

**HEALTHY**  
**MODERN**  
**HYUMAN**

**SCOTT BILLADEAU**

THE HEALTH AUDITOR

*Ceci n'est pas une pipe.*

This is, however, a book. It has been conceived by, and entirely written by, the author based on his First Amendment Right regarding freedom of speech. He is not willing to play the game of claiming this book does not contain medical advice as it relates to health and nutrition — and that such advice should only come from a doctor. Advice of all kinds and all stripes is just that: advice. All advice should be considered and acted upon based on individual judgement and responsibility.

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## **HEALTHY MODERN HYOUMAN**

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***There are two primary choices in life:***  
*to accept conditions as they exist,*  
*or accept the responsibility for changing them.*

**—DENIS WAITLEY**

# DEDICATION(s)

I'm dedicating this book to my son, Jasper, the 'bringer of treasure.'

Through his decline into severe, regressive, epileptic, nonverbal autism, followed by years of mental, physical and emotional anguish, he brought me, and now the world, a deeper insight and perspective on pretty much everything.

My gratitude is infinite.

Wiley... we're listening to you now.

While I've written this book for Y-O-U, the individual, I'm also dedicating it to all of those practitioners and professionals out there who are fighting the good fight. Fighting through misinformation, a lack of information, wrong information, confusing information, outdated information, suppression, politics, and corporate greed, as well as lies and propaganda.

To all the MDs, PhDs, professors and research scientists, DOs, nurses, medical professionals, naturopaths, acupuncturists, herbal, Chinese, functional, and alternative medicine gurus, and those of you inside government agencies like the FDA, USDA, EPA, and CDC who are trying to right the ship —

***MAY THE WINDS OF TRUTH AND INTEGRITY FILL YOUR SAILS AS YOU LEAD US TO THE PROMISED LAND OF GOOD HEALTH AND WELL-BEING.***

*While the rest of us do our best to take care of ourselves,  
only those of you in leadership organizations  
can redirect the country as a whole  
toward health and happiness for all.*

***Godspeed and good luck!***



“

*Don't undertake a project unless it is manifestly important  
and nearly impossible.*

**—EDWIN LAND**

# PRELUDE

I began writing this book eight years ago.

The world was so much simpler then. :-)

So I thought.

As it turns out, the world has always been a masquerade party, never really knowing who was who and what their hidden agenda was. While humans have been conniving and deceiving throughout recorded history, as technologically advanced modern humans, the exponential rise in public manipulation has now reached a fevered pitch. Everyone is now the smartest person in the room, and no one will listen to an opposing view. Entertaining a new or different idea, or compromising and problem-solving by blending several ideas together, is no longer a key aspect of moving our modern society forward.

What makes the situation nearly impossible to sort out is that we've been willing participants, and as the documentary film *Social Dilemma* pointed out:

We have become the product.

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Our information, our demographics, our likes, coupled with our ‘Likes,’ and all of our friends and family are products in a never-ending pursuit of our very last dollar of disposable income. We are products of a modern corporate society incessantly prodded to purchase yet more products, which includes each other. Indeed, where does the concept of what a product is begin and end?

The technology ethicist Tristan Harris points out that the technocrats with their intricate algorithms and artificial intelligence have already won. Our human strengths have been dismantled by our human weaknesses. Our proclivity for forming beliefs without underlying knowledge, experience, or wisdom is our Achilles heel. Worse, we often believe that we possess underlying knowledge, experience, and wisdom even when it’s wrong or at least not quite right. We have no idea it’s wrong because we ‘have a degree,’ maybe even an advanced degree. We work in organizations, government agencies, and/or corporate offices where thousands of other people all believe the same thing, and everything we read, watch, and listen to accentuates and amplifies that belief — and so it must be true.

As Cristof, the television executive in *The Truman Show* so aptly described:

“We accept the reality in which we are presented.”

Each of us must replace our name with Truman’s. It is now *The Harry Show*, *The Sally Show*, *The Jazlon Show*, *The Mehrdad Show*, and so on. Indeed, that is how good the technocrats have become, creating a “show” for each and every one of us. They will only get better at this until we fully live in *The Matrix*, and once you’re fully immersed in the matrix, you can never know you’re in the matrix.

*The Truman Show* was released in 1998; *Eyes Wide Shut* and *The Matrix* in 1999. They were the perfect way to end the 20<sup>th</sup> century and portend the 21<sup>st</sup>. The idea of living an illusion is certainly not a new concept. In fact, many of the great thinkers of recorded history presented their perspectives on such an existence: the ancient Greeks (Plato’s cave shadows), the Hindu (concept of Māyā), and the ancient Chinese (dreaming butterfly).

Zhou in the 3<sup>rd</sup> century BC dreamed he was a butterfly to the point that he really believed he was a butterfly. Then he suddenly awoke as Zhou. And for a moment, he did not know if he was a butterfly waking up as Zhou, or Zhou waking up from a dream about a butterfly.

I think we can all appreciate that moment.

What is more fascinating to me, is the transformation of a caterpillar into a butterfly. For some length of time you really are a caterpillar, gathering knowledge and experience as a caterpillar. Then one day you awake as a butterfly. You are for all intents and purposes (complete with a whole new set of strengths and weaknesses) an entirely different being. At that point, who are you? Does your past experience matter? Does your past experience supersede your current experience? Or do you now fully embrace your butterflyness and move on with your life, flitting about with no care or interest in all of the caterpillars still crawling about, who have no idea what it's like to be a butterfly?

I think we all know deep down that while it can be intellectually stimulating to ponder an all-encompassing sensory matrix, the world (as in Earth and the greater universe) is just too messy, convoluted, and zig-zaggy to be a matrix devised by mortal beings. I like to describe it as being perfectly imperfect. This may be less clear as a city dweller, but once you're out in the country, and certainly once you're fully submerged in nature itself, you begin to understand how stupefying and miraculous our biosphere is. Yes, God, Buddha, Shiva, Zeus, or purple cyborgs from a galaxy far away may have us flitting about in a matrix, but that doesn't matter since our entire world would then be a matrix. Our world and our universe are such expansive foundations of our existence (at least at the physical level) that it is unfathomable to contemplate something meaningful outside of it. And calling it a 'multi-verse' is just kicking the can down the road.

The universe emerges from the depths of nothingness to form a dark energy (which we have yet to identify in a meaningful way), transforming itself into quantum mechanics and eventually into what we have termed 'The Standard Model' of physics. The Standard Model

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is the name given by over-confident scientists as to the inner workings of the universe. However, our standard model as a ‘standard’ keeps changing, especially our human understanding of how the ‘standard’ parts and pieces interact with each other. In fact, we recently added the Higgs Boson to the Standard Model, which is a new particle that gives all the other particles their mass. Meanwhile we have no idea how to incorporate everything we observe into an all-encompassing ‘Theory of Everything.’ Of course, that could be because Zeus keeps tweaking his algorithm ;-)

With that being said, we are indeed butterflies in a physical form that exist in a quantum and, dare I say, spiritual state. The man-made matrix we currently live in is a psychological matrix, devised and manipulated by greedy, power-hungry humans to get the rest of us to believe that we’re acting on our own free will — when in fact, we are acting just the way they want us to. They are letting us have their way.

So where does that leave us, and why should you read this book? How is this book any different than all other books about health, and why is this matrix any better or different than everyone else’s matrix?

Here’s my proposition to you:

### **I’m intellectually and financially untethered.**

I’m a butterfly with a complete memory of when I was a caterpillar. My only agenda is to understand what is true and accurate as a manifestation of the universe, not a manifestation of man. I’m not “credentialed,” I do not have a PhD, I’m not held hostage by a ‘certifying body,’ I do not work for a university, government agency, or a corporation, and I am not affiliated with a ‘special interest’ group, a political PAC, or even a current political party for that matter. Equally important, I don’t have a line of health products or supplements I’m trying to sell you. And finally, as you will see, I’m not an investigative journalist underneath editors and publishers with their own agendas, nor a journalist for hire — a ‘freelance’ journalist, who needs to sell his or her manifestations.

I estimate that I've researched and read through a million pages of books, textbooks, scientific studies, scientific articles, magazine and newspaper articles, online and offline lectures, congressional testimony, pharmaceutical packaging and product inserts, handouts from pharmacies, hospital patient materials, medical forms, doctor and patient forums, websites, blogs, etc. And alongside all of that, and as Yogi Berra pointed out years ago:

“You can observe a lot by just watching.”

I flitted about the world looking for truth wherever it led me. I pollinated an entire garden of knowledge and even stumbled upon a few seeds of wisdom. I'm now inviting you into my garden where I will also point out the snakes, rodents, stinging nettles, and stinging bees.

Gardens are naturally biodiverse, and so are human societies. Harvesting a truth of any kind requires thousands of kernels, bits, and fragments that add up to something you can hang your hat on. And with that said, hats off to the universe! What a remarkable place, matrices and all. It's both astonishingly beautiful and appallingly painful — with every possible gradation in between. When you think deeply about it, you realize that it shouldn't be any other way with regard to what is possible.

And speaking of what is possible — it's possible for us...

for all of us...

to do much better, to think for ourselves again, and to align ourselves with the natural forces of the universe at large.

It's time to recapture what truth is.

It's time... to heal.



*Although the world is full of suffering,  
it is also full of the overcoming of it.*

—HELEN KELLER

# LAY OF THE LAND, WORLD, AND UNIVERSE

*The following 20-plus pages are intended to provide context with respect to my worldview and why I've written this book (series). Feel free to skim, peruse, read every word, or skip entirely to Chapter 1. With that said, context is everything, and one of my main goals throughout this book series is to provide a biological context, a societal context, and at times, the context of the greater universe in which our planet, our solar system, and our galaxy reside.*

I began writing this book as a primer and general synopsis of basic nutrition in an effort to address the complaints of friends and family regarding their brain fog, being tired all the time, their headaches, gallbladder issues, autoimmune diseases, diabetes, heart disease, cancer, and all the rest. Then my two-year-old son began losing his ability to speak, losing his interest in both things and people, and slid into an underworld that I would simply call hell. Most of his days were filled with pain and agony, writhing on the floor, screaming,

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smashing his head into walls, biting out pieces of wood from bed frames and furniture. Doctors said there was nothing they could do... “causes unknown.” Yet other doctors said his blood work was fine. He was a healthy young boy as far as they were concerned.

Fine?

Really?

Nothing they can do?

So I started asking different questions — lots and lots of different questions. Deep questions, uncomfortable questions, and eventually digging up surprising, and, all too often, shocking answers. When your son or daughter is in constant, daily, pain... you dig and you prod until you get to the bottom of it. **What was uncovered, and discovered, was a “health matrix” that finally explained the supposed paradox between having the ‘best healthcare system in the world,’ and having a society full of people who are hurting, sick, dying, and committing suicide.**

My son died (neurologically) on the cross of modern healthcare so that I might be saved. I’ve written this book so that you might be saved too. I’ll address what happened to him in Volume I(C), but it’s all critical information. I sincerely hope that you will at least consider it, chew on it, and hopefully absorb it as an essential nutrient — one that reshapes your lenses, allowing your own worldview to see more clearly now.



There have been around 130 million books written by humans. As a bibliophile and knowledge-hound, I would love to collect them all, save the section of ‘romance novels,’ but hey, I get it, they make the world go ‘round too — just the same as books about the various



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escapades and love affairs between atoms and molecules (though there are considerably fewer of those).

Anyway, I'm not currently aware of a book or series that pulls together all of the various aspects of health and happiness under one title. And that's what this book series strives to accomplish: one linked series that covers the whole of health — sort of like the metabolic processes we'll be discussing later in the book, or perhaps more relatable, the *Harry Potter* of health and happiness.

There is no single ingredient for being healthy and happy, but there is a recipe to follow, and if you can get the main ingredients right, you can bake a soufflé of life (or as Sara Bareilles might sing, “a beautiful pie”) as it will likely require a rather significant shift from where you are today and may even require starting over in some respects.



*Nobody can go back and start a new beginning,  
but anyone can start today and make a new ending.*

—MARIA ROBINSON

Life can and should be meaningful, purposeful, and joyous. We owe that to ourselves — indeed, our best selves. The foundation of such a life is a body and brain that function at their highest levels, allowing your heart to lead the way as you move forward with a crystalline spirit of mind. To a large extent, we need to get into our own way, celebrate our proclivities and idiosyncrasies, and then pounce on our natural desires as if our lives depend on it — because, they do.

