

AN ALTERNATIVE
APPROACH TO
HEALTH

A Collection of The Council's
Wisdom Concerning Health

by Marilyn L. Ridzon

Published by SOLAR Press at Smashwords
P. O. Box 8878
Canton, Ohio 44711

For more about William LePar and The Council visit - <http://www.WilliamLePar.com>

All rights reserved. No part of this book may be reproduced without written permission from the publisher.

Copyright 2001 by SOL
Graphic Design by James R. Ridzon

Smashwords Edition, License Notes

This ebook is licensed for your personal enjoyment only. This ebook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you're reading this book and did not purchase it, or it was purchased for your use only, then please return to Smashwords.com and purchase your own copy. Thank you for respecting the hard work of this author.

TABLE OF CONTENTS

[Warning](#)
[Foreword](#)
[Fluoride](#)
[Aspartame](#)
[Weight Control](#)
[Cholesterol](#)
[Low Carbohydrate Diet](#)
[Vegetarianism](#)
[Animals for Food](#)
[Hormones in Meat](#)
[Hyperactive Children](#)
[Food Preparation](#)
[Pregnancy and Motherhood](#)
[Alcoholic Beverages](#)

[Vitamins](#)
[Herbs](#)
[Stress](#)
[Depression](#)
[Exercise](#)
[Meditation](#)
[Sleep](#)
[The Healing Process](#)
[People and Pets](#)
[Cancer](#)
[AIDS](#)
[Alzheimer's Disease](#)
[Balancing Body Chemistry](#)
[Conclusion](#)
[Appendix](#)

Warning

Please note: The psychic information in this book is the result of questions posed to The Council by individuals in attendance at a Trance. The responses obtained from The Council were directed to the specific questions of these individuals. As such, the information elicited applies only to that questioner. Although general trends and principles can be gained from this information it should not be assumed that it is applicable to anyone with a similar situation. The Council's advice is presented for informational purposes only and not as a recommendation to persons other than the original questioner. Caution should be observed when applying, the teachings of The Council to one's situation since it may not be applicable to you.

Foreword

Throughout the many years of communicating with The Council, they have graciously given us valuable information concerning health and nutrition. Although they would have much preferred to address spiritual issues, their love and compassion led them to advise us regarding our physical well-being. They have reminded us that they are helpers, not healers. Some of the information is revolutionary, some controversial, but most of it is just good common sense.

The information presented in this book is drawn from the psychic information channeled by Mr. William Allen LePar in the deep trance state. For more information on the LePar Phenomenon see the Appendix at the end of this book.

FLUORIDE

Systematic fluoridation of water supplies has been in question for decades. In spite of public protest against fluoridation, cities are forced to cooperate and in some instances are fined if they don't. From a dental standpoint, there is conclusive evidence that fluoride

does indeed arrest tooth decay, but people should have the right to decide for themselves whether or not they want to use it. When The Council was questioned about using fluoride, their reply was startling:

Fluoridation is out of the question. It is an extremely dangerous situation. You are actually pumping in a toxin that can be detrimental to the body and, of course, the problems that it creates with the mental faculties and the ability to think clearly. We cannot approve industrial waste being used to tend to something so trivial as teeth. The side effects are far worse than losing a tooth or two!

Someone commented that fluoride has been used for over forty years and there have been no bad side effects cited. The Council interrupted with:

That is what YOU think! All the information that you are searching for is available if you will get out and do a little work on it. We are telling you this: Fluoridation is extremely dangerous when you weigh it against the simple protection of the teeth. Store_bought teeth will serve you as well if it comes to choosing between fluoridation and a cavity. Hear what we have to say. It is extremely dangerous. The only reason it was introduced or pushed was because it was a waste product of the chemical industry [the industries that sell the fluoride to the water companies.] They find a new market of profit and push it. It is not quite as simple as that . . . you really do not want to know the full story. Take our advice. It is not good for you. If you choose to use fluoride as a preventative for teeth problems then apply it directly; but this constant intake of it is not good.

They concluded with:

If it is necessary to tend to the problems of the teeth, then if fluoride were applied directly to the teeth, it would be far safer than introducing it to the entire body in minute doses.

Just recently researchers disclosed that drinking fluoride may increase the risk of hip fractures in people 65 and older. If you want to avoid fluoride, you'll have to drink distilled, bottled, or well water which you should have tested to insure it's as pure as it's supposed to be.

ASPARTAME

In 1986 when Aspartame had just begun to glut the market, we questioned The Council about its safety, especially for children. They responded:

It is harmful to all of you. It is not a healthy product as time will prove itself out. And just because something can be made from the by-product of natural things does not necessarily mean that it is good.

Aspartame is composed of two amino acids. During digestion, when it breaks down, methyl alcohol is formed which is a highly toxic chemical. The increasing use of this sweetener in our food supply has prompted outcries from scientists who propose that it

may interfere with normal fetal development. There have also been reports of it being responsible for dizziness, insomnia, headaches, loss of vision, nervous disorders, and seizures. The Council lectured:

Why must you all have such sweet teeth? After all, a little discipline in such areas would prove much wiser and much healthier. If you must have something sweet, then use something that is not scraped out of the bottom of an embalming can! Honey would be acceptable. Raw sugar, if you can get real raw sugar, would be acceptable. Even refined sugar would be better than these poisons that you use for sweeteners.

Aspartame sales have far surpassed the sales of any other sweetener and are encroaching on sugar sales. Its amazing popularity is mostly due to its flavor which is almost identical to that of sugar. But the remaining question is whether Aspartame is truly sweetness without consequences.

WEIGHT CONTROL

Perhaps the health issue most bandied about by people of all ages is weight control. In spite of all the low-fat foods, Americans are getting fatter. Reports indicate that we are eating less fat but one out of three Americans is still overweight.

So, if low-fat food is so popular, why isn't it working? There are several different theories. One of them is that we are cutting fat but not calories. For example, some of the fat-free cookies have considerably more sugar than regular cookies. So just because cookies are labeled fat-free doesn't mean you can gorge on half a package and not gain weight. Unfortunately, "fat-free" doesn't necessarily mean healthy. Read the labels. Another theory is that when we eliminate fat from our diet we don't feel full or satisfied so we compensate by snacking more.

In 1982, someone asked The Council to recommend a diet. They interjected a bit of their humor by saying:

The best diet is to stop eating. There are some things for a healthier body; there are some things that an individual can watch that would work with the natural processes of the physical. To give a specific plan would be next to impossible because each system differs to this degree or to that degree; but there are general rules that we can give that would help to reduce the weight of individuals. The first thing that one must definitely resign themselves to and that is to cut down on some of the intake that they have, particularly food that is not what we would consider clean food. Those quick foods that are so popular today are not conducive to controlling one's body weight. One should instead pick a sensible diet of vegetables, being careful of what type of vegetable he eats. Reduce the intake of vegetables like corn or peas which are high in sugar and starch. It would help immensely to eliminate meat that is overly greasy. Get a rounder balance of meats such as beef, very little pork, chicken or fowl of any sort, and of course, fish. And having three meals a day is very important.

The Council went on to say:

Now what causes most people to gain weight, other than eating poorly or choosing the wrong foods, is they seem to foul up their whole system so their metabolism is not as efficient as it should be. One of the two most important things that one should do to lose weight is to first eliminate caffeine. The caffeine slows down the body's ability to burn the excess away. The other helpful item would be to drink 8 to 10 ounces of a citrus juice, one half hour to forty-five minutes before meals. You may have either orange juice or grapefruit juice, but it would be a matter of trial and error which would be the most productive in helping the metabolism to become more efficient. The juice should be diluted with a small amount of water. In a ten ounce glass of juice add one ounce of water, then if one wishes it chilled, add ice cubes. In fact, we might advise that ice cubes always be added. Water cuts down on the acidity of the juice so it is easier on the stomach. One should also add some fresh fruit to the diet.

This diet has been tried by several members of SOL and was found to be very effective if followed exactly as prescribed.