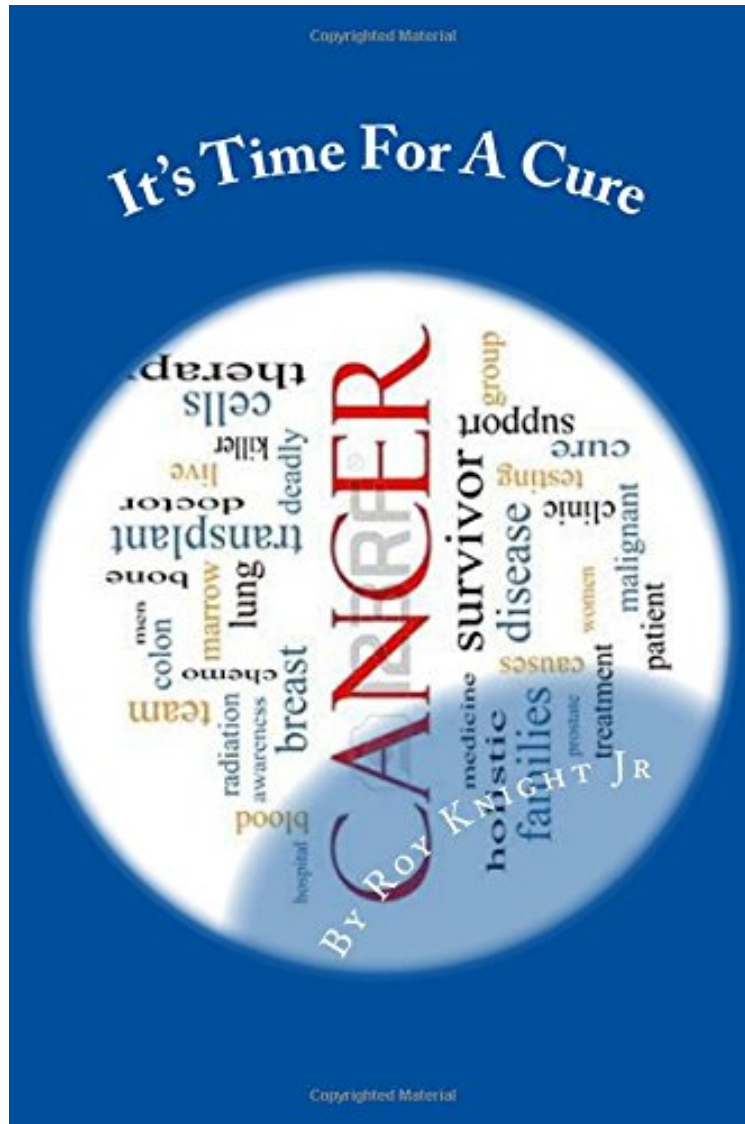


(Free pdf) It's Time For A Cure: It's Time To Curb Your Carbs To Keep Your Dignity and Save Your Life

# It's Time For A Cure: It's Time To Curb Your Carbs To Keep Your Dignity and Save Your Life

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**Roy W Knight Jr : It's Time For A Cure: It's Time To Curb Your Carbs To Keep Your Dignity and Save Your Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised It's Time For A Cure: It's Time To Curb Your Carbs To Keep Your Dignity and Save Your Life:

If Alzheimer disease affects your family, listen up. Starting to have more slip-ups in memory? Misplacing keys? Forgetting names? Making more notes then losing them? You're not alone and you could use some help. Alzheimer disease and dementia are becoming a pandemic and we need to find a cure for what's driving this pandemic before it engulfs the whole population. What I propose is not treatment for something that you can't get back, but a cure, so you'll never loose it in the first place. (It=your brain.) It's Time For a Cure takes a look at the worlds oldest love affair with food. It's a food that has addicted a society to it, with the help of an industry that's associated with our pharmaceutical industry. Not all associations are healthy for the American public. This association has proved disastrous for the health of the Americans who eat their products. I want you to say goodbye to your headaches. Say goodbye your stomach aches. Do you have any idea why you get them in the first place? Think it's stress? Think again. Do you know what happens when you put bad fuel in your car? It runs bad. It eventually ruins the engine. The same thing happens in your body. Bad fuel in the body gives you bad performance and it ruins the body from using that fuel. What is this bad fuel that our food industry has given you for the body? That bad fuel is carbs from breads, pastas, cereals and sugar, the world's deadliest addiction. This is the wake up call that the world doesn't want to hear. They don't want to hear it because it involves an addiction that everyone has grown up with and into. That makes it impossible to conquer...almost. This deals with our longest love affair with a food we've all loved to eat our entire lives, bread. It also involves our love of corn and the second worse culprit, sugar. Yes there is something worse than sugar, and that's wheat. Sugar only attacks your brain from one angle. Wheat comes at it from multiple angles, making it the master of disaster. What we've grown up on is irreversibly harming those who eat it. It does it slowly, methodically, painfully, eventually expensively,taking away any amount of dignity that one may have once had. But there is good news. There is a way out of the quagmire of your addiction. It's Time For a Cure looks at how to break the addiction as well. I also look at societal concerns of our food and grain industry as well as it's influence in the pharmaceutical industry. Not fortunate for us, everything is connected. Do you think it coincidence that you watched those cereal commercials on TV, when you were a toddler, then begged mom to buy them for you at the grocery store? Your addiction, like mine started young, real young and we've been paying the consequences for it ever since. What's in these pages, though, is something the whole world needs to know. The food industry doesn't want you to know. They have you where they want you, addicted. If you like bread, you're addicted to glucose and there's only one thing you can do to save yourself from the 17 disorders, diseases and conditions listed in article 1. Article 13 covers how to break the addiction because if you don't, you're headed for definite brain destruction. Article 14 covers why the addiction is so hard to break. But break it we must. Article 21 shows the impact it's had and is having on our society. This is the world's wake up call. But this is the call that no one wants to answer, because it involves your longest love affair, that of glucose. It involves breaking your addiction to it. But it also involves healing and lots of it; healing from high blood pressure, type 2 diabetes, high cholesterol, chronic pain, chronic inflammation, preventing dementia and Alzheimer's disease, curing stomach ailments, curing headaches, and best of all increasing energy at an exponential rate. The nicest part about this cure, It's Free. All you have to do is read the book and heed the message. This cure's for you.

About the AuthorI grew up addicted to this substance. I've been addicted to it all my life, up until 30 months ago. That's when I quit bread. For the first time in my life, I felt true freedom. So quit all grains. Magic happened, so I quit all carbohydrates, that's when the most magic happened. My failure to convince my mother to stop eating what's caused her third bout of cancer, drove me to write this book. It's simply started out to convince my mother that what she's eating is killing her. I've already suffered brain damage and I can't afford to risk any more. That's the real reason the world needs to know what this food is doing to them. It's slowly but surely taking away the ability of everyone, to just be able to read this. by eating up their brains. I can't afford to lose more, I've already lost enough of my brain from a severe closed head injury 31 years ago that was the result of a drunk driver running a red light and hitting the car I was riding in to put me in a coma for the next month. Still living with hemiplegia (right side paralysis) from the massive stroke I had while in the coma has taught me how to overcome deficits I thought i would never have to conquer. But my new found diet has given my brain the power it's been lacking for the last 31 years, ever since I suffered the injury. I'm not a doctor, nor scientist. I'm not even educated. (My income and learning disabilities wouldn't allow it.) I can read though. I can now study and remember and educate myself now, thanks to Dr Perlmutter's recommendation to follow a ketogenic diet. What I've learned since I've converted my diet to ketogenic, is nothing short of astounding. My newfound abilities and health have obligated me to express my success from breaking my addiction as well as expressing the damage of what this food does to the human body. More importantly, the brain. (It shrinks it.) I've learned what causes most major diseases today and how to prevent them. I've learned that removal of this food source from my diet has turned back my clock. I look younger now than I did 8 years ago. I've learned what kind of diet our bodies are meant to digest, and it's not bread. It's too deadly.