

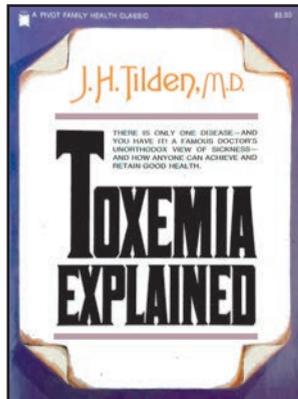
Let's Clean Up our 'Toxic City'!

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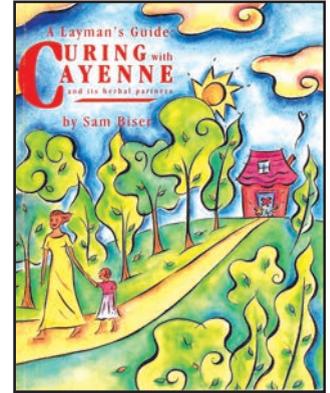
Allergies affect everyone from time to time and because of that, it is a multi-billion dollar industry. Misunderstanding the body and its functions leads to confusion. According to Roger Bezanis, the renowned author, researcher, formulator, health-care pioneer, educator, and former comedian, Big Medicine says: "When in doubt, medicate it or take it out!" Some people would want to try other alternatives.

Dr. John H. Tilden, the son of a physician, born way back in 1851, was one of those people. Graduating from med school in 1872, Dr. Tilden based his drugless practice on his theory of clearing the body of toxic poisons and allowing nature and the intelligence of one's own body to heal itself. The key, he felt, was to constantly eliminate toxic waste as fast as it is produced. In his 1926 book, *Toxemia Explained—Antidote to Fear, Frenzy, and the Popular Mad Chasing after So-Called Cures*, he taught his patients how to live so as NOT to create a toxic condition and to retain a healthy body free of disease. Here are some of Dr. Tilden's thoughts:

"From time immemorial, man has looked for a savior. When not looking for a savior, he is looking for a cure. He is looking to get something for nothing—not knowing that the highest price we ever pay for anything is to have it given to us. Instead of accepting salvation, it is better to deserve it. Instead of begging or stealing a cure, it is better to STOP building disease. Disease is of man's own creating when he could be the arbiter of his own salvation and health. Nature returns the body back to normal when disease-causing habits are given up. If you have a tobacco lung, what is the remedy? Stop smoking, of course!"



Dr. Tilden began writing articles in 1900, resulting in his very informative book. Moving forward to 1995–1999, Dr. Richard Schulze and Sam Biser put together a laymen's guide: *Curing with Cayenne and Its Herbal Partners*, and a series of videos called, "Save Your Life." They also had come to the conclusion: "When in doubt, clean it out." Here's what they had to say on allergies and cayenne:



"Most uninformed people would think that cayenne would irritate infected sinuses and allergies, not cure them. Not true! They wouldn't say that if they tried it. Patients have said the cayenne formula was so effective, they would pay \$1,000 for it. Cayenne moves and cleanses the blood, and blood cures. People don't understand that it is the lack of circulation of energy, oxygen, and blood that is the greatest irritant to a sick area, and that includes the sinuses, and in fact, the whole body."

Fast-forward now to 2019. At the latest Naturopathic Convention, I studied under Roger Bezanis and purchased his books: *Raw Foods vs. Toxins* and *The Dreaded Allergy Book*, that tie together the link between allergies and toxicity, finally making sense to me out of this confusing subject. Here's what he has to say:



JAN.-FEB. '20



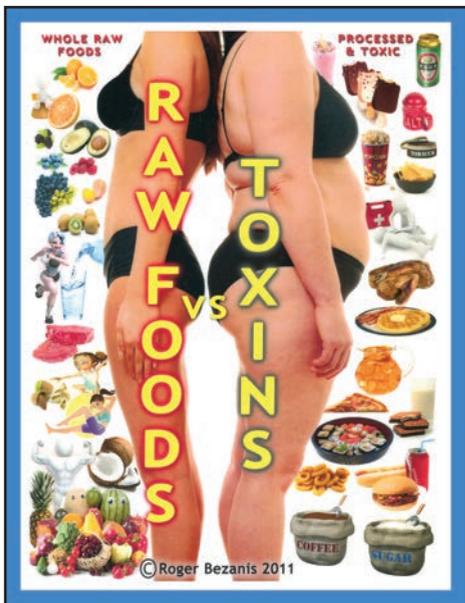
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“Allergy is the Big Medicine version of toxicity. It’s called an allergy because toxins, toxicity (which he likes to call *your toxic city*), and detoxing are taboo words to them. An allergy is a weak way of saying *exposed to and experiencing toxicity from a poison or an irritant*, which are the same thing.”

Bezanis goes on to say: “Poisoning is defined as: The result of a chemical action that can kill, injure, or impair an organism. In enough volume, of course, poisons are deadly. An allergy is defined as: Exaggerated or pathological immune-system reaction to toxic substances, via sneezing, swelling, difficulty breathing, itching, skin rashes, etc.”



As with Dr. Tilden and Dr. Schulze, Bezanis believes that toxins can be removed, even while Big Medicine says that allergies can only be treated or sedated. This is called a lie. Bezanis even states that the common link in all illness is the body’s reaction to poisons/toxins. All poisons have these effects in common: Decays the body’s functions, ages us faster, causes us pain, and blocks circulation. The good news—toxins can be detoxed, and anyone can detox themselves!

Bezanis continues by defining allergens as follows: “An allergen is a substance that produces a vigorous immune reaction to fend off the toxic threat that could harm or even kill if not otherwise dealt with and detoxed. All meds and drugs are poisons. They all cause adverse reactions in the body. We now use them out of habit, yet when your immune system and liver overload through overuse of medications, nothing will be left to protect you.”

Oh, so that’s why I can’t sit in the cab of a new vehicle, or walk into a newly painted house with new wall-to-wall carpet. The body does tell us it’s getting sick in a lot of ways. Our filtering organs get slammed as they try to eliminate the poisons. Ladies often are especially exposed—think: hair-sprays, perms, coloring, fake

nails, polish and removers—you get the idea.

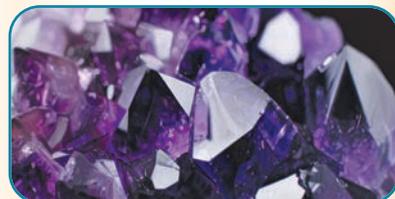
Last but not least, as swelling is a sign of poisoning, what about obesity? You can’t be overweight without having been poisoned! Fact: our fat is a storage system for holding toxic garbage and excess calories that can’t be processed or eliminated. These would be the preservatives and chemicals in our junk-food diets. Ingesting unhealthy food and drink is the number-one way we poison ourselves internally—along with, of course, *stinkin’ thinkin’!*

We aren’t born with overly reactive, allergy-prone bodies. It’s the toxic world we live in today and the highly processed foods that we eat that leaves us with a body overloaded with inflammation-inducing, acidic waste. ***Let’s clean up our toxic city!*** ■

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