

# Reclaim Your Inner Terrain

## "Bacterial Warfare vs. pH Balance"

*"I believe we are on the brink of the most devastating war our planet has ever experienced. Millions of people will die if we do not change the way we live our lives. The enemies have no conscience. They are invisible, invincible and believe it or not, we created them.*

*The worst part of this is that those we trusted have misinformed us, leaving the majority of the population defenseless against our worst nightmare - Killer Mutant Viruses & Bacteria. This is no time to be a crowd follower or a crowd pleaser. The fight is already going on around you and maybe even in you.*

*It is called Bacterial Warfare. " ~ Darrell Wolfe, Health Practitioner*

## THE RETURN OF THE KILLER BUGS

The man who follows the crowd will only get as far as the crowd. What do we mean by this? All we have to do is turn on the TV or radio or open the newspaper to hear about the mutant killer viruses and bacteria that are resistant to any type of drug therapy. What about the flesh eating bacteria and the avian virus in Hong Kong where over a million chickens had to be killed due to the threat of spreading it to the human population?

What about the comeback of diseases that have supposedly been cured? 'USA Today' ran a story entitled "Ancient Ills Return with a Vengeance". Eleven diseases believed to be gone are back, including Ebola, Hantre virus, and even the Black Plague.

There is a pneumonia that even the young are now being afflicted with. The twenty-four hour flu is now the two week, or one month flu. The killer bugs are becoming stronger as our immune systems are growing weaker. If we continue on our present path we will always be prone to these diseases.

Let's tell it like it is. Super Bugs are winning the war. Drug resistant bacteria are breeding everywhere. They are infecting our hospitals at an alarming rate, preying on the weak and vulnerable due to nutritional mismanagement and overuse of antibiotics. Infected patients are put into isolation due to bacteria that antibiotics cannot treat effectively.

This bacteria is **Methicillin Resistant Staphylococcus Aureus**, commonly known as **MRSA**, and is mainly caught in hospitals. Six hundred cases were reported in Canada in 1994. Ten thousand cases were reported

in 1997. These hospital-bred infections are an epidemic, which have lethal side effects. What we have seen is only the tip of the iceberg.

Antibacterial cleansers and antibiotics have turned our hospitals into a treacherous war zone due to these Killer Bugs and their ability to mutate and adapt like the cockroach.

Is your inner terrain ready for these invaders?

Where are the so-called miracle cures? Many well-known researchers and doctors believe that antibiotics have created these monsters. Foolishly, we have over-used our so-called magic bullets, arrogantly underestimating the ability of bacteria to mutate and adapt.

The parasites, viruses and bacteria are all coming back with a vengeance, armed with the knowledge of what killed them before. This time they are not going to be affected by the same thing. I ask you, *“Did we ever kill them?”*

We are at the end of the antibiotic miracle age. It is payback time. We are at the end of the age where we think we can beat the bacterial evolution.

Antibiotic-resistant bacteria can be found in all North American major intensive care units. This is a no-no-no win situation for the doctor, the patient, and the healthcare system. If you have a chronic condition, these killer bugs may play the decisive role in whether or not you recover.

Yet another resistant strain of bacteria on the playing field, ***Vancomycin Resistant Enterococcus (VRE)***, has not yet been treatable with any antibiotics. In 1997, this new Super Bug was diagnosed in Japan with properties of MRSA and VRE. It is what doctors have feared most. You say, *“But it is an ocean away”*. Dr. Victor Yu, a leader in the field of infectious disease, states that the war is clearly being lost. There is no doubt in any biologist's mind that it only takes a few days to travel from one shore to another. The enemy is called Visa, e.g., International travel.

Doctors are saying that, chances are, you would not be susceptible unless you have a serious underlying disease or have been on antibiotics. If you are in good health and not in a hospital on antibiotics, then you are at low risk. Doctors are saying that if your strength returns it is believed our bodies can fight off VRE.

***What does this say about the importance of our inner terrain –  
the importance of an alkaline pH?***

These super bugs (that are striking younger and younger people) were made public in the summer of 1997. For the first time, the staph infection MRSA was found in a Toronto day care centre. There is no doubt that having children on antibiotics is a huge problem. When it comes to antibiotics vs. bacteria – we know who the winner is.

The protective measures of washing hands, isolating the patients, and screening new emissions are the only real weapons that medicine has against the antibiotic-resistant super bug. VRE does not affect healthy people. So what do you think your next step should be?

Over the years, I have read and studied a broad range of subjects relating to health. The more I research, the more I find overlap and repetition. The terminology may be different but, after you see through the camouflage and confusion, there is usually very little mystery left.

1919	YEAR	2008
WHAT HAPPENED		WHAT COULD HAPPEN
1.8 Billion	WORLD POPULATION	5.9 billion
Troop Ships, Railroad	PRIMARY MODE OF TRANSPORTATION	Jets
4 Months	TIME FOR VIRUS TO CIRCLE THE GLOBE	4 Days
Gauze Masks, Disinfectants	PREVENTATIVE MEASURES	Vaccines
Bed Rest, Aspirin	TREATMENTS	Some Antiviral Drugs
20+ Million	ESTIMATED DEAD	50 Million