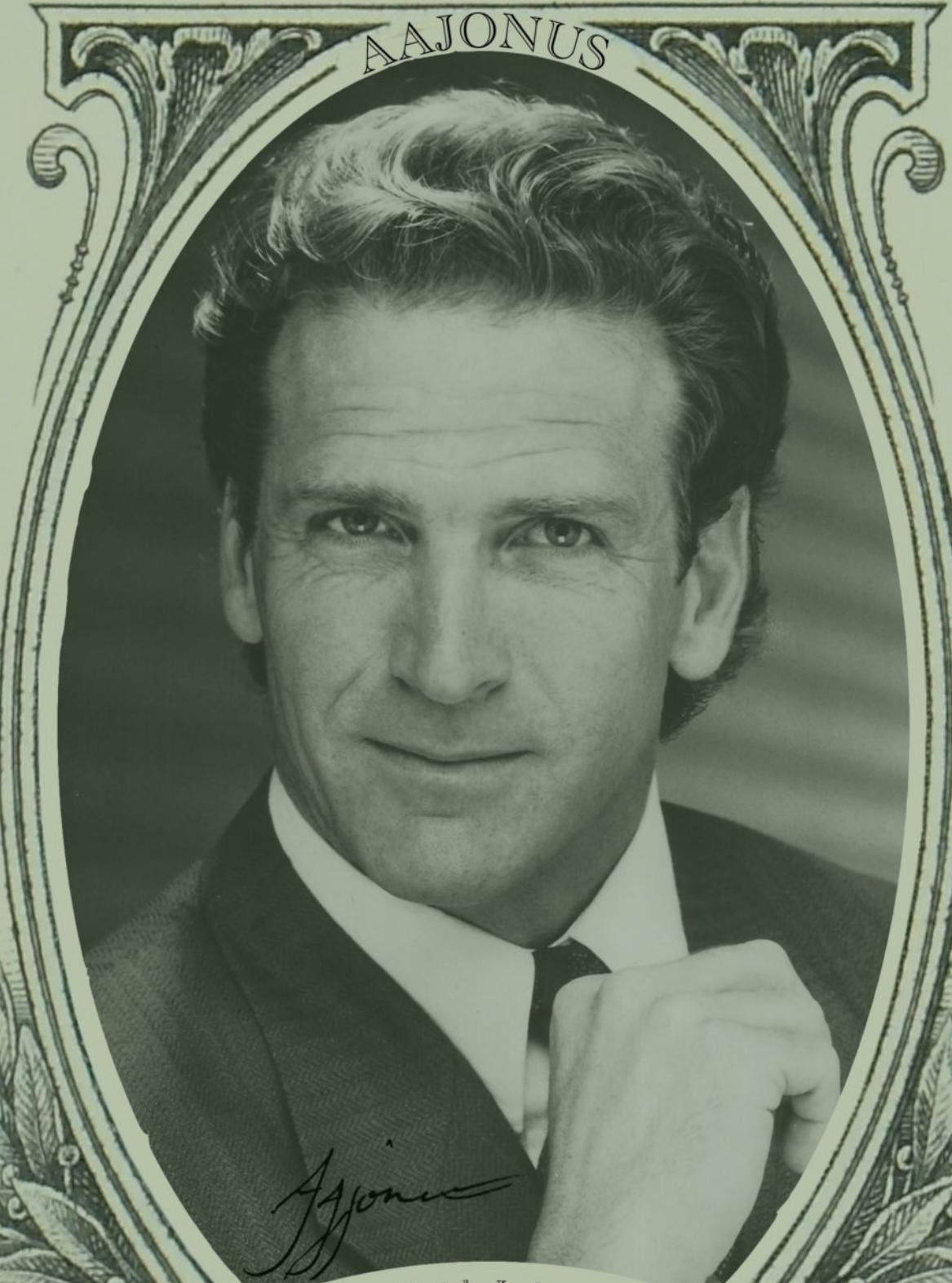


AAJONUS



the PRIMAL DIET

PRIMAL DIET™ NEWSLETTERS

The Primal Diet Newsletters – Article Index (2006-2013)

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The Newsletter

Article Index (2006-2013)

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Introduction

Aajonus did his own research. If he found that something was harmful, he would speak up, loudly and clearly, and do what he could to minimize the damage. This took the form of informing those interested, through his Primal Diet (TM) Newsletters. These newsletters were not and are not 'for everybody' because so much of what he found was contrary to generally accepted teachings and practices. He had the courage to speak freely.

During his life, Aajonus interacted with real people and responded to real needs. If some theory needed testing, he would test it on himself and others. If it didn't work, he dropped it cold. If it did work, he made it known, as a remedy spelled out in Primal Diet Newsletters, in consultations, Q&A sessions and Primal Diet Workshops.

When people asked for his next book, he would tell them that his Primal Diet Newsletters were his next book. This next book is now being presented as an e-book in a format that is easy to view on your preferred device. You may quickly and easily search for any subject. It is there as a reference any time you need it.

About this e-book

Because of the amount of information in the 32 newsletters Aajonus published between 2006 and 2013, a decision was made to split those (about 500 pages) up in seven volumes, each for one year (4-6 newsletters) except for 2012-2013 which are in Volume 7.

In this first release (November 2019) there may be formatting mistakes, spelling errors, and references with broken links to external sites with (possibly altered) information mentioned in the newsletters. This information was available at the time Aajonus wrote the newsletters and should have been saved for archival purposes at that time.

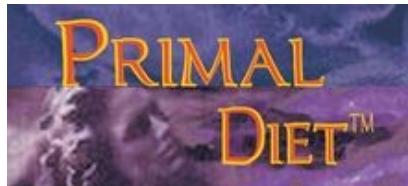
As the 'author' of this rewritten set of newsletters, I search for mentioned information during proof-reading and will do my best to find references that can be used in place of those no longer available. These references will in a later release of these books be added as an appendix to each of the volumes.

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In case you find formatting mistakes, (any of the) missing references or spelling errors, I would appreciate if you contact me at ebooks@wewant2live.com

The e-book volumes will be updated in the shop whenever there has been important changes to the documents.

// Per-Olof Yliniemi

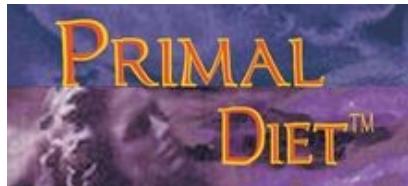


The **Newsletter**

Volume One (2006)

Table of Contents

Primal Diet Newsletter #01 (April 19, 2006).....	1
Soy Toxicity In Poultry Meat And Eggs.....	2
Arsenic In Poultry Meat And Eggs; Another Cancer Connection.....	4
Benzene, Cancer and Soft Drinks Connection.....	7
Primal Diet Newsletter #02 (June 19, 2006).....	8
FLU – Viral Tools Improve Health.....	9
Chemtrails – Defending Ourselves With Diet Until We Can Stop Them.....	14
Diarrhea-based Detoxification Hotel By Medical Doctors.....	17
Primal Diet Newsletter #03 (September 5, 2006).....	19
Dental Hygiene, Causes of Decay and Reversal, and Re-enamelization.....	20
Fermented Vegetables; the Good, Bad and Stinky.....	24
Exercise; the Good, Bad and Beautiful.....	25
Medical Terrorist Propaganda about Inflammatory Breast Cancer.....	26
The FDA Approved 5 Viruses for Food Treatment.....	27
Primal Diet Newsletter #04, Part I (December 12, 2006).....	28
Will Pharmaceuticals, Chemical and Agribusinesses Control Our Lives Through Federal, State and Local Governments ?.....	29
Primal Diet Newsletter #04, Part II (December 12, 2006).....	40
FDA Rules That Six Viruses Used For Treating Meat Are Safe For Human Consumption.....	41
Are We Going To Continually Pay For The Medical Mass Poisoning Of Our Neighbors And The Human Race?.....	43
Top Aussie Doctor Says Pick Your Nose And Eat it.....	44

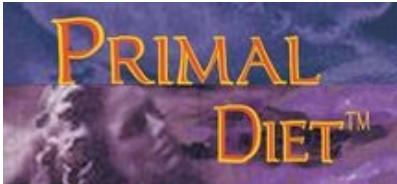


The Primal Diet™ Newsletter

Volume Two (2007)

Table of Contents

Primal Diet Newsletter #05 (March 10, 2007).....	1
Quinton; Just Another Marketed “Magic Bullet” Or Real Health Boost ?.....	2
What Is Constipation And How Do We Resolve It ?.....	6
E.coli Are Responsible For Nourishing Our Brains And Nervous Systems.....	8
How Much Energy Should I Expect To Experience ?.....	9
My Research And Experiments Questioned.....	10
Vaccines, All Harmful Or Some Beneficial ?.....	12
Primal Diet Newsletter #06 (June 9, 2007).....	23
Digestive Problems; Causes for Most Intestinal Diseases, Including Colic, Inflammatory Bowel Syndrome (IBS) and Crohn’s Disease.....	24
TB Testing for Teachers and Health Practitioners.....	26
Mercury in fish; Do we absorb it ?.....	27
Toxic chemicals out-gassing into our homes.....	29
Human Papillomavirus (HPV) vaccine.....	33
Man eats live frogs and rats for health.....	34
A wonderful ruling in communist China that we should adopt.....	34
Primal Diet Newsletter #07 (October 30, 2007).....	35
Is Raw Chocolate Made From Whole Raw Cocoa Beans Addictive Or Harmful ?...36	36
If Most Published Medical Studies Are Biased and/or Corrupt, Why Do We Still Believe Them ?.....	40
Considering Chemotherapy As An Option For Cancer ?.....	41
New Source Of Stem Cells: Mouse Sperm.....	42
Primal Diet Newsletter #08 (December 1, 2007).....	44
Theory; Why Mercury Is Not Absorbed When We Eat Raw Fish.....	45
Iron On The Primal Diet, Is It A Problem ?.....	47
Our Ubiquitous Microbial Friends.....	48
Vaccines; Nice Shots Or Not.....	49

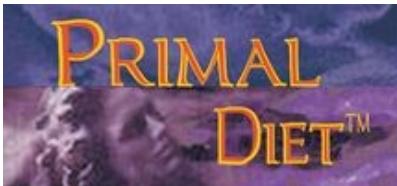


The Primal Diet™ Newsletter

Volume Three (2008)

Table of Contents

Primal Diet Newsletter #09 (March 18, 2008).....	1
View on Medical Establishment.....	2
Safe Cutting Boards.....	3
Bruises, Injuries and Pain – Do We Apply Ice Or Heat ?.....	5
Abrasions, Fractures and Breaks.....	7
Primal Diet Newsletter #10 (May 23, 2008).....	12
How Do Electromagnetic Fields Affect Us ?.....	13
More Clarity On Food-borne Bacterial Contamination.....	18
Since Gerolsteiner Naturally Sparkling Mineral Is In Plastic, What Should I Buy ?.	21
Primal Diet Newsletter #11 (September 19, 2008).....	22
Quality or Quantity ?.....	23
Does Food Affect Behavior ?.....	28
Bad And Good Parasites, And Malaria ?.....	30
How To Use An EMF Meter.....	32
Primal Diet Newsletter #12 (October 7, 2008).....	33
How Toxic is Our Civilized World ?.....	34
Is Raw Milk Always Beneficial Even With Much Bacteria ?.....	46
What Place Do Energy Therapies Take In Healing ?.....	47
Primal Diet Newsletter #13 (November 5, 2008).....	52
What Is Our Likelihood Of Developing Cancer(s) ?.....	53
What Would Happen If Aajonus Ate Some Cooked Meat ?.....	56
What Do We Do About Emerging Plagues ?.....	57
Recent Research Proving That Friendly Bacteria Protect Against Type 1 Diabetes.	59
Primal Diet Newsletter #14 (December 31, 2008).....	60
How To Remove Fear Of Microbes And Embrace Them For Improved Digestion And Health.....	61
Are Raw Miso And Shoyu Healthy Sauces ?.....	65
SUPERFOODS ?! For Vegetarians And Vegans Or Who ?.....	66
Natural Toys, Oh, My!.....	71

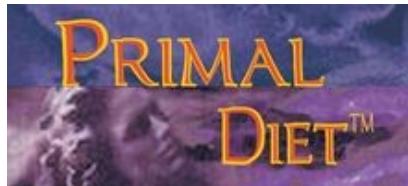


The Primal Diet™ Newsletter

Volume Four (2009)

Table of Contents

Primal Diet Newsletter #15 (February 28, 2009).....	1
Care To Have A Piss Of A Drink With Me ?.....	2
Athletes And Longevity On Primal Diet.....	4
Home-grown Vegetables Blamed For Disease.....	6
Multiple Lacerations Healed Without Medical Help.....	11
Primal Diet Newsletter #16 (October 1, 2009).....	17
My Survival Kit.....	18
H1N1 (Swine) Flu Epidemic, Fact or Hoax ?.....	20
Japanese Study Shows That Chubby People Live Longest.....	31
Primal Diet Newsletter #17 (November 25, 2009).....	32
Abduction and Injections.....	33
Primal Diet Newsletter #18 (December 7, 2009).....	65
What Should We Consider For Health When Buying A New Car ?.....	66
Do People On Primal Diet Have More Gum And Tooth Diseases ?.....	68
Are Citizens Being Attacked By Their Governments ?.....	70
SUBJECTIVE Effects of Dietary and Environmental Pollution on Children's Sleep... <td>74</td>	74
Primal Diet Newsletter #19 (December 21, 2009).....	75
Knowing Some Of Ingredients In Forced Injections With Hair And Iridology Analyses.....	76
With Mercury Found In Wild Animals, Do We Need To Be Extra Careful ?.....	81
What Is Nutrient Value Of Dehydrated foods ?.....	83
What Is Nutrient Value Trace Minerals; Should We Add More ?.....	84
Is It True You Eat Buckets Of Cow Dung ?.....	86

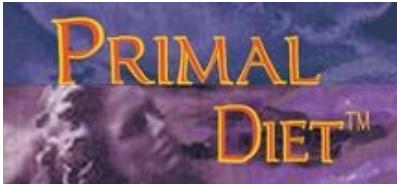


The Primal Diet™ Newsletter

Volume Five (2010)

Table of Contents

Primal Diet Newsletter #20 (January 19, 2010).....	1
Oysters – Special Food In Our Toxic World.....	2
Is Eating Pickled Fish Better For Health Than Fresh Fish; Does Pickling Preserve Fish ?.....	4
Can We Preserve Raw Chicken In Vinegar Or Lemon Juice ?.....	5
Can We Preserve Raw Fish In Oil ?.....	5
Resolving Early Morning Racing Mind.....	6
Quick Alternative Cure For Arthritis; True Or False ?.....	7
Are There Aggressive Treatments For Cancer ?.....	9
Proof Of Long-term Delayed Detoxification; 58 Years Later.....	11
Primal Diet Newsletter #21 (April 25, 2010).....	17
Eating Out, Is It Safe ?.....	18
Cholesterol, Should I Be Concerned about LDL and HDL levels ?.....	22
A Reiteration.....	22
Fresh-water Lakes And Streams Polluted With Mercury, 100%.....	23
Loss Of My Biohazards Research But Another Book That Vilifies Pollution.....	24
Whole Foods Markets, Inc.; Friend To Better Health Or Foe ?.....	26
Primal Diet Newsletter #22 (June 14, 2010).....	28
Microbe Food-Poisoning; Fact or Fiction ?.....	29
Primal Diet Newsletter #23 (October 26, 2010).....	36
Bacteria and Other Microbes Are Responsible for Vibrant Health.....	37
Primal Diet Newsletter #24 (December 31, 2010).....	49
Declaring Our Rights To Our Body, Health, Prosperity And Happiness.....	50
Protecting Ourselves From Common Medical Treatments During Emergencies....	58



The **Primal Diet™** Newsletter

Volume Six (2011)

Table of Contents

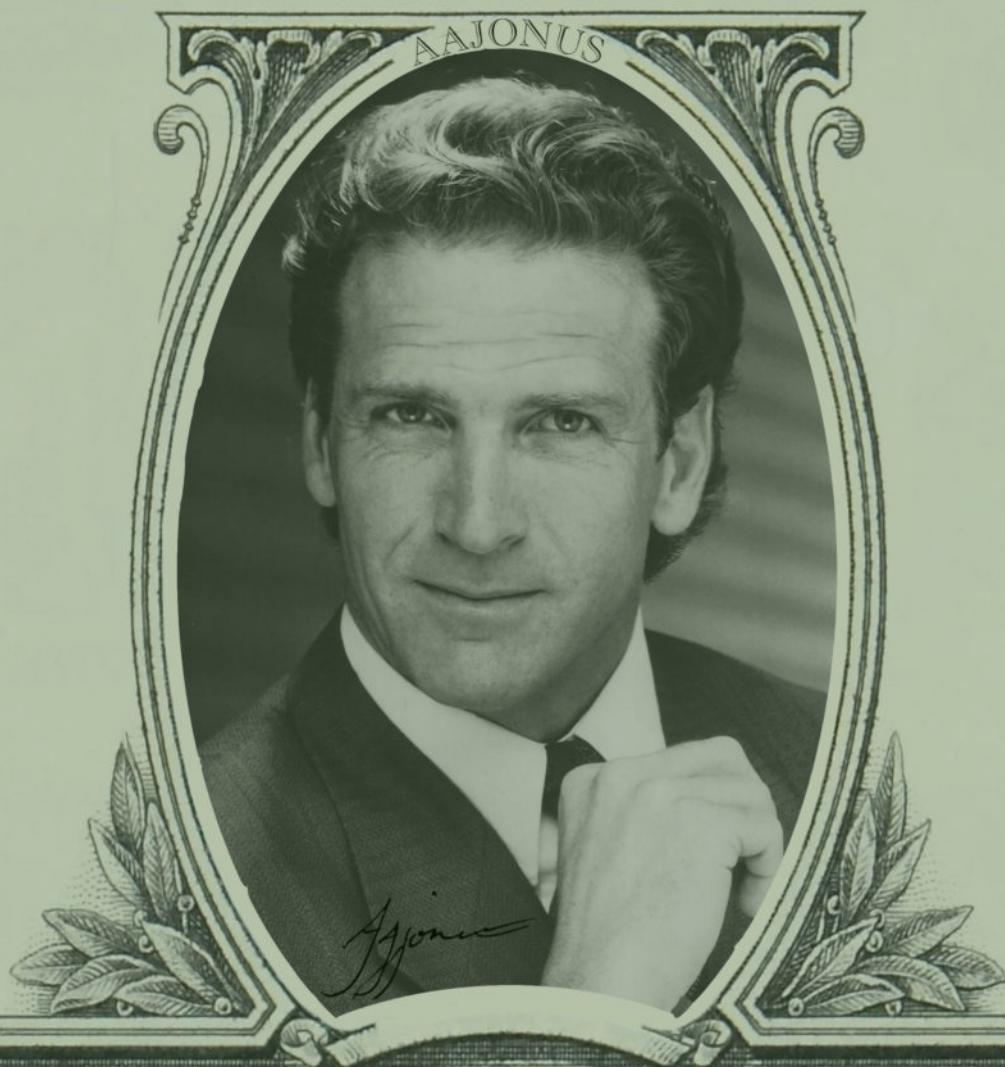
Primal Diet Newsletter #25 (March 11, 2011).....	1
MRIs – How Bad Are They?.....	2
Medical Researchers Proved 90% Medical Research Is False.....	4
Chemical Burns Can Be Devastating But Managed And Healed.....	6
Who Has The Right To Institutionalize Me ?.....	19
Primal Diet Newsletter #26 (September 30, 2011).....	21
Ball and Kerr Jar Lids, Are They Plastic Coated and Toxic or Not ??.....	23
Chemicals Used to Protect Food From Bacteria; Harmful.....	25
How Long Does It Take To Understand The Primal Diet™ ?.....	27
Enduring and Persisting Through Difficult Detoxification.....	29
Primal Diet Newsletter #27 (December 12, 2011).....	56
Is It Good To Donate To Charities That Feed The Poor and Starving ?.....	57
Bacteria, Bacteria, Bacteria; and How It Relates to Antibiotics in Feed and Affects the Immune System? Is There an Immune System ?.....	60
Summary report of the March 2010 Campylobacter outbreak involving consumption of raw milk.....	66
Primal Diet Newsletter #28 (December 28, 2011).....	77
Does Drinking Raw Milk and Eating No-Salt Raw Cheeses Cause Bladder, Kidney, Liver or Gallbladder Stones ?.....	78
What Foods Help Our Bodies Dissolve Plaque from Our Circulatory Systems?.....	86
Is The Science of Viruses Real ?.....	88
Does Rabies Exist ?.....	90

The Newsletter

Volume Seven (2012-2013)

Table of Contents

Primal Diet Newsletter #29 (July 7, 2012).....	1
Long-term Damage From Abduction and Forced Injections.....	2
Repeated Surgeries Resulted In Thick Scars; Do I Need Another Surgery ?.....	7
Severe Back Deterioration; Can It Be Reversed or Even Helped ?.....	12
How Much Bacteria Are We Today ?.....	15
Primal Diet Newsletter #30 (October 30, 2012).....	18
How Do Our Bodies Function In Regards To Thyroid, Digestion, and Blood-Sugar, As Seen Through A Case Study Of Thyroid Cancer ?.....	19
According To Medical Research, Normally We Cannot Grow In Height After Age 21 But We Will Shrink.....	30
Primal Diet Newsletter #31 (December 2, 2012).....	31
At What Age Is Death Inevitable ?.....	32
Does Raw Milk Do A Body Good ?.....	34
Needles Of Disease and Death Continue In The Name Of Saving Children.....	37
Why Do Most Physicians Refuse Chemo-treatments ?.....	46
How Can EMFs Cause Death Prematurely ?.....	47
Child Is Cured By Eating His Mother's Feces; or Eat Shit And Live!.....	50
Primal Diet Newsletter #32 (August 12, 2013).....	53
How Are Nutrients Delivered To Our Cells ?.....	54
What Role Do Genetics and Microbes Play In Disease ?.....	58
Hard Look At Disease Instigated By Corporate and Governmental Tyranny.....	59



"My Primal Diet Newsletters focus on issues that show the problem and solutions/remedies.

Thank you for your interest in and appreciation for my work. I continue to wish all of you wonderfully healthy futures!"

Aajonus