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AI's Corner



**The Truth
Is Out
There....**

**Greetings and
Salutations Fellow
Snowmobiling
Enthusiasts**

**PREPARE TO HAVE YOUR
MIND EXPANDED...**



The First Wealth is Health: Coronary Artery Disease PART 1

This edition will be a slight departure from the norm. I will try to present, perhaps enough anecdotal evidence to show that drinking tap water causes plugged arteries and veins going to the heart, causing heart disease and heart attacks. But Al, that's too simple. Don't you think that scientists would have figured that out? You're right, and they're wrong? Well, a cautious yes from me.

Just about everyone has heroes; someone that's bigger than us, someone who has went through the fire and came out the other side, stronger and vindicated. I have a few heroes. Harriet Tubman. who brought dozens of family and friends out of slavery using the underground railroad. Most people would just escape and say "whew, I'm glad I'm free, and I'm never going back there again!" Tubman braved death every time, on each of her 13 trips down south and back to Maryland. Then there's Elon Musk. Apart from what you think about his politics, that man is a machine! How many people do you know that personally can run 6 multi-billion dollar companies, reduce waste, and put them, and keep them in the black, employing hundreds of people? My guess is not too many people. Elon is a step higher in human evolution. And then there's Barry Marshall, one of my favorites. Who's Barry Marshall you ask? Marshall was a doctor/scientist from Australia, who tried convincing the world's medical community that stomach ulcers were caused by a bacteria, and not genetic or caused by stress. Did anyone believe him? Nope. Stomach ulcers have been around forever, don't you think that someone, somewhere, would have taken a biopsy or a culture from a cadaver and stick it under a microscope and say "what are all those weird bacteria doing on there?" How long have there been microscopes? Ulcers are a multi-billion dollar industry, certainly with all of the research going on, someone slapped a smear on a slide and looked at it? One would surely think. However, either no one did, or they didn't care.

Barry Marshall conducted his own independent studies. He knew what the conventional thought of the day was, and he thought that was all wrong. To prove his theory, he cultured the ulcer causing bacteria (*Helicobacter pylori* (*H. pylori*)) and DRANK the concoction. Naturally, he got very sick. He still followed the science, and had his stomach tested before he drank the bacteria. There were none. But, who do you think ended up getting ulcers? Marshall did. Then, he proceeded to cure himself by taking a special round of antibiotics. He was cured. Later on, it was discovered that the *H. pylori* bacteria could survive quite nicely in an acidic human stomach. Somewhere along the line, this bacteria evolved a mechanism that changed the stomach acid near it, into carbon dioxide and ammonia. This made a nice little home for it, and where it eventually positioned itself in the stomach lining, the immune response from the patient couldn't even touch it.

Reduce stress! Drink warm milk! Take boatloads of antacids! None of that stuff worked, and pharmaceutical companies made billions. So, why do I bring up Barry Marshall? Because I want you to know that sometimes, a single person can be right, when everyone else is wrong. Keep an open mind, and I'll explain my theory, and you can determine if it carries any weight.