

THE HUMAN BODY



OWNER'S WORKSHOP MANUAL

ALL MODELS 350,000BC to Present

Allegedly K. A. Dave

“The worst thing is watching someone drown and not being able to convince them that they can save themselves by just standing up.” – Anon.

Disclaimer

Note to those seeking medical advice

Nothing in this book is to be construed as medical advice.

Allegedly Dave has legible handwriting and does not play golf. He has neither a white coat nor a fancy certificate on the wall; he is not a doctor, nor does he have any desire to be one.

None of the healing modalities detailed within are medicinal in any way shape or form, rather they are time honoured, tried and tested therapies and practices that rely on allowing and assisting the body to heal itself and have existed for thousands of years before the establishment of the current allopathic medical system.

As these natural therapies are decidedly not medicinal, it cannot be claimed that Allegedly Dave is “practicing medicine” without a licence. There is no practising involved whatsoever.

If, however, you are seeking medical advice or treatment then by all means take your chances with a doctor, who would undoubtedly be as pleased as punch to write out a prescription for some noxious pharmaceutical that **will** fund his next golfing trip to the Bahamas and might make your symptoms go away... for a while.

Note to offended Doctors

I make no apologies for the language I employ when I refer to you, I'm sure most of you have the health and wellbeing of your patients uppermost in your heart and not all of you are in it for the money, social status and free golf bags, but it cannot have escaped your notice that your surgeries are increasingly packed with sicker and sicker individuals, the number of diseases, maladies and disorders are increasing faster than the medical reference books can list them, but strangely enough, a pharmaceutical treatment is usually already on the market to treat them.

It should be obvious to even the most overworked GP that the allopathic method of treating only the symptoms of an illness with no regard to the cause simply **DOES NOT WORK!** (Unless, of course, it is the GP's intention to just “treat” the patients in such a way as to keep them as lifelong customers rather than heal them, in which case it works just fine.)

It should be equally obvious that behind this slow poisoning of the population is a massive corporate machine that has a voracious appetite for the trillions of dollars it devours each year.

Introduction

About Your Human Body

The human body first appeared in its current form around 350,000 years ago, though many archaeologists believe it has been around a lot longer. While some believe the human body is a product of Darwinian Evolution, no evidence has, as yet, surfaced to support this view. There does, however, appear to be a great deal of circumstantial evidence to support the supposition that the modern human body was created or genetically altered from an existing species of hominid by an external agency.

The human body is offered in two body plans, Male and Female, so that users can experience different and exciting levels of fun, hilarity, moodiness and self loathing. It also comes in all shapes and sizes and is available in most colours except Green, Indigo or Violet.



Various shades of blue have also been offered, but they proved unpopular with customers.



Colloidal Silver Blue – Healthy, but not a popular look.



Shiny Bald Guy Blue – Very, very cool, but still, no thanks!

Living With Your Human Body

The idea of having a manual for your body might seem rather redundant to most but consider this: when we arrive in the world, we essentially figure out how to do things by ourselves.

Of course our parents teach us to stand and take our first steps, but it is we who teach ourselves how to walk and we consequently develop our own unique gait and stride mostly by trial, error and accident. We may not develop a particularly efficient style of locomotion, it may even be one injurious to our health, but for better or worse, this then becomes the way we walk, and barring injury, we rarely change once the pattern becomes ingrained and it is rarer still that we make the connection with back problems, in our later years, to practices we taught ourselves in our earliest.

In the world today, approximately 66 million people die every year. Of that: approximately 17 million people die of Cardiovascular disease; 10 million succumb to Cancer; 3.3 million die of AIDS; and 180,000 people die from Diabetes. In some third world countries infectious diseases are as epidemic as Obesity and Asthma are in the developed nations.

The human body is not as badly designed as we are being led to believe. It is an amazing, intelligent, self-repairing machine which, without external interference, will completely regenerate and renew itself approximately every seven years.

However, despite a staggering figure of 36 million people who apparently die of something called "old age", the eminent physiologists and doctors of the last century conceded that there is no such thing as chronological aging:

Dr. John Gardner, in his book "Longevity" wrote,

"It is more difficult, on scientific grounds, to explain why man dies at all, than it is to believe in the duration of human life for a thousand years."

Dr. William Hammond in his book, "How to Live Forever", wrote:

"There is no physiological reason known at the present day why man should die."

Dr. James T. Monroe said:

"The human frame as a machine is perfect. It contains within itself no marks by which we can possibly predict its decay. It is apparently intended to go on forever."

Dr. George W. Crile concluded:

"There is no natural death. All deaths from so-called natural causes are merely the end-products of a progressive acid saturation"

Dr. Emphringham declares:

"All creatures automatically poison themselves, not TIME, but these toxic products produce the senile changes that we call old age."

Dr. Alexis Carrel, in his classic book "Man, The Unknown", asserted:

"The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at proper intervals, and give the cell proper nourishment upon which to feed, and, so far as we know, the pulsation of life may go on forever."

Nobody actually dies of old age; With the exception of terminal trauma, everyone dies of some pre-existing condition resulting from accumulated toxins and toxic thought patterns. Sometimes this toxicity is forced upon us by our immediate environment. Sometimes they are a result of an accident. Sometimes we adopt toxic habits.

For many people, the process of 'learning to live' doesn't go much further than the day to day routines of the modern lifestyle, the responsibility for our health is delegated to experts because of a belief that such experts know more about our bodies than we do.

Equipped with this book, you will learn three invaluable skills:

- Reading the body's warning indicators
- Responding correctly to warnings
- Reprogramming the body

When good maintenance is added to these skills then your human body will remain in excellent condition far beyond its "expected" lifetime.

Reading the body's warning indicators

The modern medical establishment calls these warning indices "symptoms" and misinterprets them as "the problem to treat" rather than an alert that the body is dealing with a particular issue, thus the modern allopathic approach is like a mechanic **removing the bulb** from a car's Oil Warning indicator, which is lit because a leak has reduced the oil levels. The indicator is no longer lit and so the symptom is considered

treated, however, the leak continues and the engine will eventually seize (which the allopathic mechanic will convince you is a totally separate and unrelated matter.)

Responding correctly to warnings

In this western culture we have lost the ability to understand the language that our bodies use to communicate with us, and we have subsequently received an alternate interpretation of their meaning, usually the complete opposite of what they actually mean.

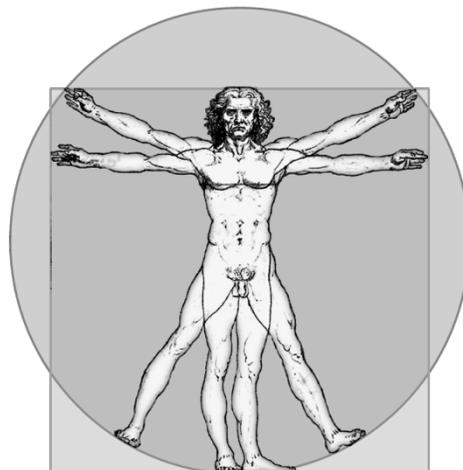
If we learn to respond correctly to the messages that the body is sending, our actions will no longer hinder our body's efforts to heal itself, the warning indications will vanish and we will have improved our understanding of ourselves and thus the quality of our lives going forward.

Reprogramming the body

The human body is in some respects like a huge ocean liner. It has many systems where teams of workers perform their daily repetitive tasks that keep the vessel running. The captain is unaware of, and likely has no direct access to, most of them as he performs his own tasks of navigation and keeping external dangers at bay.

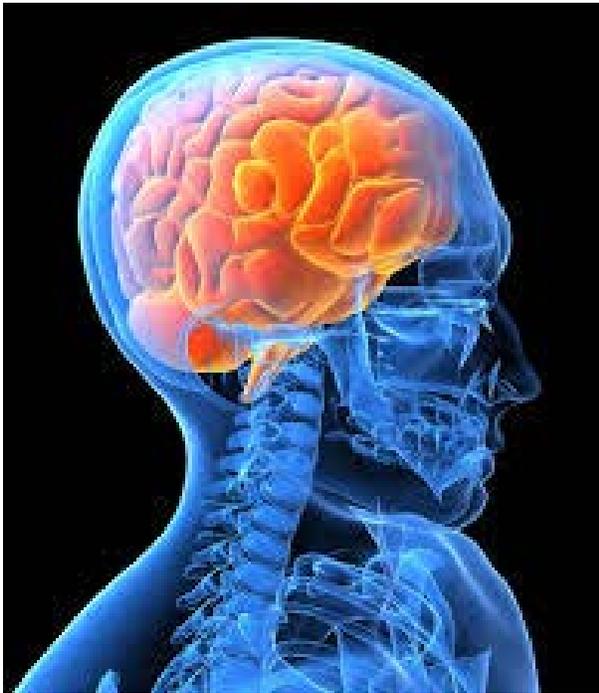
Ordinarily there are systems in place to direct the operations of the kitchen crew for example. From his place on the Bridge, the captain has no direct ability to influence their actions; there is no intercom system from the Bridge to the Galley to ask them to make pancakes for tea. However, through focused intent, he can consciously leave the bridge and talk to the kitchen crew directly and have the ships menu altered.

Similarly, there are tools and methods by which one can directly influence every aspect of the human body right down to the smallest detail.



Understanding Your Body

The Brain, The Mind and The Universe



We have been educated, indoctrinated, propagandised to see the world around us in terms of separate physical objects, things, which inherently have physical characteristics such as colour, weight, texture etc.

This is a world where only the physical exists and consequently we have come to consider ourselves as big strapping physical beings, separate from each other and an environment also made up of separate objects, some squishy and smelly, others brightly coloured and delicious tasting, and still others with large pointy teeth and eyes that look at you in a rather disconcerting way.

In this model of the universe, the brain is regarded as nothing more than a sophisticated computer network, receiving sensory input data from the outside world, organising and analysing the data to determine threats or discover avenues to pleasurable experiences, while simultaneously saving the data to its biological hard drive as memories.

The reality, however, is far stranger. The brain does indeed receive something in the order of four billion bits of information per second, in a stream of electro-chemical signals from our various sensory organs, but this, in itself, poses a very interesting problem.

When we stand in front of a tree, we can see the shape and colour of its trunk and branches, we can smell its fragrance, we can reach out and feel the texture of its bark and hear the rustling of its leaves in the wind, but what is really happening here?

Our eyes are receiving various wavelengths of reflected and emitted light from an object and certain rods and cones on the retinas are stimulated to fire an electro-chemical charge. Some are stimulated more than others, some do not respond at all, but a stream of electrical information is sent to the brain along the optic nerve to represent "sight". Similarly, there are electro-chemical patterns of signals fired off from receptors in our nose, ears and nerve endings embedded in our skin that are "labelled" smell,

sound, touch, feel and temperature and in about a tenth of a second the brain collates all these patterns of electrical information, compares it to other stored pattern templates of “things” that it has been taught about and previously encountered, and retrieves the appropriate labels, and you say “Ah, it’s a tree”

But here is the point, have you actually experienced a “thing” called a tree? No, your brain has merely created a model of a “thing” that it has labelled a tree from a pattern of electrical waveforms. It has internally manufactured qualities such as colour in order to differentiate between different frequencies of energy in what we call the “visible light spectrum”.

Colour does not exist in the “physical” world, the electrical signals flowing along our optic nerves are not Green or Brown. Colour is an internally generated phenomenon, not an external one, and so is a subjective experience, meaning that your experience of the colour “Blue” is different to everyone else’s experience. The confusion arises because we have all agreed to give our subjective experience of “Blue” the same label and so erroneously take it to be an objective one.

The same is true for all our other senses. The age old question: “If a tree falls in a forest and there is no-one around to hear it, does it make a sound?” is easily answered. No, it does not make a sound, because we make sound – or rather our brains manufacture a quality that we call sound from a pattern of electrical signals derived from sensitive hairs in our ears that respond to a narrow band of subtle variations of air pressure. When a tree falls, a mass of air molecule vibrations and compressions ensue, but it requires an ear, a nervous system and a brain to convert them into sound.

We have never directly experienced a tree or any other “thing” in the “physical” world. We interact with an interpretation or conceptual model of the world that our brain creates as a “best guess” based on the information it receives and the conceptual pigeonholes provided by our language and culture, and since this model is uniquely personal to you, if I were somehow able to briefly experience your model, it is highly unlikely that I would be able to make any sense of it at all.

We have no idea what lies in the so-called “physical world” beyond the boundary of our skin, but it is likely to be a unified, but unimaginable kaleidoscope of energy, in waves of infinite possibilities, not individual, physical “things” at all.

As the philosopher Alan Watts once put it:

“A ‘thing’ is a ‘think’”

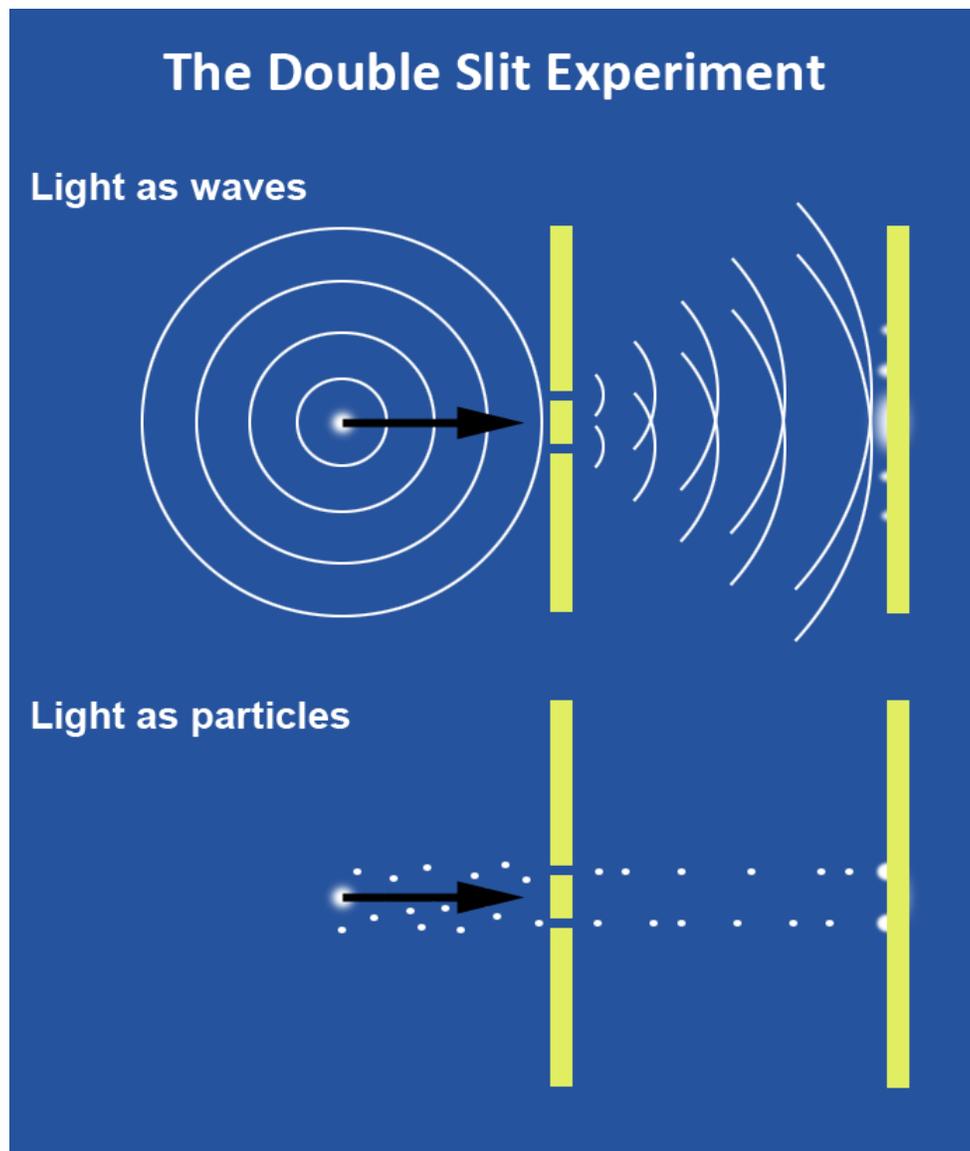
But, as strange as all that might seem to you, the most incredible is yet to come. Experiments in the fields of Holography, Medical Research and Quantum Physics have revealed a startling picture of our universe.

Quantum Physicists noticed that when they attempted to discover what matter was composed of, they found that it consisted of 99.9999999% empty space and when they examined the particles in that space they found them to be composed of even tinier “particles” whizzing around even vaster amounts of empty space, prompting one scientist to remark:

“Whatever matter is made of, it’s not matter”

Even more puzzling, under certain conditions, the “particles” that make up the material world behave like waves of potential with only a probability of appearing in one particular location or another.

Physicists performed the infamous Double Slit Experiment in which they set up an “Electron Gun” that can fire single electrons (little bits of matter) through a barrier with a single vertical slit, at a screen.



If they then run the experiment and note where the electrons strike the screen, after some time a single line of electron strikes will emerge corresponding with the slit in the barrier, however if they replace the barrier with one containing two slits and repeat the experiment then something strange happens.

Instead of seeing two lines on the screen, a strange pattern of light and dark bands appear, as if the electrons are not behaving like separate bits of matter but more like waves on the ocean. As these waves radiate out from the other side of the slits, where the top of one wave meets the top of another then they reinforce each other and there is a high probability that an electron will strike the screen, but where the top of one wave meets the bottom of another then they cancel each other out and there is a correspondingly low probability that an electron will hit the screen in that position, this pattern is known as an interference pattern as it is produced when waves interfere with each other.

Physicists were completely baffled, because they were firing separate electrons, one at a time, at the screen. What could they possibly be interfering with?

In an attempt to understand this phenomenon, they placed a detector by one of the slits so that they could tell through which slit an electron will pass, but when they ran the experiment the screen displayed **two lines** instead of the interference pattern.

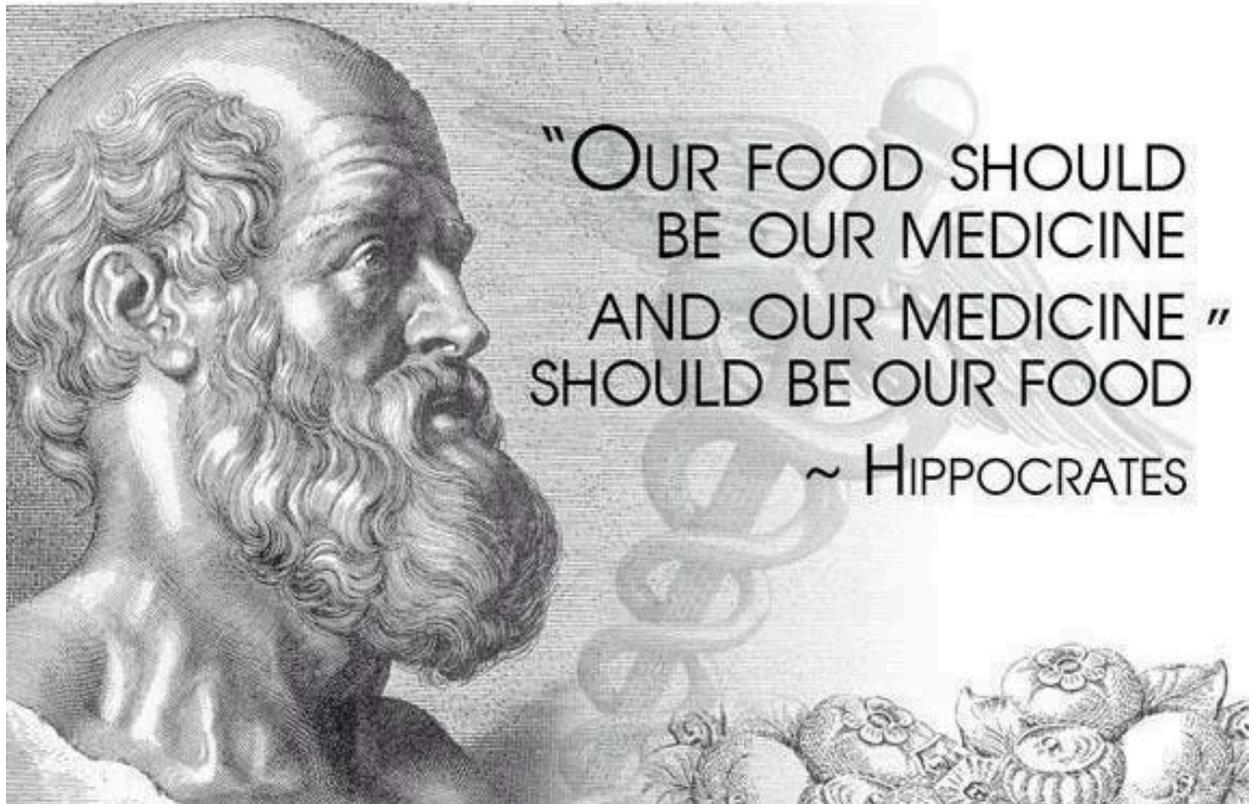
The inescapable conclusion is that the electron leaves the electron gun as a wave of possibilities, that is, it can go through either the left slit or the right, or neither, or both at the same time, (which is a possibility, albeit an unlikely one from our “common sense” frame of reference) where it interferes with itself to produce an interference pattern, but if a conscious observer has knowledge of which slit the electron actually passes through, then the wave collapses to one definite possibility and behaves as a particle. This conclusion has been borne out time and time again in experiment after experiment including an intriguing one called the Delayed Quantum Erasure Experiment.

In this experiment, the double slit experiment is performed, but neither the detector data, nor the resulting pattern on the screen are looked at, but are sealed in separate envelopes. These envelopes are sealed in another envelope which is marked “Experiment One”, and this is repeated until they have one hundred and two envelopes. The envelopes are then sealed in a safe.

Ten years later, (the amount of time is unimportant) the first and last experiment envelopes are opened by physicists who were not involved in collecting the data. They looked at the detector data, and they saw two lines on the screen data.

Next, they mixed up the remaining envelopes and chose fifty at random and repeated the exercise, that is, they looked at the detector data, followed by the screen data and each time they see two lines of particle strikes. For the remaining fifty experiment envelopes, they destroyed all the unopened detector data envelopes but when they looked at the screen data, in each and every case they found an **interference pattern**.

The Thief Who Comes Bearing Gifts



Dude, where's my energy

The human body operates on a finite amount of energy that it gathers from its environment on a moment to moment basis.

Under ideal conditions, this energy is sufficient to carry out the most strenuous physical tasks as well as perform internal maintenance and repair operations to keep it running at peak efficiency. However, we have been convinced to adopt a pernicious and highly addictive habit which saps up to 80% of the body's energy reserves, under the guise of providing the very energy that it is soaking up. Consequently, since we do not spend the entirety of our day resting, our body is forced to allocate its remaining energy to physical work like walking, lifting, carrying etc. leaving very little for repair and maintenance.

This habit is many times more addictive than crack cocaine and just like all other addictive drugs, it causes undesirable behavioural changes and often unpleasant physiological changes too, and yet it is so heavily marketed and attractively advertised that most of the human race is completely addicted to it, and if they were to attempt cold turkey from it, they would likely be dead in 3 – 4 weeks.

So what is this dangerous narcotic? It is, of course, Food!

I will pause right here because you are probably reading this book with a cup of tea and are now glaring, with suspicion and horror, at the chocolate biscuit, that you were just about to pop in your mouth.

Yes, I said "Food!"

But I like Chocolate Biscuits!

The culture within which we live, and the language we use, relentlessly tells us that food provides us with the energy that we require to live and that without it we will starve, emaciate and die a slow, painful and lingering death. We are bombarded with images of healthy, attractive people enthusiastically gorging themselves on enticingly packaged food-like products, contrasted with horrifying images of children in Africa, starving for the lack of it.

But, as Adolf Hitler apparently once said, "A lie told often enough becomes the truth."

The reality is that, just like the thief who gains entry with gifts of attractive looking trinkets, then quietly proceeds to steal everything of value, the process of digestion expends up to 80% of the body's available energy while providing none.

We are intuitively aware of the truth, but our (programmed) logical minds suppress it. Ask yourself how you feel after having over-eaten a large Christmas meal? Do you feel energised, lively and bursting with energy, or do you feel tired, sleepy, lethargic and lazy?

When an internal problem arises, our body begins to deal with it and it alerts us to the issue with physical manifestations that the medical establishment terms "symptoms" and we are said to have become ill. Our intuitive response is to stop eating and rest, but once again our culture, language and programming kicks in with the idea "You have to eat to keep your strength up", our mothers feed us Chicken soup, robbing us of the energy we were using to deal with the illness, we ingest a pharmaceutical symptom suppressant so that we are no longer aware that there is a problem and we go on about our day, expending the little energy we have left while, behind the scenes, the problem that caused the "illness" in the first place builds and compounds until it manifests in some other, more catastrophic, way.

There is a very good reason why we like our chocolate biscuits, pizza's and thousands of other delicacies and tasty treats, because on top of their inherently addictive qualities, enhanced by slick advertising, the food corporations employ legions of chemical engineers to fool the body into wanting more. A good example of this is occurred in 2012, when it was revealed that Pepsi were using human tissue from aborted foetal cells to find a way to get their flavour enhancers to better bind to the taste-buds.

Increasingly, through the use of the mass media and psychological techniques, we are also being steered away from natural foods towards processed food analogues which are literally no more than chemical compounds and textural extracts designed to trick the addict's mind into believing it is food and yet leave them feeling empty with the desire to eat more. The chemicals employed in these "food similar" products induce symptoms in the human body in order to generate profits for the symptom suppressant arm of their cartel of corporations.

Don't take it personally, it's just business.



When Hippocrates said, *“Let food be thy medicine and medicine be thy food”* I believe he was speaking literally. It may be the case that the first foods that we ingested were medicines, indeed, when certain herbs and plants come into contact with the skin or are ingested, they stimulate specific internal reactions within the body which can suppress the symptoms of the body's normal healing processes. Some of these medicines were so pleasurable to the taste that a habit formed – just like some people today, get addicted to the taste of cough medicine.

In his book, *“Man's Higher Consciousness”* Professor Hilton Hotema details the decline of man from a “perfect” state of Breatharian, that is one who requires no food or water, down in stages to the sickly, short-lived imperfect beings we are now.

1. Breatharian
2. Liquidarian
3. Fruitarian
4. Vegetarian
5. Carnivore

Hotema maintains that our lifespans originally measured thousands of years but as we descended these stages, taking on denser and denser material matter, our bodies had to adjust to these new destructive habits at the expense of our longevity.

These habits have subsequently been manipulated and stimulated using Pavlovian psychological techniques, by those who profit from supplying the addicts they create and control.

As Henry Kissinger, one of the architects (or pawns) of the global Orwellian nightmare we inhabit, puts it, *“Food is a weapon”*.

The chocolate biscuit, which I hope you haven't eaten yet, is likely to contain:

- **Wood Pulp:** to provide most of its bulk and texture.
- **Wheat Glutens:** can cause bloating, constipation, diarrhoea, weight loss, fat mal-absorption and malnutrition (iron deficiency or anaemia), osteoporosis, intestinal permeability (leaky gut), systemic inflammation and autoimmune disease (celiac disease)
- **Partially Hydrogenated Oils:** contains trans fatty acids, which raise bad cholesterol and lower good cholesterol, and contributes to heart disease.
- **Soya Lecithin:** Soy bean oil waste sludge which causes digestive distress, immune system breakdown, PMS, endometriosis, reproductive problems for men and women, ADD and ADHD, higher risk of heart disease and cancer, malnutrition, loss of libido and also triggers severe allergic reactions.
- **High Fructose Corn Syrup:** accelerates the aging process, triggers asthma, food allergies, multiple sclerosis and other immune system problems, causes Metabolic syndrome and Mercury poisoning, and increases risk for type 2 diabetes, coronary heart disease, stroke and cancer.
- **Aspartame:** formally a biological warfare chemical developed by the Pentagon it is quite literally a bacteriological excrement that destroys brain cells but stimulates certain taste-buds to register the quality of intense sweetness.
- **Natural Vanilla Flavouring:** a substance called “castoreum” that is, believe it or not, a secretion from the **anal gland of a Beaver**, with which they mark their territory.

Please, put down and step away from the chocolate biscuit.



The Myth of Nutrition

The very idea that Man is not meant to eat has far reaching implications and also raises many questions, but I will attempt to show that the idea of nutrition is a myth. One propagated by an incorrect (if not fraudulent) interpretation of observed phenomena.

The first myth to dispel is that the food we eat goes inside our bodies, provides nutrition and builds up our body by becoming part of it. First of all, food does not actually enter into our body. Now, I know what you are thinking;

“Of course it goes inside us, I eat an apple and it ends up inside my body... duh!”

I understand how that would appear to be the case, but consider, if you will, a doughnut.

Mmmmm, doughnuts....



The outside of the doughnut is a nice crispy golden brown colour, and the inside is a gooey, creamy off white colour. Everywhere you look on the doughnut you are looking at the outside of it, even when you look down the hole in the centre.

Now imagine the doughnut stretched out into a long tube shape, even now, when you look down into the hole, you are still looking at the outside of the doughnut. Put a set of teeth on one end and a bottom hole on the other and topologically, you have the human body. Food does not go inside us, it goes through us. Our intestinal tract is made up of modified skin cells and our stomach is merely a bulge in the tube.

Food does not provide nutrition; it merely acts as an agent to stimulate a reaction in the body.

Imagine you were walking through a forest and your arm accidentally comes into contact with some stinging nettles.

A chemical reaction takes place on the skin's surface, however, inside the body, several processes are stimulated into action, such as increased blood flow to the area, a histamine response, an increase in white blood cells, nerve endings firing to register irritation, all resulting in a painful welt under the skin. The nettles did not enter the body or become part of it, they did nothing more than cause an external chemical reaction which provoked an internal response.

Eating from the Senna plant, for example, irritates the bowels to cause it to quickly release its contents, often in amusingly embarrassing ways. The medical priesthood labels it a laxative, falsely attributing the action to an inherent effect of the plant rather than a reaction of the body to the irritation caused by the plant, it's a subtle distinction but one that places the power externally in expensive pharmaceuticals, pills and potions rather than as a natural ability of the human body.

When we eat, 99% of the food, having produced its chemical reactions during the chemical interplay of digestion, passes out of the body. A small amount of the chemical components of the food does indeed get absorbed into the body, but these too perform a stimulant action upon the organs before they too pass out of the body. In fact, if you were to carefully weigh everything that you consume, you would find that it would almost exactly match what you pass out.

People do indeed die from, what is termed, starvation but it is not due to a lack of nutrition but a lack of stimulation to a body that has become so accustomed to it that it can no longer perform many of its vital functions without particular types of stimulation to initiate them.

The use of heroin stimulates the release of Endorphins and other "feel good" hormones. However, as it is used more and more, the body becomes less able to manufacture the endorphins by itself and begins to depend on the heroin stimulation to initiate the endorphin release. Before long, the addict can no longer feel good or indeed function properly without it.

So the addict is forced to take more and more heroin, in ever increasing amounts in order just to function, and eventually the addict will get to the stage where, if they were

to stop taking the drug, they would die from a lack of something that the body ordinarily has absolutely no use for.

Just in case this section left you with a desire for doughnuts, here is a picture of a beaver's bottom:



Mmmmm, vanilla...

After having learned and personally tested time honoured healing therapies and practices, some dating back 5,000 years, Allegedly Dave guides the reader through a radically new view of the mysterious human body and its relationship to the universe it inhabits.

He provides convincing alternatives to the theories of nutrition and disease and provides the tools required to operate your body effectively and assist it in eliminating toxic substances and heal itself from any state of bad health, incorrectly labelled as "disease" by the allopathic medical monopoly, enabling the reader to listen their body, respond appropriately to its messages and finally to reprogram the body's responses to mental and emotional triggers.

The Human Body Owner's Workshop Manual explains how some of the fundamental ideas that we take for granted may well be just an incorrect interpretation of observed phenomena, an interpretation which benefits certain corporate interests to the tune of trillions of worthless pieces of paper a year and leaves us with the impression that we are weak, helpless and imperfect, ape descended biological machines who depend on a noble race of white coated deities for their continued survival.



Allegedly Dave is not a doctor, nor is he an expert in anything, he isn't even a particularly bright bloke, but he has been fortunate enough to have had many extraordinary experiences that have lead him from being an obese 20 stone hypertensive astmatic, slowly winding down into old age and infirmity to a younger, fitter version, in the best health of his entire life and sporting size 32 jeans, no longer at the mercy of the whims of an inhuman medical establishment.

After eight years of intensive research, speaking with so-called "miracle" cases, and many more experiments upon himself, he is now ready to share what he has learned with his brothers and sisters on this planet.

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