

# 2020 Vision for a New Year— NEW WORLD, NEW YOU!

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I used to think that I am just one drop in the cosmic ocean of life. It has always amazed me as to how my fellow man could make a statement and impact worldwide, when it seemed like all I could do was just keep up with my own back yard and its daily responsibilities. We all face the challenge of balancing our inner spiritual life with the outer—education, raising our families, careers/jobs, fun and play, which can seem all consuming.

Until... very recently, I found my 20/20 vision for heaven on earth. Here's how it works. And yes, it does start right in our own back yards. One cosmic drop of the ocean (you) and one drop (me), we collectively make up the powerful impact of that ocean and our earth.

Big business/corporations (call them what you want) seem to have all the money and power in their decision-making for us, and in the use and abuse of our planet. Yet, let's look at this a little closer.

The bottom line of their decision-making comes down to one thing, that is, their shareholder profits and their profit margin. And where does that come from? Ladies and gentlemen, pull out your wallets! Right from our own back pockets and purses is where they get their profit margin and their power. We have bought into every decision they have made based on what we spend our daily bread on. We keep them in business! This means that we are the ones who, altogether, have the power to change the world OVERNIGHT—one person, one decision, and one dollar at a time.

I recently reviewed two documentaries, "Cowspiracy" (DVD) and "The China Study" (CDs & book), which changed my life. They explain the past history, how we got here, then the present, with today's accumulated research and science, and our future action plan. "Cowspiracy: The Sustainability Secret" may be the most important film made to inspire saving the planet. In it, intrepid young filmmaker Kevin Andersen, says, "There is one single industry destroying the planet more than any other. It's the leading cause of species extinction, ocean

dead zones, water pollution, desertification, deforestation, and habitat loss. Yet, environmental organizations are not addressing it. Go to [www.Cowspiracy.com](http://www.Cowspiracy.com) to learn more.

In "The China Study," authors T. Colin Campbell, Ph.D. and Thomas M. Campbell II, reveal startling implications for diet, weight loss, and long-term health. Reviewers have said, "The most comprehensive study ever conducted. Everyone in the field of nutritional science stands on the shoulders of Dr. Campbell, who is one of the giants in the field." and "Viewing it may save your life!" My number-one takeaway involves his years of research on turning the switch for cancer (and all degenerative diseases) on or off. He divided this phenomenon into three phases:

- 1) **PLANTING THE SEED**, which involves what our parents fed us, and the environment we were born into (not necessarily our genetic makeup).
- 2) **SEED GERMINATION**. This involves whether we feed or starve our bodies and minds with what we ingest.
- 3) **MATURITY AND HARVEST**. This involves the aftermath of a lifetime of habits, surgeries, drugs and using up our energy reserves.

In both phases 2 and 3, Campbell showed ways to either arrest, reverse, or keep dormant this disease switch. However, when the large corporations, who were funding this research saw his findings, they repressed the dissemination of this life-saving information and twisted it into profit-making enterprises, which involve the supplements, drugs, farming, and food-production industries.

Campbell's solutions are based on whole-food consumption. Kevin Andersen's calls to action accelerate what we can accomplish, drop-by-drop, for worldwide change. Let's make 2020 a year for clear vision and concerted action. Search out these documentaries, take Andersen's 30-day Action Challenge, and see what you can do for a new you. Put your money where your mouth is, and overnight we can change the world! ■

