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Q: If you had to name the biggest cause of modern America's health problems what would that prime cause be?

Q: How can I lose weight and keep it off?

Q: Why don't any of the "alternative" or "natural" products I have tried seem to get me the results I want with my "condition"?

Q: If all of this is true why doesn't my doctor tell me this? Why doesn't everyone know about these things which you are describing?

Q: Doesn't this all cost a lot of money?

Q: Is "Organic" worth the money and why?

Q: I am new to all of this so as a beginner where should I start?

Q: Is there any GOOD NEWS?

Q: *Are you claiming you can cure diseases*

A: No. I am saying that I believe from my own experience and common sense along with 5,000 years of ancient wisdom that the body apparently can heal itself given the right conditions. Hippocrates famous quote is the company motto. **"Let your medicine be your food"**.

I have learned one thing for sure and said many times. **"Only health cures disease"**. It's NOT possible to cure the disease if you treat the disease. You must treat the cause of the disease if you expect the disease to go away and thus cure it. This will take time and dedication.

"Trying to cure disease with drugs is like trying to cure poverty with a credit card"

As your body is a temple, consider all of this as spiritual advice.

Q: If you had to name the biggest cause of modern America's health problems what would that prime cause be?

A: It would have to be our diet. We are the most overfed and under nourished people in history. The sad fact is that we are digging our own graves daily with a knife, fork and spoon.

Unfortunately our cultural has moved towards foods of convenience and nationally known brand names that require extremely long shelf life to be economically viable. This requires intense processing and the use of additives to enhance flavor, stabilize, preserve, and add texture, color and so on.

[Free form Glutamates](#) (MSG) are hidden in virtually all processed and restaurant foods under deceptive sounding names such as “Natural Flavorings” and even “Spices” all with the approval of the FDA the agency supposedly looking out for you.

Commercial foods are grown on demineralized and depleted soils using chemical fertilizers to make them appear healthy looking. Fruits are picked unripe and chemically ripened and colored and waxed to make them shining and attractive. We consume these things and in time they build up in our bodies creating chaos within.

Then we microwave and cook these already dead foods even more thus utterly destroying what little nutrition remains. They can sustain life on some level for awhile but will never support vibrant health.

Essential fatty acids (EFA's) including [Omega 3's](#) are not shelf stable and are therefore “refined” out of all processed foods. Organic grass fed livestock; dairy and eggs are full of essential fatty acids and omega 3s critical to health. Yet commercial livestock is fed moldy corn, and soy full of aflotoxins (thus totally unfit for human consumption). However these poisons bio accumulate in animals and then are consumed by unsuspecting consumers.

Then there is the whole issue of [genetically modified organisms](#) (GMOs) which I have a whole page dedicated to and is too large of a topic to go into here. In order for these genetically weak plants to survive they are soaked with ever increasing amounts of herbicides, insecticides, fungicides, and larvacides.

As of a few years ago it is now common practice to spray MSG from the air on many California field crops to make this nutritionally deficient foods taste better. **In my opinion the [deterioration of the food supply](#) is the biggest challenge facing our nation.**

(Note)

I need to emphasize that there is a difference in a cleansing/healing diet and a maintenance diet once good health has been achieved. Though meat and dairy are not part of a healing diet, high quality, organic grass fed meats and dairy are ok for a healthy person. Strict vegans can be perfectly healthy if they take some special precautions though this not recommended long term unless you learn these tricks.

We must begin the move back towards small local farmers and ranchers who produce fresh high quality organic food in a sustainable manner. Attend your local farmers markets and become a locavore!

Q: How can I lose weight and keep it off?

A: Well start by referring to the above answer. Remember the word “diet” is not a verb. It is a way of life as in “the Mediterranean diet” Compare this to our diet of processed western death food and you can see where this is going.

Eat mostly raw, organic, cultured foods, living foods and superfoods along with some choice herbs such as in Spring Dragon Tea and Amla extract. At the same time cut back (or cut out if you are serious) on refined and processed foods of all kinds, especially refined flour, sugar, salt and all cooked and processed oils such as canola, soy, corn, peanut. Only [extra virgin coconut oil](#) should be used for high temperature uses and then not over 360 degrees F.

Be sure to follow the cleansing protocols and get your digestive system functioning optimally. This problem Americans have with weight is not normal or natural. In “Less advanced” culture living in closer harmony with nature obesity is unknown!

The superfoods deliver a potent nutritional punch while being very easy to digest and providing unique and extraordinary phytonutrients found in no other foods. [Cacao](#) is a natural appetite suppressor. [Acai](#) is highly touted for its weight loss potential. [Maca](#) balances hormones and normalizes body functions. Really all of the [Superfoods](#) have the primary or secondary effect of supporting weight loss permanently.

Recommended reading is [David Wolfe’s - Superfoods – the Food and Medicine of the Future](#) and [Donna Gates - The Body Ecology Diet.](#)

In both books are recipes which you can eat in any quantity you like. Calories aren’t the key as your brain will tell you when to quit eating these ultra nutritious foods.

Last learn about [rebounding](#) which is the best and most convenient form of exercise for most with unique benefits.

[Dry Skin Brushing](#) is a wonderful way to affordably reduce cellulite and increase the skins blood circulation and encourage lymph cleansing. It is an excellent way to beautify the skin.

[Nascent Iodine](#) is a wonderful supplement that supports proper thyroid functioning and metabolism. We are nearly all deficient in this vital and misunderstood element. Chlorine, flouride from water and toothpastes as well as bromides added to baked goods since the 70's all deplete and compete with our Iodine reserves which are most concentrated in our thyroid glands. Table salt does not supply enough and causes it's own set of unique problems. Always use a high quality full spectrum healing and alkalizing salt such as [Himalayan crystal salt.](#)

Drinking one or more ounces of [Coconut Kefir](#) (Homemade) or [Cocobiotic](#) especially on an empty stomach before bed can vastly improve digestive power. Be sure to listen to the Carly Balz interview on digestive health and the "[Body Ecology Diet](#)". [here.](#)

Do Not waste your time and money on diet sodas or lean cuisine or soy hot dogs!! Rather get a [high quality](#) juicer and drink one quart of fresh raw organic vegetable juice every day!

Follow the [basic healing protocol](#) for everyone as you have to realize that weight issues are diseases and are treated the way all diseases are. I recommend everyone read "[Cellular Malfunction](#)". You may printout this Adobe Reader file and read it at your leisure then pass it along to a friend or family member.

Coming very soon is Green Dragons own proprietary [Red New Zealand Deer Antler tip extract Tincture](#). This awesome "Herb" has been used in Asia for thousands of years as the premier anti-Aging, longevity, rejuvenation substance for the building of lean muscle mass.

Q: Why don't any of the "alternative" or "natural" products I have tried seem to get me the results I want with my "condition"?

A: People each have their own primary health concern; after it has occurred of course. Naturally in our cultures way of thinking we begin to search for the "Cure" for that condition and we expect it FAST! Well [tequila](#) makes you feel good fast but the long term benefits are questionable.

Though there are many wonderful and effective products on the market you must remember that these things always work best in concert with the [healing protocol](#) and that is where the rubber meets the road. Remember radiant health is a well tuned symphony where the sum is no better than the parts. A single out of tune instrument can ruin the show.

This protocol of cleanses, nutritional and lifestyle aspects is the core regimen that any hope of total cure is built upon. Just as you cannot make a delicious recipe with inferior ingredients you must start to build health on a firm foundation.

Probably 95% of all our woes would be healed or vastly improved just following this wellness protocol for 6 months to two years. Why two years? Our bodies cells are virtually all replaced with new ones in two years and that is why real healing requires that all of our old tired cells be replaced with vibrant new cells.

Most important in getting results with natural supplements and foods are:

1. The **quality** of the supplement or herb which vary considerably. The highest grade herbs are only 5% of the market. The chances are a highly advertised product with a fancy package is not among this 5%.
2. The **quantity** that you use as a therapeutic dose is often three times or more a maintenance dose.
3. The **regularity** that you use it and almost everyone falls down here.
4. The **duration** of time that you use it. Results vary but are usually only noticeable after months of continuous use, not the use of a single bottle.

A mighty oak starts out as a tiny acorn but it takes time...

Q: Doesn't this all cost a lot of money?

A: The real question is **not** “Do Superfoods and organic fresh foods cost more than commercial, processed convenience foods”?

The proper question is “***Does Health cost more than disease***”? The answer is emphatically not! For the cost of a few minutes in the ER one could afford the best Superfoods on Earth for a year!

You must come to understand the “*High cost of cheap food*”. Consider that 90% of the American food dollar is spent on processed brand name foods. Of that only 10% is the cost of the “food” and the other 90% is for marketing, packaging, transportation, storage, employee costs, middleman markups, shelf space at eye level which markets are paid for. Would you call that value?

Understand that **no doctor or politician can “give” us health!** Health like wealth is something we must diligently work for and invest in. [*Radiant health*](#) **cannot be mass produced**. Ultimately we must assume responsibility for our own well being!

Consider the costs of a drinking or smoking or drug habit! Many people of below average means can and do “afford” these "Habits" so certainly with careful accounting of priorities a healthy lifestyle can be afforded. **Eating fresh, healthy real foods and tonic herbs is the very best investment you can make for your personal financial health and physical well-being.**

Even in 2009 more personal bankruptcies are caused by preventable health catastrophes than by credit issues !

You spend money to change your oil and do car maintenance because you know for a fact that failure to do so will result in disastrous repair expenses. The same is true in spades with your body yet you received no owner's manual for your body when you were born!

The best way to save on superfoods and supplements and even exercise equipment is to get one or more partners to buddy up with and buy in larger quantities. We are trying to avoid selling small portions as it takes a commitment to these things to get results and that means getting enough to last thus significantly reducing costs. You also save on shipping charges when you [*buy in bulk*](#). We offer price breaks to bulk buyers.

Many things can be very affordable such as making your own [*cultured vegetables*](#) and [*kefir*](#). [*Sprouting*](#) offers excellent return on for your health dollar.

Of course many critical things are absolutely free such as proper breathing techniques and [*proper food combining*](#). Simply chewing each mouthful of food forty times can radically improve digestion.

A far infrared sauna or a [whole body vibration machine](#) are wonderful investments for your health but may need to go on your wish list for awhile. Start with whatever you can afford and keep it simple at first. Plan your health investments well. The products we sell on this website are of the **highest quality** and properly cared for should last a lifetime. Cheaper products deliver inferior results, breakdown quickly and make poor investments.

Remember that if you don't see something on our website you can ask for it as we can get most anything you may need.

Q: If all of this is true why doesn't my doctor tell me this? Why doesn't everyone know about these things which you are describing?

A: Doctors are trained in medical schools using text books largely financed by pharmaceutical drug companies. They are trained only in "Allopathic medicine" which means waiting for diseases to occur and then controlling the symptoms with drugs and surgery on a permanent basis. This "Health Care System" has actually become nothing more than a disaster management for profit system.

Worse yet insurance companies pay for "treatments" based upon a coded system relying on narrowly interpreted lab test results with only specific drugs and surgeries to correspond to those codes. Any situation falling outside of these narrow and restrictive codes is not recognized as real.

Doctors already restricted in their actions then read medical journals containing "peer reviewed articles" both financed by these same large pharmaceutical companies with the holy grail of the "Double Blind study" as the only "Scientific" measure of effectiveness. The idea seems sound but in reality the premise is wrong. These studies are paid for by the same companies seeking to patent a medicine which is either an extract from a naturally occurring substance or a chemically tweaked naturally occurring substance. The process is filled with deception and corruption as these companies need only submit the studies which prove what they want and are free to suppress any study that didn't produce the result that they desired.

Large "Pharma" is the biggest lobbying group in Washington. What is worse is that malpractice lawsuits have become so prevalent that doctors and insurance companies fear to step an inch outside of "accepted practices" which is more about keeping a doctor or HMO safe from lawsuits while making money than actually curing you! Never lose sight of the fact that medicine is the biggest business of all and comprises one sixth of our entire GNP.

What's even more is that the largest source of information for the public is television and radio owned by the huge conglomerates that also own the big pharmaceutical and "Food Manufacturing" giants. They pay for the ads which support these stations, so do you think they will allow the broadcast of information which will destroy them and their obscene profits?

Q: Is “Organic” worth the money and why?

A: Organic farming methods often involve more labors but take far less of a toll on the environment and your health. In fact they improve the local ecology through soil building, crop rotation, careful harvesting, assimilation of the local environment and composting.

Conventional non-organic crops require large amounts of synthetic chemicals and fertilizers which are directly sprayed on the crops or injected into the ground. This presents serious problems in the form of run-off from the originating farms, and contributes to the contamination of our ground water supply.

This residue will also be fed through wildlife by a process that is known as bio-accumulation, forever changing the blueprints Mother Nature designed. It also neutralizes the composition of the soil creating an "addict"-like dependency for synthetic supplements, which of course lead to an increased use in chemicals. We need to remind ourselves that when we do not buy organic, we are assuming a risk, not only with the planet but also with our health.

In addition organic food is always non-GMO and has been proven to contain a much wider spectrum of nutrition.

Q: I am new to all of this so as a beginner where should I start?

A: Start by [educating](#) yourself and don't just take our word for it. Go to the education links and [sound files](#) and [downloadable documents](#) then just start learning. I recommend printing out the documents and burning the sound files to a CD or MP3 player. **Reading these documents and listening to the sound files over and over will give you far higher retention rate!**

I highly recommend getting Donna Gates five cd set from our books and CD's section then listen to them until you have them memorized!

Once learned this information is a valuable asset that can never be taken away from you. As you begin to understand the causes of diseases and conditions the answers will become clearer and you will have more incentive to stay with a program. Never forget that health is like a wagon wheel and it only rolls smoothly when all of the spokes are the same length.

1. *Understand the problems*
2. Make a strategy to deal with the causes
3. Stick with it and follow through (Think of an hour glass)

Q: My friends all do the things you recommend against and they seem fine. Why?

A: The pollution in our [air, food, water, body care products](#), and general environment are usually not at a level that will immediately affect an average healthy person. The insidious thing is that it is the accumulation over time that lulls us into thinking these things are ok that we never suspect them as causes when we our detoxification pathways finally become overwhelmed.

[Gallstones](#) grow over a period of time causing numerous symptoms typically misdiagnosed or not diagnosed at all. If they are doctors will usually recommend gallbladder removal which is the most common elective surgery in the USA.

Different folks have different exposure levels and varying ability to deal with the exposures yet like a bank account, they will become overdrawn at a certain point.

Like the man who fell off the thirty story building. On every floor on the way down people heard him say “So far so good, so far so good”.

Q: Is there any GOOD NEWS?

A: Plenty! Though the challenges we face are daunting they are not insurmountable. If a problem can be understood it can be fixed. If I can overcome these problems others can as well. Armed with knowledge, a good strategy and a stubborn persistence you can overcome your challenges and reach new and unimagined heights in your life.

Always though be sure to share your knowledge with others as we must encourage each other in this most personal battle.

What you deny to others you will never keep for yourself.

If you find this info valuable then please share it on your favorite social networking site from the link at the very bottom of the page.

If someone would like to arrange a convenient time with at least 5 interested parties I can arrange a telephone conference call for up to an hour plus questions on most any topic discussed here.

[Contact me](#) in advance please.

God Bless

Rob McNutt / President

Green Dragon Superfoods

www.greendragonsuperfoods.com