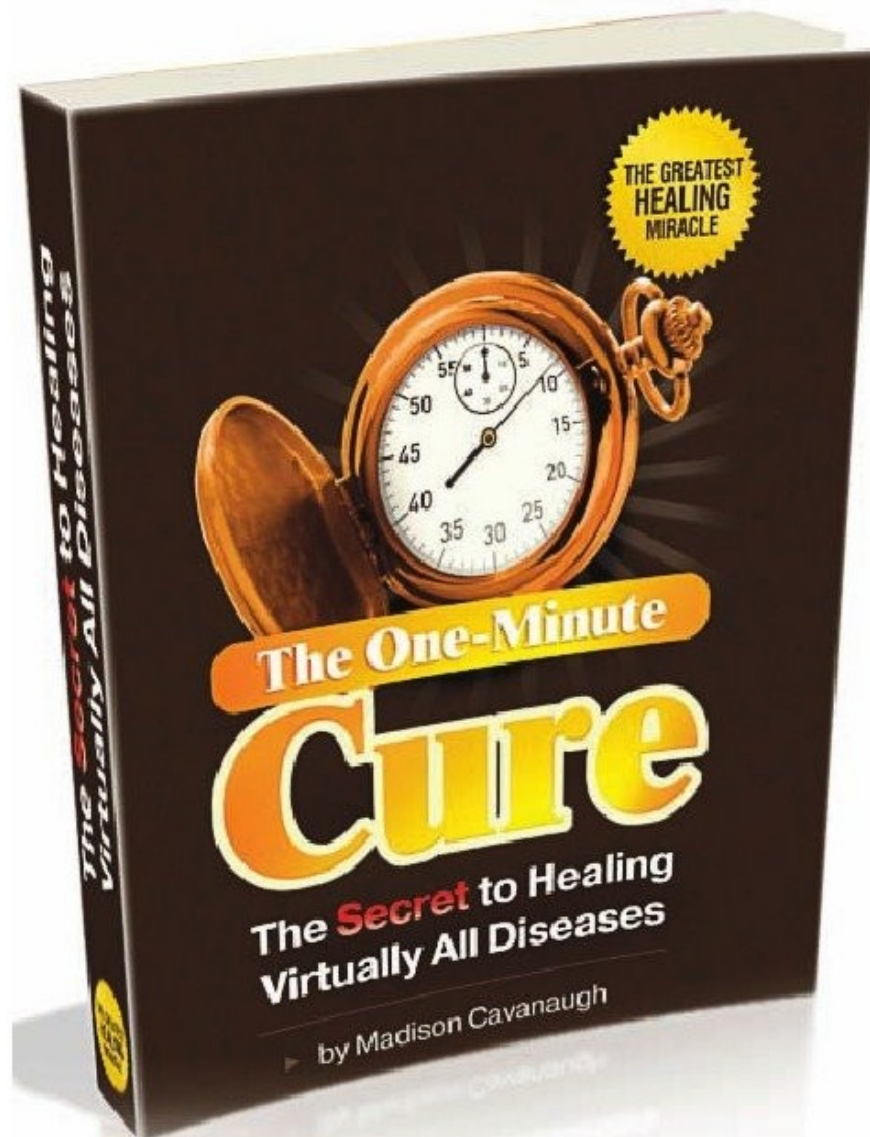


# The One-Minute Cure: The Secret to Healing Virtually All Diseases

by Madison Cavanaugh



*Sample Chapter*

<http://budurl.com/OneMinuteCure>

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~ SAMPLE CHAPTER ~

**T**he information you are about to read in this book will not only *shock* you, but also *anger* and *excite* you at the same time. It will shock you because the simple therapy presented herein may be the closest thing to a *panacea* that you've ever encountered, and yet it has been deliberately suppressed by those who care less about protecting people's health than they do about their own financial interests. It will make you angry because you might have relatives, friends and loved ones who have suffered unnecessarily from preventable diseases, or even died, because this information has not been disseminated as vigilantly as it should have been. And lastly, it will excite you because the simple therapy which is the subject of this book may well be what its supporters call "the world's greatest healing miracle of all time."

If you are like most people, you probably find it hard to believe that any **single** therapy, substance or element could have such a far-reaching and broad spectrum efficacy when it comes to curing diseases. You have every reason to be skeptical. You might be thinking, 'How could anything so simple actually be the answer to all our complex health problems?'

But the fact is, simple concepts are often the most powerful ones—and yet usually the most ignored. This is

particularly true in the health care field. Over the last seven centuries, we as a society have been programmed to regard the curing or healing of disease as a perplexing and complicated science that is best left in the hands of medical practitioners. As a result, we've come to rely almost exclusively on the information that is dispensed to us by doctors and health care providers who are themselves usually uninformed about alternative healing options that may be better for treating diseases than the standard medical treatments consisting of drugs, surgery, radiation or other therapies.

What you're about to learn from this book is a simple, inexpensive therapy that can be self-administered at home in less than a minute—and costs about 1½ cents per day. An estimated **15,000 European medical doctors, naturopaths and homeopaths** have provided this powerful therapy to over 10 million people over the past 70 years to treat over 50 different diseases, but in the U.S., it has been relatively unknown because of reasons that will become clear as you read the rest of this book.

Before I reveal what that therapy is, it is necessary to present an abbreviated history of medicine and how it evolved into the overcomplicated, complex system of healing that is practiced today. From this condensed retelling of events, one can glean that the process of 'curing' disease does not have to be the expensive and often invasive procedure it presently is. There is an easier, more organic and far more effective approach to curing disease and maintaining good health—one that has been obscured by

the highly complex science (and business) of medicine and pharmaceuticals.

Ever since the dawn of medicine centuries ago, misinformation about healing has been propagated to the public through various methods. The earliest method used, especially during the Black Death in the 14th and 15th centuries, was the ‘traditional authority’ approach to science and medicine. This consisted of the idea that if a prominent person declared something to be true, then it must be so—and anything observed to the contrary was regarded as an anomaly.

Centuries later, physicians like Ibn al-Nafis (regarded as ‘the greatest physiologist of the Middle Ages’) and Vesalius (founder of modern human anatomy) replaced previous doctrines and discredited many of the theories of ‘traditional authorities’ with doctrines derived from their explorations in physiology and anatomy.

Fast forward to the 20th century—evidence-based medicine began to emerge, wherein the most effective ways of doing things (also called ‘algorithms of practice’ or ‘best practice’) were identified through scientific methods and modern global information science. The evidence was collated; standard protocols were developed, and thereafter disseminated to doctors and healthcare providers. The problem with the ‘best practice’ approach is that it served to suppress all other alternative approaches to treatment.

Furthermore, the scientific methods used in drawing conclusions, although seemingly logical and unbiased (therefore, reliable), were actually *flawed*.

All scientific experimentation is subject to *confirmation bias* (or the *observer-expectancy effect*) to a certain extent. Confirmation bias is an unfair influence found in scientific research when a researcher expects a given result, and therefore, *unconsciously* manipulates an experiment in order to find that result. A researcher's particular ideology, worldview, superstitions, traditions or religion can cause him or her to assign greater weight to some data over other data. The human brain has a tendency to fill in the gaps of what it perceives, and oftentimes, a researcher may also be stubborn, unwilling to admit a mistake, or embarrassed by having to withdraw a publicly declared belief. Thus, any conclusions derived from "scientific studies" or "clinical studies" are rarely unbiased, and thus, cannot always be regarded as reliable.

At present, there exists a confusing array of so-called 'best practices' for every part of the anatomy, all *tainted with bias* to one degree or another. This has made the curing of diseases *seem* like a complex and mysterious science with its own language that is beyond the understanding of the non-medical population—like the scriptural Tower of Babel that brought about a confusion of tongues.

What complicates the matter is that the field of medicine has given rise to a slew of organ-based specializations such as neurology, cardiology, dermatology, ophthalmology, urology, gynecology, endocrinology, etc.—as well as disease-based specializations such as oncology (for cancer), gerontology (for diseases of the aging) that each have their respective modes of treatment and therapy. The end result is

a medical model not unlike the legend from India about the 6 blind men who encountered an elephant.

### **The Legend of the 6 Blind Men and the Elephant**

There once were 6 blind men who, upon encountering an elephant, gave their own individual assessments of the elephant. The first one happened to fall against the broad and sturdy side of the elephant, and concluded that the elephant is very much like a *wall*. The second one, feeling the tusk, said the elephant was very much like a *spear*. The third one happened to take the squirming trunk in his hands, and said the elephant was very much like a *snake*. The fourth one, reached out and touched the elephant's knee, and concluded that the elephant is very much like a *tree*. The fifth one happened to touch the ear, and insisted that the elephant is very much like a *fan*. And the sixth one seized the swinging tail, and said the elephant is very much like a *rope*. Each of the blind men was partly right based on his own subjective perception—but at the same time, *mostly wrong*. The comical part of it all is that their dispute stemmed from utter ignorance because none had ever seen the elephant!

The field of medicine, with its compartmentalized theories about what causes disease and how to eradicate it from the human body, actually perceives only a *small snapshot* of the larger picture, a *localized subset* of the larger workings of the human body.

One would think that because the medical and pharmaceutical industries have grown as large as they have, that we would have less sick people in the world. But the opposite is actually true. There are more sick people in the U.S., for instance, than at any other time in history—not just in actual numbers but as a percentage of the population.

This, in no way, is intended to discredit doctors, medical practitioners and institutions that have genuinely good intentions of helping to heal people and eradicate disease. It simply points to an ineffective medical system that is focused on illness rather than wellness, that promotes expensive (i.e., profit-driven), invasive and potentially dangerous (or even deadly) medical procedures, drugs or treatments rather than simple, natural, inexpensive, effective treatments or therapies that have no side effects.

There's a Chinese proverb which says:

The *superior doctor* prevents illness.  
The *mediocre doctor* attends to impending sickness.  
The *inferior doctor* treats actual illness.

According to the above definition, traditional (allopathic) doctors are either mediocre or inferior! However,

they are so, not necessarily because of their mediocre or inferior dedication to the healing profession, but because all 126 medical schools that provide conventional medical education and training focus on treating actual or impending diseases rather than preventing them.

While the majority of drugs prescribed by doctors may seem to provide relief (or so-called “cure”) for a disease, **most of them simply relieve symptoms or the pain associated with the disease, but don’t cure the disease.** For example, the most popular asthma medications (consisting of inhaled beta-agonists), which relax airway muscles, may help asthma sufferers to breathe easier, but they do NOT cure the condition nor reduce the inflammation in the airways. The drugs that do claim to “cure” an illness by halting the spread of invading germs, such as bacteria and viruses; and by killing cells as they divide or preventing them from multiplying; do so but not without harming the body to some extent.

Practically **all drugs have side effects:** that is, they cause **effects** (including adverse and serious effects) other than those that are desired. Sometimes, drugs provide relief for one health problem, but in the process, give rise to even more serious health problems. So we take drugs that relieve the symptoms of osteoporosis and in turn, acquire a high risk of breast cancer; and we trade impotence for heart disease; or depression for diabetes; and take a pill for arthritis at the risk of getting a heart attack. There are even drugs that are designed primarily to alleviate the side effects caused by other drugs or medical treatments.

And that's only touching on the side effects of *drugs*. There are also side effects and serious health consequences that come with medical treatments like surgery, radiation or chemotherapy, for example. And even diagnostic procedures like X-Rays, mammograms and MRIs have their own attendant risks and side effects.

Case in Point: Ever since mammograms were introduced, the incidence of ductal carcinoma in situ (DCIS), **a type of breast cancer, has increased by 328%**! At least 200% of this increase is attributed to the harmful radiation of mammograms. Furthermore, mammograms are also thought to help spread existing cancer cells due to the considerable pressure placed on the breast during the procedure.

When you consider the prevailing conditions that exist in the medical industry, you begin to see that your best interests are not served by relinquishing total control of your health to doctors, medical establishments or the pharmaceutical industry.

What this means to you is that you must not blindly accept medical advice as the best course of action for your health. Neither should you be deceived by the multi-million dollar advertising campaigns of the pharmaceutical companies that promote "**medicines**" that do not cure and often harm.

### **The Most Essential Element in the Human Body**

In order to dismantle the complex healing modalities that the medical and pharmaceutical industries have created

—and discover the path to *true healing*—one needs to take a closer look at the core of human existence. The human body is composed of 70%-80% water—and water is 89% oxygen by weight. Therefore, **oxygen comprises 62% to 71% of the body**, and is the body's most abundant and essential element.

Ninety (90%) percent of all our biological energy comes from oxygen. It is the essential element that the human body needs in order to not only survive, but also have optimum levels of energy, function properly and become more productive.

Consider, for instance, that humans can survive for weeks and even months without food, and live for many days without water. But we cannot survive more than a few minutes without oxygen.

It is surprising, therefore, that people find it hard to believe that the very element, which is required by all humans in order to live is also the **secret** to keeping us disease-free. Medical professionals, in particular, would find the notion of curing virtually all diseases with oxygen rather *simplistic*, or even lacking merit.

The curious thing is that oxygen is already used in medicine. Oxygen supplementation has been used to ease health conditions, such as emphysema and pneumonia that impair the body's ability to have a sufficient intake of gaseous oxygen. Hyperbaric (high-pressure) oxygen has been used to treat carbon monoxide poisoning, gas gangrene and decompression sickness. Oxygen has also been used for life

support situations and on patients who require mechanical ventilation. Patients on their deathbed who are given extra doses of oxygen are often kept alive long after they would otherwise have died.

However, because oxygen has seldom been used in the medical setting as a *first line of defense* for preventing, let alone “curing” diseases, it has never been accorded its rightful place as the cure for virtually all diseases.

The world of science and medicine has always known that oxygen is the basis of human life, without which humans die. This fundamental truth has become so overlaid with centuries’ worth of extraneous matter that its essence has become completely obscured by the ‘Tower of Babel’ created by the field of medicine.

This book will provide solid proof that the **primary physical cause of all diseases** is linked in one way or another to *oxygen deficiency*. In fact, many of the elaborate (and expensive) therapies offered by organized medicine take advantage of oxygen's effect on diseased cells. Most conventional cancer therapies, for instance, including chemotherapy and radiation therapy, produce oxygen-activated events that kill cancer cells. Another new cancer drug, verteporfin, increases the amount of oxygen within cancerous tumors, and this kills tumors more effectively than radiation alone. Interferon drugs, which are vastly prescribed for the treatment of multiple sclerosis, owe their efficacy to the fact that they raise the body’s oxygen level. One could draw the conclusion that many drugs basically work on the same principle of oxygenation described in this

book, but those drugs cost tens of thousands times more than the pennies-a-day self-administered therapy I present herein. Furthermore, the therapy I present does not come with any of the adverse effects typically associated with toxic drugs and other radical medical therapies.

In the following chapters, you will discover ...

- how dozens of AIDS patients have reversed their death sentences and are now living normal lives as a result of this little-known therapy involving oxygen;
- how all disease-causing microorganisms, viruses, bacteria, toxins and pathogens are eradicated in the presence of sufficient amounts of oxygen in the blood and cells;
- how a great number of diseases ranging from colds and the common flu to malaria and cholera have been cured as far back as 170 years ago in India using this same therapy;
- why the handful of U.S. doctors who employ this therapy to cure a wide variety of so-called “incurable” diseases, or endorse the therapy in any way, come under heavy attack by the medical establishment and are threatened with the revocation of their medical licenses; and
- how you can oxygenate your body using a remarkably simple procedure without the aid of a doctor—and duplicate the spectacular healing

results of institutional oxygen therapy *at home* in one minute or less.

Although the fundamental concept behind the one-minute oxygen therapy is based on a centuries-old truth, it has just been rediscovered and repurposed for use in today's world. As with any newly discovered truth, it must necessarily pass through 3 stages: First, it is ridiculed. Then, it is violently opposed. Finally, it is accepted as self-evident.

The truth contained in this book is already self-evident to people in many parts of the world. Many people have awakened to the fact that a simple at-home procedure involving an oxygenating substance represents the "cutting edge" of a new healing paradigm. As more people discover this safe, effective, natural and low cost healing modality for treating both minor health problems as well as the most devastating diseases facing mankind today, including AIDS, cancer, heart disease, Alzheimer's and Parkinson's disease, it may not only improve the quality of people's lives but also help to solve our national health care crisis.

I've written this book in hopes that this therapy will become accepted by more doctors not only in the U.S. but all over the world, and that it will become a valuable part of mainstream medical practice. It is also my vision that more people will take control of their own health and healing by using this therapy, and that we will finally have a world free of virtually all diseases.

*–Madison Cavanaugh*

**N**ow that you've read the first chapter of *The One-Minute Cure: The Secret to Healing Virtually All Diseases*, you'll most certainly want to know more about this remarkable, scientifically proven natural therapy that...

- creates an environment within the body where **disease cannot thrive**;
- not only kills diseased cells but also simultaneously **revitalizes and rejuvenates healthy cells**, thereby creating vibrant energy and well-being; and
- how this safe, inexpensive and powerful healing modality—which costs only 1½ cents a day to administer at home, and has **no known adverse effects** when used properly—could potentially render almost all pharmaceutical drugs and medical treatments **obsolete!**

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