

THE ESSENTIAL GUIDE TO GETTING THE MOST OUT OF
NATURAL & ALTERNATIVE THERAPIES

WHY ALTERNATIVE THERAPIES DON'T WORK FOR YOU



90% OF PEOPLE GAIN NO BENEFIT FROM ALTERNATIVE
THERAPIES. BE ONE OF THE 10% WHO DO.

WRITTEN BY PAUL KEENAN

"Wow! It all seems so obvious when Paul points it out. No wonder I wasn't getting anywhere." — Angela , RA & Fibromyalgia sufferer

WHY
ALTERNATIVE THERAPIES
DON'T WORK
FOR YOU

by

Paul Keenan

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Reviews

"You always share such wonderful knowledge. It can only come from a person who has attained wisdom through experience and has learned so many aspects of healing from around the world. Thank you for that."

Jena Davis, US, Oct 2017

"Outstanding wealth of information (crazy statistics! I was blown away) written in an easy understandable way – great book to get you on your way to well-ville. I cannot recommend enough, and I am a VERY skeptical person when it comes to health guru stuff!!!"

Anonymous, August 4, 2017

"I encourage anyone interested in Natural healing and even those that are maybe not too sure, to read this book...it's an eye opener and possible life changer when it comes to how you treat your body."

Susan Boons, UK

"...just to say a big thank you Paul, you changed my life"

Paula Valderra, Dubai, Sept 25, 2017

"In my search for better health I found this book. Not only did I find a person who I can agree with concerning our medical system, I found resources to further my research... good examples and resources clear through. Thanks for the down to earth advice"

Sandy Zabel – July 18, 2016

"I applaud you. It's a gem!"

Pat O'Keefe, SA

Important Notice

The information in this book is presented for the educational and free exchange of ideas and speech in relation to health and wellness only. It is not intended to diagnose any physical or mental condition, or to prescribe or promote any particular product(s). It is not intended as a substitute for the advice and treatment of a licensed professional. In the event you use any information within the book for your own health, you are prescribing for yourself, which is your constitutional right and for which the author of this book assumes no responsibility.

Foreword

What can we do in an Age where serious disease is at frightening proportions and medical doctors will not or cannot cure? When their interventions make us worse and Alternatives do not work for us, either?

When years of modern medicine proved ineffective in resolving his physical and psychological disorders, Paul Keenan turned to alternatives. Over two decades there was hardly a therapy he did not try. Frustrated by the failure of modern medicine AND alternative therapies to cure him, and close to breakdown, Paul was left with no choice. He **FIRE HIS DOCTORS**, fleeing abroad, in a desperate attempt to save his sanity and recover his health.

When, in an Indian backwater, a traditional Ayurvedic healer reversed his arthritis, Paul's eyes were opened to the power of natural healing. Inspired by this experience, Paul spent the following years studying the methods of the great healing masters, learning what makes us sick and what we need to get well.

Why Alternative Therapies Don't Work presents, in plain language, the latest research, forgotten knowledge, common sense and simple methods of healing, to offer new hope.

Dedication

This book is dedicated to my dear mother, who did not deserve to suffer as she did. If she were still here, I would wrap her in my arms and apologize for my lack of understanding of just how sick she was. Instead, I have written this book to honour her memory and the memory of untold millions like her who, desperately needing cures, died disappointed.

I also dedicate this book to my children, Michael, Lauren and Neil, who wanted their father to be a hero, only to find he was mortal.

Finally, I dedicate this book to YOU. The courageous person, seeking to reverse disease, who knows, instinctively, nature holds the key.

Acknowledgments

I acknowledge the champions of the last century, who fought to bring important healing knowledge to the world. Dr John Christopher; Dr Max Gerson and his daughter Charlotte; Dr Richard Schulze; Linus Pauling; Dr Abram Hoffer; Gandhi, who established 'Nature Cure' Centres throughout India, and the traditional Ayurvedic healers I met, who with compassion, devotion and skill, showed me a better way.

Special mention to Chris Woollams, founder of the 'CancerActive' charity and author of several books, including 'Everything You Need to Know to Help You Beat Cancer', whose prompting led me to write this book.

Who Should Buy This Book?

Everyone! At the rates of sickness we are seeing, you are virtually guaranteed to succumb to one or more chronic, degenerative, disorders by the time you are 50.

Cancer

Heart Disease

Diabetes

Arthritis

Obesity

Anxiety, Depression, Bipolar, ADHD, Addiction

Fibromyalgia

Hypertension

Allergies

Alzheimer's

Asthma

Chronic Fatigue Syndrome

AIDS

Gastrointestinal Diseases – Crohn's, Colitis, Diverticulitis, IBS

Metabolic Disorder

Autoimmune Disorders –MS, Celiac Disease, RA

Many others!

“You know you suffered many years with physical and psychological disorders?” prodded the Naturopath.

“Yes”, I responded.

“And you know you travelled the world looking for cures?”

“Uh-huh”, I replied, wondering where this was heading.

“I could have cured you in three days”.

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DAN

84 year old Canadian, Dan, was a gentle giant. When he came shuffling up my drive, he couldn't bend his fingers, they were so swollen with Rheumatoid Arthritis. Dan was 40kg overweight and understandably down in the dumps. A big meat-eater all his life he told me about his triple heart-bypass, cancer and how the medications he was taking only made his Arthritis worse. Dan had certainly experienced his share of illness.

"I am too old", he said. "The Doctors have written me off".

Alternative practitioners refused to help Dan because he was high risk. They do not have the protection of the State and could go to jail if Dan suddenly dropped dead on their doorstep. I explained that, for the same reasons, I could not help.

"Please", said Dan. "Nobody else will help me".

My heart went out to this dignified man so I recommended a simple program with a good track record of safety and success. Dan came off most of his medications and commenced a citrus-based, juice fast. Like most people Dan could not imagine going two hours without eating but nevertheless committed to the program.

After 7 days, Dan was feeling so well he asked to do 3 days more. After 10, he called again and said he was feeling even better and could he continue? I suggested he stop at 14.

On the morning of the 15th day, Dan walked up my drive, transformed. He had lost 9kgs, looked ten years younger, his arthritis symptoms were gone and his depression had lifted. It was wonderful to see.

"How did you get on with the juices?" I asked.

"It was easy after the first day", said Dan. "I wish I could have continued".

*“You may choose to look the other way, but you can never say again
that you did not know.”*
- William Wilberforce

Introduction

“You’re FIRED!”

More of us should try it, don’t you think? Walk into our Doctor’s office, look them in the eye and give it to them straight.

If you think about it, the idea you would buy a book that promotes alternatives over conventional medicine is an act of independence and defiance some might consider revolutionary. I am sure you were not thinking that when you picked this off the bookshelf or ordered it online. You just want to know how to fix your Arthritis or Cancer or Diabetes or Allergies.

Welcome to the ‘Bypass Age’. An Age, where, if Doctors cannot or will not cure you, you bypass them. An Age where, if drug corporations, Medical Associations, ‘captured’ Consumer Protection Agencies and ‘revolving-door’ government flunkies erect barriers to change, you bypass them, too. Around 50% of patients are using Complementary and Alternative Medicine (CAM), bypassing their Doctors.

A revolution in Health Care is certainly needed. We are the sickest species on the planet and getting sicker. Mankind cannot sustain this expensive, technological-chemical assault on our bodies, minds and environment, for much longer. The number of us succumbing to chronic, degenerative disorders is too great. Perhaps it will come when 1 in 2 of our children is Autistic (as projected). Perhaps it will come when more than half of us die from Cancer (we are nearly there now). When corporations make more money CURING disease than TREATING it. Or, as a Doctor friend bluntly put it,

“When the owners and CEOs of ‘Big Food’, ‘Big Pharma’ and the vaccine makers are all swinging from the same branch.”

It is coming. I hear it with every phone call and from every visitor I receive. They may use different words but the message is the same.

“I am sick and my Doctor cannot cure me.”

An explosion of interest in Natural and Alternative methods of healing is happening and you and I are part of it. Quite when we reach tipping point, where wholesale change will come, is hard to say. It isn’t just Health Care that needs to change. Doctors are those we see AFTER we have fallen ill. What is making us sick BEFORE we see the Doctor also needs to change. The choices you and I make, every single day, consciously or unconsciously, that build health or build disease. Think about that. **Every choice you make is either building health or building**

disease. Are you fully conscious of this? Or is your health ‘the Doctor’s job’ and you don’t think about it?

You may not realize it but you are part of a massive shift in human awareness. For the first time in the history of mankind we have access to knowledge the rich and powerful traditionally held. Instant access to more information, in one hour on the internet, than we had in a lifetime, 100 years ago. It is a wonderful window of opportunity which, unfortunately, is closing, with every keystroke and mouse movement tracked and archived, and internet giants increasing their filtering of what we are allowed to see.

When my mother died a painful and undignified death there was no internet and no hope. You accepted what Doctors told you, without question, because ‘The Doctor knows best’. Now we understand this is not true. Doctors know only what they have been taught. They treat, only in a way they are allowed to treat. They know nothing about alternatives, pay lip-service to prevention, and your grandmother knows more about nutrition than they do. Today, thanks to the internet, within minutes of your Doctor declaring your condition ‘incurable’, putting you on a lifetime regime of colourful pills (*while sniffily extinguishing hope something else can cure you*), you can be online, discovering simple, safe, healing methods you never knew existed. Whether they work or not (*hence the title of the book*) I will come to but at least you know of their existence.

When I first started researching Rheumatoid Arthritis (RA), the disease that killed my mother, my knowledge of medicine and the health system was non-existent. I was strong (apart from seasonal hay fever) and didn’t think about health at all. You don’t when you are young. Sickness is something that happens to other people. Then, after my mother passed away, I came across an article explaining that RA responds well to diet. This was the first time I had heard this. I investigated further. At first, curious, then appalled, finally angry, when I discovered Rheumatoid Arthritis is curable, without NSAIDs, Methotrexate, steroids and gold injections, and my mother need not have suffered the terrible end she did. I wanted to know why Doctors did not know about this, when it came from their own literature? Why dietary therapies were not being applied to RA sufferers in hospitals? Why Doctors did not know about natural methods of healing. Juice and water fasts, raw food diets, hydrotherapy and so on. At Antarana, my Wellness Retreat, I see RA symptoms disappear within 10 days, just through dietary change.

Then I discovered a world I had no idea existed. A world where Doctors are not allowed to suggest alternatives, or deviate from 'Standard Practice', otherwise they can be struck off. A frightening dystopian world, where parents of children with cancer can be jailed, or lose their children to the State if they don't submit them to the violent assault that is chemotherapy, radiation and surgery. Even when their odds of survival from such treatments are virtually zero. A world where the State can kidnap your children for not allowing them to be vaccinated, though they may be healthier than other children, under the invented and false pretext of 'herd immunity'. A world gone mad, where what was once normal and natural (*achieving natural immunity*) is now labelled 'child abuse'. Where pharmaceutical 'Robber Barons' control medicine, for profit. Not Doctors, for health.

I started to dig a little deeper and learned how the health system really works as opposed to how I thought it worked. How it is a business, run by businessmen. And as long as treatments make more money than cures, we will have treatments and no cures. Doctors fight valiantly to save lives... I might have died on two occasions without them... but for chronic and degenerative disorders, 75% of what plagues us, they can do little, only make matters worse.

I learned the system is a failure. That it has been **designed** to fail. Because if it succeeded, it would put itself out of business. I discovered an unofficial history of medicine, instead of the approved version, which shed light on why there were no cures. That, when courageous healers dared to cure the sick, the health cops, on behalf of the medical robbers, would persecute them and suppress knowledge of their methods. Often waiting until the healers had made enough money, for the '*smash and grab*' to be worthwhile. In the suppressed 1953 **Fitzgerald Report** the Chief Investigator did not mince his words...

"Public and private funds have been thrown around like confetti at a country fair to close up and destroy clinics, hospitals, and scientific research laboratories which do not conform to the viewpoint of medical associations."

I found out how promising treatments and natural compounds would never be approved because it takes hundreds of millions of dollars to get them through clinical trials. How natural products cannot be patented. Which means only un-natural molecules are approved, even when **known** to be less effective and harmful. Then I understood. This is a very exclusive Club, into which only the wealthiest corporations are granted access.

There was so much more I did not know. How our present-day health system was created and by which powerful, controlling families. Why fossil-fuel-derived, pharmaceutical 'medicine' came to be so dominant and how chemistry and technology came to trump biology (*you may have noticed lately how biology is making a comeback, with 'Bio'-this and 'Bio'-that*).

I learned why Cancer treatments have not changed in decades and how cancer charities and pink ribbons are a cynical sham, fleecing the public. They must be, if you think about it. The mandated conventional treatment, for over 60 years, is chemotherapy, radiation and surgery. Or else. Doctors attempting non-mandated methods can be struck off. This being the case, why are Cancer charities nagging the public constantly for donations 'for research'? There has been NO serious investigation into alternatives, at all. Quite the opposite. Cancer charities work **with** medical associations to undermine medical schools, hospitals and practitioners, even when they have ample clinical evidence and customer testimonials, showing natural methods produce better outcomes than existing treatments. When you dig, you discover cancer research is almost always designed to fail.

You learn from people like Ben Goldacre, who wrote '**Bad Pharma**', how rigged studies and manipulated science can be used to sell junk food pyramids, junk flu pandemics, junk remedies and dismiss alternatives. You learn of the immense harm pharma drugs cause and the many side effects your Doctor never informed you of. Or learn from **Nature**, a weekly science journal, how most prescribed drugs do not work for the majority that take them. That only 2%, if that, benefit from taking Statins. Which means **98% are only getting the side effects**.

You discover the top 5 drug companies earn more per year than the whole of Africa. That patients get better ON treatment not BECAUSE of treatment. There was so much to take in. Once I started digging I could not stop. Each shocking new revelation chipping away at my childlike trust and naivety regarding Health Care. Or is that Sickness Care?

I learned I was an entry in an health corporation's balance sheet, generating expected lifetime revenue of \$275,000 from medication, for my 'incurable' disease and if, like many patients, I'm taking three or more medicines, what a bonanza that is for owners and shareholders. That, in the last two years of my life, what was left of my assets (including my home) would be pounced on to pay for cancer treatment or heart by-pass operations. A final mugging by the Corporate State as I passed on. I knew it was true, knowing families who have been thrown

out of their homes because a parent, or family member, could not afford health insurance. Or even if they could afford it, were denied by a myriad of exclusions.

I have had a taste of medical racketeering. In an emergency visit to a private hospital, in Thailand, due to food poisoning, it was clear all they cared about was my ability to pay. You could argue this is reasonable. However, when they saw I was a foreigner, the fees were jacked up and suddenly I am pressured to take all kinds of tests and procedures and encouraged to stay 'just a few more days' for 'observation'. A euphemism for, 'we haven't finished picking your pocket yet'. After 4 days, I was relieved to escape with the obligatory shopping trolley full of over-priced meds, sadly, minus my appendix. Thailand's Prime Minister is promising to rein in rampant hospital overcharging, after street protests.

All this is depressing and people do not like to hear it but I needed to know. Because, by not knowing, I had stayed far too long in a system happy to keep me sick. Sometimes I wish I had remained ignorant. It is heart-breaking to see millions suffer and die when their diseases are preventable and can be cured. I have to stay positive. Whatever is happening today does not have to be our future. Instead of passive actors, in this real-life drama, we can be revolutionaries. The vanguard of a human wave, taking back control of our health and that of our children. A wave that seeks to give medicine back its soul. A wave saying to Medical Authorities:

"If you aren't going to cure us, step aside, while we cure ourselves".

Thanks to the internet I discovered my disorders were not 'incurable' after all, learned healers existed who had cured cancer and heart disease, arthritis and diabetes, depression and anxiety. Today, the same methods that cured my arthritis, years ago, in India, can easily be found, with a few mouse-clicks. I can order rain-forest herbs, nutritious drinks, design my own healing program, and source everything I need for it, online. I am in the '**Bypass Age**' and, just as water flows around a rock, I can bypass all that has previously failed and cure myself. The good news is, if I can do it, so can you.

Chapter 1

The Health You Deserve

“We all deserve a life of glowing health and vitality, free from pain and sickness. Whether in body, mind or spirit. It is our birthright. To be happy. To be at peace. To enjoy a long, healthy existence on this beautiful planet. To love ourselves, our families and our fellow man. To pass away peacefully in our sleep. Such a life is attainable if we live wisely, in accordance with natural laws.”

- Paul Keenan

A host of mental and physical maladies have befallen mankind, like Biblical plagues. Diseases and disorders I never heard of as a child are now ‘incurable’ epidemics.

The number of conditions is staggering and getting worse. There are around 80 Auto-Immune disorders, 200 types of Arthritis, 200 different Cancers and over 300 Psychiatric disorders. In the U.S., half of men will get Cancer. 1 in 3 women. When I was young, it was 1 in 25. Coronary artery disease is the No.1 killer, yet barely existed before 1900. 1 BILLION people globally – 70% of Americans, 66% of Britons and 63% of Australians are overweight or obese. Obesity rates in Australia are climbing faster than anywhere else in the world. The cost to society, of obesity-linked disease, is staggering.

Modern medicine can be brilliant with ‘acute’ and ‘emergency’ care. Yet, for ‘chronic’ and ‘degenerative’ disorders such as cancer, heart and cerebrovascular disease (stroke), which cause 75% of deaths, in industrialized nations, it is a colossal failure. Millions are set to be tortured, scarred, mutilated, poisoned and burned by well-meaning but ignorant medical doctors, attempting to relieve suffering, until they are finally rejected and sent home to die. Think I am exaggerating?

In 2013, the **National Cancer Institute** admitted two important cancers, **early stage breast cancer** and **prostate cancer**, were NOT cancers after all but harmless lesions. Over a 30 year period, 1.3 million women were subjected to a combination of mastectomy, lumpectomy, radiation and chemotherapy. Many more had breasts irradiated and were filled with fear and dread. Who knows how many new cancers this created. The same applies to men diagnosed with a form of prostate cancer. Other cancers were identified, too.

PREVIEW END

Chapter 36

What You Have Learned?

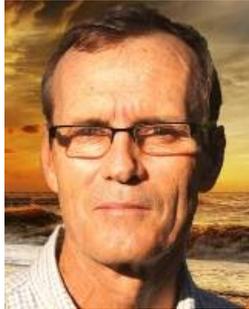
Well, here we are, at the end of our journey together. I hope this personal view, of what is a vast subject, health, has been of some help.

My aim in writing the book was to:

1. Guide you toward better health.
2. Explain why mainstream medicine will never cure.
3. Shed light on why Alternative medicine also fails to cure, unless you have the right tools in your healing toolbox and apply them appropriately.
4. Have you understand, no matter how LOW you feel, or DESPERATE your situation, there is always hope. NEVER let any puffed-up 'expert', corporate criminal or authority-figure, take hope away from you.
5. Point out that experts are rarely right. Trust your own instincts.
6. Educate you in how to heal yourself, rather than rely on those who do not have an answer and know nothing about you.
7. Have you focus on the RIGHT way to reverse disease and not waste time, energy and money on the WRONG.
8. Encourage you to reclaim power over what you are putting into your mouth and have you consider whether what you are eating and drinking is building health or disease? The apple or the doughnut.
9. Inspire you to free yourself from addiction, using tools like juice-fasting, the 'Bitter' taste, EFT and 'Breaking the Chains'
10. Show you how to dissolve toxic emotions that drive you to self-tranquillize.
11. Show you healing is NOT complicated. We just make it that way.
12. Have you understand, at a deeper level, you are a wonderful creation, whose body really is a Temple. That, no matter how poor your external environment, you can be the Lotus Flower.
13. Put you in touch with your inner SELF. The shining light, that makes you fully human. That aspect you have neglected for so long.
14. Encourage you to stick with ONE program and not bounce from therapy to therapy.

15. Have you question over-medicalization and whether you need... or can rely on... all those tests.
16. Help you understand you are not healing a specific disorder but strengthening the body and giving it everything it needs to heal, so ALL your disorders will resolve.
17. Show you natural healing does not dependent on diagnosis.
18. Introduce you to forgotten healing knowledge.
19. Remind you the **Laws of Nature** always bring consequences when violated.
20. Remind you that, while violating Nature's Laws can **cause** disease, living in accordance with them can **prevent** and **reverse** it.
21. Have you take action NOW and not wait and wait until your disease is so far gone it becomes more difficult to resolve, or you are dead.
22. Have you realise your health is **priceless**. Invest in it!
23. Let you know you need not do this alone. Support is out there. *'Seek and ye shall find'*.

The Next Step



Well done! I have done my bit. Now it is your turn. To put into action what you have learned in these pages. To resist moving on to the next book, guru, TV Doctor, or friend who says they have a better way.

Remember why you are doing this...

“We all deserve a life of glowing health and vitality, free from pain and sickness, whether in Body, Mind or Spirit. It is our birthright. To be happy. To be at peace. To enjoy a long, healthy existence on this beautiful planet. To love ourselves, our families and our fellow man and to pass away peacefully in our sleep.”

Worth striving for, don't you think? Do not stay unhappy and unhealthy a day longer. Take a vow right now.

“Today, I make a promise. I am going to get better. Nothing is going to get in my way. I am a unique and beautiful child of God (or Nature). No longer will I allow those who care nothing for me, to destroy my health. I am taking back my life. When I experience moments of weakness, I will not crumble. Instead I will use such moments to strengthen my resolve.”

Memorize it. Make a poster and put it on your wall. Repeat this and other affirmations **every day**. Well done. Now just do it. And when you have done it, let me know via my website, Facebook or email, how you are getting on. If you feel you are struggling or cannot do it alone, by all means, [contact me](mailto:paulkeenana@antarana.com) at paulkeenana@antarana.com and let's see what miracles can be achieved.

“Wishing you the very **BEST** of health!” - Paul

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Giving Back

The following causes will receive income from sales of the book.

Power of Love Children's Home

Rescue Paws Animal sanctuary

Lem – A Thai villager with Stage IV Lung Cancer

Details on our **Giving Back** page.

<https://www.antarana.com/giving-back.html>

COMING SOON

FIRE YOUR PSYCHIATRIST!

by

Paul Keenan

The French were very good at separating the head from the body, with their Guillotine. Unsurprisingly, people did not find it a healing experience. So why does Psychiatry separate the head from the body and expect people to improve?

In a world where drugging of the masses has become normal, Paul Keenan uses straightforward language to drive a coach and horses through the nonsense being peddled by so-called mental health experts. 6 million children in the U.S. are being given Class II narcotics for behaviour that can be corrected by better parenting, proper nutrition, eliminating 'excito-toxic' chemicals, heavy metals and sugars, and reducing poverty. Millions of adults are given 'chemical coshes' because they are suffering toxic STRESS, caused by toxic politicians, toxic medicine, toxic media, toxic food and a toxic environment.

The consequences of swallowing poisonous fluoride compounds, otherwise known as anti-depressants, are addiction, suicide, impotence and permanent brain changes. For benefits which have been exaggerated. We truly are a Zombie Nation.

Natural and Alternatives remedies are unfairly vilified for not having evidence to support them. Yet, psychiatry has even less (has anyone ever seen a test for a 'chemical imbalance of the brain?') yet is fully supported by government. 25% of Americans are diagnosed with a mental disorder. One quarter of the population. Are these people really 'mad' or is there something you aren't being told?