

# the Cure

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**HOW TO RESTORE HEALTH**

**EYE OPENING FACTS**

**A HOUSEHOLD MANUAL**

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**BASIL GOLD**

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**THE DOCTOR'S DOCTOR**

# THE CURE

## YOUR COMPLETE HOUSEHOLD MANUAL

"This book is A Must in Every Home & every doctors office"  
says Dr. Duane Townsend - MD - Utah USA



### **The Real Causes and True Cures of Diseases**

WHAT DOCTORS ARE NOT TAUGHT AND DON'T KNOW

**BASIL GOLD DNM - LHP**

THE DOCTOR'S DOCTOR

Self-published - Accepting offers from Publishers/Distributors

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## **MY MISSION**

My mission, my passion and the spiritual directives given to me in 1995 and shared by my wife Danielle and a preferred group of highly qualified, like-minded professionals, is to bring awareness to peoples of the world of all the alternatives available for the curing of all diseases and ailments. So-called "terminal diseases" like cancer, childhood diabetes and asthma are all curable, yet tens of thousands of innocent children die.

Imagine the grief and sorrow of a family who loses a child and the happiness we could bring to them with modalities that have been tested and proven to reverse even the severest of ailments.

I have been bringing awareness on the causes and the proven cures of all diseases to 25 million americans on a weekly national television show for the past 22 years and have evidence of curing of all common diseases from the viewers. Thus I wrote this book to change the way people and doctors look at and treat disease by introducing them to the many alternatives available to them, that truly work.

I have no interest in yachts and fancy cars, all the money this book makes will be used in the furtherance of my and my wife's passion to bring relief to innocent sufferers, especially children. I urge you to support our effort and together we can save hundreds of thousands of innocent lives and our ailing nation.

The wealth and strength of a nation is dependent on the health of the nation. However this can not be attained if we are indoctrinated daily on T.V & Radio by uninformed spokes persons promoting inferior synthetic products that suppress the symptoms, BUT NEVER CURE THE CAUSE. This book will show you how to overcome and cure, not how to suppress symptoms and suffer your whole life. May God's richest blessings be with those who have faith and compassion.

Basil Gold

## **A NOTE FROM THE AUTHOR**

My Many thanks to friends & viewers over time who requested a book and for all the encouragement I received from my Medical colleagues. You made my efforts worthwhile. A special thanks to my wife, Danielle Rutherford for her never ending encouragement and endearing dedication to my work and that of The Lord, whose path we walk together, hand in hand. Thank you for the many late hours and research Danielle. Our primary reward will be witnessing the relief of sufferers, as we so much desire. Thank you Dr Jeffrey Arbeit for your help in getting this book published and to the world. Thanks to other financiers for their faith, support and desire to see this book in every household and for making it happen.

There are those who will try to stop this information from getting out, but the Almighty will prevail:

Psalm 34: Vs 17. The righteous cry and The Lord heareth, and delivereth them out of all their troubles.

Psalm 34: Vs 19. Many are the afflictions of the righteous but The Lord delivereth him out of them all.

### **A Note from Danielle**

I have truly been blessed and touched by God's magic wand for bringing me to Basil and being able to share in his daily teachings and the God given knowledge that has been bestowed on him, so that I too may help others help themselves. May you too be blessed with some of his knowledge and share it with others. He who has ears, let him hear!

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# **INTRODUCTION**

## **What Doctors Don't Know...And You Should!**

Flabbergasted describes my emotion when contemplating the fact that have been so unbelievably indoctrinated, since birth, by their parents, their peers, and the mainstream media. One is hard-pressed in convincing them cancer and all other ailments can be totally reversed. One would say, "If that were possible then why doesn't my qualified doctor know"? The answer is, most or all M.D.s are only taught 'allopathic' reaction medicine as opposed to naturopathic, holistic, nutritive, and homeopathic medicine, also known as preventative medicine and proven to be curative.

I have been an investigative T.V. presenter for 20 years researching natural medicines and supplements for efficacy and worthiness. In this manual you will find a host of natural health therapies and supplements that have been used and developed over many centuries by farmers, inventive geniuses worldwide that have been proven to totally reverse and overcome diseases of all kinds.

Your conventional doctor is not taught or given the option, or sought the option of learning these validated sacred biochemical, nutritional cures. After subjecting you to all the drugs and operations many doctors would rather send you home to die than send you to a naturopathic medicine expert that could save your life.

The doctor may diagnose an obvious symptom, but rarely finds or looks for the original cause. He superficially treats symptoms over many expensive office or hospital visits, tries toxic drug prescriptions with horrible addictions and side-effects, and/or radical surgery, and charges big bucks. This never solves the original cause. To eliminate the cause would mean an increase in your health and no need for future visits, prescriptions and/or operations. Right! Drug cartels along with their partners, medical associations and controlling councils, encourage Diseases from birth, as this book will show you.

## **National Economy Depends On Your Illness**

We now generate more money on health-related issues than any other substance, over \$900 billion annually, and more than \$700 billion on prescription drugs with deadly side effects claiming 700,000 lives and increasing annually.

Since 1999 we have spent over \$20 billion annually, "and" rising, on natural "alternatives" that have efficacy and worthiness. These alternatives, most times, prevented or brought about remission and totally reversed the conditions of AIDS, cancer, heart diseases, colitis, arteriosclerosis, arthritis, osteoporosis, asthma, allergies, ADD, diabetes including insulin dependant, digestive disorders, Hodgkin's disease, and leukaemia. Tumours are dissolved instead of surgery, AIDS and lupus overcome, poor vision and hearing restored, headaches, menopause, and obesity, to mention just a few. Take the blinders off your eyes: Millions of people are being cured worldwide each year! This can be evidenced in medical journals or from the Internet. This manual will show you explicitly how to do it for yourself, day by day.

### **Don't Ask the Doctor**

Is it not grossly unfair of your doctor to prescribe chemical drugs to you after reading the short & long term side effects in his PDR (physicians desk reference). Why are his drugs legal?

Ask yourself the following: How do they get away with it? Mind altering drugs are illegal when it comes to a natural herb such as hemp, why not Prozac, Zanax, Ritalin, etc., which are not only mind altering, addictive, and perpetual, but have caused people to commit murder and suicide. There is plentiful research and reports out there that are not told by the mass media of the dilemmas and deaths due to prescription drugs. No drug can cure the problem; it only suppresses the symptoms and the body-mind natural mechanisms. They can not, do not, and will never cure the underlying cause of the problem, and hundreds of thousands have died directly from prescription drugs and continue, to every day.

Take the responsibility of your health and maintenance into your own hands. Only follow sound advice and you too can experience miraculous healing from chronic and degenerative diseases. Do not ask what your doctor can do for you; rather ask what you can do for yourself. Many years ago I had contracted a Granuloma on my lung; I believed that anything on the common marketplace was safe to consume because the FDA had checked it out and declared it safe. Daily things like taking a shower in chlorinated water, sodas, packaged foods, swimming pools, etc. I thought were safe. I found out they were wrong. Chlorine and thousands of "approved" ingredients are poisonous by themselves. In addition, we have to contend with 500,000 chemicals which are in use today and have devastating effects on all who are not aware of

them, or who know not how to avoid them, and do not know how to by replace them with the healthy alternatives that this in-depth research reveals in the following pages.

## **My Personal Challenge**

The day I was told I had a granuloma on my lung (which I believe was caused largely from breathing carcinogens in the shower) I began to change my beliefs and my lifestyle habits. One cloudy night whilst sitting alone in the garden, I became wonderfully overcome by a spiritual sight in the heavens with a very distinct and personal message which changed my life forever. That night The Almighty Creator changed my life and from "that" day on I had the urge to consume every piece of research ever presented. I became ravenous for health and environmental information of all sorts with an incredibly new retention span like I wish I had all my life. Fortunately I was in a position to take a 2 year sabbatical to research and learning became my master, so that I may teach and save lives as I was directed to do.

I made a decision that very same first night to change my television career. At that time I was producing and hosting a weekly music television show and got more than a strong urge to produce a weekly alternative health show that would change people's lives. The TV series: **"AWARENESS, Health and Environmental Alternatives,"** was born.

I had what seemed like a God-given new ability to know hearsay from fact. I got a sponsored sabbatical and an electronic microscope to research water and blood all its' elements and applications. Water is indeed the number one cause of two thirds of all of our ailments and diseases. I have thus included two very revealing chapters on the right water with enough facts to convince even the biggest sceptics.

I am so blessed by The Almighty as I receive calls daily from around the country telling me how the show has changed someone's beliefs and ultimately their lives. I now want to pass this information on to you and yours with this manual that you can share with others forever. My own personal health challenge disappeared, as I knew it would from that very first night. Three months later my Doctor called me to come in for a check on the Granuloma. Needless to say he was amazed the Granuloma had disappeared, but was not open to 'the cure' and heard none of the teachings I had brought to his desk. He still practices his allopathic medicine. If I had listened to him I would still be

receiving his ongoing ritual of prescription drugs, and chemotherapy until he would have said, "I'm sorry, there is no more we can do for you."

Because of my personal trauma and challenge for survival, I want you, the reader to know, that I have checked out all of these truths and facts, cross-referencing them over and over again, year in and year out, BEFORE presenting them to you. In the past twenty years thousands of my television viewers have taken heed and totally recovered good health. So too can you!

### **Let Mother Nature Provide**

Let us look into really curing the problem by eliminating firstly, the causes. I have, in my possession, thousands of testimonials from people who were suffering and slowly dying of serious diseases. Now, these diseases have basically been overcome and ultimately become an infliction of the past for them. They changed to nutritional methods and are no longer on prescription drugs having completely regained their health. It is time to take the blinders off your eyes and find out that your disease can be totally overcome even when your doctor has given up hope (This usually occurs when your insurance or cash flow runs out).

### **Is Your Doctor's Decision ever Right?**

People are always telling me, "Well, my Doctor says I must...etc." And I ask them in return, "Why do you never question the doctor's instructions, why are you paying him?"

### **SOME QUESTIONS TO ASK YOUR DOCTOR**

- 1) How many hours of nutritional education have you had? What, and what not, should I eat?
- 2) Why do I have to keep coming back, can't you show me how to cure my problem, if not, then what am I paying you for?
- 3) What are bad foods and what are good foods, Doc?
- 4) Why Antibiotics? Don't they destroy all friendly bacteria allowing Candida/yeast to thrive creating serious side-effects or do you have another drug for the side-effects. Neat! Why not anti-oxidants with no side-effects which actually work better?
- 5) How do we cure the cause of our health problem, and how do we clean out, not cut out the colon, Doctor?

- 6) How did my disease/ailment start, can you tell me?
- 7) What is the proper water to drink, how much, how often?
- 8) What causes ADD and Alzheimer's, impaired hearing and M.S., is it not metals and malnutrition to the brain?  
(What about Brain foods?)
- 9) What side effects does my prescription have and why? Can't you prescribe the proper natural substances to address the problem?
- 10) Can cancer be cured, if not, why not Doctor, there are too many recoveries and reports to ignore. 11) Is it okay to drink diet sodas, what about the aspartame, chemicals and Aluminium?
- 12) Why is the average life of doctors only 58 years of age?
- 13) Why are you wearing glasses, going bald or fat, are you not short of proper nutritional knowledge for even your own sufferings?
- 14) How can you possibly prevent malignant tumours from spreading with surgery?
- 15) How many similar cases, such as mine, have you successfully reversed permanently?
- 16) Are you interested in knowing about natural remedies that have totally cured people.

Doctor, in short, it's the 21st century and tumours are being totally consumed through alternative modalities, why do you still practice disease management? I'm looking for a cure, Doc, not maintenance. Broaden your mind, Doc, goodbye!

It is you who are paying a doctor for their knowledge of your intimate and personal problems, you assume with all their years of studying and researching they should have all the answers, SO ASK THE QUESTIONS!!! You will find out he does not have the answers, this book will open your eyes to long practiced and successful important nutrients in supplements that bring results from day one.

Use only organic all natural supplements as explained herein: In South Africa they all available by calling or emailing the author.

## FOREWORD

I'll never forget the day Basil Gold walked into my life. I was in Las Vegas, NV lecturing to a group of students on how to restore health to nutritionally starved children and adults. These are people who have been injured 'beyond repair', so to speak and have little or no hope left of every living a happy, healthy or normal life.

It was very sad for me to see the physical state these people were in as a result of having little to no understanding on how to supplement the body with nutrition. It is one thing to be realistic about your situation, but it is an entire matter all together when you are left with absolutely no hope of ever changing your life.

I have found as long as an individual is open minded, no matter how desolate they may seem, there is always a chance, at the every least, of a partial recovery. Little did I know how my perception on healing (and life for that matter) was about to change.

I never realized what a major role water and nutritional supplementing actually played in overcoming ill health.

My lecture went on for about 2 hours and afterward I was introduced to Mr. Gold. I, of course, knew of him but had never met him. What struck me most about Basil was how young, healthy and full of incredible energy he was. He told me he enjoyed my talk and then asked me to show him the type of water the students and I drank. What I was about to learn not only changed my life, but also the lives of my wife and children.

Basil Gold has been called the 'Doctor's Doctor.' This I believe is due to the fact that many Doctors seek him out for his advice not only on how to heal the sick, but also on how to maintain health well into a person's 80s, 90s and beyond.

The information contained in this book has had such a life changing impact on my life that I feel it belongs in every household. The chapters Basil has written on water in this book will change your concept of water forever. Anyone who has or is suffering from disease or knows of someone who is needs to share this knowledge, whether it is on the bus, train, on the way to work or just sitting

around the dinner table with family and friends.

Basil has in his possession thousands of testimonials (I have seen quite a few of them) from people who were suffering and slowly dying of serious disease and now these diseases have basically been overcome and ultimately vanquished from their lives. They changed their nutritional methods and are no longer on prescription drugs having completely regained their health! Basil also has, as you will see in this book, many testimonials from doctors who understand the importance of getting this knowledge out to the public.

The knowledge contained in this book is NOT something to memorize and learn! It is something to be experienced and cherished and practiced for a lifetime. I have personally seen hundreds of cases where my friends, parents and even my family members have gotten their health back literally 'before my eyes!'

Recently, I had the opportunity to spend an entire weekend around Basil and his family. I actually 'ate, drank, slept (yes there are things to do and to avoid even when you are sleeping as you will read about in this book) and lived this incredible philosophy with Basil. At first I must admit, it is all a bit overwhelming, but after a while this type of lifestyle becomes very comfortable and natural, especially when one considers the enormous health benefits derived from such a program as Basil provides in this book. I will be forever grateful for the time, care, patience and concern Basil and his wife took in 'educating' me over this 'very short' weekend. My only regret was that I did not have a month to spend with this incredible man and his family.

My hope in passing this on to you is that you use Basil's book to gain your own personal health and well being. Please pass this information on to your family, friends and anyone love and care about. I can honestly tell you this information has not only made a huge impact on my life, but also the life of my students, patients and family. I use it and talk about it on a daily basis to everyone I meet.

Because of the enormous benefit to ALL human beings everywhere and the miraculous changes you and every reader will experience. I have taken a personal interest in getting this book published and available. No matter who you are or what position you have in life, there is something everyone can learn from reading this book. Dr. Jeff Arbeit, New Hampshire U.S.A

# CHAPTER 1

## DID YOU 'KNOWS?'

- 1) Did you know that going to the Doctor is the number one cause of death in the USA today?
- 2) Did you know 99% of diseases are not handed down in the genes? It is the habits and lifestyles of families that are handed down.
- 3) There are approximately 700,000 doctors practicing reaction medicine; and about 1,500 doctors who practice prevention medicine and whose numbers continue to grow annually.
- 4) Water in America is the number one cause of 2/3 of diseases. (NRDC) Natural Resources Defence Council
- 5) Taking long, hot showers is the prime cause of lung cancer, faster than cigarettes.
- 6) 85% + of all Americans now have parasites thriving inside their digestive systems causing chronic fatigue and disease.
- 7) Illness is America's #1 income, over \$900 billion and over \$700 billion in prescription drugs.
- 8) Sunglasses are not good for the eyes; they need sunlight on the retina daily for Vitamin D absorption.
- 9) All shampoos and soaps have petrol-chemicals, animal fats, preservatives, all of which are detrimental to your health and promote cancer.
- 10) All fast foods contain toxic substances.
- 11) Boiling water does not purify, it actually increases nitrates while destroying Bacteria Which do you want?
- 12) All tap water is contaminated and toxic, accounting for many of your ailments and those of your children.
- 13) Cigarettes now have up to 500 chemicals added which ensure cancer causing substances not prominent in plain tobacco.
- 14) Vision can be improved and hair loss can be reversed with nutrition, eliminating the need for glasses and wigs.
- 15) All kitchen cleaners, sprays of all kinds are extremely toxic to you and your neighbours.
- 16) Sunscreens, sun blocks, and chapsticks are petroleum based and cause skin cancer.
- 17) The mouth absorbs into the blood stream instantly even when spitting out mouth wash and other non natural substances.
- 18) All tooth pastes are toxic, except all organic natural without methyl