

Testimonials Human Health

1. Rick, Napier, NZ.

At about 30 my health started to go downhill with muscles breaking down so that every time I tried to do anything strenuous I would pull a muscle, or rip a tendon.

I couldn't play with my children anymore and any physical activity had to be carefully considered. On top of that I couldn't remember anything, struggled to think critically, couldn't handle stress anymore, and couldn't get motivated to function at all, everything just seemed too hard.

I went to my regular doctor and had a full physical and his response was that I was just getting older and I would just have to live with it. I was then 36, but felt like 70. So I started researching and reading everything I could on human health.

I discovered a service in the USA that used hair testing so sent off some hair. The supplements were horrendously expensive, but I figured if it worked then it would be worth it to get some quality of life back. At this point I thought I had Alzheimer's as my brain function had deteriorated so far.

After 18 months of swallowing a million pills a day and eating their crazy diet I wound up looking like a dead cert for the Mr Puniverse title; and on top of that I couldn't control anger any more. I would fly off the handle at everything and lose the plot every time the kids even walked into the room.

Then I read one of Vaughan Jones's Grazinginfo.com Newsletters that was talking about excessive manganese making cows and staff who were drinking their milk high in manganese, because their American influenced consultant was recommending manganese in fertilisers and in a soluble mineral mix, so all were very agitated and irritable, as were staff on this high manganese farm. Almost all USA is low in manganese. Most of New Zealand is very high in it.

I thought, "Crikey, I think I might be a cranky cow," and it turned out the pills from the USA were over 17 times the RDI of manganese, so I promptly threw all pills in the bin, started eating normally again and went back to researching.

Thankfully my anger problem resolved itself quite quickly after that.

Eventually, it turns out I had the testosterone level of an 80 year old and felt like one, the growth hormone level of an 80 year old, no magnesium in my blood and very little DHEA.

The low testosterone meant that my brain wouldn't function properly hence it felt like I had Alzheimer's, and also meant that every time I used my muscles they would tear. Then because I had no growth hormone my body couldn't repair itself again.

So I applied natural testosterone cream to hairless parts of my body and injected growth hormone once a day, and took DHEA and another handful of pills to support my body's rebuilding process.

My brain began to function a lot better. My memory slowly returned and I stopped curling up into a foetal position every time any pressure came on. I felt like working again.

So why were my hormone levels so out of whack you might ask? Well, it turns out that once you hit the age of 30 all of your hormone levels, including testosterone, begin to drop off. Stress is the biggest killer (I have had an extremely stressful work life since I was about 19 years old), but also smoking, too much sugar and processed foods, alcohol, toxins, lack of sleep, etc.

What have I learnt from this?

- Regular doctors are just sales agents for the pharmaceutical companies and pretty much useless, unless you have something simple like a broken leg.

- Never give up on your health, if something isn't working, go back to the drawing board, there is more info in Vaughan's 60 free Human Health chapters in his eBook and on the internet than you can poke a stick at, but don't get sucked into sales people or scam consultants who are everywhere, especially in farm consulting.

- Too much manganese will make you lose your rag, and brain. I learned that New Zealand has an excess of it. People and animals taking more is really bad.

- Testosterone helps men (women seldom need it) in other ways, than just improve love life.

Hope this helps.

Cheers.

[For more on Manganese read Manganese (Mn) in Humans, in Human Health Minerals, and speed read Manganese, in Minerals in Soils Plants & Animals. Also speed read most of the 60 chapters in Human Health, written because members have suffered the problems they cover. VJ]

2. Stephen Roberts, Hamilton, NZ.

At the beginning of 2011 I had terrible bowel problems and was getting little help from doctors. Advice from Vaughan Jones and reading his Gluten Intolerance chapter correctly diagnosed my symptoms and alleviated my problems. Upon reading Mercury in Humans (Chapters>Human Health Elements), and on additional advice from Vaughan, I saw naturopath Chris Rhodes. His heavy metal detox removed mercury (present in Hamilton drinking water and non-organic fruit and vegetables), and cadmium and other toxic metals. Doing so improved my mental performance, general outlook on life and other aspects of my health.

Chris also tested me across a wide array of foods, with his fast, low-cost, high-tech system. The result was a comprehensive list of foods of low personal compatibility, such as wheat, yeast and lactose. Avoiding these foods has helped cleared up my irritating bowel problems.

I have since read many chapters in Human Health Elements, which persuaded me to supplement my diet with Thorne boron (for joints) and other elements deficient in New Zealand soils and therefore foods, such as zinc in Human Health Premium and Good-health Magnesium Ultra. Doing so has reduced the clicking in my joints (boron), improved my fingernail health (zinc) and sleep (magnesium with supper), as well as general vitality.

Thank you so much GrazingInfo, Vaughan and Chris. I've had more valuable health assistance from you than all the doctors. I recommend you to everyone I know who is in need of health solutions!

All should read Human Health and Human Health Elements in 60 unbiased chapters on health.

3. West Knowles, Hamilton. (Deceased)

I took quinine for 60 years, prescribed to prevent malaria during the last world war, so I lost my sense of taste and smell.

Thanks, Vaughan, for your advice, at long last we have done what you suggested many times - changed our doctor, who had been looking after us since about 1963. He was the one who suggested that I had the beginning of Parkinsons, and after all this time I must be getting better, because I'm not getting worse! He had lost interest, and, after changing to a young lady doctor, we are both convinced that we have done the right thing. Our new doctor is with it, on the ball, and has done a lot for us already. I won't go into details, but my wife is now on the right track, with a problem under control.

The hospital took me off pills like quinine that our old doctor had prescribed decades ago, their specialist telling me that one of the pills I was taking could damage my kidneys. So, it looks as though it was good changing to a younger doctor. Incidentally, our old doctor was against health supplements, and was quite rude in his endeavours to get us off them. Our new doctor is all for them, saying she doesn't care what we have a go at, as long as it cures the problem.

We will now wait and see what her treatment will do for us, but will certainly bear in mind the information on the value of zinc. Thanks from us both for the help you have given us in our health.