

~~~ A personal account of using the Bushy Approach for Health Issues ~~~

One way of dealing with personal health issues is, for me, to seek out Bush Doctors. In the principal research for this Issue I have focused on building a boat over a four year period so the health perspective is one that is derivative that is I have applied what I learnt about Bush Mechanicing from working with several over a four year period to build my boat, to my health (and to several other arenas).

Our conventional health system has become debased through 'Big Medisin' and 'Big Pharma' and our food chains through 'Big Ag' with GM, heaps of round-up and superphosphates. So that simultaneously our soils and thus foods are being stripped of minerals and vitamins and even worse this is done at the cost of the 'add back' of dangerous levels of Phosphorus etc. Bush Doctoring also includes indigenous shamanism/bush doctors and many of their cures actually work and are worth considering.

I apply the six way test here as a rough guide.

Medical dilemmas using a Bushy approach to organic supplements

1. **Good substances go bad:** a substance that is good for one in its natural element becomes a poisonous Medisin through adulteration and processing by BigFood e.g. antibiotics, salt refined with additives into table salt with al, and molasses – refined into white sugar
2. **Daily requirements are not sufficient** in that: (a) plants now have half or less the nutrients they did 50yrs ago, and (b) the body won't absorb 100% and a certain amount is lost in heat and processing
3. **Small scale innovative research and approval processes are not available:** This mean that one has to have access to a full on medical lab and do hundreds of experiments to have a proposal validated so that field observations can be validated. In turn these larger labs have their research questions set for them by BigPharma.
4. **Drug Muggers:** much BigPharma conventional MediSin depletes/mug's the body's resources of trace elements, vitamins, hormones and minerals e.g. chemo. This happens while one is asleep and doing the right thing so to speak. Suzy Cohen http://www.amazon.com/Drug-Muggers-Medications-Essential-Nutrients--/dp/1605294160/ref=sr_1_1_tw_i_2?ie=UTF8&qid=1425500370&sr=8-1&keywords=drug+muggers
5. **Knock on →Knock up →Konk out:**¹ from 1 e.g. white sugar is added to most things we eat and cancer feeds on sugar.... So a knock on from our highly processed

¹ Cancer has been around as long as mankind, but only in the second half of the 20th century did the number of cancer cases explode. Contributing to this explosion are the excessive amounts of toxins and pollutants, high stress lifestyles that zap the immune system, over-prescription of antibiotics, poor quality pesticide-full junk food, irradiated genetically modified pathogens, electromagnetic stress, lights, and just about everything that wasn't here 200 years ago. All these weaken the immune system and alter the internal environment in the body to an environment that promotes the growth of cancer/fungal colonies. Pg244. [Sircus, M. (2010). *Sodium Bicarbonate: Rich Man's Poor Man's Cancer Treatment*. US. International Medical Veritas Association. 422pgs.]

food is we get knocked up with various diseases as a side effect and that knocks us out.

6. **Acidity is iatrogenic:** caused by >prescription of antibiotics and cortisone, (MediSin, BigPharma), food preservatives, additives & colourings (BigFood) Sircus (2014:127), which in turn cause an overgrowth in yeast which in turn causes acidity.. <http://www.mycolog.com/yeasts.htm>
7. **Drop off→Drop out:** Ones natural disease fighting resources e.g. natural bicarb drops off with age esp. over 60. Pg 66 Sircus, M. (2014) *Sodium Bicarbonate: Nature's Unique First Aid Remedy*. New York: Square One. 200pgs.

For example:

One such Bush Doctor for me is Percy Weston and his powder which I use daily. He is a bushy that learnt to doctor.

Weston, P. (2009). *Cancer: Cause and Cure a 20th century perspective and Natures secrets exposed*. Adelaide: Bookbin. 160pgs

Others are doctors that went bushy i.e. were ejected from their profession because of their views and research. Mark Circus is one such practioner here:

Sircus, M. (2010). *Sodium Bicarbonate: Rich Man's Poor Man's Cancer Treatment*. US. International Medical Veritas Association. 422pgs.

Caution: Detailed discussion of this and other forms of Bush Mechanicing is beyond the scope of this Issue theme nevertheless can be re-visited more fully in future should there be interest in same.

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