



## Nightshade Free Pain Free

By Michael Fowler

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An overview of how nightshades plants(potato, tomato, eggplant, etc) in the diet may be a leading cause of many "incurable" diseases, such as arthritis, irritable bowel syndrome, migraines memory loss, chronic fatigue, and more. An exposé on the hidden dangers of toxins in these commonly eaten plants; covers the history, toxic effects, and diseases that may result. After years of needless suffering and frustration from chronic fatigue, joint pain, and intense bowel disorders one man discovered the cause of all of these problems, Nightshades. Learn how nightshades in diet may be the source of numerous health problems for millions of people. You are very familiar with Nightshade plants even if you do not recognize the term. Also called the potato family, these plants contain poisons that attack the nervous system, joints, brain, and even cause cancer. Like its brother tobacco, the potato contains the dreaded nicotine and other toxins that may be even more dangerous. The poisons in potatoes have hidden side-effects that you should know about before having your next meal! .Learn how potatoes can damage your health .How potatoes are related to nerve gas .How kings forced potatoes on the people .How the E.P.A., F.D.A. and W.H.O. refuse to tell people the truth .Potatoes may be the leading cause of: cancer, arthritis, depression, Alzheimer's. "Of the 52% rigidly on the diet [without nightshades], 94% reported complete or substantial relief of arthritis." - Journal of Neurological and Orthopedic Medical Surgery "In a recent (1983) poisoning associated with a school lunch program, 61 of 109 school children and staff in Alberta, Canada, became ill, most within 5 minutes, after eating baked potato." - (Anon, 1984). ".potato neurotoxins have been shown to cause birth defects in rodents." -Dr. Bruce N. Ames and Dr. Lois Swirsky Gold. ".positive correlation of appendicitis incidence rates with potato consumption" -Digestive Diseases in the United States: Epidemiology & Impact -James E. Everhart The toxins found in potatoes may be the leading cause of Alzheimer's, inflammatory bowel disease,congenital spina bifida, osteoporosis, migraines, birth defects, cancer and more!

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## **Nightshade Free Pain Free By Michael Fowler Bibliography**

- Sales Rank: #1452051 in Books
- Published on: 2007-08-01
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .43" w x 5.98" l, .67 pounds
- Binding: Paperback
- 199 pages

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