

## ***DON'T SAVE FOR RETIREMENT.....UNLESS***

*For those for whom I care most deeply.....Bob Barrett*

### **Summary and Conclusion: Statistical Certainty**

In Large Populations, there are Statistical Certainties:

1. Biological life span cannot be extended. It can be reduced.
2. Smoking reduces life and health spans and proportionally to use. The damage is incremental. Effects are never fully erased.
3. Excessive Alcohol consumption reduces life and health spans and proportionally to quantity and frequency. Adverse effects are never fully erased.
4. Miners who fail to use proper personal protective equipment are more likely to get Silicosis and Black Lung. They are incurable.
5. Those who work with asbestos are more like to contract Mesothelioma
6. Consumption of Animal Products, highly processed foods, fried foods and salted foods reduces life and health spans proportional to ingestion.
7. Body shape and health are related to diet.

### **DO WE NEED MORE “BIG GOVERNMENT”?**

**YES!**

Here is the link.

<http://www.ncbi.nlm.nih.gov/pubmed/23410611>

**It says government intervention/regulation is the only way to shut down the burger/fries/chicken nuggets/ramen/sugar cereal and ultraprocessed “food” industries that are spreading NCDs world wide. (Non-Communicable Diseases - type 2 diabetes, cancer, atherosclerosis, stroke, obesity, even extending to infertility, snoring, erectile dysfunction, etc., etc.). At least someone is recognizing that this out of control**

## **epidemic of Addictive Foods is robbing us of normal childhoods and disease-free years.**

The U. S. has slipped to **31st** in life spans in developed nations. Does that not send some sort of message to people who can read and write? Our health care system is near chaos, and we can't come to say the single cause....Addictive Foods. Like not saying Islamic Terrorists. We allow Ronald MacDonald to walk the streets a free clown. The Colonel is celebrated as an *entrepreneur*....for heavens sake, think how many people have given up how many years of health in tribute to his accomplishments. He has far exceeded Stalin in creating societal disruption, massive genocide. Stalin stayed home....our Colonel knows neither geographic nor racial boundaries.

Doubt this? Read this Harvard Magazine article:

<http://harvardmagazine.com/2004/05/the-way-we-eat-now.html>

We regulated the tobacco industry and made them accountable. Think about how many lives today are being extended through vilifying and controlling tobacco. Problem is that the Tobacco Pusher's forced exit left a gap, a vacuum. And that has been filled by The Big Food People, a smarter, better trained and exponentially more resourceful group of amoral profiteers than Big Tobacco ever fielded. Their crimes against humanity, their subtractions to life and health spans, are almost exactly the same as their predecessors in pre-regulated tobacco. So don't smoke and eat bacon-

cheeseburgers, or smoke and eat healthy....it amounts to the same outcomes in terms of disease free lifespan. The critical difference is that Big Food preys indiscriminately on our innocents, even our infants. Doubt me?....read a children's menu today. What adult would eat that Addictive Crap!

The enormity of this crime against humanity makes the Nazis look like amateurs. The suffering imposed on the peoples of the world by this raging tsunami of Addictive Foods makes Auschwitz look like a resort. Wait till you go blind with diabetes or pee on yourself forever after prostate surgery or drool with dementia. The lucky just fall over with heart attacks and strokes. If you weigh now more than you did at age 21-23, you are most likely a victim of Big Food and their Addictive suite of choices. They don't promote broccoli.

Your body shape/size is almost always related to what you are eating. It is genetics only if your predecessors ate the same junk.

Add up the numbers. Costs to society to deal with these diseases are crippling, beginning with fat kids, kids with age-inappropriate behavior and ending with years of ever intensifying medical experiments. Experiments...yes... take time to read the "possible" side effects. I personally expect that the increasing cost of medical care will bring down the Trump presidency. People are already not buying health insurance, expecting Trump to do the impossible.... To bring down costs.

We are told to trust Big Med and Big Pharma. They will have the pill that will cure anything and everything by the time you need it. You can erase a lifetime of physical abuse with a pill?! Right, you bet, count on it. What it takes is called Personal Responsibility. The hardest decision of your life. You can't undo a lifetime of abuse to yourself with a 5 day regimen of pills from a "doctor".

So, Don't Save for Retirement...unless you allow yourself, unless you prepare yourself, to be healthy enough to enjoy it.

Finally, collaborating this thesis:

<http://www.cbc.ca/news/health/food-cravings-engineered-by-industry-1.1395225>

I will close with my last reference, perhaps the most compelling. I can see some of my comparisons in my White Paper on the Perfect Biologic Diet with the corrupt tobacco industry in Dr. Greger's text. ☺ Thank you for reading. Bob

[http://nutritionfacts.org/2016/08/18/big-food-twists-science/?utm\\_source=NutritionFacts.org&utm\\_campaign=fe7e48851e-RSS\\_BLOG\\_DAILY&utm\\_medium=email&utm\\_term=0\\_40f9e497d1-fe7e48851e-23352705](http://nutritionfacts.org/2016/08/18/big-food-twists-science/?utm_source=NutritionFacts.org&utm_campaign=fe7e48851e-RSS_BLOG_DAILY&utm_medium=email&utm_term=0_40f9e497d1-fe7e48851e-23352705)