

Chronic Dis-eases with a focus on diabetes.

When you read this article I'd like you to maintain an open mindset and to just become aware as to your feelings and emotions, when I share with you a different viewpoint that you might not read about in your newspapers or Dr's surgeries or even hear about on television. Some of you may have further questions and or queries/challenges to present me. I'd be more than delighted to communicate with you and if necessary point you in a new direction. You will find my contact details at the end of this article. Please feel free to write down or record your questions and or responses to what you're about to read.

If I told you that I had lost my keys to my home and car and would you be able to assist me in looking for them in the location I felt I had misplaced them, would you help me?

Let's also suppose I invited many friends, family, co-workers, some scientists and other 'health' professionals who I'd have to pay to help me find my keys in the places where I felt I'd lost them.

This might turn out to be a very expensive affair, but at least I'm delighted as the 'customer', that you have my intentions and mission plan (find my keys) understood and I can see you are all working hard looking in all the 'right' places to assist me in getting into my home and being able to drive my car again.

How long would you 'work' for me in looking in these areas I felt were where I lost my keys? That might depend on how much and for how long I would pay you! Would you have your own ideas too as to where to look for them and what new discoveries you'd made which would improve my (now OUR) outcome of 'finding my keys'? Do you think there is a possibility that you, my co-workers, scientists, health professionals and the media all on one mission to 'find my keys', were actually looking in all the 'wrong' locations and that my keys were in fact somewhere else? At least are you open to that probability, that change in mindset, that we were all 'wrong' in our assumptions as to where to find my keys to happiness (getting in my home) and freedom? (driving my Hybrid car).

My hope is that you can simply gain an understanding as to what is and will continue to happen as long as we look for 'cures' and pay scientists/drug companies/'professional' organisations (including some charities) copious amount of money to find a cure! (To date by the way we haven't created a DRUG that has cured anyone of anything). What we have done is designed very expensive drugs (many of which are extracts from plants!) that at best may treat the

symptoms and in themselves can become very addictive. Please understand me, I'm NOT saying there is not a place for these DRUGS, absolutely there is a place for some of them and for some people without them they'd definitely have a shorter lifespan.

What was my main point above about when inviting you on my mission to look for 'my keys'?

My point was simply this, in my opinion we have gotten ourselves LOST in looking outside of our bodies instead of inside and observing through the habits/skills and practices of healthy people, how to stop/prevent and or even reverse some of our chronic diseases. Remember we created them due to poor environmental/lifestyle choices or we were perhaps born with deficiencies in various nutrients (minerals, enzymes, amino acids, trace elements, etc), which would allow our body to function in a manner conducive to forming excellent health.

Imagine you have been 'labelled' as a type 2 diabetic and your only option according to your Dr's is to either take the drugs or perhaps have an operation to remove/replace an organ or you'd die within X period of time. I feel your choices may seem rather limited. In this article if you are OPEN to the possibility of looking in the 'right'/different places you may find the ANSWER/S you've been looking for!.

You yourself may be a diabetic or you may even know of someone who is. You may have strong views as to what this dis-ease is all about and what your options truly are. My question is, are you keeping the dis-ease alive or are you at least partially interested in another journey to find out or even change the mindset you have about this debilitating (for some) dis-ease. Anyone labelled with diabetes has instantly shortened their lifespan and I would also add their quality of life by 15 years!.

Can someone tell me: why has there been a 74% increase in the number of people becoming labelled with 'diabetes' between 1997 and 2004?.

As I said above, I'd like to invite you on a different journey, one which will mean gaining more knowledge from a person who is healthy and whose passion/purpose is all about "Empowering people to TAKE CONTROL of their health and wellbeing." I have spent over 20 years learning, teaching and 'reminding' people HOW TO take control of their health.

The 'tools' I use EMPOWERS them to find what works best. One brilliant method is to consume the right foods for them that is why I

use Metabolic Typing™. It's customised nutrition that provides people with great tools/lifestyle plans and much more to apply immediately in their lives and reap the benefits.

I also want to know what nutrients and toxins are in their body as well as how their endocrine systems are functioning (Bone formation, adrenal and thyroid functions), through Hair Tissue Mineral Analysis. I have clients all over the world and locally in and around Lancashire and Cumbria that know only they can make the necessary changes in their lives in order to become healthy. The DRUGS don't do that.

What they can do is allow you or me to live a dysfunctional lifestyle (for a short period of time) before our bodies give us more signs and symptoms, including other dis-eases, which then leads to a poor quality and quantity of life. When do we WAKE UP and realise, we are the ones causing this due to POOR ENVIRONMENT/LIFESTYLE choices!.

I know we have created a great disease management system (AKA Health Care!) that continues to look in the wrong places to find cures (by treating the symptoms, instead of looking for the aetiologies (root causes)) for all types of chronic dis-eases, of which one has been labelled as diabetes.

Did you know that over 80% of all dis-eases we Human Beings contracted over 100 years ago was 'infectious', now over 80% are labelled as 'Chronic' dis-eases. What's brought about that change too? Are you OPEN to the possibility that it's got mostly to do with our ENVIRONMENT/LIFESTYLE FACTORS?!?

What is truly going on with our health and wellbeing in these Western 'civilised', 'advanced' (technology) countries? We seem to be increasing our susceptibility to all kinds of chronic dis-eases not only diabetes, but cancer, (in 1970 this was the fourth leading cause of all deaths in Western developed countries, now it's in second position, even after over 74 billion dollars has been 'invested' into finding a cure – we're still no closer to finding one!), CHD, Osteoporosis, Alzheimer's... and the list goes on...

Do we have a gene defect and or a family history, which makes us more prone to the above dis-eases? Do you think that Mother Nature screwed up in her plans and or designs of us? Naturally our main researchers (paid for by Big Pharmaceutical companies) are telling us that they have found a cancer gene, a fat gene and many other genes.

My understanding is that there are between 23,000 and 25,000 genes in our Human body. The main question is, are they turned on or off, activated or not to predispose us to, or make us more susceptible to a Western's dis-ease like diabetes?

Here we go...

Did you know there are only two ways of creating a chronic dis-ease?

One way is 'deficiency', which means NOT giving your cells what they want, when they want it, will not allow them function properly. That basically means they can't access or utilise oxygen efficiently. Secondly, 'toxicity' – putting mercury, aluminium, cadmium, PCB's, SLS, Parabens, PBA, etc into our bodies! The same thing here too, when your cells have toxins inside them, they can't function as perfectly as they were designed to.

A simple analogy would be putting diesel in a petrol car. The thing is, you and I both know not to do it, but if we did how long would the car run for and what are the likely 'signs and symptoms' given by your vehicle that it isn't happy with that 'chosen' fuel? Our human bodies operates on a cellular level, not a mechanical one, however the process can be very similar. A vehicle can either functional well or not well.

If a red light came on (Oil light) in your vehicle and you took it to your garage (Dr's surgery!). You'd expect them to check your oil and if required add more oil. Well if you liken this example to our 'Health Care' system, what would happen in the garage scenario is, they either remove your bulb (so you're not distracted with the 'annoying' bright flashing red oil light) or they would put a plaster over it.

Either way you'd be able to continue on your way driving your vehicle (living a dysfunctional life, but taking the DRUGS!) until... it breaks down again then you'd pop back into your garage (Dr's again) and have a new part added, old part removed, (pick up a new prescription) and everyone is happy, except your vehicle may not work as well or efficiently as it did before, unless the aetiology (root cause) was identified and corrected.

Well the same goes for our biochemical bodies, unless we add in the right 'fuel' and stop adding the wrong toxins, we'll always be popping into see our local Dr's, who are more likely to give us a drug, which at BEST may treat the symptoms! That's DUMB! Please - TAKE CONTROL of your health.

Did you also know you have between 50-100 trillion cells in your body and each cell has a 'shopping list' of what it needs and wants on a regular basis? If you don't give your cells what they want... "Houston we have a problem!". They don't want TOXINS (that's one way of creating a dis-ease), but they do want 'NUTRIENTS' (as mentioned above that's the second way of creating a dis-ease – deficiency, not giving your cells what they want, when they want it) according to Orthomolecular Medicine.

Another interest fact by Dr Bruce Lipton (Who wrote "The Biology of Belief" and "Spontaneous Evolution") only 5% of our genetic make up can be attributed to our heredity. Therefore 95% of our genes can be kept healthy by looking closely at our environmental/lifestyle factors. Now I do find it interesting when our main Dr's, media, Big Pharma, etc are all out looking for the dis-eased genes, yet that only counts for a small percentage (5%)! Are we looking in the right place again?

Let us delve deeper in gaining a better understanding about diabetes.

Before I go further may I take this opportunity to suggest and respectfully request that in order for you to gain the most out of this 'though provoking' article you put aside any BS (That means - BeLIEf Systems) you may have gotten from your Dr's, Media, government and Big Pharma? I'm asking you to LISTEN with an OPEN mind and heart and think about the true essence I'm sharing with you.

The fact is our bodies have the intrinsic innate ability to heal us, there are no drugs, pills, potions or elixirs of life found in a bottle only your body can and will continuous keep you and me healthy, when we give our body's cells what they want. If you cut yourself, your body would naturally heal, would it not?

What is diabetes? Well according to the Diabetic Association...

"There are 2.5 million people diagnosed with diabetes in the UK and over 500,000 people who have the condition but don't know it.

Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. This is because your pancreas does not produce any insulin, or not enough, to help glucose enter your body's cells – or the insulin that is produced does not work properly (known as insulin resistance).

Insulin is the hormone produced by the pancreas that allows glucose to enter the body's cells, where it is used as fuel for energy so we can work, play and generally live our lives. It is vital for life.

Glucose comes from digesting carbohydrate and is also produced by the liver. Carbohydrate comes from many different kinds of foods and drink, including starchy foods such as bread, potatoes and chapattis; fruit; some dairy products; sugar and other sweet foods.

If you have diabetes, your body cannot make proper use of this glucose so it builds up in the blood and isn't able to be used as fuel."

Interesting... therefore it would make sense for every Human Being (and animal) on this planet to put the right fuel in their bodies and in the process give their body cells what they want! Is that NOT what I've been sharing with you from the start?

You may be familiar with the statement that there are two types of diabetes. (Taken from the Diabetic Association)

"Type 1 diabetes

Type 1 diabetes is when no insulin is produced at all because the insulin-producing cells in the pancreas have been destroyed. Nobody knows for sure why these cells have been damaged but the most likely cause is the body having an abnormal reaction to the cells. There is nothing that you can do to prevent Type 1 diabetes. This type of diabetes is always treated with insulin injections.

Type 2 diabetes

Type 2 diabetes is when the body either does not produce enough insulin, or the insulin it produces does not work as well as it should (insulin resistance). This type of diabetes is treated with lifestyle changes, following a healthy balanced diet, increasing physical activity, and losing weight if you need to. Some people may need medications and/or insulin injections to achieve normal blood glucose levels.

Some of the risks factors associated with Type 2 diabetes are out of your control while others, such as being overweight, you can act on to reduce the risk of developing diabetes."

There's also a Type 3 diabetes. More information below.

What I find interesting is the statement that "...Type 2 diabetes are out of your control..." That statement reads that people are 'victims

of their genes' not creators of their reality through making smarter LIFESTYLE/ENVIRONMENTAL 'choices'. I say choices, when in a matter of fact you have to be conscious in order to make a choice. Most of us are acting out our subconscious mindsets/programmes/conditions/indoctrinations, 'given' to us by our parents, teachers, pedagogical figures heads, etc. I would say many people are 'unconscious' and not aware that by buying into our 'marketing' - media, Big Pharma, Government, TV, Newspapers, etc, they are indeed becoming a victim, thinking that "It's all in our genes and you can't do anything about it!"

About the statement above I would categorically say BS! You can and will once the MEANING of being a victim of our created societal behaviour, CHANGE and start to EMPOWER yourself.

Read on to find the real ACTION POINTS you can make and take CONTROL RIGHT NOW to PREVENT and or even REVERSE your chances of creating this dis-ease (type II diabetes).

What are the signs and symptoms of diabetes?

Extreme fatigue is often an early warning sign of type 2 diabetes. Other symptoms include excessive thirst, frequent urination, blurred vision and recurring infections, greater than 10Lbs over weight, having a BMI > 25. A physician can determine if you have diabetes by performing a simple blood test.

More Early Warning Signs ... Common Symptoms of Chronic Disease to Watch Out For

Sometimes symptoms occur in clusters, giving you a major clue into what's going on inside your body. Following are common signs of some of the top diseases facing Americans today. If you notice any of these symptoms, see your doctor right away.

Diabetes: Slow sneaky deadly diabetes includes include increased thirst, extreme hunger, frequent urination, unexplained weight loss, blurred vision, slow-healing sores, frequent infections (bladder, skin, gum or vaginal, etc.).

So what are the solutions and or preventative measures you and I could take to reduce our chances of creating Diabetes? May I also add, any dis-ease, not just diabetes. There is only ONE dis-ease when you think about it. Your cells are either healthy or they are not. You either give them what they want or they become dysfunctional in our body's, which leads to inflammation, signs and symptoms, then dis-eases.

1. Firstly, a change in your mindset that you're not a VICTIM and that there are methods and smarter choices you can make to keep yourself healthy and or reverse your type II diabetes.

How many of you people reading this have conditioned yourself to 'practice daily' the "five toxic sins"? These are: complaining, criticising, gossiping, worrying and excuse making. Again only when you are CONSCIOUS/AWARE, can you make the necessary distinctions and STOP yourself from becoming a 'media victim' and stressing your physical, mental, emotional, spiritual and intuitive level of reality.

2. Putting in your body the right 'fuel' for you. "There is no treatment or drug, which can overcome or negate the effects of poor diet, inadequate nutrition, lack of exercise and an unhealthy lifestyle" Getoff, David

Remember "One Man's food is another man's poison" Lucretius Roman Healer/Philosopher succinctly observed some 2000 years ago. "Let thy food be thy medicine and thy medicine be thy food" Hippocrates once said.

I use Metabolic Typing™ (MT), which means customised nutrition. Listening to my body, testing and evaluating what it truly wants. Another method is only to consume whole, alive, organic (local is great too) foods, NOT products. If you are more alive than that which you're about to consume, then you have a smarter choice to make. Anything with a SHELF LIFE will not have a SELF LIFE. If the item you're about to eat has a LABEL, then you have a BETTER choice to make.

Completely remove from your DIET (actually a LIFESTYLE CHANGE): Gluten, Sugar (anything ending OSE, OL or IN), Salt (except Himalayan, Celtic or Hawaiian salts), Pasteurisation (milk, cheese, etc – only choose Raw or unpasteurised where you can), Soy/a (except fermented – use as a condiment), Sweeteners (Aspartame, Splenda, etc) and Processed Oils (Canola, veg oils, etc). Again simple DO NOT consume anything that has any of the above inside it!

NB. Anyone with more than 10lb's of excess body fat can also be 'labelled' as Pre-Diabetic too! As an addendum to that statement, there is only one way of gaining weight and that's not controlling your blood sugar levels. Most people in my opinion do not consume enough good quality fats and proteins. In fact you can't over eat when consuming these macronutrients, if you turn your solids to liquid before swallowing! So STOP eating dead, dysfunctional, denatured PRODUCTS please!

3. How much good water do you consume daily? If you want to buy into Dr Batmanghelidj's research, drink $\frac{1}{2}$ your body weight in fluid ounces daily. That means your weight in Kg's $\times 0.033$ = litres how much to drink daily. Nothing with caffeine after 12 noon or you won't be able to sleep well at night. Caffeine has a $\frac{1}{2}$ life of 6 hours, which means it remains in your body, affecting your ANS. (blood pressure, heart rate)

4. How much creative movement/exercise do you partake in daily? Walking, hiking, cycling, yoga, tai chi, functional training, etc are some examples. Bottom line we were designed to be active, not sedentary. Remember, what you don't use, you LOSE! When was the last time you practiced stretching or turning your neck muscles around as far as you can? When was the last time you trained or tested your eye sight - short and long distance?

5. At what hour do you retire in an evening and how long do you sleep uninterrupted?

Answer – Get to bed by 2230hrs each night and sleep between 7-9hrs per night.

6. What do you apply to your skin/hair?

Here's a simple easy health tip bit. DO NOT apply anything to the biggest organ on your body, unless you would consume it! Over 60% of what you apply will be absorbed into your body, then your second biggest organ (LIVER) has a tough job to get rid/remove these cancerous chemicals.

7. Do you smoke and or drink alcohol?

These 'lifestyle factors' will also play a huge role in leading to a deficiency in your cells and of course adding toxins into your body. I know our marketers have convinced many millions of people to add these 'dysfunctional' Habits into their lives and find pleasure, but conscious people who want to become the change they would like to see in this world, would make smarter/better choices and of course teach others how to! It's not a genius formula perpetuating a HABIT which kills you and trying to either hide it from others or make excuses as to justifying your reason for continuing destructive addictions.

Here's the great news again as a reminder taken from Mike Adams website. www.naturalnews.com

"It's proven: Diabetes can be reversed. According to a groundbreaking new study completed by researchers at UCLA and other California universities, changes in diet and moderate exercise actually reverse diabetes in at least 50% of patients in only three

weeks! In only three weeks time, the amount of cholesterol and free radicals in the test subjects' blood was lower and their nitric oxide levels were higher, which are all factors in stopping diabetes before it takes its toll on limbs and life. (Did you know that diabetes is the number one cause of leg amputations in the United States?)

Just one strategy revealed here utterly eliminates the need for insulin in 70% of diabetic patients. Other strategies described in this guide halt blood sugar swings, reduce stress on your pancreas, and help return your body to its normal, healthy state of blood sugar management.

You'll not only beat diabetes: what you're about to learn in this guide will also stave off heart disease, protect your brain and nervous system, and result in the natural reduction of excess body fat. These are just a few of the positive, health-promoting side effects of what you'll learn in this guide.

Most people are familiar with type-1 diabetes and type-2 diabetes, but did you know researchers have discovered a third type of diabetes? Type-3 diabetes, as they are calling it, affects people who are extra sensitive to electrical devices that emit "dirty" electricity.

Type-3 diabetics actually experience spikes in blood sugar and an increased heart rate when exposed to electrical pollution ("electropollution") from things like computers, televisions, cordless and mobile phones, and even compact fluorescent light bulbs.

Dr. Magda Havas, a PhD from Trent University in Canada, recently published the results of a study she conducted on the relationship between electromagnetic fields and diabetes in *Electromagnetic Biology and Medicine*. In it, she explains how she and her team came to discover this about why electropollution is so dangerous for many people.

Blood sugar goes haywire

One of the most interesting finding in her study was that electro-sensitive people whose blood sugar decreases when they go for a

walk outdoors actually experience an increase in blood sugar when walking on a treadmill.

Treadmills, you see, are electrical devices that emit electrical pollution. But interestingly, even the physical exertion of walking on the treadmill did not make up for the blood sugar spiking effect of the EMFs emitted by the treadmills. Despite the exercise, in other words, type-3 diabetics experienced significant spikes in blood sugar when walking on the treadmill.

Dirty electricity is bad for everyone, but it is especially bad for people who are type-3 diabetics. And Dr. Havas explains in her study that even having an electrical device plugged into the wall near someone who is type-3 diabetic can cause them problems.

This is a "must listen" interview for anyone suffering from diabetes, obesity or blood sugar disorders. It's commercial-free and it's a free download of an MP3 file that will play on any computer or MP3 player. What you'll hear in this interview will absolutely astound you -- it rocks the world of conventional medicine and its failed diabetes treatments.

This is an interview with Dr. Gabriel Cousens, founder of the Tree of Life Rejuvenation Center in Patagonia, Arizona (www.TreeofLife.nu). In this audio interview, you'll hear Dr. Cousens describe why and how consuming raw foods really works to initiate dramatic reductions in fasting blood sugar levels, effectively reversing diabetes in a matter of just a few weeks.

This is essentially a cure for diabetes. Not coincidentally, Dr. Cousens is the author of the book *There Is A Cure for Diabetes*. The book documents the successes of eleven people who went on a raw foods diet and experienced rapid and remarkable improvements in physiology, including:

- Curing of both type-1 and type-2 diabetes.
- Rapid loss of body fat

- Rapid stabilization of blood sugar
- Remarkable improvements in cognitive function

Listen to the full interview here:

<http://www.naturalnews.com/Index-Podcasts.html>

This is a must-listen interview for anyone suffering from diabetes or blood sugar disorders.

For type-2 diabetes, the process described by Dr. Cousens in the interview boasts a 90% - 95% cure rate. This is truly astounding. Nothing from the world of conventional medicine can offer even a 1% cure rate for diabetes.

Diabetes is "incurable!!"

Conventional medicine (and the American Diabetes Association) continues to insist that diabetes is incurable. The approach of conventional medicine, based on extremely toxic chemical medications and processed dead foods, simply does not work. It's actually quite toxic to patients rather than healing. Diabetes medications are well known to cause severe liver damage, for example.

But the conscious consumption of raw living foods turns on the body's innate healing processes. This creates a rapid healing response that allows the body to reverse many of the physiological degeneration processes that created disease in the first place. That's why juicing and juice feasting have become such popular self-healing therapies for weight loss, diabetes reversal and enhanced longevity.

Conventional medicine remains utterly ignorant of the healing power of raw living foods, preferring instead to rely on patented chemical medications that simply don't work to heal anyone or anything. No person suffering from diabetes has ever been cured of diabetes through pharmaceutical medications. It has never happened in the history of medicine. And yet type-2 diabetes can be cured at a rate of 90% - 95% with a raw living foods diet.

At the Tree of Life, Dr. Cousens offers a 21-day rejuvenation

experience based on living foods. Learn more about the Tree of Life Rejuvenation Center at www.TreeofLife.nu

Dr. Julian Whitaker is one of the best-known pioneers of health freedom in the United States of America. Through his Health & Healing newsletter (www.DrWhitaker.com) and his Whitaker Wellness Center (www.WhitakerWellness.com), he has helped teach literally millions of people with crucial information about self healing, natural remedies and the principles of health freedom.

We recently interviewed Dr. Whitaker by phone, and the resulting conversation is now being shared with you as a must-listen interview for anyone interested in learning about cutting-edge developments in nutritional therapy.

The entire interview is available as a commercial-free, DRM-free MP3 download from NaturalNews.com. Simply visit our podcast page to download it now: <http://www.naturalnews.com/Index-Po...>

This MP3 audio file will play on any PC, Mac or MP3 audio device. As with all our podcasts, the download is free of charge. (We are able to cover the production and download costs thanks to reader support of our sponsors and our NaturalNews Store.) Today, America and the UK is suffering not only a health care crisis but also a health care cost crisis. The things we're doing in this country to try to treat sick people with drugs, surgery and chemotherapy simply aren't working. And yet due to their unjustifiably high cost, they are bankrupting our nation at every level.

To save America's health and its economy and the UK's bankrupt dis-ease management system we need to throw out the medical status quo and bring in new philosophies and guidance that can

produce better health care results at significantly reduced costs.

If given the opportunity, he could initiate new national health policies that would unleash an era of nutrition, health and healing across America. Of course, Big Pharma would lose hundreds of billions of dollars as it lost patients due to the improvements in health nationwide. Cancer centres would also have to downsize or go out of business. The "sick care" industry would strongly oppose Dr. Whitaker having any influence whatsoever over public health policy. And that's most likely why he hasn't yet been invited into such a role: Dr. Whitaker would rock the boat, shake up the status quo and set America on a whole new path of health and healing...

... and that's a very dangerous thing for the corporations that depend on sickness and disease to generate recurring profits.

Diabetes...It's not about Blood sugar it's about insulin control."
Many of you reading this article may be familiar with the largest health and wellness website in the world, (www.mercola.com) which has 100,000's of FREE articles all based on health and gaining more knowledge to overcome the mindset that you and I are victims of our GENES!

"Insulin dependent Type I diabetes.

Type II – Non insulin dependent 95% of the population is Type II cured and or controlled according to Dr Mercola with some simple lifestyle modifications, relating to diet and exercise.

http://www.youtube.com/watch?v=Rz5RAHJLG5k&feature=player_embedded"

Dr Mercola suggests "Not a high grain diet, restrict bread, pasta, rice, potatoes.

Also putting a type II diabetic on insulin, will make them become sicker in the long term. Yes it will lower their blood sugar, but then they'll become more and more insulin resistant. Therefore they'll up your insulin.. and the conundrum goes on... One in three American's has type II diabetes."

It's all interesting stuff and we are at a cross roads where continuing our path is going to lead to more suffering and pain not only financially but for this planet as a whole.

My first wish is that you and I become more CONSCIOUS/AWARE and start making SMARTER lifestyle choices. We can easily vote with our pounds, what we watch, where we travel and or buy local! If in the words of Gandhi, you want to become the changes you'd like to see in this world. It all starts with you!

My name is Magnus Adam Lewis Mulliner and I can be contacted on magnus@mtenergie.com and or 07985 288169.

Wishing you all a joyous and eventful 2010 and beyond.

Sending love