

NEW IDEAS ABOUT HEATH



WORD OF THE DAY: ALLOPATHIC MEDICINE

- **Wikipedia's definition** (the objectivity of which may be questioned): **Allopathic medicine, or allopathy**, is an archaic and derogatory label originally used by 19th-century homeopaths to describe heroic medicine, the precursor of modern evidence-based medicine In the United States, the term is sometimes used to contrast with osteopathic medicine, especially in the field of medical education. In India, the term is used to distinguish conventional modern medicine from Siddha, Ayurveda, homeopathy, Unani and other alternative and traditional medicine traditions, especially when comparing treatments and drugs.
- **Merriam/Webster's Online 2023: Allopathic Medicine** is a system of medical practice that emphasizes diagnosing and treating disease and the use of conventional, evidence-based therapeutic measures (such as drugs or surgery)
- **Mosby's Medical, Nursing, & Allied Health Dictionary 6th Edition (2002): Allopathic Physician:** a physician who treats disease and injury with active interventions, such as medical and surgical treatment, intended to bring about effects opposite of those produced by the disease or injury. Almost all practicing physicians in the US are allopathic. **Compare:** chiropractic, homeopathy, osteopathy.

RECAP OF PREVIOUS FINANCIAL REBELLION "MOVING AWAY FROM THE MEDICAL CONTROL GRID"

- Take responsibility over your and your family's healthcare
- Demand integrity from your healthcare professionals and create your own trusted intelligence network
- How to get away from the CMS system and avoid EHR electronic health records by using direct patient care/private pay/cash only providers
- Various health Insurance alternatives: Health share plans, farm bureau, direct pay, AAA Accident Coverage
- Link: ([financial-rebellion](#))

THEMES FROM THE WAPF WISE TRADITIONS CONFERENCE OF 2023

- Fear as a major cause of disease and ill health.
- Importance of keeping an open mind about history and “facts” we were told that were propounded by corporate profiteers, banking interests, industrial ag and pharma interests may or may not be true.
 - ❖ Effectiveness of vaccines to battle “pandemics” that may never have happened: Spanish flu, polio, swine flu, avian flu, ebola, zika, MERS, SARS/SARS-CoV-2

- ❖ Vaccine Injury from mercury, aluminum, PEG, LNP (lipid nano-particles), mRNA technology etc
- ❖ Germ theory vs terrain theory
- ❖ Existence or non-existence of viruses
- ❖ Fluoride as a poison (most bottled water is fluoridated)
- ❖ Role of parasites and bacteria
- ❖ Antibiotics and microbiome
- ❖ Healthy or unhealthy aspects of veganism or vegetarianism

- ❖ Prevalence of allopathic medicine over others and the Rockefeller Foundation's role in attacks on "alternative" and traditional medicines and home/natural remedies, chiropractic, osteopathy, homeopathy, naturopathy, acupuncture etc
- ❖ Geoengineering and chemtrails don't exist (geoengineeringwatch.org)
- ❖ We need 5G to achieve progress and EMF's are harmless
- ❖ Digitization of medical practice, electronic health records, "One Health"(WHO), ID2020, ICD10-11 codes all promote "Better Health"
- ❖ "Pharma foods" bugs, fake meat, fake sugar, "APEEL™" coating
- ❖ The changing the USDA dietary recommendations/food pyramid

CONSIDERATION OF "EVERYTHING OLD IS NEW AGAIN" ALTERNATIVES TO MAINSTREAM MEDIA-AND AMA- SUPPORTED HEALTH CARE GUIDANCE

- Avoidance of hospitals and health care under the CMS protocols e.g., recommended pharmaceuticals for "elevated" cholesterol and glucose levels
- Role of castor oil, cod liver oil, essential minerals, iodine, herbs, etc (homegrownherbalist.net)
- Alternatives to heart damage treatments eg: Dr Tom Cowan's strophanthus (strophanthus)
- "Alternative" cancer therapies with or without chemotherapy and radiation

- Off-the-grid (non-CMS) medical practices and alternative healthcare
 - ❖ American Association of Physicians and Surgeons (AAPS) that include CMS opt-out practices. (AAPSONline.org)
 - ❖ The Wedge of health freedom (jointhewedge.com)
 - ❖ Dr. Tom Cowan's New Biology Clinic (newbiologyclinic.com)
 - ❖ Dr. Pierre Kory's Leading Edge Clinic (drpierrekory.com)
 - ❖ American Frontline Nurses (americanfrontlinenurses.org)
 - ❖ Remnant Nurses (remnantnursing.org)
 - ❖ Dr. Mercola (mercola.com)
 - ❖ Dr. Bradley Meyer (okobojiwellnessclinic.com)
 - ❖ Front Line Covid Critical Care Alliance FLCCC.net

- **Alternative dental protocols** that recommend against amalgam fillings, root canals, bone grafts and implants recommending the removal of the same
 - Huggins-Grube Protocol Institute "Chew on This but Don't Swallow" by Blanche Grube, (hgdcoffice.com)
 - International Academy of Oral Medicine and Toxicology (iaomt.org)
 - Holistic Dental Association (holisticdental.org)
- **Importance of healthy gut microbiome**
 - Dr. Sabine Hazan (progenabiome.com)
 - "Gut health" search on website of The Autism Community in Action (TACA) (tacanow.org)

NUTRITIONAL ALTERNATIVES THAT MAY IMPROVE YOUR HEALTH

- Favoring a high-fat, nutrient-dense diet
- Raw milk products
- Regenerative agriculture and health meats (Non-CAFO)
 - ❖ Pasture-fed, grain-free beef
 - ❖ Grain-free, cage-free chickens
 - ❖ Plant foods using non-GMO agriculture techniques
 - ❖ Direct from farmer sourcing (Farm-to-Table)
 - ❖ No mRNA!

- Avoidance of mercury containing fish
- Elimination of seed oils in favor of raw butter, ghee, lard, coconut oil and sometimes olive oil
- Plants as indigestible for humans favoring fermented foods and condiments (sauerkraut, kefir)
- Bone broth/meat stock for collagen, choline, amino acids, gelatin to build healthy skeletal system and other health benefits
- Importance of organ meats for brain health—Vitamins A, B-6, B-12, D, K and Phosphorus
- Evils of oxalates (see low oxalate diet information) (sallyknorton.com)

- WAPF “Four Horsemen” to avoid
 - ❖ 1) Industrial seed oils
 - ❖ 2) Additives (MSG)
 - ❖ 3) Pasteurization/extrusion
 - ❖ 4) Refined sugars
- Link to “Wise Traditions, 11 Dietary Principles” (westonaprice.org)

*Purchase the lectures and slides from the conference! (wisetraditionrecordings)

WAPF "12 SPOONS" RATINGS FOR RESTAURANTS:

- For restaurants that use healthy preparation and sourcing
- Log onto the site, join and rate restaurant today!
- (wapf12spoons)

Our 12 Criteria

From Scratch: Serves mostly (i.e., more than half of the menu) fresh food, prepared from scratch. Does NOT rely primarily on kits or prepared/partially prepared foods from commercial food services. [More...](#)

Local/Organic: Offers at least some locally sourced and/or organically produced food and/or wild-caught seafood. [More...](#)

Pastured: Offers at least some pastured animal foods.

Organs: Offers some dishes made with organ meats (liver/paté, sweetbreads, heart, kidney, brains, etc.).

Cooking Fats: Cooks (sautés) in natural fats such as butter, lard, tallow, duck fat, coconut oil, or olive oil; uses lard, duck fat, or tallow for frying.

Bone Broth: Makes own bone broths/stocks for use in soups, stews, gravies, and sauces (does NOT use canned broth or powdered soup bases).

Seasonings: Makes own seasoning mixes (does NOT use flavoring packets or MSG)

Salad Oils: Makes own salad dressings using olive oil or cold-pressed sesame oil.

Breads: Offers genuine sourdough bread.

Beverages: Offers lacto-fermented beverages (such as kombucha or kvass).

Condiments: Offers lacto-fermented condiments.

Desserts: Offers desserts made in house with natural sweeteners (such as raw honey, maple syrup, maple sugar, molasses, date sugar, palm sugar, coconut sugar, sorghum syrup, or malt syrup).

"...It is particularly important in these times of industrial and financial stress, that children shall not suffer defects which may mark and handicap them for their entire life."

-Dr. Weston A. Price, 1934