

HEALTH TALK / HEALTH WISE™

Conscious Living through Living Consciously™

A NATURAL HEALTH CONNECTION

NEWTRITIOUS TALK

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**The Ark of Self-Healing & Self-H.E.L.P.
(Health Education for Longevity & Peace)**

4 Advanced Holistic Health Education

**IT'S TIME TO BURY
DISEASED THINKING**



**By Dr. Karen Davis-Foulks, PMD, DL,
NES HEALTH Practitioner**

“Right thought poured into Consciousness will eventually Purify it.” Ernest Holmes

The truth of life is: “Life Is Consciousness”

Table of Contents

Disclaimer and Caution	4
Dedication	5
Christopher Morley	6
Foreword	7
Emancipate Yourself from Medical Mental Slavery	10
Preface– Step Up Now	12
We are Light Bearers	15
Introduction	17
Disease Mongering.	19
What Does Consciousness Mean to me?	21
The Self Care Revolution	22
What’s Killing Black America	24

Disclaimer

The information contained herein is for educational purposes only. It should be fully understood that no information or interpretation of any part thereof, is to be used for the diagnosis or treatment of disease. The purpose of this information is to interest (teach) the cause of disease and what man must do mentally, nutritionally, and physically to prevent and possibly reverse disease. I acknowledge that only a medical doctor has the right to diagnose and treat disease, and also acknowledge that every human being has the responsibility to do all within his/her power, mentally, nutritionally and physically, to prevent and possibly reverse any pain, loss of energy, or disease that may be in his/her body.

Caution

Because of the nature of the discoveries revealed through information herein, any who uses any of the information, must do so of his/her own free will. If the information contained herein is used without approval of a health professional, then you are prescribing for yourself. This is your constitutional right, and the author and publishers assume no responsibility.

Dr. Benjamin Rush, Surgeon General of George Washington's Army and a signer of the Declaration of Independence stated "*Unless we put medical freedom into the constitution, the time will come when medicine will organize into an undercover dictatorship to restrict the art of healing to one class of men (conventional orthodox treatment) and deny equal privileges to others.... All such laws are un-American and despotic and have no place in a Republic. The Constitution of this Republic should make special provisions for medical freedom, as well as religious freedom.*"

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Dr. Karen Davis-Foulks

Dedication

This book is dedicated to the conscious seeker whom
is ready to create a match with source energy.

Additional copies of this book can be purchased
Quick Read Health Books
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202-248-7749

www.4celllife.com

“When you sell a man a book, you don’t just sell him paper, ink and glue; you sell him a whole new life! There’s heaven and earth in a real book. The real purpose of books is to inspire the mind into its own thinking.”

— Christopher Morley

Foreword

I was deeply honored and moved when Dr. Karen Davis- Foulks asked me to write the foreword for her book. I first met this amazing woman 2 years ago when my life had become stagnant and depressing. I was in a mental, spiritual, physical downfall. I like so many others finally got tired following the doctors, the surgeries, the pills, man's cure for what ails you. In this case what ailed me was an incurable dialysis condition of 15 yrs. I knew it was time for a change.....There is a wise saying, when the student is ready, the teacher will appear. That's when after making a shift to embrace a new direction, I literally ran into my answer.

One day as I was waiting to get in my college building a postcard caught my attention. It seemed to beckon me. As I drew closer the words screamed at me "Are you ready for your Health Miracle?" Miracle? I eat, breathe and sleep miracles! I snatched the card off the door, went to the nearest phone, and dialed the number.

Instantly I felt a connection with Dr. Karen when she picked up the phone. When we talked I just knew this was the key component I was looking for. She talked about thoughts, consciousness and the role it played in healing. She introduced the term cellular malfunction and discussed how we are still supporting a mind-set of "disease- care" when we follow the Western medicine protocol. She also told me about a new concept called Quantum-NES Medicine which was going to revolutionize the health industry. And yes, you can reverse any health condition even the so called incurable ones like mine!

She confirmed everything I believed but because of pressure from doctors, family members and world consciousness I was afraid to trust my own conclusions. We were a perfect match and have been ever since. I thank the day this life empowering teacher devoted herself to becoming my catalyst of hope and change. I still have the postcard to commemorate that pivotal day the turning point in my life.

Well Congratulations! You have taken the first step. You have made a monumental decision in the turning point in your own life. You have decided to become your very own change-agent and no longer give the responsibility and consequences of your health to somebody else. You have decided to empower yourself with information, wisdom and ACT. Kudos to you.

Every fresh undertaking takes determination, commitment and faith in our lives. Faith without works is dead. So yes this is going to take much participation, soul searching and downright will power on your part. Just remember this is a process. Embrace it. Learn the language of your body. What do those swellings, aches, twitches, blemishes...etc. really mean? When is your body just craving out of habit and when is it truly hungry? What food is taboo for you? Do you have any toxic relationships in your life? How does that impact on you physically? Your body is an amazing teacher if you are receptive to its instruction. This is a time for self-discovery, observation and analysis *without judgment*. You are now learning to think of health and wholeness in a new marvelous way. Open wide and trust the process. Learn from it. Become it.

Above all and I cannot stress this enough, be patient with yourself. You are entering into a greater, deeper, love relationship with your anatomy. Most of us have gone through life thinking our bodies are just physical cars of transportation. Then we run scampering to the nearest medical mechanic to fix us when something goes wrong. It's always some quick, temporary fix and

we're off running again. Until we have to pull in that pit stop (hospital) for an annual tune-up, replace/repair or heaven forbid an entire system overhaul!

Well that's the old programming. True healing however begins in the mind. Now you're going to find your body is marvelous, thriving, beautiful, ALIVE and wants to communicate, wants to bond with you. There is no separation between spirit and body only in its outward structures. Everything is energy. Everything is one. Therefore everything affects and has an effect on one another. Body, Mind, Spirit are harmonious, fluid, interconnected, energetic partners. They are a divine TEAM created, infused and propelled by love. You are love. Your degree (high –low) of love vibration determines the level of love that shapes your reality. The more love you give to the aspects of you, the more you receive and manifest love. Your days will be made up of love places, love people and love experiences.

Food will no longer be your comfort but an expression of nutritional, medicinal love. You will turn away from the burgers, chicken, sodas, ice-cream.etc not because you have to but because *you want to*. You will set boundaries of self respect refusing to let anyone or anything violate them. You will begin to live consciously and begin to shape your world from the inside out. You will realize that life is a continuous process of revealing, expanding love. The more we love the more we grow. When we grow we are in the perfect, flow of natural state. We feel good. When we are stagnant we are against it and we feel bad.

When you stop asking why me you can celebrate life's joys and struggles. You'll be grateful for every victory, every challenge and yes every crisis because it is what makes the unique, powerful divine that is YOU. You created it. If you don't like it, create something else! Author Louise Hay said "You can Heal your Life." You can release the mind – set that created any condition. When you understand and accept this for yourself you will begin to heal. Healing is after all perfect oneness, perfect ease rather than dis-ease with yourself, (body, mind and spirit) which in turn creates and sustains all life.

So how's the good doctor doing now with all this new revelation of positive vibration and action. Does this stuff really work? I am happy to answer with a resounding, definite, indubitably YES! I am no longer on medication and managing my phosphorous levels through natural diet, supplements and infoceuticals. This is unheard of for a dialysis patient. Phosphorous is in everything! All my levels in fact are balancing. All the swelling (edema) in my body is going down. I use to have High BP then Low BP, now its normal. I am a Live, Raw Food Convert. Does that mean that I have totally stopped eating meat? No, but Burger King, Popeye's McDonalds and the like are no longer my "nutrition of choice." Instead I go to Everlasting Life, Smoothie King, MOM's and Gluts. Presently, I am about to take a few preparation sessions to develop my raw talent in the kitchen! I'm about 90% there and I'm going to get there. "Right thought poured into Consciousness Eventually Purify it." – Ernest Holmes.

I no longer suffer from barely getting out of the bed syndrome. I have more energy and spunk to do whatever. I get my rest and laugh often. Did you know it's been proven laughter heals? I get MORE out of living. MORE Fun, Joy, Laughter and Love. I no longer put life on hold. I don't procrastinate. I no longer infect my life with toxic relationships I lovingly and resolutely release them from my life. I am now an established poet, free lance writer, working on my 7 streams of income and a sold out Quantum health enthusiast. I Live My Dreams not dream of the life I want to live.

They say my kidneys are dead. Well, that's what **they say**. Which brings me to the whole concept of thoughts. I *believe* the body is the greatest self - sufficient healing mechanism known to man. I *believe* my kidneys are getting stronger and stronger every day. I *believe* I am a walking miracle and I am healed. It doesn't matter what they believe.

I know what I believe. What do you believe? *Belief* is your Strongest Medicine and greatest ally. If you *think* you can, *you can* and if you *think* you can't, *you can't*. I don't ignore my health concerns but I don't let them define who I am. I am a powerful, vibrant, healthy full expression of God's Love. I am at peace with myself and my world. I am who God says I am...not man.

Be encouraged and from one health voyager to another welcome aboard. Though I have a Doctorate in biblical ministry on paper, my ministry started long before that. I invite you to do the same. Minister to yourself, become your own ministry of "Self H.E.L.P. and Healing" Physician, heal thyself and so now you are. Then you can be an empowering testimony and write the foreword for someone else. Maybe you'll even write your own book.

Sit back, strap in and enjoy the ride. It may be bumpy at times, but the experience will be astounding, miraculous even. You are about to embark on the greatest unexplored frontier known to man...YOU

I would like to take this opportunity to thank Dr. Karen –Davis Foulks who is an amazing Health guru, mentor and friend. She has helped me truly bury disease thinking and implement "self care" in every aspect of my life. This passionate, health advocate has encouraged and even exceeded the expectations of this 15 year dialysis veteran. Her personal consultations, workshops, nutritional products/ knowledge have empowered me to overcome my health challenges so I can be an inspiration and blessing to others.

Dr. Karen's books are Life Affirming, Life Sustaining Tools of Transformation Power! Her inspiring words of truth and wisdom have equipped me to forgive myself, find my own passion, and let my own truth shine in spite of popular resistance. Now with the Creators help I can be the Phoenix, the resurrection force in my own life, create my own miracles, B-R-E-A-T-H-E and release my FEAR (Frozen Energy Awaiting Resurrection).

Blessings, Dr. Karen. You are an awesome Gift that has touched so many lives... including mine.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves who am I to be brilliant, gorgeous, talented and fabulous? Actually who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the Glory of God that is within us. Its just not in some of us, it's in everyone. And as we let our own light shine we unconsciously give others permission to do the same. As we are liberated from our fear, our presence automatically liberates other.

-Nelson Mandela

Love, Peace and Increase, Dr. Kris M. Johnson, aka Phoenix-Soul_healer9999@yahoo.com

Emancipate Yourself from “Medical Mental” Slavery

Expand Your Awareness and Take Charge of Your Life ~Sick No More!



*Dr. Karen (Khadijah AbdulMalik) Davis-Foulks,

PMD, DL, NES Health Practitioner

Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny."-Mahatma Gandhi-

Are you tired of setting in the passenger seat of disease care? Would you like to jump into the driver’s seat of conscious health care? Drivers have all the power and control. Is it time for you to let go of the outdated health programs buried in your subconscious mind? Are you ready to take back control of your health care? Is your answer YES to these questions and you just cannot seem to create the outcome that you desire. Why not take a deeper look at what your subconscious mind is telling you about your conscious actions that are keeping you from your desired outcomes.

One Brain – Two Minds

Although we all have one brain, we possess two minds or two phases of mind power – **Conscious** and **Subconscious**. So the difference between the Conscious and Subconscious is one **give directions** and the other **follows orders**. Can you guess which one follows orders? You are right if you answered the Conscious mind.

Letting go of the program of disease care in your subconscious mind is not an easy thing to do if you are not aware that this is what you want to do. You cannot achieve success by simply slapping positive thoughts on top of a lifetime of unconscious thoughts and expectations. You need to uncover and release the unconscious obstacles and habitual patterns that hold you back from creating the health you desire.

There is a secret language that is used by disease mongering institutions and physicians to keep you a prisoner of their reality of a health care. They have you thinking and working to take care of a disease therefore having you believe that this “healthcare” for cellular malfunctions. This language is design to keep you in a fear state of consciousness waiting for the other shoe to drop. You do have a “choice” you can Emancipate Yourself from “Medical Mental” Slavery. Is it time for you to Relearn, Rethink, and Rewrite your personal healthcare plan?™

I like for you to do a little experiment a self check to I see if it is time for you to bury disease thinking. Listen to your conversations and record how many times you say my (name disease or ailment), my doctor told me, or I need to take my medicine, or I got to go to the doctor. You say what! That was how many times? Are you still in the dark ages of disease care?

True modern medicine does not address disease care it demonstrates health care. Dr. Kris M. Johnson stepped up out of the dark ages of disease care and emancipated herself from “Medical Mental” Slavery with Conscious Health Care treatment and NES Health ProVision System. Kris was scheduled to speak at the 1st Emancipate Yourself from “Medical Mental” Slavery Workshop on April 30, 2011. Kris was a 17 year kidney dialysis patient that within two years of practicing’s Conscious Health Care demonstrated a healthier attitude and body.

Dr. Kris transformation on March 15, 2011 was such a surprise to everyone who knew her. Dr. Kris changed her thinking, changed her actions, stopped all medication, changed her eating habits and created a new intention about what is healthcare for her body. She reprogrammed her subconscious mind and regained her strength, stamina, vitality and endurance to the point that it seems so unreal that she will not be here to tell her health journey. Visit www.4celllife.com and download the free E-book “It’s Time to Bury Disease Thinking” and visit www.youtube.com/kdavisf to view Dr. Kris M. Johnson, Quantum Wellness Voyager share her story. Maybe you to will be encourage to Emancipate Yourself from “Medical Mental” Slavery.

We are spiritual, light, energetic beings and we must connect to our spirit field in order to survive this shift. Thoughts can be changed a new civilization is emerging and you must rise in consciousness or you will continue to struggle. Nothing in nature struggles it is renewal time. Plant your barefoot in Gods natural hands (grass, water, and sand) and reenergize your body to align with Gods plan. Don’t accept the imbalance thought of a disease and a disease care system any longer. Life is Consciousness. Conscious Living through Living Consciously™ is the key to self awareness. Dr. Kris story is a testament to all she left peacefully in her sleep as I hope to do so.

Step Up Now

I wanted to write a poem about
Stepping Up out of the Dark Ages of Health Care
But my mind could not think how
To let the words rhyme or the lyrics flow.

The human body fluids needs to move like the
Oceans of the world...fluently... flowing
Free of stagnation, blockages and lack of quality oxygen.

The human mind needs to reach its greatest heights
And think like an Eagle and realize the dream.

I wanted to write a poem about
Stepping Up out of the Dark Ages of Health Care
Or really, is it just disease care and dis-ease- care....Never the less.

Wake Up Every Body! Time to think a new way
Wake up all the doctor's Allopathic and Alternative too Wake up, it's time to practice A New
Way.

The human body needs to be nourished
From the Greenness of the land
Go Live, Go Green, Go Healthy
And you will get Lean.

I wanted to write a poem about
Stepping Up out of the Dark Ages of Health Care

But my mind couldn't think how
To let the words rhyme or the lyrics flow.

The Pasteurian and Darwin Ages have now seen
Their last days....
Step Up to the future and fly like an Eagle
As you reach a Greater Level of Wellness Today.

Come join me on this
Freedom Train as we go for
A Harriet Tubman ride
A ride to Freedom from
Pharmacide and Nutricide
And Yes, Oh Yes, the
SAD, SAD, and I mean
SAD—Standard American Diet.

Come ride with me as you set your mind free
Shhhhhhhh Now! Take a deep breath and listen here
As I whisper in your ear universal truths that
You will hold so dear
Because the secrets of Health Care are
Now being revealed.

About Cellular Ecology and the new paradigm,
Informational Health Care.

Step Up Out of the Dark Ages of Disease Care and
Leap into the new revolution of Quantum Health Care.

I am Dr. Karen Davis-Foulks come ride
With me as we get on board this train
Of Health Care freedom. You don't need a ticket
You just get On board....Let Freedom Ring!

Let Freedom Ring from
The truth twisted with a lie to keep
You on that unrighteous train ride.

So, I implore you to find and take back your righteous Thinking.
Conscious living through living Consciously is the Key.

I wanted to write a poem about
Stepping Up out of the Dark Ages of Health Care
But my mind couldn't think how to let the words rhyme or the lyrics flow.

So I put the words in a little book and called it
Step Up Out of the Dark Ages of Health Care
So, get your copy today.
Transform your life and health not by forcing change but by the Renewal of Your Mind.

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We are the Light Bearers

We are encapsulated Truth
Unfolding, the Dawn of a New Day
Wonderful, undeniable, Incontestable Star
Amazing We are
Able to Bend, Shape, Define
Our Reality, Our Experiences of Life

Able to Spread Our Wings and become anything we choose to be

More, joy, more, peace, more love, and more celebration

We are the answer. We are the journey and the destination.

We are the voice of wisdom, reason and influence.
We are Golden, Beholden
Unbridled and Wild. Free to Embrace this Planetary Space

This realm of mystery of discovery

It's our time. To explore the taboo, the unknown, the forgotten

We are powerful beings that we deny too often

We are not earth bound, misfits
We are not world bound by the monotonous conscious that plaques the human spirit
We are more than just another notch in the universe's belt.
We are souls of purpose, intention and consequence.
We are the course of our own future.

We are the choice of our own existence.

We are
The Light of Hope
Of Oneness
Of Purity
Of Harmony
We are The Light the Beautiful Light

We are free, ethereal and sublime
Shining intertwining beautiful light
For Only the light
Blinds the troubled hearts
Soothes the savage mind of humanity
Comforts the pain of history's wars,
Ends its destructive pattern

We are the Light Bearers
Everlasting to Everlasting
It is time to Unite and Fight
Refute the Era of Darkness
Dispel the mind-set of Fear
Feed its toxic control
No more, even the score

And Let the Eutopia of Love begin
Dr. Kris M. Johnson October 21, 2009



Free ethereal, special in the sublime in the spectrum of multicolored time. Shining Intertwining Binding the troubled hearts soothing the savage mind of consciousness comforting the pain of history's wars.

Introduction

Step Up to Quantum Science of Medicine

Where “Energy + Information = Reality

It’s Time to Bury Diseased Thinking

I want to help eradicate disease thinking from the consciousness of man. *I need your help; will you help me?* For as long as I can remember we have been led to believe that disease is a normal thing and there are no cures. We are taught to manage these diseases with manmade substances that are harmful to the human mind and body. Because we have not been taught the truth about how to properly care for the body, we continue to suffer, struggle and believe this big lie of untruth.

The truth is we are having cellular malfunctions because of the way we eat, think, and live. Our main power plant, the human body field, which is the master control system of the human body’s functions has distortions and blocked/scramble information that needs correcting. If these symptoms of warning are not corrected we experience low energy production, damaged cells, and cells drowning in their own waste that was caused by a self organized breakdown. This happens primarily due to the fact that we break the mental, physical, nutritional and emotional laws of health.

You might be saying bury diseased thinking? All that is around me are people, articles, advertisement, government agency, doctors, family member and friends telling me that I have a disease that I am likely to die of a disease.

You got to be kidding me! There is no way in today’s world to bury disease thinking if I wanted to. Yes! There is a way and it is 100% plus guaranteed. What to try it? Just change your thinking and you change your life.

Burying diseased thinking includes creating a new mind set of intention that matches the new thought that you want to bury diseased thinking. Does your inner speech match what you want to achieve? You must make a shift in thought from what you don’t want to what you do want. You must make a shift in your language from what you don’t want to what you do want. You must make a shift in your actions from what you don’t want to what you do want.

Your thoughts are an extremely high frequency of pulsation that moves beyond the speed of sound and even light. The frequency of thoughts can be measured, and the impact that they have on your body and your environment can be calculated.

There’s a vibratory action to your thoughts, your feelings, and your body. I am asking you to increase those frequencies so they’re high enough to allow you to realize your power in channeling infinite amounts of source energy directly from the Source.

“You cannot remedy anything by condemning it”.

You only add to the destructive energy that's already permeating the thoughts of your life. You cannot attract or create healthy thoughts and have a healthy body by thinking diseased thoughts, thinking you have a diseased body and thinking diseased thoughts for someone else. Why? Mainly because a negative thought creates a counter-force of negative thoughts that disempowers your efforts. This is not the match that you want to happen in your transmitting of your request for self healing.

Become conscious of your thoughts. Every thought you have impacts you. By shifting in the middle of a weakening thought (my diabetes got me so that I can't do a thing today) to one that strengthens (my body is strong and healthy, let's do this today), you raise your energy vibration and strengthen yourself and the immediate information field. If we overload our bodies with distorted information, or take in distorted information over long periods of time, eventually our bodies will react, often with the symptoms of illness. Illness, after all, is the body's way of telling us, "I don't have the information I need to work correctly!" Information applies to both your internal and external interactions. Your thoughts, perceptions and beliefs are the internal information fields you shift when you change your relationship to healing.

The ideal healing situation is one in which both kinds of information fields – internal beliefs/motivation and external healing message via a therapy or remedy—are maximized. This is why study after study has shown that the more a patient/student trusts (or has faith in) his or her healthcare provider, the better the results of treatment. The external match (treatment) has an effect, but so do the internal match (patient and doctor) in terms of their interpersonal relationship. In the same way, "your commitment to a therapy and belief in it may determine that treatment's effectiveness," states Harry Massey in his new book Healing Yourself & Others By Mastering Energy & Information.

Regarding the previous diabetes example, the shift in thought raised the energy level and led to a productive day not a stagnated day. This raised the energy level to a place where you connected to the power of your intention in a split second awareness of your low-energy thinking. Thus you consciously made a decision to raise it. We all have the ability to call this presence and power of intention into action when we become conscious of our thoughts. Conscious Living through Living Consciously™ is the key to self awareness.

The energy that creates worlds and universes you are made from--it **"is within you."** It works through attraction, energy and information. Everything vibrates; everything has a vibratory frequency. "The Creator is able to provide you with every blessing in abundance." Tune in to the Creator's frequency, and you will know it beyond any and all doubt!

Practice cultivating the thoughts and emotions of a healthy you rather than those of a diseased you. *It* can be most rewarding. What have you got to lose in spending 15 minutes each day intending to manifest a healthy mind and body for yourself?

Without commitment and motivation you will not experience much difference. You will have ups and downs with your thoughts, but you'll notice that as you quicken your thoughts to the truth of what you want, over time you'll see substantial improvement. And you will say "when did I get here?". Wow! no more diseased thoughts just thoughts of health and happiness. The bottom line is that the more you value yourself—including the state of your thoughts, beliefs and desires—the better care you will take of your body. Health is precious.

The research at the frontiers of biology reveals that the body is a structured network of information and energy fields. It is the combination of energy and information that transforms our bodies from a diseased state to a healthy one. A new equation has been written: Information + Energy = Reality. Information and energy, therefore, are the core of what we think of as the material world—the world of matter. They are also at the core of what we acknowledge as the world of our individuality, of our personal perceptions and awareness. To hear my story of how I Buried Disease Thinking attend a lecture and join The Self Care Revolution today.

Disease Mongering

Disease mongering is the practice of medicalizing every possible human behavior or physiological function that can be identified. It runs the gamut from fear of public speaking, fear of not taking prescription drugs, to fear of our kids running around having fun. Almost every human mood, emotion, condition, or behavior is now considered a disease of one kind or another. *Give me a break!*

The sole purpose of disease mongering, of course, is to sell more high-profit prescription drugs. Since drugs are only demanded by consumers, who are convinced they're suffering from some sort of disease. The obvious strategy for expanding Big Pharma sales is the expansion of defining disease in a way that encompasses practically everyone.

“Psychiatry has also expanded disease definitions into the murky realm of behavior or emotions, where so-called diseases have absolutely no pathology, no diagnostic tests, and no rational foundation whatsoever.”

This is how so many of our nation's children end up on Attention Deficit Hyperactivity Disorder (ADHD) drugs. ADHD was simply made up by a panel of “experts” who voted it into existence. Give me a break! Now, millions of children are being dosed with powerful narcotics for a condition that doesn't even exist.

That is the power of disease mongering. Convince enough people that they have a terrible medical condition, and create massive profits by selling them a lifetime of patented chemicals that will do absolutely nothing to reverse disease (cellular malfunction).

History of Disease Mongering Organizations

What's a person to believe? Not these organizations!

Reported in an article on the Internet:

The **American Cancer Society** is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. **Founded in 1913** and with national headquarters in Atlanta, the Society has 14 regional divisions and local offices in 3,400 communities, involving millions of volunteers across the United States.

The American Diabetes Association is the nation's premier voluntary health organization supporting diabetes research, information and advocacy. **Founded in 1940**, the Association's mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The Association's commitment to research is reflected through its scientific meetings, education and provider recognition programs; and its Research Foundation and Nationwide Research Program, which fund breakthrough studies for the cure, prevention and treatment of diabetes and its complications.

Since **1924, the American Heart Association** has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the nation's No. 1 and No. 3 killers, claim more than 930,000 American lives a year. The association invested more than \$407 million fiscal year 2002-2003 for research, professional and public education, and advocacy and community service programs so people across America can live stronger, longer lives.

Disease mongering is also founded on the idea that diseases are complex and mysterious, and that finding cures will take billions of dollars and decades of research.

These organizations have been in existence for a combined total of 229 years and individuals are still suffering and dying too early from these so-called debilitating diseases, now more than ever before. What does this tell you? In reality, most health conditions have simple underlying causes that are inexpensive to prevent or treat using natural health strategies. Prevention is the key — not being tested for diseases that do not exist. Renew your mind to true prevention.

How many of you remember that Hormone Replacement Therapy (HRT), for example, which was prescribed to tens of millions of women after selling them the idea that menopause, a normal human experience, was a disease that required medication? We know today that HRT was a scam and the synthetic hormones prescribed to women actually promoted heart disease, cancer, and other serious health disorders.

The General Public has been brainwashed by TV ads, the news media, and the **Food and Drug Administration (FDA)** to believe that prescription drugs enrich their lives. Many also believe that movement agencies, such as the FDA, ensure that these drugs are safe and perform the way pharmaceutical companies' claim they do. Don't you believe it.

How do you sell drugs to people who don't need them? Drug companies were never satisfied selling drugs to sick people. To expand their markets, they knew they had to come up with a way to sell drugs to people who were healthy. This has been the primary push of Big Pharma over the last several decades:

- ◆ **INVENT** a disease.
- ◆ **CONVINCE** healthy people they have this "disease" through advertising, public relations, patient advocacy front group, TV shows and other propaganda.
- ◆ **SELL** the drugs to as many people as possible through bribery of doctors, more direct-to-consumer advertising, etc.
- ◆ **CONTROL** the monopoly market by pressuring the FDA to, either ban the importation of similar drugs from other countries, or censor and outlaw natural foods and supplements that work better.

This is where the conspiracy enters the picture. A conspiracy is a group of people who plot ways to exploit others for their own gain, usually through unethical or illegal means. In my opinion, drug company executives, FDA bureaucrats, disease organizations, and even medical groups are engaged in a conspiracy to make as much money as possible. They promote and sell harmful drugs to people who don't need them, claiming that they are helping to cure disease that don't even exist. It's a conspiracy of profit at the expense of human health — what a shame.

I find it so interesting (and very, very disturbing) that when it comes to the so-called drug marijuana, we teach our kids to **JUST SAY NO**. Yet when it comes to prescription drugs or over-the-counter drugs, we have been programmed to **JUST SAY YES!** Friends, beloved ones of the most high GOD, there is not a **SAFE DRUG** on planet earth! Every drug is a foreign and toxic substance in the body that adversely affects it. Yet, not only are nations being deceived about these drugs and so-call diseases, but citizens of nations are being deceived. This is sad. **You** have the innate ability to be transformed. **Renew your mind.**

Wake Up! And Step Out of the Dark Ages of Health Care. I ask you, as I ask all individuals that come to me, to believe in the power of the body to heal itself. Come to truth in nature for your healing and not man's drugs or surgeries, or the FDA conspiracy that seeks to keep Americans diseased and medicated. Stop running on Junk Foods and Medications Now!

What will it take for you to change your FAITH from the world's way— man's way?

What are the Dangers of Prescription Drugs as stated by Bruce H. Lipton, Ph.D.:

- ◆ Drugs interact with more than one protein.
- ◆ Drugs can affect similar signals/ proteins in different bodily systems, due to the fact that the same proteins are used in different systems.
- ◆ Whereas the human immune system is specific (i.e., target only the area with the problem), most pharmaceuticals are distributed systematically throughout the body, causing the many side effects associated with the drugs.
- ◆ Most drugs treat the symptom, but not the underlying problems.
- ◆ According to conservative estimates, iatrogenic illness (illness resulting from medical treatment) is the third leading cause of death in the U.S.
- ◆ Massive quantities of drugs prescribed in the U.S. violate the Hippocratic Oath taken by doctors to “first do no harm.”

Information on disease mongering was taken from Natural Health Solutions by Mike Adams.

What Does Consciousness Mean to me?

What does consciousness mean to me? As I consider this question, I think of the story of the tortoise and the hare. The tortoise moved slowly along his path, enjoying his journey and the ani-

mals he met along the way. In contrast, the hare sped along, paying little attention to his surroundings, eventually falling asleep, and completely missing out on the joy of the journey.

My life is a journey not a destination. I experience exciting choices, have wonderful adventures and meet new people along the way. I give and receive. True consciousness comes from Spirit. I am one with the indwelling Spirit, I am consciousness.

The Self Care Revolution

The purpose of the self care revolution is to empower you with the information to solely be independent of any medical system, traditional and medical practitioner and develop your personal health care system by learning the mental, physical, nutritional, emotional laws of health, secondly by mastering Energy and Informational Health Care.

Consider the question Are you a prisoner of an out dated health care system?

Join the Self Care Revolution! Be a 21st Century Health Voyager. It's Time to Bury Diseased Thinking and Step Up Out of the Dark Ages of Health Care to Rethink, Relearn, and Rewrite your Personal Health Care Plan and Life.



About The Author

Dr. Karen Davis-Foulks, known in the community as Dr. Khadijah AbdulMalik, is the creator of The Ark of Self-Healing & Self H.E.L.P. and Founder of 4 Advanced Holistic H.E.L.P. Foundation (Health Education For Longevity & Peach).

Dr. Karen Davis-Foulks hosted, *It's Your Life*, a motivational and nutritional health talk radio show; and Health Talk/Health Wise, a radio show on WOL 1450 AM. She rededicated her life to raising public consciousness about the power to heal oneself. She is the author of *Tune Into Yourself Thru The Magic of Poetry* and *The Answer Is Be Still And Listen*. Dr. Karen is well-known as a Motivational Speaker and Poetess.

Dr. Karen Davis-Foulks is a Certified Registered Lymphologist, Therapeutic Reflexologist, Neuro-Linguistic Programmer, VoiceBio Sound Therapist, Colon Hydro Therapist, Professional Relaxation Therapist and Stress Management Therapist. She is also a Nutritionist and Health Minister that teaches the Hallelujah Diet and Lifestyle. She is deeply committed to the spiritual awakening process; to the exploration and advancement of the evolution of consciousness; and to the power of conscious thinking. Her personal mission statement affirms that, through the power of Spirit in her, she heals, empowers and transforms lives through the expansion of consciousness, individually and oneness.

Dr. Karen Davis-Foulks is a Certified Instructor for the American Nutraceutical Association—Dietary Supplements Health Education Act (D-SHEA). Dr. Karen Davis-Foulks, has been in the

health care field for over 25 years and now specializes in the field of NES HEALTH (Conscious well being) through Energy & Information with NES Pro Vision – a unique and powerful way to address health concerns. This Health Advocate and Visionary is recognized among the Elite of African Americans promoting 21st Century Health Care.

***Diseased Thinking is not just about
a diseased thought concerning your state of health.
It is also about the negative thinker.***

What's Killing "Black" Americans

Let Dr. Joseph Prendergast, MD be your extended Doctor



By *Dr. Karen Davis-Foulks, PMD

Do you want to be part of the revolution that is challenging the medical community to expand its thinking about how the body works? Are you ready to open up to the possibility that you have not been told the whole truth about healthcare? Is it time for you to expand your conscious thinking about how to care for your health? If your answer is YES!, then take a Mental Adjustment Period (M.A.P.™) of time with me and reinstall, overwrite and/or upgrade your mental software. It's time to Relearn, Rethink and Rewrite your personal health care plan™.

Most of you know that my passion is to help eradicate DISEASE THINKING and help the individual Step up Out of the Dark Ages of Health Care, which is the title of my first self published book. I am not an allopathic doctor; I practice in the non-secular science of quantum health & healing using 21st Century health information. I am a Certified NES Health ProVision System Practitioner, Life Extension Nutritionist and Lymphologist, teaching individuals in the proper care of the human frame and in the cause and prevention of disease (cellular malfunctions).

Dr. Joseph Prendergast is an accomplished scientist, researcher, and humanist and has been a practicing physician for over 35 years. During that time, Dr. Joe has empowered countless patients in the art of self-care. Dr. Joe believes in the power of the individual and has spent his career helping people manage their own health.

Dr. Joe is Board-certified in internal medicine, as well as endocrinology and metabolism. Dr. Joe recently received a Certificate of Recognition from the American Medical Association for demonstrating outstanding commitment to eliminating health care disparities.

Dr. Prendergast is specifically honored for:

“Clinically testing and documenting the results of more than 8,000 of his patients.”

“Admitting less than 1% of his patients to a hospital in 19 years.”

“Not losing ONE patient to Heart Attack or Stroke in 19 years.”

“Not one stent or bypass.”

“No amputations.”

This is an historic achievement. Dr. Prendergast's knowledge, wellness protocols, and experience of the past two decades, using ProArgi -9 Plus, can be your prescription to free state-of-the-art health care. Join me and Dr. Nate Caine as we H.E.L.P (Health Education for Longevity & Peace) you reach a greater level of wellness. If you are saying, “it is too late for me” or

No More Cardiovascular Disease, which means no other diseases like high blood pressure, diabetes, arthritis, circulation problems, cholesterol problems, kidney disease, atherosclerosis, coronary artery disease, heart failure, stroke, peripheral artery disease, and erectile dysfunction, swollen glands and organs. Increase your blood flow and your lymph flow, and your body will promote health. In my lessons on Cellular Ecology, we learn the formula Oxygen + Pumps + Electricity = Power ©. We all want our cells to produce more power and to maintain that power.

The life changing product ProArgi 9 Plus has proven itself to be the very best. Restoring healthy levels of nitric oxide is the key to treating endothelial dysfunction and reversing cardiovascular disease. This product is for adults and youth. If you are not hearing me, then listen to Dr. Joseph Prendergast.

Let, Dr. Joe be your extended doctor and allow me to work with you so that you can save your life. Most diseases we see everyday are Choice Diseases. We can prevent most diseases simply by making the right CHOICES. Schedule your Health nutritional consultation with me today! At the Ark of Self – Healing and Self – H.E.L.P. (202.248.7749) To order ProArgi9 Plus Visit www.angi9solutions.com/drkaren and www.4celllife.com Share on Face book: Click LIKE button for TWO FOUR HEART page.



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Peace, Love, Health & Wealth

Dr. Karen (Khadijah AbdulMalik) Davis-Foulks