

## **Book Summary: *Health Wars* by Phillip Day**

By Ryan N. Harrison, MA  
Holistic Health Educator/Consultant

*Ryan N. Harrison, MA is a Holistic Health Educator/Consultant with a private practice (<http://www.BeWholeBeWell.com>). He has taught nutrition and holistic health for many years in both online and traditional settings. He has his Masters Degree in Transpersonal Psychology and certifications as a Nutritional Consultant, Holistic Health Practitioner, Spiritual Counselor, Quantum-Touch Practitioner; he is also an Advanced Practitioner of EFT (Emotional Freedom Techniques). He currently serves as Editor of Natural Healing Today magazine, and works closely with DrNatura.com, a natural health e-commerce and information site.*

Phillip Day, author, researcher, educator and Chief Executive and founder of the Campaign for Truth in Medicine (CTM) must love blowing the whistle on dirty business and politics. His book, *Health Wars*, is nothing short of a monumental effort to change the public's attitude toward health, healing, and the practice of medicine itself, by making controversial declarations about mainstream healthcare and its attendant lies, cover-ups and fallacies. With unprecedented clarity, Day uncovers the truth about many holistic hot topics. Three of the most pertinent include cancer, artificial sweeteners, and fluoride. Meticulously referenced and complete with testimonials from those who have put Day's words to the test, *Health Wars* is a book that has the power to change lives.

One of the first, and perhaps most important, subjects in Day's book is cancer. He points out some startling cancer statistics: It is the second leading killer in most industrialized nations, in which an estimated one in three people will develop cancer, and over 600,000 people were expected to die from cancer in America in 2001 (pg. 76). This, despite the fact that we supposedly have stronger, better science than ever before in human history! Why are we so much sicker? Day proposes that the American medical establishment simply does not want to cure cancer – it is far too lucrative a business. Day explores the politics of what he calls “Big Cancer,” insisting that present conventional cancer treatments (i.e., chemotherapy, radiation therapy) are money-makers for physicians and medical companies, even though they have a startlingly poor record of “curing” cancer. Nonetheless, “Cancer, Inc. spares no effort in vilifying and pillorying alternative and non-toxic treatments which have shown a clinical track record of efficacy” (pg. 84). Big Cancer does not want people to get well – or it will lose its “money tree” – and so it does all it can to censor the *real* causes of cancer, which Day makes very clear: “Cancer is a healing process that simply hasn't stopped...[and] all cancers can be traced to ENVIRONMENTAL- OR LIFESTYLE-RELATED CAUSATIONS” [author's emphasis] (pg. 77). Day's studies suggest Metabolic Therapy (a treatment using nutritional supplements, vitamins and organic compounds) is highly effective at curing cancer, and that prevention – a hallmark of holistic ideology – is the best way to avoid cancer, altogether.

Day also takes to task artificial sweeteners such as saccharin and aspartame. Touted by the food industry as valuable replacements for conventional sugar (which is by no means benign in and of itself), these two sweeteners, have been poisoning people for decades. Saccharin is not a natural chemical, and as a result, our bodies do not know what to do with it. It cannot be metabolized, which means that it never leaves our bodies. Rather, it gets stored in fat cells, which then have to increase in bulk to maintain a sufficient barrier between the chemicals and the rest of the body. And that's just *one* of the issues. Saccharine has proven to be carcinogenic in rodents and the

Center for Science in the Public Interest and the California Department of Health have voted “to keep saccharin a ‘suspected carcinogen’” (pg. 127). Aspartame, which was discovered quite by accident in a chemist’s lab, “accounts for up to 75% of the adverse food reactions reported to the US FDA” (pg. 129). Day makes it very clear that when it is processed by the body, it breaks down into three potentially dangerous chemicals: Phenylalanine, methanol, and formaldehyde. Day states emphatically that artificial sweeteners are poison and that they “have been shown to work against the body. Thus, these materials are incompatible with life” (pg. 132). He advocates complete elimination of these products from every person’s diet.

One of the largest lies (literally) swallowed by American culture today is about fluoride. Day writes that “the belief that fluoride compounds reduce the incidence of tooth decay is dental religion today” (pg. 98), regardless of the fact that it has never been proven conclusively. Indeed, Day cites several studies that argue the reverse: Fluoride actually promotes tooth decay, and a host of other undesirable health issues. Research highlighting the adverse affects of fluoride is abundant, and Day maintains that “fluorides used in the drinking water supplies are a toxic, non-biodegradable, environmental pollutant, officially classified as a contaminant by the US Environmental Protection Agency” (pg. 103). Still, we drink it, bathe in it, and use it for all our cleaning and food preparations! Clean, pure water is vital for optimal health, and yet governmental agencies allow – indeed, encourage – the poisoning of our water supplies with fluoride. Why? Bad science and bad politics dating back to the 1930s. The way out? Day suggests that reverse osmosis and distillation procedures are vital for ensuring fluoride-free water. Unfortunately, few people are aware of this problem and therefore, are unwittingly poisoned every day of their lives.

As an AADP certified Holistic Health Practitioner, I can only applaud Phillip Day’s book, *Health Wars*. Not only does it fearlessly expose some of the ubiquitous health dangers of the modern world, but it offers solutions and suggestions for avoiding them. In a time when our culture seems to be getting progressively sicker and weaker, a book like this one is sorely needed. It is only through mass education that the lies and falsehoods that dog our holistic footsteps can be replaced by truth and common sense. *Health Wars* does a fine job of presenting such mind-expanding truths.