
Raymond Francis: The Great American Health Hoax - Why Getting Sick is a Big Mistake You Can Avoid

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Speaker 1: I've known Raymond for about 17, 18 years now. He's been a friend and a mentor and he's a internationally known speaker. He's a chemist by trade, gosh, it's been about 30 years now I think, or so, he was an international business consultant and became ill. Went to 36 medical doctors, I believe it was the 15th that gave him the prick test on the back and sent him further in a downward decline of health, but he still had the ... I don't know what word to use. The belief.

Raymond: [inaudible 00:00:40].

Speaker 1: Yeah, the belief that the doctor was going to find out what was wrong, so he went to 21 more. The 36th doctor gave him a drug, poisoned his liver. Drug was hepatic toxic. Put him flat on his back, he couldn't lift his head off the pillow, and the doctor said, "Well, there's nothing more we can do for you. You've got about 6 months to live, so get your things in order. Nice knowing you." Ray was about 46, 40 ...

Raymond: 48.

Speaker 1: 48 years old, and he said, "Are you kidding me? I'm 48, I should have a lot of life left in me." He started asking questions. What is health? How do you get healthy? What is it really about? He had to use his own knowledge of biochemistry to save his own life. With that, he's dedicated the rest of his life to teaching health, to teaching optimum health, how you get it, how you live with health. I have just loved his model One Disease, Two Causes, Six Pathways, because it's to me the most comprehensive model of health that I've ever seen or experienced. I like to see the complex made simple, and to me, Ray's a genius at that. Without further ado, my friend, Raymond Francis.

Raymond: Thank you. Am I hooked in? Can I talk?

Speaker 3: Yeah.

Raymond: They can hear me? You can hear me?

Audience: Yeah.

Raymond: Great. All right, now you can hear me. Thank you all for being here. It's just super and invigorating to be here again. I love California. I feel alive when I'm in California. It's just a fabulous place, you're all so lucky. I have a number of things. I have some postcards. They're on that table over there. You can take them. On the postcard, it gives you my contact information. As part of that contact information, you can sign up on my website for a free newsletter. If you like the kind of information you're hearing, you can get a free newsletter on a weekly basis, just by going to my website and signing up for it. It's called News Clips, it tells you how to do it. All my books are listed there, all my five books.

Also on the other side, it tells you how you can get two free reports, one of them is called the Roadmap to Ultimate Health, tells you how to be healthy. The other is the

Roadmap to Supplements. It tells you how to choose supplements. We all need supplements, you cannot live without them. Even the National Academy of Sciences says that even if you eat a good diet, it is no longer possible to get the nutrition you need, so you must supplement. The problem is how do you get good supplements. You need to learn how to select them. I make some of the highest quality supplements in the world. Hard to do, and it's a full time job trying to get it done, especially these days. Getting harder and harder to make high quality stuff.

I'm here to talk about my newest book, The Great American Health Hoax. I'm going to be selling them after the talk, they're \$15 each, and you're welcome to have as many as you like.

To get to the subject of what we want to talk about today, what is it that we all want. I go around the world, speak everywhere. I was just over in the Middle East last November and December, speaking in the Middle East. People everywhere kind of want the same thing, they would like to live a long life. They would like to be healthy. They don't want to be sick. They don't want to feel bad. They don't want to lose function as they age. They don't want to lose their sight. They don't want to lose their hearing. They want to be able to walk and jump and do all the things other people do. They especially don't want to become disabled and have other people have to care for them. That's what people want.

What are we getting? We're not getting that at all because healthcare in America is a hoax. The Great American Health Hoax. That sounds pretty shocking. So let's define our terms. What is a hoax? A hoax is something that is pretending to be something that it is not. A hoax is trying to put one over on you. What is healthcare? The definition of healthcare is maintaining or restoring health. That's the definition of healthcare.

Now let's look at our healthcare system. Does it maintain health? No, everybody's sick, and we wait for you to get sick. We don't keep you well. We wait for you to get sick, and you do. Once you are sick, we don't restore your health, we merely manage your symptoms. We can manage your high blood pressure. We can manage your cholesterol. We can manage your pain, your arthritis pain. We can manage your diabetes. We don't cure you. We are not maintaining or restoring health. The current healthcare system is a hoax. It is not a healthcare system, it is a disease management system. This disease management system is running up the bills, because everybody's sick and the costs are going through the roof, and at this point in time, those costs are threatening the viability of our country. The congressional budget office says that the path we are on is economically unsustainable. We cannot continue on this path. The biggest single cost is the cost of disease. We have to cut the cost of disease, or it is going to bankrupt the country. When that happens, and it's going to happen sooner rather than later, when that happens, the life of every American will dramatically change for the worse.

We have to prevent this from happening, and the economists have ... I speak at meetings and go to international meetings, we talk about all these issues and the

economists say, "We'll solve the problem. We got a solution for the problem." Their solution is we have to raise the retirement age to 79 immediately. We have to double the federal income tax immediately, and we have to slash the amount we pay out in social security and the amount we pay out for Medicare. Well, here's a quiz, pop quiz. Which presidential candidate is running on that platform? You laugh. Nobody is running on that platform. Nobody is even talking about the problem, so the problems continue. Nobody's solving them, so we have to solve them. What we can do is cut the cost of disease by taking personal responsibility for ourselves. When you do that, you will cut the cost of disease for yourself, and then you can be a beacon for your friends and neighbors and family and community, and show them what can be done.

We need to have a revolution in healthcare. We need to start spreading the word that health is a choice, health is you're responsibility, and that you must learn how to accept this responsibility. That's a big problem. Health is a choice. Health is your responsibility, it's not mine, it's not your doctors, it's yours. The problem is we don't teach you how to do that. Nobody teaches us how to do that, and so we get sick. Then we go to the doctor, and then the doctor gives us a toxic pill, which makes us sicker, and keeps us sick. Not a very good way to go.

How many people on statin drugs right now, for cholesterol? In 2013, statin drugs, I think, were ... I think I even wrote it down. Let me see if I can find it. 29 billion dollars worth of statin drugs were sold in 2013. 29 billion dollars worth. One out of four people over age 45 are on statin drugs. Is this insanity or what? Statin drugs do nothing for you. In other words, they provide no benefit, and they're extremely toxic. They damage your brain. They damage your heart. They damage your liver. They damage your kidneys. They cause diabetes. They cause heart failure. They cause cancer. They cause ... go on and on and on and on. They cause memory loss. On and on and on. They're not benefit. 29 billion dollars worth in 2013 for something that poisons you to death and provides no benefit. That's not the way to go. We have to take personal responsibility for our health, and we have to learn how to do it. That's why I wrote ... my books are all about that, and the Great American Health Hoax is all about that.

Great American Health Hoax explains why the healthcare system isn't working so you can understand it. But then it does another thing. It give you a maintenance list so you can maintain your body. Let me explain what that's about. I love old cars, and I go to car shows. You go to a car show and you see a car that over 100 years old, and it looks brand new. Looks like it just came out of the show room. Shiny paint, beautiful, beautiful leather work, and it runs like new. Looks like new, runs like new, it's over 100 years old. Why? Because somebody has been maintaining it. You are no different. You can run good and look good at over 100 years old if you maintain yourself. The problem is nobody tells us how to do that.

Now the car, you buy a new car, comes with a little booklet, and in the booklet is a maintenance list. Tells you do this, do that, 30,000 mile check up, 60,000 mile check up, do all these things to maintain the car. Now we could go out here onto this campus, stop the first person we see, the poor thing will be frightened to death, but

let's do it anyway. Let's stop them and say, "How do you maintain a car?" Even if they don't know a lot about cars, they can probably tell you that you should change the oil every 3000. You should rotate the tires, put in a new air filter, put in a new oil filter, do things like that. Well, let's now ask that same person how do you maintain a human body? It's going to be, "Duh." They don't know. They don't know. Nobody ever told them. Nobody's telling them. We get born without a maintenance list.

What I have done is put a maintenance list into this book that tells you how to maintain the human body. If you do that, you can become biologically younger. That's what you want to do. You don't want to become old. In fact, there was just a story in the Wall Street Journal last Tuesday about a new study on aging. Things that I'd known for years and years, but they have to discover them on their own. They're slow that way. What they've discovered is that people age at different rates. They took almost 1000 people, and they were all the same age, and then they measured them along the way, and by the time this group was 38 years old, they started in the 20s. By the time they were 38 years old, the oldest one was 61, and the youngest was like 29. Everyday we put wear and tear on our car, and everyday we put wear and tear on us. The difference between us and the car is that when you park the car in the garage at night, it doesn't get repaired. It just stays there. You park you in the garage over night, you get repaired, so you're as good as new in the morning. But it isn't working that way. We're getting older. We're aren't as good as new in the morning, and I'll explain why.

What you want to do is if you become biologically one day older for every day that you've become chronologically older, well that's not too bad. Some people are becoming three days older, even 10 days older with every day that passes. In this study, there was even some people who went 10 years without aging at all. Chronologically, they're 10 years older, biologically, they weren't. We're now measuring 30 year olds with the biological markers of 80. A few years ago we did a study of 10 year olds. They were over weight 10 year olds with the biological markers of 45. If you're 45 years old when you're 10, what are you going to be when your 50? The answer is probably dead. This is the first generation of American children that will not live as long as their parents because they are [olds 00:16:29], the kids are olds and sick. What you want to do is be young.

Instead of measuring a 30 year old who is biologically 80, what you want to measure is an 80 year old who is biologically 30. We've got it mixed up. You have control over that. You have control. Here's the secret. The secret is that the human body is a self repairing system. Your job is to keep it self repairing. When you do that, you stay biologically young. Now, at age 48, my death was a medical certainty. God knows how old I was then. I have no idea. Maybe I was 150, but I was pretty old at age 48, and on the way out. My liver died. It was gone. I needed a liver transplant. I've completely rebuilt my liver. I got a new liver. My arteries are now age 22. I'm 78. My arteries are 22, that's a good way to go because heart disease, heart attacks and strokes are huge killers. My probability of having a heart attack or a stroke is that of a 22 year old, not a 78 year old. Now that's nothing to brag about because our 22 year olds are pretty sick, but I'd rather be 22 than 78 any time at all.

You can do that. Anybody can do this. It's a self repairing system. How do you become a self repairing system? What do you have to do to be a self repairing system. Well here it is. We're all made of these little microscopic units of life called cells. Here's a cell. Cute one. It's a little black on. We all started life as one single cell in our mother. A bacterium is a single cell. Algae is a single cell. We started life as a single cell, and now we're a multi-trillion celled organisms. We think of ourselves as a body. We're not. We're a community of cells, all acting together on our behalf. What I try to do is to make disease and health simple. Human health is almost infinitely complex. The mind boggles, you start to get into some of the biochemistry and the mind boggles. Nobody can deal with that. Absolutely nobody. What we need to do is simplify. We need to make it simple so that ordinary people will know enough to take charge of their health and make a difference in their life. This is what I try to do for you, is to make it simple.

There's really one, as I've said before, one disease. That one disease is a cell that isn't working the way it's supposed to work. When you were one cell, if that cell was functioning perfectly, you were in perfect health. If it was not functioning perfectly, you were sick. It's no different today. If all your cells are functioning perfectly, you're in perfect health and you cannot be sick. If all your cells are not functioning perfectly, you are sick. That's the way it goes. Disease is malfunctioning cells. The more cells that malfunction, then pretty soon you start to notice something. I started to notice fatigue. I didn't have as much energy as I used to have. Unless you have boundless energy, you're sick. The amount of energy that you make is probably the single most important measurement of your health. Boundless energy, think of a 20 year old athlete. If you got that kind of energy, you're healthy. If you don't, you're sick.

Energy is extremely important, and we need to do this. But the cell will do it if it's functioning properly and if you're delivering all of the groceries. Remember the grocery list? Every cell has a grocery list. Your job is to deliver the groceries. If you don't do that, the cell will malfunction. When it malfunctions, eventually you're going to notice something. Maybe your energy is down. Maybe you have an ache or a pain. Maybe your skin isn't good. Maybe your hair isn't good. Maybe you have allergies. You're going to notice something. The more cells malfunction, you're going to notice more and more and more. Pretty soon you're going to go to the doctor and the doctor will diagnose you with a diagnosable chronic disease, which doesn't exist.

There is no such thing as a diagnosable chronic disease. All there is is cells that work right, and cells that don't work right. That's all there is. The rest is just a name. The name doesn't mean anything. We just confuse ourselves. The doctor says, "Oh, you have diabetes." Well what does that mean? Who cares? What you have is malfunctioning cells. Your job is to fix them. The doctor says, "Oh, you have cancer." Well what does that mean? What does that do for you? If the doctor says you have cancer, it scares the living bajeebas out of you, but what does it do for you? Nothing. It doesn't tell you how you got the cancer. Doesn't tell you how to get rid of the cancer. It just scares the living bajeebas out of you.

now, what if we were to say to that same person, "You know, you have a whole bunch of malfunctioning cells. Cells only malfunction for two reasons, they're deficient and toxic. So why don't you go home and fix the deficiency and the toxicity and make the cancer go away." That's a better way to do it. Simple to do. I wrote a whole book on that. We have people all over the world curing themselves of terminal cancer. They read the book, they cure themselves of terminal cancer. Why? Because there is no such thing as cancer. All there is is cells that work the way they're supposed to work, cells that don't work the way they're supposed to work. That's all there is. Your job is to keep them working right. The first thing you have to do is deliver the groceries.

Fortunately you all live here in the bay area, and you are uniquely blessed. I'm not sure you realize how uniquely blessed you are, you actually have food available here in the bay area. Other parts of the country do not have this blessing. Just went to a farmers market last Saturday and we bought the most wonderful food. It had just been harvested the afternoon before, brought down on Saturday morning. We're buying this fresh organic produce that's less than 24 hours old. What could be better? You have food available and you need to be eating a lot of it. I live in Florida, South East Florida. There is no food in South East Florida. You have to practically kill somebody to get food. There isn't any. It just doesn't exist. That's one reason why ... I used to think that Florida had high disease rates because it has a lot of old people. No. It has high disease rates because it has no food. It's also very toxic. They fly over at 3am with bomber bombing you with pesticides. Keeps the mosquitoes down. There's no mosquitoes, at least where I live, no mosquitoes.

There you go. If you deliver to the cells the grocery list, what does it take to do the repairs on that 100 year old car. You need repair parts. You need brake linings, you need light bulbs, you need fan belts, you need filters, you need all these parts. The mechanic goes out and buys them. You deliver the parts with the groceries. That's where you get your parts. If you deliver all the parts, then you can do the repairs. If you don't deliver all the parts, if you're missing a part, you can't do the repairs. That's the problem. We're all prematurely aging and getting sick because we're not delivering the parts.

Now, there's another thing you have to do, even if you deliver all of the parts perfectly, if the repair machinery is disabled or given improper instructions, then you're not going to make the repairs. These two things you have to do. Deliver the groceries, and not deliver toxins which will interfere with the repair machinery, or to the instructions to the repair machinery. That will keep everything running smoothly and you will do the repairs. That will keep you biologically young. Now I've worked with a lot of people over the last 30 years, and I have to tell you that becoming 10 years younger in 1 year is really really really easy. Really easy. The best I have ever done, I made one man 20 years younger in one year. 10 years younger is real easy. All you have to do is start paying attention to delivering the groceries, and keeping the repair machinery functioning properly. When you do that, you will be in repair mode. When you are in repair mode, you become biologically younger, you don't age, and you don't get sick. If you're not doing these things, you're not in repair mode, and

you're getting older and you're getting sick. This is a choice. It's a responsibility that each of us has.

Now, I don't get sick. After my near death experience, in the last 30 years, I've had 3 health problems in 30 years. I had 3 colds. I have an excellent excuse for each cold because getting a cold is inexcusable and irresponsible. It is an extremely serious disease. You never recover from it. It makes you older. Every time you get a cold, you get older because it produces a flood of free radicals, and some of those free radicals damage DNA. When you're doing damage to your DNA, you're making yourself older. You don't want to get old, but when you get a cold, you get old.

Now I'll give you an example, a few years ago I made a speech in Athens Greece. I was on my way home and there was several legs. I was still in San Francisco then. There was a leg from Athens to Brussels, Brussels to New York, New York to San Francisco. That was the flight. On the Brussels New York flight, I sat next to a man who had one of the worst colds in the world. This guy had a tissue box on his tray table. He sneezed and he sneezed and he sneezed. You could see the pain in his eyes, he was in agony. I thought to myself, I should tell the captain to shut off the engines and safe the fuel, this man will sneeze us to New York. Sat next to him for 7 hours. Did I get a cold? Of course not. Of course not. You're not supposed to. If you're in repair mode, you're keeping your immunity strong, you will not get an infection. We think the germ, we're told, we're misinformed that germs cause disease. No they don't. No they don't. We cause disease, not germs. We compromise our immunity and then we get an infection, and then we blame the poor little germ instead of blaming ourselves.

My three episodes with a cold, the first one I made a speech in Athens ... no, a speech in Cairo, Cairo Egypt. Was flying home from Cairo, went to the Cairo airport, ready to get on the plane, they cancelled the flight. There was a snow storm in New York, they closed the New York airport. They told us the flight would be sometime soon. We felt, "Gosh, they'll plow the runway." I spent two nights in a plastic chair, that would kill anybody. Two nights without sleep in the Cairo airport. People sleeping all over the floors. I was lucky I had a chair. It was a mess. One night without sleep will depress your immunity. Two nights without sleep will really depress your immunity, and I caught a cold. Then we blame the germs. Poor little germs get the blame for everything. We never blame ourselves, but we're the ones that are doing it, not the little germs.

There you go, we have a simple system of health. There's one disease. There's two causes of disease, and if you incorporate this into your thinking, it's powerful. It's enormously powerful because now you know more than your doctor. Literally know more than your doctor. Now you are empowered to do what you need to keep yourself healthy and to restore your health. Healthcare is about maintaining or restoring health, well, now you are equipped to maintain or restore health, once you adopt this very simple system.

As I've said before, human health is infinitely complex, that nobody can deal with that, but I teach this simple system to 10 year olds and they do miracles with it. Once

you incorporate these simple thoughts, it's easy to do. Now with my new book, which has the maintenance list in it, all you have to do is follow the maintenance list. It tells you change your oil, do this and do that. Measure your PH, control your PH, tells you all about how to do that. Some of these are pretty darn simple. Some of these you measure on your own, and if you pay attention to your maintenance list, you will be able to stay in repair mode. When you're in repair mode, you will be getting biologically younger rather than older, and you will be able to avoid chronic diseases.

There's no compelling ... I'll say this very carefully, there's no compelling reason why anyone should have a cold, or cancer, or heart disease, or high blood pressure, or arthritis, or diabetes, or Alzheimers, there's no compelling reason why anyone should have any of these things. They're all avoidable, we just have to learn how to avoid them, and the way to do that is to deliver the groceries and keep the cells free of toxins so that they can operate as nature intended them to operate.

At that, how much time do I have left.

Speaker 3: Another 30 minutes.

Raymond: Another 30 minutes. Well, I think I'd rather, instead of talking, let people ask questions. You have a question, go ahead.

Speaker 1: Hold on, hold on.

Raymond: All right.

Speaker 3: Okay.

Speaker 1: Test. Test. Test.

Raymond: Got it.

Speaker 1: Is that working? Okay.

Female: California has now mandated vaccines for babies by a year.

Raymond: Correct.

Female: How can we help them survive, besides moving out of state or out of country.

Raymond: Move out of state. It's unfortunate, but California is famous for having cuckoos running around. It's a disaster. It's an absolutely disaster. On my Raymond Francis off the website, there's an article on there that I wrote just a couple of months ago on vaccinations. It's a disaster, and I feel sorry for California. I feel sorry for the children because the children are all at high risk, and they're developing autism, ADHD, cancer, and all kinds of problems as a result of the vaccines. No vaccine is safe. No vaccine has ever been proven to be safe. They're dangerous, and they're ineffective, I mean

marginally effective, but even if they were 100% effective, which they're not, but even if they were 100% effective, they are so dangerous, it's not worth it.

Speaker 1: Hold on, we need to use the mic. Hold on.

Raymond: Oh, all right, one more here.

Female: Your newest book, The Health Hoax, does that incorporate all the other books? Like if a person were focused on losing weight, is the one about Never Fat Again a better reference, or are you incorporating all the other books into this one?

Raymond: Okay, well, if you're specifically concerned about weight, Never Be Fat Again would be probably the best source because that specifically addresses weight problems. The Great American Health Hoax addresses it in a broader way, addresses it as general health. Indeed, over weight is a disease and the weight is a symptom of the disease. That's why you cannot lose weight by trying to lose weight, because all you're doing is addressing the symptom. You have to address the cause of the disease, and then the weight just melts away all by itself, just poof, gone. I think the Never Be Fat Again is probably the best choice in that respect. But this, with the maintenance list, if you follow the maintenance list, it's the same thing. It prevents the disease of over weight.

Female: What's on the maintenance list?

Raymond: The maintenance list, follow the maintenance list, it prevents everything, the common cold, over weight, cancer, Alzheimers, everything, it's all the same thing. There's only one disease.

Female: Hearing and eyes also?

Speaker 1: Hold on.

Raymond: Hearing and eye?

Speaker 1: Please wait for the mic.

Raymond: Yeah.

Speaker 1: Our live streamers can't hear you.

Raymond: Okay, so where's the mic at this point.

Male: I have it. I have the mic.

Raymond: Oh there you are.

Male: [Joel Olstein 00:37:19], the preacher's mother, 30 years ago had liver cancer and doctors gave her only two weeks to live. She got rid of all the doctors, she quit taking all the medicine, and she used faith, and she read the Bible, and she's still alive 30 years later. [Deeper Chakra 00:37:39], he says if you use your mind and body together that your organs will be 25 years younger than someone who doesn't.

Raymond: Mm-hmm (affirmative).

Male: How do you use your mind to do all that?

Raymond: Ah-ha. How do you use your mind.

Male: Is that important?

Raymond: It's, again, in the books. The mind controls your chemistry, the brain controls your chemistry. You give your brain instructions with your thoughts. Every thought, whether you know it or not, every single thought you have has a physical consequence. It is not possible to have a thought without a physical consequence. Many of those physical consequences are for the good, many are for the bad. If you concentrate on doing good ones, you can do miracles, and people have done miracles with their minds. In fact, I worked with a man once, it was in [Nuvali 00:38:48], who was totally paralyzed. I helped him to use his mind to be able to get movement again. After a while he was able to move one finger. Later, he was able to walk again.

Male: Oh wow.

Raymond: That was just using the mind. The mind is enormously powerful, and of course spirit is more powerful than the mind. Connecting to spirit is the ultimate source of all the power in the universe. We're body mind and spirit, and we, in order to speak about that, we separate them into three things, body, mind, and spirit. The truth is they're all one. You can't separate them. If you care for all three properly, body, mind, and spirit, you can't lose.

Male: Thank you.

Raymond: This man had a question too.

Speaker 1: [inaudible 00:39:55].

Raymond: Yeah.

Speaker 1: Hold on.

Female: Thank you. You said your liver was dead when you was 48. Could you share with us how you rebuild your liver?

Raymond: How did I rebuild?

Speaker 1: Liver.

Female: Liver.

Raymond: Yeah, how did I rebuild it?

Speaker 1: [inaudible 00:40:22].

Raymond: I shifted back into repair mode. My body rebuilt it. The brain knew that the liver needed repairs, so it's just like the mechanic saying this 100 year old car need repairs. My brain knew the liver needed repairs. When I switched back into repair mode, it repaired the liver.

Speaker 1: Vitamin C was a big ...

Raymond: Vitamin C was critical for that process. I have a friend who had hepatitis A, back just after we graduated from college. To this day he still can't drink alcohol. I can drink a 5th of scotch, doesn't bother me any. I got a brand new liver, he doesn't. You switch into repair mode, and that's what you do. You do that by delivering the groceries and getting the toxins out.

Speaker 1: Who had the question here?

Raymond: The young man here.

Speaker 1: [inaudible 00:41:31].

Raymond: Okay.

Male: I agree with you that having a cold hurts your body and your DNA and everything, is there also a plus side when you have a cold in that it activates your immune system and actually makes you a little bit stronger in the long term?

Raymond: I am not aware that that is so. Matter of fact, if we look at long lived people, and for my first book I did a study of traditionally long lived people such as the Hunza and the Vilcabamba and the Titicaca and people like that. Many of those people lived their entire lives without having as much as a cold. They had enormously strong immune systems. They didn't need any colds to build their immune system. They had strong immune systems, and they never got an infection. Lived their whole lives without as much as a cold.

Female: What are the six pathways. You've told us the one disease, the two causes, and then there's six [crosstalk 00:42:45].

Raymond: There's six path rows. This again is just simplified for people.

Female: Yeah.

Raymond: We have one disease, two causes, six pathways. The six pathways are the nutrition pathway. You have to learn how to master the nutrition pathway. How the nutrition pathway is about delivering the groceries. The second is the toxin pathway. That is about avoiding toxins. Helping your body to process toxins, and getting rid of stored toxins. It's reducing your toxic load. The average American is a toxic waste dump site, with many toxins now over and above what we know causes disease in animals. The average person is bio-accumulating between 300 and 500 toxic chemicals in their body. The toxin pathway is about how to reduce your toxic load down to manageable proportions. Your not going to eliminate, we live in a toxic world, you're not going to eliminate toxins. What you can do is reduce your toxic load to something manageable. That is very very doable, because about 80% of the toxins you're exposed to are under your control. If you learn to exercise that control, you can reduce your toxic load by 80%.

The next pathway ...

Female: You mean food in particular then? In that case, you mean food?

Raymond: What?

Female: Primarily food?

Raymond: Food, yes, but carpets, clothes, cosmetics, everything.

Female: Okay.

Raymond: Everything. Your entire environment. You have to learn where the toxins are and avoid them. Tooth paste, tooth paste is a deadly deadly poison. People us it once or twice a day or something, and they're poisoning themselves.

Female: You mean the florid, or the whole rest of it?

Raymond: No, tooth paste that you buy in the store. Now, there are safe brands of tooth paste. What do you do, you go and you buy the safe brand instead of the toxic brand. That's a simple choice. You've just reduced your toxic load. Its' the same thing with everything else, the skin creams, there are all kinds of things. There are safe brands, buy those, don't buy the others. You reduce your toxic load. Organic foods, buy organic foods, not regular foods. You reduce your toxic load. If you keep doing this, pretty soon you've really reduced your toxic load. Pesticides, pesticides are bad, but you can reduce your toxic load, your pesticide load by 80% just by avoiding meat and dairy. There's 80% of your pesticides right there. You see how easy it is to reduce your toxic load.

The next pathway, after the toxin pathway, is the mental pathway. That's everything you put into your mind has a physical consequence. Some of those things have a bad

consequence, some have a good. Don't do the bad, do the good. Put good thoughts into your mind, loving thoughts, caring thoughts, instead of envy and jealousy, and anger, that kills you. Anger will chew you up and spit you out. Even an out burst of anger will do you tremendous damage, so don't do that. Learn to police your thoughts and do a better job of what you do and what you're thinking. The mental, very very important. In fact, the mental is really part spiritual. If you master that, you may not need to master anything else, because you're up here at the most powerful thing of the universe. It doesn't get anymore powerful than spirit. Mind and spirit.

The next pathway is the physical pathway. That's avoiding physical damage. Avoiding noise, noise damages you and hurts you and harms you. We live in a very noisy society, so cut your noise. Getting exercise, you need to exercise. You have to move. I'll explain why you need to do that. Let's go back to the cell. What did I do with the cell, here is it. Here's the cell.

First of all, we've already talked about the two things, you have to deliver the groceries. If you don't deliver all the groceries everyday, you're cooked. You got to learn how to do that. It's not easy in our society. You need to take supplements and you need to eat the best food that you can eat. Then you need to keep it free of toxins, but you got to do one more thing, you got to move and stretch it. Why? Because when you move and stretch it, you facilitate the delivery of the nutrients and you facilitate the removal of the toxins. We're right back to deficiency and toxicity. Moving and the stretching the cell facilitates the deliver of the nutrients and the expelling of the toxins. If you aren't moving, your dying. That's why people in hospitals, they're laying there in the bed, they don't move. They're dying. You've got to move. You got to be moving.

We're designed to move. Back when we were designed, survival meant that we had to do a lot of movement. Now survival is you sit in your chair in front of a computer and punch buttons. It's a different world. Now we have to do the dreaded E word. We didn't have to worry about that before because we were just doing life. Now we have the dreaded E word. You got to exercise. Fortunately, there's a way to cheat. I love this way to cheat, it's with a rebounder, where you can exercise, you can move and stretch every single cell in your body simultaneously, and 20 minutes a day is like a miracle. The physical chapter is all about physical things, including noise and physical injury and exercise.

The next is the genetic pathway. Most people don't really understand genes and what they do, and they think that they're born with these genes and that their life is all laid out and the genes run everything and there's nothing you can do about it. Well, that's not true. Yes, the genes run everything, but who runs the genes? The answer is you do. You run everything. What you have to do is to learn how to manage your genes, because you run the genes. You do that by don't injure the genes, don't give them incorrect instructions, learn how to give them correct instructions. The genes are obedient servants. If you go to a gene and you say, "Please give me cancer." The gene will bow low and say, "Yes master, you can have all the cancer you want." After you have all the cancer you want, if you're unhappy, well, stop asking. Stop asking.

Some people have a genetic predisposition to something, there's no question of that. Some people have a genetic predisposition to diabetes, or whatever, but guess what, the genes are obedient servants. They just sit there. They don't do anything till you ask. If you go to the gene and you say, "Please give me diabetes." The gene will bow low and say, "Yes master, you can have all the diabetes you want." You control that. The way you control that is the environment, the chemical environment you create for the cell.

How do you create that chemical environment? Well, again, back to the grocery list. If you're delivering the groceries and doing it correctly, you create the correct chemical environment, and also back to the toxins, because there are toxins that will specifically give messages to genes that you don't want to give. If you're loading yourself up with these toxins, the toxins are going to be knocking on the doors, telling genes to do things that you really don't want them to do, so you have to not put those toxins in. You have to get those toxins out on a regular basis, or you're going to be giving your genes some very very funny instructions. You're in control. Genetic pathway.

The final pathway, number six, is the medical pathway. Here medicine does miracles, but if you understand the physics, medicine uses Newtonian physics to do miracles. We do brilliant surgery and we do orthopedic surgery, we have brain surgery. We do brilliant, brilliant surgery. We can reattach severed limbs. This is state of the art, wonderful, wonderful, wonderful. However, the moment you step over the line to the realm of disease, the whole thing falls apart into nonsense, because now you're into quantum physics and medicine doesn't use quantum physics, and so what happens is the moment you're over into the realm of disease, you're into boo bl de boop and nonsense, and we're running up the costs. Question.

Male: Quick question. My doctor said I have Lyme disease and I don't really believe him. I'm not sure if I want to get treated. What do you think about Lyme disease.

Raymond: What do I think about Lyme disease. The diagnosis is becoming very common. We would normally say, "Well, there's this bad bug out there that's causing this bad disease." What is really happening is, again, it's immune suppression. We're suppressing our immune systems and all kinds of things are infecting us. There's no question that infections are now a serious cause of disease. Sometimes these are sub-clinical infections, you don't even know you have them, but they're wearing on you and wearing on you and wearing on you. It's become problematic. What are you going to do? You've got to rebuild your immune system. You've got to rebuild yourselves and then there are things you can do that are helpful that can perhaps kill the bugs and help you to restore your health. There are all kinds of techniques for that, intravenous vitamin C, intravenous ozone, the life machine. These are all things that will kill the bugs. However, killing the bug is good, but remember that the bug is not the problem. You're the problem. If all you do is run around killing bugs, and you don't change you, then you're just going to get another infection. It just keeps going

on and on and on. You got to change you, but you can get some help to kill the bugs as well, and the combination might be very good for you.

Male: You brought up quantum physics.

Speaker 3: Turn the mic on.

Male: You mentioned quantum physics when you're dealing with disease versus Newtonian physics when you're dealing with surgery.

Raymond: Right.

Male: Could you elaborate more on how quantum physics?

Raymond: Well, the body operates at a quantum level. You are an electromagnetic field. We like to think of ourselves as a physical thing, we're not. We're an electromagnetic field. The future of medicine is in energy medicine. That's the future of medicine. Do you ever watch Star Trek and somebody would be sick and the doctor would come over with a little ... go, "rurm" and make them well, that's the future of medicine. It's energy medicine. It's not about cells and biochemistry, it's about energy. The body operates at a quantum level.

In the future, what we'll be doing, in order to be sick, there has to be a disturbance in your electromagnetic field. We can, theoretically, and will in the future, electromagnetically correct that disturbance. We operate at a quantum level. Your doctor thinks that you're a mechanical clock because the Newtonian model of health dates back to Isaac Newton, and that has remained. The doctor thinks of you as a mechanical clock with interchangeable parts. We're going to give you a new hip, and we're going to give you a new heart. We're going to take out this part and that part. That so, you are really more like a battery operated iPad, not a mechanical clock. That's why the doctor can't understand disease and why they do so poorly. They have no understanding of what disease is or what to do about it. That's the future.

Male: Thank you.

Male: Hello, you've spoken of the immune system several times in several of your paths, my understanding is that the lymphatic system is a very important element of the immune system. Kind of the garbage pit that slushes out the results of your immune system working, but it's also very slow acting. I know exercise helps stimulate the immune system, but do you have any opinion, or does your book make any comments about the use of lymphatic drainage massage therapy to ...?

Raymond: Well, there's no question, as you correctly pointed out, the lymphatic system is your sewer. You're getting rid of ... that's the sewer. It doesn't have a heart to pump it out. It depends on you moving. Here again, we're into exercise because moving your muscles helps to ... it give you lymphatic massage, so movement is essential. Now for people who can't move, people are in the hospital, what have you, lymphatic massage

and drainage can be extremely important for them, because their sewage system isn't working. They're just laying there. They're not moving enough. Yeah, very very important to keep the toxins down and everything else.

Male: I love this about the rebounder, two minutes of light bouncing on a rebounder will circulate the entire lymph system. That's the beauty of one of the benefits ...

Female: I think Saunas help too.

Raymond: Saunas help. They don't drain the lymphatic system, per se, but saunas are essential. If you read my chapters on toxins, you will find that you must sauna, and you don't have a choice. If you're not saunaing on a regular basis, you're making a mistake. We're all in toxic overload, and we can measure all these terrible chemicals in you. The only reliable way we know how to get rid of them is with a sauna. I sauna twice a week for 60 to 90 minutes at a time. When we try to measure my toxic load, there isn't any. Here, I'm experiencing exemplary health. My toxic load is zilch. Toxins are a big killer now. Absolutely a big killer. Over the top. Over the top. The thing is that one toxin is toxic to you, but we know that when toxins act synergistically, that they can be 1000s of times more toxic, and the average person has 300 to 500 chemicals. What kind of synergism are you getting with those? It is extremely toxic. Having enormously bad effect on us. The only reliable way we know how to get rid of them is with a sauna.

I have a friend who's a toxicologist. She says saunas are now a household necessity. If you have a refrigerator and you don't have a sauna, there's something wrong with you. It is a household necessity. You need to join a gym or a health club, or buy your own sauna. I went for years to the local gym and saunaed at the local gym. Finally I did research on sauna and I helped a company design a sauna. That's the one I use. You need to be doing that. It's the only way we know how, reliable, to get the toxic load down, get the toxins out.

These oil soluble toxins, you see, when our genes were designed over 100,000 years ago, we were not exposed to these oil soluble toxins. We were never designed to get rid of them. Now, for the last 100 years, we've all lived in the petroleum age, and we are inundated in oil soluble toxins every moment of every day. You can't get rid of them. Every moment of every day. The body doesn't know what to do with them, so it stores them. It stores them in your fatty tissues, and then they build up and they build up and they build up and they build up. Finally, how much gook can you put into the cell before the thing croaks. We're finding out, and that's what we're doing to ourselves. Then we go to the doctor and we say, "We're sick." The doctor says, "Here is some poison. Take this and it'll help to suppress your symptoms." Well, you're sick because you've been poisoned, and the doctor give you more poison. It's kind of dumb, but anyway, that's what they do.

Male: I'm trying to remember, I thought I read in your book about autoimmune disorders. What's the best way to deal with an autoimmune disease?

Raymond: Okay, what is the best way to deal with an autoimmune disease. Well, again, we're talking about things that are enormously complex. Nobody really understands it all. I have, what I think, is an understanding of it, but I know my understanding is incomplete. I had three autoimmune syndromes, including Lupus, and I don't suffer from them now. As far as I can tell, the biggest single cause of autoimmune diseases is dysbiosis. That is disturbed flora in the gut. The way you get disturbed flora is you take an antibiotic. In other words, doctors cause autoimmune disease. They cause most disease these days, but doctors cause autoimmune disease.

You have to understand that there's more bugs living in and on you than there are human cells in your body. Who do you think runs the show? They do. They out vote you by about 10 to 1. They run the show. They have all these jobs to do. They keep you alive. They do wonderful things, so you need all these bugs. What we're finding is that primitives have 10 times as many bugs as Americans do. You take an antibiotic and boom, you destroy your health.

Back in the last century we discovered something called biochemical individuality. What that is about is that every human being is biologically unique, and every human being has unique needs. My need for vitamins, a vitamin, might be 10 times your need for a vitamin. Your need for calcium might be 10 times my need for calcium. We could live in the same house, eat the same diet, one of us will be sick and the other will not because the needs aren't being met by the diet we're eating. Likewise, the bugs in your tummy are unique to you, as unique as a fingerprint. They support your unique biochemistry. They are part of you, they are you. Then you drop an atom bomb down on them, and destroy them, and you destroy that uniqueness, and you can never ever again assemble that unique fingerprint. The first time you take an antibiotic, you're making yourself permanently sick. The more times you take an antibiotic, the sicker you will get.

They did an excellent study just a couple years ago, if you've taken antibiotics more than 25 times in your life, you're statistical probability of getting cancer just skyrockets. These are deadly deadly poisons that destroy your health. Then we end up with what is called disbiosis and that means funny bugs in your tummy, abnormal bugs in your tummy, and that screws up your gut tissue and then you start getting whole proteins going right through the gut tissue into the blood stream, then you develop food allergies, then you develop autoimmune syndromes, and it just goes on and on and on.

Male: One other question Ray, do you have a preferred detox in addition to a sauna? Do you do fasting? Do you recommend fasting?

Raymond: Yes, I fast myself. If you have serious disease, you might consider a serious fast. In fact, there's a place up here ... where the hell are they, in Verona Park or something, that does fasting?

Female: Santa Rosa.

Raymond: Where is it?

Female: Rosa.

Raymond: Santa?

Female: Santa Rosa.

Raymond: They do long fasts. You can go up there and you stay there. I had a friend that went there, he was dying. He went on a 30 day fast. Helped him a lot. He came back 6 months later, did another 30 day fast and was virtually cured. A fast can be very very detoxifying. A long fast must be medically supervised. That's why you need to go to a place like that. I typically fast one day a week. If I, do to my travels I'm unable to do that, then at the end of the month or whatever, I'll fast for 3 or 4 days in a row. Once a year I do a 7 to 10 day fast. I feel fabulous afterwards.

The body was never designed to eat three meals a day every day. Wasn't designed to do that. We were hunter gatherers. We would find food, we'd eat it. We'd go without food till we found more. But we eat food all the time. We weren't designed to do that. You need to give the digestive system a rest. It's very very active. You're putting a lot of wear and tear on the digestive system. You need to allow it to rest and repair. I recommend fasting on a regular basis. As I say, I do it one day a week, and then 7 to 10 days once a yeah. If you're really sick, people have gone on a 40 day fast and cured their cancer.

Female: Okay, I have a question. What is better, a dry sauna or a wet sauna, and do you believe in colonics to rejuvenate your body?

Raymond: Mm-hmm (affirmative). Okay, a wet or dry sauna. The dry sauna is necessary, and the reason is that you need to spend time in the sauna. Getting oils out is time dependent. Getting water out is temperature dependent. The hotter the temperature, the more you sweat. Once you melt the oil under your skin, the some amount comes out no matter what the temperature. You want to keep the temperature low enough so that you can spend time to allow the oils to come out.

If you go into a wet sauna, you sweat, you don't evaporate enough sweat so your body gets too hot. Then you get too hot and you have to leave so you can't spend time in the sauna because you aren't evaporating enough and cooling enough. The dry sauna is the way to go.

Then colonics, there are people that swear by colonics. I think, first of all, there's a certain amount of risk involved in doing a colonic. I'm not sure of the benefits. I've never seen enough science to convince me of the benefits. I don't do them. I wouldn't say to anyone else not to do them, but merely to be cautious, and if they're going to do them, make sure they're doing it with a very skilled practitioner because they can be dangerous. Everything needs to be properly sterilized. I don't do them. What I do, and I do this on a regular basis, enough, is a vitamin C flush. This is where you start

taking vitamin C in the morning and you keep taking and taking and taking and taking until you get diarrhea. You just keep doing that and that flushes you out from top to bottom. At the same time, very importantly, the gut tissue is able to absorb the ascorbate, and this helps to ... gut tissue, because of the way we live, is inflamed, and the bad buds, it helps to repair and heal the gut tissue, repair the leaky gut, which is allowing you to have all these food allergies and autoimmune syndromes. Regular vitamin C flush is good.

I had one lady who had, she survived 12 anaphylactic shocks. She'd made medical history. Her husband was a doctor, she was a nurse. She survived 12 anaphylactic shocks. We talked to them, I said, "Well, why don't you go on vitamin C flushes." She went on a vitamin C flush once a week for 6 months, and then twice a month for the next 6 months. She never had another problem ever. The ascorbate saturated her gut tissue, enabled it to repair, and close the leaky gut, and her problems disappeared.

Female: I just wanted to know, on those fasts, is it a water fast or what is it?

Raymond: I do a water fast.

Female: Okay.

Raymond: I take vitamin C. The only thing I do is I take vitamin C and it's water.

Female: Do you take a whole lot of water, or just whatever you feel like? Is there any particular amount? Can you take too much?

Raymond: I just drink normal amount of water.

Female: Okay.

Raymond: Yeah, normal amounts of water.

Female: Alkalized water? Any particular type?

Raymond: No, I have my own reverse osmosis system that I designed. I use reverse osmosis water with my vitamin C in it. It's very hard to get vitamin C today. It's all junk coming from China.

Female: I know.

Raymond: It's a nightmare trying to get high quality vitamin C. If you're going to take a lot of vitamin C, it better be high quality vitamin C or you can have a problem.

Female: What about all the minerals that are out of the reverse osmosis.

Raymond: Minerals are good.

Female: But isn't that taking them all out, so are you taking minerals also?

Raymond: No, the minerals are in the vitamin C.

Female: Oh. There's enough minerals in there. Okay.

Raymond: It's a buffered vitamin C.

Female: Okay.

Raymond: Yeah.

Female: All right, thank you.

Female: [crosstalk 01:14:12].

Speaker 1: Hold on. Hold on. Hold on.

Female: Do you believe in far infrared saunas, and if so, how often and for how long?

Raymond: I have a far infrared sauna. I helped a company to design one, and that's what I use. I use a far infrared sauna. I do it for 60 to 90 minutes twice a week.

Female: What kind is it? What company?

Raymond: It's a Sunlighten.

Female: Will that cure celiac, when you talk about the gut, will that recure celiac.

Raymond: Will it cure celiac, absolutely. Yeah. You have to go back into repair mode. When you're back in repair mode, you repair, and diseases disappear.

Female: There are 16 in our family, but a lot of them don't have any symptoms of it at all, does that mean they really have it, even if they've been tested by UC Irvine proves they do?

Raymond: Okay, so they don't have any symptoms?

Female: They don't have any symptoms, but they've been diagnosed with celiac.

Raymond: Diagnosed we celiac disease.

Female: Do they really have it?

Raymond: Well, I don't know. I would have to see the test results. I'd have to talk to the patients. I don't know. It's hard to say with not sufficient to make a decision.

Speaker 1: Okay, we're going to wrap up pretty quick. One last question.

Female: When you were fasting, did you do exercise, or no?

Raymond: Did I do exercise when I'm fasting, yes I do, but a moderate amount. Not a lot. You got to keep moving, and this helps to detoxify. I move. Yeah. I might just rebound, that's not a huge amount of exercise, but you can just gently bound on your rebounder, and that moves and stretches your cells. You're not exerting yourself overly, but you're still doing the movement that you need to detoxify. Okay, am I done?

Speaker 1: All right, let's thank Raymond for coming. We're going to take a 15 minute break. Be back in here at 9. The next lecturer [Ann 01:16:33], is going to talk about pulse electromagnetic frequency device, and it's amazing technology. Stick around, you'll love it.