



By Diane McCann

As I observe the world right now, I wonder how many people bother to look below the surface of what they see, feel, or hear. I am passionate about sharing information and educating people to take responsibility for their own lives instead of living in an entitlement society where we, for instance, smoke forty cigarettes a day and then expect a doctor to fix the carcinoma in our lungs.

So many people still believe that the media tells the truth, from advertising through to labeling on food products, and I would love to be able to dispel this belief from the minds of everyone on the planet. My belief is that if you know what you are doing and choose to do it anyway, that is absolutely your choice, and I would like to think that most reasonable people would not consciously choose to poison themselves or their children. Yet when

I watch the advert of the child dressed like a business person who comes home and complains about how hard his day has been, and his mother feeds him some chocolate breakfast cereal to give him energy, or parents talking about giving their tiny babies Panadol for their pain or spraying some toxic chemical to rid the house of smells, I feel a myriad of emotions from sadness to frustration, because I know some people will believe what they see and copy it. Often advertising companies use well-known



Ignorance or Bliss?

WHAT YOU DON'T
KNOW **CAN** HURT YOU!

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“stars,” and for some reason, we look up to them and trust them. Silly us!

I could probably write an entire magazine about my studies in health, but I will keep my list small so as not to overwhelm you. Do you know that Aspartame (950) is being replaced by an even more deadly product called Neotame, and that these products have insidiously found their way into food, and we don't even know we are consuming them? Both are neurotoxins. Surgeons operating on Aspartame brain tumors often notice a white plastic ring being formed throughout those afflicted brains! Even Monsanto's own research revealed adverse reactions, and it is said the studies on humans lasted for . . . one whole day!

Seventy-eight percent of all

complaints to the Food and Drug Administration, according to the Aspartame Consumer Safety Network, concern adverse reactions to Aspartame – the artificial sweetener marketed under the names NutraSweet, Equal, and Spoonful, among others. Products containing Aspartame are many; here are just a few: Diet Coke, Coke Zero, Diet Pepsi, Pepsi Max, Lucozade Sport, Ribena Really Light, all Wrigley Extra chewing gums, Cadbury's Highlights, most Weight Watchers products, some Healthies Vitamins, Berocca, Children's Panadol and Neurofen, Gaviscon, Lemsip, Metamucil, and many diabetes products. Essentially anything that says *sugar-free* or *diet* contains Aspartame 950, and the list goes on. For more information go to www.dorway.com. It is heartbreaking to me to watch parents giving their kids diet drinks, not even realizing they are poisoning their own children.

Get the video *Sweet Misery*. Find out the truth for yourself.

Do you know how a product gets a heart foundation tick of approval? They pay for it, of course. Reputedly, McDonalds paid \$330,000 for theirs.

Do you know that toothpaste contains an incredible array of dangerous toxins and chemicals? Sodium fluoride, FD&C Blue dye #1 and #2, SLS, and hydrated silica are among them. The additives are so dangerous to humans that the packaging usually says, “Keep out of reach of children.” Ever watch a child with toothpaste? They just about eat it.

Do you know how many additives and preservatives are in most packaged foods? Here are a few of the staggering numbers: Kraft Singles Cheese Slice 6, Nestles Diet Yoghurt 11, Tim Tam 12, Chocolate Milk 3. Do you know how many are listed as carcinogenic?

As of 2010, over 232 chemicals have been found in the umbilical cord blood of newborn babies, and the numbers are rising. Then we wonder why childhood cancers are increasing as never before.

Do you know that you are probably eating GE foods and that as far back as 1996 it was known that GE soybeans had 200 times the allowable level of the herbicide Roundup in them?

Do you know that microwaves have been banned in Russia since the 70s and that using them actually destroys the enzymes in the food (which is why we eat the food in the first place, for the health it gives us)?

Do you know much of a child's brain is affected by mobile phone use? More than three-quarters of the brain according to scans. Children under

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sixteen should not be allowed to use these devices, and in France and other European countries, they have been banned from schools. Obviously it is because the brains and nervous systems of teens are still developing. In kids under twenty, there is a five-to-tenfold increase in glioma – cancer of glial cells supporting the central nervous system. Acoustic neuromas that cause deafness are also on the rise among teens.

Do you know that that the fluoride in our drinking water has been linked to immune system alteration, musculoskeletal harm, genetic damage, thyroid dysfunction, and even cancer? In fact, ingesting fluoride has absolutely no bearing on preventing tooth decay, despite what dentists would like you to believe.

Do you seriously believe that everyone needs milk to get calcium? Wrong – that's just the dairy industry brainwashing us. Better to get it from coral calcium or vegetables. In fact, the casein, a protein present in milk, causes minor to severe allergies in many people resulting in hives, stomach pains, bronchitis, bloating, and asthma. A huge percentage of the population is now lactose-intolerant.

Now let's address the cancer industry, because indeed that's what it is: an industry! With all the billions of dollars spent on “research,” tell me why they haven't found a cure. Cancer cells exist in everyone, so why do some mutate and others don't? The answer is complex: chemicals, environment, diet, emotional shocks, all contribute to that mutation of cells.

The three standard treatments of chemotherapy, radiation, and surgery are blatantly not working. Chemo leaves people with what is called chemo fog; poisoning of the body with a deadly chemical doesn't make sense, nor does burning healthy tissue in the hope of destroying cancerous tissue.

The body has a self-healing ability, and all we need to do is allow it to do its job by addressing certain factors, such as what we put in our mouth. The raw food movement is escalating, and the latest research by a gastroenterologist has shown massive improvements in the health of 644 of



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his patients simply by adding a quart of green smoothie (Victoria Boutenko) to their diet. His patients had Crohn's disease, bowel cancer, irritable bowel syndrome, and more.

Dr. Ryke Hamer was one of the first to discover that approximately nine months before a cancer diagnosis, there is typically an emotional shock. In his own case, his son was killed, and nine months later he developed testicular cancer.

The best way I know of dealing with the emotions that triggered the cancer is The LifeLine Technique because it bridges the gap between the conscious and the subconscious mind, allowing us to reconnect to the emotion that, for whatever reason, at whatever time, we didn't have the tools, strategies, or support to be able to deal with . . . and so we buried it. Emotions don't stay buried, though; they raise their heads demanding to be dealt with, in the form of ill health/dis-ease.

Discover what the latest innovations are in the world of cancer. I highly recommend watching *Bursynski* (the documentary) to discover the lies and fraud of the FDA. It is not for

the fainthearted or those wishing to stay asleep, as you will be thoroughly appalled and frustrated by a system that so obviously is feeding the cancer industry and denying people's right to heal naturally. The best book I have ever read on cancer is another shocker, *Knockout*, by Suzanne Somers. It relates her personal story and then lists the doctors who are creating miracles every day in the lives of people who the medical world has given up on.

So where does that leave us? For me there is no point in getting angry and blaming. After all, every era in history has held onto its beliefs about what is right. We still have members of the Flat Earth Society, you know! Look at your own life, and see where you persistently hold onto the thought that you are right/someone else is wrong. Multiply the egoism of individuals by the multinational corporations for whom money is God, and it's easy to see how we have produced a world where the truth is difficult to find.

First we have to remove the veil. The veil that has taught us that governments are here to look after us, that our best interests are uppermost





HEALTH FOOD STORES

We are excited to announce that VERITAS Magazine can now be purchased in Health Food Stores throughout VICTORIA, NSW and TASMANIA!

in all their decisions. That doctors have the answers. People say to me all the time, "But why is that product allowed on the shelves?" The answer is best said in that song by ABBA . . . "money money money."

Until we stop being dependent on a crumbling system, until we start taking responsibility for everything we create, until we realize that the great change of the ages is actually upon us now and escalating, then nothing will change and we can bury our heads and complain about what doesn't work.

So what can you do? The first thing is to get educated. Find out the truth behind the scenes. Ask yourself why the president of a cigarette company is on the board of a cancer organization in the first place. Start asking questions about the food you eat, where it was made, what is in it. Maybe you could write letters (sure it is time-consuming) asking that we pass legislation to have every single product labeled correctly, or to stop GM foods being sold as normal. In simple terms, get involved in your world and what is happening.

The greatest change will happen by changing how you think. Look at your own life and see where you are stuck, and realize you are a reflection of every person in the world. As you change how you think and see the world, so, too, will those around you. People don't like to be told what to do, so lead by example. It is scary watching someone you love change – even if it is for the better – so be gentle with those you love as they follow in your footsteps.

As you peel back your own onion layers, you will begin to see the world differently. People who are unconscious or asleep don't have the spiritual energy to change anything, so your job is to wake up, become as conscious as you can be, and then with the many tools available, share your knowledge to prevent the abuse of others with less knowledge. What an exciting time we live in! This is the time where we, the people, will stand up for what we believe in, and I trust that we *will* make the difference that is sorely needed on this beautiful planet.

My credo is a sentence from John Denver: "It is not just about what you



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do, it's about what you don't do that makes a difference." We can all do something. We can learn. We can share what we know with those who want to listen. For indeed we all do make a difference! The world needs us now to stand up, and so I leave you with another favorite saying of mine: Are you part of the problem or part of the solution?

Diane McCann Mathews is the facilitator of *The Goddess Within*, *Man's Inner Journey*, and *Tantra for Couples*. She is also director of training for Dr. Darren Weissman's *The LifeLine Technique*. Diane can be contacted at beyondtheordinary@internode.on.net. Her website address is www.beyondtheordinary.net.au.

**CALL TO
EVOLUTION**

**IGNORANCE OR BLISS?
WHAT YOU DON'T KNOW
CAN HURT YOU!**

- 1 Become better informed by joining groups on the Net to discover the truth about health and foods.
- 2 Read labels and learn to understand them.
- 3 Go through your pantry. What is there that is not good for you?
- 4 Consider doing a raw foods course or discovering more about health and nutrition.
- 5 Write to your Member of Parliament demanding accurate labeling.