

LIVE WITH GARY NULL

An interview with the best selling author of "Get Healthy Now"

MIKE ADAMS, THE HEALTH RANGER

 TRUTH PUBLISHING

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Live with Dr. Gary Null

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MIKE: One of the first topics I want to talk to you about is the document that I've been sending lots of readers to, and that's "Death by Medicine." That's a real shocker for a lot of people, and I'm wondering if you have any plans to update or that, or are looking at wider distribution for it?

GARY NULL: "Death by Medicine" came about because we had been misled. Over the years we have heard statistics like 104,000 people dying from infections that they contracted in hospital. Over 50,000 people one year dying from malnutrition they contracted while being hospitalized. That over 100,000 people died from properly given medications. We started adding up how many people died from the overuse of improperly given medications or side effects from other medications, multiple drugs, and the fact that very few physicians even asked patients if they were on other medications before putting them on medication.

I thought to myself, "What is the actual number?" It's amazing that no one has actually added up all the numbers. To do so, I brought together a group of MDs and PhDs, all with backgrounds in research and research methodology, all Board certified, and we put the test out there. The test was, how many people are injured, and how many people are killed each year by American medicine. It took us over a year and a half of doing diligent daily research, because there were thousands of studies that we had to review. At the end of this we were really surprised—the most conservative number that we could establish, the least amount of deaths was 740,000 per year. That's the least. More realistic figures put it over 1 million. But we decided to take the most conservative [number] and then show the statistics, show the journal articles we derived these from. They have not been refuted by anyone, and for a simple reason: because they're absolute, out-and-out facts. Now, put it in perspective: that's as many people as are dying from heart disease, stroke and cancer combined.

Yet, when you say that American medicine is the number one cause of death and injury in the United States, that's a scary thing to say because then people say, "Well, what parts of medicine?" Then we did a separate report called "iatrogenic"—or doctor-induced or medical-induced injury and death—and it showed that most medical procedures, from radical mastectomies and hysterectomies and antibiotic use are unproven or disproven and/or are very deadly with no real benefit. You start to realize that, gee whiz, we were led to believe that medicine is scientific, and scientific medicine is both safe and effective—and it's not true. So that's what that report was about. It's interesting, because we sent that out to all the major media, and not a single member of the major media has published or reported on it.

MIKE: Isn't that fascinating?

GARY NULL: They covered it up.

MIKE: People love to ignore some of the things that you're trying to tell them, some of the warnings you're trying to put out, it seems. I mean, this should be front page news.

GARY NULL: Should be, but then again you have a medical establishment that makes \$2 trillion per year. This year it'll be \$2.1 trillion, or approximately 12% of the GNP will be spent on disease maintenance. Now we say we have a healthcare system, but there's nothing healthy in our healthcare system. There's no prevention in our healthcare system. Their idea of prevention is don't smoke and wear a condom. Well, if you made a body condom and just lived in a condom and didn't smoke, it's not going to increase your life expectancy.

MIKE: Do you think the tide, or at least awareness, is starting to shift with fiascos like the Vioxx problem and the antidepressants? Is there a chance that people are going to realize what's wrong?

GARY NULL: No, we never learn from our mistakes. Look, we have 104 nuclear facilities in the United States, like Indian Point, which is 22 miles north of New York City. If there was a major nuclear accident or terrorist attack on that facility, you would have no evacuation plans for 20-22 million people, and if the leak was sustained you could permanently destroy New York City. It would not be habitable for millions of years, because you couldn't clean it up and it would permanently influence people's health. The older people would die, the younger people would die, the sick people would die, and everybody else would end up with substantial radiation poisoning, and ultimately they would die in time from different illnesses. Well, you would think that we would learn something from the River Keeper's Foundation, that's Robert Kennedy's group, about the dangers from the documentary I did called "Fatal Fallout" about our deadly nuclear legacy. But we haven't. When I had a showing of this last night here in New York City at the Lowes Theater, we had the usual suspects—we had mainly counter-culturalists there. I didn't see anybody from the suburbs. I didn't see anybody living near it. [Indian Point is] where the very rich live, I'm talking about very expensive homes—and they have a very high cancer rate there, especially women, where there's no risk for breast cancer. They're not smoking, they're not drinking. They're not doing the things that would cause breast cancer, yet they have a very high risk of cancer, and they have cancer because of the leakage from the nuclear facility. This is true in all 104 nuclear facilities around the United States. You could take an American cancer hotspot, draw a circle, and you're always going to have in the middle of that circle a nuclear facility.

And yet, would they do anything about it? We managed finally to get through to Ms. Merrill of Merrill-Lynch, who ended up with breast cancer, and whose mother had cancer. Neither of them had an unhealthy lifestyle, and there, when you're Merrill-Lynch, you've got title and name and access to people. She said none of her friends want to know about this, none of the society people want to know about it. They would walk away from her at a social event rather than hear that maybe they weren't living in some pristine environment. So, everywhere you go people don't want to know. We have 131 million overweight Americans. We have an obesity epidemic in our children. We have, if you take the five leading industries - they're gambling, drugs, smoking, alcohol and pornography - put them together and you have more Americans engaging in unhealthy habits than anything else that they're going to do concerning their health. They don't do healthy things, they do unhealthy things, and somehow they're surprised and disappointed when they get sick.

MIKE: Well obviously it must be the genes, right?

GARY NULL: Of course, everything in life is the genes, they tell us. The trouble is, it's not the genes.

MIKE: What keeps you going, though? You're incredibly productive; you do radio shows, you've done them for 20-plus years.

GARY NULL: I've been on non-commercial radio every day for 26 1/2 years, five days a week

MIKE: Dozens of books you've published...

GARY NULL: Eighty-one books, 650 articles, 20 award-winning documentaries, and about 100 self-empowerment documentaries.

MIKE: Well, what is it then, what motivates you if you think the population won't learn from its mistakes?

GARY NULL: The population has a choice. My responsibility is to honor my spiritual self, which is to stay present in the moment, detached from the outcome, and to keep focus on detaching from my own conscious mind. When you are in the moment and you're honoring your self, then the world has a chance to benefit from it, but it's their choice, and if... my own brother smoked three packs of cigarettes a day, and drank coffee and ate baloney sandwiches and French fries and pizzas and hot dogs ... he was a very nice guy, but he got lung cancer. At first he got throat cancer—and of course he denied that it had anything to do with his smoking. Okay. And then when I went to the hospital, there he is smoking through the hole in his throat one day after the operation. And so you think that doesn't make a whole lot of sense. Well, reasonable people in some areas of life make very unreasonable choices. So my job is to try to present people with information, resources and inspiration and motivation. But I can't do more than that. I can't push rope up the hill, and I cannot take responsibility for whether people choose to use my information. I must honor their freedom of choice, even if the choice they make in the end is the wrong choice, and even if their choice kills them, you can't jump between a person and the gun they're putting at their head and start this game of Russian roulette every day, because then you'll just burn out.

The first time someone takes two or three hours of your time counseling them, and they're dying and they desperately need your help, you give them the best that you can. Then you find out that they go right across the street and go to a hotdog joint and start eating mystery meat hot dogs off the street. [They're] smoking cigarettes right outside the window of your office—and this after they've been told they've got six months to live and they came to see you so that you could extend their life. They're not going to do a damn thing you said. Well instead of getting angry about it, or getting depressed about it, which adversely affects your chi, your life energy, just simply say, "That's okay." The information's there, they have it, and hopefully they will decide to use it in part or whole. But I can't force them to do that.

MIKE: Can I ask you about credibility now, because you are one of the few outspoken, I would say, natural health activists who is very healthy. And you're fit, you follow your own advice, and yet why do people go off and believe the information from so many conventional doctors who are obviously diseased?

GARY NULL: Well, I'm going to answer your question by telling you a little observation from my past. When I had my first best-selling book I was very young. I was just a kid. And it was just one of those flukes of life that I happened to have been in the right place at the right time. An older woman—she was in her 70s—heard me on a radio show and it was my only radio interview. She said, "Boy, I like what you were saying and I just felt that there was some affinity with the way you think and the way I think. Would you be interested in writing a book on health?"

I said, "Well, I'm not credentialed in that area."

She said, "Well that doesn't matter. There's no one young in the field. Everyone like Carlton Frederickson and Dale Davis and Gaylord Hauser, these are senior citizens. There's not a single young person in the entire field to take over when they step aside. And we need a new approach. When I'm listening to you talk about exercise, meditation and spiritual journaling and eating organic—no one in this field is doing that."

So I said, "Okay," and she gave me \$250 to write a book. I took a year and a half, almost two years, to research and write it—I write very fast. And the book came out, and it became the biggest selling health book in history.

MIKE: Which title was that?

GARY NULL: "The Complete Handbook of Nutrition." They were selling 50,000 hardback copies a week, that's how well it was selling. America needed that message at that time—1972. Well, within six months, the whole health field, which was made up of these old Mustache Petes. You know, the guys in the back rooms that controlled the health movement, they needed some fresh blood. There was a convention and they had a poor attendance. I went just to have a look-see who all these people were and their audience ... I didn't see a natural colored hair in the place. Everybody was over 60-70 years of age and their messages were, "Eat high fiber bread," or "Have organic meat," and "Take a 5mg B complex." That was the message.

I mean it was no exercise, no spirituality, no meditation, no stress management. No being an example of health. And then I was invited to a conference, down in Asbury Park, they only had about 50 people, and I brought in another 1500. We spent three days in this rickety old building down there. I was watching the people backstage and this guy says, "I'm going to do the instructions here, Gary" I said, "Fine." He goes out on stage and he maybe weighs 500 lbs. He's got arthritis because he's got a cane, and he's bald-headed. He goes out there and he's talking and talking and he says, "There's a cure for

arthritis! And it's in my book. There's a cure for obesity! It's in my book. There's a cure for baldness! And it's in my book!"

And then he walks out—he doesn't introduce me, he's promoting his own books—walks out into the hallway and everybody follows him. He sold hundreds and hundreds of books. In the meanwhile, I'm standing backstage watching this guy do this and thinking, "Does anybody not see that he is a bald-headed, 500-pound, arthritic-suffering person? And yet he's claiming he can cure this stuff? My goodness, why doesn't he cure himself?"

I got a lesson, and it was an important lesson. And the lesson was that people didn't want to look at the messenger. They wanted to believe in the illusion of the message. Now if you said in order to overcome this disease you've got to make all the changes that caused them, that's the message they don't want. If you said just take this pill - that's the message they want. So from that time until now, that message has not changed. Robert Atkins was enormously successful, I knew him very, very well, and he was successful because he said, "You don't have to exercise or give up your bad, unhealthy habits. You know, eat pork rinds, eat mystery meat ... go eat a living dog" ... Atkins was, you know, he was a person who believed in a lot of fat and a lot of meat. Well people did it because it was easy.

MIKE: And of course drug companies now use this same message for everything.

GARYNULL: Yeah, so you see when you ask, "Well, gee whiz? Aren't people smart enough?" And the answer is, it's not your fault you're stupid ... I take that back.

MIKE: Maybe they need some brain nutrition.

GARYNULL: I don't think there's enough nutrition in the world to help most brains.

MIKE: I call that, by the way, the seduction quality of pharmaceutical or prescription drugs. It's seductive to say I don't have to change anything in my life, let me try this pill first and see if that works.

GARYNULL: Happy pills! Making up conditions that don't exist like "Generalized Anxiety Disorder." And then they show people who are fretting, "What should I wear tonight?" or someone else, "Mmm, I'm not sure if I like this food.." or someone else gazing out the window, and someone else not paying attention - these are common disorders affecting everyone and you may have it too, it's a new psychiatric disorder, because it's in the DSM-4 (Diagnostic and Statistical Manual of Mental Disorders), and if it's in the DSM-4 then it must be real and we've got a drug to treat it. Now the drug has side effects, including suicide and anxiety and emotional detachment and homicidal feelings, but don't worry about the side effects. Just think, you don't want to suffer from this, so get on board.

GARYNULL: There's nothing left in life that they haven't figured out is a disease. If you speak up for yourself, that's being overly affirmative disease. If you don't speak up for yourself, that's a shy disease.

If you're too quiet, it's a quiet disease. If you sweat when you sleep, no matter what you do, if you have yellow urine, it's a yellow urine disease. They've pathologized childhood, they've pathologized pregnancy, they've pathologized menopause, they've pathologized being a senior citizen, and they've pathologized women. So they're very successful and you haven't heard a peep out of mainstream media, or legislators or the White House, the Supreme Court. So everyone believes that pharmaceuticals are the answer.

MIKE: Isn't part of the problem with the information on this the fact that the media is now so strongly financially supported through direct-to-consumer advertising?

GARY NULL: Well, the media could not survive without that advertising. They would go broke.

MIKE: What's next in your ongoing activism here. What can people look forward to?

GARY NULL: Well, I've got "Fatal Fallout" now, which you can go to my website and get, "The Drugging of Our Children"—I've just finished and wrapped on that after two and a half years of filming, about the 11 million children being drugged each day, and how ADD and ADHD don't really exist, except in the minds of people who need to make it exist for the drugs they're trying to promote.

And also I've just finished, "Kiss your Fat Goodbye"—an understanding of what it takes by going into the lives of overweight people and working with them one on one and watching their transformation.

MIKE: And that's a video?

GARY NULL: That's a video, that's finished. And my book "Power Aging," is what I'm talking a lot about now, because I find at least that's a vehicle for people who want to make change to start. So what I do is I create vehicles and tools for self-empowerment and change, put them on a table and walk out of the room, and hope that people find a need for them and use them.

MIKE: Amen to that. Well, thank you so much for your time Dr Null.

GARY NULL: Thank you.

About the Author



The Health Ranger (Mike Adams) is a holistic nutritionist with more than 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *Spam Filters for Your Brain*, and many other books available at www.TruthPublishing.com.

Adams is also the creator of the popular *Honest Food Guide*, a free downloadable nutritional guide found at www.HonestFoodGuide.org. In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at www.NewsTarget.com.

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at www.HealthRanger.org.

Other books by the Health Ranger

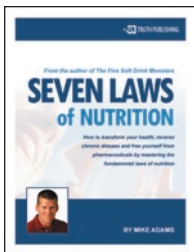


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