



## NUMBER ONE CAUSE OF ALL DISEASE, CANCER AND DIVORCE

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Seven Symptoms of a Fungal Infection:

1. Craving for Carbohydrates, even though you try to suppress it.
2. Moodier than you care to admit.
3. Sex drive not where you would like it to be.
4. Hypoglycemic - Shakiness when you don't eat regularly
5. Fatty foods don't sit well in your digestive tracts
6. Bloating after eating
7. Short term memory loss

My name is Keith Morey. I own a company called SGS Research. I originally started my supplement company in late 1994 with one amazing product MSM, but my journey began before this with a radio talk show called Journey to Good Health. For over 2 years, I was on the air for 5 days a week for 2 hours a day. I interviewed over 200 guest speakers on health, all of whom led me on my own Journey to Good Health. With access to all these specialists, as well as their associates, with whom I often spoke with outside the show, I was able to compile the pieces of the puzzle and assemble the overall picture of health. I began to figure out why our poor eating habits caused us to be overweight or obese, why we became sick, and why our society is full of ill health.

During my own journey, I realized that in most cases the doctors were addressing the symptoms, but not the cause. They were addressing the flu, a cold, cancer or obesity by prescribing pills, medications and antibiotics. The doctors were not looking at what was going wrong within the body and the systematic breakdown that occurred causing people to become unhealthy in the first place. Doesn't it make sense to go to the source of the problem? How can a person ever get well and become healthy if they are merely addressing the symptoms and not fixing the core problems within the body? In my experiences, I have learned the root of why people get sick and how to fix them the natural and healthy way.

I would like you to consider this: We are living longer, but our quality of life is declining. People are getting sicker more often. The World Health Organization predicts that global cancer rates could increase by 50% by 2020.<sup>1</sup> According to [www.getamericafit.org](http://www.getamericafit.org), there is also a 76% increase in Type II Diabetes in American adults 30-40 since 1990.<sup>2</sup> Maladies in our society like arthritis, osteoporosis, depression, insomnia, and fatigue are becoming an increasing epidemic. More and more children are being diagnosed with Autism, ADD, ADHD, and depression than ever before! Have you ever known someone who quits smoking and ended up getting a cancer in a very short time or gained a lot of weight? Why do you think this? We'll explain this later on.

Our human race has condemned itself to a plague of sickness and ill health. I will explain how antibiotics have played a major role in this cascade effect that impacts every single man, woman and child on this planet. This concept is so simple! Most people and even *most doctors* do not see the

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<sup>1</sup> World Health Organization. News Release, 2003. <http://www.who.int/mediacentre/news/releases/2003/pr27/en/>

<sup>2</sup> Obesity Related Statistics in America. Get America Fit. <http://www.getamericafit.org/statistics-obesity-in-america.html>

correlation! I want you to understand that good health is not a complex, unknowing, irresolvable situation. Energy, good health and a healthy weight is easily attainable. It is very simple once you understand the basics and I am here to explain these basics to you.

Disorders such as urinary tract infections, digestive and kidneys problems, tinnitus, muscle weakness and the inability to cope with stress are abundant in our society. These disorders can easily be managed and resolved in a non-medical manner. The common denominator that causes most of these disorder is a **systemic fungal infection**. Different types of fungal infections interact within the body, causing a disruption and domino effect. Systemic fungal infection is the #1 cause of all disease, all cancer and most divorce. Once you have a systemic fungal infection, your health spirals out of control.

Let's start at the beginning:

In a perfect environment within the body, we are born with flora (good bacteria) in our digestive tract. The body lays seven layers of acidophilus and other good bacteria with the help of colostrum to coat and protect the lining of the intestinal tracts from parasites, bad bacteria and funguses. This protective coating prevents fungus and parasites from leaking through the intestinal lining and infecting the bloodstream.

Unfortunately, we are bombarded with a wide spectrum antibiotics, which destroys the good flora. The ill effects of antibiotics affects us incredibly throughout our life. Often, even before we are born. For example, a woman who takes antibiotics during pregnancy will, in turn, give her unborn baby a dose of antibiotics as well through the amniotic wall. Also, in some cases, antibiotics are introduced into a newborn's bloodstream through the mother's breast milk, which is a common occurrence with babies born through cesareans. Many young children suffer from frequent ear infections and are given antibiotics for treatment. Throughout life, we are given antibiotics as a way of dealing with sickness.

Whenever antibiotics are used, it destroys all seven layers of acidophilus and the other good flora. This is called Leaky Gut Syndrome. This is when the fungus eats its way through the intestinal lining and enters the bloodstream. On its way through, the fungus leaves little pinholes behind, which allows proteins, carbohydrates and fats that have not yet been fully digested to enter the bloodstream. The immune system reacts and builds antibodies and enzymes to destroy what the body considers to be foreign objects and pathogens.

Let's use broccoli as an example. Broccoli is good for you. Your body needs the necessary amino acids that it produces. When your body breaks down the broccoli into an amino acid, it still carries a broccoli signature. Because you have been prone to antibiotics, have fungus and have leaky gut syndrome, when the broccoli amino acids enters the bloodstream, the body believes that it is a foreign invader and creates antibodies to destroy it. It is no longer getting the good amino acid it needs to run effectively. We call this an auto-immune problem or a food allergy. This is crucial because the body cannot recognize what is good and what is bad. It is now fighting against itself.

This is what we have learned so far. Antibiotic use disrupts normal digestion. This causes an overgrowth in fungus in the digestive tract, which kills good digestive flora leaving the intestinal wall exposed. This allows fungus to eat its way through the intestinal lining and get into the bloodstream. This, in turn, disrupts the immune system and contributes to autoimmune problems. These problems manifest itself in forms of food allergies and a malabsorption of nutrients.

At this point, the fungi proliferate throughout the whole system creating a cascade of different reactions, first of which is a craving for carbohydrates. The brain is a carbohydrate fiend. It utilizes 50-80% of all the carbohydrates we ingest. Fungus also loves to feed off carbohydrates and trace minerals. The problem is that the fungus eats the carbohydrates in our bloodstream making the brain crave carbohydrates.

Food manufacturers love to take advantage of this carbohydrate craving by enticing you. Just think about it, if you go into a grocery store, all you see are cakes, chocolates, cookies and candies. Our society has become a bunch of carbohydrate fiends! When you eat these sugar loaded carbohydrates, your insulin spikes, insulin is the number one cause of aging and the number two cause of brain damage. Hence the saying, “the less you eat, the longer you live” because you do not spike insulin. When your insulin spikes, you end up storing the carbohydrates along with the fats and proteins. Now, you have put yourself in the position of unwanted weight gain.

The fungus that has proliferated the body also affects the brain. The fungus gives off a bowel movement, which is an offshoot of ethanol. This overpowers the immune system, entering the brain and disrupts neurotransmission for short term memory, causing mutation and malfunctions in the brain. This is one of the symptoms of a fungal infection.

### **Why is it so essential that the body stays alkaline?**

Now let's talk about the impact of trace minerals on the body. Trace minerals are very crucial for the mechanics of the body to function properly. Fungi love trace minerals, gobbling them up like candy. As a result, we become mineral deficient. Trace minerals are necessary for healthy nerve function, muscle tone, energy production and are also essential for growth and healing, and for keeping your body in alkaline state. The minerals bind to amino acids and make new chemicals that the body utilizes in order to function properly. What I deem most important is that when minerals bind to amino acids, it changes the acid form into an alkaline or neutral or min in the bloodstream. The body become alkaline.

A good analogy would be the water that comes out of your water pipes. The water from the tap is the perfect pH of 7. It is neither acidic or alkaline. It is neutral. If the pH balance was off by one degree, then your pipes would be eaten up and you would be drinking rust (contaminated) water. The same concept happens within the body. Without the proper pH balance, the body starts to degrade just as the pipes would. Another example would be a piece of fruit. Have you ever left fruit out on the counter overnight only to come back the next morning and find that it has started to spoil? This is because the pH level of the fruit became imbalanced and started to spoil.

Amino acids act as building blocks to protein and other essential chemicals of the body. Proteins are essential for growth and development by providing the body with energy. They are also needed to manufacture hormones, antibodies, enzymes and tissues. They help to maintain the proper acid-alkali balance in the body. The body needs to stay within a pH range in the blood of 7.38 to 7.42. If it leaves this extremely tight range by one degree in either direction, your organs can be severely effected.<sup>3</sup> This can include respiratory failure! According to Learning and Physiological Regulation, “Changes in  $\pm 0.2$

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<sup>3</sup> The PH of Foods and Their Effect on Performance. By Chris Walker, MD. 2012. <http://team.firstendurance.com/page/the-ph-of-foods-and-their>

pH have profound effects on protein conformation, cellular volume, and the rates of many important enzymatic reactions.”<sup>4</sup>

Let’s talk about how fungus affects the body’s pH level. As mentioned earlier, the fungus eats the trace minerals in the bloodstream, which makes the body acidic. 99% of all people who have cancer are acidic. At this point, in order to stay alkaline, the body goes to its next choice - sodium bicarbonate (also known as baking soda) The problem with sodium bicarbonate is that the body needs sodium to produce this and believe it or not, in many cases, we’re sodium deficient! This is contrary to what most doctors tell you. The reason why we are sodium deficient is because man-made table salt contains only 6 or 7 trace minerals, whereas natural sea salt contains 78 trace minerals that our body needs to function properly.

During the 1900s, society gravitated toward sodium chloride, table salt, from natural sea salt. The problem with this was that by 1905, the general population started showing an epidemic of goiters. Basically, it is an enflamed thyroid, which appears as an extremely visible huge lump on the neck. The thyroid was no longer getting the iodine it needed to function properly from sodium chloride. Table salt was eventually reformulated to include iodine, magnesium, manganese and a little bit of mercury to help separate the salt crystals. This isn’t natural and the body doesn’t utilize it properly. In regards to the minerals within sea salt. Iodine is listed as the seventeenth mineral that is in sea salt. There are sixteen other minerals have higher concentrations. Because goiters were a visible manifestation, it was immediately corrected by adding iodine to table salt. What are our bodies losing from not having the sixteen other essential minerals with higher concentrations within sea salt? What about the other minerals with less concentration than iodine? What happens to our bodies when trace minerals are being consumed by something as unhealthy as a systemic fungal infection?

A poorly functioning thyroid is a source of numerous health problems within the body. A symptom of a malfunctioning thyroid is low body temperature, which shows itself as cold extremities, extreme fatigue, and lack of endurance. Unfortunately, a poorly functioning thyroid is the number two cause of ill health.

This is where the spiral of ill health spins out of control. As I stressed earlier, in order for the body to remain alkaline, it has resorted to sodium bicarbonate and it has become depleted of usable sodium. Because there is not a sustainable source of sodium within the body, it has to resort to calcium bicarbonate to become alkaline. The problem with calcium bicarbonate is that it needs to draw on the calcium within the bloodstream. Our bodies must leach calcium from the bones causing osteoporosis, which is a paramount concern among women in our society.

Another problem with calcium bicarbonate is that it has an inherently weak chemical bond. It falls apart in the muscles and synovial fluids, forming free-floating calcium. I believe this is the scourge of the body. Free-floating calcium are like pieces of glass. It goes through the muscle tissue and synovial fluid damaging cell structure and causes mutation in the cells, which causes free radical damage, aging and eventually cancer. Also, free-floating calcium also gets into joints, grinds down cartilage, and causes arthritis.

It binds with fat forming plaque on the artery wall and actually damages the nephrons in the kidneys, which purifies the blood. The last ditch effort for the body to become alkaline is to produce ammonia in the kidneys. The body uses ammonia to offset the acidity. Ammonia is toxic in the body, but it will

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<sup>4</sup> Dworkin, Barry. Learning and Physiological Regulation. Univ. of Chicago Press. 166.

destroy the body at a much slower rate than the acidity of an unbalanced pH. That is why oftentimes a cancer ward or a hospice care facility reek of ammonia. The smell is actually coming out of the patients' skin, breath and bodily fluids. It creates "the smell of death".

Let's go over what we have discussed. We take antibiotics that destroy good flora in our digestive tract. The fungus eats its way through the intestinal wall into the bloodstream, causing us to crave carbohydrates and causing short term memory loss from toxic excretions. The fungus eats trace minerals making us acidic. Our bodies try to offset the acidity by using sodium bicarbonate. Because we are sodium deficient, our bodies resort to calcium bicarbonate. The calcium bicarbonate breaks apart and creates free-floating calcium which damages cell structure, causing arthritis, purification problems in the blood, and hardens arteries.

## **Fungus and the Gallbladder**

Gallbladder removal is one of the most common operations in the United States. This is due to a fungal infection. Let me explain why fungal infections are the cause of this surgery. The gallbladder's main function is to store bile. Bile is a breakdown of red blood cells that have been crushed in the spleen. The spleen removes the necessary minerals and the red blood cells are processed and reutilized in the body. These minerals are processed back through the liver where they are bound to used cholesterol-forming bile acid. This bile is supposed to be stored in the gallbladder for later use and excreted during heavy meals to help us digest fats. The gallbladder gets clogged up and isn't excreting the proper bile to digest fatty foods. Hence, you now have symptom number 5 of a fungal infection.

Because the fungus clogs up the gallbladder, it causes the bile acid to bleed into the pancreas. This causes the pancreas to create excrete insulin, which is a major cause of aging and also brain damage. Too much insulin in the blood causes hypoglycemia (symptom #4). Symptoms of hypoglycemia includes shakiness, pounding heart, crankiness and hunger headaches. Excessive insulin also makes your body store glucose, fats and proteins that you really don't need. The pancreas is responsible for making enzymes that are crucial for digestion and for making chemicals necessary for proper body function. It is important to remember that cancer cells have a protective coating that makes it invisible to the human immune system. Your system cannot recognize the cell as being cancerous. Pancreatic enzymes are responsible for breaking down the protective coating around the cell so that your immune system can recognize as cancerous and destroy it. Because of the fungus, the bile acids damage the pancreas and destroys its ability to seek out cancerous cells and provide insulin, which slowly turns the body diabetic.

When the gallbladder gets clogged up with fungus and the bile starts to back up into the liver through the liver ducts, eventually damaging the liver, which is the primary organ that produces chemicals in the body. Because bile is no longer digesting fats, it cannot be turned into good cholesterol in the liver. This poses a major problem. Good cholesterol is converted into Pregnenolone, which is the master hormone to all other hormones. It feeds the adrenals, which breaks down Pregnenolone into its subcomponents such as estrogen, progesterone, DHEA and testosterone. Just about everything you could imagine is regulated and controlled by hormones and these are what eventually determine your personality and who we are. Hormones regulate digestion, heart function, thyroid function, neurological function, brain function, immune function, depression and anxiety. Hormones also regulate sex drive. Without the proper hormones, your sex drive is lowered, giving you symptom #3. Also, Pregnenolone improves memory and is the best memory enhancer of all steroid hormones by

100 times. This is another reason why people with fungal infections suffer from short term memory loss.

The fact that fungal infections deprives our body of proper hormone balance causes a cascade effect which affects every aspect of our lives. Fungal infections cause multiple malfunctions throughout the body which results in sickness, cancer and an overall depressed sense of well being. This bodily stress creeps into our everyday relationships, putting a strain on our family, friends, work and the ones we love. This is why I believe that a fungal infection can be responsible for divorce. If your body isn't happy and healthy, your relationships will not be either.

## **Fungus and Vitamin D**

The majority of people aren't aware of the epidemic in our society concerning a lack of Vitamin D. This deficiency contributes to rickets in children, bone disorders, cancer, high blood pressure, immune system disorders, skin cancer, multiple sclerosis, diabetes and is a major contributing factor to muscle pain. Vitamin D is crucial for proper thyroid function and helps to keep your body temperature up so that the body can activate enzymes and function properly. Vitamin D is usually absorbed through the skin. By using good cholesterol, the body converts the sun's rays into Vitamin D. As mentioned earlier, without proper digestion of fats, we are not making the proper amount of good cholesterol that the body needs which leads to the deficiency of Vitamin D.

## **Fungus and Smoking**

Have you ever known someone who quit smoking and ended up with more medical problems than ever before? Maybe they even died from quitting smoking? Nicotine is one of the most detrimental chemicals that you can put in your body. It damages the body creating an environment where the seeds for fungus can be planted all throughout the body. What is not widely known about nicotine is that while it compromises the body, it inhibits the growth of fungus. Nicotine does not kill fungus; it merely retards its growth temporarily.

When someone stops smoking, they are no longer ingesting the nicotine that inhibits the growth of fungus. Now, the fungus is finally given the opportunity to flourish. An analogy would be like continually seeding your lawn with fungus spores, but never watering it. When you quit smoking and remove the nicotine, it is like turning on the sprinklers. Between the damage that the nicotine has done and the fungus no longer being inhibited by the constant barrage of nicotine, the fungus is able to flourish at an exponential rate, ten times more rapidly than a nonsmoking person who is compromised with a fungal infection. This does not mean that you should continue smoking; this means that you need to kill the fungus at the same time as when you quit smoking. This enables the body to kill the fungus while eliminating the nicotine and boosting your immune system.

Oftentimes, we see people gain weight when they quit smoking. We perceive that they have used food as a tool. We think that they are either eating from anxiety or as a replacement habit for the hand-to-mouth habit. In actuality, it is the fungus rapidly propagating that is making the person crave carbohydrates. This, in turn, makes them more acidic and more prone to disease, cancer and other illnesses ten times more quickly than a nonsmoker.

## Summary

Antibiotic use destroys the flora that protects our digestive tract, enabling fungus to eat its way out of the bloodstream, making you crave carbohydrates. The fungus feeds off the minerals that your body needs, creating a deficiency causing your body to become acidic. In the body's effort to keep alkaline, it yanks out calcium from the bones, which breaks apart and creates free-floating calcium damaging cell structure. This causes cancer, arthritis, kidney damage, and causes plaque to build up in the arteries. The fungus also proliferate in the gallbladder, clogging it up and damages the pancreas and liver. This curtails your body's ability to produce hormones, resulting moodiness, sickness, depression and lack of sex drive.

Do you wish you could feel just a little bit better? Do you want more energy? Wouldn't it be great to be able to function clearly all the time without having to drink your morning cup of coffee? How about when you are sick? Look around at the people that surround you. How many people do you see that are actually truly happy? I bet there are not very many. People are stressed, low on energy or just not feel as good as they can. Look at the divorce rate. In Los Angeles County alone, divorce ranges around 70%.<sup>5</sup> Why? Do you think that if we had healthier bodies, more energy, or a even a stronger sex drive that this can and will make a significant different? Do you think that if people were able to feel happier because they were healthier, that the divorce rate would decrease? I think so. You have seen it happen to many people and I believe that it could happen to you, too!

**Do you want to change your life and health for the better? If you have any of these symptoms of a fungal infection and want to know what you can do to become happier and healthier, take the first step and call us at 949-651-6355.**

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<sup>5</sup> Los Angeles County Divorce Statistic. <http://www.laborlawtalk.com/showthread.php?t=16796>