



## NUMBER ONE CAUSE OF ALL DISEASE, CANCER AND DIVORCE

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Hello my name is Keith Morey. I own a company called SGS Research. I'm here to take you on a journey; a journey to good health. I had a radio show called Journey to Good Health for over 2 years. I was on 5 days a week, 2 hours a day and had over 200 guest speakers, all of whom were part of leading me on my own journey to good health. With access to all of these specialists, as well as their friends and associates that I talked to outside of the show, I was able to compile the pieces of the puzzle and assemble the overall picture of why our poor eating habits cause us to be obese or overweight, why we become sick and why our society is full of ill health.

In my own journey to good health, I realized that in most cases the doctors were addressing the symptoms but not the cause. They were addressing the flu, a cold, cancer, or the overweight problem by prescribing pills, medications and antibiotics. They were not looking at what was going wrong within the body and the systematic breakdown that occurred causing them to be unhealthy in the first place. Doesn't it make sense to go to the source of the problem? How can a person ever truly get well and become healthy if they are merely addressing the symptoms and not the core problem within the body? My experiences have shown me a lot of the why and how to fix them the naturally healthy way.

I'd like you to consider this question ... Why are we living longer yet the quality of our life is declining? Why are people getting sicker more often? In the last 50 years, cancer has increased by 30% and type two diabetes is becoming an epidemic in our society as well as arthritis, osteoporosis, depression, insomnia, and fatigue, just to name a few. More and more children are being diagnosed with these maladies as well as ADD, ADHD, depression and severe acne than ever before! Have you ever known someone who quit smoking and ended up getting cancer in a very short time or gained a lot of weight? Why do you think this is? We'll explain this later on.

Our human race has pretty much condemned itself to a plague of sickness and ill health. I will explain to you how antibiotics have played a major role in this cascade effect that impacts every single man, woman and child on this planet. This concept is so simple and most people and *even most doctors* don't see the correlation! I want you to understand that good health is not a complex, unknowing, irresolvable situation. Good health, good energy and a healthy weight is easily attainable. It can be very simple once you understand the basics ... and that's why I'm here today ... to explain the basics to you.

Other disorders such as urinary tract infections, digestive and kidney disorders, tinnitus, muscle weakness, psoriasis, and inability to cope with stress are flourishing in our society. What is ironic is that these disorders can be so easily managed and resolved in a non-medical manner. The common denominator that I feel causes most of these disorders is a systemic fungal<sup>1</sup> infection. Different kinds of fungal infections interact, causing a disruption and a domino effect, finally becoming the number one cause of all disease, all cancer and most divorce. Good health can be surprisingly simple if you can get back to the basics. So let's start at the beginning.

When we are born, we're born with what we call flora (good bacteria) in our digestive tract. The body lays down seven layers of acidophilus and other good bacteria with the help of colostrum to coat and protect the lining of the intestinal tract from parasites, bad bacteria and funguses. This protective coating prevents fungus parasites from leaking through the intestinal lining and infecting the bloodstream.

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<sup>1</sup>**NOTE:** Fungus is a single cell organism that feeds off the body as a parasite utilizing the nutrients that our body needs for healthy functioning.

This negative process is ignited when you take your first wide spectrum antibiotic<sup>1</sup>. It could have been when you were a child. Many young children suffer from frequent ear infections and are often given antibiotics for treatment. In some cases, antibiotics are introduced into a newborn's bloodstream almost immediately following birth through its mother's breast milk. This is generally the case for infants who were born through caesareans. Also, when a mother takes antibiotics while carrying her child the antibiotics go through the unborn baby's system as well. Whenever antibiotics are used, they destroy all seven layers of acidophilus and other good flora. We call this leaky gut syndrome. This is when the fungus eats its way through the intestinal lining and enters into the bloodstream. On its way through, it leaves little pinholes behind and in doing so, allows proteins, carbohydrates or fats that are not fully digested to enter into the bloodstream. The immune system reacts and builds antibodies and enzymes to digest and destroy what it considers to be foreign objects or pathogens.

Let me explain this process. The body digests foods. It breaks down food into amino acids and other elements, which pass through the intestinal flora and into the bloodstream to feed each cell of our body. Let's use broccoli as an example. When the body breaks down broccoli, it breaks it down into amino acids and feeds our cells. My contention is that these amino acids carry a signature, which say that it used to be broccoli. So, if a food particle like an amino acid broccoli enters into the bloodstream, (remember that the body has already created an anti-body towards the protein of broccoli), as a foreign invader and starts to build antibodies to attack and destroy what it perceives as invaders, which we call an auto-immune problem or ... a food allergy. This is a crucial point here because the body cannot recognize what is good and what is bad. It is now fighting against itself.

Let's recap what we've learned so far. Antibiotic use disrupts normal digestion. This causes an overgrowth in fungus in the digestive tract, which kills off good digestive flora leaving the intestinal walls exposed, which then allows fungus to eat its way through the intestinal lining and get into the bloodstream. This disrupts the immune system, which contributes to an autoimmune problem. This autoimmune problem manifests itself in the form of allergies and a mal-absorption of nutrients.

At this point, the fungi proliferate throughout the whole system creating a cascade of different reactions, first of which is a craving for carbohydrates. The brain is a carbohydrate fiend. It utilizes 50 – 80 % of all the carbohydrates we ingest; this is also what the fungus loves to feed off of most, carbs and trace minerals. The problem with this is that once the fungus eats up all the carbohydrates in our bloodstream, the brain starts to crave carbohydrates. Food manufacturers love to take advantage of this by enticing you. Just think about it, if you go into a grocery store, all you see is cakes, chocolates, cookies and candies. Our society has become a bunch of giant carbohydrate fiends! Again, this creates more reactions within the body. When you eat carbohydrates, your insulin spikes. Insulin is the number one cause of aging (and the number two cause of brain damage). Hence the saying, "the less you eat the longer you live" because you end up not spiking your insulin.

Now you have put yourself in the position of unwanted weight gain. When your insulin spikes, you end up storing those carbohydrates, and the fats and proteins that went along with them. That's why we have a society that's obese.

How does fungus affect the brain? The fungus gives off a bowel movement, which is an offshoot of ethanol. This overpowers the immune system, entering into the brain and disrupts neurotransmission for short term memory, causing mutation and malfunction in the brain cell.

Now let's talk about the impact of trace minerals on the body. Trace minerals are very crucial for the mechanics of the body to function properly. Fungus loves trace minerals, gobbling them up like

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*The growth of fungus can also occur with steroid or long-term use of birth control pills.*

candy. As a result, we become mineral deficient. Trace minerals are necessary for healthy nerve function, muscle tone, energy production and are also essential for growth and healing, as well as keeping your body in an alkaline state. The minerals bind to amino acids and make new chemicals that the body utilizes in order to function properly. But what I deem most important though, is that when the minerals bind to amino acids, it changes them from acid form into alkaline or neutral form in the bloodstream thus, the body becomes alkaline.

### ***Why is it so essential that the body stays alkaline?***

A good analogy would be water that comes out of your water pipes. The water that comes out of the tap is a perfect pH of 7 ~ it's neither acidic nor alkaline, it's neutral. If the pH balance was off by one degree then your pipes would be eaten up and you would be drinking rust (contaminated) water. The same concept happens within the body ~ without the proper pH balance, the body starts to degrade just as the pipes would. Another example would be a piece of fruit. Have you ever left a piece of fruit out on the counter overnight only to come back the next morning and find that it has started to spoil? This is because the pH level of the fruit became imbalanced and started to decay.

Amino acids act as building blocks to proteins and other essential chemicals of the body. Proteins are essential for growth and development by providing the body with energy. They are also needed to manufacture hormones, antibodies, enzymes and tissues. They help to maintain the proper acid-alkali balance in the body. The body needs to stay within a pH range in the blood of 7.38 to 7.42; if it leaves this extremely tight range by one degree in either direction, then within one full hour, either you are dead or pretty close to it!

Let's talk a little more closely about how the fungus affects the body's pH level. What happens is the fungus eats the trace minerals in the bloodstream, which begins the process of the body going acidic. (99% of all people who have cancer are acidic.) At this point, in order to stay alkaline, the body goes to its next choice - sodium bi-carbonate. The problem with sodium bi-carbonate (baking soda) is that the body needs sodium to produce this and believe it or not, in many cases we're sodium deficient. This is contrary to what most doctors tell you. The reason why we are sodium deficient is because table salt, which is man made, contains only 6 or 7 trace minerals, whereas natural sea salt contains 78 trace minerals that our body needs to function properly.

Let me give you a little story here: At the turn of the century, 1900's, society gravitated toward sodium chloride (table salt) from natural sea salt. The problem with this was that by 1905, the general population started showing an epidemic of goiters. Basically, it is an enflamed thyroid, which appears as an extremely visible huge lump on the neck. A poorly functioning thyroid is another source of numerous health problems within the body; one of which body temp which is a sign of a malfunctioning thyroid. Some other examples would be cold extremities, extreme fatigue, and lack of endurance just to name a few. A poorly functioning thyroid is the number two cause of ill health and is better explained in part two of this CD.

So when society switched from natural sea salt to man made table salt, the thyroid was no longer getting the necessary iodine to feed itself and therefore would not function properly. Essentially, what the body was getting was plain sodium chloride. It was eventually reformulated to add iodine, magnesium, manganese and a little bit of mercury to separate the salt. This isn't natural and the body doesn't utilize it properly. By the way, Iodine is the seventeenth highest concentration in sea salt. What about the other 16 minerals that are of even higher concentration? Goiters were visible and they were able to remedy the problem by adding iodine. What is our body losing from not having the other 16 essential minerals? And what about the other trace minerals that were of less concentration than iodine?

What happens to our body when trace minerals are being consumed by something as unhealthy as fungus growing within us?

In the body's effort to remain alkaline, it has resorted to sodium bi-carbonate and as we stressed earlier, we have become depleted of a useable sodium. Our body then resorts to calcium bi-carbonate to become alkaline. The problem with calcium bicarbonate is that it needs calcium and there is very little calcium in the blood stream to draw from, so our body leaches calcium from our bones, causing what we call osteoporosis ... which is epidemic in our society. Another problem with calcium bi-carbonate is that it's inherently a weak chemical bond. It falls apart in the muscles and synovial fluids, forming what I call the scourge in the body: free floating calcium. This free-floating calcium is like a piece of glass. It goes through the muscle tissue and synovial fluid damaging cell structure and causing mutation in the cells, which we call aging. Eventually this free floating calcium can damage the DNA mutating the cell into cancer form.

This free-floating calcium also gets into the joints, grinds down the cartilage, and causes arthritis. It binds with fat forming plaque on your artery wall and also comes through the kidneys, actually damaging the nephrons in the kidneys which purify our blood. The last ditch effort of the body to overcome alkaline is ammonia. The body uses ammonia to offset the acidity but the body also knows that the ammonia kills it at a much slower pace than going acidic and dying within an hour. That's why if you go to a cancer ward, it reeks of ammonia, which is actually coming out of the patients skin, breath and also mixes with body fluids, creating what we call, "the smell of death". You will also notice this same odor in old folks home.

Let's go over what we've learned. We take antibiotics that destroy the good flora in our digestive tract. The fungus eats it way through the intestinal wall into the bloodstream, causing us to crave carbohydrates. The fungus then eats up all of our trace minerals making us go acidic. The body tries to offset the acidity by using sodium-bicarbonate. It runs out of natural sodium, resorts to utilizing calcium bi-carbonate ~ The calcium bi-carbonate breaks apart in the muscles and synovial fluid, creating free floating calcium, which damages cell structure causing arthritis, purification problems in the blood, and hardening of the arteries. The fungus gives off a toxic excretion, which is an ethanol product that disrupts neurotransmission and damages the brain creating short-term memory loss.

Here's where it gets interesting. We're going to start talking about the gall bladder. Gall bladder removal is the third or fourth most common operation in the U.S., and it's because of a fungal infection. First of all, the gall bladder stores bile. Bile is a breakdown of red blood cells crushed in the spleen. The spleen removes necessary minerals out of the red blood cells that are to be processed and reutilized in the body. These minerals are processed back through the liver where they are bound to used cholesterol forming bile acid. This bile acid is supposed to be stored in the gall bladder to be excreted during heavy meals in order for us to digest fats. The gall bladder gets clogged up with fungus and the bile starts to back up into the liver through the liver ducts, eventually damaging the liver. The liver is the primary chemical factory of our body. If it starts to malfunction, we start to malfunction. This bile acid bleeds down into the pancreas causing the pancreas to excrete insulin. It's basically like this: if I punch you in the stomach, you're going to expel air. When bile acid hits the pancreas, it expels insulin. Insulin, as we talked about before, is the number one cause of all aging and also the number two cause of brain damage.

The majority of people aren't aware of an epidemic in our society of a lack of vitamin D. Lack of vitamin D can contribute to rickets in children, bone disorders, cancer, high blood pressure, immune

system disorders, skin cancer, multiple sclerosis diabetes and is a major contributing factor to muscle pain.

Vitamin D is crucial for proper thyroid function and to keep your body temperature up so that the body can activate enzymes and function properly. Another thing that many people don't realize is that you need good cholesterol in the skin, which allows the sun to convert it to vitamin D. Without the proper digestion of fats by way of bile acids secreted by the gall bladder, we do not make good cholesterol which leads to a deficiency of vitamin D.

Too much insulin in the blood causes you to become hypoglycemic, which in turn makes your body store glucose, fats and proteins that you don't really need. The pancreas also makes pancreatic enzymes, which are crucial for digestion and for making all sorts of chemicals necessary for proper body function. What is even more important is this fact: When a cancer cell is growing within the body, it has a protective coating around it that makes it invisible to the human immune system. It is almost impossible for the body to recognize that it is a cancer cell. Pancreatic enzymes break down this protective coating around the cell allowing the immune system to recognize it as a cancerous cell to go after it to destroy it. Eventually, bile acids damage the pancreas, which inhibit the pancreas from providing this protective coating and from providing insulin, causing the body to slowly turn diabetic.

We've talked about the gallbladder and the fact that it stores bile for release into the digestive tract during heavy meals. But what we haven't talked about is that bile digests fats and fats turn into cholesterol. Good cholesterol is converted into Pregnenolone, which is the master hormone to all hormones. It feeds the adrenals and the adrenals are what I call "the butcher"; they break down Pregnenolone into its sub-components such as estrogen, progesterone, DHEA and testosterone. It is the master hormone to all hormones and hormones regulate the body. Just about everything you could imagine is regulated and controlled by hormones and these is what determines our personality, who we are. Hormones regulate digestion, heart function, thyroid function, neurological function, brain function, immune function, depression and anxiety. Pregnenolone improves memory and is the best memory enhancer of all steroid or precursor to steroids by 100 times. The fact that this fungal infection deprives our body of proper hormone balance causes a cascade effect which affects every aspect of the body causing multiple malfunctions throughout the body which can result in sickness, cancer and an overall depressed sense of well being which eventually bleeds into our relations with family, friends, work and the ones we love.

A bit about smoking. Have you ever known someone who has quit smoking and ended up with more medical problems than before or maybe even ended up dieing? Nicotine is one of the most detrimental things to the body. It's damages the body creating an environment where seeds for fungus can all throughout the body. What is not widely known about nicotine is that while it compromises the body, it also inhibits the growth of fungus. Nicotine does not kill fungus – it merely retards it's growth ... temporarily.

What people don't realize is that when someone stops smoking, they are no longer ingesting nicotine, which was previously inhibiting the growth of fungus. It is now finally given the opportunity to flourish. An analogy would be like seeding your lawn but keeping the grass from growing by not watering it. When you quit smoking, and take the nicotine out of your system, it is like finally turning on the sprinklers. Now, with the nicotine damage spread throughout the body and no longer being inhibited by such, fungus flourishes at an exponential rate 10 times more rapidly than a person already compromised with a fungal infection. It's not to say that you should keep smoking, it's that you need to kill the fungus before you quit and enable the body to eliminate the nicotine which will also help boost your immune system.

A lot of times we see people gain weight when they quit and we tend to think that a person is eating more from nervousness or out of habit of hand to mouth motion. In actuality, it is the fungus proliferating that is making the person crave carbohydrates in turn, making them become acidic and more prone to disease, cancer and other illnesses at a rate 10 times that of a non-smoker.

So let's recap again. The antibiotics destroy the flora that protects our digestive tract, enabling the fungus to eat its way out of the digestive tract and into the bloodstream, making you crave carbohydrates. This fungus feeds off the minerals that your body needs, creating a deficiency and causing your body to become acidic. In the body's effort to keep you alkaline, it yanks calcium out of the bones to make calcium bicarbonate, which breaks apart creating free-floating calcium damaging cell structure. This causes cancer, arthritis, damages the kidneys and causes plaque build-up in the arteries. The fungus proliferates in the gall bladder, clogging it up. This results in damaged liver and pancreas. This curtails your body's ability to produce hormones, resulting in you being moody, sick more often, depressed, and lacking of sex drive.

Do you wish you could feel just a little bit better? How about having more energy? Wouldn't it be nice to be able to function clearly ***all the time*** without having to have that morning coffee to get you there, only to be dead tired at the end of the day after coming down from it? What about when you get sick? I don't know about you, but I become very antisocial. Look around at the people that surround you. How many people do you see that are actually TRULY happy? Not very many ... people are stressed, low on energy or just not feeling as good as they can be. Look how high the divorce rate is. In LA County alone it is up over 70%. Seventy percent of all these marriages are ending in divorce ... We need to ask "Why?" Do you think that if we had healthier bodies, more energy, or a stronger sex drive ... that it might make a difference and have a more positive effect on the people around us? Do you think that if people were able to feel happier because they were healthier that it would have a more positive effect on the divorce rate or that they would be sick less often?

I think so ... I've seen it happen for many people and it could happen for you too.

**So, if your immune system is compromised, you're moody all the time, you're feeling depressed and you have no sex drive, how long does the marriage last? If you want to learn more about what you can do about fungal infections,**

**Call-SuperGood Stuff--949-651-6355 or 1-800-266-0555.**

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