

# Are You Serious About IMPROVING Your Health Without Relying On The Mainstream Health System?

While working as a dietitian in the health system for many years, I became frustrated at seeing very little, if any improvement in patient health!

Many were rejected by the health system and regarded as BEYOND help!

They were often prescribed drugs to mask symptoms, which led to damaging side effects!

In this little report, I will share with you how my deep frustration caused me to question everything ... and the phenomenal results I'm now seeing in my clients!

By Liz Ford

# Houston, We Have A BIG Problem!

In New Zealand, we have **3 chronic health problems** and they are *getting worse ... not better!*

They are:

## 1 - Obesity

Approximately 2/3 of adults are overweight or obese. New Zealand now has the third highest adult obesity rate in the OECD, *and it's increasing!*

## 2 - Type 2 diabetes

Type 2 Diabetes is one of the **biggest international health challenges in the world!**

In fact, several years ago, type 2 diabetes was considered a disease of the elderly. But now, GPs are diagnosing type 2 in younger people *and even in teenagers!*

Studies have shown that the number of New Zealanders with type 2 diabetes is expected to dramatically increase in the coming years!

## 3 - Cardiovascular Disease

Cardiovascular disease is said to be the leading cause of death in New Zealand and includes heart, stroke and blood vessel disease. According to the heart foundation, 1 in 3 deaths are caused by this disease.

# What Is Driving This Health Epidemic And Why Is The Health System NOT Reversing This Trend?

Isn't our mainstream health care system supposed to provide us with the knowledge and tools to improve our health and prevent illness?

After all, we are expected to blindly trust our health experts and do whatever they tell us! It's been ingrained into us as kids, to believe that "*doctor knows best*".

## So why has this health crisis grown in epidemic proportions?

# How I Came To The Shocking Realisation That Good Health Is OUR OWN Responsibility

For over 40 years I worked as a registered dietitian in the public health sector, diligently upholding the dietary guidelines and making sure my patients abided by them too.

But I had a nagging problem!

My entire family, who were following the recommended dietary guidelines, were becoming more unhealthy as the years went by.

I could see major health problems appearing on the horizon.

My husband was developing excess fat around his middle and face. He was also showing signs of *insulin resistance*. We would often go for a walk and he would literally *run out of energy* and not be able to continue. I had to get the car to take him home. He found that 2 tablespoons of ice-cream almost immediately returned his energy. *He was definitely on the path to type 2 diabetes!*

My Son was dairy farming and in his mid twenties, he was on drugs for blood pressure, depression, cholesterol, sleep and others to counteract the side effects. He was also morbidly obese.

My daughter was also obese and was taking drugs for migraines, blood pressure and other aches and pains.

## Something Was Definitely Wrong!

It all came to a head one day, when my family asked me ... “we’re doing everything you tell us but we are getting fatter, more fatigued and now need drugs ... what are we doing wrong?”

To be honest, I didn’t have a clue. I felt I had failed. Not just my family but in all honesty, the patients I was seeing *were not getting results either!*

## I Was Forced To Re-Look At Everything I Had Been Taught!

I was at a crossroads and faced 2 choices:

Do what most health professionals would likely do in this situation ... fervently continue upholding what they’d been taught and blame their patients for not doing it properly

*or ...*

step outside the box and *question everything they'd been taught*.

**I chose the latter and questioned EVERYTHING!**

The first thing I wanted to know was ...

## Where Did The Recommended Dietary Guidelines Come From?

After some investigation, what I found out was *absolutely shocking*, to put it bluntly.

**Did you know that the dietary guidelines came from the 7<sup>th</sup> Day Adventist Church?**

In 1863, Ellen G White, a 16 year old member of the church had a vision showing exactly how we should be eating.

She was said to be told by God that meat was a toxic substance and was *as bad if not worse than tobacco or alcohol*.

Big breakfast cereal companies (Sanitarium, Kellogg's) were then formed by the church.

Thus the phrase was coined: **“Breakfast is the most important meal of the day,”**. Can you get a sense of where this is going?

The guidelines were founded on Church ideology to set up companies to manufacture approved plant based products to replace meat and dairy!

It's not hard to figure out that this was **NOT** based on science, but on a corporate partnership between government and cereal companies!

**Dietitians in NZ and Australia have been expected to uphold and protect cereal, grains and even sugar messaging as stipulated by the cereal and sugar industries, without challenging or questioning.**

With this in mind, it's not surprising that the recommended guidelines were NOT solving the health crisis but could be making it worse!

So then I wondered: “If this is happening in my industry, is it happening in other health sectors too?”

## Is Generally Accepted Health Advice Improving Or Worsening Your Health?

Here are a couple of examples of advice I've heard, given by health professionals:

## **Can Type 2 Diabetes Be Reversed Without Drugs?**

Ask a mainstream doctor if this is possible and many will say *no*, and will expect that you'll need medications for the rest of your life. Many of these medications will cause your body to STORE fat! And over time it is highly likely more medications will be recommended.

## **Are You Carrying Excess Fat?**

Ask a mainstream dietitian or nutritionist how to reduce excess fat and you'll almost certainly be told to strictly follow the dietary guidelines. If you are *already* doing this, then you will be expected to *eat less and exercise more*.

In other words, starve yourself and run faster!

And as a last resort, you may be able to apply for Bariatric surgery which has its own set of complications.

It's not surprising that we're seeing these problems INCREASE!

What I discovered was, much of what is taught is NOT based on science but made up opinions of Government influencers.

After seriously questioning everything I was taught, I found many other health professionals globally, who just like me, had stepped out of the box and were getting *real* results and major health improvements.

Right now, there is a huge movement of high profile doctors, scientists, and health professionals GLOBALLY who were in the same predicament, but have remembered their Hippocratic oath **to do no harm**. Our first priority is help people GET Results based on REAL science that is NOT funded by big pharma, big corporations or govt legislators.

Here's another issue NOT being addressed ...

## **Why Is Insulin Resistance Being Overlooked By Mainstream Health?**

A major contributor to the current health crisis is Insulin Resistance.

Real science has revealed that insulin resistance is found in **ALL of the major health issues**.

Here's what can happen when you have higher levels of insulin:

- Heart Disease
- Dementia
- Stroke
- High Cholesterol
- High Blood Pressure

- Fatty Liver
- Cancer
- Diabetes
- And more

So why is it **not being tested** by medical doctors?

## **Real Life Changing Results Are Happening Right Now!**

So, from my own research and shared information from other health professionals, I am now seeing phenomenal results with clients, many of whom have been abandoned by the medical system as beyond repair!

## **Here's What I'm Now Seeing In My Clients ... Without Relying On Drugs!**

- **Type 2 Diabetes Being Reversed**
- **Gut problems resolved ... even after many years of symptoms!**
- **Excess Fat Easily Lost ... *without starving!***
- **Big improvement in Cardio health**
- **Energy levels massively improved**
- **Brain fog eliminated**
- **Normalised blood sugar levels**
- **General wellbeing and mood greatly improved**
- **Feeling more relaxed and better sleep**
- **Being able to reduce and often stop medications**

## **Here's Some Client Results ...**

Here are examples from client case studies, some in their own words:

(names have been with-held because of client confidentiality)

### **My Entire Family Had Major Health Improvements Within Weeks**

The first improvement I saw was with my own family.

My husband lost all of his excess fat from his waist and face and is no longer insulin resistant. He had to buy new clothes because what he was wearing was too big! His energy

levels and general health have greatly improved. And even at 65 he doesn't need any medications!

My son and daughter have also lost excess fat and no longer need pharmaceutical drugs.

## **Insulin No Longer Needed**

"I was really worried about my high blood sugar levels and that I might need to start taking insulin for my Diabetes.

After changing my eating with your guidance, I now feel more in control.

My average blood glucose levels has gone from 10-12 to now 6-7 and I feel so much better.

My GP is really pleased with the results and so am I. It looks like I now do not need to take insulin."

## **Stents No Longer Needed**

A client came to me with heart issues, and was obese. He was worried about that he might need surgery.

After 3 sessions, stents are no longer needed, energy levels and breathing dramatically improved and he was thrilled with the 26 kgs he has lost so far.

## **7 kgs lost in 5 Weeks**

"I have managed to lose between 7kg and keep it off for the last couple of months and am very happy with this progress.

It may not seem a great deal but I would normally have given up by now and put the weight back on, so for me this is awesome. I feel really great too so that is a fantastic outcome.

I am so grateful for the work you have put into me and if I should need your help in the future I will certainly seek you out. Thank you so much."

## **Heart Function Improved 50%**

A man came to me after he had suffered heart failure and was told his heart was only functioning at 24%.

Three months later, his cardiologist was pleased his cardio function had risen to 36%. His breathing had greatly improved and he felt so much better.

## **Type 2 Diabetes And Excess Weight No Longer A Problem**

"After battling being overweight for years ( up to 125kgs ) and having type 2 diabetes, my doctor sent me to see you.

With your expertise and support and my willing to change, after 3 months, my weight dropped to 106kgs and my diabetes HAIC dropped from 64 to 46.

I have done away with most of my medication and taken up biking and can cycle between 10 to 20 kms a day.

Liz, thank you for your help, you are amazing."

## **Diabetes Test Dropped From 84 To 43 Within 8 Weeks**

Thank you Liz for your amazing help and information which normal people like me can easily understand and do.

My average Diabetes test has gone from 84 to 43 in a few short weeks and I now feel like I am back in control of my health!"

"

## **Weight Loss Of Over 20kgs**

"After failing to lose weight on my own several times, I asked my GP to refer me to a nutritionist.

To my good fortune he referred me to you!

With your advice and encouragement I made lifestyle changes that have resulted in a weight loss of over 20kgs.

From our first meeting the benefits have been amazing and I will continue to work with you."

## **No More Nausea And Constipation**

"After a friendly and relaxing talk, you quickly came up with a diet plan, detailed food lists and an action plan.



Almost immediately, I began to feel better.

The nausea and constipation have gone!

My sincere thanks to Liz for a much healthier and happier lifestyle."

## **Am I Able To Help You?**

You need to realize that what you've been doing up until now is the CAUSE of your predicament. So it will require work from both of us. I can show you what to do but YOU need to be committed to change the way you've been doing things.

If you do NOT want to change, then I cannot help you.

My work is based on getting results, which requires effort from both of us.

## **FREE 15 Minute Phone Consultant**

A risk-free way for you to find out if we can achieve results is to take up my offer of a 15 minute phone consult, absolutely free of charge. I can learn more about you and you can see if I can help and if we can work together.

### **What To Do Next ...**

If you would like to take advantage of my FREE 15 minute consultation, you are welcome to call me to make an appointment.

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