

**Instead**

*All is one*

# Instead

Instead of disease, health.

Instead of fiction, truth.

Instead of fear, love.

This book is for young people – of every age

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## Who wins?

Part of you has been looking for and waiting for this book, which brings together in one place everything you need to know, which provides you with the tools to evaluate new ideas, and which gives you an action plan enabling you to move forward definitively and break free from the consensus trance.

At the same time, there is another part of you that most certainly does not want to see or know what is in this book – it will call into question some treasured assumptions, cast doubt on well-established habits, and suggest avoiding things you really like. And Free Will means you have a perfect right not to know things if you don't want to.

## Which part of you will win?



The author would encourage you NOT just blindly to accept what is written here as the truth. That would be an error of judgment. That is not to say that the ideas presented here are not true, but that you must weigh them up, meditate upon them, and decide for yourself in the light of your intuition and inner feelings, whether or not these words “feel” true for you.



If people begin to understand that change comes about as a result of a million tiny acts that seem totally insignificant, well then, they wouldn't hesitate to take those tiny acts. – Howard Zinn



Dear Reader:

There are lots of links in this book – giving you tons of background, backup, and further information. First time through, it's probably best to ignore them so that you get the big picture. It's your call.

The book is also available in eBook format for easy link-following. The TinyURLs link you to an anonymous search engine with the book details pre-entered. This will help you find the most appropriate supplier for you. To view the links go to

<http://www.instead.online/insteadlinks.htm>

The QR code below will take you straight there.

The author is not a doctor or a scientist, but has always been involved in teaching and giving people information that helps them realize their true potential. He does not seek to persuade or convince, but only to draw attention to certain ideas.

Also, everybody he has spoken to has encouraged him to get the information 'out there' as soon as possible. This book is therefore work in progress. Feedback would be welcomed.



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Instead . . .

### **Instead of Disease – Health**

This book will show you the unsuspected toxins which surround you and which reduce your physical, mental and spiritual health. It will show you how to deal with them, and replace them with nutrients.

### **Instead of Fiction – Truth**

It will reveal many of the fictions that are woven into your life, and how – by using your intuition and discernment – you can see with greater clarity what is true in the world you live in.

### **Instead of Fear – Love**

It will show you what causes the background fear that is so much part of your life, and how to replace fear with love.



## Unsuspected Toxins

There are many elements in your life which [you](#) (p.184) – as a young person - take completely for granted. You believe these things are normal, essential and good for you - or at least neutral to your well-being.

You believe this because you are being - and have been - misinformed, misguided and misled about what is good for you and what is bad for you in all areas of your life, and you are simply not being told about a host of other things that could make life better.

You are being misguided by people who are sincere... but sincerely wrong.

These people may be your parents, your friends, your family or your teachers. They are doing their best and they sincerely want the best for you. They are normally passing on advice, assumptions and a routine which they in turn have received and accepted – normally without reflection. They are generally well-meaning, kind and good-natured.

*(Some advice, of course, for example from government or industry, may have another agenda – such as profit, addiction or control.)*

As a result of this well-intentioned but largely incorrect mass of advice and misinformation, you are being robbed of looking and feeling better and healthier, thinking faster and more clearly, and making more progress towards realising your true potential. You are being poisoned and are poisoning yourself physically, mentally and spiritually by many of the elements in your everyday life. At the same time you are not getting the things that would nourish you.

The author feels that this is not fair. If you have been told everything you need to know accurately and clearly, then you can make your own decisions. If you have been misinformed about what is good for you and what is bad for you, you cannot make wise choices.



Accepting one true statement into your belief system can cause a total realignment of that belief system.

MttGC



In this book we are going to be talking about good and bad things as being Toxins or Nutrients, and toxicity and nutrition. Toxins are elements in your life or in your environment that are not good for you. They poison your body, they cloud your thinking and they weigh down your spirit. Nutrients are elements in your life or in your environment that are good for you. They nourish and heal your body, they give clarity to your thinking and they lift your spirit.

Of course, you already know about one or more of these elements, but the tendency is to focus on only one, to think that it is really too small and freaky to take seriously and to ignore the bigger picture.

The bigger picture is that you are exposed every day to hundreds of 'toxic encounters', individually perhaps too small to matter, but collectively way over what we are going to call your toxicity threshold - what your body can deal with using its natural and wonderful detoxifying processes.

At the same time, what we take to nourish ourselves physically, mentally and spiritually (apart from *itself* often containing toxins) is

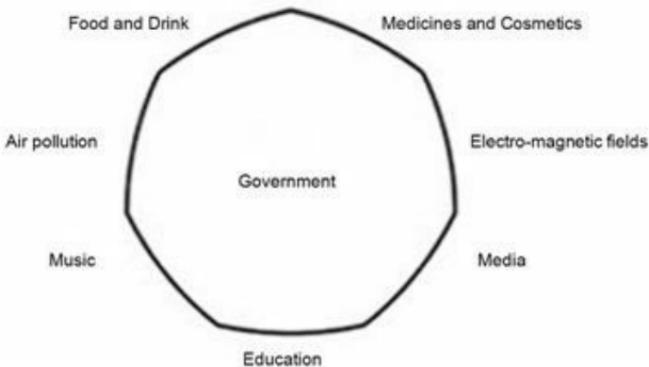
more and more frequently deficient in nutrients. What we are faced with is deficiency and toxicity, and this combination is at the root of physical, mental and spiritual malaise.

Don't underestimate how much damage these toxic encounters can do  
- all together - over time

And don't underestimate how far off being in any way properly  
nourished most of you are!

We are looking at a massive assault on health, well-being and longevity from the accumulation of seemingly too-small-to-worry-about toxic encounters in everyday life.

There are seven areas of your life where these things are grouped, so we use a **7-sided shape – the Heptagon** – to act as a focus, with one side for each area.



The areas are Food and Drink, Medicines and Cosmetics, Air Pollution, Electro-Magnetic Fields, Music, Media, and Education and Socialisation – with Government playing a supporting role in the centre. We use this shape as a mnemonic, to help remind you of the different areas. (You could also use the shape or a badge this shape to

help identify yourself and others as taking part in the Heptagon Protocol! You could become a **Heptagan!**)

The model we are working on is that the wonderful human body is designed to deal with toxins and detoxify itself naturally, but that in the modern world the original system is overwhelmed by the sheer quantity and variety we expose ourselves to.

So this book suggests a radical, in-depth, eye-opening **Heptagon Protocol** to allow you – if you want – to choose to move away from the toxins and move towards the nutrients. Or at least to give you a good idea of how far things have gone. If you want to take action, you can start doing this straight away, without needing any permission from anyone and whatever age you are. (If you are in any way actually unwell, you could probably also be treating yourself quickly and easily.) Also, by what you learn and your example, you can help greatly people around you - by giving these benefits to yourself, you give them to society and the world.

To find your way through all this apparent complexity of toxins and nutrients, we suggest a reliable compass.

## Your Compass

Apart from the people who are ‘sincerely wrong’ and have your well-being at heart, there are many who are more interested in profit or control. When evaluating material such as we will be looking at, the method you have been brought up and trained to use – the **Logical Approach** using facts, reason, analysis in the left brain – is ineffectual, partly because of the sheer volume of data, but also because of the unreliability of the data due to skills, study design and methodology, product defence companies, conflicts of interest and revolving doors. (See [Definitions](#) p.169)



False information – false results

Baron Harkonnen - Dune



What is needed is a quick and reliable way of assessing information and choosing a course of action.

No problem. You have a much-maligned under-used sense that is just what you need. You have your Intuition. Trust your own Intuition.

Where have you heard this before?

‘Search your feelings Lord Vader – you will know it to be true.’ Star

Wars

“Listen with your heart” Pocahontas

“I usually trust my instincts” Tris- Insurgent

## **The Intuitive Approach: 'Right brain'**

Intuition is your secret weapon. It cuts through what is misleading, it simplifies what is deliberately complicated, and is absolutely proof against propaganda and manipulation.

It is a sense that everyone possesses, but that is often undervalued, undeveloped and discouraged.

Your intuition is the sense that tells you what is true even when your rational mind denies it, or that prompts you to a choice without a logical path leading to it. It may be the result of the savant-like abilities of the right brain, flashing an insight into your awareness. It may come as inspiration does, not as a result of any sequential thought processes, giving you a solution to a problem - in your bed as you wake up, or in the bath or shower as you relax. It may come as the voice of conscience does, quietly yet unarguably - just knowing what is right.

It is often the still small voice, or the first thought following on the heels of some question you have posed yourself. It may be the first response you feel at the moment of meeting someone, that you like or trust him or her - or want nothing to do with that person! It is often followed closely by left-brain excuses, justifications, hesitations or programming, so you have to be alert and attentive.



That army of yours, that the world with its devas cannot overcome, I  
will smash with discernment.

Buddha



If you deliberately apply your intuition to a topic, you are using **Discernment**. You do this by asking yourself a simple question and observing calmly the first response that comes into your mind. Being calm is important and it is useful to take one or two slow breaths first – particularly if the topic is an exciting or important one. The response you observe should leave you feeling calm too; a feeling of excitement often indicates the intrusion of left-brain egoic response. What you are looking for is an accompanying feeling of clarity and possibly joy, lightness or contentment.

The **simple question** you ask yourself could be:

Does that feel true?

Does that resonate with something inside me?

Is he or she speaking the truth?

Does the speaker believe what he is saying?

Which option would be right for me in the long run?

Does this option make my heart sing or sink?

**or they can be more specific:**

Is my asthma connected to the consumption of dairy?

**or they can be semi-humorous:**

Would I buy a used car from this person?

(Try the ‘Does that feel true?’ question out on the next advertisement you see, or the next news item on TV.)

If you find yourself unable to feel clearly your response, try again a bit later. Try to make sure that you are somewhere calm, possibly in nature, and not under the influence of coffee, alcohol or EMFs.

With practice, of course, you will become adept at using your Discernment. Use it for everything you read in this book – and all the messages and information you are exposed to in everyday life. Given the subject matter of this book, you may wish to apply your discernment not only to the book itself, but also to reviews it gets. Enjoy using your discernment and have confidence in what it tells you!

A very powerful focus for your discernment is this simple question:

### **Who does it serve?**

For example:

Who does it serve if I consume or don't consume something?

Who does it serve if I believe this or that statement?

Who does it serve if I am told or not told something?

Who does it serve if the population is unhealthy, on medication and not very bright?

or

Who would it not serve if I knew the real causes of poverty?

Who would it not serve if I took all my money out of the bank?

Who would it not serve if I knew and acted upon all the stuff in this book?

or

Does this product serve my health and well-being, or the profits of the producing industry?

We will re-visit this important question as we move through the different areas as well as suggesting other focuses for your Discernment.

(‘Who does it serve?’ is similar in function and result to ‘Follow the money’, but casts the net wider.)

Use the techniques above for discernment, and listen as the answers come. Keep calm. Just move gently away from those things you feel do not serve **you**. (See [Action Plan](#) p.161)

The layout of this book is, in general:

#### Statement & Brief explanation &/or link

You will often find that the **statement** alone corresponds to your intuitive feeling of what is true. That may be enough for you to incorporate it in your view of the world and take action accordingly

The **explanation** can give extra useful information, as can the **links** and references, giving you material for more left-brain analysis, and bolstering – or testing – the confidence you have in your intuitive response. And if you are following links, you will need Discernment to feel which sources to trust!

(Reapply your discernment to people and sources from time to time. YouTubers sometimes go off beam when they get sponsorship; trusted sites start advertising random stuff you don’t need. Do things still ring true? Check also things that are much hyped and things that are free.)

What we are suggesting is a direct, intuitive perception of - and feeling for - the truth. There is no reason anyone should wish you not to use

such an approach, although it is of course outside their control. This book's intention is to present points of view to which you are invited to apply your intuition. These are what we call Discernment Foci or Focuses.

If you take nothing else from this book but an understanding and use of your intuition, you will be rich.

‘The test, is this:

In the face of a challenge, who do you trust?

Do you trust what the “outside world” is showing you?

Or, do you hold fast to that which “feels” like Truth, deep within you?

That is something you can only answer for yourself.’

Not forgetting –

## **The Empirical Approach.**

You can just try it out.

You simply make some changes suggested in this book and see how you feel. If, after two or three weeks, you do not see and feel a difference, go back to what you were doing before. For this approach to bear fruit, you do need to make some significant changes and not just tinker with detail. For example, going from four glasses of milk a day down to three is not the idea; cutting out dairy completely for a fortnight is.

## **Further links:**

A thorough examination of left and right brain function :

<http://instead.online/Left%20in%20the%20Dark%20free>

[%20edition.pdf](#)

and

<http://tinyurl.com/yd9dd689>

More on the 'spontaneous precision of instinct' and the 'divine dance of inner direction' Starseed Ken Carey Chapter 7

<http://tinyurl.com/y8kpu4fy>



## **Buts!**

Before we move on to the Heptagon Protocol and look at its seven different ‘sides’, you may want to ready yourself for what is to come by looking at the most common ‘Buts’ in this section and some other Obstacles in the next. Or go straight on to the [Heptagon Protocol](#) (p. 39) and come back here when you have a ‘But...’ of your own to check out.

**“I don’t need to worry about these things yet – or at all!”**

See [Obstacles](#) (p.31) below for ‘Will you last as long as your parents?’

**“This includes absolutely everything!”**

As you read this book you are bound to feel, almost from the word ‘Go’ that it touches every aspect of our lives. Does that mean that we are being ridiculously fanatical and paranoid about things that don’t really matter and have just somehow got that way? Or does it mean that the trap is almost closed on us, that the strands of the web we are eagerly winding ourselves in are almost completely enveloping? It’s your call, but poison is poison even if it is very slow and made to seem sweet and desirable. Remember again: you don’t have to change everything all at once.

**“First it’s bad for you, then it’s good for you, then it’s bad for you - make up your mind!”**

This is handy, because in the meantime you can keep using it and someone can keep selling it. We may half-welcome the uncertainty, but the producers are certainly well served by it. (See [Product Defence](#) p. 176)

## **“This is all too negative”**

A lot of this book is about things that are not good for you, and in some cases we draw your attention to the possible motivations of people involved in their supply, to help you understand how we come to be in this situation. But we do not want to focus too much on the negative or give it energy by fighting it. The idea is to become aware of the negative to make choices to avoid it, but then focus on the positive. See [Action Plan](#). (p.161)

## **They’re only small doses**

As you go through the different sections in this book looking at this or that toxic element (many of them you know of already of course), you will find yourself telling yourself that ‘they are only small doses’. And it is true - they are only small doses, but with so many of these ‘small doses’, together with the interactions between them and the synergy involved, with multiple consumption routes, over time and with individual allergies, you are looking at a massive assault on your health and well-being. Don’t underestimate the overall effect: slow poisoning.

## **“I don’t want to be a Health Freak” (aka Orthorexia)**

Avoiding things that are not good for you no more makes you a health freak or paranoid than using or eating them makes you an Illness Freak.

Orthorexia is a proposed eating or mental disorder characterized by an ‘extreme or excessive preoccupation with avoiding foods perceived to be unhealthy’.

[https://en.wikipedia.org/wiki/Junk\\_food](https://en.wikipedia.org/wiki/Junk_food)

This is a more academic version of ‘health freak’ and rather depends on whether foods **are**, in fact, unhealthy. Clearly, if they are unhealthy, no degree of preoccupation could really be described as extreme.

**“You can’t avoid all these things without going to the top of a mountain or the depths of a forest.”**

This is true, but you do not need to avoid *all* of these things - just some of them. Because of the [Synergy](#) (p.179) involved, even making small changes will be to your benefit. (This ‘Can’t be done!’ reaction is often characteristic of those who at some level wish to continue as at present.)

**“I do it because I like it” or “Yes, but . . . Yum!”**

If you love your cola, or your burger, or your smart phone or whatever – don’t worry! Nobody is suggesting that you give it up completely straight away (although that is an option some will choose) Rather it is:

**1** becoming aware of the negative effect it is having on you so that you can make an informed choice about its effect on your threshold management, and

**2** becoming aware of why exactly it is that you like it. Is it an addiction, a craving, programming, or just better than the alternatives? Does it make a difference knowing that it is, or may be, bad for you? Does it make a difference knowing that it has – in most cases - been carefully and at great cost designed to exploit your natural tastes and programming? That someone somewhere is laughing up their well-tailored sleeve at your every puff, sip, nibble. or click?

## **“It’s normal to get ill and go gaga as you get older”**

It’s true that we accept as normal people getting ill as they get older, but the true cause - deficiency and toxicity - of many of the afflictions we see is ‘cloaked by old age’ and the same applies to the loss of mobility, memory and so on. The examples you hear of people living to 110 with full use of their faculties is treated as an exception rather than a possible norm. (See [Concept Placement](#) p.93)

## **“I’ve got more important or enjoyable things to do” or “I’ve got to get on with life” or “I don’t have time right now”**

Earning money, passing exams, playing sports... Whatever things you have to do, you will do them more easily if you are fit and well with a clear head and no fear. Some things that weigh heavily on your mind may lose their power to enslave you as you avoid toxins and embrace nutrients

## **“Where do these things fit?” “So what now?” “What can I do with this knowledge?”**

A lot of the information in this book does not readily fit with what you have learned and taken for granted until now. It will take a little time for your mind to integrate it into your world view, and change might be slow. The grip of the consensus trance is very strong. Hold onto any truth you feel you have perceived, as time and repetition are needed for new synapses to develop (both in the individual and in the collective mind).

## **“There is no sign it’s doing me harm!”**

There is often nothing *obvious and immediate* to show for your toxic encounter – otherwise of course you would have realised before and done something about it. Sometimes you feel better after exposure (think nicotine or masked allergies), often they are slow poisons which will take years to bring you down; that does not mean they are not worth avoiding starting now.

## **“I’d rather die than give up x, y or z!”**

This is a perfectly valid reaction if x, y or z means so much to you. But never forget you actually have a choice.

## **“It’s not my fault”**

It is partly – because someone has to buy that stuff, and if nobody did, it wouldn’t be there. And there’s something called ‘creation by acquiescence’ to muse on.

eg Tomatoes: The consumer demands large, shiny, unblemished produce of regular shape. To satisfy these desires, agricultural chemicals which were not used five or six years ago have come rapidly into use.

## **“I wish I had known all this years ago!”**

This book is aimed at younger readers for whom years ago would have been very young, but if you are a little – or a lot – older and have found your way here, do not despair. The majority of ills which flesh is (supposedly) heir to, can be slowed, halted or reversed by the Heptagon Protocol proposed here. For best results, the change is a life-change, rather than a gentle tweak, and not all the damage done can be undone. But it’s definitely worth a try and can do no harm!

## **“Reading all the labels and small print on food and cosmetics is a real nuisance!”**

Yes, but you only have to do it once. When you have established the level of avoidance you want, you can relax into your new routine. (You still have to check from time to time, because manufacturers sometimes change their ingredients – sugar suddenly appears in your favourite soya milk, or a new name is thought up for the MSG or the sweetener you are avoiding.). And the healthiest foods in the supermarkets don't even have ingredient lists.

## **“You can't fight it.” or “You can't change the system.”**

Yes, you can. That is precisely what you can do. Easily, quickly, and for the good of all. See [Action Plan](#). (p.161) And to help the system to change faster, we will drain away the Fear that is so toxic. Remember how quickly the Berlin Wall came down!

## **“This is inviting doubt and distrust of everything and everyone.”**

Only in so far as it draws attention to misinformation and lack of information. Both of these would rightly result in doubt and distrust in the future. But the idea is really to invite Understanding and Discernment.

## **“If these things were true, we'd have been told”**

Would you? Why?

Those who *would* tell you, don't know - the “sincerely wrong” above. And those who know, wouldn't tell you – or cannot safely tell you. The manufacturers, retailers, wholesalers, advertisers and media have another agenda based on the profit motive.

**Even if you were - are - told, the Obstacles in the next section could still hold you back...**