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THE HEALTH EMERGENCY



by Miles Mathis

Seeing that I am not a doctor or any other kind of health provider, some may find it strange to see me writing about this. But I offer my readers a wide range of free advice and information, all of it strictly my personal opinion, which they are free to ignore. Some have found that I am a pretty smart guy, well-intended, and that I am often right. I have time to do a lot of research, and I sort through facts and claims with the best of them.

For a much more intensive and far-reaching critique of the current health situation, as well as advice on what to do about it, I recommend Mike Adams [at Natural News](#) and Dr. Mercola at his now-famous [website](#). This recommendation doesn't mean I agree with them on everything or that I think either one is flawless, but I do believe they are on the right track. In this short paper, I will simply hit a few of the high points of recent research, hoping to give the most needed information first. You can then fill in this information with further reading or research of your own.

If you haven't already, now is the time to get in control of your diet. And I don't mean that as a function of weight loss. I mean it as a simple function of health, even if you are already skinny and think you are healthy. The food supply in the US has recently plummeted in quality after a long and steady decline, and anyone who now eats without thinking is taking his life in his hands. When I use the word emergency in my title, I don't mean that your current diet will kill you immediately. In most cases it won't. It will take years. What I mean is that if you don't *do something* about it immediately, you are definitely killing yourself in slow motion. You are being poisoned, either by plan or oversight or accident, and the poison has reached levels that simply cannot be ignored. If you are over 40, this is especially critical, since these poisons are cumulative and you have already been accumulating them for 40 years or more.

The first and most important poison to avoid is fluoride, about which you have been lied to for decades. I am not going to give you the reasons here—I have many links on [my links page](#) which you can take for an education, if you want it. In this paper, I am only going to tell you what to do about it. Number one, get in control of your water. By drastically lowering your fluoride intake now, you can help save yourself the trouble of Alzheimer's, dementia, thyroid problems, fluorosis, hip fractures, immune system failures and auto-immune freaks (like lupus, psoriasis, MS, gastritis, arthritis, eczema, vasculitis, colitis, diabetes and a host of others), as well as many other diseases, cancers, and lesions, and general malaise. You can also avoid being turned into a lowered-IQ zombie, which may have been the plan all along. The first thing to look at is your drinking water. You *must* discover the toxins in

your tap water, and you can do that by getting a lab report or by going to your local government page on the web, which should have a breakdown of all things in your water that aren't H₂O. They are legally required to post this information. If you don't want to bother with either of those things, you may *assume* your water is poisoned. All the government sites brag about how great tap water is, but in most places that is a lie. About $\frac{3}{4}$ of all tap water in the US is fluoridated, which means it is *purposely* poisoned with one of the strongest neurotoxins known, sodium fluoride.



Sodium fluoride is even more toxic than the naturally occurring calcium fluoride. If they were really worried about tooth decay, they would use calcium fluoride, which hardens teeth without quite as much collateral damage to the body and brain. But they use sodium fluoride, since sodium fluoride is a by-product of aluminum, fertilizer, and nuclear weapons manufacture. They have a lot of this poison sitting around, in other words, so they have decided to hide it in your drinking water. Brilliant, right?

The standard dose of this poison in your water is 1 part per million, 1 ppm; but according to law your water can contain up to 4 ppm, with no violation. This despite the fact that the [EPA's own union](#) of scientists has recommended lowering maximum fluoride concentrations by 20 times or more, to .2 or less. Here in Taos, my tap water is 1.91, which is almost double the “normal” dose. That is almost 10 times the maximum recommended by the EPA union of scientists. If you are on well water, you may be OK, since nationally well water has about four times *less* fluoride than municipal water ([.2 compared to .8](#)). If you find that your water is fluoridated, or that your water “naturally” has any amount over .2, I recommend you drink bottled water or buy a whole house filtering system like reverse osmosis (RO), that filters fluoride. The old-style filters like charcoal, Brita, and other inexpensive filters you can get at the grocery store don't filter fluoride, and you will need RO or distillation or some other ionizing filter.

If you choose to go the bottled water route, be careful. In Europe they require that bottled water state the content on each bottle, but in the US they don't. When I first moved to Taos, I bought Arrowhead water at my local organics food store, only to find it was a Nestle product, and that it contained 1.3 ppm of fluoride. To discover that, I had to go online and do research. So don't assume that the bottled water in a pretty container at Whole Foods is fluoride free. Go online and find out. Most brands will have a chart up somewhere, though you may have to dig. But here again, I can tell you that if you don't want to do the research, you may assume that most bottled water—even the water at Whole Foods—is fluoridated or contains fluoride. Most of the major brands are tainted in some way, and even some of the European brands (like San Pellegrino) have too much fluoride. With the water from Europe, just look on the label.

Don't trust Wikipedia to give you accurate information, either. For instance, Wiki lists Arrowhead with .1 ppm, but [Nestle's own site](#) contradicts that. Nestle lists the MRL as .1, but that is the Minimum Reporting Limit, which is just a detection limit created by the EPA. It is a parameter and has nothing to do with the actual testing of the actual water in question. Nestle lists the detected fluoride in samples as being from 0-1.3. From zero to 1.3. That means your bottle may have up to 1.3, according to this

survey. You can assume that more samples would have 0 than 1.3 if you like, but if you assume that I will assume you are a very naïve person. My assumption is that the average of all samples is much closer to 1.3 than zero, and nothing at Nestle's own site contradicts much less disproves that logical assumption.

You may also wish to catalog the fact that Wikipedia appears to be running interference for Nestle. Do you really think the water experts that post these pages at Wikipedia don't know how to read data from a simple chart? Do you really think they would mistake MRL's for detected levels?

I experimented with several brands before giving up and buying RO water. Most grocery stores now have RO water machines, and the water is much cheaper than bottled water. You can also reuse your own bottles (I recommend glass), saving a lot of plastic. But even here you have to be vigilant. I have seen Glacier machines that aren't properly tended, and you have to take care. If you are at a store you don't trust, squirt about a cup of water into your bottle, smell it, and then taste it. If it is warm or doesn't taste perfectly pure, dump it.

OK, now you have RO or de-ionized water in a glass bottle. Are you done? Unfortunately, no. Ion-free water is not really what your body wants, and if you are already vitamin deficient, it may harm you a bit. It won't harm you as much as fluoridated water, but it isn't optimum. The trick is to put back in some ions, but healthy ions instead of unhealthy ones. At this point there are a lot of things you can do, but the consensus now is that you want your water to be slightly basic, rather than acidic. You want to boost the pH above RO water, in other words. The quickest way to do that is just to add a small pinch of baking soda to each gallon. But while that will boost your pH, it won't give you any really healthy ions. Some recommend sea salt, which has ions besides sodium and chloride, or Himalayan sea salt, which has an even wider dose of ions. Sea salt is fine, in a tiny tiny dose, but I don't recommend Himalayan sea salt. This is one place I strongly diverge from Mike Adams. Why? Because Himalayan sea salt has lots of fluoride. The marketers of Himalayan sea salt will tell you that natural fluoride is OK, but that is bunk. The last thing you want to do is put fluoride back in the water you have spent so much time de-fluoridating. No, you want healthy ions, as I said. The best thing you can do is get a blood test at the hospital, next time you are there for any reason. Tell them you want to know if you are vitamin or mineral deficient. Then put the minerals you are deficient of in your water. If you have an iron deficiency, buy some iron tablets and crush them up. Put a tiny tiny amount in each gallon of water you buy. In this way, you can "handcraft" your own water, to suit your own needs. That is what I do. I don't add iron, but I do add a tiny amount of baking soda, sea salt, vinegar, and some other things depending on how I feel.

Now, what about cooking and bathing? If your tap water is as bad as mine, you will want to cook with de-fluoridated water. Unless you are on well water or you *know* your muni water is low in fluoride, I recommend cooking out of the bottle. I have found that this requires less than one gallon more per day, for a couple. If you have kids or cook a lot, you may need more. But at 40 cents a gallon, it is well worth it. Things like rice soak up all the water, of course, and even spaghetti or potatoes soak up a considerable amount. Even steaming will coat your veggies with extra fluoride, and who needs that?

Bathing is more difficult. This is where you want a whole house filter. Unless you are a hippie, you don't want to be bathing out of the bottle. You can get a shower filter like Sprite, but that won't filter much fluoride. It filters a bit of chlorine, if you are showering hot, but other than that it doesn't do much. If you have a lot of fluoride in the water and can't afford a whole house filter, the best thing to do is limit your bathing time and limit your heat. Take showers, not baths, since in a bath you are just stewing in fluoride. Personally, I always wash my head, including my hair, out of the bottle. The water

in Taos has so many contaminants I don't want it on my head at all. And fluoride can also contribute to balding, over time.

This also applies to brushing your teeth. Don't even use tap water to wet your toothbrush.

If you have a garden, your garden can also be compromised by your tap water. Most people reading this won't have water that bad, but some of us do. Water at 2 ppm on a garden can build up over time. Fluoride is highly bio-accumulative, and it gets on and inside your plants. Fruit and veggies are full of water, you know. This is why bees have been found to be very fluoride poisoned. So if you can afford the whole house filter, be sure your garden is part of that. If your tap water is really bad, you may want to buy your produce from a non-local source. They tell you to buy locally, and while that is generally good advice, in some cases it isn't. If your area has high "naturally occurring" fluoride, it is best not to buy local produce, unless it is watered by a trusted and tested well.

The reason I put "naturally occurring" in quotes is that that is another lie. Although fluoride can be naturally occurring, in most cases the fluoride in ground water *isn't* naturally occurring, or not in the amounts we see. For instance, most of the fluoride that washes out of the Rocky Mountains into the water of Taos wasn't deposited there naturally. It was deposited there recently (this past century) by wind and rain out of the air, from Los Alamos. As I said, fluoride is a by-product of nuclear weapons manufacturing. This also applies to Amarillo, Texas, where I was born, which is fluoride polluted by Pantex. They never tell you that. Municipal waters can also be unnaturally fluoridated by air emissions from nearby aluminum or fertilizer factories, and some other factories. Most of the "naturally occurring" fluoride in municipal waters is not naturally occurring at all, unless you consider man-made pollution natural.

You may be interested to know that rainwater gets naturally filtered by the process, so you don't have to be worried about that (yet). They *are* spraying ions in the atmosphere now for weather control, and that does get into the rain, but we won't go there in this paper. They aren't spraying fluoride, as far as I know, but they are spraying aluminum.

What about your other liquids, like beer and wine and juice? Again, you need to become much more vigilant than you were in the past. Things get worse every decade, and you can't even trust the sources you used to trust. A good blanket rule is to avoid all major brands, of everything. The big producers and suppliers are the least organic and the least honest, in general. As you can see by going to cornucopia.com, the big producers are all against GMO labeling, which is indication enough of where they stand in all this. Monsanto, Kellogg, Nestle, General Mills, Conagra, CocaCola, Pepsico, Smucker, Unilever, basically all the big ones. And even some of the alternative suppliers have gone over to the dark side, as we see with Dean Foods, Rich Products, and Knudsen. What this means for your beverages is that you have to avoid Minute Maid, Gerber, Dole, and just about every other major brand. You also have to avoid Knudsen, Odwalla, Izze, Simply Orange, Dasani, Naked, and Santa Cruz, not because they contain fluoride, but because they are pro-GMO. That leaves only Lakewood for juice at my organic market. You may find other good brands with more research.



What this means in a broader sense is that you basically have to boycott *all* the major brands. I

recommend a total boycott of all the companies and labels at the end of this paper. I don't use any of them. If you don't like the way things are now, you have to quit buying the world they are selling you. Do a total opt-out. This is the kind of tune-out, turn-off Tim Leary should have been recommending, instead of the drugged out version. You should tune-out the commercials, turn-off the TV, and quit buying all the poisoned products they are offering you. If they want to steal your money, make them do it at gunpoint.

I haven't researched the water used in beers, but since the US water supply is fluoridated everywhere, and since fluoride can't be filtered with what have up to now been normal processes, a lot of beer will be fluoridated, even if it says it is made with filtered water. If your beer is a US beer and it isn't made with RO or distilled water or deionized water or tested well water, it may be fluoridated. That is just one more reason to drink European beers. I already preferred European beers, so this didn't effect me much.

The same applies to wines. California is a heavy user of cryolite as a pesticide on grapes, and cryolite is basically fluoride. So US wines are generally heavily fluoridated, from the inside as well as the outside. In other words, the grapes may be watered with fluoridated water, then sprayed with cryolite, giving you a double whammy. Europe tests US grapes that are imported for fluoride levels, and will not accept most California wines for that reason. Problem is, even organic winemakers in California can use cryolite on their grapes, due to poor wording in the organic rules. Not all do, but there is no guarantee that they don't. You will have to research your favorite California wines to find out. As a rule, it is much better to buy organic wines, but it is no guarantee of being fluoride free. One way around this is to buy organic wines from Washington and Oregon, where they don't use cryolite. Look for Oregon Tilth wines, as one example. Another way around it is to buy European wines, organic (biologique or bio) if possible.



Now we will move on to foods, hitting milk first. Milk has had many problems over the years, including hormones, preservatives, rBGH, contamination, and GMOs in the cows. Most normal groceries now carry organic or natural milk, but most of these have been shown to be compromised as well. The governing bodies have been bought out, and the certification is thereby worthless. This is why I no longer buy Horizon organic milk. Dean Foods was caught influencing its own certifying bodies, which obviously undercuts the whole process. I believe this also ensnared some or many of the large chain organic milks, so that the only ones I still trust are Straus and Organic Valley. Of course you may find others that you trust, but you have to do the research. Don't assume that milk that claims to be organic really is. There are organic policing organizations online to help you with the latest updates. The rule of thumb is that smaller producers who haven't been bought out by conglomerates are the best way to go, no matter what food or beverage you are looking at.

Now let us move on to GMOs. GMO's may be the most dangerous thing introduced in the history of food. [Many doctors are now recommending a GMO-free diet.](#) Famed Canadian geneticist David

Suzuki put it this way, “The experiments [on humans] simply haven’t been done and we now have become the guinea pigs.” He adds, “Anyone that says, ‘Oh, we know that this is perfectly safe,’ I say is either unbelievably stupid or deliberately lying.” And other scrupulous scientists are even more alarmed: some have warned that GMO's may have been introduced to purposely cull the population. Since GMO's have been shown to cause higher infant mortality in animals, lower birth weights, and infertility, this warning is not an overreaction. From my research, I would say the danger from GMO's exceeds even that of fluoride, lead, and arsenic combined. If you do nothing else, you better get in control of your food right now.

Corn and soybeans are currently the main GMO food crops, although they have recently expanded into sugar beets. Canola (rapeseed) oil is also a major GMO crop, as is cottonseed oil. Avoid them all. This is difficult, because you now have to read all your labels. You also have to be careful at restaurants. Don't eat corn chips or corn tortillas at restaurants, unless you know they are organic. Don't be afraid to ask what kind of frying oils they use. But of course you will just have to avoid the majority of restaurants, including all the franchises and fast food joints. If Prop 37 passes in California, we may see better labeling in restaurants in a few years nationwide, but for now it is a crapshoot. For the next few years you better eat at healthfood restaurants, restaurants with menu labels of these things, or eat at home.

As you are avoiding the major GMOs, don't forget sugar beets. They are just now starting to fuck with you on that one, so stay vigilant. If a label simply says “sugar,” it may be GMO beet sugar. Look for organic sugar, cane sugar, brown sugar, honey, or something else that is clear. In general, avoid buying any processed sweets, sweets with long ingredient lists, or sweets sold by big companies like Nestle, Hershey or any of the rest. Buy your sweets from local bakeries. Even the expensive chocolate at Whole Foods is tainted, in most cases, so read your labels. Watch out especially for soy lecithin, which chocolate doesn't even need to have. If the soy isn't organic, don't buy the chocolate.

This also applies to ice cream. Ben and Jerry's was bought out by Unilever and it is now full of garbage sweeteners. You don't want your ice cream sweetened with corn sugar, corn syrup, fructose, beet sugar, “real sugar”, or anything else that looks suspicious. Organic cane sugar is the best. I now buy Alden's, and haven't discovered anything evil about it. And it is cheaper than Ben and Jerry's.



You have to read the label on your bread, too. Bread is usually chock-full of GMOs and other garbage ingredients. You don't want any corn, corn syrup, or corn sugar in your bread, unless it is organic, you don't want any soybean oil, canola oil, sugar, cottonseed oil, or anything else. Bread should have less than five ingredients, and if it has more, don't buy it. If you make bread at home, you only need flour, yeast, water, and maybe salt. Buy your bread from a local bakery.

Now meats. There are a lot of so-called natural meats on the market, but in most cases that means nothing. In my area, Coleman natural meats was bought out by Meyer's a few years ago. Meyer's promptly moved the processing to plants in Nebraska not known for their scruples, and soon after

Whole Foods had to deal with a major recall of beef. Whole Foods claims Meyer's didn't even notify them of the change in processing, but however that may be, it shows the problems with natural meats. Now is the time for you to switch to organic, grass-fed beef. And now is the time for you to research any brand you decide to buy. Go online and do a quick search for problems. There are a lot of watchdog groups and individuals blogging. You can learn a lot.

On that note, it is worth mentioning that you have to be vigilant with blogs, too. Remember that anyone can write a blog. Corporations can hide behind blogs, pretending to be nice individuals. Look for blogs or sites with some history, and a lot of transparency. No anonymous writers, no monikers or handles, no unreferenced opinion. You can't manufacture sites like mine, for instance. I use my real name, have pictures of myself, lots of personal details, and am totally transparent. That is what to look for. I have no financial ties to anything, which anyone who knows me can attest. A man with financial ties would have some finances, you know. The zero or low-income witness is usually the best witness.

