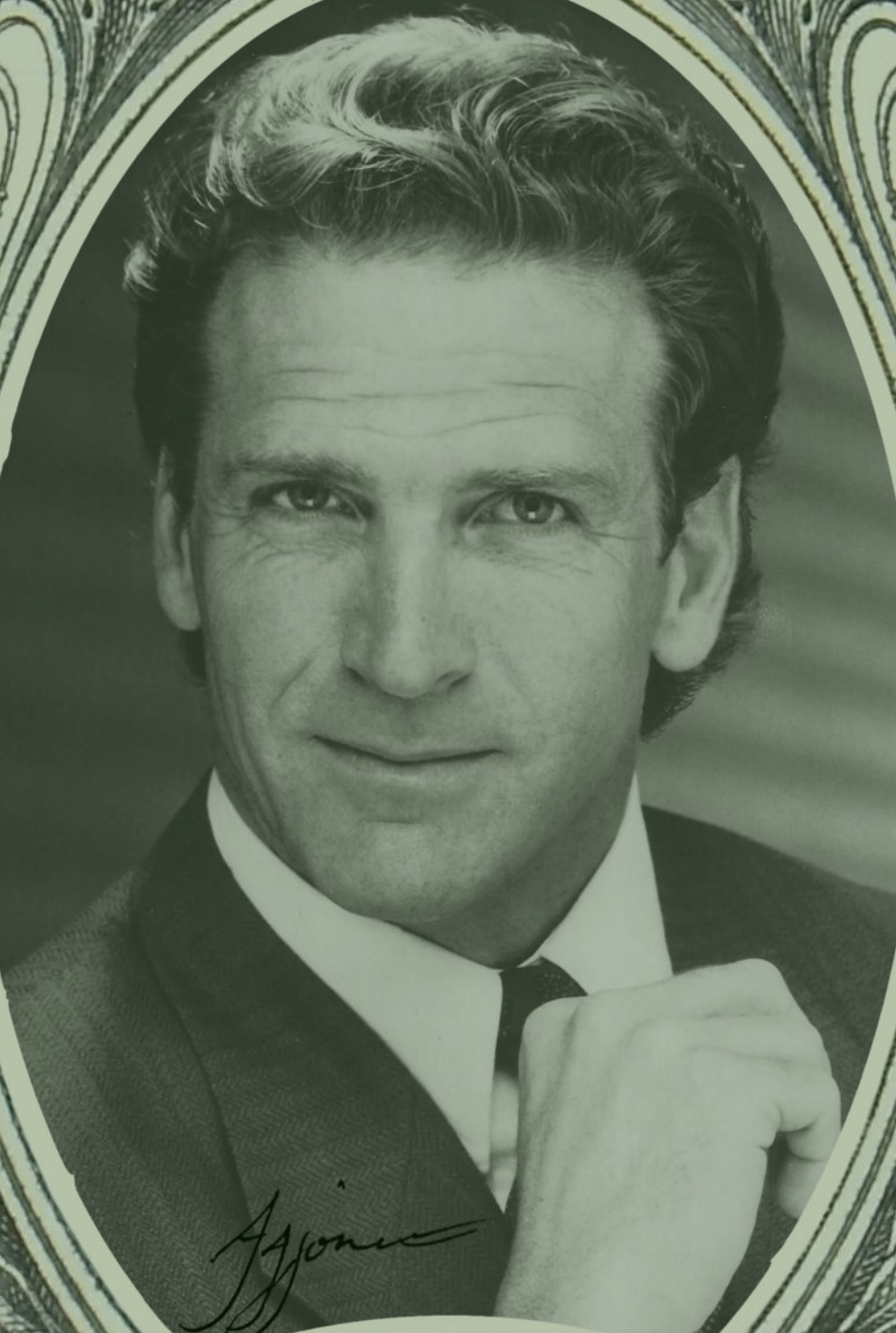


AAJONUS



*Ajonus*

Sample and Info

the PRIMAL DIET

PRIMAL DIET™ NEWSLETTERS

# **The Primal Diet Newsletters – Volume 1 (2006) to 7 (2012-2013)**

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# The Newsletter

**Volume 1 (2006) – Volume 7 (2012-2013)**

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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](mailto: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 1 (2006)**

**Primal Diet Newsletter #01 (April 19, 2006)**

Soy Toxicity in Poultry Meat and Eggs (ask your grower to select better feeds)

Arsenic in Poultry Meat and Eggs; another cancer connection (with quantities of arsenic per packages tested)

Benzene, cancer and soft drinks connection (the FDA continues its harmful-to-the-public relationship with industry, and suggested remedy for removing Benzene from the body, naturally)

**Primal Diet Newsletter #02 (June 19, 2006)**

FLU – Viral Tools Improve Health

Chemtrails – Defending Ourselves With Diet Until We Can Stop Them

Diarrhea-based Detoxification Hotel By Medical Doctors

**Primal Diet Newsletter #03 (September 5, 2006)**

Dental Hygiene, Causes of Decay and Reversal, and Re-enamelization

Fermented Vegetables; the Good, Bad and Stinky

Exercise; the Good, Bad and Beautiful

Medical Terrorist Propaganda about Inflammatory Breast Cancer

The FDA Approved 5 Viruses for Food Treatment

## **Primal Diet Newsletter #04 (December 12, 2006)**

### **Part 1**

Will Pharmaceuticals, Chemical and Agribusinesses control our lives through federal, state and local governments?

Factually, what causes diseases today?

Is the push to medicate, our greatest demise? (comments on vaccines, etc.)

We have incredibly advanced: to where and what? (with comments about life-spans, pollution, big pharma)

Will we have good food that creates good health? (comments about GMO)

Have Monsanto and Dow threatened our meat supply too?

Are We Facing Outlawing Natural Farming And Legislatively Imposing Only Chemical Farming?

Have we lost all Reagan & Schwarzenegger-like tough guys? (and how we are taught to fear bacteria, etc.)

## **Primal Diet Newsletter #04 (December 12, 2006)**

### **Part 2**

FDA Rules That Six Viruses Used For Treating Meat Are Safe For Human Consumption

Are We Going To Continually Pay For The Medical Mass Poisoning Of Our Neighbors And The Human Race?

Top Aussie Doctor Says Pick Your Nose And Eat it



# The Newsletter

## **Primal Diet Newsletter #01 (April 19, 2006)**

I struggled for four decades to recover from multiple "incurable" diseases and death-cap mushroom poisoning. My work and Primal Diet focus on helping bodies detoxify from pollutants that cause disease, whether from medicine, cooking or other industrial toxins, and helping bodies heal themselves. Stored pollutants in our bodies can raise their toxic heads at any time in our lives and cause serious problems from infancy to elderly, including cancer. Also, I work to avoid and prevent pollutants from entering the body. My bi-monthly newsletters focus on issues that show the problem and solutions/remedies. All issues require subscription for reading at [www.WeWant2Live.com](http://www.WeWant2Live.com). Thank you for your interest in and appreciation for my work. I continue to wish all of you wonderfully healthy futures!

At the time that I wrote these articles, any link referenced was functional. I do not control those links or websites that contain that info. If a link no longer works when you click it, search on the internet for other locations for the same info.

### **In this issue:**

- Soy Toxicity in Poultry Meat and Eggs (ask your grower to select better feeds)
- Arsenic in Poultry Meat and Eggs; another cancer connection (with quantities of arsenic per packages tested)
- Benzene, cancer and soft drinks connection (the FDA continues its harmful-to-the-public relationship with industry, and suggested remedy for removing Benzene from the body, naturally)

## **Soy Toxicity In Poultry Meat And Eggs**

**Ask your grower to select better feeds.**

by Aajonus Vonderplanitz

(Remedy to remove soy toxicity is in last paragraph)

Eliminate Soy Toxicity In Poultry Meat And Eggs: Many poultry feeds contain antibiotics, hormones, arsenic and toxic soy protein. The reasons that arsenic is used in feed are to keep insects and rodents from eating feeds, and as an antibiotic. Antibiotics are used to suppress symptoms of and hide diseases. Hormones and soy proteins are used to hasten and increase growth. All of those compounds are toxic and dangerous, causing diseases, including cancer, heart, osteoporosis and diabetes. I covered Arsenic in my accompanying article, "Arsenic In Poultry Meat And Eggs; Another Cancer Connection". Here, of course, the topic is soy.

Soy must be treated to alter natural substances in it that cause sickness or death to poultry and humans when eaten. The beans must be bathed in acidic baths and heated at extreme temperatures. Then they spray-dry it with nitrates to produce protein powder, and add artificial (chemical) flavorings, MSG, preservatives, sweeteners and other synthetic ingredients to trick the pallet of poultry and humans to eat the toxic matter.

According to Dr. Jonathan V. Wright, MD, nitrates have been known for decades to cause cancer, yet the FDA allows them in many foods. Soy contains many phytoestrogens, IGg and trypsin inhibitor that have caused cancers and inhibited growth in hundreds of animals. There are many websites that site toxicity and tests utilizing soy chemicals. Search: "Soy toxic".

Poultry, especially chicken fed high ratios of soy protein to increased meat and egg production, taste unappetizing. The more soy in the feed, the blander and oddly unappealing is the taste. Fifty years ago, the population would have rejected eggs and poultry meat that tasted like that. Poultry grown on mainly corn and other grains is rich and healthy-tasting, as well as health-giving.

Very often, poultry meat and eggs that are labeled organic are fed mainly soy, such as Rosie Organic Chicken. It is not only a misnomer, it is an outright advertising fraud. Even though the soy that is fed to its chickens was organically grown, when the soy is processed with chemicals and used as feed, it fails to be organic. Rosie "Organic" Chicken feeds its chickens up to 75% chemically-treated and processed soy.

To get your poultry and eggs producers to grow tastier and healthier meat and eggs, I suggest that you write to them, give them this information and ask them to feed their poultry raw meat scraps (fresh or rank poultry love rank raw meat because they



are omnivorous scavengers) for protein, and corn and other grains for delicious, flavorful and healthy meat and eggs. If they need a good mineral supplement to make eggshells stronger, suggest that they add a little Terramin clay ([www.terramin.com](http://www.terramin.com)) to their feed.

To gradually remove soy byproduct toxicity from within the body, I suggest eating a combination of 2-3 ounces coconut cream, 1-inch cube no-salt-added raw cheese, 1 tablespoon unheated honey, 2-3 inches section of unripe raw banana and 1-3 raw eggs. Eating enough raw meat daily helps remove body-stored soy protein toxicity.

## **Arsenic In Poultry Meat And Eggs; Another Cancer Connection**

### **Avoiding arsenic in poultry and eggs, and how to remove arsenic from the body**

by Aajonus Vonderplanitz

Many laboratory tests have proved that arsenic causes cancer even at low levels currently found in our environment. Also, evidence suggests that arsenic contributes to other diseases, such as diabetes, heart, and decline of mental function. Humans are exposed to arsenic directly from its natural occurrence in the earth's crust but arsenic is mined and then used commercially. Drinking water, rice, and playground equipment are a few of the daily exposures to cancer-causing arsenic. The Environmental Protection Agency (EPA) finally lowered its long-outdated arsenic drinking-water standard by fivefold in 2001.

Arsenic contaminates many of your favorite foods, including rice and chicken, intentionally. In this article, we focus on chicken meat and eggs. For many decades, chicken farmers have been feeding chickens arsenic to hasten and increase growth and conceal symptoms of disease at youthful stages of chicken development. Of the 8.7 billion American broiler chickens produced each year, at least 70 percent have been fed arsenic.

Some of that arsenic remains in chicken meat; the following chart shows how much by brand and cut.

<b>Brand of Chicken</b>	<b># of packages tested</b>	<b>Average Arsenic ppb</b>
Smart Chicken Breast, nonorganic	5	1.7
Smart Chicken Thighs, nonorganic	5	1.5
Smart Chicken Breast, organic	5	2.0
Raised Right Leg quarters	5	1.6
Raised Right Breasts	5	ND
Gerber's Amish Chicken Breasts	5	ND
Gerber's Amish Chicken Thighs	5	ND
Gold'n Plump Breasts, boneless	5	20.2
Gold'n Plump Leg quarters, thighs or drumsticks	5	12.0
Gold'n Plump Livers	5	221.8
Perdue/Roundys Breasts, boneless	5	21.2
Perdue/Roundys Leg quarters	5	20.1
Kadejan Breasts, free roam	5	2.1
Kadejan Thighs	5	5.3
Kadejan Liver, free roam	5	ND
Tyson's Chicken thighs, frozen	1	ND
Tyson's Chicken breasts, frozen, skinless	1	ND

<b>Brand of Chicken</b>	<b># of packages tested</b>	<b>Average Arsenic ppb</b>
Rocky Jr./Petaluma Breast, natural boneless skinless	5	ND
Rocky Jr./Petaluma Range whole leg	5	ND
Rosies Whole leg, organic	5	ND
Rosies Breasts, organic	5	ND
Foster Farms Fryer thighs	5	4.0
Foster Farms Breasts, boneless	5	ND
Trader Joes Thighs	5	8.7
Trader Joes Breasts, boneless skinless	5	7.4
Tyson's Thighs, boneless, skinless	4	4.0
Tyson's Chicken strips	5	ND
Farm Harvest Breast, boneless skinless	5	4.2
Farm Harvest Thighs	5	5.5
Spring River Farms Breasts	5	6.6
Empire Kosher Broiler chicken, whole	5	4.3
Foster Farms Livers	5	5.1
Popeye Breast, mild	5	32.4
Popeye Thigh	5	33.1
McDonald's Chicken select premium breast strips	5	16.8
McDonald's Chicken grilled sandwich	5	15.0
Jack in the Box Fried chicken strips	5	9.8
Jack in the Box Chicken club sandwich, patty onl	5	29.5
Church's Fried breast	5	27.7
Church's Fried thigh	5	46.5
Carl's Jr.Fried breast strips	5	15.9
Carl's Jr.Santa Fe Chicken Sandwich, patty only	5	11.0
Subway Chicken sandwich	5	4.9
Arby's Chicken sandwich	5	15.3
Wendy's Chicken grilled chicken breast	5	15.9
Wendy's Chicken pieces, breaded, fried	5	5.6
KFC Breast, mild	5	3.9
KFC Thigh	5	2.2
Hardee's Chicken breast, no bread	5	7.5
Hardee's Chicken strips, breaded, fried	5	7.1

(ND = none detected)

### **Removing Arsenic Through Combinations of Raw Foods**

Removing bodily storages of arsenic may be accomplished by eating combinations of raw foods, such as 1/3 cup tomato, 2 tablespoons no-salt-added raw cheese and 5-7 leaves of cilantro, or 2-3 ounces raw coconut cream, 1/2 tablespoon unsalted raw

butter, 1 tablespoon raw cream (dairy cream) and 1/2 - 3/4 cup of organically-grown dark berries (such as blackberries, blue berries and boysenberries.

Simply choosing a poultry that is not fed arsenic does not resolve every toxin-issue regarding poultry. See Soy Toxicity In Poultry Meat And Eggs.

<b>Brand</b>	<b>Telephone #s</b>
Tyson Foods Inc.	(800) 424-4253
Gold'n Plump Poultry, Inc.	(320) 251-3570
Gold Kist Inc.	(770) 393-5000
MBA Poultry (Smart Chicken)	(402) 335-2501
Perdue Farms Inc.	(800) 473-7383
Empire Kosher Poultry	(717) 436-5921
Foster Farms	(800) 255-7227
Kadejan	(320) 634-3561
OK Foods, Inc. (Spring River Farms)	(800) 635-9441
Gerber's Amish Chicken	(800) 362-7381
Petaluma Poultry (Rosie, Rocky Jr.)	(800) 556-6789
Cambridge Packing Co. (Raised Right Natural)	(800) 722-6726

**Benzene, Cancer and Soft Drinks Connection**  
**The FDA continues its harmful-to-the-public relationship with industry**  
**How to remove benzene from the body**  
by Aajonus Vonderplanitz  
(Suggested remedy in last paragraph)

Benzene is listed as carcinogenic by the US Food & Drug Administration (FDA). FDA and the beverage industry have been aware of the fact that sodium benzoate and ascorbic acid together form benzene in soft drinks since at least 1990. They even debated about how much a drink's exposure to heat could exacerbate the benzene-problem. There was discussion about reformulating soft drinks to reduce benzene to safe drinking-water levels but nothing was mandated. The FDA set no maximum limit for benzene in soft drinks.

Recently, a concerned industry whistle-blower paid for independent testing and discovered that some soft drinks still contain benzene levels considerably above the limit allowed in water. The story was reported in February 2006 by a BeverageDaily.com investigation. Consequently, FDA re-opened its investigation of the benzene-issue.

An FDA chemist and the US soft-drink association stated that some soft-drink firms might not know of the potential for sodium benzoate and ascorbic acid to form benzene in drinks. Anyone who believes that any multi-billion-dollar-yearly industry is not aware of everything about the chemistry of its products is naive. The chemical reaction of sodium benzoate and ascorbic acid help create the zing and addiction that appeals to soft-drinkers. The soft-drink industry does not want to stop using it in some products even if it causes or helps cause cancer in its customers.

Industry and FDA continue to assure us that consumers are not at immediate risk from drinks containing benzene at the levels found in soft drinks to date. Science, rather than speculative belief, shows that there is immediate harm to soft-drinkers. FDA has knowingly allowed consumers to drink carcinogenic benzene for 15 years and kept those who needed to know ignorant.

For people who consumed soft drinks and want to remove any bodily storage of benzene before it could cause cancer, I suggest that they drink 1-2 cups of raw mixed vegetable juices of only 90% celery and 10% cilantro once daily around noon-time for 5 consecutive days. I suggest that they eat 1 tablespoon of no-salt-added raw cheese and 1 tablespoon of unsalted raw butter or avocado about 20 minutes after drinking the juices. I suggest that they repeat that process every 10 days for 2-6 years, depending on how much soft drinks they consumed.

# The Newsletter

## **Primal Diet Newsletter #02 (June 19, 2006)**

I struggled for four decades to recover from multiple "incurable" diseases and death-cap mushroom poisoning. My work and Primal Diet focus on helping bodies detoxify from pollutants that cause disease, whether from cooking or industrial toxins, and helping bodies heal themselves. Stored pollutants in our bodies can raise their toxic heads at any time in our lives and cause serious problems from infancy to elderly, including cancer. Also, I work to avoid and prevent pollutants from entering the body. My bimonthly newsletters focus on issues that show the problem and solutions/remedies. All issues require subscription for reading at [www.WeWant2Live.com](http://www.WeWant2Live.com). Thank you for your interest in and appreciation for my work. I continue to wish all of you wonderfully healthy futures!

The first article for this issue was motivated by two questions that frequently are asked of me:

Will we have an Avian flu epidemic?  
Should we be afraid of an Avian flu?

### **In this issue:**

- FLU – Viral Tools Improve Health
- Chemtrails – Defending Ourselves With Diet Until We Can Stop Them
- Diarrhea-based Detoxification Hotel By Medical Doctors



## **FLU – Viral Tools Improve Health**

by aajonus vonderplanitz, phd nutrition  
(Remedies are in the last few paragraphs)

Influenzas, also called flu, are primarily viral. Colds are mainly bacterial. As I stated in my books and as you will find in any notable biochemistry book, VIRUSES ARE NOT ALIVE. What the biochemistry books will not explain is that viruses are protein-constructs that disassemble and/or dissolve organic and inorganic structures and particles. Those books lead us to believe that viruses are radical protein structures that indiscriminately destroy cells, causing disease. However, viruses are highly specific solvents produced by cells. The body resorts to viruses when the inter-cellular tissue structures are very contaminated with non-bioactive chemicals. The non-bioactive chemicals can be any thing from processed food to industrial waste. In such cases, the tissues are so contaminated that our bodies natural janitors, bacteria, fungus and parasites, are poisoned to death. The body has no alternative other than to produce and utilize non-living solvents – viruses - to disassemble and/or dissolve industrial toxin-damaged tissues and the toxins that caused them. Supporting that serious diseases are the result of industry, U.S.-government employed anthropologist Vilhjalmur Stefansson in his book Cancer – Disease of Civilization, states that he found cancer did not exist in primitive tribes. Cancer is caused by industrial chemicals, processing and waste. Viruses are ultimately the only tool we have to cleanse ourselves of industrial toxicity. Oncologist Don Morris at Calgary's Tom Baker Cancer Centre said, "It's common to hear that cancer patients who pick up a virus get a regression of their disease."

Viruses do not multiply. When added to fertile petrie dishes that sustain cellular life, not one additional viral protein structure appears. Only when cells are added is there multiplication of viral protein structures. That is because petrie dishes are not the proper environment for cells. Also, the solutions used in petrie dishes that sustains cellular life, are sterilized and toxic, causing intercellular damage that requires viruses to cleanse and maybe even destroy the natural cellular life in the unnatural petrie dishes. In a sterile environment, cells cannot use their normal detoxification-methods that are bacterial, fungal and parasitical. Therefore, viral waste should be expected in petrie dishes containing live cells. Cells produce viruses for self-cleansing in a sterile or industrial toxic environment.

Now that we understand viruses a lot better, I will broach the latest daily medical media hype causing most people to worry about a foreboding, impending AVIAN flu. Although there has never been a killer flu in history, they say it is an impending reality that will find us and kill or maim us. I perceive many of you thought as you read that last sentence, "What about the Spanish flu epidemic of 1918 in which millions of people died." Let's look at it. Considering only one factor inspires

understanding that reality: It was the first time that a flu vaccine was internationally offered by pharmaceuticals. Millions did not die of the flu; they were killed by the flu vaccine. According to researcher R B Pearson who witnessed the Spanish flu "epidemic",<sup>(1)</sup> few people died who received natural therapies during that period. Seventeen of twenty people died employing medical assistance, especially the vaccine. The vaccine was the epidemic.

When I was heavily researching vaccines through the 80's and early 90's, I began where anyone might. I studied everything I could on Louis Pasteur's work. I was shocked to learn, and it is not well known, that not one of Pasteur's laboratory animals survived vaccination. At the time, and as it is today, many physicians wholeheartedly believed in forced immunization. They seemed to ignore the fact that everyday people were exposed to every natural and industry particle. Daily people were naturally inoculated and building resistance, unless they were overdosed or on very poor diets.

What was different in 1916-18 was that the pharmaceutical industry, spearheaded by super-wealthy, supposedly philanthropic, Rockefeller and Carnegie, wanted to prove vaccines worked. They envisioned pharmaceutical miracles and great profits. Like Pasteur, they claimed to believe that vaccines would cure many ills. The Spanish flu vaccine took its toll. How philanthropic were Rockefeller, Carnegie and the injecting physicians? Did they accept responsibility for millions of deaths from their vaccine, or did they blame the Spanish flu? Rockefeller, Carnegie and physicians everywhere knew that if their vaccines were to blame, they would be legally liable. Pharmaceuticals funded the coverup stories written by doctors and writers quoting physicians. They claimed the first recorded killer flu epidemic had finally fallen upon the human race and they were there to fight it with their vaccines. Without any evidence, they claimed that the vaccine prevented millions of deaths. The flu-vaccine failed people but profited Rockefeller and Carnegie. Probably, those responsible believed that it was an important experiment and the casualties were worthwhile. They probably assumed that as pharmaceutical technology progressed, vaccines would ultimately prove helpful to mankind. Has advanced medicine proved flu-vaccines?

Canada's first attempt to prove that flu-vaccines are effective failed miserably. Canadian researchers at the University of Ottawa used their universal free flu vaccine as the proving ground beginning in 2000. It cost Ontario taxpayers more than \$200-million. The researchers published in the journal Vaccine that the average monthly incidence of flu virus jumped over the first five years of the program. "All we do know is rates haven't decreased, and there has been a lot of money spent," said professor Dianne Groll who led the study. "The program was designed to reduce the incidence of flu, and this hasn't yet happened." A faulty plan of the research

structure is that it did not measure the extreme and unusual cases that affect the vaccinated compared to the unvaccinated.

Viral truth:

Viruses are extremely specific solvents to disassembling and/or dissolving exact cellular structures, in many cases preventing cellular death and rendering cells only temporarily nonfunctional. If we were to compare cells to a mechanic, the mechanic finds the specific problem part or system, chooses specific tools (viruses) and removes the specific part of the machine and replaces or fixes it. When viewed from a short-sighted perspective, viruses look destructive. However, if viewed long-term without medical intervention, viruses prove to be beneficial. They provide our bodies with the cellular ability to regenerate themselves. Viruses completely change at least every 72 hours. The cell allows itself about 72 hours of detoxification with a specific virus or set of viruses. Then, it will produce a different virus or set of viruses for different cleansing. The medical and scientific communities identify that as viral evolution. Yet, they know viruses are not alive. Any flu vaccine that is produced is specific to a virus that was obsolete six to eighteen months prior to distribution of the vaccine. Big pharma knows that. If they know that then the vaccine business is a racket all about money.

Nothing in science supports the THEORY that viruses leap from creatures to man. How can viruses leap when they are not alive? Every animal has viruses that disassemble or dissolve similar tissue-structures but putting them in the category of contagion is the same as saying laundry soaps are contagious. The theory is preposterous. Those theorists should be hired only by Hollywood to write inane B-class horror stories.

Does anyone remember the dreaded impending SWINE flu of the mid 1970's? For about one year several times daily, parroting the pharmaceutical and medical industries, media warned us of the swine flu that was leaping from the supposed-dirtiest of creatures, pork, and was going to kill us unless we all received the vaccine. President Ford received his swine-flu vaccine on national TV to prove its safety. Guess who was our vice president? Rockefeller. His pharmaceutical company received \$7 billion dollars of U.S. citizens' hard-earned tax dollars that funded the government-sponsored national assault on the dreaded impending swine flu epidemic of the century. Does anyone remember the death toll? The standard yearly estimate of 30,000-50,000. Does anyone remember why the government-sponsored program disappeared 2 weeks after the free vaccines were initiated?

The government swine-flu escapade was exposed by national consumer advocate Ida Honorof and Dr. E. McBean, PhD, ND. Ida was syndicated in hundreds of national radio programs. She and Dr. McBean filed a lawsuit against President Ford, VP

Rockefeller, the Surgeon General and the US Government for creating and sponsoring the dangerous flu-vaccine. Honorof and McBean predicted that thousands of elderly and children would die as a result of the vaccine and that the Swine flu epidemic was a hoax. The media and medical professionals were ready to prove them wrong or not. Honorof's reputation was impeccable so the media covered the story many times daily for weeks. During the two weeks of giving the "free" vaccine, approximately 2,300 people died within days after receiving the vaccine. Because of media exposure, the vaccine program was stopped.(2) And guess what? There was no Swine flu epidemic that killed millions of Americans. Guess who is still paying for the storage of the \$7 billion of swine flu vaccine? The tax payers. Why are we storing it?

Will it be relabeled Avian flu vaccine? If you think that is preposterous, consider this: In the mid and late 1960's, AZT was a new herald chemical for fighting cancer. A year later, it was banned by the FDA as too toxic. Then in the 1980's, it was pulled from pharmaceutical vaults and prescribed for AIDS patients. There was no research proving or disproving efficacy of AZT with AIDS patients but pharma needed to make a profit from its flop. The FDA approved it. Nearly every AIDS patient who received AZT died and pharma made a grand profit.

Finally, to the point:

Since flu are a natural response to bodily toxicity, and viruses are created by cells to self-cleanse, we should not focus on stopping flu. Stopping flu causes the accumulation of toxicity and waste that would lead to severe diseases. If we focus on helping our bodies virally detoxify with diet and lifestyle during each flu, we will rid our bodies of some of the dangerous disease-causing waste. There is no other rational approach to influenzas.

If we believe and analyze the observations of Dr. Weston Price and similar researchers, we can safely assume that cooked food causes no more than 10% of diseases. Industrial toxicity, even in our modern technologically sanitary world, causes 90% of all diseases, and their chronic and fatal extremes. If we believe and analyze the work of Dr. Francis Pottenger, MD and Edward Howell, we can also safely assume that in such a toxic world, a near 100% raw-food diet that is heavy in fat is disease-preventative and disease-reversing.

## **Remedies section**

With over 30 years experimenting and utilizing different raw-food formulas, I derived two regimes that work most effectively to insure proper flu-detoxification, waste removal and regeneration. They are the same for colds, pneumonia and most intense detoxification. Note that Colds and flu are the heavy process of secreting and excreting the accumulated waste from prolonged detoxification. The detoxification

may have lasted months to years. In some cases, the secretion and excretion of detoxification-waste may take many months. We must conserve energy during such a radical elimination because so many nutrients will be utilized to harness the waste. Since raw eggs are the most easily digestible complete food, they should be the primary food consumed during flu.

My suggested dietary regimes for influenza are:

1/2 to 1 pound fowl daily

2 to 3 MOISTURIZING/LUBRICATION FORMULA DRINKS daily (preferable), see page 146\*, or 2 to 3 MILKSHAKES, see page 57\*

1 SMOOTHIE, see pages 58-59\*

Or the following regime works the best but may not be as convenient:

From the moment we awaken, I suggest consuming:

1 raw egg every 30-60 minutes

After each raw egg, eat 1 teaspoon MOISTURIZING/LUBRICATION FORMULA DRINK, see page 146\*

At about 3 PM, eat a grapefruit with either avocado or raw cream

At about 7 PM, eat 1/2-1 pound fowl or oceancaught fish.

Immediately before sleep, consume 1 cup warm raw milk or raw kefir.

Once every 3 days, drink a green vegetable juice consisting of 85% celery, 5% carrot and 10% parsley first thing in the morning, followed 30 minutes later with the first egg.

Either regime, or alternating them daily, should be followed until symptoms have subsided and normal functions resume.

## References

\* The Recipe For Living Without Disease, Aajonus Vonderplanitz, Ph.D. Nutrition, Carnelian Bay Castle Press (2002).

1. Man's Correct Diet, R.B. Pearson, Health Research (1921).

2. Vaccinations – The Silent Killer, A Clear And Present Danger, Ida Honorof and E McBean, Ph.D, N.D., Honorof McBean (1977).

## **Chemtrails – Defending Ourselves With Diet Until We Can Stop Them**

by aajonus vonderplanitz, phd nutrition

(Remedies are in last few paragraphs)

Since I sent my announcement about chemtrails, I received many replies asking if the Primal Diet prevents diseases that normally result from contaminants in chemtrails, mainly aluminum and barium.

Firstly, let's look at the diseases that have been reported to be caused by those elements. ALUMINUM affects the Zeta potential, that is the ability for nutrients to suspend in whatever liquid-medium that transports them. In our bodies, those mediums are blood, neurological and lymphatic fluids. If our bodies do not have the proper nutrients and ability to contain and neutralize aluminum, our blood would be affected. We could find our abilities to utilize oxygen and remove carbon dioxide impaired. That could leave us: 1) short of breath even though inhaling and exhaling fully, 2) with lowered energy, 3) feeling imbalanced and thirsty, 4) sleepy and lethargic, and 5) generally unsatisfied.

If our bodies do not have the proper nutrients and ability to contain and neutralize aluminum, our nervous systems would be affected. We could find our abilities to think and remember slower than normal. That could leave us: 1) more forgetful, 2) unable to maintain perspectives, 3) faulty organizational skills, 4) attention deficit, and 5) thinking in tangents.

If our bodies do not have the proper nutrients and ability to contain and neutralize aluminum, our lymphatic systems could be affected. Our abilities to cleanse and heal could be impaired. That could leave us: 1) sore and bruised, 2) fatigued, 3) easily burned and less able to acclimate to higher temperatures with irritable skin, 4) dry skin, and 5) sensitivity to light.

BARIUM salt is an alkaline earth metal that is toxic in mammalian systems. "They are absorbed rapidly from the gastrointestinal tract and are deposited in the muscles, lungs, and bone. The barium that is excreted is primarily eliminated in feces. At low doses, barium stimulates muscles and at higher doses affects the nervous system eventually leading to paralysis. Acute and subchronic oral doses of barium cause vomiting and diarrhea, followed by decreased heart rate and elevated blood pressure. Higher doses result in cardiac irregularities, weakness, tremors, anxiety, and dyspnea. A drop in serum potassium may account for some of the symptoms. Death can occur from cardiac and respiratory failure. Acute doses around 0.8 grams can be fatal to humans."(1)



The FDA and EPA have done extremely little to monitor the effects of barium because the medical profession uses it so freely as a contrast for x-rays, and the military industrial complex is responsible for so much of it being released into air, water, land and consequently food. If barium were linked with diseases that result from barium toxicity, lawsuits would most likely flood the legal system. However, diseases resulting from barium toxicity are less than diseases resulting from mercury or thallium toxicity. Mercury is listed by the FDA as the most toxic element on Earth; a neuro-toxin. Yet, mercury is used in most injected medicines and amalgam dental fillings. So who is the FDA protecting? Obviously, pharmaceuticals, medical professionals and the military industrial complex.

### **Remedies section**

Now let's consider ways of preventing metallic toxicity. There are several ways that the body captures, contains and discards metallic substances: 1) ionic attraction, that is, bio-linked units of minerals and other complex nutrients that attract and attach to free-radical metallic minerals, such as barium and aluminum, 2) lipids, that is, fats that envelop free-radical metallic minerals, and 3) white blood cells that ingest or envelop free-radical metallic minerals.

Firstly, we must always consider that when a food is heated above 104° F, bio-links are disassembled, forming free radicals that must be reassembled if they are not to cause complications in our bodies. Therefore, raw foods are the only foods that do not tax the body. Raw foods also give our bodies more nutrients to correct imbalances, such as those created by metallic toxicity.

Secondly, let's consider the raw foods that give us minerals for ionic attraction, fat to produce lipids, and protein and fat for breeding white blood cells. The most concentrated food in minerals is no-salt-added raw cheese. Because cheese is a dehydrated food, it is not digested and utilized well for cellular health even when cheeses are raw. Our bodies work very differently with cheeses than raw milk. Because cheeses lack most bio-active links that are in raw milk, the body utilizes much of it as sponges that attract and absorb toxins, including free-radical metallic minerals.

The most digestible and utilizable fat and protein are in raw eggs that can help us more easily breed white blood cells, and supply lipids to envelop free-radical metallic minerals. Avocado and butter supply the body with plenty of fat for appropriate lipid-production. However, the most aggressive fatty nutrients to dissolve and envelop free-radical metallic minerals are obtained in raw coconut cream. An animal fat, such as butter and/or cheese, usually should be eaten with coconut cream to insure that enough lipids are available to escort the toxins out of our bodies.

In extremely toxic situations, I have witnessed that some people's bodies utilized cooked starch when eaten with plenty of raw fat, to capture, contain and eliminate free-radical metallic minerals. However, generally those people had less energy and experienced more fatigue, unless they were high-adrenaline-producing individuals.

Another food that offers our bodies nutrients to attract and contain free-radical metallic minerals is cilantro. It is best always to consume raw fat when eating cilantro or drinking cilantro juice. Also, consider that eating or drinking too much cilantro can cause our bodies to detoxify old storages of free-radical metallic minerals. The result of a too-aggressive metal-detoxification is irritability, fatigue, constant nausea, vomit, diarrhea, headaches, joint pain, and other symptoms. Therefore, I suggest that cilantro be eaten or drunk in very small quantities, no more than 2-3 tablespoons daily.

The free-radical metallic minerals that cause so much disease are poisons even when absorbed in small doses. The greatest feat of our bodies is to control the damage caused by daily absorption of free-radical metallic minerals and prevent them from storing in our bodies where they would continue to damage us. The Primal Diet may seem magical to most people but whether it will prevent a particular body from succumbing to the diseases from our pollution-filled civil world is not assured. The Primal Diet is the best defense that I have encountered and observed.

Now, we have to stop governments from spraying toxins in our air in the name of and guise of anything, including whether modification.

## **References**

1. A. A. Francis, M.S., D.A.B.T., and Carol S. Forsyth, Ph.D., Chemical Hazard Evaluation Group in the Biomedical and Environmental Information Analysis Section, Health Sciences Research Division, Managed by Martin Marietta Energy Systems, Inc., for the U.S. Department of Energy under Contract No. DE-AC05-84OR21400. (1996)

## **Diarrhea-based Detoxification Hotel By Medical Doctors** **And You Thought Aajonus Was Just A Little Nuts**

by aajonus vonderplanitz, phd nutrition  
(Suggested remedy in last paragraph)

A novel new 40-million-US dollars health clinic is being constructed at Phuket, Thailand, reported The Phuket Gazette April 2, 2006. It will be the world's first detoxification hotel consisting of 150 rooms specializing in state-of-the-art diarrhea-based treatments. I kid you not.

Dr Somchai Hongnamsakul of Johns Hopkins University told a press conference that the facility would offer patented self-induced diarrhea regimens. Explaining the new therapy, Dr Hongnamsakul said, "The word 'detoxification' is widely used these days, but much misunderstood. Some spa treatments touted as detoxifiers, such as aromatherapy and oil massage, actually have no clinically proven detoxifying effect whatsoever. Diarrhea, on the other hand, is nature's most potent detoxification strategy. Its purgative effects on the human system are indisputable," he said. "Induced diarrhea can also be an effective tool for weight loss. It is our considered belief that it may also be useful in treating people who exhibit anal-retentive behavior. Right now we can see no end to the number of uses of the therapy," he said.

Guests at the detoxification hotel (termed "detoxotel") will be treated from 3-14 days. Each guest will receive comprehensive tests to determine which of many known diarrhea-causing bacteria matches the patient's needs, and the precise dosage. The doctor stated that detoxification initializes when the bacteria begin to multiply in the digestive tract and the body naturally tries to expel the toxicity. "We have an effective biological agent for just about anyone, including the most well-traveled people who have already become immune to the bacteria responsible for Montezuma's Revenge, Bangkok Belly and many other strains known to cause diarrhea. We will be able to administer effective antibiotics for any of the strains we use, allowing us to bring the treatment to an end in a matter of hours, if necessary," Dr. Hongnamsakul said. He admitted that an aggressive public relations campaign would be needed to overcome negative preconceptions about diarrhea.

"We understand that many people harbor negative ideas about diarrhea, but our aim is to change that. When people see just how luxurious our open-plan bathroom designs are, with marble tiles, built-in plasma screen TV connected to 57 cable channels, and even a mini-bar, they'll soon come to realize that a week with diarrhea can actually be an enjoyable experience," he said. He claimed that their SID method is far more effective than other detoxification strategies, such as fasting. "Fasting can detoxify the system, but it takes too long – and most people just don't have the

required self-control to refrain from food for that long, which, in many cases, is why they need detox in the first place. Unlike at fasting resorts, which charge guests hundreds of dollars a day without having to provide them with meals, our facility will allow guests to eat as much as they want – it won't make any difference. They will be able to order from room service with our discreet staff serving them on specially-designed toilet serving trolleys. And our cuisine will be second to none. We plan to bring in some of the world's top chefs from Europe." Guests at the facility will be monitored regularly by licensed physicians to ensure they do not suffer dangerous side effects. (End of report.)

### **Remedies section**

Firstly, I have nothing to do with this new detoxotel. It is owned and will be operated by licensed medical doctors. Through my books, you know that I consider diarrhea the second best natural method of quickly dumping toxins. The first, of course, is vomit. In vomit, we do not lose so much fluid and nutrients. Vomit is mainly poison-laced mucus and digestive juices. Vomit is created when our bodies use our stomachs as the elimination point.

I do not know anything about those doctors' knowledge of detoxification but vomit and diarrhea are most often byproducts of detoxification that occur other than in the digestive tract. When focusing a therapy to induce diarrhea, only the intestinal tract is likely to be detoxified. However, whether experiencing diarrhea or vomit, the safe and practical remedy to reduce vomit and diarrhea is eating no-salt-added raw cheese, not taking antibiotics. Antibiotics damage digestive abilities and cause a myriad of other side effects, such as Chron's disease, chronic fatigue, eczema and psoriasis.

PDN 3-4 of Volume 1 are not included in this sample.

# The Newsletter

## Volume 1 (2006)

### **Primal Diet Newsletter #01 (April 19, 2006)**

Soy Toxicity in Poultry Meat and Eggs (ask your grower to select better feeds)

Arsenic in Poultry Meat and Eggs; another cancer connection (with quantities of arsenic per packages tested)

Benzene, cancer and soft drinks connection (the FDA continues its harmful-to-the-public relationship with industry, and suggested remedy for removing Benzene from the body, naturally)

### **Primal Diet Newsletter #02 (June 19, 2006)**

FLU – Viral Tools Improve Health

Chemtrails – Defending Ourselves With Diet Until We Can Stop Them

Diarrhea-based Detoxification Hotel By Medical Doctors

### **Primal Diet Newsletter #03 (September 5, 2006)**

Dental Hygiene, Causes of Decay and Reversal, and Re-enamelization

Fermented Vegetables; the Good, Bad and Stinky

Exercise; the Good, Bad and Beautiful

Medical Terrorist Propaganda about Inflammatory Breast Cancer

The FDA Approved 5 Viruses for Food Treatment



## **Primal Diet Newsletter #04 (December 12, 2006)**

### **Part 1**

Will Pharmaceuticals, Chemical and Agribusinesses control our lives through federal, state and local governments?

Factually, what causes diseases today?

Is the push to medicate, our greatest demise? (comments on vaccines, etc.)

We have incredibly advanced: to where and what? (with comments about life-spans, pollution, big pharma)

Will we have good food that creates good health? (comments about GMO)

Have Monsanto and Dow threatened our meat supply too?

Are We Facing Outlawing Natural Farming And Legislatively Imposing Only Chemical Farming?

Have we lost all Reagan & Schwarzenegger-like tough guys? (and how we are taught to fear bacteria, etc.)

## **Primal Diet Newsletter #04 (December 12, 2006)**

### **Part 2**

FDA Rules That Six Viruses Used For Treating Meat Are Safe For Human Consumption

Are We Going To Continually Pay For The Medical Mass Poisoning Of Our Neighbors And The Human Race?

Top Aussie Doctor Says Pick Your Nose And Eat it

# The Newsletter

**Volume 2 (2007)**

## **Primal Diet Newsletter #05 (March 10, 2007)**

Quinton; just another marketed “magic bullet” or real health boost?

What is constipation and how do we resolve it? (including some remedies in the book as well as reference to E.Coli)

E.coli are responsible for nourishing our brains and nervous systems

How much energy should I expect to experience? (and the various factors affecting it)

My research and experiments questioned (relating to the experiments Aajonus paid labs to do, that now belong to the labs, but these will be published under other contexts)

Vaccines, all harmful or some beneficial? (plus the revealing Q & A interview by reporter Jon Rappoport)

## **Primal Diet Newsletter #06 (June 9, 2007)**

Lobbying in Washington, DC for raw milk

Digestive Problems; Causes for Most Intestinal Diseases, Including Colic, Inflammatory Bowel Syndrome (IBS) and Crohn’s Disease

TB Testing for Teachers and Health Practitioners

Mercury in fish; Do we absorb it ?

Toxic chemicals out-gassing into our homes

Human Papillomavirus (HPV) vaccine

Man eats live frogs and rats for health

A wonderful ruling in communist China that we should adopt

### **Primal Diet Newsletter #07 (October 30, 2007)**

Is Raw Chocolate Made From Whole Raw Cocoa Beans Addictive Or Harmful ?

If Most Published Medical Studies Are Biased and/or Corrupt, Why Do We Still Believe Them ?

Considering Chemotherapy As An Option For Cancer ?

New Source Of Stem Cells: Mouse Sperm

### **Primal Diet Newsletter #08 (December 1, 2007)**

Theory; Why Mercury Is Not Absorbed When We Eat Raw Fish

Iron On The Primal Diet, Is It A Problem ?

Our Ubiquitous Microbial Friends

Vaccines; Nice Shots Or Not

# The Newsletter

**Volume 3 (2008)**

**Primal Diet Newsletter #09 (March 18, 2008)**

View on Medical Establishment

Safe Cutting Boards

Bruises, Injuries and Pain - Do We Apply Ice Or Heat ?

Abrasions, Fractures and Breaks

**Primal Diet Newsletter #10 (May 23, 2008)**

How Do Electromagnetic Fields Affect Us ?

More Clarity On Food-borne Bacterial Contamination

Since Gerolsteiner Naturally Sparkling Mineral Is In Plastic, What Should I Buy ?

**Primal Diet Newsletter #11 (September 19, 2008)**

Quality or Quantity ?

Does Food Affect Behavior ?

Bad And Good Parasites, And Malaria ?

How To Use An EMF Meter

**Primal Diet Newsletter #12 (October 7, 2008)**

How Toxic is Our Civilized World ?

Is Raw Milk Always Beneficial Even With Much Bacteria ?

What Place Do Energy Therapies Take In Healing ?

**Primal Diet Newsletter #13 (November 5, 2008)**

What Is Our Likelihood Of Developing Cancer(s) ?

What Would Happen If Aajonus Ate Some Cooked Meat ?

What Do We Do About Emerging Plagues ?

Recent Research Proving That Friendly Bacteria Protect Against Type 1 Diabetes

**Primal Diet Newsletter #14 (December 31, 2008)**

How To Remove Fear Of Microbes And Embrace Them For Improved Digestion And Health

Are Raw Miso And Shoyu Healthy Sauces ?

SUPERFOODS?! For Vegetarians And Vegans Or Who?

Natural Toys, Oh, My!

# The Newsletter

**Volume 4 (2009)**

**Primal Diet Newsletter #15 (February 28, 2009)**

Care To Have A Piss Of A Drink With Me ?

Athletes And Longevity On Primal Diet

Home-grown Vegetables Blamed For Disease

Multiple Lacerations Healed Without Medical Help

**Primal Diet Newsletter #16 (October 1, 2009)**

My Survival Kit

H1N1 (Swine) Flu Epidemic, Fact or Hoax ?

Japanese Study Shows That Chubby People Live Longest

**Primal Diet Newsletter #17 (November 25, 2009)**

Abduction and Injections

**Primal Diet Newsletter #18 (December 7, 2009)**

What Should We Consider For Health When Buying A New Car ?

Do People On Primal Diet Have More Gum And Tooth Diseases ?

Are Citizens Being Attacked By Their Governments ?

SUBJECTIVE Effects of Dietary and Environmental Pollution on Children's Sleep

## **Primal Diet Newsletter #19 (December 21, 2009)**

Knowing Some Of Ingredients In Forced Injections With Hair And Iridology Analyses

With Mercury Found In Wild Animals, Do We Need To Be Extra Careful ?

What Is Nutrient Value Of Dehydrated foods ?

What Is Nutrient Value Trace Minerals; Should We Add More ?

Is It True You Eat Buckets Of Cow Dung ?

# The Newsletter

**Volume 5 (2010)**

**Primal Diet Newsletter #20 (January 19, 2010)**

Oysters – Special Food In Our Toxic World

Is Eating Pickled Fish Better For Health Than Fresh Fish; Does Pickling Preserve Fish ?

Can We Preserve Raw Chicken In Vinegar Or Lemon Juice ?

Can We Preserve Raw Fish In Oil ?

Resolving Early Morning Racing Mind

Quick Alternative Cure For Arthritis; True Or False ?

What If You Have High Blood-Pressure While Transitioning Into Primal Diet ?

Are There Aggressive Treatments For Cancer ?

Proof Of Long-term Delayed Detoxification; 58 Years Later

**Primal Diet Newsletter #21 (April 25, 2010)**

Eating Out, Is It Safe ?

Cholesterol, Should I Be Concerned about LDL and HDL levels ? A Reiteration

Fresh-water Lakes And Streams Polluted With Mercury, 100%

Loss Of My Biohazards Research But Another Book That Vilifies Pollution

Whole Foods Markets, Inc.; Friend To Better Health Or Foe ?

**Primal Diet Newsletter #22 (June 14, 2010)**

Microbe Food-Poisoning; Fact or Fiction ?



**Primal Diet Newsletter #23 (October 26, 2010)**

Bacteria and Other Microbes Are Responsible for Vibrant Health

**Primal Diet Newsletter #24 (December 31, 2010)**

Declaring Our Rights To Our Body, Health, Prosperity And Happiness

Protecting Ourselves From Common Medical Treatments During Emergencies

# The Newsletter

## Volume 6 (2011)

### **Primal Diet Newsletter #25 (March 11, 2011)**

How Bad Are MRIs ?

Medical Researchers Proved 90% Medical Research Is False

Chemical Burns Can Be Devastating But Managed And Healed

Who Has The Right To Institutionalize Me ?

### **Primal Diet Newsletter #26 (September 30, 2011)**

Ball and Kerr Jar Lids, Are They Plastic Coated and Toxic or Not ??

Chemicals Used to Protect Food From Bacteria; Harmful

How Long Does It Take To Understand The Primal Diet™ ?

Enduring and Persisting Through Difficult Detoxification

### **Primal Diet Newsletter #27 (December 12, 2011)**

Is It Good To Donate To Charities That Feed The Poor and Starving ?

Bacteria, Bacteria, Bacteria; and How It Relates to Antibiotics in Feed and Affects the Immune System? Is There an Immune System ?

Summary report of the March 2010 Campylobacter outbreak involving consumption of raw milk

**Primal Diet Newsletter #28 (December 28, 2011)**

Does Drinking Raw Milk and Eating No-Salt Raw Cheeses Cause Bladder, Kidney, Liver or Gallbladder Stones ?

What Foods Help Our Bodies Dissolve Plaque from Our Circulatory Systems ?

Is The Science of Viruses Real ?

Does Rabies Exist ?

# The Newsletter

**Volume 7 (2012-2013)**

**Primal Diet Newsletter #29 (July 7, 2012)**

Long-term Damage From Abduction and Forced Injections

Repeated Surgeries Resulted In Thick Scars; Do I Need Another Surgery ?

Severe Back Deterioration; Can It Be Reversed or Even Helped ?

How Much Bacteria Are We Today ?

**Primal Diet Newsletter #30 (October 30, 2012)**

How Do Our Bodies Function In Regards To Thyroid, Digestion, and Blood-Sugar, As Seen Through A Case Study Of Thyroid Cancer ?

According To Medical Research, Normally We Cannot Grow In Height After Age 21 But We Will Shrink. Can We Grow In Height On The Primal Diet® After Age 21 ?

**Primal Diet Newsletter #31 (December 2, 2012)**

At What Age Is Death Inevitable ?

Does Raw Milk Do A Body Good ?

Needles Of Disease and Death Continue In The Name Of Saving Children

Why Do Most Physicians Refuse Chemo-treatments ?

How Can EMFs Cause Death Prematurely ?

Child Is Cured By Eating His Mother's Feces; or Eat Shit And Live!

## **Primal Diet Newsletter #32 (August 12, 2013)**

How Are Nutrients Delivered To Our Cells ?

What Role Do Genetics and Microbes Play In Disease ?

Hard Look At Disease Instigated By Corporate and Governmental Tyranny

# The



# Newsletter

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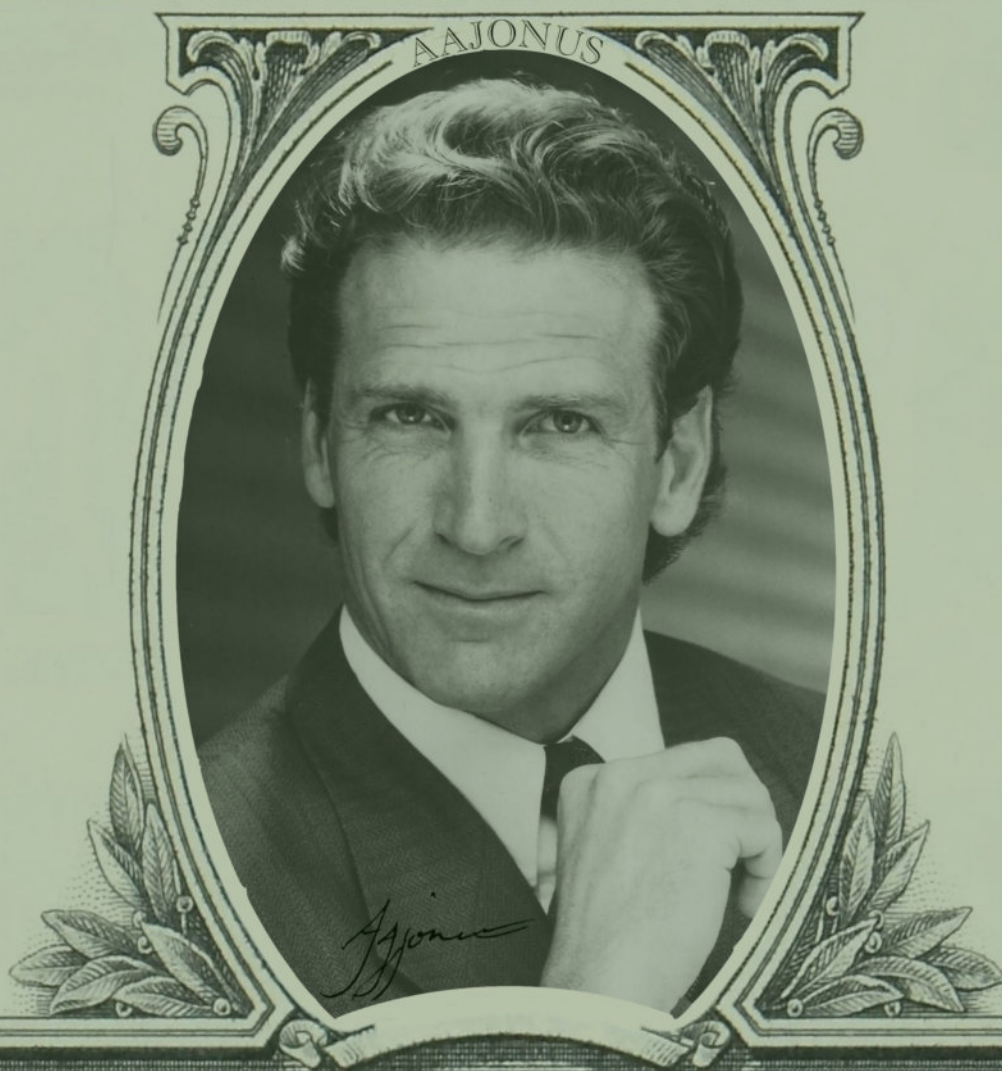
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