

Are you concerned about how **natural** you are?

ARE YOUR GENES COPING WITH THESE CHANGING TIMES?

In evolutionary terms, life for our species *Homo sapiens* has changed a lot—especially recently. If you equate the time we have been humans to a 24-hour clock, the Industrial Revolution arrived in the last half a minute. The modern food and pharmaceutical industries that expanded rapidly post-WWII emerged just 10 seconds ago, and the biotech industry—now so keen to foist genetically modified (GM) foods on us—came onto the scene in earnest less than 3 seconds ago. Put simply, our genes are struggling to adapt to the pace of change, unprecedented in terms of our exposure to new-to-nature chemistries and—now with GM—new-to-nature DNA.



Do you wonder about some of the following?

HEALTHCARE

- Would you like to retain autonomy over your own healthcare?
- Is orthodox, western medicine sustainable? Are there other options?
- Are you concerned about severe restrictions on therapeutic food supplements?
- Are you willing to see the destruction of traditional medicinal cultures like Ayurveda and Traditional Chinese Medicine that have evolved over thousands of years?
- Could your child's health be compromised by excessive vaccination?
- Should parental choice be subservient to medical intervention?
- Why is natural and alternative healthcare under sustained attack by the medical establishment, the pharmaceutical industry and regulators?
- Do you want to know the real story behind negative studies and media reports about vitamin supplementation?



FOOD

- Do you want to avoid eating Genetically Modified (GM) and irradiated food?
- Do you want to learn more about using nutrition and lifestyle to stay or get healthy?
- Is the control and manipulation of our food supply by huge, multinational corporations really in our best interests?
- Since when is it right to exploit our basic human need for clean drinking water by using it as a vehicle for compulsory mass medication with fluoride?

OTHER

- What might electrosmog from mobile and cordless phones, cellphone masts and wireless systems be doing to our health, and that of our children?
- What lies at the root of the global threats to our health and civil liberties?
- Who stands to gain from the disrespect of nature and the abuse of science and law?



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