

# Healing and Medicine

Developing Writing and Research Skills while learning about the history and reality of modern medicine

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## **Basic Vocabulary**

Obesity

Pharmaceuticals

Orthodox Medicine  
(allopathy)

Herbalism

Naturopathy

Alternative Medicine

Homeopathy

Radiology

Mutation

Genes, DNA

Quack

Hoax

Vegetarianism

Veganism

Quackery

Pseudoscience

Epidemic

Pandemic

## **1. A General Introduction to the History of Health and Medicine**

The Long-Lost History of Medicine

[https://mnwelldir.org/docs/terrain/lost\\_history\\_of\\_medicine.htm](https://mnwelldir.org/docs/terrain/lost_history_of_medicine.htm)

Modern Medicine: The New World Religion

[https://mnwelldir.org/docs/editorial/modern\\_medicine.htm](https://mnwelldir.org/docs/editorial/modern_medicine.htm)

<https://medium.com/gentlyserious/medicine-is-killing-us-f47e7073d7f5>

Why are people so brainwashed about medicine? Dr. Mercola's "Ghost in the Machine" – 2 min.  
[https://www.youtube.com/watch?time\\_continue=3&v=f3nB4fGjTY](https://www.youtube.com/watch?time_continue=3&v=f3nB4fGjTY)

Charlotte Gerson, the 90-year-old daughter of Dr. Max Gerson, delivers a powerful message at the 2010 Health and Healing Crusade sponsored by Modern Manna Ministries. A brilliant performance from one of the most beloved women on the planet.  
<https://www.youtube.com/watch?v=8yL19r-MttI>

## 2. A History of Pre-Modern, Herbal Medicine

Many videos and articles to choose from:

[https://www.google.ca/search?source=hp&ei=ZDFOW835Aoj4jwTjopDwAw&q=a+history+of+herbal+medicine&oq=a+history+of+herbal+medicine&gs\\_l=psy-ab.3..0i22i30k1.1056.1056.0.1447.2.1.0.0.0.149.149.0j1.1.0....0...1c.1.64.psy-ab..1.1.147.0...0.lvlQqPWar7Q](https://www.google.ca/search?source=hp&ei=ZDFOW835Aoj4jwTjopDwAw&q=a+history+of+herbal+medicine&oq=a+history+of+herbal+medicine&gs_l=psy-ab.3..0i22i30k1.1056.1056.0.1447.2.1.0.0.0.149.149.0j1.1.0....0...1c.1.64.psy-ab..1.1.147.0...0.lvlQqPWar7Q)

VIDEOS:

[https://www.youtube.com/results?search\\_query=history+of+herbal+medicine](https://www.youtube.com/results?search_query=history+of+herbal+medicine)

The History of Cannabis, Recreational Drug and illegal Medicine  
48 minutes

<https://www.youtube.com/watch?v=XF19DvTkHc8>

For what medical reasons can Canadians use marijuana?

<https://medicalmarijuana.ca/for-patients/who-is-eligible>

Marijuana for relief from menstrual pain

<http://csglobe.com/whoopi-goldberg-launches-marijuana-menstrual-pain-relief-products/>

## 3. The Medieval Holy War on Herbalism

In the West, during the Middle Ages, medicine became militarized, sick people were demonized, sickness was treated as a work of Satan, and healing became *less* scientific. All the herbal and healing knowledge of the past was treated as witchcraft. It was banned so that the Church could profit by selling its hocus pocus magic such as prayer, holy water, baptism and exorcism.

## 4. The Rise of the Modern/Allopathic Medicine Monopoly

Surgery – renaissance. King James I funded a college of surgery in the 1600s.

Collection of documentaries on the monopoly with good chronology,

<https://enviowatchrangitikei.wordpress.com/mainstream-vs-holistic-medicine-the-unknown-history/>

James Corbett documents the role of the Rockefeller family in the creation of the modern global medical monopoly. 45 minutes.

[https://www.youtube.com/watch?v=X6J\\_7PvWoMw](https://www.youtube.com/watch?v=X6J_7PvWoMw)

Edward Griffin's history of Disease and Nutrition, Medical Corruption, and Vitamin B17 and Cancer. 60 minutes (Please skip from 16:20 to 22:00). Though this video is shorter than an hour, it counts as an hour. <https://www.youtube.com/watch?v=tPADSv3XAv0>

If you lose interest, read article 1 or 2.

1. <http://healthwyze.org/reports/251-forbidden-fruits-whatever-medicinal-foods-the-fda-forbids>
2. [http://www.naturalnews.com/043598\\_cancer\\_cures\\_criminalization\\_Interpol.html](http://www.naturalnews.com/043598_cancer_cures_criminalization_Interpol.html)

Detailed articles on the history of allopathy

<http://silverbulletin.utopiasilver.com/modern-medicine-part-i-how-healing-illness-became-managing-illness/>

Another with links

<http://naturalhealthperspective.com/tutorials/allopathy.html>

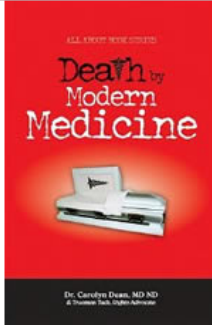
Chemistry emerges in the 1920s. All prescriptions become chemical or laboratory-made drugs after WW2. At the same time, plant-based medicines like cannabis are demonized. Why? Plants are easy to grow and cheap. Pharmaceutical chemicals are difficult to make, therefore the price will be higher and the price can be raised if no one knows how to access affordable, natural medicines.

## 5. Colossal Failure of Health and Medicine

Our healthcare and medicine industries are failures—and, as the next section shows, it's probably intentional. What evidence can I offer that our doctors and scientists are failures? Look at the rising rates of cancer, [pneumonia](#), heart disease and countless other diseases. And listen to all the experts admitting to being confused about what's causing our growing population of sick people. Instead of admitting that our medicines, [dietary choices](#), poor air and water quality are killing us, they sit in laboratories examining genes <https://www.webmd.com/brain/autism/features/autism-rise#1>.

Death by Modern Medicine:

[https://newswithviews.com/HNB/Hot\\_New\\_Books24.htm](https://newswithviews.com/HNB/Hot_New_Books24.htm)



# DEATH BY MODERN MEDICINE

By Dr. Carolyn Dean MD, ND  
With Trueman Tuck

“Death by Modern Medicine” goes beyond the statistics of deaths due to drugs. It shows how the medical monopoly that created the system in the first place is allowed to control health care. A tale of propaganda, health care bureaucracy, the business of cancer, our own personal addictions to sugar and drugs, and the denial we all harbor to help us cope with the overwhelming burden are woven into this 360-page book.

Death by Modern Medicine is a blockbuster book that will bust the blockbuster drugs that have become the hallmark of modern medicine. It contains an unprecedented three forewords by Dr. Abram Hoffer, the father of orthomolecular medicine, Dr. Joseph Mercola, well known for his top-rated website mercola.com, and Dr. Julian Whitaker author of the famous health newsletter Health and Healing.

Since then people’s eyes have been opened to the full horror of modern medicine. There have been 140,000 fatal or near fatal reactions to Vioxx; one third of the millions of women who took fen-phen, the weight loss drug, suffered heart and lung damage; heart disease is caused by Celebrex and all the other non-steroidal anti-inflammatory drugs; Prozac is causing suicides and homicides as well as heart disease; and the list goes on.

Death by Modern Medicine: By Dr. Carolyn Dean MD, ND. Softcover. 360 pgs. \$24.95 plus \$6.00 for S/H. For each additional book add \$1.50 for S/H

**SOLD OUT**

This book identifies the tragic aspects of a medical system that in its short history of about eighty years, has managed to kill tens of millions of victims.

To order by phone call: 1-800-955-0116  
We Accept: Visa, M/C, Amex

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Medical Malpractice

<https://www.medicalnewstoday.com/releases/11856.php>

[https://www.huffingtonpost.co.uk/dr-raj-persaud/when-doctors-go-on-strike\\_b\\_1513689.html](https://www.huffingtonpost.co.uk/dr-raj-persaud/when-doctors-go-on-strike_b_1513689.html)

Terrible Health Statistics for Humanity

Rising healthcare costs are unsustainable

[https://www.oecd.org/health/healthcarecostsunstableinadvancedeconomieswithoutreform.htm](https://www.oecd.org/health/healthcarecostsunustainableinadvancedeconomieswithoutreform.htm)

Pneumonia in China

Given the population size of China (1.3 billion persons) [6], the varied health utilization and economic development, the diverse climate (tropical to subarctic), and the range of population densities, the burden of pneumonia in China would be expected to be large and highly variable across regions. Despite overall

trends from these studies suggesting that pneumonia incidence and mortality are stable or decreasing, pneumonia continues to be a major public health concern in China [7]. The studies in this review found incidence of pneumonia in children <5 years of age that were as low as what has been estimated for the developed world globally (0.05 episodes per person-year) and that were as high as what has been estimated for the developing world (0.29 episodes per person-year) [52]. The studies included in this review reported pneumonia incidence for children <5 years of age (0.06–0.27 episodes per person-year from 1985 to 2008) that was similar or less than what has been estimated for China (0.22 episodes per person-year in 2008) [3]. Although the studies reported a wide range of pneumonia mortality estimates (184–1,223 deaths per 100,000 population), these are consistent with pneumonia remaining the leading cause of childhood mortality in China [7]. While the data summarized here provide insights into pneumonia in China, they also serve as a reminder that reliable and high quality national and regional data on pneumonia incidence and etiology are needed to adequately direct prevention and control efforts.

[7] based on an analysis of studies: 2.8 million to 17 million deaths per year. Source: “*Pneumonia Incidence and Mortality in Mainland China: Systematic Review of Chinese and English Literature, 1985-2008*” (PLoS one, 2010).

## Cancer

Rising cancer rates: many video presentations on this topic

[https://www.youtube.com/results?search\\_query=rising+cancer+rates](https://www.youtube.com/results?search_query=rising+cancer+rates)

30-40 percent chance anyone can develop cancer in their lifetime. 20 percent death rate.

<https://www.cancer.org/cancer/cancer-basics/lifetime-probability-of-developing-or-dying-from-cancer.html>

## Mental Diseases

Calculated the chances of developing any kind of dementia, including Alzheimer's, after 55 -- 21% for women and 14% for men, Sudha Seshadri, M.D., of Boston University Medical Center, and colleagues, reported in the Alzheimer's Association's 2008 *Alzheimer's Disease Facts and Figures*.

<https://www.medpagetoday.com/neurology/alzheimersdisease/8846>

## Heart Disease

At age 45, the lifetime heart disease risk is 60.3% for men and 55.6% for women, according to the researchers.

<http://healthland.time.com/2012/11/07/study-shows-more-than-half-of-all-americans-will-get-heart-disease/>

## Diabetes

In 2012, about 29.1 million Americans, or 9.3 percent of the population, had diabetes.

<http://www.medicaldaily.com/black-and-hispanic-children-have-50-chance-getting-diabetes-compared-40-americans-overall-297960>

## Autoimmune diseases

Autoimmune diseases are fairly common, affecting more than *23.5 million people* in the United States, which is about 1 in 13 people! You may have heard of some of them, such as diabetes (type 1), rheumatoid arthritis, and celiac disease.

[https://www.sciencebuddies.org/science-fair-projects/project-ideas/BioMed\\_p017/medical-biotechnology/modeling-the-chances-of-getting-an-autoimmune-disease](https://www.sciencebuddies.org/science-fair-projects/project-ideas/BioMed_p017/medical-biotechnology/modeling-the-chances-of-getting-an-autoimmune-disease)

## The Truth about Obesity

At least three causes exist for obesity: 1. An unbalanced and toxic diet causes the body to store fat. 2. Toxins are stored in fatty tissue when the lymphatic system is overloaded. 3. The lymphatic system and the colon are swollen and enlarged by solid and liquid matter, causing the appearance of fat.

Listen to the 25-26 minute section of <https://www.youtube.com/watch?v=RYYf8cLUV5E>

## 6. Corruption in Modern Medicine

Scientific Research Corrupted

<https://www.rt.com/op-ed/493732-big-pharma-pandemic-covid/>

An excellent review of *Drug Companies and Doctors: A Story of Corruption*, written by Marcia Angell, an MD and author. She was the first woman to serve as editor-in-chief of The New England Journal of Medicine, one of the most prestigious peer-reviewed medical journals in the world.

<https://beyondmeds.com/2015/05/31/drug-companies-and-doctors/>

[Medical Capitalism](#)

[Good Doctors are Destroyed](#)

[One Overpriced medicine tragedy](#)

[top reason for personal bankruptcy](#)

[Doctor & Hospital Fraud](#) – 60 Minutes Documentary – actually only 30 minutes

## 7. Unsustainable Costs

A brief video history of [Big Pharma's History of Crime](#)

**Health Care Costs in Canada**

Article

<http://www.theglobeandmail.com/news/national/canadas-health-care-bill-to-top-219-billion-this-year/article27025419/>

### **The Disease Economy**

Medium difficulty Article

[http://www.naturalnews.com/019337\\_disease\\_economy\\_big\\_pharma.html](http://www.naturalnews.com/019337_disease_economy_big_pharma.html)

Very hard article about the U.K.

<http://www.dailymail.co.uk/health/article-3460321/How-Big-Pharma-greed-killing-tens-thousands-world-Patients-medicated-given-profitable-drugs-little-proven-benefits-leading-doctors-warn.html>

### **Corruption at the FDA (U.S. Food and Drug Administration):**

- [\*NYU Professor Uncovers How the FDA Systematically Covers Up Fraud and Misconduct in Drug Trials\*](#)
- [\*Fraud Alert: FDA Allowed Drugs with Fraudulent Testing to Remain on the Market\*](#)
- [\*The FDA is Caught Spying on its Employees and Creating an "Enemies List"\*](#)

The War on Viruses

[Virus Mania: How the Medical Industry Continually Invents Epidemics, Making Billion Dollar Profits at Our Expense](#)

The War on Drugs

- [\*Federal Judge of 17 Years Repents – Compares Damage Done by "War on Drugs" to Destruction of World War II\*](#)
- [\*The Real Reason Pharma Companies Hate Medical Marijuana \(It Works\)\*](#)
- [\*How NSA Surveillance Was Birthed from the Drug War – The DEA Tracked Billions of Phone Calls Pre 9/11\*](#)

## **8. The Future of Medicine: Genetics and Electronics?**

New vaccines will no longer contain viral or bacterial material, which shouldn't surprise us, since vaccines are already being used and proposed for cancer. Now the mad industry is proposing to create DNA and RNA vaccines: <https://needtoknow.news/2020/03/jon-rappoport-explains-the-dangers-of-experimental-dna-and-rna-vaccines-for-the-coronavirus/>

Bioelectronics: <https://howafrica.com/google-partners-glaxosmithkline-develop-bioelectronic-medicines/>

## 9. Alternative, Mostly Plant-Based Medicine

Amazing introduction to the history of plant-based medicines:

<https://go2.thetruthaboutvaccines.com/docuseries/episode-7/>

Also at [https://go2.thetruthaboutvaccines.com/docuseries/episode-7/?utm\\_campaign=ttav&utm\\_medium=email&utm\\_source=all-actives-ttav&utm\\_content=ep7-ttav-2020-apr28-845pm&a\\_aid=5903de82cac79](https://go2.thetruthaboutvaccines.com/docuseries/episode-7/?utm_campaign=ttav&utm_medium=email&utm_source=all-actives-ttav&utm_content=ep7-ttav-2020-apr28-845pm&a_aid=5903de82cac79)

Healthcare Providers In Canada Turn To CBD To Help Difficult Dementia Symptoms: [Link](#)

Documentary on how pure, fresh organic fruit and vegetable juices cured eight people 33 diseases in 28 days. <https://www.youtube.com/watch?v=Aaxa7rxEbyk>

[Borax](#), aka Sodium Tetraborate

Other resources:

- [www.justnaturalmedicine.com](http://www.justnaturalmedicine.com)
- [www.greenmedinfo.com](http://www.greenmedinfo.com)
- [www.naturalnews.com](http://www.naturalnews.com)
- [www.naturalcures.com](http://www.naturalcures.com)
- [www.notmedicine.com](http://www.notmedicine.com)
- [www.peoplesawakening.com](http://www.peoplesawakening.com)

Note: alternative health websites are facing censorship from YouTube, Google and Wikipedia. See below:

<https://www.activistpost.com/2019/06/google-just-scrubbed-natural-health-websites-from-its-search-results-whistleblower-explains-how-and-why.html>

<https://www.activistpost.com/2019/06/google-organic-is-a-lie-supplements-are-dangerous-chiropractic-is-fake-and-other-thoughts-they-want-you-to-think.html>

<https://www.anhinternational.org/2018/12/12/wikipedia-censorship-of-natural-non-drug-therapies/>

## 10. Assorted Alternative Health-Related Topics

**Health experts on a variety of diseases and nutrition, acidity, etc.**

4 hours

<https://www.youtube.com/watch?v=dhlp8jSiiU>

**Video by Mark Hyman. The truth(?) about dairy.**

10 minutes.

<https://www.youtube.com/watch?v=00-ehIkwGME>

**Curing Parkinson's Naturally**

Assorted videos



[https://www.youtube.com/results?search\\_query=natural+cure+for+parkinson%27s+disease+](https://www.youtube.com/results?search_query=natural+cure+for+parkinson%27s+disease+)

<https://www.pharmaceutical-journal.com/20203046.article?clearcache=1&firstPass=false>

## Heart Disease and Alkalinity

From a lecture by Scientist/Nutritionist Dr Fred Kaufman we get the following quotation:

"Why is it just the arteries around the heart that get clogged and not the other veins and capillaries? Because wherever there is a muscle producing energy there's always a by-product of lactic acid or waste....as you know any kind of acid can burn.....this lactic acid burns holes in the arteries and the liver uses cholesterol to patch those holes. Because heart is a muscle that continually produces lactic Acid. The more acidic your blood is the more clogged your arteries are."

This is why our omega-3 Essential Fatty Acids are so important to heart health. They cut the production of lactic acid. As Johanna Budwig discovered, these oils are highly charged (negatively) and if bio-available, they keep our bodies negatively charged and alkaline. (See the article Johanna Budwig Revisited, at the bottom, for information on our favorite product, Omegasentials.)

Keep in mind that our blood is "highly" regulated and maintained to keep a consistent pH within those limits (7.35 - 7.45). The problem of lactic acid is eventually cleared up, the problem is, it does a lot of damage before it is cleared up. This is where we benefit from drinking alkaline water. It helps the blood return even faster to a normal pH before doing all that damage.

Drinking alkaline water will not raise your pH all that much. The benefits are mainly in helping your body maintain homeostasis and not have to borrow from your calcium stores.

[https://mnwelldir.org/docs/terrain/lost\\_history\\_of\\_medicine.htm](https://mnwelldir.org/docs/terrain/lost_history_of_medicine.htm)

Sources:

<https://www.propublica.org/article/popular-blood-thinner-causing-deaths-injuries-at-nursing-homes>

<https://www.pharmacist.com/popular-blood-thinner-causing-deaths-injuries-nursing-homes>

<https://www.drugwatch.com/xarelto/>

<https://www.drugwatch.com/xarelto-vs-warfarin/>

[https://brocku.ca/MeadProject/Dunlap/1925/1925\\_08.html](https://brocku.ca/MeadProject/Dunlap/1925/1925_08.html)

## 11. Censorship and Marketing in the Media

Google Just Scrubbed Natural Health Websites From Its Search Results; Whistleblower Explains How and Why

<https://www.activistpost.com/2019/06/google-just-scrubbed-natural-health-websites-from-its-search-results-whistleblower-explains-how-and-why.html>

By [Sharyl Attkisson](#)

I've done quite a bit of **reporting** about how Wikipedia is definitely not "the encyclopedia anyone can edit." It's become a vehicle for special interests to control information. Agenda editors are able to prevent or revert edits and sourcing on selected issues and people in order to control the narrative.

[Watch Sharyl Attkisson's TedX talk on Wikipedia and other Astroturf tools](#)

My own battle with Wikipedia included being unable to correct provably false facts such as incorrect job history, incorrect birth place and incorrect birth date.

What's worse is that agenda editors related to pharmaceutical interests and the partisan blog Media Matters control my Wikipedia biographical page, making sure that slanted or false information stays on it. For example, they falsely refer to my reporting as "anti-vaccine," and imply my reporting on the topic has been discredited. In fact, my vaccine and medical reporting has been recognized by top national journalism awards organizations, and has even been cited as a source in a peer reviewed scientific publication. However, anyone who tries to edit this factual context and footnotes onto my page finds it is quickly removed.

What persists on my page, however, are sources that are supposedly disallowed by Wikipedia's policies. They include citations by Media Matters, with no disclosure that it's a partisan blog.

Another entity quoted on my Wikipedia biographical page to disparage my work is the vaccine industry's Dr. Paul Offit. But there's no mention of the [lawsuits](#) filed against Offit for libel (one prompted him to apologize and correct his book), or the fact that he provided false information about his work and my reporting to the Orange County Register, which later [corrected its article](#). Obviously, these facts would normally make Offit an unreliable source, but for Wikipedia, he's presented as if an unconflicted expert. In fact, Wikipedia doesn't even mention that Offit is a vaccine industry insider who's made millions of dollars off of vaccines.

Meantime, turn to Dr. Offit's own Wikipedia biography and— at last look— it also omitted all mention of his countless controversies. Instead, it's written like a promotional resume— in violation of Wikipedia's supposed politics on neutrality.

<https://www.activistpost.com/2019/05/wikipedia-isbroken-controlled-by-special-interests-and-bad-actors-says-co-founder.html>

## **12. Resources and Recommended Reading:**

GreenMedInfo.com

Dr.Axe.com

Kellybroganmd.com

Naturalnews.com

Mercola.com

*Cancer Cures: The History of Alternative Medicine in America*, by James C. Whorton

*World without Cancer*, by G. Edward Griffin

