



Wisdom for Healthy Living

Your Brain is Under Attack

We literally live in an era of the **EPEDEMIC of the BROKEN BRAIN.**

Link to <https://brokenbrain.com/trailer/>

Degenerative neurological disorders and / or 'dis-eases' like, Alzheimer's, Autism, Dementia, MND, multiple sclerosis (MS), Parkinson's, plus 'dis-ease' conditions like depression, anxiety, migraines, ADD, ADHD, memory loss, epilepsy and other are MORE prevalent than ever before.

My experience with MS is proof that the medically prescribed drugs that I used were a complete failure, as I was declared medically unfit for work while I was taking the medication. But, this month is my 14 years and 7 months celebration of recovery from advanced MS. In hind sight these medical drugs were only designed to treat the symptoms and to manage the discomfort while the root cause of the 'dis-ease' was not removed. I've been to Dr Huggins, an incredible man who exposed so many deceptive root causes to neurological diseases.

But, there is HOPE, it is NOT lost!

Except for autism, I've experienced and researched that most brain 'dis-eases' and disorders start many years before they're diagnosed.

My book **GO NATURAL Wisdom for Healthy Living** will teach you the best ways to prevent these neurological 'dis-eases' and disorders plus to avoid other modern diet and lifestyle 'dis-eases', i.e.: obesity, diabetes, dental caries, cancer, etc.

The problem is that most of us don't know what is natural anymore as we were born and raised in this processed and packed food environment. This is where my book comes in handy as it will reformat your faulty paradigms and perceptions.