

Special Report #101

INFECTIOUS DISEASE

Courtesy of:

Your Contact Information

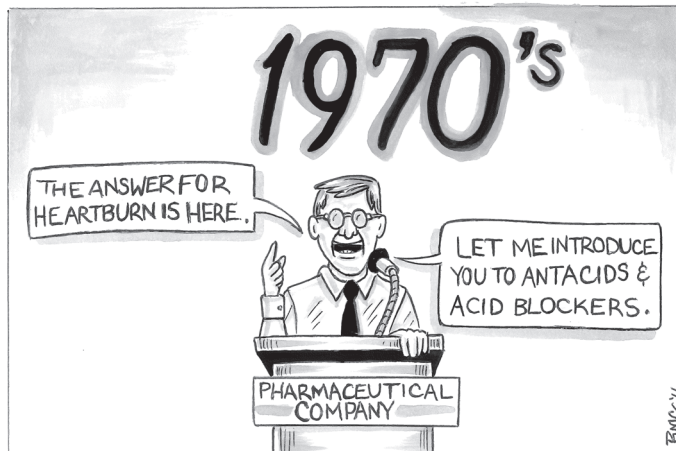
The contagion that is currently killing millions and is primed to wipe out entire Nations! Read on to discover the cause and what you can do to STOP it...

Right now we are in the middle of a major infectious disease epidemic that soon will be *unstoppable* if we don't take personal responsibility and act now.

According to statistics from the Center of Disease Control (CDC), millions of people are dying each year and even more are experiencing a lower quality of life due to this epidemic⁽¹⁾. Over the last decade we have been warning people through lectures and articles about this contagion. Most people don't realize how serious it is and what causes it. It's time you found out and learned the steps you can take to prevent it in your life.

Not even 50 years ago the United States Surgeon General announced that "The war against infectious disease has been won"⁽²⁾.

We were told that infectious disease had been all but eliminated. The reason for the surgeon general's confidence was assurance from pharmaceutical companies that anti-biotics were our saving grace.



A year later we were introduced to a new set of drugs called "histamine blockers."

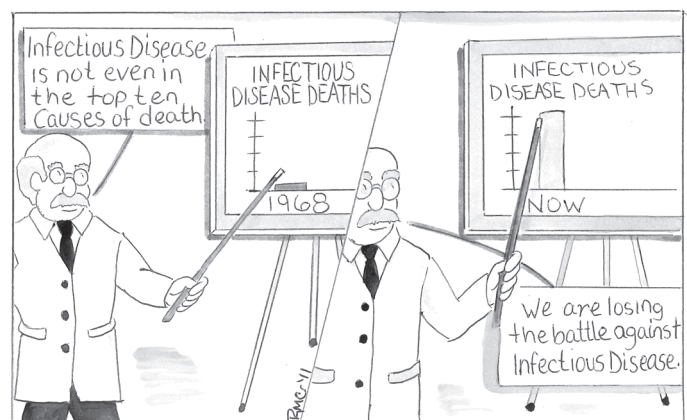
These drugs were going to create a higher quality of life by getting rid of the stomach pain and heartburn many people experience through indigestion. You know of these drugs as Antacids and Acid-Blockers.

Our daily nutritional choices declined over the years as antibiotic abuse and antacid use skyrocketed. These three factors have started what could be the greatest contagion/infectious disease epidemic in the world's history! The World Health Organization and CDC statistics back that statement.

This epidemic is not a joke and should be evaluated by everyone you know. Infectious disease, that was virtually eliminated over a half century ago, is now the 2nd leading cause of death, according to the latest World Health Organization reports⁽³⁾.

In 1968 Infectious disease wasn't even in the top ten causes of death in the U.S.⁽⁴⁾. Now, 1 in 4 people who die in the world do so because of infectious disease⁽³⁾.

These statistics should be like an information sledgehammer, showing just how urgent our situation is. It seems like in our digital technological age, filled with manipulated graphs and statistics, we become overloaded with drama and very little true concerns sink in. We are talking about an infectious plague. A plague that no amount of antibiotics or emergency treatment will help once you come in contact with it.



The fact of the matter is that this infectious contagion is already here and a quarter of all deaths each year are caused by it!

We feel that more people will take responsibility for their health, and act on this problem, today versus 15 years ago when we first alerted the public to this scourge. The reason is because most of you reading this article have either experienced the effects of infectious disease, or you know of someone who has.

Let's look at the reasons why infectious disease has become more prevalent:

CAUSE #1 Antibiotic Abuse

You probably know of someone who has had an infection and a normal dose of antibiotics didn't work quickly—or didn't work at all.

All too frequently it takes high and almost lethal dosages to get rid of the infectious bacteria. Maybe you know of someone who has died because infectious bacteria couldn't be stopped.

Knowing about, or experiencing, out-of-control infectious bacteria should be the incentive that will now bring you to action!

Antibiotics discovery and use is not the problem within itself. They have saved countless lives over the years. It is the *abuse* of antibiotics. Unfortunately this abuse was created by both the non-educated public and, sadly, medical doctors. Widespread *overuse* created this epidemic.

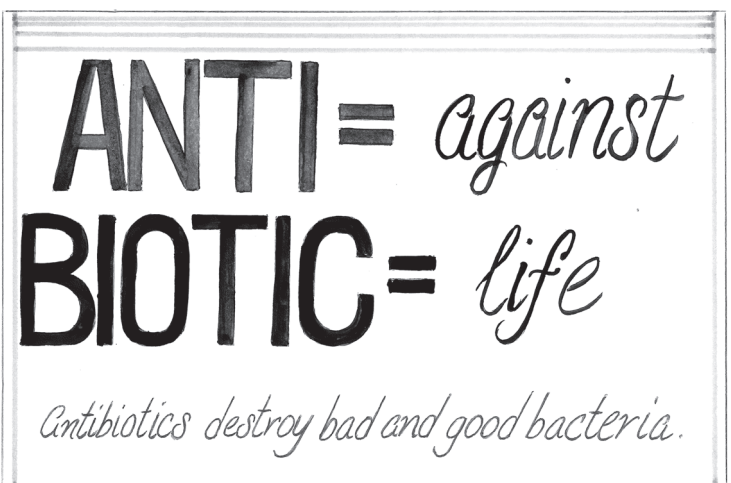
SUPER GERM CREATION

Antibiotic means "against life." These medications are meant to do just that, destroy live bacteria. The down-side is that not all *live* bacteria are harmful.

Moreover, if the antibiotic does not kill all the bad bacteria, *the survivors become stronger and resistant to the antibiotic!*

These bacteria are then called "super-germs." And it now takes stronger, more potent antibiotics to kill the super-germ. This adoptive phenomenon by bacteria is called "protective assimilation."

You must realize that harmful pathogenic bacteria are alive just like we are. We adapt and try to survive under great adversity and so does the infectious bacteria. The history of penicillin gives us a great example of this problem.



A few decades ago, penicillin was virtually 100% successful in treating infections. As the bacteria have adapted and evolved, scientists have had to increase the strength and change the strain of penicillin.

There are now more than 300 varieties of just the antibiotic penicillin alone ⁽⁵⁾.

Many doctors believe that we are creating many more super-germs than we are antibiotics, since each new antibiotic brings to life literally millions of these super germs. Within a one year span alone, the number of cases in the U.S. of bacteria strains resistant to penicillin doubled ⁽⁶⁾.

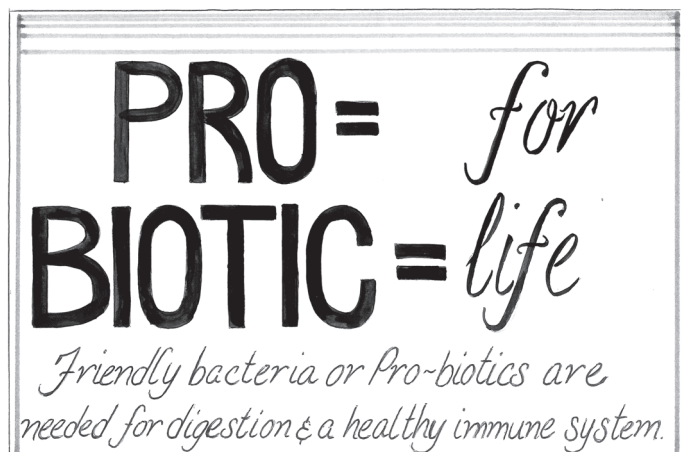
Doctors are using extremely high dosages of antibiotics on people today that were used only on ELEPHANTS twenty years ago. Even the inventor of antibiotics, Alexander Fleming, cautioned us against the over-use of antibiotics from the beginning ⁽⁷⁾.

The Nobel Prize winner and Harvard professor, Walter Gilbert, stated in 1981, "There may be a time down the road when 80% to 90% of infections will be resistant to all known antibiotics."⁽⁸⁾

That time is upon us now!

The problem with antibiotics is not just the creation of super-germs. As we mentioned, antibiotics also kill the immune building *friendly* bacteria (also known as **PRO**-biotics).

Since the antibiotics destroy all the life that they can, they leave behind a literal wasteland of vacant tissues and deficient organs. These sites, previously occupied with healthy normal bacteria, are now open to be colonized by ANY new bacteria— whether it is good probiotic or disease-causing (pathogenic).



Even new and unrecognizable infectious diseases can be created from this process⁽⁹⁾. **It is critically important to make sure that the empty spaces caused by antibiotics are filled with friendly bacteria.** A normal, healthy adult is supposed to have up to three pounds of healthy flora in their tissues at all times to fight off infections and disease⁽¹⁰⁾. These friendly bacteria serve as a "natural antibiotic" and strengthen our immune system⁽¹¹⁾.



In addition to antibiotics, stress and acidic foods like alcohol, sodas, coffee and antibiotic-fed meats destroy the body's supply of friendly bacteria.

The creation of super-germs by antibiotic abuse, along with the destruction of our friendly bacteria levels, can be fixed. The answer is coming soon with a simple plan, but first, let's take a look at the second leading cause of this infectious epidemic.

CAUSE #2- The use of Antacids and Acid Blockers

What if you found out that you were purposely allowing non-beneficial bacteria to enter your body by the billions to occupy those empty spaces?

Well, if you are taking antacids such as Rolaids® and Tums® or "acid blockers" like Pepcid AC®, Tagament® and Zantac® you are doing just that!

People take these acid reducers to help with stomach discomfort and heartburn pain caused by indigestion. The problem is that indigestion pains are not caused by antacid drug deficiencies. Indigestion stems from not thoroughly digesting your foods, and the non-digestion of your foods causes the discomfort.

These drugs work by either neutralizing stomach acids (antacids) or by blocking acid production altogether (acid blockers). The acid being reduced by these drugs is called *hydrochloric acid* or HCL.

HCL has two main functions that are critically important—functions that are vital to stopping the rising infectious disease plague that is upon us!



Antacids stop digestion and allow bad bacteria in

First, HCL destroys harmful bacteria that enter our bodies. These bacteria can enter the body with literally every breath we take—along with the all-to-prevalent Standard American Diet (SAD).

HCL is secreted in the stomach and destroys potentially harmful organisms that would otherwise be traveling, very much alive, into our tissues.

These tissues and organs *should* be inhabited by beneficial bacteria (probiotics). Unfortunately, if HCL doesn't destroy these bad bacteria, numerous infections are created.

Most women understand this process all too well. You will be hard-pressed to find any woman who has taken an antibiotic prescription and, later, didn't come down with a yeast infection. The antibiotic destroyed the healthy bacteria in the gut and a poor diet of processed sugars and white flour products created the ability for the annoying yeast bacteria to set in.

If you consume antacids or acid blockers as well during this time, you will open the flood gates of potential serious infection even more.

Even though most yeast bacteria are not considered deadly, there is a general consensus among medical community scholars that frequent antibiotic use, along with a typical american diet, can transform harmless bacteria into irritating and sometimes serious infections ⁽¹²⁾.

In short, we are destroying our friendly bacteria through antibiotics over-use, and we are then letting pathogenic harmful bacteria into the stomach and intestines through the use of antacids/acid blockers. This, along with a diet high in processed sugars, feeds the bad bacteria which, in turn, grows exponentially.

Today we can clearly see this triple threat as the deadly combination it is—the combination which has manifested itself in the tremendous growth of infectious disease!

The second role of HCL is to create the right acid/alkaline balance (Ph) so that digestive enzymes can fully activate to completely digest our food. Antacids and acid-blockers only ease indigestion pains by “stopping” enzymes from digesting your food.

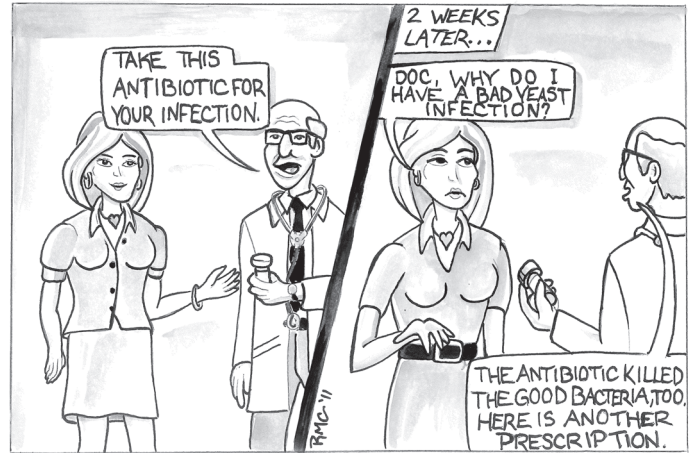


Indigestion almost always occurs from eating cooked and processed foods or not chewing raw foods well enough to release the digestive enzymes they contain.

Enzymes are protein-based molecules that are present in all raw foods in order for them to be easily digested by the body down to useable energy. Cooking foods over 118 degrees for an extended period of time, or consuming any processed food, *guarantees* these essential enzymes—that naturally eliminate indigestion—are destroyed.

Put simply, indigestion pain is just the discomfort caused by the non-digestion of your food choices. The key is to relieve indigestion by getting away from antacids and acid blockers, which stop digestion, and instead, *encourage* the proper digestion of your foods.

This is accomplished by eating fresh raw foods, while chewing the food thoroughly, to ensure full release of the food's natural enzymes. In addition, you will need to add back the enzymes in pure plant form when you do consume cooked and processed foods ⁽¹³⁾. This can be done with the right kind of nutritional supplements.



Completing digestion not only takes away the indigestion pain and stops bacteria from getting a free pass into your system; it also allows all the nutrients from your food to be used for energy, vitality and immune system support.

Stopping digestion through the use of antacids and acid blockers doesn't allow the nutrients to travel to your cells and this creates low energy and foggy thinking. Moreover, billions of non-healthy bacteria will colonize in the gut and intestines.

In short, antacids and acid blockers are the second cause of infectious disease. The fix is simple and doable right now "stop using them"—more on that to come!

Now, let's look at the final cause in this vicious infectious plague.

CAUSE#3- Poor Food Choices and Eating Habits

Our food choices are either creating an environment for healthy bacteria to survive OR our foods are creating a cozy home for pathogenic disease causing bacteria to flourish. The choice is really up to you.

Many poor food choices are not just creating an environment primed for infectious bacteria; acidic foods like sugar, alcohol, coffee, tea and antibiotic-grown meats are exacerbating the problem by kicking the good bacteria out of their homes ⁽¹⁴⁾.

You would think that we would just make the necessary diet changes: consume foods with friendly bacteria and cut out the food choices that kill the friendly bacteria we have.

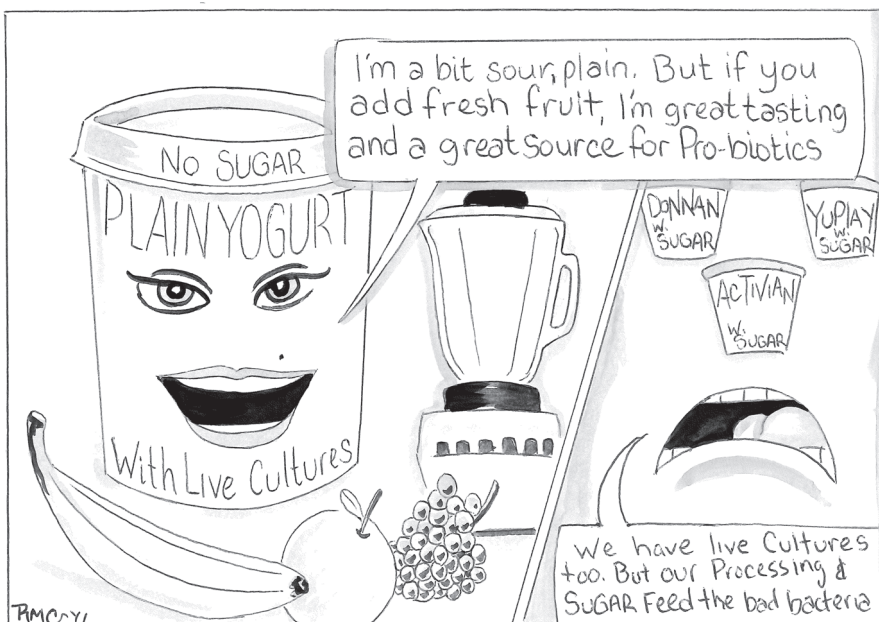
It truly is that simple, but, here in America especially, we have an uphill battle to fight. We are one of only a handful of countries whose citizens do not consume foods that contain friendly immune-building bacteria as part of their regular daily diet.

If you lived in Korea, you likely would eat kimchi, which is a fermented cabbage recipe, as part of your regular diet. In Japan, you would consume a fermented soybean dish called natto or, possibly, a pure miso soup. Both of these foods are naturally full of probiotics.

In Europe there are numerous naturally-fermented foods that you would be exposed to. These might include rakfisk, a fermented fish, or kefir, a fermented milk food. And let's not forget sauerkraut—sauerkraut that is naturally fermented, of course, not a cheap canned type of American sauerkraut, which is not fermented at all. All of these examples are foods that have been part of the culture of that specific region going back countless generations.

Some people will claim that a lot of North Americans consume probiotics from yogurt. Although some yogurts have probiotics in them, most contain sugars that actually feed the pathogenic bacteria and in fact, are their main source of growth.

The best nutritional choices are following an eating plan that provides healthy non-processed foods that are low acid- forming and have a low sugar index (low glycemic). A complete nutritional plan including restaurant choices will be made available to you **free of charge** at the end of this article.



PUTTING IT ALL TOGETHER

Infectious disease has risen from obscurity to the second leading cause of death in the world—all without the public taking serious notice. Even the sledgehammer from the CDC stating that, “We are losing the battle against super-germs,” hasn’t woken most of the public.

The rampant use of antibiotics is also causing a wasteland inside our bodies, destroying our friendly bacteria also known as our “second immune system.”

Antacids and acid blockers stop HCL which is the body’s important line of defense. HCL normally kills bad bacteria which we ingest by the billions daily. Taking these drugs not only stop digestion, but allows pathogenic bacteria to get a free ride to the empty sites in our body created by the overuse of antibiotics.

Our poor food choices are also destroying our healthy flora while feeding the unhealthy bacteria with processed foods and foods high in refined sugars.

Infectious disease has gone from claiming less than one in 100,000 deaths per year to one in four deaths within a short 50-year time span.

But here’s the good news...

We are committed to providing the solution to this plague. There are specific actions you can take to virtually eliminate your risk and to help end this epidemic!

To further prove our commitment and partnership with you, we will not only give you the action-steps to follow but we will also provide a **FREE Nutrition Guide** to guide you forward.

THE 4-STEP PLAN TO ELIMINATE INFECTIOUS DISEASE

1) **Use antibiotics sparingly**, and only in emergency situations. If you are going to take an antibiotic for a bacterial infection, here is what you should do to lower your risk for this infectious plague:

- A) Ask your Doctor to take a culture sample swab to find out what specific bacteria you have infecting you.
- B) Ask your Doctor to show you the literature that proves the antibiotic he/she is going to prescribe actually kills the bacteria you have.
- C) Completely finish any antibiotic prescription you take. If you don’t, you will be creating more super germs because what antibiotics you did take, only killed the weak bacteria. That leaves more bacteria that can become resistant to the drug and thus turn into super germs.
- D) Immediately after taking the prescription, do a Flora Blitz to re-populate your healthy bacteria levels. See recommendations under “Helpful Suggestions” at the end of this article.

2) **Do NOT take antacids or acid blockers.**

If you experience indigestion or heartburn, make the conscious choice to digest your food to eliminate any discomfort. Remember that antacids and acid-blockers only briefly eliminate indigestion pains by stopping digestion and you are not cured from the cause.

You are getting very few nutrients absorbed and you are letting pathogenic bacteria in your system that would have been destroyed by the stomach acids.



~WHAT TO DO TO ELIMINATE HEART BURN~

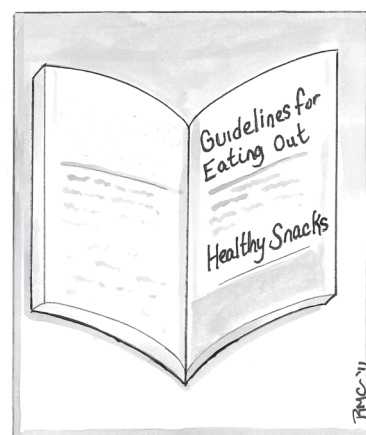
Chew your foods thoroughly. When you would normally swallow your food, chew it again that much more. This will pre-digest your food and it helps to eliminate indigestion.

Don't eat late at night. Eating late at night makes it harder for your body to digest foods because it is switching into a cellular restorative cycle (Rem Sleep).

Take a digestion formula. Before you eat foods that would normally cause you indigestion, take a digestion formula. A plant enzyme and probiotic formula will fix the indigestion by finishing digestion instead of stopping it. A plant enzyme digestion formula will also allow your stomach juices to destroy pathogenic bacteria like they were meant to do.

Strengthen your abdominal muscles. Your food needs to be churned (stirred) properly to be digested. Your stomach muscles are your body's mixer. The stronger your stomach muscles, the better your food is digested. An exercise routine that includes crunches is a great way to strengthen stomach muscles.

3) **Eat fresh foods in a balanced approach.** Eat as many raw (enzyme rich) and fermented (probiotic rich) foods as possible in your diet. Your food choices should also be low glycemic (low sugar) and nutrient dense. We know that you have a busy life and it is hard to plan every meal. To help you with this critical action item, we are offering you a FREE Nutrition Guide. This informative guide will be a very useful tool providing nutritional guidelines, healthy recipes and helpful hints on how to maintain a balanced, nutritious diet. This guide is designed to provide you with sound nutritional principals to help you achieve definite improvements in your overall health and well being.



4) **Take a plant enzyme and probiotic based digestion formula on a daily basis. Also blitz your body with stabilized probiotics every 3 months and after any antibiotic use.** Because of our cooked and processed food lifestyles, we are choosing to eat an enzyme and probiotic deficient diet. If you choose to consume those types of deficient foods, you should be responsible and add back what was taken out. The health promoting benefits of ensuring digestion and proper levels of probiotics go far beyond just fighting off infectious disease.

Over 20 years ago, the OHS Formulation Team created the first ever complete plant enzyme digestion formula that contained every enzyme needed to guarantee digestion of all your foods. A few years later OHS was again the industry leader by being the first entity to combine patented stabilized probiotics and minerals in the same digestion formula. Today, the Formula "Optimal Digestion" is once again the leading natural digestion formula available because it now guarantees the digestion, absorption and utilization of all foods that you could eat. How much you need of this formula is based on the personal food choices you make each day. Your exact dosage can be found within the "Helpful Suggestions" section of this report.

CONCLUSION

Please be smart about antibiotic use. Completely finish your digestion instead of blocking it with antacids. Add friendly flora and digestive enzymes to your diet every day by consuming raw and fermented foods—or supplement your diet with enzymes and probiotics if you make the conscious decision not to eat these necessary foods.

Continued

Eat balanced low-processed meals by following the guidelines in the **Nutrition Guide**. You will be lowering your own personal risk of infectious disease, along with helping eliminate this epidemic altogether. If you raise your body's immunity to infectious diseases, you are creating one less host for the infectious disease contagion to get a hold of. Our commitment to you is that we will keep you informed of new statistics and research, along with nutritional and whole food supplemental advancements, to help you along the way.

We can win this battle together for a healthy future for all!

HELPFUL SUGGESTIONS

We are often asked what the recommended protocol would be for supplementing probiotics and enzymes back into your eating plan. Here it is:

Optimal Digestion: Plant enzymes, probiotics and potent delivery system

"Contains over 10 food specific plant digestive enzymes, 5 stabilized probiotics, patented enzyme activating minerals and an environmental nutrient blend that aids digestion in times of heavy stress". Optimal Digestion is the most powerful natural digestion formula available and it comes with a 100% satisfaction guarantee*.

Take 0-2 capsules with each meal

- 0 Capsules-If your meal contains only organic raw foods
- 1 Capsule-If your meal contains some cooked or processed foods
- 2 Capsules-If your meal is over 50% cooked and processed



Optimal Flora Blitz: Straight probiotics only. To be used to re-populate flora as needed.

"Contains a potent dosage of 9 stabilized probiotics that are patented to guarantee complete absorption and colonization in your system". Optimal Flora Plus is fully stabilized and comes with a 100% satisfaction guarantee*.

Utilize one bottle of Flora every three months for maintenance due to the flora-depleting SAD diet.

Also, plan to restore beneficial bacteria in your system immediately following any antibiotic use. Take four capsules three times each day until the bottle is empty. This blitz of stabilized bacteria will re-colonize your bowels and fight build-up of unhealthy bacteria.

Knowing if you need to supplement more than just enzymes and probiotics:

If you want to know if your intake of vitamins, minerals and antioxidants are where they should be, call us at Clinic's Phone Number and ask to be taken through our simple **Daily Nutrient Assessment Guide**.

This only takes a few minutes and will tell you exactly what you need based on your lifestyle and diet choices. As your lifestyle improves, your supplement needs go down. That is the way it should be.

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*100% satisfaction guarantee - if for any reason you are not satisfied with an OHS product, we will gladly credit you with any product of like price free of charge.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

OHS-DG/HG

09/24/14