




A portrait photograph of Prof. Dr. Gert H. W. van den Brink. He is an older man with short, light-colored hair, smiling slightly. He is wearing a dark suit jacket over a light blue shirt and a patterned tie. The background is a blurred green foliage.



As a Business & Financial Consultant, and a Natural Health & Wellness Advocate, I must say - after years researching, studying, and 'personally following', the great teachings of the above, four (4) world renowned, Medical and Nutritional "experts" on human **WELLNESS**, I put together, and wish to share with you some of **Click =>** their [courageous!] comments, thoughts, and [sadly!] experiences with, the approach used by [most, but not all of] today's "medical establishment" - who provide >>>> **DISEASE** Care.

[illegible]

"Errors and Omissions Excepted" (E&OE)

»»» **The REALITY:** First, let's "dig into" what our four experts say that the **PRIMARY REASON** is for the overwhelming trend to more and more SICKNESS today (even after COVID) => it's the complete **lack of NUTRITIONAL EDUCATION & KNOWLEDGE** - both in the general population - and within today's "medical community" - but it's not entirely the medical world's *fault* (their medical schools are simply NOT "teaching" it!).

= AMAZING Story! (88-yr old Dr. Ruth - from stage-4 CANCER victim - to 6-time IRONMAN Triathlon winner - thanks to following advice *from Dr. McDougall*, at top! >>>>>> [Click HERE!](#)

= The “conventional medical model” is **FAILING us** today, because IF was truly working, we would not have “billions” of people who are now “dependent” on **SURGERIES**, and on **MEDICATIONS** (Pills & Drugs - that most often “only” treat the “symptoms of DISEASE” - medications that can very often cause serious “side effects” - that are actually worse than the disease itself!).

**Treating The
Symptom and
Not The Cause
Will Not Solve
The Problem**

= Yes, it is true that in some cases, these medications 'can' help - even save lives. But they are very expensive - and since they rarely "cure" the underlying conditions - it is usually only a matter of time before a disease will come back ... just ask the average **SENIOR** today, who's on four (4) different medications - just to get through the day! And remember - a patient "cured" - is a customer "lost" (that's the business side!).

= A major legacy of the four EXPERTS above is one of profound compassion - and, a relentless pursuit of - better patient **HEALTH Care** -via- proper EDUCATION - with the "addition" of => **ongoing "DIET-Therapy"** included in ALL medical training, and 'beyond':

- requiring DOCTORS to complete 'continuing education courses' on **NUTRITION** - and on human Lifestyle Behaviors - to help "bridge the critical GAP" in the current medical school's training, which is crucial for preventing, and managing, chronic diseases - like diabetes, heart disease, cancer, and obesity.
- requiring the general acute care HOSPITALS to dedicate significant time to **DIET-Therapy** at ongoing educational meetings held for their doctors,
- requiring "auditing" of medical PRACTICES for the appropriate use of **DIET-Therapy** (similar to what is now performed with DRUG and SURGERY therapies), and ...
- requiring the sending of **NUTRITIONAL Education** "materials" to ALL [GP] physicians [about **DIET-Therapy**] - on a regular, ongoing basis.

Presently, medical students, and practicing doctors, have **NO** practical knowledge about human **NUTRITION**, and its effects on their patients' health. Today's physicians' training is mostly limited to [BIG Pharma's] **PILLS, DRUGS** and to **SURGICAL treatments**. Period.

= The above four experts warn us that, paradoxically => **[improper] F-O-O-D** is the major "cause" of almost ALL chronic illnesses suffered in Western societies today - and that the medical education being provided simply does not reflect the "urgency" necessary - to be addressing the "devastating health problems" our societies face 'from' this reality.

= Video (2-min) - Dr. John McDougall testifying - before the California Medical Board - on the grim reality of today's "**Diet-POISONING**", on human health >>>> [Click HERE!](#)

➡➡➡ **The PROBLEM (More TRUTH):** It's not only the **LACK of KNOWLEDGE** (about the power of 'proper' nutrition) in our "medical circles" ... it's again, exactly the same problem within our "general population" at large" (see "this" compelling story ... of an obese, HEART ATTACK victim - *who decided to follow Dr. McDougall!*). MORE, from our 4 experts above:

= We're being brutally **POISONED** by the "unhealthy" ==> **Rich Western, Saturated Fat [ANIMAL-Based] Diet** (= higher **CHOLESTEROL!**) ... largely because people think that IT provides the "best" PROTEIN for them ... instead of learning that healthy PLANTS do!

= Witness - the OBESITY epidemic (*Sweets / Junk / Saturated Animal FAT*) - the **HEART ATTACKS** - the **Type 2 DIABETES** - the many different **CANCERS** - on, and on, and on!

= LOOK / SMELL / TASTE?? - The real "problem" is - people seem to be attracted only to => how "great" today's **food** => **LOOKS** & **SMELLS** & **TASTES** ... and sadly ... NOT to => how **H-E-A-L-T-H-Y** that **food** might be for them (or "not" be!) ... especially, all the Sweets / Processed Foods / Saturated **FAT** / ANIMALS / ALCOHOL they devour!

= Example: most people on planet earth “love” the look, smell, and taste of **JUNK foods** (sweet, sugary cakes / donughts / chocolate bars / ice cream / milk shakes / etc) ... and salty, greasy, highly **PROCESSED foods & ANIMAL products** (cheeseburgers / hotdogs / B-B-Q steaks / chips / fries / pepperoni pizzas / fish cakes / scrambled eggs & cheese / [ham, bacon, pork chops, pork loin, sausages] - from pigs) ... and **ALCOHOL** (vodka / gin / rum / beer), etc.

= Our CLIMATE - As “good” as all these foods ‘may’ look / smell / taste - as “delicious” as these **foods** ‘may’ truly seem to be => they are ALL foods that can slowly (or quickly!) be making us - *obese / sluggish / feverish / suffer pain / be sick / be constipated / get COVID & other viruses & diseases - and even worse, they’re => KILLING us, and they are killing our CLIMATE / our PLANET / Global Warming (due to ANIMAL Agriculture!) at the very same time* (see more on this below). => Accordingly, there will be NO FUTURE for our children, and grandchildren ... a catastrophe! => T-H-I-N-K about that!

= Then add to the above “health” disasters: **SMOKING** cigarettes - **DRINKING** alcohol - **SMOKING & DRINKING** opioid / antidepressants / marijuana / cocaine / LSD => and it's not much wonder that today, we're “also” seeing SO much human **ANXIETY** / **DISPAIR** / **DISEMPOWERMENT** / **DEPRESSION** / **SUICIDE** / human **CARNAGE**!

= Somehow, we “must” **raise AWARENESS** - both “individually” - and “environmentally” - about the **Global C-R-I-S-I-S** that we are ALL in!

➡ **The Simple ('Easy' & 'Proven') ANSWER:** - Here's what our 4 experts tell us:

WHOLE FOOD PLANT BASED = In very large part, it amounts to - "proper", **HEALTHY NUTRITION!** - a [primarily] **Whole Food, PLANT-Based diet!** Dr. McDougall "adds" this: a **(STARCH-Centered) Whole Food PLANT-Based diet** [fruits & veggies]. In any event, this is exactly the same SOLUTION most famous ATHLETES of today have found, as well!

[illegible]

= We are being (and have been!) LIED to - by the huge MEAT Industry - the huge DAIRY & EGG Industry - the huge POLITICAL forces at play - and for certain, by the enormous BIG PHARMA (that literally owns the “medical community” - training doctors on, and pushing - its [often dangerous] PILLS & DRUGS)! It's all about =====> the huge **M-O-N-E-Y** grab!

[[Dr. J. McDougall discovered that, while working, as an MD, in Hawaii - he saw people from countries like Japan, China, the Philippines - living a “healthy” life - “without” being ‘cursed’ by sickness, or disease - *well into their 90’s, and beyond* >>> simply because of their **DIET** -- of RICE / CORN / BEANS / POTATOES -PLUS- FRUITS & GREENS! => PERIOD! - PERIOD!]]

HUMANS were never designed to “eat” ANIMALS >>>>>>>>>>> [Click HERE!](#)

Note The Following - on DIET (+) CLIMATE!

(From a very B.I.G. Thinker - J.Morris Hicks [Jim]):

What is holding us back? **Ten Factors:**

1. Most people in the developed world **do NOT know** that we can get all of the nutrients we need (including protein) from an ultra-delicious, whole food, plant-based diet.
2. Most people have been eating some combination of meat, dairy, eggs and fish every day for their entire lives.
3. We all learned how to eat from our parents, who were all committed to providing the healthiest foods for their families.
4. Most medical doctors are not eating plant-based diets and are not recommending such a diet to their patients.
5. Most people know that fruits, grains and veggies are good for them, but those foods comprise a very small percentage of their food choices. (less than 10% in USA)

What is holding us back? Factors 6 -10

6. Most people simply are not aware that diseases like diabetes, hypertension and obesity can be quickly reversed by simply shifting to a "whole food, plant-based" way of eating.
7. Most people simply cannot believe that agencies like the USDA and the UN are **NOT** telling us the truth about nutrition.
8. Most are unaware that our top schools of nutrition have been bought and paid for by the meat, dairy & egg industries.
9. Most believe that if we should not be eating meat, dairy, eggs and fish – that we would be hearing that crucial info from elected officials, MD's and the international media.
10. Finally, if any candidate ran on a platform that included slashing/eliminating animal-based foods -- for health and environmental reasons – **they would NEVER be elected!**

So just how “sick” is our planet?
Five Grossly Unsustainable Situations

1. Overpopulation (adding net 6 million/month)
2. Never ending growth economy—Capitalism
3. Extremely harmful & wasteful manner we are living
4. Steadily rising meat, dairy, egg & fish consumption
5. Selfish, ignorant & irresponsible global leadership

I am near certain that there is only one action that can possibly buy us enough time to resolve all five of these “situations”

**Downsizing the global animal agriculture industry
by at least 50% before 2030!**

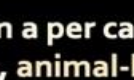
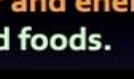

Via individual food choices by billions of people...

Why is downsizing animal agriculture so important?

Because, on a per calorie basis, on average, animal-based foods require **over ten times as much land, water and energy as do plant-based foods.**

LAND – WATER – ENERGY

Factor of TEN on per calorie basis

TEN TIMES!!

*If we cannot take the “animal out of the equation” when it comes to feeding ourselves, we will **NEVER** learn to live in harmony with nature – thereby placing the future of our civilization (and our species) in serious jeopardy.*

—J. Morris Hicks

Why don't more people “get it?”

IRREFUTABLE EVIDENCE

EXTINCTION

= We're **EATING** our way to "extinction"? >>>>>>> [Click HERE!](#)

Thank You!

To our four Whole Food Plant-Based EXPERTS above (and to their many colleagues) - I personally, am extremely GRATEFUL to them ... for their kindness / wisdom / truth / courage / legacy – and ... I appreciate being able to share this vital info. ... with YOU.



HEALTHY EATING
HEALTHY WORLD

UNLEASHING THE POWER OF PLANT-BASED NUTRITION