




The AlternaCare Foundation Presents

#Living Prevention

Because Living Prevention is the Best Medicine

alternacare.org

[#LivePrevention](https://www.instagram.com/alternacare)

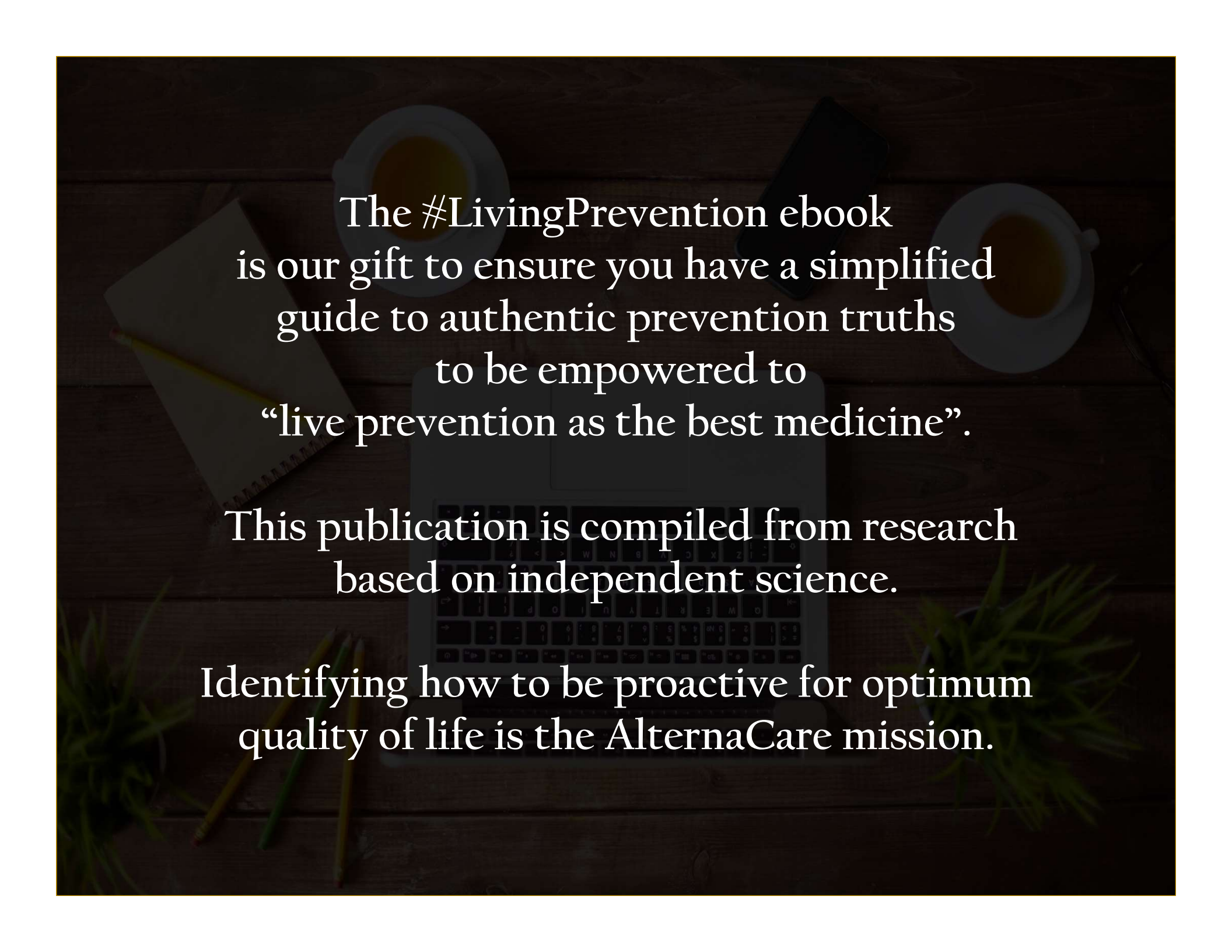


This free publication may be shared without cost as part of the prevention literacy campaign for humanity sponsored by the AlternaCare Foundation.

To donate see <http://www.alternacare.org/donate>

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A top-down view of a dark wooden desk. In the center is a laptop. To its left is a white cup of coffee on a saucer. To its right is another white cup of coffee on a saucer. A notebook and a pencil are on the left side of the desk. Two small potted plants are at the bottom corners. The text is overlaid on the laptop and the central area of the desk.

The #LivingPrevention ebook
is our gift to ensure you have a simplified
guide to authentic prevention truths
to be empowered to
“live prevention as the best medicine”.

This publication is compiled from research
based on independent science.

Identifying how to be proactive for optimum
quality of life is the AlternaCare mission.

#LivingPrevention Is Better Than Cure

“Insatiable greed fuels the pharmaceutical industry who chooses to profit from disease instead of cures. Profit driven results in suffering and premature deaths in millions of lives sacrificed on the alter of profitability as cures remain suppressed.

The AlternaCare Foundation advocates for humanity by promoting prevention literacy because prevention is better than cure. As a lifestyle, living prevention is a choice we can each make.”

Kari E. Gray, AlternaCare Founder & CEO

A still life photograph of fresh vegetables. In the foreground, there are several red tomatoes, some whole and some sliced, along with a few blueberries. Behind them, a dark woven basket is filled with yellow and red bell peppers. A bunch of green asparagus is also visible. The background is a rustic, slightly blurred wooden surface.

**Good Health Is
More Than Being
Diagnosis Free**

Life demands much of our time. That means prevention education must be a priority to be an empowered consumer in a world of toxins.

Living prevention means quality of life today and tomorrow.





The #Living Prevention Follow List

#LivePrevention Follow List

Eat organic

Be active daily

Live a holistic lifestyle

Grow your own food

Spend time in nature

Practice love for good health

Practice forgiveness of self and others

Protect and strengthen the immune system

Use organic food supplements

Commit to lower stress & anxiety living

Dedicate time to increasing health education

Grounding - Get in touch w/the Earth and/or animals daily

#LivePrevention Follow List

Cleanse & Detox

Be willing to change

Get 15 min of sunshine daily

Limit cell phone & tablet use

Turn off wi-fi when not in use

Let go of negative emotions

Use corded phones when possible

Eat a nutritiously balanced diet

Continue to learn and be open to education

Use speakerphone or air tube for wireless phones

Charge devices at least 3' @night from bed or in other room

Use EMF protection on wireless devices and at home

A woman with long brown hair, wearing a patterned top and a yellow glove, is standing in a grocery store aisle. She is looking to her right. The aisle is filled with various products, including bags of chips and other packaged goods. The background is slightly blurred, focusing attention on the woman and the text overlay.

The #Living Prevention Avoid List

#LivePrevention Avoid List

If you can't pronounce it - avoid it

Tobacco - toxin in any form

Mammography - toxin

Radiation / Chemo - toxin

Growth hormones - toxin

Hydrogenated oil - toxin

Processed food - toxin

Artificial colors - toxin

Aspartame - toxin

Alcohol abuse - toxin

Teflon cookware - toxin

Some antidepressants - toxin

Medications for incontinence &

Narcotic pain relievers - toxin

Smart meters - toxin

BPA & Plastics - toxin

Chlorine - toxin

Statin drugs - toxin

MSG - toxin

Artificial Anything - toxin

Soy - GMO toxin

Lectins - Natural toxin

Toxic emotions & people - toxin

Sexual Promiscuousness - toxin

Processed white table salt - toxin

Processed white flour - toxin

Processed white sugar - toxin

Microwave cooking - toxin

Carbonation - weakens bones

#LivePrevention Avoid List

Aluminum - in antiperspirant, cookware, foil, drink containers, medicine

Mercury - amalgams, medicine, vaccines, eye drops, etc.

Blood - toxin in food and medical procedures

Pesticides, herbicides, fungicides- toxic conventionally grown food

Vaccinations - toxic uses heavy metals as a preservative, etc.

Fluoride - toxin in municipal water, toothpaste, dentistry, etc.

Prescriptions - when diet and lifestyle can eliminate

Chewing - toxin substances - betel nut, tobacco etc.

High fructose sugar - excitotoxin

Glutamate - toxin

Bromine added to white flour - toxin

Smoking- toxin anything including vapes

Sedentary life - exercise 3 x's per week

Styrofoam - toxin

Polyester - toxic

Acrylic - toxin

Sunscreen, chemical based skin care, chemical cleaning agents - toxin

Once You Know Their Profits
In Treatments Not In Cures...



Disease-Care is Made Clear

The Human Cost of Disease Care

70% of all deaths come from preventable, treatable diseases

133 million Americans (45%) have at least one chronic disease

Chronic disease is #1 cause of death and disability in the U.S.

CDC identifies three risk-factors causing 80% of heart disease, stroke, and type 2 diabetes, and 40% of cancer – poor diet, inactivity, and smoking

70% of all U.S. deaths are from preventable, treatable disease

Every 30 seconds a limb is amputated due to diabetes

People with chronic illnesses account for;
81% of hospital admissions, 91% of prescriptions, and 76% of doctors' visits

The Financial Impact of Disease Care

Health insurance premiums have increased 140% since 2013

Health insurance premiums have increased 31% from 2006 to 2011

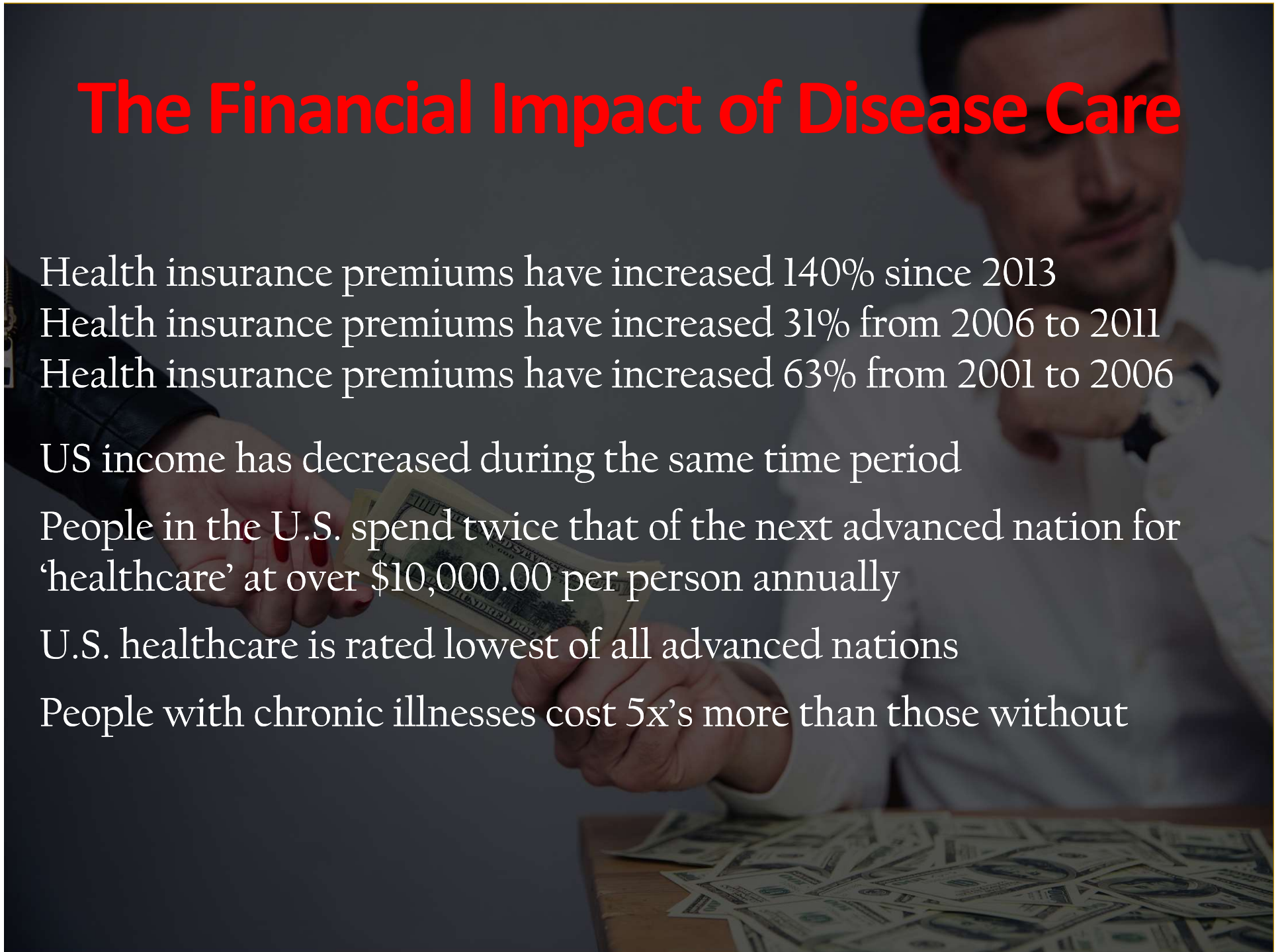
Health insurance premiums have increased 63% from 2001 to 2006

US income has decreased during the same time period

People in the U.S. spend twice that of the next advanced nation for 'healthcare' at over \$10,000.00 per person annually

U.S. healthcare is rated lowest of all advanced nations

People with chronic illnesses cost 5x's more than those without



From Cradle to Grave

Children Are Big Profits in Disease Care

Over 1,000,000 children under age 6 are on one prescription

Fully vaccinated children by age 18 are \$60,000,000,000 demographic

Pediatricians who fully vaccinate 200 children earn \$80,000.00 a year bonus from Blue Cross Blue Shield

In 2013, there were nearly 300 vaccines in development

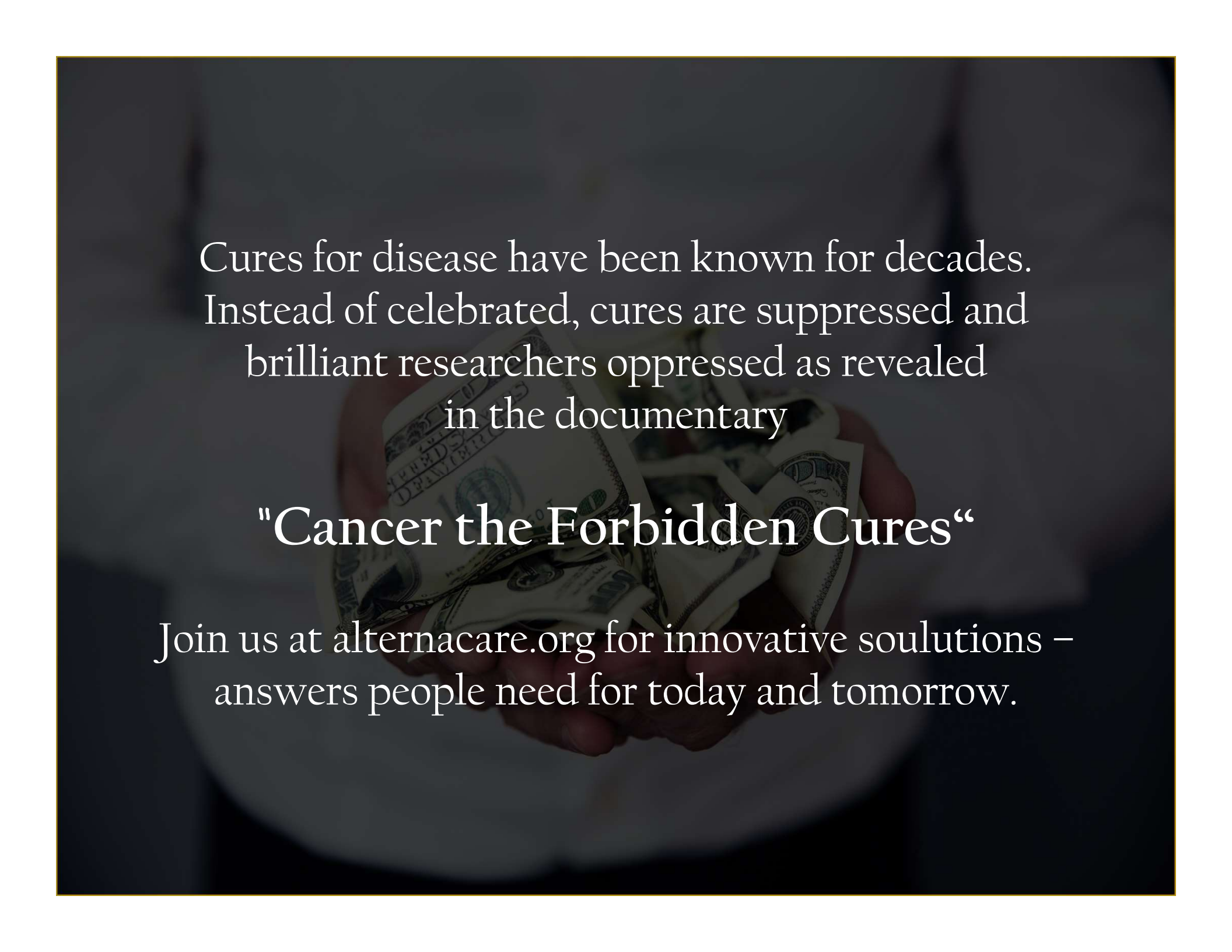
Today, 1 in 20 children have seizures, 1 in 9 have asthma, 1 in 10 have ADHD

Cancer is now the #1 cause of death by disease in children

U.S. kids with autism are up 78% in just 10 years

Nine million (1 in 6) kids age 6–19 are overweight, triple since 1980

40 years ago Autism was 1 in 10,000 – today it is 1 in under 50



Cures for disease have been known for decades.
Instead of celebrated, cures are suppressed and
brilliant researchers oppressed as revealed
in the documentary

"Cancer the Forbidden Cures"

Join us at alternacare.org for innovative solutions –
answers people need for today and tomorrow.



AlternaCare leads the #LivingPrevention movement as advocates for people not for profit. Identifying *real* prevention ensures we “live prevention as the best medicine”.

#PreventionLiteracy is one benefit AlternaCare members receive when taking the Pledge and join us at alteracare.org.



alternacare.org



Join Us Won't You?