

BESTSELLER

Don't Rush to the Grave!

Thomas Kaspar



WARNING:
Information contained in this book may
save your life!

Don't Rush to the Grave!

**Classified information on how people are transformed
into patients to become (un)willing customers.**

Thomas Kaspar

Don't Rush to the Grave!

The book describes very simply and in an understandable way the overall principles of the functioning of the human body based on nutrition and what we should avoid eating. I was literally in shock on reading everything I have to change in my eating habits. The second shock came several weeks later, when results began to be noticed in the form of increased energy, reduced body weight and generally improved vitality. I highly recommend this book to anyone seeking solutions to health problems, overweight or low energy.

Petr Beneš

founder of AQUEL company

Dudes, this book is absolutely incredible! In such simple terms and with ordinary vocabulary, it explains the nature and causes of health problems. The book also caused me some amusement. Some passages are written in a light-hearted manner, so the book is thus very readable.

Those who do not want to be healthy had best avoid reading this book, because it could be a grave danger to their health problems. :-)).

Are you unsure whether to buy the book? Don't hesitate – simply do it, the sooner the better!

I would like to express my gratitude to the author, because I have not encountered similar contents in any other title. No specialism, just beautiful to the layman's ears, uncensored – I sincerely thank you.

Andrea Veselá

comment on blog

I read the book 'Don't Rush to the Grave' literally in a single sitting... I have to admit that, after the first reading, I was quite horrified – one realises the damage one is voluntarily doing to one's health and life, through one's own ignorance.

Suddenly I see so many connections as to why we suffer various health problems...

This is a guidebook for improved health and for preserving it as long as possible. It all rests in our hands and is only up to us what we do about our health – before it's too late.

The book is excellently written – simply, comprehensibly and yet very aptly, so that everyone can understand it... I believe that everyone who reads this

book will start to think differently... and not only to think, but also really to take care of their own health...

I thank the author, Mr Tomáš Kašpar, for such an amazing book.

Eva Suchánková
comment on Facebook

This book is super! I haven't heard much of the information before and it did not not even occur to me, but it makes perfect sense and is shocking to me. I recommend the book to everyone.

Veronika Skalova
comment on the website

I feel a deep gratitude for the information gathered together in this book and thank the author, who "dared" to release such information to the public...

As someone said - this book should be required reading for everyone!! It makes me realise what mechanisms of the times we have fallen prey to... and this book gives us back the possibility of choosing - HEALTH or DISEASE???

Lýdie Elicerová
e-mail to the publisher

There are books that some people write in a month and they are described as bestsellers. They hold book launches and have photos taken with their book, exhibiting themselves and flattering themselves like parents flattering their beloved offspring. And then there are books in which the author has chosen every word carefully, polished and fine-tuned the text, thinking of its impression on the reader whom he does not want to suffocate, but to whom he is eager to pass on the important facts. Then this quiet gardener of words resorts to silence, watching a garden growing from his book. Thank you, Tomáš, for your great book, it is filled with everything that could be in your coffin if you do not read it. :-)

Tomáš Lukavec
Brand Manager of successful brands

Don't Rush to the Grave!
Tomáš Kašpar
All rights reserved
Copyright © 2012 Tomáš Kašpar

Typesetting and layout: Pavla Bernardová
Cover: Pavla Bernardova, Cover photo: © Martin Horký
Illustrations: © Břetislav Kovařík
Print POINT CZ, s.r.o., Brno, Czech Republic
Published by Success College, 2013 as its 2nd publication.

Translated by © Viktor Horák from the Czech original **Nespěchejte do rakve**
published in 2014 (3rd edition)
English language revision: Pearl Harris

No part of this publication may be reproduced, stored in retrieval systems, or transmitted in any form, whether electronically, mechanically, through graphic reproduction or by other means, including digital transmission over the Internet, without the written consent of the copyright owners. Quoting short extracts for reference purposes is permitted, if accompanied by the publisher's details.

Disclaimer:

The purpose of this book is to provide an understanding of what influences our health and what role prevention can play in the lives of readers. This publication is not intended as a substitute for professional advice in the case of health problems. It is recommended that a qualified expert/ consultant be contacted in cases exceeding the scope of this publication, which is intended only for general information and not as a specific course or treatment.

ISBN 978-80-906020-1-4

CONTENTS

Foreword by Dr. Tomas Vrbica	8
Why I Wrote this Book	12
Introduction	14
1. The Killer in the Water Tap	16
2. Cell gone Wild	24
3. Are You an Unwilling Fatty?	42
4. Disperse the Smoke or Extinguish the Fire?	58
5. The Health Care Industry	62
6. Liquid Bread, Black Milk and Thirst in Disguise	72
7. Recipe for Longevity	78
8. Duel	94
9. Forbidden Wisdom	106
10. Facts	110
In Conclusion	116
Bibliography	118

Dedication

This book is dedicated to my dear wife, Dasa, who, true to her wedding vows, has always stood by me for better or worse, endured the difficulties and hardships of our journey to success, has always supported me, believed in me and encouraged me never to give up.

Her love is total and unconditional.

You are my inspiration, joy and pleasure, as well as my safe harbor in life's storms.

Thank you.

In addition, I dedicate this book to all those fighting for a full, healthy and long life, free from lies and hypocrisy. Thanks to you, truth and love are not defeated. Your fight is meaningful.

You are the hope for humanity.

Thank you

Foreword

The pace of our lives is frantic. Artificially generated over-abundance of external stimuli and rising stress levels divert attention from ourselves, our souls, bodies, families. When whipped by society, one pays most attention to salary, mortgage payments and debts. Sleep is limited, the eating regime disrupted, there is little rest, and physical activity and social contacts are reduced... Nevertheless, quite unobserved, gradual intoxication occurs – through the air breathed, water drunk and industrial ‘food’. Irreversible damage to the whole organism follows. In the physical (organs), functional (metabolic, immune, vegetative) and psychological areas a silent consequence ensues, insidiously, but all the more dangerously. This damage is sympathetically and eloquently referred to as ‘civilizational’, as if, after all, it is part of the modern lifestyle, of civilization...

However, man has a genetically-rooted desire for good health. Encyclopedias attempt to offer various definitions, but there are already so many definitions that the concept of health seems practically indefinable. I believe that it is possible to say: There are just as many definitions as people! We all know that we need good health. We are speaking about our most valuable attribute, but, paradoxically, only a small minority of people is actively aware of, appreciates and pays attention to staying in good health. That is, as long as “all is well”.

Society is shaped and devastated by consumerism, everything is possible to be easily acquired, problems are solved only when they arrive. There is no prevention, nor at the very least any notion of responsibility and the need to take care of something so important, necessary and at the same time fragile and vulnerable... A simple rule has begun to apply: Something breaks down? Buy a new one. Are you ill? We have modern health care, actually in the form of a pill... A paradoxical situation has been created in which health is regarded as something that can be purchased or repaired. However... mass medicine has its limita-

tions and more often, rather than healing, merely creates an illusion of treatment.

Information and statistics freely available on the Internet, clearly commenting on the increase of the so-called ‘diseases of civilization’, are ignored. Rather, they are (intentionally?) covered up by information that is surely more important and more sensational...

Advertising and media from all sides will – and very happily and responsibly – advise us how to be ‘cool’ and ‘in’ – how we should dress, how we should speak, behave, where to go, what to read, what to listen to, who to vote for, what cream to apply, what to eat and drink... Everything, except how to think...

If we happen to find a moment to pause in this socially and relationally fragmented matrix, we may wonder: Where am I actually in all of this? Why am I doing this or that? And does what I am doing serve me? Do I need to do it precisely in this way? The answer is clear – YOU DO NOT HAVE TO – you have a choice! But, to make the right choice, own initiative and, more specifically, information is required.

One’s own journey to the destination is at first glance quite simple. In a more detailed analysis, however, it is one of the most difficult ones, as it involves a change in habits. It is well known that it is easier to learn new things than to get rid of some old fixed (harmful) habits. Apart from efforts to reduce external stress and to increase physical activity, it particularly involves a change in dietary habits, especially the supply of substances beneficial to the body, and a limit to the intake of toxic substances with which our daily ‘food’ is supplied, and the effects of these on our bodies of which we are already well aware.

Success, however, is subject in particular to a strong will and perseverance. If one realizes that everything one does is merely in one’s own hands, one enters a completely different dimension, to achieve independence and freedom of choice. Among other things, how one treats oneself in order not only to maintain but also to improve one’s most valuable asset. There are still sufficient ‘reserves’ on ‘your side of the fence’.

The book which you have in your hands may be considered as an original work, unblemished by consumerism and the petrochemical - medical-industrial-food complex. It specifically provides a wealth of information which (for some unknown reason) has been kept under wraps. What would happen if we dared to be healthy?

After reading this book, I myself began to realize completely new connections and 'how-to' ideas. Enjoy your reading.

Enjoy good health and – most importantly – don't rush to the grave!

MUDr. Tomáš Vrbica,
Rehabilitation and Sports Physician

Why I Wrote this Book

I experienced at first hand the feeling of being a patient whom doctors are unable to help, who has diseases and problems which keep returning and getting worse. I experienced what it is like when doctors wash their hands of a patient, or offer drastic solutions with irreversible consequences (disabilities). And I experienced that wonderful feeling of hope when I discovered that there is a solution and the joyful feeling of real healing and a great pride that I was able to achieve this.

Since that time, I have been accompanied by the desire to share this hope with everyone. I discovered that doctors and scientists do not know everything. I became a member of the Alliance of Nutritionists. I started searching for answers.

The story of my life led me to very interesting people and very interesting facts. I was shocked at what I found. As I put these pieces together, incredible facts have come to light. Facts that are very serious because they concern **each of us**. They are just as important as our health and our lives. Somebody is playing a dirty game with us. Someone is trading off our health and our lives without our awareness. And going unpunished.

If we know what this game is all about, how it is played and with what, we have a chance to outsmart the opponents and to win. If we do not know or shrug off the knowledge, we are doomed to disease and an often slow and cruel death. We will be the victims of this game. Unfortunately, today, these victims increasingly include younger people, often only children.

It is my passion to figure things out and to reveal the truth. The gathering of these facts has taken me several years. This book is a summary of my personal experience and research. I have studied scientific material, magazines, books, attended many professional lectures by recognized experts and global authorities, debated with a number of special-

ists. However, there are scientific works whose results are concealed from us. But I cannot keep silent about these, because my conscience does not allow it.

I have pieced together the facts, which I now provide in a form comprehensible to everyone. This will reap the scorn of some experts who do not want us to know the truth and who are hiding behind technical terminology to prevent us from comprehension. You may be familiar with some facts, while others will be new to you.

This book differs from others in that it exposes some covert results of studies and puts them into context with known facts which are mostly discussed separately so that their mutual interconnection eludes people's attention.

The aim of this book is not to prove the facts. The aim is to arouse in readers the interest in the information presented. Those who wish to know more may continue by studying the references at the end of this volume where they will certainly find more extensive sources of information.

As the Bible states: "You shall know the truth and the truth shall set you free." This book was written to give you that freedom. And this is my desire and my wish for you.

Tomáš Kašpar

"The only thing necessary for the triumph of evil is for good men to do nothing"

[Edmund Burke]

Introduction

When economist Paul Zane Pilzer achieved global fame, he moved to Malibu, built a beach house and began to live among film stars. There he noticed that the people surrounding him looked different from most of the rest of the population – they looked slimmer, healthier and even younger than they actually were. And they actually got healthier each year. He started to take an interest in these people.

At that time, he began to ride a mountain bike. He found a co-biker, Mel, whose age he estimated to be about 60. However, in fact, Mel was 66 years old.

Every Sunday they set off on their mountain bikes into the surrounding mountains. But Paul discovered that he absolutely could not keep up with Mel's pace. They tried to resolve this difference by an arrangement that on the following Sunday Mel would come to the Pilzers for breakfast, they would feed him and then Mel would hit the road. Two and a half hours later, Paul's wife would drive him to an altitude of approximately 900 meters, where they would meet Mel. Paul would join him and they would then cycle the remaining 600-meter climb together. This would take about 3 hours.

At the end, Paul was exhausted and gave up. He said to Mel: "Mel, I can't believe it! I'm so embarrassed! Today I expected to keep up with you." And Mel told him, "Take it easy, Paul, when I was 40, I also could not cope with such a climb." !?!

A 40-year-old man in the prime of life could not keep pace with a man 26 years older even in the final third of a track? How was this possible???

Can you also be in such a state of fitness? Can you maintain your health, beauty, strength and vitality into old age? Is it also possible to feel great in the later years of your life?

The answer is YES! You can experience all this as well. How?

This little book provides the answer.



1. The Killer in the Water Tap

The year is 1968. The Vietnam War is raging. In the 199th Infantry Brigade of the U.S. Military, surgeon Dr. Josef Price is in charge of the care of wounded soldiers. He notices something strange in his work: the soldiers, with an average age of 22 years, have their arteries and veins clogged with fat (atherosclerosis) like 50 to 60-year-old men! That is a mystery...

When thinking about it, Josef remembers his childhood. As a boy, when washing out milk containers, resilient yellowish fat deposits had formed on their very smooth walls. It is obvious that some substance in the dish-washing water had reacted with the milk, or some of its components, resulting in a layer which was difficult to remove.

Could there be a connection? What if there is a common denominator? And then in a flash something exciting occurs to him. Only one substance (excluding fat) is present in both cases.

Because Vietnam is extremely warm, drinking water is endangered by deterioration and therefore regulation is in force that all drinking water must be treated with a heavy dose of active chlorine. If someone becomes ill from the local water, that person can expect serious trouble. Only a minimum quantity is specified, therefore the soldiers adopt the following attitude: "If a little is good, more is better." As a result, soldiers drink heavily over-chlorinated water that smells so bad that it is almost impossible to drink. However, thirst in extreme heat is great, so everybody drinks plenty of it...And a nagging question sticks in Joseph's mind: "Could chlorine play some role here???"

After returning from Vietnam, he seeks the answer to his question. He collects information, searches archives, examines the veracity of all medical research and its conclusions. Amongst other things, he discovers that, until 1920, coronary disease was almost unknown, even in people who ate as much or more fatty foods than we do today, and

even in people who were obese. In about 1920, governments began to promote the emergency use of elemental chlorine due to epidemics of typhus. They did so without any tests or research into its dangers. And the use of chlorine continues.

He also discovers that Eskimos are able to eat even several kilograms of blubber at one sitting, and do it for their entire lifetime without suffering from heart attack or stroke caused by sedimentation of fat in the blood vessels. Their arteries and veins are clean. Could the reason be that they drink water directly from the ice – that is, non-chlorinated?

Furthermore, he discovers that clogging of arteries (arteriosclerosis) in animals living in the wild is an absolutely unknown phenomenon, while animals kept in zoos and given water from city water sources begin to suffer from clogging of the blood vessels. Similarly, coronary disease is unknown in people living in primitive conditions (where there is no chlorinated water system), but when these people move to “civilization” where there is chlorinated water, infarct becomes a common problem.

There is also one mystery which doctors cannot explain: How is it possible that in places where the tap water is hard, people have fewer heart attacks than where the water is soft? Their theory of dangerous cholesterol fails to explain this, but the theory of chlorine can: the aggressive and extremely active chlorine reacts with particles of hard water to form chlorides, so less of it remains to affect the blood vessels.

The facts are piling up on one another and they all have one common denominator.

Therefore, he decides to design an experiment to clarify everything. Back home on his farm, he takes 100 one-day old cockerels, and divides them into two groups of 50 each. One group is experimental, the other group is the control. Both groups receive exactly the same food and are kept under exactly the same conditions. He starts to add chlorine in an increasing concentration to the food and water of the experimental group at the age of 12 weeks [hypochlorite disinfectant].