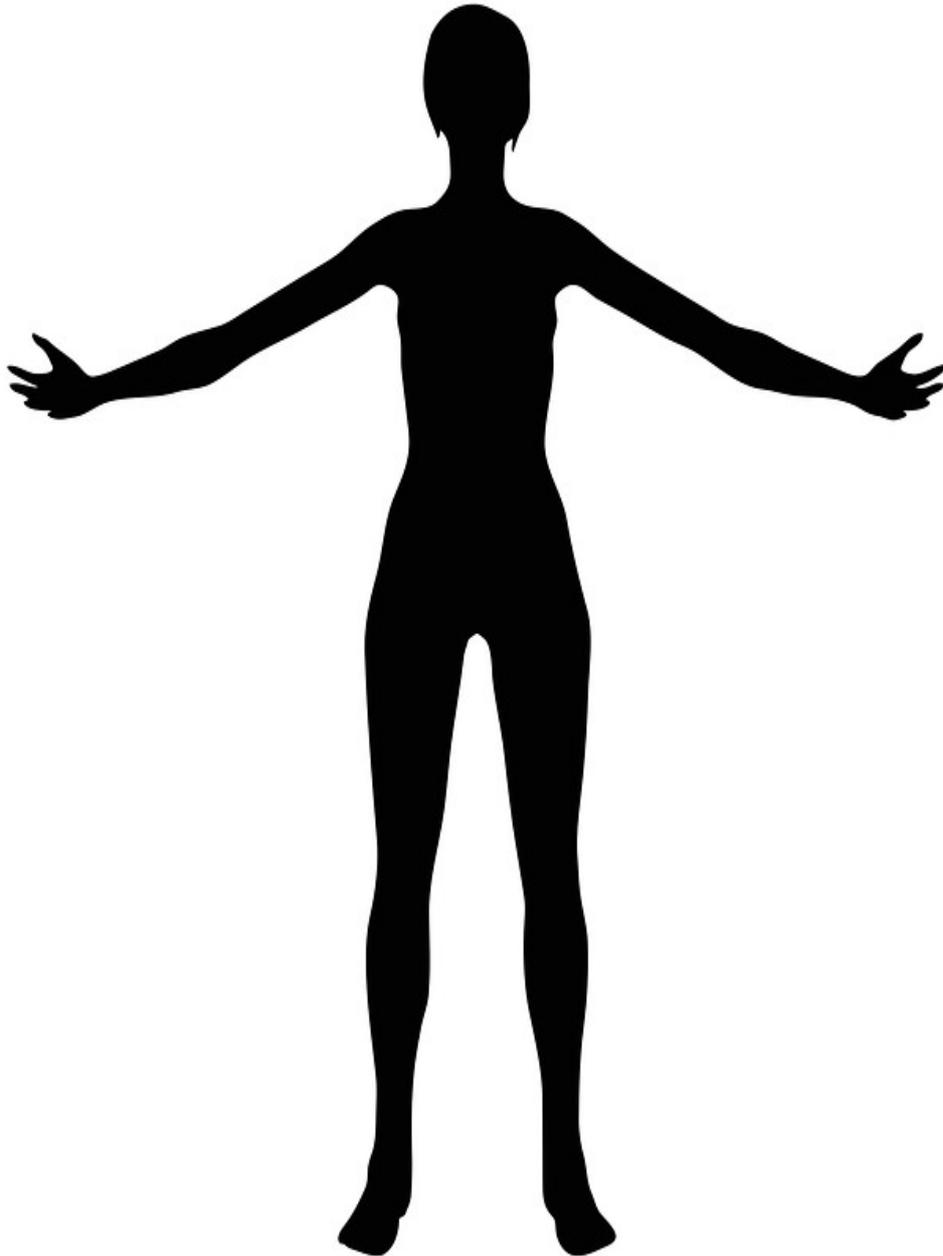


*Alternative Health Without The BS*



*Mark Boyle*

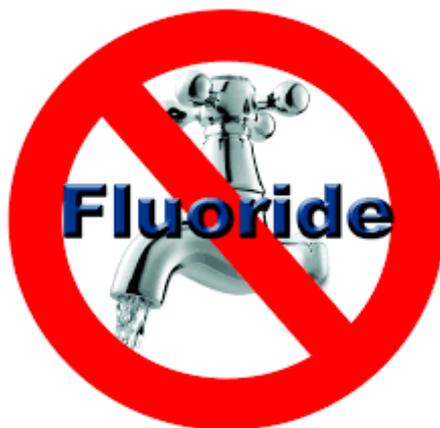
Hello my name is Mark Boyle and welcome to my FREE eBook about alternative health without the unwanted BS!

I've been involved in the fitness niche for over two decades and regularly write and promote [fitness equipment](#) and felt the need to give you this information which many people don't write about. Whether that's through ignorance or denial I do not know? What I'm going to do is provide you with details about what you can add to your lifestyle and diet that can make a real difference in how you feel and also help you to become more creative.

For decades we've been lied to about what to eat and if a particular source is good or bad for you. Yes, there is a de-population agenda which exists, as there are too many people on the planet and we DON'T have the resources to cope with the [7.6 billion](#) people who inhabit this planet!

The big question is what are you going to do about it in order to keep yourself healthy both in a psychical and mental sense? Getting the right information is key and whilst I DON'T have all the answers, what I will do is give you my honest opinion based on my own experiences.

The first thing you want to get rid of is [fluoride from your body](#). This is a component that you find in most tap water and toothpastes and is a product which shouldn't be there, as it's a toxic substance! The BDA are totally out of order in telling you it's good for your teeth when it's not. I suppose they genuinely DON'T want people to have good teeth or they would go out of business. Think back to the times not so long ago when they use to issue iron fillings by the bucket load containing mercury? A total disgrace!



You need to get in to the mindset that, fluoride DOESN'T belong inside your body and companies have NO right in telling you lies! Yes, like most things there's a cost involved when it comes to eliminating things like this, but it's well worth it going forward and you'll feel a lot better for doing it.

The first thing I'll discuss with regards to fluoride is tap water. Most water

companies in the UK have some form of fluoride in their water supplies and even if they don't there will still be bacteria and other harmful deposits to think about.

There are a wide and varied selection of water filters to consider and whilst most of them have an excellent filtration system, the one you should be paying the most attention to is one which removes fluoride amongst other things. These type of filters need to perform what is known as reverse osmosis and have an ionised facility. They're commonly known in the marketplace as an [Alkaline water filter](#). You can either get a kit for under the sink or by a jug with [replacement filters](#) (what I have) which lasts a few months and are easily obtained from various online retailers including [Amazon](#).



Now, I'm not trying to persuade you in to buying this type of water filter, I'm merely trying to explain why you should buy this kind and of the real benefits in doing so. The Brita range is wide and varied and offers decent drinking water, but doesn't go far enough in removing all of the contaminants including chlorine and fluoride in most of their filtering systems.

The next thing I want to bring up with regards to fluoride is toothpaste. Being UK based I know the denial with the BDA about this subject and they state it's good for you and helps to strengthen your teeth. Well, I say that BS and since when was a product that contains toxins good for you? It's a fact that, areas in England which put fluoride as part of their water treatment have higher levels of teeth problems including decay.



With the above in mind the next part is in finding who does [fluoride free toothpaste](#). One of the best health retailers in the UK is [Holland and Barrett](#) and they DO have the required product called [Kingfisher](#) which is also available from a few Amazon store. Yes, they are more expensive than your normal 100ml toxic toothpastes, but it's well worth it for less than £4 per tube and they usually do deals if you buy more than one.

Think of it this way, why have the [FDA](#) required all toothpastes sold in the US to have a poison warning on their packaging, Yes, folks you heard that right “poison”. Do you really want to be taking this toxic product or giving it to your children? I think not!

OK, so I've dealt with the water filtration and fluoride free toothpaste and the excellent health benefits with regards to energy and wellness. The last part is something which a lot of people overlook and that is the creative part of your brain and how it may have been posted missing for years.

Step forward the [Pineal Gland](#). This a small object at the side of the vertebrate brain which produces a productive hormone called melatonin. This is a great thing for sleep patterns, alertness and promoting a vivid imagination. The problem in recent times has been our diet and by the time most of us reach 21, it starts to become dormant and turns to chalk. This is due to a number of factors including toxic water, air pollution and a general bad diet especially with GM foods being so heavily pushed in today's marketplace.

The good news is that we can reignite this crucial part of the brain which has probably gone to sleep since your late teens. One of the first things you want to do is make sure you're drinking filtered water which I've mentioned above and gives your body a detox. The next thing you want to do is stay away from polluted areas like major towns and cities wherever possible. Another key area is what you put in your mouth and a common-sense approach should be applied. You should eat plenty of fruit and vegetables and in particular kiwi fruit and broccoli which are both packed full of Vitamin C. You should try and reduce you intake of red and white meat were appropriate and try to eliminate chocolate, fizzy drinks and sugar from your diet.

A keep part of the whole process is rejuvenating the Pineal Gland is [Boron](#). This is a supplement which can boost you and help to clear the area I've spoken about helping you to become more creative and pro-active and again this is available from the excellent [Holland and Barrett](#) health shops. They usually come in tablet form and should be used in conjunction with a balanced diet for maximum benefit and should be taken once per day during your main meal.



They say once you've opened up your Pineal Gland again, it's like a third eye and you become more spiritually aware. Well, I've only been taking these for a couple of weeks, so I can't say that with any real conviction, but I do feel more alert and energetic. Whether that's the placebo effect from taking them working it's magic I don't really know?

Another optional area, but one you should give consideration to is [baking soda](#) aka sodium bicarbonate. This is the only component that can neutralise the body, so if you want to cleanse your body from the garbage which floats inside it or even as a beauty product for the skin then, [baking soda](#) should be your first port of call.

If you do want to take this excellent product then, it's better to take half a teaspoonful of baking soda once every four hours to a maximum of three measures in a 24 hour period. This is also great for people who suffer from heartburn or have an upset stomach.



I've compiled a list of things below that you should try to incorporate in to your lifestyle and diet and others which you try and eliminate.

## **POSITIVES**

- Filtered Water
- Boron Tablets
- Fennel Toothpaste
- Baking Soda
- Fruit
- Vegetables
- Ginger Biscuits
- Chicken Soup

## **NEGATIVES**

- Fizzy Drinks
- Tap Water
- Chocolate
- Sugar
- Heavy Salt Content
- Fluoridated Toothpaste
- Caffeine

The problem in today's society is greed and with that certain agenda's. If you're a multi billion dollar business like Coca Cola then, they'll you'll always get advertisers to place a positive slant on it and tell you it's a refreshing drink.

When you think of that seasonality with Father Christmas drinking his bottle of Coca Cola and the old "holidays are coming" song, it makes me squirm! This stuff cleans coins and toilets for goodness sake! It contains lots of sugar, small amounts of citric acid and caffeine. This is nothing short of a toxic drink for your insides and should be banned as a soda drink!

Well, I hope you found this FREE eBook of benefit to you and yes, there is a cost like most things in life if you want to take sensible steps towards your future health and well-being. Start by drinking filter ionised water removing the fluoride which shouldn't be there and increase the boron in your diet and start seeing the difference within weeks.

All the Best  
Mark Boyle