

©2006 DR ANTON  
JANSE VAN RENSBURG

### IN THIS MENTOR SESSION:

- Learn the shocking facts of how cancer has become rampant worldwide...
- Thought heart disease was for old people? Think again...
- See how allergies are following a disturbing trend...

### INSIDE THIS ISSUE:

Read this!	1
Cancer stats	2
Heart disease stats	3
Stroke stats	4
Allergy stats	4
Think you're living healthily? Maybe not!	5
Alas, there is hope!	5

# Health Mentor Programme -

## Why the Mentor Programme?

MENTOR SESSION I

### You need to read this!

#### Stop! Take a moment, and read this carefully!

The first session of The Source Health Mentoring Programme is probably going to be a longer read than the rest of the sessions in the programme but there is an important reason why...

In this session I would like to show you why I chose the slogan of this programme to be **'we live by a new set of rules!'**

### Enter Dr Anton...

Some of the disease statistics in the next few pages may shock you and may actually scare you a bit!

These diseases are a reality in our day and age with more and more people being affected as time goes by.

#### The point is this:

There are definitely more ill people in this world than what there should be and in this first session I want to share the results of my studies into how bad the problem really is.

#### Why share morbid sounding stuff?!

The answer to this question is simple. I would like this session to be a strong motivator to you during this mentoring programme as I guide you through several well-researched steps that will enable you and your children to live a healthier, more energetic life.



**The time has come to live by a new set of rules!**



The Mentoring Programme was born from the expressed need that people have to be able to better interpret and apply these solutions to their lives.

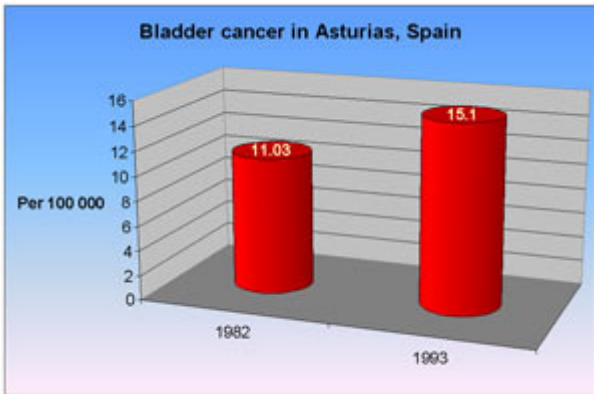
Times have changed and so have the rules. In order to live healthily, we need to live by new rules!

# Cancer incidence in the world today

## The rise of cancer

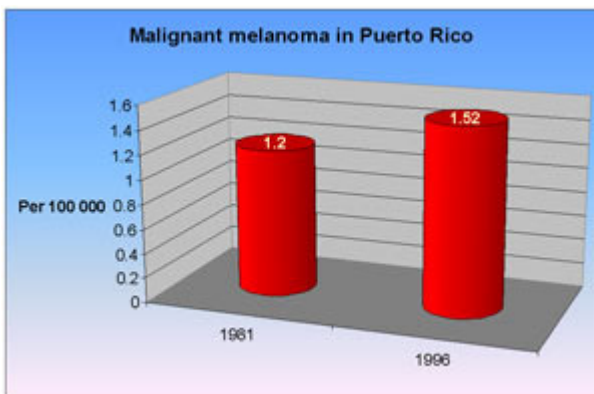
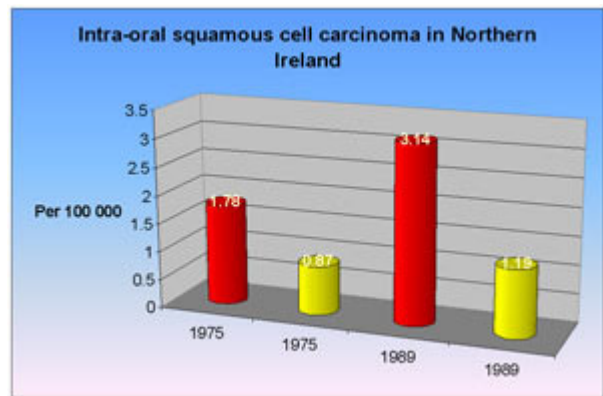
In 2002 the United States Centre for Disease Control (CDC) released an official statement that cancer is now the second leading cause of death in the USA.

I did some study of my own and looked at different types of cancer in different areas of the world. The results speak for themselves....



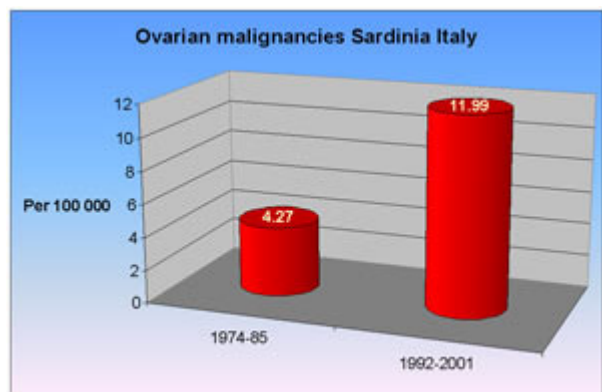
From 1982 to 1993 bladder cancer has increased in Spain

From 1975 to 1989 cancer of the mouth has increased in Ireland in men and woman



From 1981 to 1996 skin cancer has increased in Puerto Rico

Ovarian cancer in Italy has increased dramatically over the last 30 years



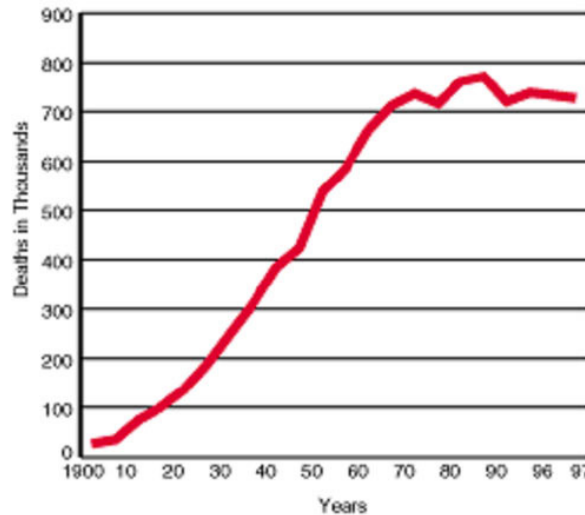
# Heart disease in the world today

## Hearts that fail...

At the turn of the 20th century heart disease and heart attacks were uncommon - believe it or not! It was actually quite an event if someone had a heart attack.

Already in 1987 heart disease accounted for 31% of all deaths in the United States!

Deaths From Diseases of the Heart\*  
United States: 1900-97



Heart disease has increased by 300% in the last 90 years

By 1987 heart disease accounted for 31% of all deaths in the USA



## Operation for the older generation?

As heart disease increased over the last 90 years, the age of people undergoing invasive cardiac operations has become increasingly younger.

In my various studies I've seen that there are definitely risks that increase your chances of getting a heart attack at a younger age, especially by what you eat!

The flipside, of course, is that there are numerous ways to protect yourself and ensure a healthy heart for many years!



The classic scar of heart surgery is now seen on increasingly younger chests, and they're not necessarily overweight either.

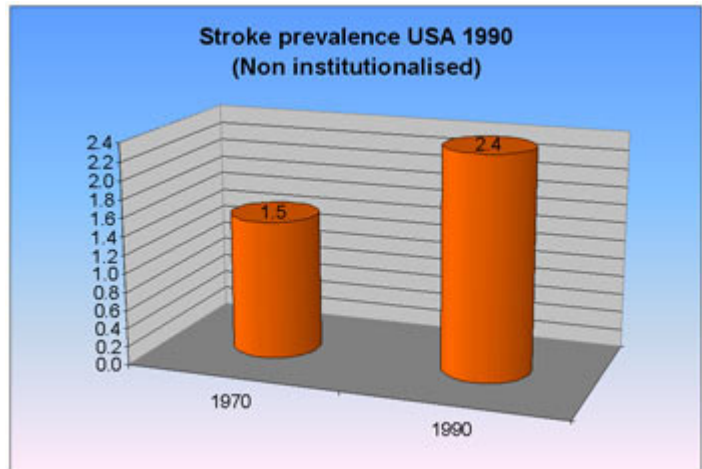
# Stroke in the USA

**NOTE: I've used statistics from the USA purely because a) they have many statistics to show and b) they can be applied to South Africa and many other westernised countries.**

If you've ever known someone who has had a stroke you will agree that this is one condition that can change a healthy, productive person into a fully dependant, disabled individual overnight. Once again, as with cancer

and heart disease, stroke is definitely showing an increase, which is a worrisome fact.

Note that stroke is also a vascular disease of which the causes and risk factors overlap with heart disease.



**Stroke, just like cancer and heart disease is definitely on the increase.**

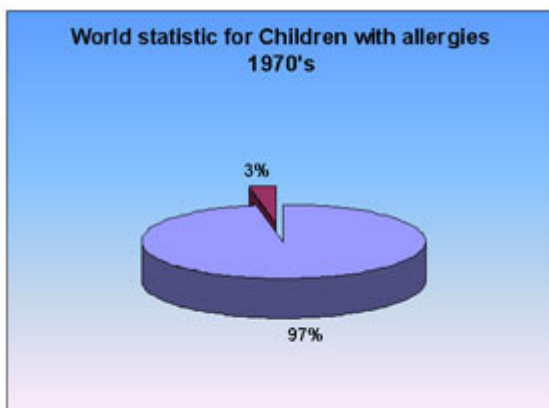
**There is 1 stroke every 45 seconds in the USA**

**The annual cost of stroke in the USA alone is equivalent to R370 billion**

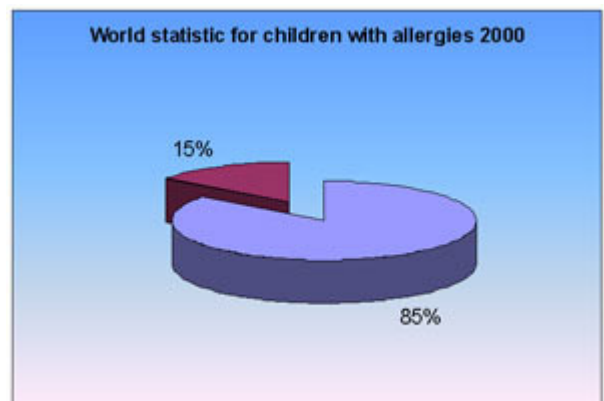
# The big sneeze!

## Allergies on the increase!

Allergies in children are following the same upward trend as heart disease and many other diseases. Nutrition definitely has a major role to play in the prevention and treatment of allergies. As a matter of fact, I will share the newest research on what a pregnant mother can consume during her pregnancy to decrease her child's chances of being allergic!



**In line with so many other diseases, allergies have increased in children world-wide by 12% in a mere 30 years**



# Trying but not knowing enough...

## The dangers of not having enough knowledge!

Many people are trying to live a healthy life and are sadly worsening their chances of falling ill in the process!

How is that possible you may ask? The answer is simple. Our planet is polluted and many so called healthy foods have become carriers of toxic substances into our bodies.



**In trying to consume healthy foods some people ingest more toxins in the process!**

**'Knowledge is power'**  
(Sir Frances Bacon 1597)

### What to do:

Side stepping the poisons of this modern world is one of the foci of the Mentoring Programme. Over the 52 weeks we will look at exactly how polluted certain substances have become and what you need to do if a) you've already been exposed to it and b) you want to avoid being exposed further.

# Yes, there is good news!

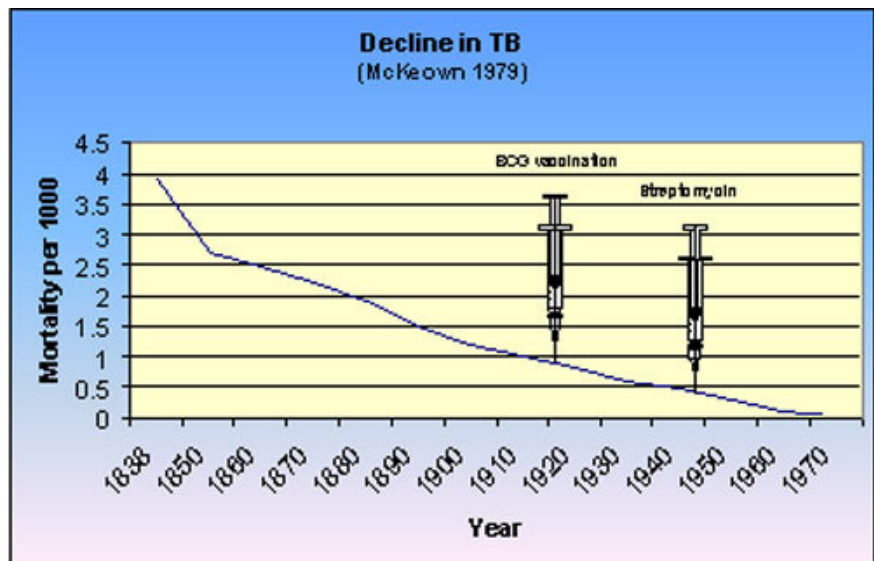
## Light at the end of this tunnel?

By now you're probably wondering if there could be any possible solution to the complicated nutritional and toxic situation that mankind finds itself in?

The answer lies in what we've learnt from history. If you look at the graph to the right you'll notice that worldwide tuberculosis decreased long before vaccinations (1920's) and antibiotics (1940's) were invented!

The reason for this?

**Improved nutrition and hygiene!**



# Let's do this!

Navigating through the minefield of information is tricky and, to top it off, the volume of information is potentially overwhelming!

That is one of the reasons why you're reading this at the moment; because you've joined a programme that is going to take you through this whole process in a gradual and easy-to-digest way. Step by step we will begin to live by a new set of rules.

I am looking forward to our collaboration in the quest to improve your quality of life! Regards, Dr Anton.

## About us

**THE SOURCE**  
NUTRITION PROJECTS (Pty) Ltd



The Source Mentoring Programme is an initiative of The Source Nutrition Projects (Pty) Ltd.

©2006 Dr Anton Janse van Rensburg

The Source Nutrition Projects (Pty) Ltd.  
PO Box 75446  
Lynnwood Ridge  
0040, South Africa  
Phone: +27 73 443 7178  
Fax: +2783 272 9805  
E-mail: [info@thesourcesa.co.za](mailto:info@thesourcesa.co.za)  
[www.thesourcesa.co.za](http://www.thesourcesa.co.za)

**'We live by a new set of rules'**

All the 'mentoring sessions' in The Source Mentoring Programme are copyright to Dr Anton Janse van Rensburg 2006 and are used with permission by The Source Nutrition Projects (Pty) Ltd.

Distribution without prior consent is strictly prohibited.

### Disclaimer:

The information contained in this article is not intended to replace the attention or advice of a physician or other health care professional. Anyone who wishes to embark on a dietary or supplement protocol contained in this document should first consult a qualified health care professional.

**Want to go back to the member section on the website?**

**Without closing this window just click on the 'back arrow' in the left top corner of this page**