

**Just what is the best for our health?
And how it impacts on global pandemics.**



Researched by Alan Boswell

Moreover, can we believe it?

We investigate the many facts and try to arrive at a simple, balanced answer for health.

It is important to remember that most of us see the obvious, but take little notice, forget and continue as we were. I believe that if we are more aware of why and what is going wrong, we are more likely to remember and act accordingly.

It is an extremely complex subject with many contradicting answers and no real scientific proof. Yes, scientist tell us that one vitamin does this and another one, that. That we need good bacteria, low stress and regular exercise, balanced nutrition, and adequate rest. Still, some apparently healthy people fall sick and some that abuse their bodies seem to live forever. Spiritual, emotional, and financial health also contribute to overall health. Medical experts have linked these to lower stress levels and improved mental and physical well-being.

There are of course always exceptions to the rule, which does not help. In fact, we are so complicated that it is almost impossible to know for sure. That is why drugs are usually tested on the greatest number of people possible and an average taken. This approach helps but it is still not perfect.

Just as in plants, a deficiency in one nutrient can mean that another is difficult to absorb. For instance, if we are low in vitamin D, our body has difficulty in absorbing calcium. Some people inherit complications, others never have a problem. As it is all so general, we need to stand back and look at what we are and where we came from.

Evolution. We came from the trees.

It is the most likely explanation for our existence. If so we must have started out as an herbivore, can our bodies have really evolved to eat meat in what? a million years. Evolution works by the strongest, or those with an advantage dominating the gene pool. True, meat could make us stronger, but not alter our genes. Every now and then, a gene mutates. Most animals have a disability and do not survive. But in a rare case it is an improvement. Think Giraffe, a mutant gene gave one a longer neck, so it reached the best food with no competition. This giraffe then had the best and most numerous mates, its genes soon dominated the gene pool.

We have never had a mutation leading to a stronger strain, even Hitler failed at that. Back pain is the biggest cause of work loss, we still haven't adapted to walking on two limbs. So no, stronger bodies do not necessarily mean that our bodies have changed their digestive abilities. Carnivores, like dogs can digest bone.

Current thinking is that while a little meat is fine, plant based nutrition is still important. Having said that, our health is generally going downhill even though prosperity appears to have been increasing, so what is going wrong? It is complicated

Obesity 'fuelling' Covid-19 deaths in Britain and globally, Lancet disease study finds.

Does prosperity mean we are just eating more, leading to obesity?

Rising risk factors and non-communicable diseases including obesity, heart disease and diabetes, a "perfect storm" for the pandemic

The UK has the lowest healthy life expectancy in Western Europe, and widespread obesity is "fuelling" Covid-19 deaths, according to a new study published in *The Lancet*.

British people can expect just 68.9 [healthy years of life](#), according to the latest findings in the Global Burden of Disease study, which analyses illness and risk factors in 204 countries and territories around the world.

Healthy life expectancy has risen more slowly in Britain than elsewhere in Western Europe, the study showed, in part due to failures to tackle chronic public health problems, such as obesity, over the last three decades. Many of these problems are also [risk factors for serious illness and death from Covid-19](#). (On the other hand, was prosperity rising faster in the UK than most of Western Europe?)

That is also the case globally, researchers said, leading to a "perfect storm" for the pandemic. Professor John Newton, director of health improvement at Public Health England (PHE) and a member of the Global Burden of Disease Scientific Council, told *The Telegraph* there was "no doubt" obesity had contributed to the UK's high Covid-19 death toll, but there were other factors too.

"It remains unclear why there were differences between countries in mortality rates but obesity is certainly one factor," he added.

A [PHE review earlier this year](#) found that obese people are significantly more likely to be admitted to intensive care than those with a healthy Body Mass Index (BMI). One study found that for people with a BMI of 35-40, classed as severely obese, the risk of death increased by 40 per cent compared to those at a healthy weight. For those with a BMI of over 50, classed as morbidly obese, it rose by 90 per cent. Prosperity is certainly the leading cause of obesity, therefore poor health.

Measure your BMI with these [BMI scales](#).

Health experts had hoped that these numbers - along with [Prime Minister Boris Johnson's own brush with Covid-19, which made him seriously ill](#) and spurred him to lose weight - would push the government into action. However, despite Mr Johnson's announcement of a "war against fat" in July, little concrete action seems to have taken place.

Almost two-thirds of adults in England, 63 per cent, are overweight or obese. People aged 55-74, living in deprived areas and from certain minority ethnic groups are all more severely affected.

The study also found that [non-communicable diseases \(NCDs\)](#) - diseases that are not passed on from person-to-person - now make up 88 per cent of the overall disease burden in the UK.

The five leading causes of death from NCDs in 2019 were heart disease (93,400 deaths), stroke (50,600), chronic obstructive pulmonary disease (43,900), lung cancer (42,800) and Alzheimer's disease and other dementias (32,400).

Rising exposure to risk factors, alongside increased deaths from cardiovascular diseases in countries including the United States and across the Caribbean, could see the overall rise in life expectancy globally begin to reverse, the study said.

The rise in NCD's is due to the increases in exposure to risk factors, namely metabolic risks - high BMI, high blood sugar, high blood pressure, and high cholesterol. In 2019, these factors accounted for nearly 20 per cent of total health loss worldwide, 50 per cent higher than in 1990.

Check your blood pressure at home easily now, with this inexpensive [Blood Pressure Meter](#).

It said these metabolic factors are responsible for a "huge number of deaths globally—with high blood pressure contributing to 1 in 5 deaths (almost 11 million) in 2019, high blood sugar (6.5 million deaths), high BMI (5 million), and high cholesterol (4.4 million)."

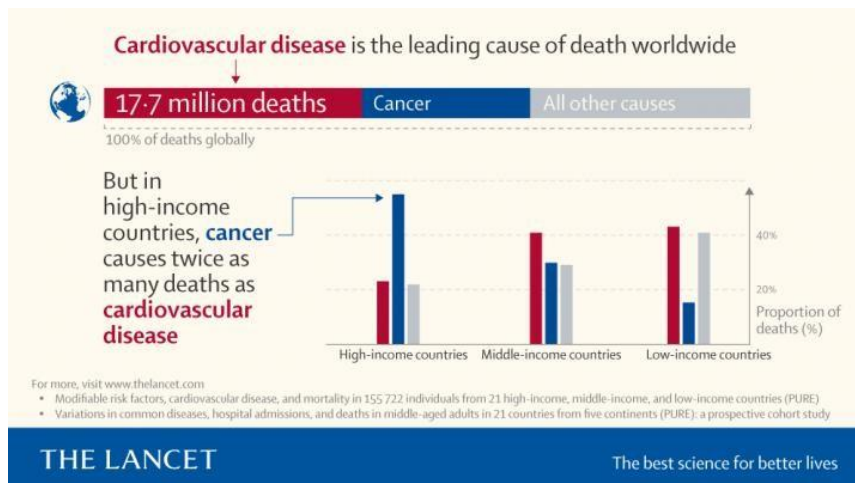
Only smoking has declined, by around 10 per cent globally, over the last ten years, although it remains the leading cause of death in many high income countries including the USA and the UK.

So if these NCD's are not contagious, not catching, why are they increasing with our wealth?

In the 1940s, just one out of every 16 people were stricken with cancer;
By the 1970s, that ratio fell to one in 10.

Today, almost **one in three** people are at risk of developing some form of cancer, ([Source cancer.com](#))

A Lancet study shows that high-income countries have around four times the cancer death rate of low-income countries. On the face of it, this does not make sense logically. Or does it? The rise in prosperity also saw the rise in faster lifestyles where, people were less likely to cook fresh produce. In the fifties people tended to shop almost every day for fresh produce. They did not have a fridge remember. Low-income countries are much the same as we were.



Prosperity has largely been driven by economic growth and the stock market. The problem with this is that companies are so worried about their share price dropping, and affecting their ‘wealth’ that they have to keep shareholders happy by declaring higher profits each year. If they cannot expand their markets, they have to cut their costs. This has had a far-reaching impact on the food industry as big corporations, like Unilever, that listed on the stock market, swallowed up small producers.

In order to cut costs, they have reduced the most expensive ingredients like protein and anything with high nutritional value, replacing them with carbohydrates and fat, adding flavour enhancers to disguise the fact, and to reduce waste, high amounts of preservative. Food used to go mouldy in a couple of days.

Processed foods today contain **artificial flavours, artificial colours, artificial sweeteners, stabilisers, preservatives and E-numbers**. They are all chemicals.

If the high carbs were not bad enough, our body craves more because of the lack of good nutrition. In addition, youngsters brought up on this stuff think real food bland.

Evidence is beginning to emerge, like the **UK 17-year-old boy going deaf and blind** because of a junk food diet. ([The Telegraph](#)). People are left with weaker immune systems and less ability to self-repair.

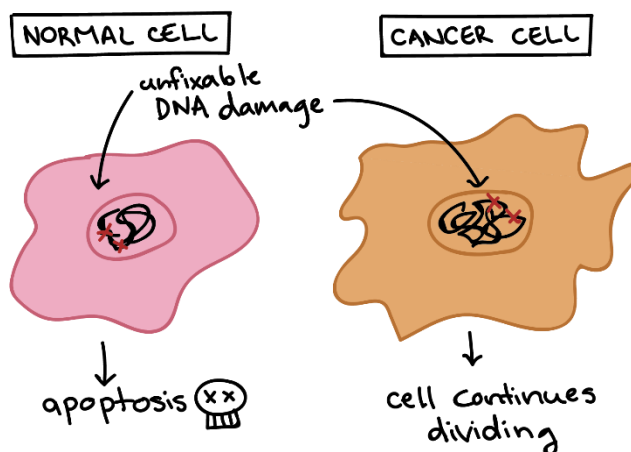
The danger of chemicals

We are continually exposed to chemicals today, not only in our food, but chemicals absorbed through the skin. Makeup, cleaning products, even the nice smell of freshly laundered clothes from softeners and even drugs that have a good purpose. Most vitamins are chemical based and have been shown to cause liver damage. Cellular damage from chemicals may not show up for years. Drugs are tested and shown not to damage us over a short time before being allowed to be used. However, they are still chemicals. Health is being damaged by chemicals and they want to treat us with more chemicals. But then big 'Pharma' is more powerful than some governments.

Greed, Greed and more Greed

The powers that be do not seem to be concerned about our health if it impacts on corporate wealth. The majority of those dying are near to the end of their usefulness anyway. People tend to forget what actually processed foodstuffs is. Anything in a packet, jar or already cooked. Look at the number of sauces on supermarket shelves. We never used to have any. Too easy to open a jar and throw it in the saucepan. I already said that most vitamins are chemicals, and capsules almost all contain chemical fillers and anti-caking agents. **Like Magnesium Silicate and Magnesium stearate.** Check the label.

Apoptosis is when a cell self-destructs if its DNA has been damaged. This is a normal body function. Chemicals can prevent this from happening. If the cell continues to grow with damaged DNA, it will not be normal growth, but a mutation often leading to a tumour.



Conclusion

It would seem that this Covid-19 pandemic is not going to go away anytime soon and it is said we could get many more such viral attacks. Antibiotics do not work at all against a virus and they are becoming less effective, leading to other problems.

So, is it lockdown or no lockdown? Trouble is governments cannot go on with lockdowns indefinitely as we could slide into a depression that may be difficult to pull out of. It could even be the end of civilisation, as we know it. Serious deflation is very difficult to stop and the world relies on growth.

No Lockdown?

Some say no lockdown is the only way because deaths have only been a small percentage of the population. However, would the percentage been anything like as small without any measures? Covid-19 being as contagious as it is, it could have spread exponentially causing more mayhem than lockdowns. Only time will tell on that score. We will need to change our habits while we have a chance. Wear a mask at all times while outside and as for those that say it is against their basic rights, what about the basic rights of someone they may kill? A mask is more effective at preventing an infected person passing Covid on, that preventing someone catching it. They can say no lockdown, no mask, but wait until it is their mother, husband or son. Remember, it has been killing some young healthy people, why? In addition the absence of flue shows that masks and distancing works, flue not being as contagious.

There does seem to be a pattern though, look at the USA as at the 19th Oct 2020 they have had 8,387,799 cases and 224,730 deaths. Friday the 16th alone saw 70,000 new cases alone, one day. Now admittedly the USA has a large population, even so these figures are astronomical. The UK, 772,409 cases, bad enough, but the population of the USA is five times that of the UK with 10.8 times the cases. On the other hand Thailand, with a larger population than the UK, had just 3,664 cases and 58 deaths. That is nothing when you consider that the Thai government have been encouraging Chinese tourist ever since visitors from the west decreased and the first recorded case outside China was in Thailand..

So what is happening? Consider this; the USA is the biggest consumer (literally) of junk and fast food. The UK possibly the next biggest. This goes along with not only the obesity numbers but, possibly weak immune systems. A weak immune system does not show up like an illness, not until we get sick anyway. Moreover, why is Thailand doing so well considering its Chinese tourist? Admittedly, they had a severe lockdown for a few weeks, but surely, it would have been too late if this virus came from China.

It has to be to do with food. Outside of Bangkok, where most of the cases were, people tend to shop daily for their food at fresh markets. This is almost a social meeting place, and did not stop with lockdown. In addition, they have very little processed foods and an abundance of

‘Thai Herbs’, highly nutritious plants that will not grow in Europe. Plants get their energy from the Sun. is it no wonder plants from S E Asia give us so much more.

There simply has to be a connection between diet, health and our immune system.

The answer should be obvious, simply avoid, as much as possible, processed foods and chemicals, try to cook fresh whenever possible and make sure you get good quality plant based nutrition. Before you buy, think about what process a product may have gone through. Organic



and farm foods are expensive, you need to think why? Paying more for your food could be the best investment you ever make for your health. We do not know what is around the corner. After all your life may depend on it.

For there isn't a magic pill.

However if you are not sure about getting the right nutrition, we have the answer. A natural plant based supplement that contains all you

need and free of fillers. Just register and receive a Free sample.

<https://www.siamsolutions.store/index.php?itz=27&a=order>

If still not sure, just watch this short documentary.

<https://www.youtube.com/watch?v=jsEJ3992Sok>

Happy Healthy Life.