

Going Green

Why Go Green?

Many people say:

- it is good for the environment,
- it is healthy for you,
- it feels like the right thing to do,
- I don't like using chemicals.

While all the above statements are good, very few people realise the implications and how all these chemicals and synthetic ingredients are impacting our health.

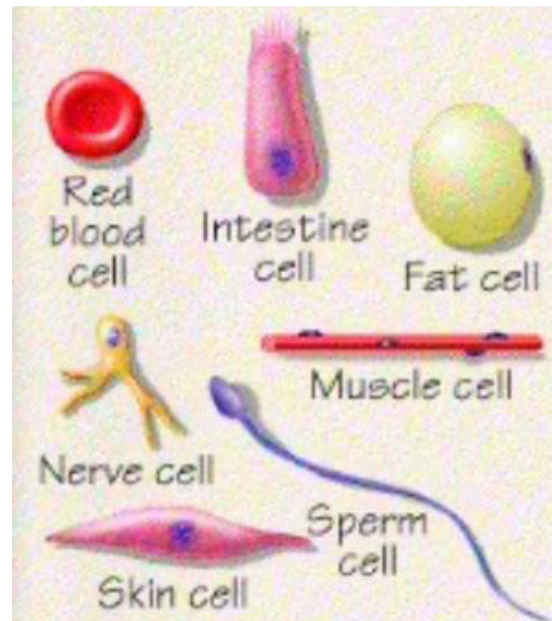
I would like to give you a brief introduction to the main reason we should go green. The following information is not made public due to the implications and legal battles that would come if public knowledge of it was made freely available.



Once you understand this information you will be able to make solid decisions when it comes to using products for our personal use and cleaning our homes and cars.

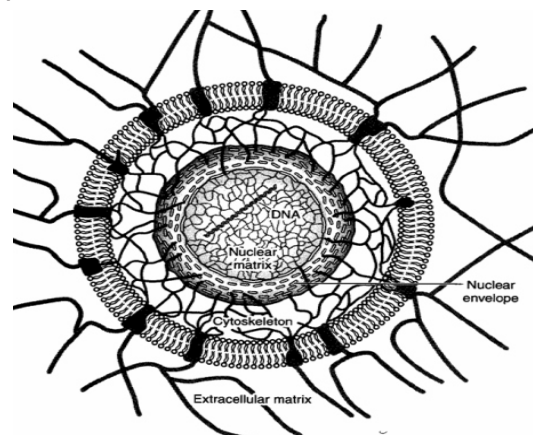
Most people are more aware of how their body functions today than their parents and grandparents knew in their day. With that being said there is still a lot that is not known by the majority of people today. We are made up of cells, over three trillion plus cells of various types, red blood cells, Intestinal cells, Fat cells, Nerve cells, Muscle cells, Skin cells, Sperm cells, Heart cells and Brain Glia cells.

The above lists are not exhaustive but each of the cells mentioned above have different life

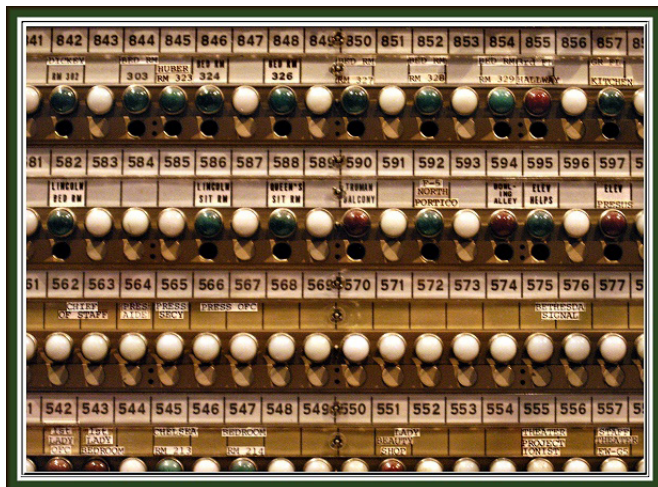


spans and actions they perform. The one thing they do share though is the basic structure of a cell and that is they all have receptor sites and a membrane. These receptor sites on the outside of the cell are like antennas constantly picking up information and transferring it to the DNA to organise the response that is needed by the body.

To give you some idea what we are talking about each cell can have up to 100,000 receptor sites, now if you magnify this by the three trillion cells you end up with a number like 1,000,000,000,000,000 receptor sites in the body. For the sake of trying to keep this in perspective let us just look at one cell. If you remember from an early article in this course we stated that you could fit 10,000 cells on the end of a pin so that means we could fit 10,000,000,000 receptor sites on the end of a pin. So to try and see a cell let alone a receptor site with the naked eye is impossible.



The reason we are going down this track is that chemicals are decimating our receptor sites within the body and the long term ramifications of this are not being addressed in the public media.



If you were to look at a switch board that had 100,000 switches on it and they were all in the correct position switching on and off as the correct function was needed, some switches having to be switched off in order so others can be switched on and vice versa. If you were to let someone in that just liked to flick switches for the fun of it, you would soon have chaos everywhere. If you let someone in who was fond of graffiti you would soon have a lot of switches coated in paint that would then make the switches hard to turn on or off. Well this is what is happening to our receptor sites when chemicals and synthetic ingredients are being taken into the body through digestion, breathing, application and absorption by the skin.

Renegade cells

This can cause cells to break away from the Brain Glia network of the body and to become isolated. Once this happens the renegade cells start their cancerous work as they are no longer recognised. To bring these cells or the group of cells back into the Glia network you have to reverse the causes that started it in the first place. There are three main areas that you need to be aware of to do this.



The first one is the Terrain of the body, if you were to consider growing a fruit tree it would be important to make sure the terrain of the soil PH, water and growing conditions are all in harmony. With the body the Terrain consists of the PH levels, cells, nutrition, water and pristine conditions being in harmony. This is primarily the main reason for going green.



The second area that needs to be addressed is trauma, physical and emotional and the third is to do with perception. The latter two will be covered in week five.

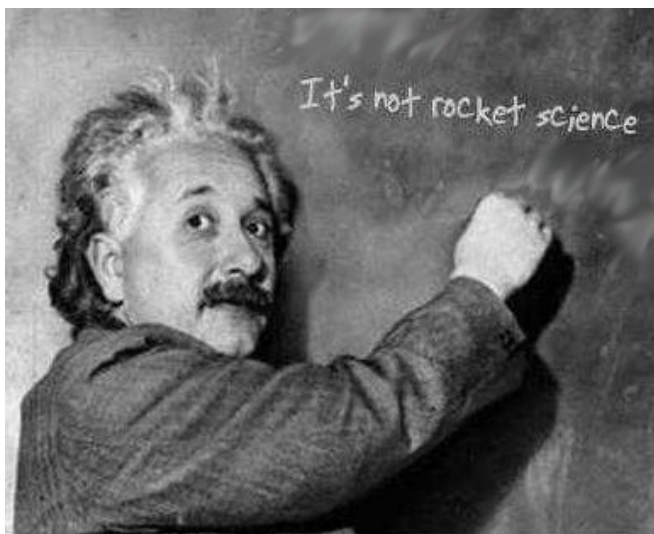
Coming back to our receptor sites it is now becoming obvious that chemicals coat the receptor sites like paint being sprayed on the switch board which stops them from functioning but what is even worse is that chemicals and synthetic ingredients are switching off receptor

sites when they should be on. Western medicine works by using drugs as blockers - this means they switch off receptor sites. Unfortunately when they attempt to block a particular receptor site they switch off a couple of thousand other switches at the same time. This is called side effects, that maim and kill thousands of people every year. When you start to take more than one medication they really have no idea what side effects can be expected.

Need To Be Aware

We are not saying stop taking your medication, just that you need to be aware of what is happening. The drug industry is constantly checking to see what side effects are happening when taking their drugs. When it comes to chemicals the testing dramatically decreases and the side effects of mixing different chemicals together like the ones in household cleaners, soaps, shampoos, hair colourings, deodorants, insecticides for bugs in houses and produce, water supplies, toothpastes, perfumes, creams and lotions not to mention make up and tanning solutions are all having a dramatic affect on receptor sites. And no one has a clue what this combination is doing to our health.

It does not take a rocket scientist to figure out why



so many people are sick and dying with broken down immune systems that can no longer cope with chemicals, leaving the body no alternative

but to have allergenic reactions in the hope that we will stop the introductions of chemicals into the body. If we don't listen we will suffer in the end. Depending on the chemicals and synthetic ingredients that affect our receptor sites this process can be fast, medium or slow. Essential oils like peppermint oil are very good at removing the chemical coating on receptor sites. There are a number of different essential oils that are beneficial in helping with receptor sites.

The most sensible action to take is to stop the



chemical and synthetic ingredients entering our body by the skin, air and digestion. Is it possible to stop them all together? No, we live on planet earth and pristine areas are very hard to find.

So what do we do?

We make the best of what is humanly possible to achieve and feed the body the right ingredients like antioxidants and other healthy foods and supplements that don't have any synthetic ingredients to remove the chemicals from our body. It is time to have a serious look at our personal hygiene products and see what they are doing to us and stop using them.

Now you have the main reason for GOING GREEN.