

Good health is no accident

by Mike Adams, the Health Ranger, NaturalNews Editor

(NaturalNews) Those who seek answers for their health outside the realm of their own decisions are looking in the wrong place. Health is no accident. Lasting health can only appear as the result of a lifetime of informed, deliberate decisions aligned with *nature's principles* of health, not the distorted version of health promoted by our backward system of mainstream medicine.

And yet many people still believe that health is something that is bestowed upon them by some mysterious exterior force. The whole effort to raise money to find "the cure" for cancer, for example, is **a powerful demonstration of misplaced faith** in external healing. This idea that a cure for cancer must come from outside one's self rather than from within is perhaps the greatest conceptual sleight of hand that has yet been pulled off by the sick-care industry.

The cure for cancer is already programmed within. Each person is born with a highly-advanced cellular nanotechnology that already knows how to cure cancer. Activating this inner healing potential is all that's necessary to prevent and cure cancer everywhere around the world, starting right now.

Health happens through you, not to you

And yet the masses continue to eat cancer-causing foods and pursue cancer-causing lifestyles even while blindly handing over their money in the form of donations to organizations that they naively hope will come along and "save them" someday.

Think carefully about this dynamic: The person believes health is something that happens TO them rather than something that happens THROUGH them. And so they remain stuck, floundering in a pattern of self-inflicted sickness and disease while hoping that some other organization, government or health care plan will somehow save them.

While they wait for that external solution, disease and sickness creeps up on them.

Obesity is what happens when a person spends each day imagining how much they're going to start exercising *tomorrow*.

Cancer is what happens when a person spends each day eating

cancer-causing foods and donating money to Komen for the Cure rather than just getting some sunshine to boost their own vitamin D.

Disease is what happens when people believe they have no role in their own health outcome. So they eat for entertainment rather than for nourishment, and they live for product-induced external stimulation rather than internal fulfillment.

Woosh -- right over their heads!

At this point in this article, by the way, we've already lost 99 out of 100 mainstream people. These concepts -- that *health is no accident* -- are so foreign to the average pre-programmed consumer that they are incapable of recognizing them, much less embracing them. They've been told so many times that health comes through *intervention* (vaccines, pharmaceuticals, chemotherapy, etc.) that the idea of health being *created* from within just doesn't compute for them.

And that's the way mainstream medicine likes it. A population that believes it has no control over its own health is ripe for exploitation by a highly interventionist medical industry. Those who have lost hope in their own inner health potential tend to place their hope in things like silly pink-ribbon fundraisers that promise to "end breast cancer forever" -- a wishy-washy idea that lies somewhere between poetic fiction and outright marketing fraud.

Cancer can never be "cured" through any external, artificial means, regardless of how many billions of dollars are thrown at it. Trying to cure cancer with synthetic medications makes about as much sense as trying to **cure illiteracy** by feeding children "reading pills."

Health is a determined path, not an accidental occurrence

Health, like learning to read, is something that must be pursued through dedicated self-advancement. Neither literacy nor health can be endowed upon you with the flick of a magic (medication) wand. They cannot be injected into you through a needle. They can only be achieved by teaching each person how to **own their results**.

If you wish to learn how to read, for example, you must first accept responsibility that no one else can read for you. YOU must go through the learning and advancement curve if you wish to experience the

positive results of being literate.

It's the same with health: If you wish to express **health literacy**, no one else can do it for you -- no doctor, no vaccine, no cancer non-profit group and certainly not pink buckets of Kentucky Fried Chicken. You must grasp the controls over your own health destination. Take responsibility for the results you are creating with each and every decision you make: Decisions about food, stress, sleep, the use of your mind, the use of your free time, the personal care products you use, etc.

Be an adult

If you accept responsibility for your own health, then **you are an adult**. Children, on the other hand, take no responsibility for themselves and instead rely on outside factors to determine their experience. A child's happiness, sadness and other circumstances depend almost entirely on what's happening *externally* at that moment.

Adulthood is only achieved when a person grasps the level of maturity necessary to allow their *inner expressions* to override *external influences*. An adult is someone who can achieve their own health, learning, happiness or bliss without needing to turn to external (artificial) stimulations to mimic such conditions.

A child mind, for example, uses food as entertainment, television as distraction and condescension as an affirmation of self importance. This is the role of much of **reality television**, for example: To allow the viewing audience to feel important by offering them a visual forum through which they can express judgmental views at the inadequate people being paraded in front of them through artificial constructs of staged emotional drama.

In other words, you get to judge people and hurl verbal insults at them. "She's got fake boobs! My gosh!"

Consumption is a one-way street

As you've probably already noticed, most of the mainstream population operates from the child mindset. They are *consumers*, begging to be distracted, injected, entertained, medicated and told how to live, think and feel (and vote). The idea of stepping outside this preprogrammed existence and exploring the world from an adult mindset is downright frightening to these people.

Approaching the world from a point of view that acknowledges self-responsibility means casting aside all the convenient comforts of living life as a child and instead bracing yourself for the harsh reality of taking responsibility for your own decisions. Being a child is so much easier, isn't it? If you're just a child, you can't be blamed for bad results. It's always someone else's fault. (How long do I have to wait for Komen to actually FIND the cure, anyway? Can I keep eating bacon in the mean time?)

Most people, no matter what their age, have still not achieved self-responsibility. Most people are engorged in their television, gossip, fast food, chemical addictions and illusions of health that they've acquired by purchasing "trans fat free" processed foods or "high fiber" breakfast cereal laced with sugar. They are the minds of children living in deteriorating adult bodies while begging for magical medical interventions that will never exist.

My greatest wish is that our population of humans on our planet will **grow up** and embrace adulthood. Only through educated, responsible decisions that consider the long-term consequences of our immediate actions can individuals -- or humanity -- hope to evolve into a sustainable species. The failure of mainstream humans to understand simple concepts like "health is no accident" are merely a reflection of the far wider and more dangerous failures to understand the dynamics of sustainable life on a self-contained planet in a vast and formidable universe.

If we cannot attain the level of adulthood to take care of our own bodies, how on earth can we expect to achieve the level of consciousness necessary to function as stewards for the only habitable planet we know of in our entire universe?

Humanity remains in its infancy. Those of us who accept responsibility for our own actions are living as rare observers in a world run by children, populated by children and now being destroyed by children -- all in adult bodies, of course. The childish concepts of selfish thinking and "that's MINE!" are the lifeblood of our world's largest corporations which seek to own everything they touch, much like little children licking all the cookies to claim them as personal property.

Corporations, for the most part, are immature expressions of economic selfishness that cater to immature consumers who have not yet decided to embrace adult-class self responsibility. The entire free

market, in fact, is driven primarily by childish selfish greed rather than ideas of compassion for fellow human beings or business models based on determined sustainability rather than consumption gullibility.

Even most of the non-profits, which are supposed to be based on compassion, have turned into childish, greed-driven money expansion machines that only seek to rake in more profits at any cost to society. Nowhere is this more evident than in the cancer industry, where both the American Cancer Society and Komen for the Cure have become financial juggernauts by promising cures for cancer but delivering nothing but more disease to the people. (Mammograms cause cancer, for example.)

It is no accident, either, that in our time of the greatest disease ever witnessed on planet earth, we also live among the most powerful and exploitative "disease non-profits" that promise health salvation if we would only give them another few billion dollars.

As long as childish thinking dominates modern society, such fraudulent non-profits will continue to prey upon the *externalization of health* tendencies of the population. The greatest fear of every disease non-profit front group is that mainstream consumers might wake up, take charge of their own health, begin to make informed decisions about preventing disease and thereby make the disease non-profits largely irrelevant.

How convenient it is, then, that the very products now used to raise money for the cancer industry non-profits are the same ones that promote cancer, heart disease, obesity and dull minds.