

Dear Friend:

What you hold in your hands are the first two chapters of one of the most astonishing books of our time, *Lessons From The Miracle Doctors*, by Jon Barron. I guarantee you, it is unlike anything you have ever seen before. The program outlined in these pages represents an absolute revolution in the world of alternative healing.

The truths Jon presents in this book have been secretly practiced by all of the great healers of the 20th century. Variations of the Baseline of Health Program have been proven time and again by miracle doctor after miracle doctor. Jon's book passes that *flame of wisdom* along, and allows each and every individual to optimize their own health. At the same time, it offers real hope to all of the world's incurables. You will literally see miracles happen when people are on this program.

I had the opportunity to release a number of prepress copies of this book for evaluation. Without exception, the responses came back:

- ✓ How complete the information was. (A number of the evaluators called it the definitive book on alternative health.)
- ✓ How easy it was to read. (Many told me they couldn't put it down; they read it all in one night.)
- ✓ How easy it was to understand. (Complex issues, such as the immune system, were made understandable.)
- ✓ And how compelling it was. (And this may be the most important point of all. Virtually, every single person who read the book finally felt compelled to take action to improve their own health.)

The bottom line is that *Lessons from the Miralce Doctors* is one of the most remarkable books of the 20th century. Talk to the person who got you to download these pages. Find out how to get your own COMPLETE copy. Read it. Put it into practice. Your life will be changed.

Terry Martin

Terry Martin

President
Preferred Price Plus

PS: Be sure and ask your Price Plus contact how you too can fulfill all of your financial dreams by simply sharing this life changing information with others -- exactly as they have done with you.

Chapter 1

THERE HAS TO BE AN ALTERNATIVE

Thirty years ago, diseases such as colon cancer, prostate cancer, and diverticular disease were virtually unknown. Today, they are almost a certainty if you live long enough. Consider:¹

What We Pay For Health Care

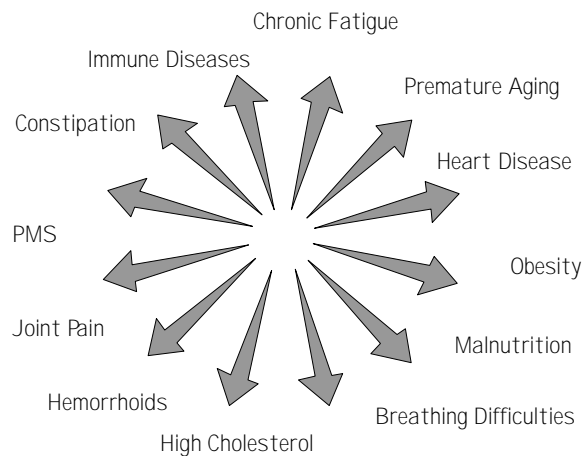
- ✓ Never in the history of the world has any other country come close to having as many doctors as we do in the United States: approximately 700,000 according to the US Census.
- ✓ And never in the entire history of the world has any other country come close to spending as much as we do on health care: a conservative 1 trillion dollars a year². That means that what we spend on health care is more than the entire Gross National Product of all but six countries in the world today.

¹ Sources for statistics are endless, and, depending on what source is used, actual numbers may vary. But regardless of how the numbers may vary, two things remain constant: the steadily increasing trend of major diseases (such as heart disease, cancer, diabetes, and infectious diseases) and the exponentially rising costs associated with those diseases.

² Figures for the amount spent on health care in the United States range from \$1-1.4 trillion per year. But even at the lower \$1 trillion figure, that's still more than the GNP of 124 out of the world's 130 countries.

What Value Have We Received....

- ✓ We lead the developed world in deaths from
 - Heart disease
 - Prostate cancer.
 - Breast cancer
 - Colorectal cancer
 - Diabetes
- ✓ The American Cancer Society now says that one in every 2.5 individuals will develop some form of invasive cancer during their lifetime -- and half of them will die from it.
- ✓ Cancer is the leading cause of death by disease in children under the age of 10.
- ✓ And even though we spend \$100 billion dollars a year on cancer treatment and research, the overall survival rate for cancer patients is **NO BETTER** than it was 50 or 100 years ago.



And It's Getting Worse.

- ✓ The incidence of diabetes in the United States has **DOUBLED** in just the **LAST 5 YEARS!**
- ✓ 50 years ago, diverticular disease (herniations of the colon) were virtually unknown (afflicting less than 10% of the American population). Today, according to the Merck Manual, 100% of all Americans will have many -- if they live long enough.
- ✓ 30 years ago, colorectal cancer was virtually unknown. Today, it is the single most prevalent cancer among men and women combined.
- ✓ The number of Americans who suffer from Asthma, according to the Centers for Disease Control, has risen by an astounding 75% in just the last 20 years.

- ✓ Breast cancer rates are up 30% in just the last 15 years.
- ✓ And on...and on...and on
- ✓ And now it's official. In the Feb. 9, 1994 issue of the Journal of the American Medical Association, the "War on Cancer" was declared a failure. "In all age groups, cancer incidence is increasing." "Few new, effective treatments have been devised for the most common cancers."

And The Most Shocking Fact Of All

- ✓ The April 15, 1998 Journal of the American Medical Association reported that there are more than 2,000,000 drug "reactions" annually in the United States, and that more than 100,000 of those reactions are fatal. This makes prescription drugs the 4th leading cause of death in America. But the reality is actually much much worse.
 - These numbers only count drugs that are prescribed correctly and at the right dose.
 - **Not included** are patients who are given the wrong drugs, or who are given those drugs at the wrong dosage or in the wrong combination.
 - And these numbers do not include the patients who have fatal reactions to the drugs, but whose death is mistakenly attributed to other causes
 - Nor do these numbers include the patients whose cause of death is deliberately obscured to protect the physicians and hospitals involved
 - Add in these numbers¹ and you find that deaths from adverse reactions to drugs may number as high as 700,000 a year. (Actually, the FDA estimates that only 1% of all adverse reactions are reported -- which, if true, would make 700,000 an incredibly conservative estimate².) And finally, combine that 700,000 with the numbers of people who die from misdiagnosis, inappropriate treatment or secondary infections received in hospitals, or just plain physician error, and the startling fact you're left with is: **modern medicine, despite all the great things it may have accomplished, is arguably the single leading cause of death in the United States.**
- ✓ Understand, this is not an attack on medical doctors -- the vast majority of whom are extremely competent, highly dedicated, and often even heroic. Nevertheless, it is important to realize that when it comes to the major diseases of our time, the modern medical paradigm of searching for "magic bullets" and managing symptoms with drugs has failed miserably.

¹ Just one example of how high these numbers actually are: On the ABC News *Nightline* program, the Harvard School of Public Health stated that approximately 1.3 million people a year suffer some kind of injury because of hospital treatment, and 180,000 of those people die.

² A study by a group of French doctors actually makes that 1% estimate seem wildly optimistic. The study found that only about **1 out of every 24,000** adverse reactions is actually reported by doctors to the appropriate monitoring agency.

There Has To Be An Alternative!

There is a network of elite herbalists, holistic healers, and renegade medical doctors, throughout the world, performing miracles on a daily basis. The network is not only elite, it is also extremely difficult to penetrate because it is technically illegal to diagnose or treat people for major diseases unless you use the FDA approved modalities such as Cutting, Burning, and Poisoning (surgery, radiation, and chemo). **Thousands of people throughout the world have come to these Miracle Doctors terminally ill, and thousands have left perfectly healthy.** And now the secrets of these Miracle Doctors are revealed in this book.

In the following pages, I will share with you those things that I have learned in my 30 years of working with, studying with, and sharing with these remarkable healers. By the time you have finished, you will have learned everything you need to know (in precise detail) to optimize your own health (and the health of those you know and love) and to live a long and happy life.

1. In the next chapter, I will outline the principles of *The Baseline of Health*. If you read no other chapter in this book, the heart of everything I have to say is located here.
2. The rest of the chapters in the book address all of the different body systems you need to concern yourself with in order to optimize your health -- and give you step-by-step pointers on how to accomplish just that.
3. In conclusion, I will provide you with very specific product and usage recommendations.

Note: Keep in mind that good health really comes down to "playing the odds."

- ✓ For example, if you smoke cigarettes, there's no guarantee that you're going to get sick and die. (We've all heard stories of the man who smoked and drank like a fiend for 80 years, only to be shot to death by a jealous husband when the smoker was discovered in bed with the other man's 20 year old wife.) On the other hand, there's no question that your "odds" of having emphysema or lung cancer or of having parts of your mouth, lips, and tongue surgically removed increase dramatically if you smoke. It's all a question of "odds."
- ✓ Well, in the same way, if you follow the program laid down in this book, your "odds" of having good health and long life are **significantly** increased -- not guaranteed, but significantly increased. Oh yes, and you're going to feel a whole lot better, have more energy, vitality, sexuality, youthfulness, and "radiance" in the process.

Good Health And Long Life

Chapter 2

The Baseline of Health

Magical Herbs

Over the years, I've lectured to thousands of people, and thousands more have read my newsletters; and even though my message is always based on the same principle espoused by all of the Miracle Doctors (that the body is a holistic system and needs to be treated as such), after every lecture, after every newsletter is mailed, I nevertheless receive dozens and dozens of requests from people desperately looking for that "magic herb" (or supplement) to "cure" themselves or their loved ones of some dreaded disease. The problem is that health doesn't work like that. First, because the concept of the magic herb or supplement is a myth (more on this in a moment), but also because the legal system takes a dim view of espousing specific "cures" that do not fall within the mainstream of modern medicine.

Now for the good news! It doesn't matter. Everything you need to know is totally laid out in the Baseline of Health Program.

Mystical Body

Getting rid of disease is not the big problem (Doctors do it all the time). The problem is: making sure the disease doesn't return. (Something doctors don't do quite as well.) And this is where The Baseline of Health Program comes in. This program is the synthesis of all the best that is taught

by today's Miracle Doctors. The program is designed to empower your own body to throw off illness and keep the illness from returning. Variations of this program have proved so effective that hundreds of thousands of people have experienced remarkable healings on it.

The Baseline Of Health

Before we can understand the program that is based on it, we first have to understand what the Baseline of Health actually is. For the purposes of our discussion, we will use a simple XY chart to represent the state of our health. The Y axis represents the "level" of our health. And on the X axis, we have all the systems and organs that affect our health. These actually number in the hundreds (if not thousands), but to keep things simple on our chart, we'll just list three: the Immune System, the Circulatory System, and Control of Mutated Cells.

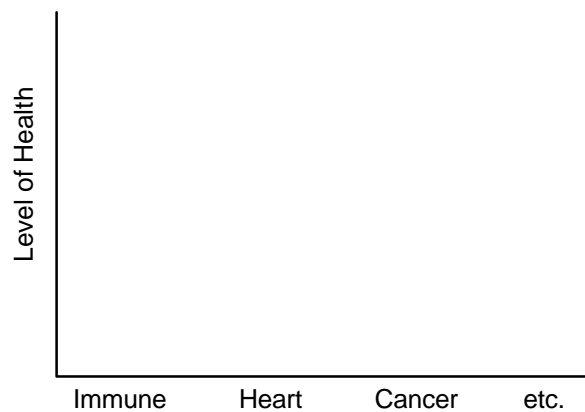


figure 1

For all these systems and organs there are only three lines that we are concerned with:

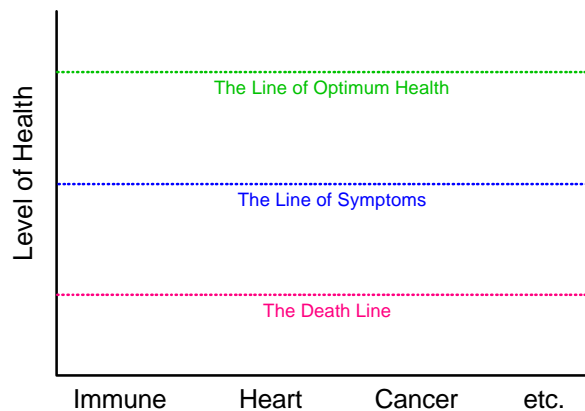


figure 2

- ✓ **The Line of Optimum Health.** In a perfect world, our Personal Health Line would match the Line of Optimum Health. In reality, that's not achievable. So what we try to do is keep everything as close to Optimum Health as possible.
- ✓ **The Line of Symptoms.** As long as all our organs and systems function above this line, we have no problems. But the moment any part of our Personal Health Line dips below The Line of Symptoms, problems begin to manifest. Sometimes, the problems

are so slight we don't notice them at first -- such as the early warning signals of heart disease and cancer. But at a certain point, if the symptoms persist long enough, and if our Personal Health Line dips below The Line of Symptoms far enough, we take notice.

- ✓ **The Death Line.** If any part of our Personal Health Line touches The Death Line, we die.

Now let's take a look at this concept in action.. As an example, we'll track the case history of Jim, an average American 40 year old. Below is Jim's Personal Health Line at birth.

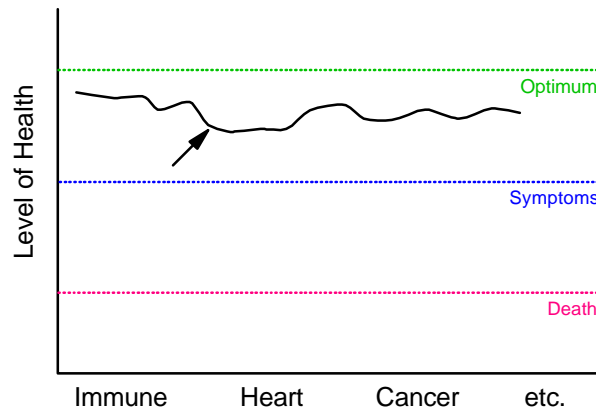


figure 3

As we can see from Jim's line, he was born with a slight weakness (either genetic or as a result of his parents' lifestyle and environment) in his circulatory system. Note also, that at birth, Jim is in relatively good health and is symptom free (as no point of his Personal Health Line dips below the Line of Symptoms).

Over the 40 years of his life, however, Jim has contributed to that weakness in his heart and circulatory system by consuming a diet high in hydrogenated oils and refined carbohydrates, folic acid deficiency, low pH, and heavy free radical damage -- to the point where his Personal Health Line has dipped below The Line of Symptoms.

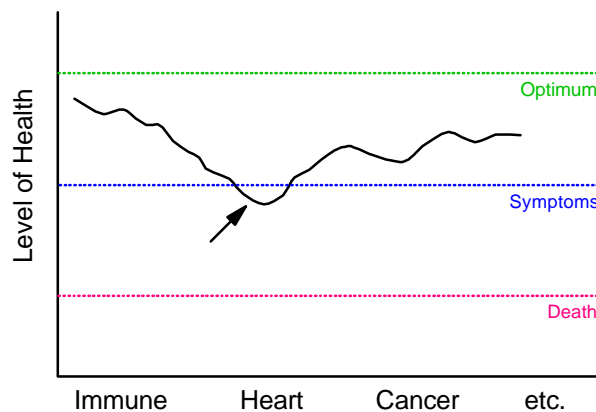


figure 4

A friend of Jim's suggests he try an antioxidant supplement. Since the antioxidant addresses one of Jim's problems (free radical damage), Jim's Personal Health Line once again rises above The Line of Symptoms (even if just by a little bit) and all of Jim's symptoms disappear.

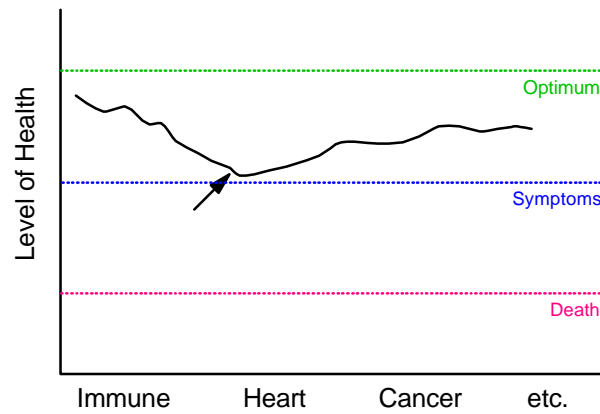


figure 5

"It's a miracle! All of my symptoms are gone. I'm cured. If you have any heart problems, or any health problems at all, you must try this supplement." Jim is so excited, he signs up as a distributor in the antioxidant company and proceeds to sell his miracle "cure" to everyone he meets.

One day, he talks to Mary, who also has heart problems. Like Jim, Mary was also born with a predilection to heart problems; and like Jim she has managed to exacerbate that problem through lifestyle choices, folic acid deficiency, low pH, and high stress.

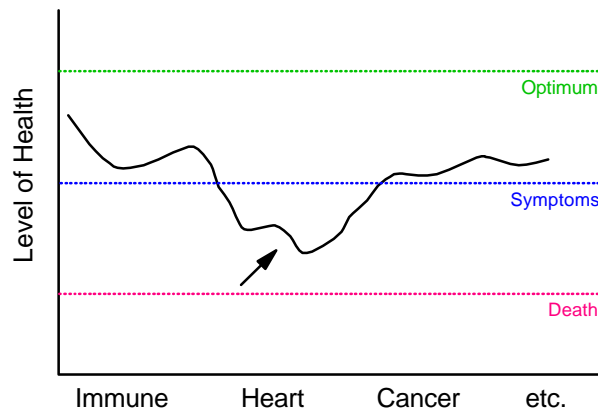


figure 6

Anyway, Jim convinces Mary to buy a supply of his "miracle" antioxidant; and, as recommended by Jim, Mary starts gulping down handfuls of her daily dose. But remember, unlike Jim, Mary has very little free radical damage. (Let's say she loves Italian food with real olive oil and red wine -- two foods that, over the years, have mitigated any free radical damage she might have

been exposed to.) The net result is that Mary notices no change in her condition.

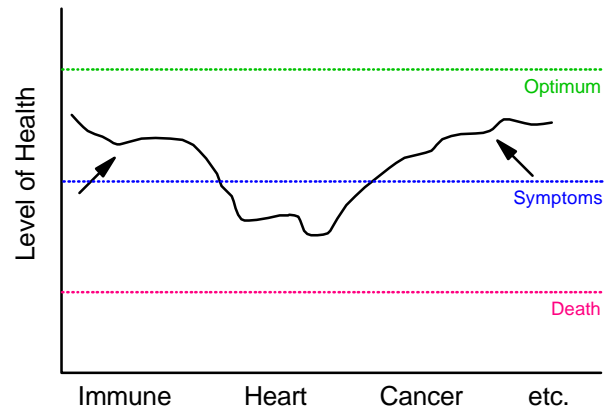


figure 7

Mary now proceeds to tell Jim that he's crazy. Whatever benefit he got from the antioxidant is purely a placebo effect. It's a waste of money. Of course, later on, when Mary enters a stress management program, or has heart bypass surgery, she now tells everyone she knows that she's found the "real" cure for heart disease -- and recommends to all her friends that they do the same. (It's worth noting that the antioxidant did, in fact, significantly improve the overall level of her Personal Health Line, but since Mary didn't "feel" any difference, she incorrectly assumed that she had received no benefit.)

The bottom line is that the same supplement used by two different people for the same condition produced two entirely different results. What does that mean? It means that gulping down "miracle herbs" and "miracle supplements" to treat disease is like trying to hit a clay pigeon in the sky, with a 22 caliber rifle...while blindfolded. The odds are very much against you.

The secret to health, the secret to all of the success that the great alternative healers share, is that they look to raise every inch of a person's Personal Health Line. If you do that, if you raise the entire line, the odds are in your favor. In fact, it's almost impossible to miss. Specifically, the body systems and topics that we're going to address throughout the rest of this book are:

1. **Intestinal cleansing, detoxification, and rebuilding.** Cleaning out the elimination channels is fundamental to any health building program.
2. **Probiotics.** As a result of chlorinated/fluorinated/treated water and antibiotics and pesticides in our food, we have virtually eliminated an essential component of health and well being. There can be no true health or relief from disease until we rebuild it.
3. **Enzymes.** Modern man is the only animal that eats a diet almost entirely devoid of live enzymes. As a result, virtually every American has an enlarged pancreas by the time he/she is 40, and a significantly diminished life expectancy.
4. **Diet.** Every cell, every system, every organ in our bodies is produced from the food we eat. Sorry, but you can't make a healthy body from a diet predominantly comprised of potato chips and diet soda.

5. **Vitamins, Minerals, and Phytochemicals.** Supplementation of some kind is mandatory; but with so many products and companies pitching the next wonder supplement, how can you tell which is best?
6. **Free Radicals and Antioxidants.** Scientists now know that free radicals play a major role in the aging process as well as in the onset of cancer, heart disease, stroke, arthritis, and possibly allergies and a host of other ailments. But which antioxidants work best for you?
7. **Hormonal Balance.** Each and every day we are exposed to thousands and thousands and thousands of chemicals that work to destroy the hormonal balance of our bodies -- with disastrous effects. Correcting these imbalances can save our health -- and our sanity!!
8. **Water.** 53,000,000 Americans unknowingly drink tap water that is polluted by feces, radiation, or other contaminants. Half of all Americans drink water that has been **USED** at least once before.
9. **Cleansing Your Liver and Blood.** Our liver is the primary filter of our body. Over time we so abuse it and so overtax it that illness is the inevitable result. Our blood is filled with many impurities including everything from an overabundance of artificial fats to toxic heavy metals. These must be removed for optimum health.
10. **The Immune System.** In many ways, your immune system is the most awesome system in your body, easily rivaling your brain in terms of complexity, subtlety, and "self-awareness." And yet, we seem to do everything in our power to destroy it. For example, just one can of soda pop can depress your immune system by some 50% for as long as six hours. There is no chance for good health, or the elimination of disease, until your immune system has been optimized.
11. **The Thought That Kills.** What we think (and how we think) does absolutely (and unequivocally) affect our health. Or as Dr. John Chirstopher was fond of saying, "Most people need a colonic between the ears."
12. **Exercise** does everything from improving the health of the heart to building up your bones, to speeding up the elimination of toxins from your body. The bottom line is that you must "move or die."

And then in the last chapter, once you've learned the hows, whys, and wherefores of health, we will cut to the chase. I will detail **specific recommendations on what you can do to build your baseline of health, day-by-day.** I will outline a step-by-step program (based on all that has been learned from the Miracle Doctors and from over 30 years of my own work in cutting edge nutritionals) for optimizing your health and eliminating disease from your body.

So with that in mind, let's look, step-by-step, at how we maximize our Personal Health Line.

(Talk to the person who got you to download these pages to find out how to get your own COMPLETE copy of *Lessons from the Miracle Doctors* and begin changing your life -- today.)