

FUTURE-PROOF

By Victoria Heath

This month's article should probably come with a soap box warning, but everything I am going to discuss here is from personal experience and is very close to my heart. You could say that this subject is part of my 'soul purpose' on this earth right now.

You will have heard me talk many times at The Cave about the soul and reincarnation. Each life has a soul purpose, its incarnation being specific in some way.

This subject often evokes the same question. If we have a soul purpose then why do we get sick, why do some people lose their lives to illness at such a young age? My answer is always the same. The soul requires a vehicle for this journey on earth and it only gets one. The soul goes on regardless but the vehicle needs to be protected, to last the test of time.

Today I want to talk about the body, the important and vital vehicle for the soul.

If we are going to fulfil our life's work we need to make a fundamental change. Becoming spiritual, embracing ancient and modern teachings, none of this is going to be enough.

I want to talk about the true nature of well-being and the future.

What we accept as 'the norm' – how we need to change – and what we intend to do about it.

Let us start by being under no illusion that we are being poisoned by our modern life style.

We eat food which at best has the odd chemical additive that we can never understand its physical impact, and at worst is a chemically laden time bomb that sits inside the body waiting to explode. This is our 'norm'.

When I look back on my generation, the children of the 60's and 70's, were born into a system where the GP was always right, the NHS was a divine being and the first ever supermarkets were a revelation of the 'new modern world' to be worshipped.

I remember what was normal before the supermarket arrived. I remember walking the mile walk into town with my mother with her basket for groceries. We stopped at the green grocers first then the butchers, bakers and the cheese man before walking back through the park on the way home. The food wasn't 'posh' and it wasn't 'organic', it was 'normal'. It was just fresh food. It didn't have any preservatives or chemicals because it didn't need any.

I was about 5 years old and I always carried my pink stuffed dog on mother's basket. As we walked one day the dog got lost. But he wasn't the only thing that got lost.

We are now ALL lost. The way we shop, the way we eat, the way we heal, the way we live.

We have lost our selves to this 'modern way of life'; in the illusion that is called progress.

Don't get me wrong, I do not hold anything against the NHS, more that I pity its existence and the manipulation it suffers; Its slow destruction and the constant abuse of its workforce, good people with an intention to help their fellow man, by those at the top who 'pull the strings'.

But mine was a generation that was taught not to question. And so in turn we brought our kids into the world in ignorance. They eat as we had from the convenience of this new found food revolution, we packed them off to university where we insisted their success and self-satisfaction lay, and we allowed them to be dosed with revolutionary drugs when they were sick.

But we must break the cycle.

I know full well that everyone and his cat, including me, is sick to death of hearing this, BUT, at the risk of you closing this page I'll say it again... ***IT IS TIME TO WAKE UP NOW.***

On the whole, our technological evolvement is not for our good, or that of the planet.

We are all becoming sick, by the score. And yet, medical breakthrough is greater than ever – why?

Why do you know so many people with cancer?

Why are there so many increases in rare diseases?

Why are there so many auto immune diseases?

Why are there so many children born with neurological diseases?

Why after more than half a century of research can we not cure cancer?

And why is there a national epidemic of depression?

I have no wish to climb aboard the conspiracy train here but we have to come to a point of realisation if we are to survive and build something greater for our future generations. We have to see the illusions for what they are and decide, I mean truly make the decision, to take control back. Now that's a big decision and a hard move to make. Many people 'talk the talk' but are we really taking action?

I know that when you turn your attention to this subject of health and well-being and the illusions we face, it is daunting, and when you find yourself down the rabbit warren that leads from one cause to the next it can become overwhelming and the situation feels impossible to deal with. The subconscious mind set and sense of self-preservation selects the option 'I cannot change this so what is the point?' I've been there and I know that place. But I urge you not to dwell on that route to nowhere but push past it because fighting this now is a 'silent war' and if we cannot engage our many enemies then our grandchildren will have nothing left to live for.

Am I being overdramatic? No I think not. A little passion is needed here to honour those who didn't get a chance to fight their silent war.

So how do we do this? How do we attain well-being and preserve our body without it becoming all-encompassing and destroying our life? Once we've pushed through that overwhelming feeling of doom how can we make a change?

Well we start with questions.

We question everything. Never accept at face value what the medical profession tells you. Don't take that the wrong way and presume I am insulting the many excellent medical professionals, I am not. But I am saying question every diagnosis, every prescription and every medication. Look beyond the medical professionals to a system that is engineered carefully to make money from illness. Think differently. Every diagnosis and the following prescribed medication makes someone a lot of money.

That's all you need to remember. That fact will change your mind set.

Simple, someone profits from every single prescription written.

It's not exactly the fault of the medical professional; they are just doing their job. It's not even the fault of the NHS. Its way above that.

So get into the habit of questioning everything. Why are you in the waiting room? What has brought you there? The reasons for all those tests? The reasons you have those symptoms? Can there be any other cause other than your current diagnosis? Your prescribed treatment, what are the side effects? No one will be able to tell you this. Be prepared to have no option but to go digging around on forums on the net. Remember how few trials new drugs have to pass to be licensed for use. It's not many and its not enough, trust me – go down that rabbit hole and you will terrify yourself into never setting foot in a pharmacy again. Question why has this illness occurred, and can I treat the cause rather than the symptom? Can I treat it in any other 'natural' way?

That brings us on to nutrition. Many symptoms relate to a cause that is linked to nutritional deficiency. Nutrition is a buzz word at the moment and when I talk to anyone about Orthomolecular Therapy I often see them cringe with the expectation of needing a science degree. But don't let the terminology scare you. It means healing through nutrition. That's it. Yes it's a huge subject BUT you can break this down to simple basics that you can use as a tool to keep your body and your immune system at its strongest.

Medical professionals do not study nutrition in med school. My GP did not believe in it at all. Nutritional Therapy saved my life so that was a bit of an oversight on his part really.

Remember you don't have to embrace the whole subject, become a science buff or start being a label freak. Honestly you can get a basic understanding of what a 'normal' healthy body needs daily and what a 'depleted' or 'poorly' body needs to start to enable healing. It's easy to grasp the basics and once you have them it's a tool of knowledge you can use from your virtual self-healing tool kit.

Anyone who has looked into nutrition is now yelling at me 'you can't get your nutrition from today's food!' yes I know. So if you need to, just take a supplement. And now you are thinking that supplements are expensive. Well so is that regular prescription that probably causes side effects that will leave you needing further medication with yet further side effects. I know where I would put my

money. Prescription drugs have consequences that we cannot predict. Chances are that long term medication leads to side effects needing yet further medication.

The system simply isn't working.

So if you can't get the nutrition you need from your food then buy the supplements. Always chose good quality high dose organic supplements where possible.

So you've questioned diagnosis and treatment. You've looked into nutrition and you've made a change. That's good.

Now let's look long term and let's look at food. What are you truly eating? Again I hear you shout that organic food is hard to find and too expensive. That's very true. But do your best that's all you can do. It's hard but keep it at the forefront of your mind. What am I fuelling my body with? Chemicals? Or natural substance? Will my body even recognise this fuel as food? Do your research. Again this can be a huge subject but study the basics, you can simplify it into a simple tool.

If you have any of the copious digestive disorders being diagnosed right now then you should know that as a rule of thumb eating leafy green veg such as spinach will help to alkaline the body. Disease cannot exist in a correctly balanced and alkaline system. Our modern diet of grains and meat serves only to create an acidic system where disease can flourish. Acid creates a toxic environment where disease can thrive. So the easiest way to change this is to change what you eat.

Our modern diet creates the problem so why is it the 'norm' to prescribe common drugs such as Omeprazole with high risk long term side effects such as kidney problems and deteriorating eyesight? Why would anyone do that? Because we don't question it. We trust instantly that this is the best route and we don't search for our own answers. That tiny pill of poison is so much easier. It's so much easier to stay as we are than it is to change. But it's not working so we need to change.

Once we start to look into the substances that we ingest we can apply this level of simple questioning across the board. For example water. Good quality drinking water flushes toxins from our body. It's as simple as that once you start to look into the chemical content of soft drinks and tap water. Why would you even risk it? How can you possibly know what the long term effects can be? You cannot. Good quality water performs an essential roll to cleanse the body.

So we should always question every diagnosis, even the most serious. Look into our food. Look into our nutrition. Simplify everything to get a basic working plan.

What else creates disease?

Toxic environments and situations. This is a toxic world. We put ourselves in toxic situations. Situations of high stress worry and endurance pushing the body to the limits and releasing increased amounts of stress hormones. What other methods can help as well as food, water and nutrition.

Natural healing in my experience is one of the most beneficial and overlooked treatments in the modern world. So what exactly do I mean by natural healing? Can one system work, such as reiki? Well, yes it can. But what I mean by natural healing is looking at the whole healing system rather than becoming focused on one method. This renders much improved results. After all, is this not

what we are steering away from? This 'single' treatment for so many problems. How can there be a single cure for so many varying diseases and symptoms? Everyone is different, every circumstance is different and every response to treatment will be different.

So your energy healer should be competent and able to encompass and cover many options to help with your healing.

If you are a healer it is in your interest to think outside of the box here, think holistically. The whole rather than the few. Keep learning and embrace as much of a complete view as possible.

Many ask if natural healing is of any use at all. It has no place with the medical professional. But let's start asking those questions and let us start with this. I need insurance to practice professionally. And yet it's all rubbish isn't it? So why do I need insurance? Why are there so many rules and regulations around natural healing if it's all rubbish? Why not abandon the regulations and deem it all hocus pocus then?

I have seen astounding results from natural healing. Results that have rendered long term prescription drug patients with countless side effects and left emotionally destroyed with no hope for the future but waiting rooms and hospitals. I have seen these patients become drug free within 6 months. These are not isolated cases. So yes, if you have the right healer, or if you are practicing the right methods, then natural energy healing not only helps to form strength and emotional support but it can actually physically induce the healing process.

Legally I'm not allowed to say that.

And that takes me somewhere else in this battle of the silent war, to the deep trenches of 'the not allowed'... the silent poisonous gas area where rules or 'masks,' sold to the masses as protection, serve only to silence them and remove freedom of choice keeping the patient firmly fixed within the pharmaceutical trap.

I am not allowed to treat anyone with cancer. Why? Isn't natural healing hocus pocus?

It is not allowed in this country to treat cancer with anything but chemotherapy, radiotherapy or surgery. Why? Why cannot that person once given such a horrific diagnosis be allowed to have an educated choice of options to treat their own body? Why can they not form their own opinions? Why can they not be free to choose?

Why are they not offered a nutritional breakdown and food that may help and rebuild a depleted system? Why do they not have the freedom to choose something like the Gerson therapy, or CBD treatment or intravenous high dose vitamin C treatment?

Why not? Who does that decision hurt? Surely it would be an ease on the burden of the NHS.

Or is it simply that the large pharmaceutical companies will make no profits from that route. We all know this but we have to begin to make a stand from within.

That's why we are committed at The Cave and at Greenpoint to offering freedom of choice. Basic health plans that people can work with and begin to make their change. Comprehensive treatments and training.

We are on a mission because future generations deserve true freedom not an illusion of freedom that removes the ability to fulfil their role in this life by causing them the misery of ill health and an early death.

We have a message to share. No one will fight this war for us. We have to wake up ourselves, remove the blindfold and take charge of our own health, so therefore our own future, and thus our soul purpose and our spiritual freedom will return.

We have a responsibility to educate and protect others in their fight and in their own health and future. We have a responsibility to protect our children and understand them where the medical profession fails them by diagnosing syndromes and prescribing them drugs. Rendering the most vulnerable of society as potential long term drug users. What's the phrase in sales? 'Get them early?' well we certainly are!

So, let's stop and look at the problem

Look at the diagnosis on offer and look at the potential long term reproductions of the medication prescribed.

Look at the nutritional resolve and the alternative treatments.

Look at the food we eat, stress levels and our environment. How can we change this to help?

Be open minded, talk to those in the field. Keep it simple and make the change.

They may seem like small changes that cannot help but remember this. Every soldier is important in a battle. Every life is vital. Every time we cannot help ourselves then we cannot help others. Every time we fail then someone receives a diagnosis and treatment that serves only to poison them. No education equals no choice.

For all those who had no choice, we will continue to fight, because from small acorns grow great oaks.

If you would like to learn more about: Nutrition. Organic foods. Raw diet. Orthomolecular therapy. Natural energy healing. Alternative medicines. The Greenpoint Movement. Or If you would like to support our cause -

Please contact The Cave.