

HEALTH CARE

The Project to End Disease opens chapter here

LISA TALLYN
Staff Writer

The Canadian chapter of a grassroots organization focused on ending disease was launched in Georgetown recently.

About 150 people, some from as far away as Detroit, attended The Project to End Disease (TPED) session recently.

Organizer of the chapter, Registered Nutritional Consulting Practitioner (RNCP) Susan Wilson of Georgetown, became interested in the movement after hearing Dr. Raymond Francis, president of TPED, speak at the Hippocrates Health Institute in Florida recently.

She was so impressed with his ideas after reading his book, *Never Be Sick Again*, she contacted him looking for a Canadian chapter of TPED and discovered there wasn't one, so she decided to start one.

Guest speakers at the event held in the gym at Park School included Francis, Dr. Alvin Pettle, Hippocrates Health Institute fitness instructor and Olympic gold medalist John Bolus, Wilson, Nancy Desjardins, RNCP and Dr. Elias Markou, a naturopath.

Francis, a naturopathic doctor, said from his California home recently that TPED is gaining momentum and to date there are approximately 25 chapters worldwide.

Francis, a naturopathic doctor, spoke about his one disease-two causes theory and outlined the worst possible food choices people are making that is impacting their health and the health care system.

Francis, a California resident, explained his theory from his home recently.

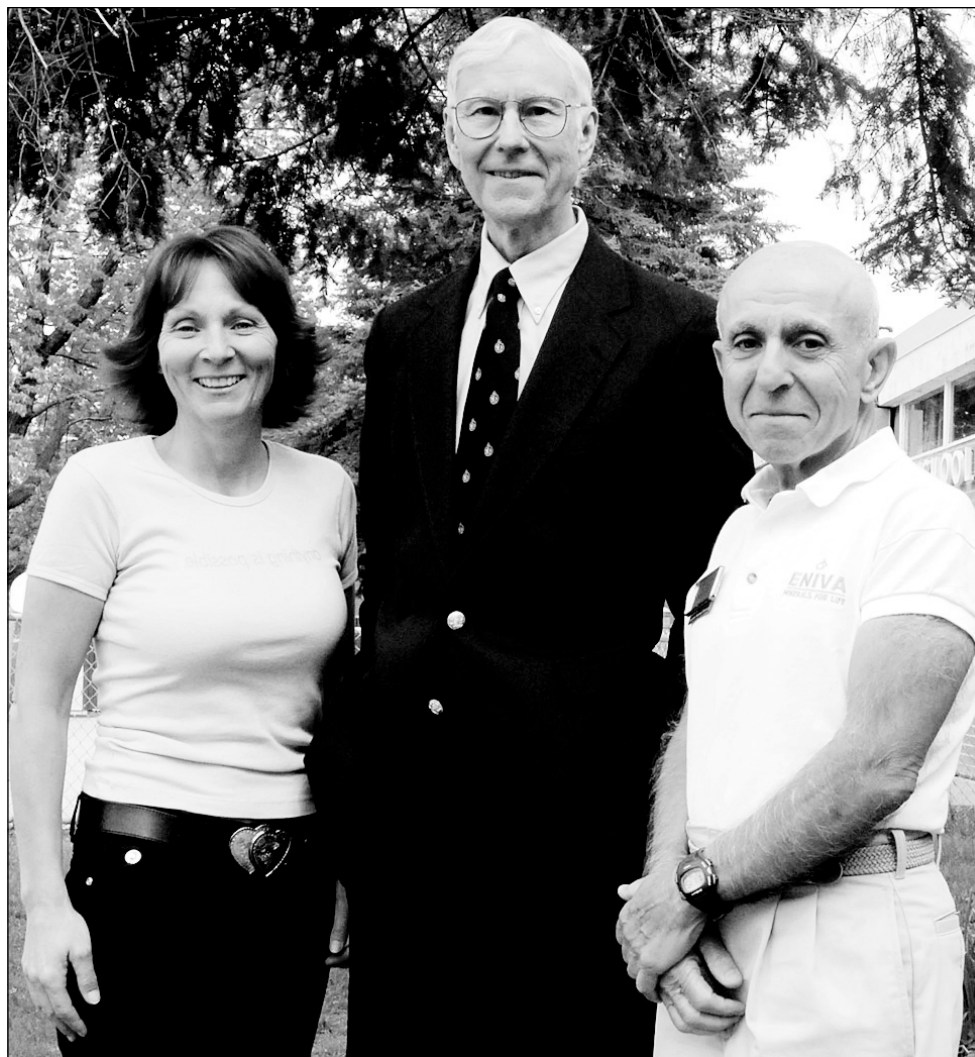
He said all disease is just one disease and is the result of malfunctioning cells. That one disease is caused by either deficiency or toxicity. To prevent or reverse disease he believes people have to prevent and reverse cellular malfunction.

He said by providing cells with what they need, living a good lifestyle, chronic disease can be eliminated.

Francis believes the food people eat plays a key role in their health.

The worst possible food choices that people are making are sugar, white flour, processed oils, dairy and excess animal protein, he said.

"Sugar is one of the deadliest things peo-



Susan Wilson, Registered Natural Nutritionist and co-ordinator of the Save Your Life health forum, stands with speakers Raymond Francis, author of *Never Be Sick Again* and International Chairman of The Project To End Disease (TPED) and speaker John Bolus, Executive National Director of the Eniva Corporation, which has researched and developed an all-in-one liquid mineral supplement. The event was recently at Park Public School, and is the first ever TPED event in Canada.

Photos by Sabrina Byrnes

ple are exposed to on a daily basis," said Francis.

He calls it a "deadly metabolic poison" that should be outlawed.

He explained two teaspoons of sugar will throw a person's biochemistry into chaos for

Dr. Alvin Pettle spoke about natural hormone replacement at the Save Your Life health forum.



six to eight hours.

Francis said eating white flour is almost like eating sugar.

"All the goodness is taken out of it," he said.

Milk, he said, is another poison.

"When you feed cow's milk to a human, you make a human sick," said Francis. "You can't cross-species feed."

The only acceptable dairy products he said are yogurt and kefir because they have been fermented, but not the yogurt available in grocery stores. It should be a high quality organic product, he said.

"I have animal protein in my diet, but keep it to a minimum," he said.

Fresh fruits, vegetables (preferably organic), beans, lentils, seeds and nuts are all foods that people should be eating Francis said. They should also be exercising, he added.

"In order for cells to function properly they need to be moved, and stretched," he said.

Francis, a chemist, MIT graduate and registered nutrition consultant, said in his late 40s he suffered from allergies and a parasitic infection that was treated incorrectly by his doctors.

He said his liver was so poisoned that he was on death's door until he took his life in his own hands, started researching and through food, supplements and toxin avoidance he slowly returned to health.

He said he decided to start TPED because "I want to end disease and I know we can do it."

"It must gain momentum. We don't have a choice," he said.

"For the first time in history we are going to have more old people than we have young people," said Francis. The problem with that he explained is that the old people are not healthy and are running up healthcare costs, which he said the American government cannot pay for.

Approximately \$4,000 for the local TPED chapter was raised at the Georgetown meeting.

Wilson said she also has copies of Francis' book available. For more information call Wilson at 905-877-7697.

(Lisa Tallyn can be reached at ltallyn@independentfreepress.com)



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Yoga with SHERRY LAWSON

Terra Cotta Community Centre

High Street, Terra Cotta

Starts Monday, July 9th, 2007 and ends Wednesday, August 22nd, 2007

*Monday	7:30- 9:00 pm	- 9 wks
Tuesday Meditation	9:15- 9:55 am	- 10 wks
Tuesday	10:00-11:30 am	- 10 wks
Tuesday	7:30- 9:00 pm	- 10 wks
Wednesday	7:30- 9:00 pm	- 10 wks

*There will be no class Monday, August 6th (Civic Holiday)

Rampulla's Martial Arts

211 Armstrong Ave. (at Sinclair), Georgetown

Starts Thursday, July 12th, 2007 and ends Friday, August 24th, 2007

Thursday	7:45- 9:15 pm	- 10 wks
*Friday	7:30- 9:00 pm	- 9 wks

*There will be no class Friday, August 3rd (Civic Holiday)

For details and registration call: 519-833-9402