

Welcome to the official Credence recipe companion. Put the principles of longevity and healthy eating into action with these mouth-watering and irresistible dishes! In this delightful and informative guide, Phillip Day brings you the best recipes from around the world, delivering health and inspiration to your table-top.

"Let us go to the ignorant savage, consider his way of eating, and be wise." – Harvard Professor, Ernest Hooten



JUICE! - THE HANDBOOK OF ENERGY DRINKS

Cooking kills your food. The leading causes of disease death in the industrial nations are diseases of chronic malnutrition. The most effective diet is 80% plant-based, organic with 60-70% consumed raw. Achieve this easily by juicing vegetables on a regular basis. These two books show you how to turn fruits and veggies into an art-form to beguile and entice even the most churlish loved one. An inexpensive, fast and tasty way to keep the family on top!



SIMPLE CHANGES

From the chewed pen of one of the world's most travelled health authors - your survival plan for 21st Century Earth. Attack Political Correctness - Don't Be Dysfunctional Around Money - Listen to What Comes Out of Your Mouth - Start Complaining. Here is a selection from Phillip Day's top 100 tips you won't want to be without! **(DVD - 54 mins)**



CANCER - THE WINNABLE WAR

The best highlights of Phillip Day's US tour, recorded in Seattle, WA, on the prevention of, and nutritional treatments for cancer. This CD also deals with why this information is continuing to be suppressed. A must-have for all the family – even the stubborn ones! Great for distributors and health practitioners. The "Dead Doctors Don't Lie" of the cancer industry. **(CD - 76 mins)**



CANCER - THE LATEST BREAKTHROUGHS

Phillip Day's CD is a dynamic summary of what those with cancer can do for themselves, according to the experts. This simple five-step program is designed to wreck the internal environment cancer depends on to thrive and boost nutrients and co-factors the body requires to overcome. The new companion CD to Phillip's bestselling book, *Cancer: Why We're Still Dying to Know the Truth*. **(CD - 66 mins)**



HEALING IN THE HOME

One of Phillip Day's most popular talks now comes to you on double CD. With dangerous drugs and doctors now the third leading cause of death, more and more of us are researching the alternatives. But what really works? Award-winning health author and lecturer Phillip Day opens his home medicine cabinet and offers some amazing research. Don't miss the highly informative and hilarious talk by one of the world's most well-travelled health authors. **(Double CD - 135 mins)**

Apricot Kernels (Himalayan)

seeds may be grated or shredded for salads and garnishes or consumed with fresh or dried apricots or other fruits. Not all apricot seeds sold contain the bitter 'marzipan' taste that characterises the most desirable kernels.

Credence sells only fresh, wild apricot kernels from the Himalayan mountains, renowned for their taste, harvested by the villagers who have a sterling record of longevity themselves.

Discounts for 4 and 12-bag packs!

Shalkur Apricot Kernels



BAR 17 - NATURE'S FEAST

OUR AMAZING NEW MEAL REPLACEMENT BAR

Packed with healthy, organic nutrition, including apricot kernels, flax seeds, raisins, oats, dates, sesame seeds, millet and apple juice.

Great for the kid's lunch box or for a satisfying meal while you're on the go!



Discounts for 10 and 30-unit packs!

Himalayan Salt

Himalayan crystallised salt comes from one specific source only, the Himalayan mountains in Pakistan. This site has been the subject of comprehensive medical research. Several mines in the area use age-old manual extraction methods, others explosives and heavy machinery to mine large quantities of the lower-grade stone salt.



All of the salt supplied to you by Credence is mined by non-destructive methods that preserve the natural crystalline structure of the salt. In its original, wholesome, unaltered natural form, there are some 84 known elements to be found in the bio-available form of food, making it one of the most efficient foodstuffs available.

Himalayan salt is available either in coarse crystal form for use in a salt-mills/grinders, or fine, ready-ground. Please specify your preference upon ordering.

ESSIAC TEA

The ancient Ojibway Indian herbal tea made famous by Canadian nurse Rene Caisse. Contains sheep sorrel, turkey rhubarb, slippery elm, burdock root, enhanced with watercress, blessed thistle, red clover and kelp.

Made from the finest organic herbs.

Discount for 5 sachet packs!



ALLICIN CENTRAL

HARNESS THE POWER OF GARLIC IN THIS HIGHLY EFFECTIVE, STABILISED FORM!

Allicin, the heart of garlic, has been rigorously studied for its amazing benefits. Now available in its potent, stabilised form in capsules, cream or spray. Allisure® allicin is manufactured to pharmaceutically exacting standards to produce the proper yield unavailable in most over-the-counter garlic products.

Allicin capsules available in **100 x 180 mg**

Allicin cream available in a **50 ml tub**

Allicin rescue spray available in **30 ml**



ALLICIN-BIOTIC

In addition to Allisure allicin, we've added Elderberry Extract, Olive Leaf Extract and Oregano Oil – three natural compounds that have been used extensively to provide sound immune system support. ImmunoEnhancer AGTM is a non-digestible soluble fibre from Larch that has been included as a prebiotic supplement and helps support healthy intestinal flora – a key component of immune response. **60 x 185 mg softgels**



LESTEROL

When combined with the plant sterol, beta-sitosterol, allicin has been found to have marked anti-cholesterol properties. Beta-sitosterol is one of hundreds of plant-derived 'sterol' compounds that have structural similarity to the cholesterol made in our bodies. In addition, this potent combination appears to modulate immune function, inflammation and pain levels through their effects on controlling the production of inflammatory cytokines.

90 capsules

Each capsule contains:

Beta-sitosterol: **250 mg**

Allisure allicin powder: **110 mg**



CHARCOAL

NATURE'S GREAT DETOXIFIER:

We drink water filtered by it; breathe air scrubbed with it; eat food purified through it; wear clothes made with it; preserve things with it; go to war with it; enjoy hundreds of dishes cooked with it; we move mountains with it; we make the night sparkle with it; grow our food and flowers in it; we take it with us to the bottom of the deepest oceans and out into space; and then we call upon it to clean up our many environmental mistakes.



Charcoal Powder: **250 g tub**
Charcoal capsules: **100 x 300 g**



COLLOIDAL SILVER

Colloidal silver is one of the natural allies in the fight against virus and bacterial overgrowth. It works by blocking the oxygen absorption of these organisms and kills without damaging healthy tissue. Ideal as a water steriliser and also an anti-fungal agent. Traditionally used for cuts, abrasions and grazes, colloidal silver is a welcome addition to any bathroom health cabinet. **200 ml**

HYALINE LIQUID FORMULA

Bioavailability (absorption) is an important issue when managing arthritis and inflammation. Hyaline Liquid Formula's major active ingredient is chondroitin sulphate in a natural balance of chondroitins 4 & 6. It is exclusively processed from Australian hyaline cartilage. There is no added gluten, lactose, yeast, salt, alcohol or artificial colouring. Hyaline Liquid Formula (glycosaminoglycans complex) is natural and completely non-toxic and safe to use. **200 ml**



VITAMIN C COMPLEX PLUS BIOFLAVONOIDS

Vitamin C is not one nutrient but a complex of factors common in fruits, vegetables and many other foods. Vitamin C Complex preparation combines ascorbic acid, ascorbates and bioflavonoids in powdered form with a natural orange taste. Ideal as part of a daily supplement program.



VITAMIN A & E EMULSION

Each drop supplies approximately 15,000 IU of emulsified Vitamin A palmitate and 10IU of Vitamin E. This 60ml bottle supplies approximately 1,200 drops.



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Crazy, isn't it? Credence gives you 5% discount just for placing your order over the Internet! Also, check out our web-site as a fully searchable resource if you have questions. There are online tours of the books. Tickets for Phillip Day's talks can also be purchased online, and there are maps available you can print off showing the venue's location.

*This discount is not available on sprouters, filters or juicers.

Healthy Lifestyle Products

Green Phytofoods

'Not for nothing are our Greens great!'

This product is a potent blend of 30 nutrient-dense superfoods containing a variety of vitamins, minerals, fibre, chlorophyll, enzymes and herbs. This pleasant tasting beverage is the ideal way to fortify veggie juices and shakes. **TO YOUR HEALTH!**



Nature's Living Superfood

'Not just another superfood!'

The nutrients in Nature's Living Superfood are exactly as they occur naturally in whole plant foods because they are still in whole plant foods! You are unlikely to find a more comprehensive nutritional product on the market today. Nature's Living Superfood contains a full spectrum of vitamins, trace minerals, amino acids, fatty acids, chlorophyll, fibre, enzymes and phytonutrients.

- . 13+ years of research and refinement
- . Alkalizing superfood
- . All nutrients from 100% raw, whole food. No malt, oat bran, rice solids, large amounts of lecithin or anything else!





VITAMIN C plus BIOFLAVONOIDS

Vitamin C is not one nutrient but a complex of factors common in fruits, vegetables and many other foods. Our Vitamin C preparation combines ascorbic acid, ascorbates and bioflavonoids in powdered form. 1/2 metric teaspoon of this mix provides approximately 1.8g of Vitamin C. Pleasant orange taste provided by natural orange oil. **(400 g)**

**DISCOUNTS FOR BULK PURCHASES
ASK FOR DETAILS!**

VITAMIN D3/K2

Scientists are discovering that Vitamin D is an important hormone precursor that supports immune response and helps regulate the health of at least 20 different tissues, including the nervous system and joints. It also plays an important role in regulating cell growth, insulin levels, and bone formation. Comes with Vitamin K2 (menaquinone), important for strong bone matrix, calcium metabolism and promoting arterial health.

(D3: 1000 IU/K2: 45 µg x 120 vcaps)



KRILL OIL

Krill oil, like fish oil, contains omega-3 fats such as eicosapentanoic acid (EPA) and docosahexanoic acid (DHA). However, in fish oil, these omega-3 fats are found in the triglyceride form. In krill oil, they are found in a double chain phospholipid structure. The fats in human cell walls are in the phospholipid form.

The phospholipid structure of the EPA and DHA in krill oil makes them much more absorbable. Krill oil also contains vitamin E, vitamin A, vitamin D and canthaxanthin, a potent antioxidant.

(60 x 500 mg softgels)

CoQ10

Coenzyme Q10 is a vitamin-like compound also called ubiquinone. It is an essential component of cells and is necessary for mitochondrial energy production. Years of research have shown that CoQ10 supports healthy cardiovascular and immune system functions in addition to its vital role in energy production. **(180 x 100 mg softgels)**



UBIQUINOL

Ubiquinol contains the reduced form of CoQ-10, which has been shown in scientific studies to be a highly bioavailable and active antioxidant form of CoQ-10. The addition of MCT Oil (medium chain triglycerides) to this product naturally improves its solubility, which further enhances intestinal absorption. For individuals who are 35+, ubiquinol is likely more beneficial since the body's ability to produce CoQ10 and convert it into ubiquinol is diminished.

(60 x 100 mg softgels)



ACIDOPHILUS

A normal human gut contains between 400 and 800 species of microflora weighing around 3 lbs. A good probiotic assists in stabilizing bowel flora and helping immune system function. Credence Acidophilus mix is rated at 4 billion potency and contains 6 probiotics strains. Amount per serving (700 mg): Lactobacillus Acidophilus 2.0 billion, Bifidobacterium Lactis (bifidum) 1.2 billion, Bifidobacterium Longum 200 million, Lactobacillus Paracasei 200 million, Streptococcus Thermophilus 200 million and Lactobacillus Bulgaricus 200 million. Contains no sugar, salt, yeast, wheat, gluten, soy, egg or preservatives. Contains milk derivatives.

(85 g, 121 servings)



Vital Minerals

COLONICS

Magnesium oxide, a common osmotic salt, is one of Nature's most simple and effective hydraters. MgO increases the number of bowel movements and increases the percentage of stool water, volume and stool magnesium. Works far better at cleaning the bowel than bulk laxatives and harsh abrasive agents. Cleans faecal deposits from the walls of the colon and intestine. Can reduce hospital stay for post-op patients experiencing constipation.



125 g



227 g

MEGAZYME FORTE PLUS

This unbeatable enzyme mix contains Zinc, Pancreatin, Papain, Bromelain, Amylase, Lipase, Trypsin, α -Chymotripsin, Super Oxide Dismutase (SOD), Catalase, L-Glutathione, Rutin, Thymus Substance, Nattozimes® and Serrazimes®. (200 tablets)



L'EQUIP PULP EJECTOR JUICER MODEL 110.5

*The mightiest little juicer
on the market!*



PATENTED EJECTION SYSTEM!

Eliminates clogging by pushing the pulp upwards and dropping it into back bucket

HIGH YIELD AND TOUGH!

The Mini Pulp Ejector features a heavy-duty universal motor and large feeding chamber, yielding an extremely high quantity of juice. Tough enough to pulp any vegetable or fruit

QUICK AND EASY!

One of the easiest juicers to clean, the L'Equip is simple to rinse and dishwasher-friendly

UNBEATABLE VALUE FOR MONEY!

Only 11.5 inches high, this superb little juicer with its unique, compact design has more power than much larger models, making it perfect for the space-challenged kitchen

6-YEAR GUARANTEE!

Juicing bowl, blade and basket are made from stainless steel

As recommended by Phillip Day: "I know juicers, and in my opinion, no machine even triple the price compares for durability, reliability and ease of use as the L'Equip. Ideal for those tough, green veggies too! My wife and I use ours as often as we can!"





WORMWOOD

The aromatic leaves of many species of Artemisia are medicinal, and some are used for flavouring. Most species have an extremely bitter taste. Wormwood (*Artemisia absinthium*) is a herb that has been used by many cultures to support intestinal health. Recent scientific studies have demonstrated wormwood's ability to help restore balanced intestinal flora. **100 x 400 mg**

ASTRAGALUS/ECHINACEA

For more than 2000 years, Chinese herbalists have valued Astragalus for its adaptogenic properties, and the herb is still widely used in China for chronic hepatitis and as an adjunctive therapy in cancer. Echinacea is thought to serve as a stimulant to the body's immune system by activating white blood cells, making it more difficult for foreign bodies to infect cells. Some evidence from other clinical studies appears to indicate that Echinacea may have antiviral and antifungal effects, adding to its infection-fighting ability. **100 x 500 mg**



SPECIAL CLEANSING PACK

Pack contains 1 pot Echinacea/Astragalus, 1 pot Wormwood, 1 pot Acidophilus, 1 sachet Rene Caisse's Herbal Remedy, 1 pot Colonics, 200ml Colloidal Silver and a Digestive Health booklet. Normal retail value £81.24. Pack price £49.95!



GOJI FUSION/PLATINUM

Goji berries have been treasured for centuries by the Himalayan people and used in ancient recipes as a natural, soothing tonic. Goji is a naturally rich source of antioxidants including flavonoids and vitality-giving polysaccharides. Goji berries contain more iron than spinach, 500 times more vitamin C than oranges, and are also a richer source of beta carotene than carrots. They also contain as many as 21 trace minerals and 18 kinds of all 8 essential amino acids. They are loaded with vitamins B1, B2, B6, C and E. **1 litre bottle**



MANGOSTEEN PLATINUM

A favourite of Queen Victoria, who said she would knight the first person to bring her one, the Mangosteen is renowned for its ability to help reduce fever, alleviate fatigue, increase energy levels and support the immune system. However, it is the exceptionally high content of Xanthenes which has brought Mangosteen to the attention of the Western world. Amongst the most potent antioxidants ever discovered, Xanthenes can help fight the free radicals which cause damage to cells and may cause aging. **1 litre bottle**



PATCHES

One of the benefits of foot detox patches is their ability to help remove potentially toxic heavy metals. For a complete report explaining what these heavy metals are and how how detox patches can help, see the results of the Kenrico studies on the Credence website. **Pack contains 20 patches**



PURA-FLOW REVERSE OSMOSIS FILTER SYSTEM



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for a fraction of the cost of
bottled water!

*World-renowned
health researcher Phillip Day:*

'Tap water often contains impurities and toxins which not only mar the taste, but may also cause health problems in the long-term. 'Safe' tap water in most areas of the world is a myth, in spite of assurances. Fluorides, chlorine, trihalomethanes, hormone residues, medications, heavy metals and other impurities can variously be found in today's water supplies. PURAFLOW's excellent, cost-effective system, however, will provide pure, stable water for just a few pence per gallon. Out of all the filter systems we've tested, this one gets my vote.'

Carbon filters? Good for removing chlorine and large impurities, but not much else.

Distillation? Creates aggressive, unstable water linked to heart attacks and stroke (medical research reported at www.mercola.com)

Reverse Osmosis - Good enough for desalination plants, sea-birds and NASA!

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Five-stage filter system fits under most sink units

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An amazing healthy snack. Our ultimate 'Free From' Ball will indulge your taste buds and satisfy your hunger. The Fudge Walnut Ball has been developed to meet the requirements of those with specific dietary needs. They also provide a natural source of omega 3 fatty acids and are rich in fibre.

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SIMPLE CHANGES

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your survival plan for 21st Century Earth!



Your 100 ways
to a happier,
healthier life!



Financial



Stress



Addictions



Weight



Attitude



Success



Health

Listen to what comes out of your mouth * Don't be dysfunctional
around money * Start complaining! * Juice veggies * Own a pet *
Avoid psychiatrists * How's your blood sugar? * Own a good
conscience * Attack political correctness * Reward yourself