

— *What's* —  
**KEEPING**  
*You* **SICK ?**

MILLIONS WITH CHRONIC DISEASE,  
DESPERATE TO RECOVER THEIR HEALTH, ARE  
UNAWARE DOZENS OF HEALING MISTAKES  
ARE GUARANTEEING THEY STAY SICK.



DISCOVER WHAT YOU **MUST AVOID TO BE WELL**

**PAUL KEENAN**

# Reviews

“Allow me to congratulate you on this brilliant book. It’s a genius concept. It was striking, thought provoking and something hardly talked about. Touch and wake up as many people as possible!”

**Hana, UK**

“All you say is true. Great you address the various aspects of Veganism, food choices, W. Price, your observations in SW Asia, the different 'Layers', supplements, gurus, etc.”

**Ivo, USA**

“There are so many fake therapies out there it’s hard to push through all the lies and get to the truth. Paul does that for you. I enjoyed his audiobook immensely!

**Susan Boons, UK**

Also by Paul Keenan

**[Chronic Disease Breakthrough](#)**

**[What's Keeping You Sick? Lyme Disease Edition](#)**

**FIRST EDITION**

**What's Keeping You Sick?  
CHRONIC DISEASE**

by

Paul Keenan

Copyright ©2022 Paul Keenan

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the author except in the case of brief quotations embodied in critical articles and reviews.

Because of the dynamic nature of the Internet, some web addresses and links, provided in the book, may stop working. If you find a link is not working, please email and let me know.

# Disclaimer

I am not a Doctor and do not prescribe 'medicines' nor treat 'patients'. There is no 'Doctor-Patient' relationship. I do not heal or cure anyone. I believe, given the right conditions, the body can heal itself. Any action you take related to health and wellness, based on the information presented by me, within this document, on my websites, within books, blogs, videos or writings, is your sole responsibility and you act of your own volition and in consultation with a fully-licenced Medical Practitioner.

Information provided within this document is readily available in the public domain. Any herbs, supplements and protocols mentioned are already in use by medical and/or integrative Doctors in different countries around the world. If any therapy, herb, supplement or technique is banned in your State or country, please abide by your local laws.

The information, presented in this book, is accurate, to the best of my knowledge. Any factual inaccuracies brought to my attention will be corrected in the next edition. Opinions expressed are personal views and may not be shared by others.

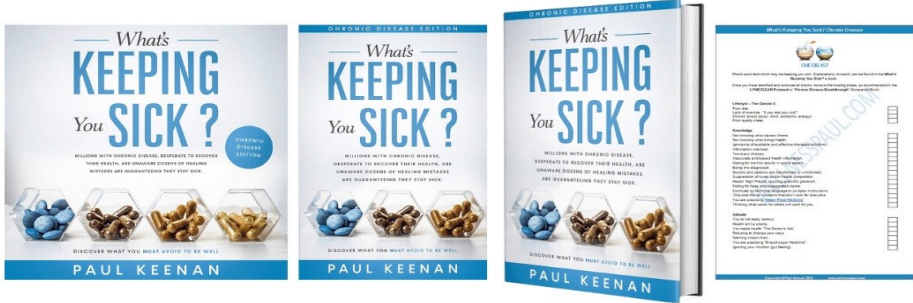
“I have not failed. I've just found 10,000 ways  
that won't work.”

- Thomas Edison.

# Table of Contents

Introduction.....	10
Keeping Us Sick.....	12
Alternative Health.....	17
How Our Bodies Work.....	20
Ignorance.....	23
Information Overload.....	27
Guru-Worship.....	30
Diet.....	33
The Power Of Belief.....	43
Grasshopper Medicine.....	46
Water-Pistol Medicine.....	48
The 5 Layers.....	51
Getting Your Ducks in a Row.....	55
Underlying Cause.....	57
Supplements.....	60
The Cost Of Staying Sick.....	65
Lack of Support.....	68
All In The Mind.....	71
“Pus Pockets” .....	75
Good Vibrations.....	78
A Testing Time.....	84
More ‘Ways’ .....	87
The Next Step.....	93

# About The Book



Available as Audiobook, e-Book, Paperback and Checklist

**What's Keeping You Sick? Chronic Disease Edition**, takes a crucial look at the many reasons Chronic Disease sufferers fail to recover their health.

The e-Book and paperback are a transcript of the Audiobook, with **Additional Resources** for those who need further help.

All books are currently only available from the wellnesspaul website.

Books are written in plain English with quick, simple explanations and short summaries, making the content easy to consume.

Initial editions cover **Lyme Disease** and **Chronic Disease**.

## A Cautionary Tale

25 years ago, my mother lost a long battle with Rheumatoid Arthritis. In her final 2 years the family watched, helplessly, as her body and mind were destroyed by drugs, emergency trips to the ICU and botched surgeries. Morphine finally ended her misery.

Her last 2 years of 'treatment', in hospital, were more akin to medieval barbarism than anything resembling health. Doctors pumped her full of stronger and stronger poisons. Surgeons mutilated her body. A "brutal" nurse compounded her misery.

Appalled at what I was witnessing, I asked a Doctor if they could do anything and was staggered when he said, "No".

"What on earth is she doing here, then?" I asked.

We demanded she be allowed home so she could die looking out at the garden she loved, rather than the bleak surrounds of a National Health Service 'charnel house'.

I was upset we had pressured her to stick with the Doctors (we were all ignorant back then) but more so at the realization the Doctors **knew** their 'treatment' would destroy her, yet said nothing.

When we asked if Alternatives could help, the reply was, "There's nothing that can be done."

Today, having learned how the 'Sickness Industry' approaches chronic disease and how Alternatives CAN help, I interpret this rather differently...

"We haven't finished picking her pocket, yet."



# Introduction

Stop! Before you buy another supplement, try a new therapy or work with yet another Chronic Disease practitioner. Stop.

Let's get the SHOCKING headline out, nice and early.

**90%\* of Chronic Disease patients, attempting to reverse their condition, naturally, will FAIL.**

It's worse than that.

They are **GUARANTEED** to fail.

You would have thought such an outcome would be shouted from the rooftops. That Doctors and Alternative practitioners would be handing out leaflets and guides and warning you...

*"Hi! Just getting started? There's many ways you can fail. Here's a handy list of what to avoid."*

*"Really? Thank you!"*

Did anyone say that to you? Nor me.

If I had been warned it was going to take 30 years and cost, perhaps, a million dollars, in direct and indirect costs\*\*, to recover my health, I would have taken a very different path.

Hi. My name is Paul Keenan.

Even though I don't know you, I care very much what happens to you and know the struggles you may be going through, in your efforts to get well. Losing my health, then struggling to recover, came at appalling personal and financial cost. I now wish to help you avoid the many mistakes we all make that are keeping you sick.

**What's Keeping You Sick?** is filled with priceless insights we all should know before we begin our chronic disease journey.

It is my sincere wish, the knowledge you gain from this book will save you countless hours of research, years of trial and error and a lifetime of continued suffering.

*\*90% is an estimate, based on Doctor comments, reports, interviews and personal observation. It may be higher or lower, depending on the condition. Used for illustrative purposes only.*

*\*\*The million dollars is also an estimate, based on direct and indirect costs, such as loss of income, pension, insurance, bonuses, promotions lost opportunity.*

# Chapter 1

## Keeping Us Sick



Few health issues cause more suffering than Chronic Disease. The lack of serious official help is an ongoing crime, not helped by the unsympathetic, even friends and family...

*“But you look so well”, they say. Blind to the disease processes, eating you up, inside. Or “You’re a hypochondriac.” Then there’s the mean ones, “The Doctor said it’s ‘incurable!’ It **can’t** be fixed, stupid!”*

This is what Doctors tell us despite ample evidence, in their own literature, to the contrary.

Worse still, when you go to the Doctor, say, with worms or parasites and he or she refers you to a psychiatrist. It’s hard to think of anything more cruel.

If you are struggling and unable to recover your health, you’re not alone. There are millions just like you.

Before I continue, I should clarify what is meant by 'chronic'.

Chronic conditions are long-term, persistent or 'incurable' conditions, such as Heart Disease, Cancer, Diabetes, Lyme Disease, Arthritis and Auto-immune disorders.

6 out of 10 adults and 54% of children, in the U.S., have at least one chronic health condition. 70% are overweight or clinically obese.

The level of sickness is staggering.

Browse the health section in any book store. Rows of titles teach you about your disease, what to eat, the latest treatments, what supplements to take and therapies to try.

This book is different. It deals with the things you need to know... **MUST** know... **before** you begin your healing journey. Or if currently failing. Things they don't teach in the classroom but should. "Lessons Learned" from a million collective failures.

It is not just those who are sick who need to know. If you are an MD, Nurse, Integrative or Alternative Practitioner, knowing why your patients aren't improving will help you better support and advise them. If your salary or status depends on NOT knowing, best to move on.

Thomas Edison said, *"I have not failed. I've just found 10,000 ways that won't work."*

In Chronic Disease, there are many ways that won't work. We know the classical ones, already... poor diet, lack of exercise, too much stress, poor quality sleep. These will absolutely keep you sick, if you ignore them. But there are more. Many more. To avoid failure, you need to know what they are.

To save you finding out the hard way, I decided to identify and document as many as I could. Drawing from my own years of failure, health articles, medical journals, online health groups and interviews with the sick.

The interviews were the most revealing. In 2018 and 2019, over two Christmas holidays, I offered a free one-hour consult, to those with chronic Lyme Disease, who were (a) broke and (b) suffering. I wanted to understand why they were having such difficulty. If some could reverse their condition then, theoretically, all could. What was everyone missing?

51 callers responded. They shared their history, how long they had been ill, supplements they were taking, therapies they had tried and the many practitioners they had seen. I was saddened by their suffering and full of admiration for their perseverance. What I wasn't prepared for was what their answers revealed.

ALL were getting it wrong. Many hadn't even applied the fundamentals of natural healing. Few had a properly structured program or protocol. They were stuck on whatever was the flavour of the month... SIBO or MTHFR or Marcons... or a universal focus on killing infections. Blasting critters and weakening already damaged guts, with more and more antibiotics, having failed to gain relief with anything else.

It isn't that all the things they tried weren't effective. It's just that they weren't being put together in a coherent fashion.

I'm not going into details on how to tackle specific disorders. I cover those elsewhere and its not the purpose of this book. Before you can get well you first need to eliminate what's keeping you sick.

My mother's death showed how not knowing how to heal yourself, can end in tragedy and that placing your trust in complete strangers, who don't really know you and don't have an answer, can be a fatal mistake.

Know what else upset me about her death?

They lied.

I didn't discover this, until years later, when I began to experience the same symptoms and was filled with dread. Joint pain, chronic fatigue, crippling anxiety, insomnia, chronic inflammation, brain fog and so on.

Was I to suffer the same horrifying fate?

I dived into the medical literature and found a study that showed Rheumatoid Arthritis responds well to diet. I was stunned. At no stage had any Doctor suggested she change her diet. Certainly not the hospital food, which I generally regard as unfit for human consumption. Studies show 40% of those who leave hospital are more malnourished than when they went in.

It's a similar story with Diabetes. Lopping off diabetic toes, one at a time, is highly profitable. Apparently, \$5000 per toe. Yet a single nutrient, Alpha Lipoic Acid, according to their own findings, removes the need for surgery in under 30 days. Do they give ALA to diabetic patients facing surgery?

No.

# What's Keeping You Sick

'Scientific' Medicine

Poor diet.

Lack of exercise.

Excess stress.

Poor quality sleep.

Ignorance of what makes us sick.

Ignorance of how to heal.

Lack of support.

Being misinformed or uninformed.

Suppressed cures.

## Chapter 2

### Alternative Health



If you are like me, you are part of a very big Club. The **'My Doctor Couldn't Fix Me so I Tried Alternative Therapies'** Club.

You are likely in the other very big Club, too. The **"I Tried Alternative Therapies and I'm Still Sick"** Club.

With chronic disease there is a pattern. We go to the Doctor, receive a prescription of colourful pills or surgery, which may reduce symptoms but doesn't restore health. In fact, medical intervention can damage us more, making it harder, if not impossible, to heal.

After years of no improvement, we realise Doctors don't have answers and decide to look elsewhere, dipping a diabetic toe in the Alternative health waters. Thus begins what may become a years, or decades-long, endeavour.

Whichever label you use... Complementary, Alternative, Natural, Integrative... an army of chiropractors, homeopaths, acupuncturists, naturopaths, massage therapists, herbalists, yogis, psycho-