



Hi, my name is Scott, I am 48 years young, married to my beautiful wife Susan, and we have two beautiful kids Angus and Scarlett and a fur child named Roxy.

We live in the inner-city Brisbane suburb of Kelvin Grove, I was born and bred in Brisbane.

Life for me as a child was fairly standard; though I did have projectile vomiting for a time as a baby; the valve at the top of the stomach and the valve at the bottom of the stomach, should not open at the same time, mine did; this created a vacuum that sent the milk flying up to 20 feet across anything or anyone in its path.

I then had Asthma, bad, had about a dozen trips or so via ambulance to the then Prince Charles Children's ward (a hell scary place I got to know well). The golden circle pineapple juice for breakfast and sometimes being the only kid in the whole ward (freaky as especially at Night). Those visits that I was tested with new medicines and potions without my consent, none the less.

A lot of these experimental drugs were given to me and I also had to do testing at QUT Kelvin Grove and Carseldine and at the University of Queensland at St Lucia. I was subjected to all sorts of physical activities and tests including swimming, breath tanks, running, jumping all sorts of things designed to make you wheeze to see if the meds worked. I became hooked on Ventolin and have been taking it since I can remember. I do not take their steroids as it has had a massive effect on my growth (my chest cavity is giant; my muscles on my legs are overly huge (so much so I cannot wear a boot as the muscle sits and rubs on the rim) and more than likely contributed to my Cardiac Arrest in 2015.

One of the poisons I was given Prednisone is steroid that has the side effect of putting weight on every dose you get (WTF?) I was a normal 9 year old height and weight - by the time I was 10 I was 60kgs (more than 20kgs heavier than all of my friends) I could not understand why, I exercised all year; swam 5 days a week through summer, played AFL in the winter, Tennis, cricket, BMX and Skateboard every chance I got. But kept getting fatter every year, the weight would not go.

I went to specialist doctors, dietitians, an Acupuncturist claimed he could cure my asthma and my weight issue; My Mum would believe anyone - so I just had to go and put up with whatever I was subjected to. I don't know about you; but as a 12-year-old, I used to be petrified and the thought of acupuncture every Friday after school; in my 12 year old mind he was an evil villain that guy; gave me a scar for my future. So here I am, the lab rat, that at 15 still looked like I was 12. I didn't start to grow until I was 16 then grew to 6ft tall by 18. Still weighing in around 100kgs or over.



12 Ballina Street Kelvin Grove 4059

0407531133

wholesomescott@gmail.com





I had a standard western diet; meat, bread, pasta, rice, eggs, fish, fried foods, I smoked and drank alcohol. I was a ticking time bomb just waiting to explode. Bloomed to a massive 141kgs. I would take another 20 years of abusing my body before my incident occurred.

A myocardial infarction, cardiac arrest, an anterior cardiac artery (nicknamed the widow maker) blocked and I died.

I was at home in bed; I had been out to a party until 3 in the morning my wife said, then approx. 6 am I sat bolt upright choking and sputtering, she said my eyes rolled back in my head and I fell back, dead, no breathing, no pulse, she ripped into action; herding the kids to a safe room away, dialed triple zero; advised them of the situation; then proceeded to start CPR sometime later.

A paramedic arrived and dragged my carcass off the bed onto the floor and continued CPR, more minutes elapsed, and more crews arrived. 43 minutes they worked on me before transporting me to the Royal Brisbane Cardiac Lab.

Enroute to the hospital; I was electric shocked 5 times and was injected into the heart with adrenalin to get my heart going in the right rhythm again. I was dead for 18 minutes. I became part of an really exclusive club

I had a catheter inserted into one artery and I was then packed in ice and my body temp was slowly lowered over time to help minimize brain damage, I was in a coma for 6 days and woke intubated with a ventilator breathing for me (what a shock to the system that was; another story that is).

I have a 75% heart score after the damage it received from being dead for that long; I also have a frontal lobe injury. Basically, I had to learn to walk in a straight line again, I had to learn to use a computer and other simple things I would have previously taken for granted.

A computer car simulation game Assetto Corsa; was integral in helping my brain find new connections for the skills I had lost due to the long time with no oxygen. Playing the same car on the same track over and over; I gradually gained confidence and started to drive better and better. I had 6 months ban from Driving a car when you have a heart attack.





I have PTSD as a result of the incident; I had real problems with trying to get to sleep for the first 6 months or more. I had to sleep on the reclining chairs in the lounge for about 6 weeks after. I could not stand to lie on my back as it reminded me of the feeling of drowning. I still have sleep issues to this day. I had issues with cold and drinking too much fluid.

I have opted to getting at least 30 mins of direct sun exposure in the middle of the day as my cure for sleep, the sun is needed for your body to create the hormone Melatonin. No Sun = No Melatonin = No sleep. This works a treat and guarantees me a restful night's sleep. Try it yourself and see.

After recovering, doing 10-week Cardiac Rehab course at QUT; where they helped me to get back to a reasonable fitness level. I had adjusted my diet according to the stuff I got given when I left the hospital.

It took a few years for me to embark on my weight loss journey; something that has been miraculous to say the least - over 50kgs so far.

I had no help from anyone with this. I started to look for ways to lose weight and saw a Hollywood actor who had shed his weight in a matter of months. I found out what he used. I tried it for about a month - no great results at first.

But then it hit me; at work; like a flood of poo; I had to go 18 times in one day - 12 of those at work - I had to time it well enough for the 30 min drive back home.

But that was the start of the expulsion of the blockage (that stops you from losing weight); that has been in my colon (and Yours - ewwww) since you were a young child; it (Mucoid Plaque) has been putrefying itself adding more and more toxic rubbish to it over the years you have consumed the wrong type of food for your digestive system. It's hard; like bark and sticky like fresh road tar - its black in colour and smells rotten cause it is. You can sometime see the remnants of it on the toilet bowl it is hard to get off and often needs the brush. Don't worry - you are not the only one with this inside them - all meat eaters are the same.

Humans are not actually meant to eat meat - it's not a necessity, it's not a food; it's a stimulant and that is all. It is rotten when you purchase it - cooking it does not help clean it - it is dead.

A question to ask yourself.....**How can anything Dead give you Life? Impossible is the answer.**





Humans don't have a digestive system designed to handle rotten flesh; this belongs to a different class of animal; the carnivore; Humans are not one of these.

Carnivores are things like dogs, lions, cats, tigers

A Carnivores digestive tract is short; the flesh enters the body of the animal and is ejected in less than 24 hrs. in most cases; giving no time for it to rot and cause problems. They also have large fangs and shredding teeth, powerful jaw strength to rip and tear flesh and shatter bones.

An Herbivore (vegetables and grasses, berries,) like cows, sheep, horses have a longer digestive tract with multiple stomach sacks; each one helps strip the cellulose off the fibers that have been ingested. Cellulose is indigestible to Humans. Herbivores eat basically all their waking hours to sustain energy from the food they eat.

Herbivores also have large flat teeth for grinding their fibrous foods up.

Humans are Frugivores – and should and can leave primarily on raw fruit only.

We have a very long digestive tract meant for soft food with skins. Our teeth are sharp for tearing through the flesh of the fruit and for crunching seeds and other hard berries.

No animal (not in captivity does not eat a mixed meal) – apart from Humans.

Also, there is approx. 1.8billion species on the Earth – Humans are also the only one to cook their food. Hmmm.

I have studied intently for the last 2 years, reading countless textbooks; most back from the late 1800's or the early 1900's but some as new as this year.

All books written by MD's and scientists and professors who all had a similar message about health and vitality. I don't believe in disease; more a disharmony or misalignment of vibration.

Also, caused by wrong perceptions about food. The stories and wives' tales we all were brought up to believe; which I have since found to be all lies. Not one bit of truth about most of the foods you were brought up on.

It all boils down to simple chemistry. There are only two sides to chemistry; Acid and Alkaline.

Primarily the foods we have all be eating and brought up believing are good for you are not as they are on the acid side of chemistry. The opposite of what a Human requires.





Eating acid foods leads to problems in the digestive tract. The one and only ailment or cause of what the allopathic medicine over 12000 ailments is one thing and one thing alone; acidosis, an overdose of acid related foods in your diet. This leads to a loss of vitality and any number of side effects.

This all can be reversed and stopped all together. Any and every ailment is totally treatable and able to be reversed if you are willing to believe it can be.

By a mix of change in diet, fresh raw fruit, berries and melons, botanicals and herbs specifically targeting the areas that need to be kicked into gear. Also herbs that specifically go after parasites (another by product of eating dead flesh and actually the number one killer of all people in the world though it is not advertised or in text books) the number two cause of death in the world is if you go to hospital for one thing and you die as a result of the doctor you have seen.

I will talk to you and ask specific questions to get a gauge of how you are what you need.

I was on ten medications the doctors said I would be on for life.

I challenged my doctor as to why I need these things as I was not a meat eater anymore. She advised if I had a blood test and all my levels were good, I could stop taking them all.

I had the test – levels for everything are perfect. Doctors said stop taking them, that was two years ago, and I have not suffered in the slightest.

I simplified my digestion and that was the answer to all my questions – simple as that.

I have a questionnaire for you to fill out – be honest in your answers. I do not judge anyone.

I will do an in-depth analysis of your answers and come back to you with some education about diet choice and possible herbs and detox materials you may use for your own detox. (At your own risk).

I live what I talk; I have done all of this from inspiration.

I am proof that you live forever.

I am proof that anyone can change, entirely, for the better.

You must believe you can.

I can help point you in the right direction. I can educate you on the right choices for your body.

This is my gift to you.

With much Gratitude, Wholesome Scott





Please and be aware of my following disclaimer; any questions please ask.

Disclaimer

My goal is to educate you so that you can decide and make the right decisions for you. This is about educating you on detoxifying. I really don't want just anyone who is interested in this to use it-I want people who are serious about their health and are educated on the topic.

Having said that nothing said here is meant to treat or diagnose any illness. This is an educational business and so any advice given here is for educational purposes only. **Always consult your doctor if you have a serious health issue.** What we do is to get your vibrant and healthy and not treat. We have no interest in treating anything. We don't believe in the concept of diseases we believe in health and vitality only.

We use living foods and herbs to help you make yourself better.

If you use any of the educational information here, you do so at your own risk.

Always consult a doctor first before embarking on any health program. We are not doctors and so; you follow the advice provided at your own discretion and risk.

WHOLESOME SCOTT
RESET...RESOLVE...RENEW

