

**McNaturals International™** an initiative of the Earth Repair Foundation, invites everyone to practice the wisdom of Hippocrates who taught, “Let your food be your medicine and your medicine be your food”.

# **ACQUIRE HEALTH and IMMUNITY EFFICIENCY**

Immunity is the ability of the body to efficiently resist disease and to help maintain high-level health and wellbeing.

Lifestyle diseases are preventable and reversible if we live and act wisely.

To be optimally healthy, nourish your body, mind and spirit well and they will self-heal and thrive.

We are greatly affected by what we think and what we put into our bodies.

Consume wholesome foods naturally grown in humus-rich soil with only natural fertilisers. These foods have much higher nutritional value and taste better.

Enjoy slowly eating and drinking, raw, fresh living foods to directly acquire immunity efficiency. Choose from a variety of health-giving, enzyme-packed, vitamin and mineral-rich, fruits, vegetables and herbs. Also seeds, nuts and grains especially when brought to life by sprouting.

Living foods are cell regenerating natural nutrients. Raw vegetables and fruits, chewed well, blended, grated, diced or juiced, give a delicious vitality boost and help one attain and maintain high-level wellness.

For ultimate health, supplement your diet with concentrated wholefood nutrients and plant based minerals and antioxidants.

For full evacuation of accumulated food residues, either squat, or elevate feet with a footrest to give a squat effect while on the toilet. It's very effective!

Daily, energise yourself with yoga, tai chi deep breathing, stretching, walking, bicycling and/or other suitable physical exercises and outdoor activities. Practice relaxation, meditation and prayer.

Affirm good and improving physical, mental and spiritual health with every breath you breathe. Use the Mind-Vitamin self-empowerment life script for repetition listening whilst awake or asleep until memorised, to achieve powerful positive results.

Avoid health-reducing products such as tobacco, alcohol or toxic, processed junk foods and drugs.

Acknowledge the good qualities in yourself and others. Express an optimistic attitude of gratitude for self-healing. Enjoy to the fullest extent all aspects of your life.

Happy optimistic people are healthier and enjoy life more. Explore the experience of a predominantly low-fat diet to bring optimum benefit to your life.

**Be healthy... Be happy!**

In the interests of community health enhancement and life extension, McNaturals International™ hereby proposes that McDonalds and other similar fast food chains include in their menus, genuinely nutritious, plant based foods to help people acquire immunity efficiency for their vitality and happiness in life. These McNaturals foods should also be readily available for hospitals and schools.

This powerful one-page PosterScroll is for displaying where it can be easily seen, to educate, inspire and motivate. It is presented with compliments from McNaturals International™ as a contribution towards community health education.

# A DYNAMIC NOW-AGE INTERACTIVE SCRIPT



TO HELP EMPOWER YOUR RESOLVE  
NEVER TO SMOKE TOBACCO AGAIN

## PLUS THE TRUTH ON TOBACCO

- Many consider tobacco to be the world's most damaging product; a weapon of mass destruction to human health. Tobacco kills over 7 million people every year leaving over one billion sick and dying. This is a crime against humanity;
- Tobacco use is the leading preventable cause of mental and physical illness, and death;
- It needs to be identified as one of the world's most immoral and unethical businesses along with the production of landmines, cluster bombs and nuclear weapons;
- Contribute in every way possible to help make smoking a thing of the past by stopping the practice and encouraging friends and family to do the same;
- Join our multi-media support group to assist your decision to leave tobacco behind, so that we can breathe more easily. Our lungs are one of the major ways we inter-act with the world, we must take care of them.

The most powerful force for improved health is what we say to ourselves and believe to be true. Your own voice reading this personalised script is a very powerful way to enable anyone to de-program and re-program their relationship with smoking tobacco for nicotine. Record the following Script in your clearest voice, with sincerity and conviction for repeated listening, whilst awake or asleep, to achieve amazing results.

### ~ THE SCRIPT ~

*'It's never too late to become what we are capable of becoming'.*

I congratulate myself for consciously making the life-saving decision to stop being a slave to the destructive addiction of smoking tobacco. I praise my strength, courage and higher intelligence on choosing health rather than smoking. I feel assured that quitting is the best thing that I can do for myself. I am not depriving myself of anything; on the contrary there are wonderful rewards to instantly enjoy and many more to look forward to. When all is said and done it is much easier not to smoke.

• **My self-esteem and confidence improve immediately.** The addiction to nicotine rapidly diminishes and I experience a joyful and exhilarating freedom. I now know for sure what I have suspected all along - that life IS better, more joyous and richer for non smokers. I no longer feel the need to leave non-smokers' homes and go outside for a nicotine fix. I am at ease amongst non-smokers and no longer have to apologise for my addiction. I wake up each morning feeling blessed with restored health, energy, self-confidence and greater prosperity. **No longer a slave to my addiction, I have lifted a huge psychological impediment from my life.**

• **Quitting instantly improves my health and increases my quality and length of life.** About a day after stopping my lung efficiency starts to improve. I am less short of breath when I exert myself. The small pockets of tissue deep within my lungs - my alveoli, are no longer absorbing many cubic feet of air dripping with cancerous tar. My lungs now breathe more easily and are relieved from life-threatening abuse. That painful feeling in my chest, from the persistent hammering I was giving my lungs, is subsiding. I now have more protection from the world-wide plight of acute respiratory illness, chest infection and general sickness.

• **Stopping smoking greatly improves the efficiency of my immune system.** By stopping smoking I am no longer so susceptible to diseases like lung and throat cancer, heart disease, gum disease and tooth loss, pneumonia, influenza and the common cold, depression, impotence and the list goes alarmingly on. Smokers are most susceptible to these conditions which are preventable and often reversible by stopping what's causing the sickness. I now resolve to make the most of my life changing decision by living wisely and well - eating healthy foods, exercising regularly and maintaining a positive and optimistic attitude.

• **Quitting greatly improves my appearance.** I have no more tobacco stains on my teeth and fingers. My hands, hair, clothes car and house don't smell of stale tobacco smoke. I already begin to feel and look better. That pale and unhealthy look that so many smokers have, rapidly disappears. My taste buds come back to life and my sense of smell improves.

• **Now I can look forward to increased energy.** My renewed self-confidence makes me more attractive both inwardly and outwardly. I experience improved blood flow and circulation which is essential for me to maintain good health.

• **I will have more money in my pocket.** If I was a pack a day smoker, I can look forward to having a cash bonus of more than \$5000 a year (over \$100 a week). I am no longer contributing to the unethical and enormous profits of the tobacco companies. I can now afford to make regular investments in increasing my health and well-being, primarily through improved nutrition.

• **After one month of quitting my risk of coronary heart disease is almost half that of a continuing smoker.** Within two months, blood flow to all my limbs substantially improves. My risk of lung cancer is cut in half in a few years and progressively it drops almost to the rate of nonsmokers.

The eventual reality for most smokers is premature, prolonged and painful death - a reality far removed from the false image of health, sex appeal and success that multinational tobacco companies strive desperately and deplorably to promote whilst contributing to the slow death of billions.

• **I now enjoy being a non-smoker.** I minimise any feelings caused by nicotine withdrawal. I have left behind my addiction to nicotine and never use nicotine substitutes, such as patches or other products.

• **I regularly eat a variety of fresh fruit, herbs and lightly cooked vegetables to accelerate my recovery.** I also invest some of the money I had previously wasted on tobacco into nutrient concentrates, minerals and antioxidants, which are beneficial to my recovery and the optimum maintenance of good health. Improved nutrition further accelerates my return to better health. **As Hippocrates taught, "Let your food be your medicine and your medicine be your food"**.

• **I am at peace and I am happy to be on a healthy path.** I attract like-minded people into my life. I now enjoy the best natural health care and fitness practices, which include drinking extra water and consuming concentrated nutrient supplements like Spirulina and extra vitamin C.

• **I regularly exercise through increased walking, as well as deep breathing and stretching.** I feel a positive improved difference in my well-being when I take the time to listen to this recording and when I practice health enriching activities. I celebrate each present moment as a precious gift and I enjoy increasing good health in body and mind.

• **The life saving and life extending decision I have made not to smoke, greatly increases my quality of life and is beneficial for those around me.** I resolve never to smoke tobacco again and to avoid being in contact with tobacco smoke as much as possible.

• **I now breathe more easily** in the knowledge that my addiction is over and increasingly my health and wellbeing improve. I fully realise that the benefits of quitting are fabulous and immediate.

**NOTE: This script can be adapted to overcome any affliction of addiction to such things as gambling, alcohol and substance abuse, overeating disorders, or anything else you'd like to modify or change.**



\* Further to using this Stop Script we recommend you read and implement the principles outlined in Allen Carr's outstanding book *The Easy Way to Stop Smoking*. You can listen to testimonials of this by looking it up on YouTube.

If you have found this script useful and/or would like it to be more widely available, please tithe a small portion of the money you save by not smoking, so that all smokers can be sent a free copy.

Additional help is available for recording this script on a computer or digital recorder for repeated listening. Ask us to help you personalise the script for your specific needs and/or record it for you using our voice.

This is an initiative of

**United Peoples Association and  
the Earth Repair Foundation**

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• "My body will not be a tomb for other creatures. The time will come when men such as I will look upon the murder of animals as they now look upon the murder of men."  
**Leonardo Da Vinci**



• "Recognize meat for what it really is: the antibiotic and pesticide-laden corpse of a tortured animal."  
**Ingrid Newkirk**



• "Humans can live and be healthy without killing animals for food. Therefore if one eats meat they participate in taking animal life merely for the sake of their appetite. And to act so is immoral. As long as there are slaughterhouses, there will be battlefields."  
**Leo Tolstoy**



• "We all love animals. Why do we call some 'pets' and others 'dinner'?"  
**K.D. Lang**



• "If you don't want to be beaten, imprisoned, mutilated, tortured or killed, then you shouldn't condone such behavior towards anyone, be they human or not".  
**Moby**



• "I'm an animal rights activist because I believe we won't have a planet if we continue to behave toward other species the way we do. We don't need to eat anyone who would swim, run or fly away if they could."  
**James Cromwell**



• "Animals don't have a voice, but I do. A loud one. A big fucking mouth. My voice is for them. And I'll never shut up while they suffer."  
**Ricky Gervais**



• "Factory farms do more harm to the environment than all of transportation combined. Everyone is talking about fuel-efficient vehicles, but they would actually do more for the Earth by becoming vegan. People don't think about how each of these animals that we call dinner have the same kinds of personalities as our dogs and cats."  
**Emily Deschanel**



• "For as long as men massacre animals, they will kill each other. Indeed, he who sows the seeds of murder and pain cannot reap joy and love."  
**Pythagoras**



• "Can't think of anything better in the world to be, but to be vegan."  
**Alicia Silverstone**



• "There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness and misery."  
**Charles Darwin**



• "While we ourselves are the living graves of murdered animals, how can we expect any ideal conditions on this earth?"  
**George Bernard Shaw**



• "Until we have the courage to recognise cruelty for what it is, whether its victims are humans or animals, we cannot have peace among men, whose hearts find delight in killing living creatures."  
**Rachel Carson**



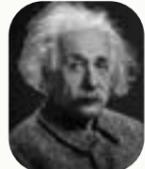
• "We'll never achieve peace in the world unless we lay down our weapons of war against animals and stop killing them and eating them."  
**Christine Townend**



• "The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."  
**Ann Wigmore**



• "The human body has no more need for Cows' milk than it does for Dogs' milk, Horses' milk, or Giraffes' milk."  
**Dr Michael Klapper**



• "Man was not born to be a carnivore."  
**Albert Einstein**



• "I don't see why someone should lose their life just so you can have a snack."  
**Russell Brand**



• "You either approve of violence or you don't, and nothing on earth is more violent or extreme than the meat industry."  
**Morrissey**



• "The soul is the same in all living creatures, although the body of each is different."  
"Let your food be your medicine, and your medicine be your food".  
**Hippocrates**



• "Why are Vegans made fun of, while the inhumane factory farming process regards animals and the natural world merely as commodities to be exploited for profit?"  
**Ellen Page**



• "Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages".  
**Thomas Edison**



• "The greatness of a nation and its moral progress can be judged by the way its animals are treated."  
**Mahatma Ghandi**



• "The vow of the Bodhisattva to never cease striving until all sentient beings are freed from suffering is the way to Buddhahood. This necessitates the protection of animals, of all wild species which grow on the earthly terrain".  
**Bodo Balsys - Ahimsa: Buddhism**



• "People who have chosen to live a cruelty-free plant-based lifestyle are baffled as to why other people have not made the connection. Many of us live with companion animals such as dogs, cats, and rabbits. We share our homes with them, consider them members of the family and we grieve when they die. Yet we kill and eat other animals who, if you really think about it, are no different from the ones we love."  
**Benjamin Zephaniah**



• "The animals of the world exist for their own reasons. They were not made for humans any more than blacks were made for whites, or women for men."  
**Alice Walker**



• "We are all animal creatures of this planet. And non-human animals experience pain sensations just like we do. They too are strong, intelligent, industrious, mobile, and evolutionary."  
**Joaquin Phoenix**

# THE VEGAN WAY STRIVES TO:

- End harmful human intervention and exclude all forms of exploitation and cruelty to animals.
- Enable all sentient beings to live their lives freely according to their natural needs.
- Improve our own physical, emotional, mental and spiritual health by adopting a vegan diet and way of life.
- Speak out against the cruelty and suffering perpetrated by humans on other animals in factory farms, slaughter houses, laboratories, live export, and the culling of animals.
- Motivate more people to witness for themselves what actually happens in this carnist world via the documentary Dominion.
- Use only vegan products.
- Help create a world based on: justice and fairness; compassion rather than cruelty; empathy rather than apathy; authenticity rather than dishonesty.
- Let Veganism become one of the fastest growing animal liberation and community advancement movements in today's world.
- Motivate all humanity to become Vegan to help save animals and repair the Earth.
- Be the change we want to see in the world.

Being Vegan for the animals is the least we can do.



## FACTS and FIGURES

- Every year, 56 billion (and rising) land animals are bred for murder in slaughter-houses and abattoirs worldwide, plus trillions of fish (who are all sentient), to provide flesh foods for humans and their pets. NOTE: Sentient means able to perceive and feel things.
- Factory farming and animal agriculture are major contributors to Earth's climate crisis. These industries do more harm to Earth's environment than all transportation combined, including air travel.

### MUST SEES

- [Dominion](#) (YouTube ~ [watchdominion.com](#))
- [The Game Changers](#) (Netflix)
- [The Best Speech You Will Ever Hear](#) (YouTube)
- [What the Health](#) (Netflix)
- [Forks Over Knives](#) (Netflix)
- [This speech is Your Wake Up Call](#) (YouTube)
- [Land of Hope and Glory](#) (YouTube)
- [The Excuses Speech, 2014](#) (YouTube)
- [101 Reasons to Go Vegan](#) (YouTube)
- [Vegan 2020](#) (YouTube), • [Lucent](#) (YouTube)
- [Seaspiracy](#) (Netflix and YouTube)
- [Earthlings](#) (Earthlings.com) • [Cowspiracy](#) (Netflix)
- <https://animalclock.org> • [worldpeacediet.com](http://worldpeacediet.com)
- <https://thevegancalculator.com/animal-slaughter>

### FREE SUPPORT

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FaceBook: [Anonymous for the Voiceless](#)  
Instagram: @anonymousforthevoiceless  
22 days of full support: [vegan22.com](#)

Website: [cubeoftruth.com](#)

### RESOURCES

[Nutritionfacts.com](#)      [ADAPTT.com](#)  
[CarnismDebunked.com](#)      [HappyCow.net](#)

### MUST READS

[How Not To Die](#) by Dr Michael Greger  
[Dominion](#) by Matthew Scully  
[Food Choice & Sustainability](#) by Dr Richard Oppenlander

Please print & display this poster where it can be easily seen, in sizes A4, A3 or A2. Thank you!