

## About Our Program

The Clergy Health Council is an all volunteer non-profit group of diverse individuals who all share a strong desire to educate people about the relationship between diet and disease. Our program has three parts. First we host the viewing of the groundbreaking film "EATING" at local churches or other locations. Then we follow up with two classes to teach people how to make the changes the film suggests.

We have witnessed many people improve their health and cure some of the worst health problems. Armed with the information we provide, participants will be able to take charge of their own health. Please contact us if you would like to discuss having us present our program to your church or group. Lives will be saved if you take action. Learn more at:

[www.ClergyHealthCouncil.org](http://www.ClergyHealthCouncil.org)

The Movie taught you why...  
now we will teach you how...



For questions or class registration  
please contact:

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TAKE CONTROL  
OF YOUR OWN  
**HEALTH**  
YOU CAN MAKE  
THAT CHOICE  
**TODAY**

YOU CAN DO IT WITH THIS:



*Nothing will benefit human  
health and increase chances  
for survival of life on Earth as  
much as the evolution to a  
vegetarian diet.*

-- ALBERT EINSTEIN,

### Meet 85 yr old Rachel Lewis:

Rachel recently 'retired' from commercial business but is now working harder than ever to educate as many people as possible that their health is entirely in their own hands.

Through a diet of plant foods in their natural state, Rachel has achieved a level of health and energy rarely seen in a person her age. She is dedicating a full time commitment to the mission of the Clergy Health Council. She wants the world to know that she has found the 'Fountain of Youth' and she needs your support to get the TRUTH out. She says "There is nothing more important than our work educating people". Rachel is the key presenter at all our programs and is the co-founder of the CHC.



### Meet 89 yr old Mike Fremont.

Mike is a great local example of the power of a plant based diet to heal (cancer 19yrs ago) and of the power to fuel athletic performance as he proved in 2010 by setting a world record running the Flying Pig Marathon in the 88 yr old class. Mike says "We don't have a health care crisis, we have a public health crisis." Today at the young age of 89 he continues his love of distance running and marathon canoe racing. He has been an active supporter of the Clergy Health Council from our first event on.

### 95 HEALTH PROBLEMS ATTRIBUTABLE TO DIET:

Acid Reflux, Acne, Allergies, Anemia, Appendicitis, Arteriosclerosis, Arthritis, Asthma, Autoimmune diseases, Back problems, Bedwetting, Bowel disorders, Bursitis, Cataracts, Cholesterol problems, Chronic fatigue syndrome, Cognitive dysfunction, Colic, Colitis, Colon polyps, Congestive heart failure, Constipation, Crohn's disease, Diabetes, Diverticulitis, Erectile dysfunction, Ear infections, Early sexual maturity, Eczema, Fibroids, Glaucoma, Gallbladder disease, Gallstones, Gastritis, Gout, Gum disease, Hearing loss, Heart disease, Hemorrhoids, Hiatal hernia, High blood pressure, Hormone imbalances, Hot flashes, Hypertension, Hypoglycemia, Immune deficiency, Impotence, Indigestion, Intestinal distress, Joint problems, Kidney failure, Lupus, Macular degeneration, Malabsorption, Menopause problems, Migraines, Mood disorders, Multiple Sclerosis, Obesity, Osteoporosis, Polyps, Premenstrual syndrome, Prostate enlargement, Senile dementia, Sinus problems, Skin disorders, Spastic colon, spinal disk deterioration, Strokes, Tonsillitis, Ulcers, Urinary tract infections, Varicose veins, **CANCERS:** Bladder, Breast, Cervix, Colon, Endometrium, Esophagus, Gall bladder, Kidney, Liver, Mouth, Ovaries, Pancreas, Pharynx, Prostate, Rectum, Stomach, Testicles, Thyroid, Uterus, Vulva.



***Most of what we Americans eat every day are foods that not only fail to give the body what it needs to function properly, they cause damage that leaves the body susceptible to the whole list of degenerative diseases above. It doesn't have to be that way.***

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### A Plant Based Diet? WHY?

Indeed it does seem like a radical idea to adopt a 100% low fat plant based diet but the truth is that is exactly what the human body thrives on. Is it not a radical idea to split open someone's chest and using veins from their leg, reroute the clogged up arteries around their heart?

All the health problems listed to the left are the result of unhealthy diets consisting of large amounts of meat, dairy, sugar and refined grains. The standard American diet is unhealthy to humans for many reasons. It's not just the clogging of arteries from the cholesterol, it's much worse than that. It's the animal fat blocking the insulin absorption by cells. It's the acidity of meat, seafood, dairy and processed foods that alter the bodies chemistry so that bacteria and cancer thrive. It's the growth hormones in dairy that act like cancer fertilizer. It's the carnage to the immune system by dairy, sugar, vaccinations and chemical toxins that lets cancer, infection and disease take hold or causes the body to attack itself. It's the lack of live enzymes in food that fails to supply the body with what it needs to function properly. It's the dairy and refined grains that glue up the digestive system and cause inflammation so that nutrients are not absorbed. Not only have we studied the diets used in the best "healing centers" around the world, we have seen with our own eyes the fantastic health attainable to those who embrace a healthy **plant based diet**. The effort it takes to 'relearn' how to prepare meals is so rewarding and the huge variety of delicious recipes are so satisfying that once you eat this way you will never miss the "dead" foods that were making you sick and slowly wrecking your body.

It is the mission of the Clergy Health Council to teach you how to do this. To teach you what foods to eat and what to avoid. To teach you what foods are the most nutritious and what foods are the least nutritious and possibly damaging. We will show you that Bill Clinton has adopted this way of eating. He switched after his second major heart surgery to insure he won't have any further heart problems.

To attend one of our free in church programs check the events page of our website where you can sign up for upcoming classes.