

NUTRITION Module (no.5)

To Your Health Series #1 {2022/10/10}

Nutrition Books You Must Own, Read, and Study.

Learn true nutrition principles schools don't teach you or your MD.



The Huge Problem and the Big Picture

We, the consuming-public have been led blindly down the garden path in our ignorance and dedication to a “modern” diet of convenience that has ravaged our collective health. Chronic degenerative diseases that did not exist or were very rare in the mid-nineteenth century now affect more than half of the developed world! The greatest acceleration in the number of these maladies has come since the 1970s, with the upward growth for all of them increasing at an ever faster rate since the advent of this new century.

No one is going to solve this health catastrophe except us, the consuming-public. There is not one government agency or major corporation that is focused first, second or third on your health and the health of your family. It is up to us through deliberate educated choices to turn things around. There is also not one single book or source of information that can cover all the details.

Personal Background and Motivation

For this reason, I'll be presenting to you in this series, the best-printed sources that I have found in my health/nutrition studies over the past 55 years. The most intense of this study came during the past five years in wanting to understand why I, living on a supposedly “healthy” diet not eating SAD foods (Standard American Diet), had a series of near-fatal or crippling events:

- 2014, with an often fatal widow-maker heart attack with the medical reports reading, “100% occlusion of the left anterior descending artery (LAD)” which the surgeon reported took extended time and

difficulty to bore through because it had been solidly set for so long.

- 2016 a second heat attack again required hospitalization.
- 2018 a stroke that caused the right side of my body from the waist to the top of my head to lose all feeling and some control. There is a part of my right forearm that still has less than normal sensation.
- December 2020, a second stroke. This time in the left frontal lobe which has affected my speech and memory. At times this is quite frustrating when trying to remember and/or speak. It is, however, great practice for staying calm and not becoming angry about the new limits I face.

Since I'm not ready to be voted off the island yet, I've had some pretty serious incentives to find answers, and it has not included using prescribed statins, diuretics, or blood thinners, which research has increasingly shown cause very serious long-term negative health effects.

Only time will tell, but the results are encouraging. For one thing, without going on a 'weight reduction diet' or taking on any additional exercise programs, I've eliminated 82 lbs. and six inches off my waistline (as of posting this document on 10/24/2022).

Address to the associated video class is -

<https://www.jimsway.com/wed--sat-classes.html>, THEN, Scroll down to, [WE- 2022,10,19, Raw- • Nutrition Bk #1 Super Gut](#)

FULL DISCLOSURE WARNING

You will discover that the actions needed are very, very simple, however, they are brutally difficult to pull off 100% of the time because of the *almost universal U.S. physical and psychological addictions coupled with a purposely created system that is designed to thwart, from the very start, any such attempted changes.*

What you'll learn from the research in the books that I'll present, which you must own, read, and study, will sadden you, but hopefully will make you boiling mad enough to seriously take control, fight back and bring others along with you.