

There is little certain in this world except death and taxes. There is nothing you can do to avoid all taxes in one form or another. I cannot help you with that problem. However, you do not need to die! At least not from natural causes. This book contains the secrets to living forever in good health without disease. Living forever without the fear of withering away, losing mobility, becoming a burden to others, forgetting who you are, where you live, or forgetting those you love. This book will tell you how to get healthy, become slim and fit, mentally sharp, self-reliant, and be a productive member of society. Death is not a certain once you understand the secrets known by the immortals among us. I am living like an immortal and you can also be living like an immortal. I want to share with you one of the best kept secrets on the planet given to me by “1251” (an immortal) who walked into my office one day. You do not need to be wealthy, privileged, or chosen to become an immortal. You only need to be open to the idea of change and get to know how to manage your body, mind, and spirit. This book concentrates on the physical aspect of immortal living and details the diet changes you need to make to get healthy, stay healthy, and live forever. Yes, in the same body you were born with. It is the number one question everyone wants to know the answer to. The answer is in this book.

One last important thing about water. Water containing calcium carbonate and other inorganic minerals is the primarily reason we age and die. Calcium Carbonate is the most abundant mineral on the earth. Look it up and you will find hundreds of sources of it and uses for it in industry. The vast majority of calcium carbonate used in industry is extracted by mining or quarrying. Pure calcium carbonate (e.g. for food or pharmaceutical use), can be produced from a pure quarried source (usually marble). It literally turns us into stone. It is the glue that binds with other inorganic materials in our bodies to block the blood vessels in our body. It starts by blocking or restricting the flow of blood in our smallest of blood vessels first. These are located in our eyes, ears, hair follicles, and skin. We loose our vision, our hearing degrades, our hair turns grey, and our skin becomes transparent. We begin to look and feel old. Our joints become coated like and old tea pot with calcium deposits and we loose mobility and range of motion. Eventually, it blocks or restricts blood flow to our vital organs and we die of “natural causes”. If you drink calcium and mineral laced water, take calcium supplements, or bathe in pools treated with calcium then you are going to get old and die. It is that simple. Fruit and vegetables are the only organic source of calcium you should ingest. Period! Distilling water is the only way of totally removing calcium carbonate and other minerals from water.

