

Eradicating human diseases –

Dr. Matthias Rath / Part II: Strategy

In the first part of this article series, Dr. Rath analyzed the Western-based pharmaceutical investment business as the major obstacle to global human health and to world peace. In this second part, he presents the strategic steps that must be taken now to reach the goals of 'Health for all' and universal health care worldwide.

'Health for all'

In 1978, in its 'Declaration of Alma Ata', the World Health Organization (WHO) proclaimed 'Health for All' as one of the most desirable goals for all humanity. At that time, the WHO was still a largely independent international body, and the influence of the pharmaceutical investment business on this organization was limited. In this declaration, the WHO also defined important preconditions for reaching the goal of health for all, including:

- **Prevention:** An absolute focus on the prevention of diseases as a first step towards their ultimate elimination.
- **Participation:** Besides health professionals, people at large must participate. Primary health care must be understandable and doable by everyone.

By the time of the Alma Ata Declaration, more than a dozen Nobel Prizes had already been awarded for the comprehensive health benefits of vitamins and other micronutrients. Regrettably, however, optimum micronutrient supply as one of the most important tools for preventive and primary health care were not even mentioned in this declaration. This was no coincidence. For more than half a century,

The Dr. Rath Research Institute

12 years after the Alma Ata Declaration, I was privileged to participate in a scientific advance that would end a 'century of captivity' of global health on behalf of the Western pharmaceutical investment business. Together with Nobel Laureate Dr. Linus Pauling, we shared with the world the astonishing fact that heart attacks, strokes, diabetes, high blood pressure and many other diseases that kill millions of people are essentially unknown in species that – unlike humans – produce high amounts of vitamin C in their bodies.

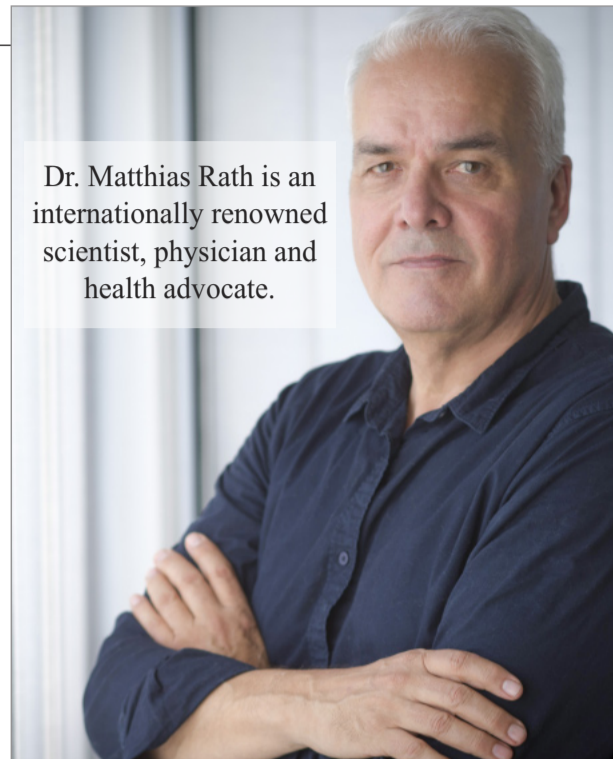
After Dr. Pauling passed away in 1994, this life-saving research was continued at the Dr. Rath Research Institute. Over the past three decades, the team of researchers there developed effective combinations of vitamin C with other plant-derived natural molecules in the fight against today's most common diseases, including:

- **Diabetes:** Until now, it has remained unexplained why diabetes, a disease that affects half a billion people today, is characterized by the patients' feet becoming insensitive to extreme temperatures. There is, however, a rational explanation for this phenomenon. Over the millennia

Not surprisingly, research today shows that the key to controlling the deleterious consequences of diabetes are specific combinations of micronutrients that are able to regulate all aspects of diabetes: Glucose uptake by body cells, insulin production in the pancreas and even preventing the deposition of dangerous sugar complexes (AGEs) in the walls of blood vessels and other organs. See the website below for details.

- **High blood pressure:** As with diabetes, the frequency of high blood pressure today has remained unexplained and, thus, has reached 1.3 billion people worldwide. The most common form of hypertension is characterized by an increased diastolic (second) blood pressure value, reflecting the state of contraction of the blood vessels. Thus, genetic disorders with an increased contraction of blood vessels were of similar benefit to our ancestors as diabetes: They increased the food supply for our ancestors. As with diabetes, our research has shown that a combination of vitamin C and specific micronutrients proved to be highly effective in normalizing high blood pressure. Further details can be obtained on the website below.

- **Infections:** Vitamin C deficiency not only weakens the walls of blood vessels,



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combination with other micronutrients, it is highly effective in inhibiting the spread of cancer cells (metastasis) – irrespective of their origin or type. We have validated this effect in more than 50 human cancer cell types. Further details can be found below.

In order to scientifically validate this research, the Dr. Rath Research Institute has submitted it to patent offices in various countries for independent confirmation. As opposed to the pharmaceutical investment business, these patents do not form the basis for feeding the greed of investors. To the contrary, our natural health patents form the basis of a prevention-oriented public health strategy.

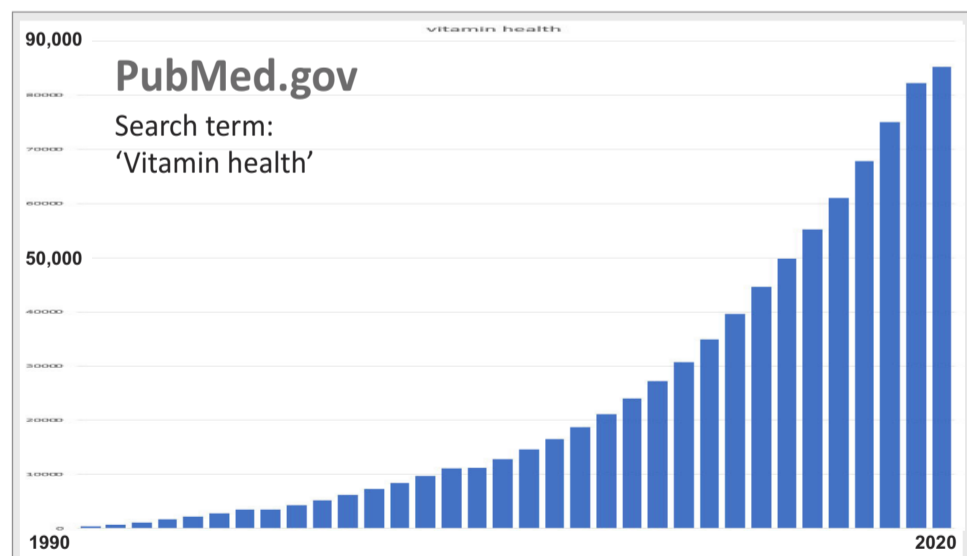
I. Global Human Diseases	II. Global Infections	III. Primarily Tropical Infections	IV. Common Childhood Infections
Heart attacks	Hepatitis	Malaria	Measles
Strokes	Meningitis	Leprosy	Mumps
Other	Tuberculosis	Cholera	Diphtheria
Atherosclerotic Diseases	Typhus	Amoebiasis	Polio
Diabetes	Whooping cough	Leishmaniasis	Rubella
Hypertension	Syphilis	Schistosomiasis	
Metastatic Cancer	HIV	Trypanosomiasis	
		Yellow fever	

Above: Widespread diseases of the industrialized and developing world that are either strictly human-specific or preferentially occur in humans. These diseases cause about three-quarters of current global deaths. Their reduction and eventual elimination is the next great goal uniting all human kind. Right: Explosion of scientific publications in the field of vitamins and human health (cumulative from 1990 to 2023). Source: PubMed.gov

this life-saving know-how had by then been systematically kept out of medical education and practice through a global 'crusade' organized by the lobby of the pharmaceutical investment business in medicine, media, and politics.

Then, as now, this Western-based multi-trillion dollar export business with patented synthetic drugs depends on the elimination of nutrition and effective natural medicines as an integral part of public health care.

our ancestors who lived in the hot savannah habitats of Africa and the ice ages of the North, were individuals whose feet turned insensitive to heat and cold and had a much larger foraging range. Thus, over thousands of years of extreme climate, scarce vegetation and chronic malnutrition, their genetic predisposition to diabetes provided them with a greater food supply through hunting and gathering. Diabetes became a question of survival for our species.



but at the same time all 'barrier' tissue, including skin, lungs, digestive system and others. This, in turn, greatly facilitates the entry of viruses, bacteria and other microorganisms to cause infections in the human body. Essentially all human infections, however harmful they may appear, have a beneficial effect on the scorbutic blood vessel wall. Inflammation and an increased production of cellular growth and repair factors help prevent deadly scorbutic blood loss. Again, specific combinations of micronutrients have proven highly effective in the prevention of viral, bacterial and other infections.

Further details on the website below.

- **Cancer:** Vitamin C has been recognized as a comprehensive anti-cancer agent. In

For this reason our nonprofit organization offers this comprehensive scientific knowledge free of charge to the government of South Africa and any other public institution interested in an effective prevention-oriented public health care.

Principles of preventive global health care

The essential elements of building an prevention-oriented health care system are compellingly logical:

1. **Prevention:** The first step towards the elimination of a widespread disease is the

goal for the BRICS alliance

ability to largely prevent new occurrences. This, in turn, requires a thorough understanding of the precondition for the development of this disease at the level of cells, the smallest building blocks of our organs.

2. Micronutrients: The most common cause of cell malfunction is a deficiency of vitamins and other micronutrients in the billions of cells in our bodies. These natural molecules fulfil a multitude of life-saving biochemical functions, such as supplying biological energy, improving the strength of collagen and other stability molecules, catalyzing a myriad of enzymatic reactions, functioning as antioxidants and other roles. This knowledge has been confirmed by several Nobel Prizes and is comprehensively documented in the textbooks of biochemistry.

3. General health education: While acknowledged by all fields of natural science, the health benefits of vitamins and other micronutrients are still rarely part of medical education and practice. This is due to the malicious influence of the pharmaceutical business on the medical profession throughout the past century. Thus, any preventive health policy must start by lifting this arbitrary ban on natural health education. The role of micronutrients and the principles of molecular medicine and cellular health have to become an integral part of education from kindergarden to retirement homes.

4. Participation of the people: For millennia and long before the arrival of the medical profession, plant-based nutrition has been the basis of human health. Modern research now allows us to comprehensively understand the role of micronutrient deficiencies on triggering human diseases and the significance of optimum micronutrient supply in their prevention. Everyone can understand the principles of natural health information and apply them for themselves and in their communities. Thus, primary health care is no longer a privilege of a small group of pharmaceutically oriented health professionals – but the responsibility of everyone.

5. Evidence-based medicine: Existing medical treatments have often been introduced under the influence of the pharmaceutical investment business. With the advent of systematic, science-based natural health, these pharmaceutical approaches must now be vigorously re-evaluated. For example, after the discovery of the comprehensive anti-cancer properties of vitamin C, the monopoly of chemotherapy in the global fight against cancer has to be re-assessed. This re-evaluation is not limited to cancer drugs. Any present and future medical treatment has to be strictly evidence-based, with effectivity and safety as the primary criteria.

6. National health programs: In order to prevent and ultimately eliminate human

diseases, public health measures cannot be limited to a fraction of the population. The optimum supply of micronutrients must reach every person in the country. Accessibility and affordability are preconditions for the success of these micronutrient-based preventive health programs. Obviously, such life-saving programs cannot be delegated to private companies; they require national coordination and execution at the highest level of government. The political decision-makers at every level of government must also ensure that the cultivation of vitamin-rich fruits and vegetables is promoted in schools, communities and beyond.

7. Paradigm shift: The health care of the future will no longer be a monopoly of patented synthetic drugs. It will be propelled by the rapidly increasing knowledge in agriculture and maritime-based health. The adjacent graph shows that over recent decades, one of the fastest-growing areas of human health has been the field of vitamin and micronutrient benefits for human health. This growing know-how, is now compelling prevention-oriented health care globally.

Liberation from pharmaceutical colonialism

Pharmaceutical colonialism is the most heinous form of neocolonialism because the genocidal nature of this investment business – which feeds on the expansion of diseases – is hidden under the deceptive veil of a ‘Mother Theresa’.

After the loss of their colonies in the 1960s, the former colonial empires strategically used their global export of synthetic patented pharmaceutical drugs to continue the exploitation of their former colonies: Thereby, they created new economic dependencies by exporting diseases as markets and then offering dubious patented pills under the deceptive marketing slogan of ‘western medicine’.

Those countries of the developing world that have gained their political independence cannot call themselves truly free until they will have ended their dependence on pharmaceutical colonialism. The political independence they gained half a century ago must be the stepping stone to ending the tragedies of millions of people still dying from preventable diseases. This will also end the waste of private and public funds as ‘tribute payments’ to former colonial masters by importing dubious patented drugs.

Those countries that were the guarantors of political independence of the developing world six decades ago, namely today’s world powers Russia and China, have not yet completed their mission, as long as they allow pharmaceutical colonialism to feed on the blood and the economies of their people and the world.

Movement of Life



The great advantage of this global preventive health care is that it is based on vitamins and other small molecules that are essentially plant-derived. This means that with the appropriate knowledge, health can be grown in every kitchen, school, and community garden. Accordingly, preventive health can be consumed by anyone anywhere in the world, irrespective of nationality or income. Agricultural and maritime-based preventive health care is the only scientific basis for a truly universal health care.

For more information, visit: www.movement-of-life.org



Liberation of human health

But the mission of humanity today is much wider. Based on the advances in scientific knowledge about the health benefits of vitamins and other plant-derived molecules, humankind must now commit to the goal of eliminating human-specific diseases.

Today, humankind is facing its second global revolution. After the termination of medieval illiteracy, the liberation of the human mind and the beginning of modern times in the 16th and 17th century, we are now able to liberate the human body from the burden of preventable diseases.

A significant reduction in heart attacks, strokes, cancers and other widespread human diseases will not only benefit the countries that commit to this preventive health care. It will radiate to nations around the world as a beacon of hope for all humanity.

Even millions of people in the pharmaceutical exporting nations, many of them NATO members, will ultimately recognize the deceptive nature of the pharmaceutical investment business. The 21st century will go down in history as the ‘century of liberation of human health’.

Significance of BRICS and other new independent alliances

It is no coincidence that at this juncture in history, new international alliances are shaping up that are highly attractive to large parts of the world. BRICS and other non-military associations promote the peaceful development and the common good of their member nations.

For BRICS and other new and independent alliances of nations, the goal of eliminating preventable human diseases is not just an opportunity – it is a historic obligation. Humankind has the opportunity to liberate itself from preventable diseases and billions of dollars in health care costs for this and all future generations. This money must be used to address the great challenges of our time, including hunger, illiteracy, economic injustice and environmental challenges.

What is urgently needed now is the courage to unmask the deceptive nature of the status quo and get to work on the most important task of humanity today: Saving the lives of millions of people.

www.health4all.org