

## Germs cause cancer!



✘ “The idea that bacteria cause cancer is considered preposterous by most physicians. However, despite the antagonistic view of the American Cancer Society and medical science, there is ample evidence in the published peer-reviewed literature that strongly suggests that ‘cancer microbes’ cause cancer.” – Alan Cantwell, MD. [Read the rest of this article.](#)

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## Aspartame, Brain Cancer & the FDA



Beware of consuming any so called sweet sugarless products containing [aspartame](#)!

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## Nattou – fermented soy beans



Nattou in the styrofoam package it comes in

Recently I've been eating a traditional Japanese food called [nattou](#) nearly every day for lunch. Nattou is also known as "sticky beans." Click the photo to see why! Normally people eat it on top of rice, but I often eat it right out of the package with chopsticks after sprinkling on the soy sauce that comes with it. Nattou is very nutritious and good for health.

When I first ate nattou shortly after coming to Japan, I didn't like it very much then, but I've grown fond of it over the years. It's an [acquired taste](#). I often ate nattou on the road in the early days because it's the cheapest protein available.

Not all Japanese eat nattou. The people in the Kansai area (Kobe / Osaka / Kyoto) don't eat nattou as much as the Kanto (Tokyo and surrounding area) people do because they don't like the smell.

Did you know there is a major difference in health benefits between fermented and unfermented soy? Fermented soy like nattou and [Miso](#) are good for you, unfermented soy like tofu and soy protein powder are not.

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## [Doctor Admits Vaccine Is More Deadly Than Swine Flu Itself & Will Not Give](#)

## It To His Kids



Vaccinations are more harmful than what the vaccine is supposed to prevent.