

— *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

What's Keeping You Sick?

CHRONIC DISEASE EDITION

By

Paul Keenan



Books Page

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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

[Escaping Chronic Disease](#)

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

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

- Thomas Edison

Disclaimer



I am not a Doctor and do not prescribe ‘medicines’ nor treat ‘patients’. There is no 'Doctor-Patient' relationship. I do not heal anyone. I believe, given the right conditions, the body can heal itself. Any action you take, related to health and wellness, based on 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.

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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 updates. Opinions expressed are my personal views and may not be shared by others.

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About The Book



What's Keeping You Sick? Chronic Disease Edition takes a long-overdue look at why so many Chronic Disease sufferers fail to recover their health, despite tremendous effort and cost.

The premise of the book is very simple. Just as a car can be blocked from reaching its destination, by fallen trees. So, too, healing can be blocked, by a variety of physical, mental, emotional, energetic and spiritual barriers.

The book presents over 100 ways we fail. A handy checklist will help you quickly identify your OWN healing blocks and remove them. Allowing you to complete your healing journey.

This is a fast-fact, 'no-fluff' work, written in plain English, perfect for brain-fogged and grasshopper minds.

Additional Resources are presented at the back of the book, with links and QR Codes.

Books in this series are **available only from the wellnesspaul website**. Other outlets are being considered.

Current editions include **Chronic Disease** and **Lyme Disease** and are available as an Audiobook, e-Book, Paperback and Checklist.

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



“All disease is caused by some sort of blockage. Whether it’s blocked blood, lymph, oxygen, nutrition, nerve impulse, emotional energy, spiritual energy, or even what the Chinese, Japanese or Indians refer to as Chi, Ki, or Prana.

When an area of the body gets blocked, it gets sick. It’s that simple.”

- Dr. Richard Schulze

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 sufferers, attempting to recover their health, 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 a ton of ways that can prevent you from healing. 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, trying to heal was going to take 30 years and cost me, perhaps, a million dollars, in direct and indirect costs**, I would have made very different choices.

Hi. I'm 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 came at disastrous 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 should know **before** we begin our chronic disease healing 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, on the percentage of patients unwilling to change their lifestyles, media reports, interviews and personal observation. It may be higher or lower. Used for illustrative purposes only.*

***The million dollars is also an estimate, based not only direct but also indirect costs, such as loss of income, pension, life and health insurance, bonuses, promotions and lost opportunity.*

Chapter 1

Keeping Us Sick



“Our ‘Sickness System’ is run by businessmen, for profit. Not Doctors, for health. As long as treatments make more money than cures, we will have treatments and no cures.” - Paul Keenan

Few challenges in life cause more suffering than chronic disease. Especially, disease you cannot see. Lack of mainstream success, in curing chronic disease, is an ongoing crime, not helped by the unsympathetic, even friends and family...

“But you don’t look sick”, they say. Or, “You’re a hypochondriac.” Blind, to the disease processes, eating you up, inside. Then there’s the mean ones, *“It can’t be fixed, stupid! The Doctor said it’s ‘incurable!’”* Doctors tell us this, despite ample evidence, in their own literature, to the contrary.

Worse still, when you go to the Doctor, say... with worms or parasites... and they refer you to a psychiatrist. It’s hard to think of anything more cruel. No, it’s not *“All in their heads”*. These people are suffering. Most, fighting an internal war you cannot see, desperately trying to hold on to some kind of normalcy. They need compassion not condemnation.

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

Before I continue, allow me to 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. They can worsen, over time, causing disability and premature death.

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

The level of sickness is staggering and getting worse.

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. They are great.

This book is different. It addresses what they don’t tell you. Things you need to know... MUST know... before you begin your healing journey. Things they don’t teach in the classroom. *“Lessons learned”* from a billion collective failures.

It is not just sufferers 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 classic ways, already... bad diet, lack of exercise, too much stress, poor quality sleep. These lifestyle factors will absolutely keep you sick, if you ignore them. But there are more. Many more.

If you have reached this far, well done. You are serious about recovering your health and want to know what all these ‘ways’, we can fail, are. To save you finding out, the hard way, I decided to identify and document as many of them, as I could. Drawing from health articles,

medical journals, online health groups, interviews with the sick, personal observation and my own years of struggle.

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 more about the disease and why they were having such difficulty. If some were resolving their symptoms then, theoretically, all could. What were these people 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 Doctors and practitioners they had seen. I was saddened by their suffering and full of admiration for their perseverance. What I wasn't prepared for, was their answers.

Here's where the 90% figure gets support. ALL were getting it wrong. Most hadn't even applied the fundamentals of natural healing. Few had a properly structured healing program, or protocol, to follow. They were obsessed with the flavour of the month... SIBO or MTHFR or Marcons... or a too-narrow focus on killing invaders. Blasting and weakening already damaged microbiomes, with more and more antibiotics, having failed to gain relief with anything else.

This is a key point. It isn't that all the things, they or their practitioners tried, weren't effective or capable of working. It's just that they weren't being applied at the right time and in the right sequence.

I won't go into detail on how to tackle specific disorders. You can find these in the Companion Book, '**Escaping Chronic Disease**', which is designed to help you AFTER you have identified and cleared your personal healing blocks.

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

END OF PREVIEW

Additional Resources...

Healing Blocks Checklist

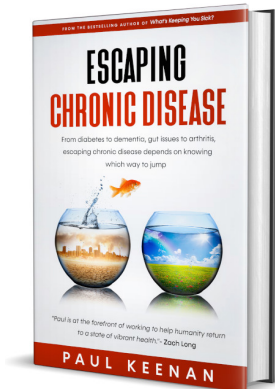
Identify your **personal** healing blocks with this unique FREE tool!



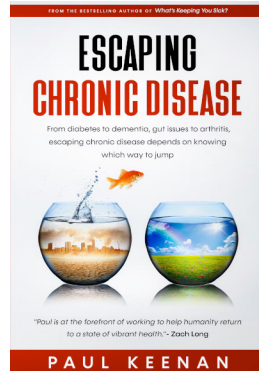
Escaping Chronic Disease

*294 pg Print and e-Book

The perfect healing guide. Every page, filled with tremendous insights and practical healing advice.



Paperback



e-Book

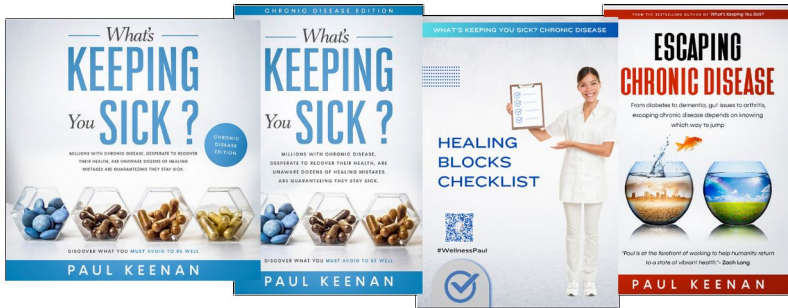


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Online Health Consultation



Prefer the personal touch? An Online Consultation could be **the most valuable hour** you spend on your healing journey.

Book a FREE 15-Minute or 60-Minute Paid Consult





Home Programs

Reverse Lyme Disease, Parasites, Arthritis, Diabetes, MS, auto-immune, etc.. working, directly, with me.



[VIEW PROGRAMS](#)



Healing Retreat

A Healing Retreat is, hands-down, the BEST option for recovering your health. Who wouldn't love a week (or month) on a sun-kissed Thai beach. Stick a colourful umbrella in a non-alcoholic Pina Colada. Scrunch your toes into warm, golden sand. Feel the sun's healing rays on your skin. Burble, contentedly, as a massage on the beach melts your tension away.

Or relax at the pool villa, enjoying focused, one-on-one care and support, authentic natural healing and all therapies on hand.

Check availability, though, as I only run three Retreats per year. Email me now or visit the website [Retreats Page](#).



About The Author



PAUL KEENAN

Fulfilling A Promise

After Doctors only made his chronic health problems worse, Paul Keenan abandoned conventional medicine and set off on a personal healing quest, which took him to Portugal, India and Thailand. After discovering Ayurveda and Nature Cure, Thai Traditional Medicine and a basket of natural and alternative therapies, Paul's eyes were opened to the power of natural healing and the body's ability to heal itself.

Through online consultations and healing programs, fasting and healing Retreats, natural healing books and health groups, Paul works, tirelessly, to help others. Fulfilling a promise made to honor his mother who died at the hands of a 'Sickness System' she little realized was designed to fail.