



# **Kill the First Disease: Save Your Health Preserve Your Youth Transforming the Evidence into Good Life**

*Dr. Simin S. Wong*

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Before all diseases, the body is struck by a surreptitious disease, “the First Disease!” The First Disease sucks the oxygen of the body, and on the whole, it plants the seed for infectious, chronic, and degenerative diseases by stressing the brain, instigating accelerated aging, wearing out the immune system, weakening the bones, and in due time causes obesity, GERD, diabetes, unyielding infections, heart disease, COPD, osteoporosis, cancers, dementia, and Alzheimer’s disease. The widespread variety of symptoms such as inflammation, general aches and pain and headache, tenderness and stiffness of muscles and joints, sleep disorders, high cholesterol, blood pressure, thyroid problems, gastro-intestinal problems, and fatigue, impaired concentration and memory, and the majority of prevalent chronic, degenerative, and infectious diseases affecting our population have their origin in the First Disease. The First Disease is one of the most neglected and unmanaged health conditions in spite of the fact that it is a worldwide malady, a pandemic which is preventable and can be controlled effectively and safely. It affects nearly everyone at some point, or during most of their lifetime, and yet it is one of the most overlooked aspects of public health. The good news is that the First Disease can be effectively beaten and defeated to prevent premature aging, to reduce inflammation, and to strengthen the immune system to prevent most cancers and other chronic and degenerative diseases. The evidence from epigenetic studies tells us that preventive intervention can be achieved to the extent that development of many illnesses among people who may even have genetic tendencies for them can be stopped. The First Disease and its aftermaths killed my beloved husband. So passionately and dutifully, I am pursuing my mission in life and have written this book for our general population to impart knowledge about this least talked about disorder to support prevention or undoing of this surreptitious and not as well or widely known disease. Accordingly, throughout the book, my objective is not to give any medical or clinical advice, but to present and reinforce the facts about the First Disease, its significance and its consequences when not prevented and managed effectively. It is my hope to help all our people not to experience the excruciating pain that my beloved Henry, and I and our family suffered. “Kill the First Disease” is a holistic approach to prevention or undoing of the First Disease without unnecessary, and perfunctory use of pharmaceutical drugs and chemicals, and invasive clinical interventions. The goal of the book is to make this disease a household word like diabetes and cancers, the aftermaths of the First Disease, and to bring awareness about this least known illness and its prevention or reversal. Dr. Simin S. Wong

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