

**Blueprint for a
Healthy Nation:
Overcoming
Health Illiteracy**

BLUEPRINT FOR A HEALTHY NATION: OVERCOMING HEALTH ILLITERACY

- 1. Disease – the urgency.** The majority of the people in the developing world die from lack of adequate nutrition, namely deficiencies in micronutrients and hunger. These conditions are caused by poverty and health illiteracy and they are preventable. The global dissemination of nutritional health information is a precondition for the prevention and eradication of today's most common diseases.
- 2. Breaking the silence.** The fact that billions of people have no basic knowledge in nutritional health and die from preventable diseases is no coincidence. These facts are the direct result of this essential health information being deliberately withheld from billions of people by those who build their economic power on keeping the people of the earth illiterate with respect to their minds and their bodies.
- 3. The mission of community health education** is to terminate health illiteracy for this and for all future generations of mankind. This is the precondition to eradicate today's most common diseases, save the lives of billions of people and enable them to lead a dignified life.
- 4. The teachers of community health education.** People of all races and religions, young and old, lay people and professionals have to work together to educate themselves about the critical role of nutrition and micronutrients in maintaining optimum health and to become health teachers in their communities. This effort should be carried by every single individual and supported by community organisations and governments across Africa and beyond.

5. The schools of community health education. The 'class rooms' of community health education are not confined to regular schools or doctor's offices. The basic scientific health information is so clear and logical that it can and will be spread in every living room, community center and just everywhere that people meet.

6. The textbooks of community health education. Any book describing the role of vitamins and other micronutrients in the metabolism of the cells of our bodies, any book or information medium describing the health benefits of micronutrients in optimising health and preventing diseases can serve as an educational tool. The most important teaching tool, however, is word of mouth carrying the health information to everyone.

7. The key health message. Any community health education has to focus on basic health information that directly affects the life of every single person: Health and disease are determined at the level of millions of cells in our body and a lack of vitamins and other essential micronutrients is the most frequent form of cellular malfunction and – therefore – the cause of today's most common diseases.



Everyone should become knowledgeable in understanding the close connection between nutrition and good health.

Become a community health teacher!

8. The scientific basis of community health education. The scientific facts about the critical role of vitamins, minerals and other micronutrients as life-saving biological fuels (co-enzymes) have been established for almost a century and can be studied in any textbook of biology, biochemistry and cell physiology. While the textbooks of natural science take this basic health information for granted, it is a sobering fact that this critical information is almost completely absent from the textbooks of medicine.

9. Community health education will terminate decades of health illiteracy. The essential cellular function of vitamins and other micronutrients for human health were discovered almost a century ago. The discovery of these natural, non-patentable substances posed an immediate threat to the pharmaceutical 'investment business with disease,' based on patented, synthetic drugs.

The most hideous crime in human history has been the withholding of the life-saving information from billions of people about the essential need for optimum nutrition.

This century long obstruction of essential health information was deliberately taken by the interest groups behind the pharmaceutical 'business with diseases' in order to promote diseases and turn the bodies of billions of people into a market place for the 'investment in disease' with patented drugs. Community health education is an important first step towards the termination of global health illiteracy that has thus far cost the lives of billions of people.

10. The expected fierce opposition against community health education from the pharmaceutical cartel. The health illiteracy of the people of the world, organised by the pharmaceutical cartel, is a deliberate means to continue and expand its global business with disease. Withholding life-saving information about natural health was the precondition for the unparalleled growth of the pharmaceutical industry over the past century, making it today's largest and most profitable investment busi-

ness. Community health education threatens the very existence of this investment business, which is likely to fight back with all means it has available.

11. Community health education supports the health and economic interests of the entire developing world. From its home base of a handful of industrialised countries the pharmaceutical cartel exerts its deadly grip on almost all nations and their citizens. With the availability of effective and affordable natural health approaches there no longer exists the need for the nations of the world to succumb to the pharmaceutical monopoly on world health.

Developing nations can now focus their scarce financial resources on implementing public health policies based upon effective, natural approaches and save billions. This money becomes immediately available to meet other urgent social needs. The citizens and governments of almost 200 countries in the world will directly benefit from the termination of the pharmaceutical 'investment business with disease.'

12. The historic responsibility of Africa. During the last half-century the nations of Africa have liberated themselves from century long colonialism and from apartheid. These recent triumphs in an unequal battle between the oppressed and their oppressors now render a particular responsibility to the nations of Africa to lead this liberation of human health from the yoke of the pharmaceutical cartel. By promoting community health education and implementing natural health programmes across Africa, the people of Africa and their governments can take the lead in this global movement to terminate health illiteracy.

There now exists the historic opportunity for a similar step forward for all mankind: the termination of health illiteracy. By taking the lead in promoting community health education, the African nations can liberate huge financial resources, prosper economically and close the gap to the industrialised world.

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