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Michael Laham

Share



Webmaster Tools

elaham.homestead.com ▾

Help ▾



Site Dashboard

Site Messages

▸ Search Appearance

▸ Search Traffic

▸ Google Index

▾ Crawl

Crawl Errors

Crawl Stats

Fetch as Google

Blocked URLs

Sitemaps

URL Parameters

Security Issues

Other Resources

▸ Labs

Fetch as Google



This is how Googlebot fetched the page.

URL: http://elaham.homestead.com/Mental-Bullying.html

Date: Friday, January 24, 2014 at 11:30:49 AM PST

Googlebot Type: Web

Download Time (in milliseconds): 191

The page content that is displayed here may have been truncated. Please check the Help Center article about [Fetch as Google](#) for details about fetch limits.

```
HTTP/1.1 200 OK
Content-Type: text/html
Server: Microsoft-IIS/7.5
Date: Fri, 24 Jan 2014 19:30:48 GMT
Content-Length: 111279
Vary: Accept-Encoding
Content-Encoding: gzip
Connection: Keep-Alive
```

```
<!DOCTYPE html>
<html>
  <head>
    <!-- <hs:metatags> -->
    <meta http-equiv="Content-Type" content="
text/html; charset=UTF-8">
    <meta name="description" content="What do
you do when you think you are going insane because bully
ing gives you so much pain? We are the Bullcrapbusters. W
e expose mental bullying.">
    <meta name="generator" content="Homestead
SiteBuilder">
    <!-- </hs:metatags> --><!-- <hs:headinclu
de> -->
    <link rel="stylesheet" href="/~master/mas
ter_css.css">
    <style type="text/css">
#footer
{
    font-family:Georgia;
    font-size:11px;
    color:#d0e3ff;
    padding: 20px 0 10px;
```

```

    }
    #footer a
    {
        color:#d0e3ff;
        text-decoration: underline;
    }
</style>
<script src="/~site/javascript/jquery-1.4
.2.min.js" type="text/javascript">
</script>
<script type="text/javascript">
    <!--

var masterBottom = 938;
if (typeof jQuery != 'undefined') {
$(document).ready(function(){
    try{var footerTop = 0;var curPageBottom
= 0;
        if (typeof nPageBottom == 'undefined'
){
            $('div[id^="element"]').each(funci
on(i){
                var top = $(this).css('top');
                var height = $(this).css('height'
);
                top = parseInt(top.substring(0,to
p.length - 2));
                height = parseInt(height.substrin
g(0,height.length - 2));
                if ((top + height) > curPageBotto
m){curPageBottom = top + height;}
            });
        }else{curPageBottom = nPageBottom;}
        footerTop = masterBottom > curPageBot
tom ? masterBottom : curPageBottom;
        $('#footer').css('top', footerTop + '
px');
    }catch (e){$('#footer').hide();}
    });
}

                                                                    //-->

</script>

<STYLE type="text/css">
    <!--

navBackgroundQuickSiteMain { background-image:url('/~medi
a/elements/LayoutClipart/undefined'); background-position
: undefined; background-repeat:no-repeat }

navBackgroundSelectedQuickSiteMain { background-image:url
('/~media/elements/LayoutClipart/undefined'); background-
position: undefined; background-repeat:no-repeat }
                                                                    -->

</STYLE>
<script type="text/javascript" src="/~sit

```

```

e/Elements/HCUser_Forms_Submit/FormValidation.js">
  </script>
  <!-- </hs:headinclude> -->

  <!-- <hs:title> -->
  <title>Mental Bullying | The BullCrap Bus
ters</title>
  <!-- </hs:title> -->
  <script type="text/javascript">
    <!--
                                function
reDo() {
                                t
op.location.reload();
                                }
                                if (navig
ator.appName == 'Netscape' && parseInt(navigator.appVersi
on) < 5) {
                                t
op.onresize = reDo;
                                }
                                dom=docum
ent.getElementById
                                //-->
  </script>
  <script type="text/javascript">
    <!--

    var strRelativePagePath = "Mental-Bullying.html".toLowe
rCase();

    var strRelativePathToRoot = "";

                                //-->
  </script>
  <link rel="stylesheet" href="/~media/elem
ents/Text/font_styles_ns4.css" type="text/css">
  <style type="text/css">
    @import url(/~media/elements/Text
/font_styles.css);
    div.lpxcenterpageouter { text-ali
gn: center; position: absolute; top: 0px; left: 0px; widt
h: 100% }
  </style>
  <script type="text/javascript">
    <!--
                                v
ar unique_id = new Array();
    var form_name = new Array();
    var required = new Array();

```

```

        var req_message = new Array();

        //-->

</script>

<script type="text/javascript" src="/~site/Elements/HCUser_Forms_Submit/FormValidation.js">
</script>
</head>
<body onload="" id="element1" onunload="" scroll="auto">
    <noscript>
        
    </noscript>
    <div class="lpxcenterpageouter"><div class="lpxcenterpageinner"><!-- <hs:bodyinclude> --><!-- <hs:master23> --><div id="master23" style="position: absolute; left: 34px; width: 909px; height: 923px; z-index: 0;"><div style="overflow: hidden; height: 923px; width: 909px; border: 0px solid #52A8EC; border-radius: 0px; box-shadow: none;"></div></div><!-- </hs:master23> --><!-- <hs:master4> --><div id="master4" style="position: absolute; top: 39px; width: 985px; height: 899px; z-index: 1;"><table cellpadding="0" border="0" cellspacing="0"><tr><td height="899" bgcolor="#000000" width="985"></td></tr></table></div><!-- </hs:master4> --><!-- <hs:master18> --><div id="master18" style="position: absolute; top: 79px; left: 21px; width: 945px; height: 44px; z-index: 2;"><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#FFFFFF" class="size26 TimesRoman26">THE BULLCRAP BUSTERS <br></font></div></div><!-- </hs:master18> --><!-- <hs:master19> --><div id="master19" style="position: absolute; top: 130px; left: 24px; width: 946px; height: 39px; z-index: 3;"><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#B91806" class="size24 TimesRoman24">We</font><font face="'Times New Roman', Times, serif" color="#d0e3ff" class="size24 TimesRoman24"> </font><font face="'Times New Roman', Times, serif" color="#D36100" class="size24 TimesRoman24">Take</font><font face="'Times New Roman', Times, serif" color="#d0e3ff" class="size24 TimesRoman24"> </font><font face="'Times New Roman', Times, serif" color="#E8B900" class="size24 TimesRoman24">The</font><font face="'Times New Roman', Times, serif" color="#e8b900" class="size24 TimesRoman24"> </font><font face="'Times New Roman', Times, serif" color="#3F9C2D" class="size24 TimesRoman24">Bullying</font><font face="'Times New Roman', Times, serif" color="#3f9c2d" class="size24 TimesRoman24"> </font><font face="'Times New Roman', Times, serif" color="#406AB0" class="size24 TimesRoman24">By</font><font face="'Times New Roman', Times,

```



```
elf" STYLE="text-decoration:none;" NAME="Society's Bully"
><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEI
GHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f4" FACE="'T
imes New Roman', Times, serif" CLASS="size18 TimesRoman18
" STYLE="color:#FFFFFF">Society's&nbsp;Bully</FONT><IMG s
tyle="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.
0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSite
Main5"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" i
d="QuickSiteMain_Link5" style="cursor: pointer;cursor: ha
nd;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmou
seover="doMouseChange(nav_QuickSiteMain,this,'5',true);"
onmouseout="doMouseChange(nav_QuickSiteMain,this,'5',fals
e);"><A HREF="/Playground-Bully.html" TARGET="_self" STYL
E="text-decoration:none;" NAME="Playground Bully"><IMG st
yle="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0
" BORDER="0"><FONT ID="QuickSiteMain_f5" FACE="'Times New
Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE=
"color:#FFFFFF">Playground&nbsp;Bully</FONT><IMG style="d
isplay: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORD
ER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain6">
<TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="Quic
kSiteMain_Link6" style="cursor: pointer;cursor: hand;colo
r:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover=
"doMouseChange(nav_QuickSiteMain,this,'6',true);" onmouse
out="doMouseChange(nav_QuickSiteMain,this,'6',false);"><A
HREF="/Enforcer-Bully.html" TARGET="_self" STYLE="text-d
ecoration:none;" NAME="Enforcer Bully"><IMG style="displa
y: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0
"><FONT ID="QuickSiteMain_f6" FACE="'Times New Roman', Ti
mes, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFF
FFF">Enforcer&nbsp;Bully</FONT><IMG style="display: block
;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></
TD></TR><TR id="vNavTR_Link_QuickSiteMain7"><TD ALIGN="le
ft" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Lin
k7" style="cursor: pointer;cursor: hand;color:#FFFFFF;fon
t-size: 1px; line-height: 1px;" onmouseover="doMouseChang
e(nav_QuickSiteMain,this,'7',true);" onmouseout="doMouseC
hange(nav_QuickSiteMain,this,'7',false);"><A HREF="/Clerg
y-Bully.html" TARGET="_self" STYLE="text-decoration:none;
" NAME="Clergy Bully"><IMG style="display: block;" SRC="/
tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="Quick
SiteMain_f7" FACE="'Times New Roman', Times, serif" CLASS
="size18 TimesRoman18" STYLE="color:#FFFFFF">Clergy&nbsp;
Bully</FONT><IMG style="display: block;" SRC="/tp.gif" WI
DTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNa
vTR_Link_QuickSiteMain8"><TD ALIGN="left" VALIGN="MIDDLE"
NOWRAP="NOWRAP" id="QuickSiteMain_Link8" style="cursor:
pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-h
eight: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain
,this,'8',true);" onmouseout="doMouseChange(nav_QuickSite
Main,this,'8',false);"><A HREF="/Corporate-Elite-Bully.ht
ml" TARGET="_self" STYLE="text-decoration:none;" NAME="Co
rporate Elite Bully"><IMG style="display: block;" SRC="/t
p.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickS
iteMain_f8" FACE="'Times New Roman', Times, serif" CLASS=
"size18 TimesRoman18" STYLE="color:#FFFFFF">Corporate&nbs
p;Elite&nbsp;Bully</FONT><IMG style="display: block;" SRC
="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR>
```

```
R><TR id="vNavTR_Link_QuickSiteMain9"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link9" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'9',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'9',false);"><A HREF="/Elite-Bully.html" TARGET="_self" STYLE="text-decoration:none;" NAME="Elite Bully"><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f9" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">Elite&nbsp;Bully</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain10"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link10" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'10',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'10',false);"><A HREF="/How-to-Fight-Back.html" TARGET="_self" STYLE="text-decoration:none;" NAME="How to Fight Back"><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f10" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">How&nbsp;to&nbsp;Fight&nbsp;Back</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain11"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link11" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'11',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'11',false);"><A HREF="/Physical-Bullying.html" TARGET="_self" STYLE="text-decoration:none;" NAME="Physical Bullying"><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f11" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">Physical&nbsp;Bullying</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain12"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link12" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'12',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'12',false);"><A HREF="/Emotional-Bullying.html" TARGET="_self" STYLE="text-decoration:none;" NAME="Emotional Bullying"><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f12" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">Emotional&nbsp;Bullying</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain13"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link13" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'13',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'13',false);"><A HREF="/Mental-Bullying
```

```

ng.html" TARGET="_self" STYLE="text-decoration:none;" NAME="Mental Bullying"><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f13" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">Mental&nbsp;Bullying</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain14"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link14" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'14',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'14',false);"><A HREF="/Conclusion.html" TARGET="_self" STYLE="text-decoration:none;" NAME="Conclusion"><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f14" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">Conclusion</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR></TABLE><BR/><script type="text/javascript">
    if(typeof(addMouseAndStyleSupportQuickSiteMain) =
    = 'undefined' && typeof(nav_element_id) != 'undefined'){
        var elementDefnDiv = document.getElementById(nav_element_id);
        var tbWasIdentified = 'false';
        for(var i=0;i<elementDefnDiv.childNodes.length;i++){
            if(elementDefnDiv.childNodes[i].tagName == 'DIV') {
                var childDiv = elementDefnDiv.childNodes[i];
                for(var j=0;j<childDiv.childNodes.length;j++){
                    if(childDiv.childNodes[j].tagName == 'TABLE' && childDiv.childNodes[j].id == 'ntb'){
                        childDiv.childNodes[j].style.display='none';
                        tbWasIdentified = 'true';
                    }
                    if(tbWasIdentified == 'true'){
                        break;
                    }
                }
            }
            if(tbWasIdentified == 'true'){
                break;
            }
        }
        addMouseAndStyleSupportQuickSiteMain(nav_QuickSiteMain);
    }
</script></div></div><!-- </hs:master17> --><!-- <hs:footer> --><div id="footer" style="position:absolute; top: 15

```



```
00px; left: 0px; width: 980px; text-align: center;"><span
>Website Designed<script src="/~globals/footer.js" type="
text/javascript"></script> at Homestead&#153; <a target="
_blank" href="http://www.homestead.com/">Design a Website
</a> and <a target="_blank" href="http://listings.homeste
ad.com">List Your Business</a></span></div><!-- </hs:foot
er> --><!-- </hs:bodyinclude> --><!-- <hs:element51> --><
div id="element51" style="position: absolute; top: 2093px
; left: 44px; width: 703px; height: 20px; z-index: 1000;"
><div style="font-size: 1px; line-height: 1px;"><font fac
e="Helvetica, Arial, sans-serif" color="#000000" class="s
ize10 Helvetical0">Double click here to add text.<br></fo
nt></div></div><!-- </hs:element51> --><!-- <hs:element52
> --><div id="element52" style="position: absolute; top:
209px; left: 44px; width: 703px; height: 94419px; z-index
: 1001;"><div style="height: 94419px; padding: 0px; borde
r-width: 0px; border-color: #000000; border-style: solid;
background-color: #E8B900;"><div style="font-size: 1px;
line-height: 1px;" align="center"><font face="'Times New
Roman', Times, serif" color="#ffffff" class="size18 Times
Roman18"><b></b><br></font></div><div style="font-size: 1
px; line-height: 1px;" align="center"><font face="'Times
New Roman', Times, serif" color="#ffffff" class="size18 T
imesRoman18"><b></b><br></font></div><div style="font-siz
e: 1px; line-height: 1px;" align="center"><font face="'Ti
mes New Roman', Times, serif" color="#ffffff" class="size
18 TimesRoman18"><b></b><br></font></div><div style="font
-size: 1px; line-height: 1px;" align="center"><font face=
"'Times New Roman', Times, serif" color="#ffffff" class="
size18 TimesRoman18"><b></b><br></font></div><div style="
font-size: 1px; line-height: 1px;" align="center"><font f
ace="'Times New Roman', Times, serif" color="#ffffff" cla
ss="size18 TimesRoman18"><b></b><br></font></div><div sty
le="font-size: 1px; line-height: 1px;" align="center"><fo
nt face="'Times New Roman', Times, serif" color="#ffffff"
class="size18 TimesRoman18"><b></b><br></font></div><div
style="font-size: 1px; line-height: 1px;" align="center"
><font face="'Times New Roman', Times, serif" color="#fff
fff" class="size18 TimesRoman18"><b></b><br></font></div>
<div style="font-size: 1px; line-height: 1px;" align="cen
ter"><font face="'Times New Roman', Times, serif" color="
#ffffff" class="size18 TimesRoman18"><b></b><br></font></
div><div style="font-size: 1px; line-height: 1px;" align=
"center"><font face="'Times New Roman', Times, serif" col
or="#ffffff" class="size18 TimesRoman18"><b></b><br></fon
t></div><div style="font-size: 1px; line-height: 1px;" al
ign="center"><font face="'Times New Roman', Times, serif"
color="#ffffff" class="size18 TimesRoman18"><b></b><br><
/font></div><div style="font-size: 1px; line-height: 1px;
" align="center"><font face="'Times New Roman', Times, se
rif" color="#ffffff" class="size18 TimesRoman18"><b></b><
br></font></div><div style="font-size: 1px; line-height:
1px;" align="center"><font face="'Times New Roman', Times
, serif" color="#ffffff" class="size18 TimesRoman18"><b><
/b><br></font></div><div style="font-size: 1px; line-heig
ht: 1px;" align="center"><font face="'Times New Roman', T
imes, serif" color="#ffffff" class="size18 TimesRoman18">
<b></b><br></font></div><div style="font-size: 1px; line-
```


nt-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> In the meantime, the victim is the glue that holds the Bully Culture establishment together. At the same token the victim is also the disenfranchised member of the Bully Culture regime. The victim has the worst lot of the three socially dysfunctional roles. So it is the victim, more than the bully or the bystander, who struggles the hardest to make the nearly mission impossible happen of extricating himself from the victim role as NO ONE will help him. Don't believe me? If someone were to make a bell curve they will observe the correlation between the rising bully epidemic and the growing number of individuals who are committing homicide and suicide by going on shooting killing sprees. Since it is the victim nation that experiences the Bully Culture's oppression the most, in order to make certain that victims do not rebel against the Bully Culture, the elite bully has given the victim a double dose of bullying. The elite bully has done this by deeming that it is not enough that the victim be victimized by the, "they, we, he, she, you" outer bully(s). The victim must also be victimized by the victim's own, "me, myself, and I" inner bully.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The most comprehensive way in which the elite bully dominates the victim is through mental bullying. Our mental faculties of comprehension, understanding, and knowledge about how the world works originate from our OWN divine being. Mental bullying perpetuates and reinforces the victim role by warping the innocent individual's innate perspective on life. It does this by declaring psychological warfare upon the victim's God given belief system by making the victim believe in the LIES that the Bully Culture initiates. Mental bullying originates from the outer bully who is the instigator of the inner bully. For example, the outer bully(s) that have made my life miserable perpetuate the Bully Culture myth that, "The victim is to blame for being a victim of bullying." My inner bully reinforces it by manifesting itself as a chatter box that relentlessly sounds off in my head that I, "WOULDA, SHOULDA, and COULDA done this", and that I "WOULDN'T HAVE, SHOULDN'T HAVE, and COULDN'T HAVE done that." In other words, I am, "Damned if I do and damned if I don't." In psychological terms this is called, "A double bind."
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> My inner bully's mentality then gets emoted as the silent emotional blocks within my heart of UNEARNED SHAME, UNEARNED FEAR, and UNEA

RNED GUILT. The Jammer Feelings make me emotionally immobile and therefore render me PHYSICALLY IMPOTENT to fight back against bullying. This is how the bully, who is a pathetic, pitiful coward, makes me into a pathetically and pitifully easy bully target, otherwise known as a people punching bag. A punching bag cannot defend itself because it has no mouth to speak against, no hands to block, and no feet to dodge the bully's blows. Unearned shame gags my mouth into silence so that I will not cry out in protest against the unjust pain the bully metes out to me. It does this through the inner bully, which has mentally programmed me to believe that I am unable to prevent my pain since I cause my own suffering. Unearned fear binds my hands so that I will not rebel against the unfair onslaught of the bully. It does this through the inner bully, which has mentally programmed me to believe that I am unable to get rid of my pain since I bring it upon myself. Unearned guilt ties my feet so that I will not try to escape the undeserved suffering that the bully inflicts upon me. It does this through the inner bully, which has mentally programmed me to believe that my pain is invalid because I do not let it go.
 I do not let it go.
 The inner bully's false belief system is conceived out of any and every bully that the victim has encountered, encounters, and will encounter over the course of the victim's lifespan. So, instead of knowing that the victim's inner bully is the by product of the BAD PROGRAMMING that his so called significant others have perpetuated, and that so called society has reinforced; the inner bully makes the victim believe that there is something inherently defective about him. Therefore, while it is absolutely the outer bully who harms and hurts the victim, ultimately it is the inner bully that drives the victim to do things that are to his own detriment as well as to the detriment of others. For instance, the outer bully causes the victim's life to be meaningless by preventing the victim from having any meaningful people relationships. The inner bully - which is a manifestation of the outer bully - then blames the victim for being socially ostracized and all alone. People are social creatures by nature. So, the victim searches for satisfaction by habituating himself to "oholic" behaviors such as drug usage, liquor drinking, cigarette smoking, overeating, sexual promiscuity, excessive labor, overindulgent consumerism, religious fanaticism, and so on and so forth. You name it the Bully Culture has got it! Even though the Bully Culture condemns addictions it hypocritically urges everyone to become one type of addict or another. The Bully Culture's brand of capitalism is based upon consumerism for the sake of consumerism. What a waste of natural resources! Although some addictions do not have negative physical side effects they do not have positive emotional side effects either. Such is the nature of the beast of addiction for it can only give its host a tempo

rary fix. Unavoidably, the victim becomes aware that he is not acquiring an overall state of fulfillment from the addictive behavior that the victim engages in. After that, the victim becomes at risk for resorting to entertaining thoughts of ending his own life and/or the lives of others in order to escape the bullying.

In order to liberate the self from the victim role, the victim has to engage in one last battle. The victim must confront his own worst enemy – his inner bully. I am able to overcome the outer bully by confronting the unearned shame, unearned fear, and unearned guilt and thereby undergo emotional healing. However, in order to overcome the inner bully, I have to challenge the sick mental programmed message that the outer bully gives me of “You woulda, shoulda, coulda done this” and “You wouldn’t have, shouldn’t have, and couldn’t have done that.” I do this the same way I deal with the outer bully. I execute my HANDS on approach to bullying upon myself to show the inner bully how invalid it is. I also praise myself over everything and anything that I do that I am proud of to show myself how valid I am. Dealing with my inner bully in this way, changes my mental perspective about myself for it makes me realize that whatever the inner bully says to me is, “So absurd that I can toss my inner bully to the curb”.

There is one more thing that the victim must do in order to liberate the self from the victim role. By confronting unearned shame, unearned fear, and unearned guilt the victim answers the outer emotional bully’s questions of “why me?” and “why try?” and “why am I not enough?” and thereby defeats outer bullying. However, in order to be victorious over the bully from within, the victim will have to come to terms with the inner mental bully’s question of, “Why bullying?” I used to believe that the answer was because, “The victim is to blame for being a victim of bullying.” Now I know that the answer is because, “BULLYING IS USEFUL TO THE ELITE BULLY for it keeps the elite bully in control over the human populace and that is why the people are made to live in a Bully Culture.” Therefore, to deal with mental bullying read the BullCrap Busters Website so that YOU can get educated about the Bully Culture. The BullCrap Buster’s underlying purpose is to liberate the victim – who is the victim, the bystander, and the bully – from BULLYING. If the victim will apply the BullCrap Buster’s anti-bullying techniques, and implement the BullCrap Buster’s educational materials the victim – who is the victim, the bystander, and the bully – will overcome the inner bully by reconditioning the self to no longer be conditioned by the false belief

systems, negative thought processes, irrational feelings, and destructive actions that the Bully Culture infiltrates society with in order to intimidate and manipulate its individual members into harming and hurting themselves and/or others for no worthwhile cause.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> During the days when I was trying to make sense out of why I was a victim I tried various self-help ventures. One of them was CODA, which is an offshoot of the AA program called Alcoholics Anonymous. CODA stands for Codependence Anonymous. CODA has to do with people who develop codependent relationships with other people. It follows the same twelve-step program as AA. The philosophy behind CODA is that the victim is doing things or not doing things that are causing him to have dysfunctional relationships with others. However, unlike the CODA philosophy or any CODA member that I ever met, my road to recovery was a very different one. Step #4 of CODA was about taking a personal inventory of one's past to discover what one was doing or not doing in one's present to cause one to have unfulfilling relationships. I will never forget the profound insight that step #4 gave me about myself regarding why I have people problems. Step #4 required that I recall and record my past miserable relationships with people in a journal to discover how I was contributing to a pattern of unhealthy interpersonal relationships. After months of diligently detailing everything and everyone that I could remember that had produced the unhappy experiences I had had with others, to my utter disbelief step #4 of CODA revealed to me that I was NOT to blame for why I was a victim of others. There was nothing I was doing or not doing to anybody or anyone to provoke them to mistreat me. Most of the people that I had encountered in my life were simply bully(s) looking for someone, anyone to take their misery out on. Ironically the CODA Program taught me the opposite of what its program was intended for! But, instead of feeling relieved that I was not at fault for my people troubles, I felt very upset. For if I was to blame for my unhappy interactions with people then I might be able to fix whatever was amiss. However, because I was not, then what in the world was I supposed to do about it?! Aside from doing step #4, I had already done step #3. Step #3 had taught me that the only person's behavior I can control is my own. So, what I ended up taking away from CODA was that I woulda, shoulda coulda no longer put up with the bully. Any bully who came into my life to victimize me was history. I ejected the bully out of my life permanently, starting with my own parents! I was no longer willing to put up with the bully even if it meant that I was going to be alone for the rest of my existence. After a while, accepting my loneliness made me realize that people being negative to me had nothing whatsoever to do with me, less devastating. So I stopped feeling empty inside. Instead I found inner peace by embracing AA's Serenity Pr

ayer, which goes like this: “God grant me the courage to change the things that I can, the serenity to accept the things that I cannot change, and the wisdom to know the difference.”

The inner bully is nothing more and nothing less than a software program that has been hotwired into the hardware of your brain. So, you don’t have to spend the rest of your life obeying it. While the Serenity Prayer tells us to accept the things that we cannot change – the bullying behavior, it also tells us to change the things that we can – our own behavior towards the bullying. You deserve to carry yourself with confidence by being who you REALLY are. The useless trappings of the Bully Culture regime are not necessary for you to accept yourself. Peel off the layers of meaningless existence that the Bully Culture establishment has to offer you. Don’t be threatened by other peoples’ external appearances. You don’t take your corpse with you after you die. The bugs consume it. Your own God given inner essence is all that matters. It is everlasting. So, after you die it goes with you to your next recycled adventure. Once again you can be the integrated human being that you once were. All you have to do is choose it. No more fragmented YOU. And you will have done this all by yourself. I cannot do it for you. No one can. But I am here for you. I have been your guide down the path of self-actualization by sharing with you my own life’s experiences towards self-recovery from BULLYING. And I know the BullCrap Busters will actually work for you for it has worked for the most frightened, angry, sad, confused, lonely, unloved individual that I have ever met – myself.

* * *

The following section entitled, “HEALTH MATTERS” illustrates one of the ways that mental bullying psychologically enslaves people so that they do not emotionally and thereby physically do what is in their own best interest. I have devoted this section of the BullCrap Busters website to its readers to show how one can override the inner mental bully and thereby regain sound health and well being. The information it provides is invaluable, as it will save you hundreds even thousands of dollars that you might otherwise spend on so-called health products and/or services that do not work.

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</div><div style="font-size: 1px; line-height: 1px;"><i>THE JUNK FOOD REVOLUTION</i>
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</div><div style="font-size: 1px; line-height: 1px;"> When I was a youngster I used to play a computer game called "Pac Man." The object of the game was for the icon that looked like an incomplete circle with a large mouth to gobble up a line of little dots that appeared in a grid on the computer screen. If the Pac Man icon was able to eat up all of the dots within the game's allotted time frame, then I was declared the winner. After that, the incomplete circle of the Pac Man symbol would flash upon the computer screen as a completed circle. When I think about junk food the first thing that comes to my mind is the Pac Man game. The incomplete circle of the Pac Man sneaking up on all of those unsuspecting tiny dots and swiftly and mercilessly swallowing them up in order to complete its circle, reminds me of how junk food like an INSIDIOUS ENEMY literally eats people up!
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> People don't consume junk food. Junk food consumes people. So, people who eat junk food are in a PERPETUAL STATE OF HUNGER. This is why for example America has a fat epidemic. Junk food is high in calories so people who eat it put on extra pounds. But junk food offers empty calories and zero nutrients too so people get hungry again shortly after eating it. Junk food also robs the body of its vital nutrients. Instead of the body being satiated with the junk food that it has eaten it gets hungrier than it was before it ate any.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Just like the incomplete circle of the Pac Man junk food is an incomplete food since junk food is man made, not created by God. Junk food is what is called a "deficiency" food because the molecular structure that it has been constructed out of is NOT complete to begin with. Let me give you an example to explain what I mean. Water, which is an element of nature, is composed of two hydrogen molecules and an oxygen molecule. If one takes away one of the hydrogen molecules the liquid substance of water will transform into the gaseous substance known as air. Nature is always seeking to balance itself. As a for instance, the air pressure inside of an airplane's cabin equalizes itself to the air pressure outside of the airplane. This natural order of things law of equilibrium

also applies to nutrition. Junk food having been removed from its natural source and having had unnatural material added to it from its conception has come into being with a molecular chain that is not intact. Therefore, unlike water, junk food will not change into something else if any part of its molecular chain is altered. Instead, like the Pac Man, junk food will naturally go SEARCHING FOR ITS MISSING PARTS.
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</div><div style="font-size: 1px; line-height: 1px;"> WE DON'T DIGEST JUNK FOOD. JUNK FOOD DIGESTS US! If one chews up and swallows junk food, instead of one's digestive system breaking it down into absorbable vitamins and minerals for the body to utilize, the junk food will steal our organism's previously digested stored up nutrients in order to restore itself to wholeness. Also, being that junk food is the by product of food stuff that has already been dismantled in some laboratory, our digestive system cannot break it down any further to be used for any purpose other than elimination. Being that junk food is composed of artificial ingredients it is also toxic to our organism. Eating junk food is like requesting that our digestive system process steel. Once in a while and in small quantities the body will find a way to get rid of it. But if we chronically subject our organism to junk food's chemical poisons they will get putrefied within our body until it can figure out how to pass them through our intestinal tract and eliminate them out of our rectum and kidneys. In the meantime, the caustic substances of junk food literally wear away our digestive organs like acid. I am a living example of such damage. I used to be able to eat water insoluble whole grains. After consuming excessive amounts of chocolate over a chronic period of time it damaged the tissues in my colon to such an extent caused the tissue in my colon that I can no longer eat water insoluble whole grains such as wheat. I am only able to eat soluble whole grains like corn.
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</div><div style="font-size: 1px; line-height: 1px;"><i>THE HEALTH FOOD EVOLUTION</i>
</div><div style="font-size: 1px; line-height: 1px;"><i></i>
</div><div style="font-size: 1px; line-height: 1px;"> If junk food is so devastating then why does it exist? About a hundred years ago the industrial revolution was born. The industrial revolution made it feasible to manufacture products for public consumption and for a fraction of what it used to cost to make a commodity. The onset of the industrial revolution also brought about the HEALTH FOOD EVOLUTION to feed the greedy instead of the needy. Junk food's unnatura

1 ingredients were injected into natural nutrition to lessen the quality of food in order to lower the cost of commercialized food production, and increase the demand for it in order to raise the profit of commercialized food production. The new and improved processed food was also laced with addictive properties such as white sugar to make the consumer pay an even higher overall price for food by having to buy larger quantities of food to satisfy hunger.

The following is an example of what I mean: When I was a child for the first time in my life I saw white bread being sold in the market and for pennies less than brown bread. Nevertheless, the "new" white bread that my family purchased ended up being more expensive than the "old" brown bread that my family bought. The reason was because it took each member of my family ten slices of unwholesome grained white bread per meal to make our bodies no longer feel hungry, whereas, it only took one slice of whole grain brown bread to make our bodies feel full. The white bread's refined sugar also made us crave eating it for its taste so we ate more of it. But the brown bread did not have any sugar added to it so we only ate it for its nourishment. My family had elected to eat white bread versus brown bread. Thusly, we spent more money buying the ten slices of "I want it" bread than we did on the one slice of "I need it" bread. Junk food also makes people physically sick with for instance, obesity, heart attacks, and diabetes. Hence, if people eat it regularly enough people will have to spend their hard earned money on medical bills.

The junk food revolution exists to fulfill the corporate elite bully's motto of, "I get richer by making you poorer." So why aren't we aware of this? The health food evolution exists to make people stupider and stupider with each passing decade about what to consume with their mouths to fulfill the elite bully's motto of, "It is not enough that my health succeeds you health must fail."

The following are some of the bullying tactics that the elite bully and corporate elite bully employ to keep us all ignorant about what is healthy and what is not healthy for us to eat with regard to food:

t-size: 1px; line-height: 1px;">Unwholesome Ingredients Put in the Food Label
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</div><div style="font-size: 1px; line-height: 1px;"> To keep the public duped into consuming junk food products the corporate elite bully makes their packaged poison appear appealing with the elite bully's semantics tactics. Words such as "refined" and "enriched" are put on junk food labels to make junk food sound enticing. The word refined implies that the food has attained a higher level of purity. What the word refined actually means is that the food has been severely compromised by having its natural essential parts removed. For instance enriched white bread has had the wheat germ taken out of its grain, and refined oat grain has had its oat bran done away with. When the wheat germ and oat bran are discarded, B vitamins and fiber are also disposed of. Vitamin B is necessary to keep our nervous system functioning. Fiber keeps our gastrointestinal tract operational.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The word enriched implies that food has been improved by having something added to it. What the word enriched really means is that unnatural substances have been added to natural ones. For example, artificial flavors, artificial colors, chemical preservatives are put into the food to extend the food's shelf life in the market long passed its normal freshness, and what are called "FORTIFIED" vitamins and minerals. Fortified implies that nutrients have been added to the food to make the food better. Food additives cannot be absorbed by the body, therefore, they are useless. Having been extracted from their natural food state and isolated in a laboratory into some sort of capsule form or food substance they have become inorganic not organic chemical compounds. Therefore, they do not pass "go" and they do not collect "two hundred dollars." Instead, the body rejects them. The pill gets urinated and the foodstuff gets defecated out of the body's eliminatory system.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Other samples of deceptive vocabulary that disguise junk food as the genuine food article are FRUCTOSE, GLUCOSE, SUCROSE, and DEXTROSE as well as all of the other OSE(S). They imply that food has been sweetened with the natural sugars that come from fruits, vegetables, or starches. Other misleading imposters are described as "EVAPORATED CANE JUICE" or "CORN SYRUP". All that means is that the sugar cane

or the corn was processed! Or, they are classified as “PURE”. Pure Bull Crap I say. “Pure” sugar cane for instance is processed white sugar that is often dyed a brown color to make it look like the brown sugar that the natural raw sugar cane is composed of.

Wholesome Ingredients Left Out of the Food Label

The instigators of the junk food revolution/health food evolution overtly communicate to the public to eat healthy food but covertly give the public the message that junk food is HEALTHY. They do this by playing games with the nutritional information that is supposed to be on the food label. Most of the nutritional benefits of wholesome food are OMITTED from the food label. At the same token, the few nutritional benefits of unwholesome food are included in the food label. All of the nutritional benefits about for example whole grains will be suspiciously absent on its food label such as its vitamin B content – niacin, riboflavin, thiamine, etc. However, a food label will proudly display for instance that there is iron and calcium in a bar of chocolate. The human being is the most complex living organism on planet earth. So for optimum health, it is necessary for us to know what vitamins and minerals we are getting from our food so our diet can meet our body’s daily nutritional requirements. Yet, in general, food labels only have four vitamin and mineral nutrients listed on them. They are vitamin A, vitamin C, Calcium, and Iron. This is the case, even though food labels use to list ALL of the vitamins and minerals found in food sources.

From the Food Square to the Food Pyramid

While the collaborators of the junk food revolution/health food evolution say to the public to eat healthy they also tell the public to OVEREAT healthy food. That’s a fine way to ensure that the obesity epidemic stays alive and well. When I was growing up I referred to the Food and Drug Administration’s four square meals a day plan to know how much food to eat on a daily basis. It states that a person is to consume four helpings of food from the grains and

d cereal food group; four helpings of food from the fruit and vegetable food group; and four helpings of food from the protein - milk and meat - food group. Ideally, that's three helpings of grains or cereals and one helping of starch, two helpings of fruits, two helpings of vegetables, two helpings of milk, and two helpings of meat. Now the Food and Drug Administration has come up with a new daily portion food guide. It is called the food pyramid. It asserts that a person ought to eat six to twelve servings of grain or cereal; four to six servings of fruits and vegetables; and four servings of meat or milk protein. Wow that is a lot of servings! If we eat that many servings of food a day we will get FAT. Too much of a good thing is also not a good thing. Apparently, the corporate elite bully and the elite bully want people to get fat so that we can be unhealthy even if we eat healthy food!

The Low Fat Diet Plan

There is another way in which the initiators of the junk food revolution/health food evolution sabotage peoples' efforts to stay a healthy weight. They claim that the overweight public is eating too much fat and therefore ought to stop consuming it altogether. Did you know that you have to have fat in order to metabolize - shed fat pounds? Once, while I was endeavoring to lose excess weight, I got on a weight loss plateau and was not able to get off of it until I figured out that I did not have enough saturated fat (from meat and milk protein foods) in my diet. I had plenty of unsaturated fat (from plant foods) in it though. Again too much of a good thing is not a good thing. There are those people who are the opposite of me and get too much saturated fat in their diets. The point that I am trying to make here is that in order to be healthy one has to have a BALANCED diet. That means an equal ratio of saturated to unsaturated fats.

Other Food Processing Culprits

One thing that has always bothered me about food; food is shipped from one side of our country's continent to the other. By the time we eat it it is no longer FRE

SH. I'd rather eat what is locally grown, thank you. Once I bought a chicken at the grocery store. It had a date stamp on it that said that it was fit for consumption. It was grown naturally which meant that it was a free-range chicken and was given food that had no hormones in it. But when I opened its wrapper to cook it in my oven I nearly puked from the smell that came off of its carcass. Now you might accuse me of being overly sentimental. But as I threw that chicken away into the dumpster I cried as I thought, "A life wasted for nothing." Speaking of "waist-not-want-not" I have noticed a change in the climate of some grocery stores as well. Much of their food items are no longer edible as they have mutated into the junk food category. If I eat junk food I get very sick. There is a movie called "Soylent Green" directed by Richard Fleischer and produced in 1973. It was a science fiction flick about how human beings ate dead people since the rest of the earth's food supply had been exploited into non-existence. From what I have witnessed happening to food in just the last two generations that I have been around, I think cannibalism may be unavoidable in our future for those who prefer not to starve to death. But contrary to the movie, the corporate elite bully and elite bully will have no shame in forcing the human population to eat its own flesh.

DISEASE

Did you know that it is your INALIENABLE RIGHT to be healthy? The Bully Culture brainwashes us into believing that pain, any and every type of pain, is BAD. The Bully Culture MISUSES pain by ignoring that pain exists. But pain will not go away by denying its existence. It will simply mutate into a disease. The Bully Culture conditions us to get rid of pain by treating its symptom instead of pinpointing its cause. Without a cure, we suppress, repress, and depress our pain by seeking relief from it. One of the ways in which we do this is by taking over the counter pill popping drugs or addictive prescription filled medications. Sometimes pain relievers are appropriate to take since they relieve one of temporary pain. For instance if one breaks one's leg the broken bone is internal to the body and so it will mend all by itself. But painkillers are not appropriate to take to permanently relieve one of pain. For example if one has an allergy. Allergies are a result of something external to the body that is causing discomfort to one self. After a while, the body habituates itself to pain medicine and so the dosage has to be continually increased in order to decrease the pain that the body is emitting. This puts one at risk for becoming addicted to pain relievers. This is because pain medic

ine can only mask pain since pain is a warning sign – a red flag – that something is wrong with the self. With the exception of medications and/or medical procedures that combat sicknesses caused by viruses, bacteria, or other germs EXTERNAL to one's own organism, there is no such thing as a wonder drug or a super food that can cure the body of sickness. There are a slew of so-called cures for a myriad of ailments. They do not work for they do not abide by the natural order of the INTERNAL workings of the human body. All they can do is give us disturbing side effects that make us sick. The body is a self-healing organism. Therefore, what we put into our body will either HELP or HINDER its own immune system's ability to heal itself.

Health happens to individuals whose organisms are in balance. DISEASE occurs when one's organism is out of balance. The word disease can be broken down into the prefix "dis" and the word "ease." All diseases have a cause and an effect. All things within our physical organism operate in a synergistic fashion. This means that our different bodily systems work together to create an overall result. For example our body's muscular system has muscles that are designed to expand and muscle that are designed to contract simultaneously in order to make a body part move. Our physical body becomes out of sync as a result of disturbance(s) in the physical, emotional, mental aspects of ourselves. As far as sickness goes, if the body gets out of sync momentarily we may contract an illness, however, if the body chronically goes out of sync we may contract a disease. The cause – root of the sickness – is WHY a sickness occurs. The effect – symptom of the sickness – is HOW the body communicates that something is not right. A disease can seem to suddenly come upon us; however in truth it takes years to develop. This is due to the fact that sickness happens in stages. Healing – the restoration of health – also occurs in stages in the reverse order in which the stages of the sickness came about.

The Bully Culture hopes that you will believe that health and wellbeing is an outside job. Well, guess what? Health is an inside job!

So what can you do to help yourself? Well, did you ever ask yourself or consider the possibility that you, yes you, might be able to resolve your own health issues? Try thinking for yourself for society having been infiltrated by the Bully Culture is not thinking for us anymore. Rather, the Bully Culture is thinking against us by being too busy thinking a

bout how to make its profit at our expense. Put your logic, intuition, common sense, and personal life experience to work for you. You will probably surprise yourself by doing what a doctor of medicine is supposed to do for you – help your body heal itself. You might think that only intelligent, gifted, and educated people can do such a thing, right? Well, you are wrong! I have an Intelligence Quotient of ten points above what is considered borderline mentally challenged. Yet I am not afraid to know and I am not scared to care. Using my mind and my heart is what led me to the cures for health ailments that plagued my own body. So you can heal yourself, too!

* * *

The following section entitled “ACNE” illustrates a cure to a disease that I discovered that restored my health to what nature intended it to be. My testimonial is tried and true and reality tested, therefore it really works!!! I will not acquire any financial gain or status of fame for sharing it with you. So, it will cost you nothing to implement it for we at the BullCrap Busters Website believe that health and wellbeing is a human being’s inalienable right.

ACNE

Acne when I was growing up was every teenager’s nightmare. I was one of those adolescents who got the dreaded disease. When I was only eleven years old my face broke out in acne so badly that I was barely able to make out my own facial features. My body image was devastated. I had pink pimples, white heads, black heads, and cysts visiting every square unit of my skin. My peers relentlessly teased me due to a skin disorder that I had no control over. Society’s solution was that I visit a skin doctor called a dermatologist. The dermatologist explained to me that I had pimples because I was in puberty. Thusly, my body had increased in hormonal activity and so my sebaceous glands (skin glands that secrete sebum – greasy liquid) were producing sebum at an over zealous rate. The excessive oil built up beneath my epidermis (outer skin layer) and clogged up my skin, which created lumps that erupted through my skin.

n's surface as pimples. The dermatologist's treatment plan for my skin condition was to minister to me shots full of antibiotics, apply a medicinal cream called Retina, and give my face laser treatments, which emitted some sort of radiation that required I wear goggles to protect my eyes. The after burn that the treatments left on my face when I returned to school the next day made me look like I had gone skiing in the mountains over the weekend. The treatments controlled my acne by treating the symptom of what appeared to be my "teenager" face. So long as my mom spent her money to give me regular weekly visits to the dermatologist's office my pimples remained under control - nearly all cleared up. Nonetheless, there were several problems with the acne treatments. First, I was totally dependent upon the skin doctor to keep my acne at bay. Second, after the pimples that the skin doctor treated healed up they left facial scars.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Besides not having any boyfriends or girlfriends for that matter my acne prevented my peers from giving me a kiss on my check during my sweet sixteenth birthday beach party, and no one invited me to the prom either. It was a lonely existence. I do not blame my peers for not desiring to get physically close to me. I do not blame my peers for why such childhood memories as the right of passage into adulthood did not exist in my brain. Nevertheless, in between my gasps for air as I uncontrollably sobbed my eyes out for being forced to live in such lonely isolation, I happened to believe in God. No, I don't mean in the religious sense. I mean in the natural order of things sense. Hence, I could not fathom why God - the Creator of creation - would be so stupid as to as to make Its adored creation known as the human being break out into such a gruesome skin condition just because he or she was blooming into an adult. Flowers don't have acne now do they?! So, at sixteen years of age, I grew skeptical of my dermatologist's diagnosis and prognosis of my skin's disorder. I reasoned that if the body is an incredible enough organic machine that it can heal itself of all manner of wounds, then why should it erupt into painful hideous bumps all over the skin simply because it is going through its natural stage of teenage hood? One day, while I was browsing through my mom's senior yearbook, being a senior myself and anticipating my high school graduation. I noticed that none of my mom's high school peers had my unsightly skin complexion. So, I asked my mom if she remembered if acne was a common thing during her school days. She told me that acne was unheard of. That was only one generation ago! In my high school yearbook nearly half of the teenage population had acne. My mom's reply made it clear to me that acne was not due to a teenager's growing pains.
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nt-size: 1px; line-height: 1px;">Diagnosis of Acne
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</div><div style="font-size: 1px; line-height: 1px;"> When I was twenty-two years old, well passed adolescence, I still had the same detestable pimples that I had, had when I was a pre-adolescent eleven year old. I tried everything to get rid of my eleven year old and counting chronic acne from skin soap to suntan lotion. Nothing worked! Then, the day came when I found the cure for my skin problem. The cure came out of a book called, "Food Combining Made Easy" by Herbert M. Shelton, published by Willow Publishing, San Antonio, Texas, U.S.A. The book was initially published in 1940! The author of the book referred to the cure as the "Hygienist Diet." The Hygiene Diet is not a fad. It is a common sense approach to developing healthy food habits. For some people acne is due to a glandular malfunction or hormonal imbalance. Like me, for most people, IMPROPER EATING causes ACNE. The stomach organ is like a chemical test tube in a laboratory. Some chemicals blend well together, others don't mix. For instance, if you try to combine oil and water, they will separate, and the oil will float on top of the water. A similar thing happens with digestion. Different foods are made up of different chemical compounds. The stomach is only capable of initiating one digestive process – enzyme – at a time. Different kinds of foods demand different types of digestive enzymes. The problem of acne begins when the stomach is called upon to produce more than one digestive process – enzyme – in order to break down food. When foods that require different digestive processes are eaten together they cause poor digestion. As a result of the poor digestion due to the poor food combination, gases are created in the stomach during digestion that escape through the stomach's lining into the bloodstream as toxins. The bloodstream is not part of the gastric intestinal tract. Thusly, instead of eliminating the toxins through the urinary and excretory tracts, the toxins are carried to the epidermis for expulsion. This causes the skin from the inside out to discharge toxins through the skin, which erupt through the skin's surface as pimples.
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</div><div style="font-size: 1px; line-height: 1px;">Treatment of Acne
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</div><div style="font-size: 1px; line-height: 1px;"> The Hygiene Diet is based upon the premise that, in order for one to have optimal health, one must do proper food combining. I

took it one step further. I reasoned that if improper combining of organic food substances can wreck havoc on one's digestive system then how much the more so will inorganic foods do likewise. Therefore, one must also avoid junk food. In addition, one has to stay away from foods that one is allergic to as food allergies can cause disturbances in the skin. So I added that to the list of foods that bring about acne as well. Appropriate food combining, which is the basis of the Hygiene Diet, involves eating foods together at a meal that compliment one another and thereby result in good digestion versus consuming foods that are non-complimentary to each other and thereby cause poor digestion.

The illustration entitled, "The Hygiene Diet" maps out the various sorts of food combinations that are either complimentary, will result in good digestion - a normal skin complexion, or non-complimentary, will resort in bad digestion. an abnormal acne skin condition. The following is an example of a good food combination: Protein and vegetables, since the stomach is only required to produce one type of enzyme in order to digest the food. The following is an example of a bad food combination: Starches and fruits, because the stomach is being called upon to produce two kinds of digestive enzymes at once in order to process the food.

If the reader is interested in viewing The Hygiene Diet Chart then please go to [hyperlink](files/28_Acne_Chart/01_The_Hygiene_Diet_Chart_-_Acne_.pdf) The Hygiene Diet Chart at www.bullcrapbusters.com.

The first step in following the Hygiene Diet is to establish the rule of waiting three hours between each meal. This will allow enough time for the food to pass from the stomach into the intestines. Because you will most likely be eating one group of well-combined foods at one meal and another at the next meal, this is the general rule to follow. As a for instance, if I have lunch at 1:00 p.m. and my lunch consists of whole grain spaghetti, tomato sauce, and tofu, if my dinner plan is to eat steak, potatoes, and a salad, I will not eat dinner until 4:00 p.m. This rule is not too hard to incorporate into your daily sch

edule since breakfast, lunch, and dinner are normally about three hours apart. The disruption of the digestive system caused by difficulty in breaking down food in the stomach for absorption into the body by way of the intestines is why acne occurs.

Step two in following the Hygiene Diet is to establish the rule of waiting one hour before and three hours after a meal if one wants to drink liquids such as water. Liquids tend to dilute the digestive juices of the stomach neutralizing the stomach's acid causing interference with digestion.

Step three in following the Hygiene Diet is to establish the rule of avoiding JUNK FOODS. The deficiency and/or toxicity create a significant disturbance in the digestive system.

The following are examples of Junk food:

- 1) All food items that one is ALLERGIC to such as homogenized milk products, milk, cheese, yogurt, etc. They have lactose in them. Individuals who are lactose intolerant can drink milk that is 100% lactose free.
- 2) DRUGS that are a misnomer having been referred to as food. They act like a depressant upon the body's nervous system such as alcoholic beverages. They have been fermented. Or, drugs that act like a stimulant upon the body's nervous system such as coffee, chocolate, or tea. They contain caffeine.
- 3) Food PROCESSING that damages the integrity of the original food source like vegetable and nut oils. They have been heated to high temperatures. Substitute them with cold pressed

d olive oil.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> 4) Food processing that has ARTIFICIAL ingredients such as refined sugar or refined grains. They are white in color. Eat whole grains. They are brown in color. To satisfy that sweet tooth, eat unprocessed ALL NATURAL sugars such as raw sugar cane (brown sugar), molasses maple syrup, and honey.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Step four in following the Hygiene Diet is to establish the rule of consuming high potency foods in moderation such as dates, figs, and dried fruits. They have high concentrations of natural sugar in them. In addition, spices and herbs are highly potent. Salt and pepper are highly concentrated substances so they, too, must be consumed in moderation.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> One cannot be expected to always eat like a saint so step five in following the Hygiene Diet is, after one's acne goes away, one can indulge in one's favorite junk foods, occasionally. It is recommended that one eats them separately though – by themselves as their own meal – as isolated digestion will make it easier for the stomach to process them.
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</div><div style="font-size: 1px; line-height: 1px;">Prognosis of Acne
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</div><div style="font-size: 1px; line-height: 1px;"> It takes approximately three to six months of observing the Hygiene Diet before one's acne goes away as that is how long it takes the body to undergo physiological change. I mention this, so that those who attempt to get rid of their acne using the Hygiene Diet will be aware of this so that they do not get discouraged that they are not getting immediate results.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The following is a real life scenario showing how the Hygiene

Diet plan resolved my acne skin condition:

I decided to do the Hygiene Diet in incremental stages. My plan was to gradually wean myself off of the foods that were causing me to break out in acne. By doing this I would establish appropriate eating habits so that I could permanently remain cured of my acne.

Stage One

I started the Hygiene Diet by avoiding the foods that I am allergic to such as milk products.

Stage Two

Stage Three

I struggled hard during this incremental period to stop eating junk food, especially chocolate. I am a chocoholic.

Within six months eleven years of chronic acne was gone. One year later, all of the scars on my face that had occurred due to the acne marks on my skin had healed. I now have an utterly acne free skin complexion. However, if

I deviate from the Hygiene Diet for a considerable amount of time, within twenty-four hours, pimples will revisit my face.
Side Effects of Acne
Aside from the Hygiene Diet having totally cleared up my chronic acne I experienced beneficial side effects. My taste buds became more acute. I can now taste my food. Oranges tasted like oranges and apples tasted like apples. Thusly, I began to derive satisfaction from eating wholesome foods. My body started to get healthy versus unhealthy food cravings. Thusly, I was able to get in tune with what nutrients my body needed instead of eating what junk foods my tongue wanted. For instance, I discovered that, just before the onset of my menstruation cycle, my body craved foods that contained vitamin C, vitamin A, calcium, iron, foliate, potassium, and sodium. Hence, at thirty-two years of age I can run faster and farther than when I was on the High School Varsity Track team. Although both of my parents have a history of heart failure, my cholesterol level reads 94 and my physician has told me that whatever I am doing to keep doing it. I weigh 120 pounds and wear a dress size 6. Nonetheless, without even trying after eating according to the Hygiene Diet I lost two inches in my waist. It used to be 28 inches. Now it is 26 inches.
After ten years of being on the Hygiene Diet I have built up an intolerance of chocolate. When I initially began the Hygiene Diet I was able to consume seven ounces of chocolate a week. Now I cannot even ingest one ounce of chocolate a week without having the following physical warning signs: constipation or diarrhea, dehydration, itchy skin, pimple eruptions on the most unlikely areas of my skin – on top of my scalp, on my legs, and on my back. I also have mood swings – perky hyper-activity followed by irritable hypo-activity. The same thing happens with all other foods that I eat that are not good for me. Before I began the Hygiene Diet I did not had any symptoms after eating chocolate or any other foods that were bad for me, except for pimple break outs on my face. Therefore, I was not able to directly relate the result of my acne to the cause of my not eating right. After doing the Hygiene Diet I got diarrhea and/or constipation if I did not eat healthy. This made it obvious to me that my bodily symptoms were due to my having eaten something unhealthy.

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><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> Besides the Hygiene Diet having completely cleared up my chronic acne I experienced another beneficial side effect. My facial pores, which used to be big, are now normal sized small due to my drinking lots of water everyday as part of my overall healthy eating routine. <br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"><b>Cured of Acne</b><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> People who learn about my regimented dietary practice in order to avoid acne regard me as someone to pity. However, I feel sorry for them for although right now they may be able to eat whatever they desire whenever they wish to, they are at high risk for becoming a disease statistic. Getting cancer or a heart attack or diabetes is not very appetizing. I'd rather have a chronic acne problem during my adolescence and have been able to find the solution to it in adulthood by exercising a little bit of self restraint then suddenly and without warning have organ failure when I am in my prime and it is too late to do anything about it. <br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> Acne is a symptom that the body uses to communicate to its host that something is going haywire with its digestive system. You don't put soda pop in your car as fuel since your vehicle was designed to run on gasoline. So why put junk food into your body? The cure for acne is simple. Eat foods that your body is designed to use as fuel, foods that are in their natural state and their proper combination.<br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face=" 'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> As a sixteen-year old teenager, I discovered that acne is a disease of the body that left untreated can result in illness or even cause death. I also discovered that not only did acne have a cure but that its cure cost me no more than the money I spent to buy food in the grocery store. I discovered the symptom and the cure for acne over thirty years ago. I say DISCOVERED since back in the 1940's medicine knew how to cure acne and that acne was a
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disorder that had nothing to do with age but everything to do with diet. Yet, to this day, the Bully Culture refuses to let the public know how to resolve the symptom of acne. The media advertises useless even dangerous health care products and/or services that claim to cure a face full of acne but they don't! Do you want to waste your hard earned money and risk your health on the empty promises that these so called health care commodities offer you? Or, do you want to come to your own body's rescue by simply eating a common sense diet?

If you have acne I urge you to make it disappear forever the natural way. Follow the Hygiene Diet. The Hygiene Diet is really not a diet. It is simply eating the way nature intended us to eat. Initially, it may be difficult to do. But like anything else in life that is worthwhile, it will become second nature to you. You have nothing to lose and everything to gain if you follow the Hygiene Diet plan. And as long as you don't do it in excess, you can splurge on your favorite sin foods but still keep your skin free of acne. So you can have your devil's cake and eat it too!

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