"Virtually everything you put in your mouth has pesticides, herbicides, antibiotics, growth hormone, genetically altered material, or chemical food additives. Even when you eat an apple you are taking in all the deadly chemicals that were used in the growing and harvesting of that apple. All our fruits, vegetables, grains, nuts and seeds are grown with highly poisonous chemical fertilizers, pesticides and herbicides. Even when you consume fresh fruits and vegetable, you are ingesting small amount of poison … The same applies to meat … The same holds true with dairy products … When you eat fish you are only slightly better off. … I am trying to point out to you that you are highly toxic, that you are constantly loading your body with toxins, which are one of the leading reasons you develop a disease."

(Kevin Trudeau, Natural Cures “They” Don’t Want You To Know About)

Over the past decades, the theory that diseases are caused by toxins has become a wide-spread belief. It shares with other conventional theories the reliance on fear rather than scientific merit, and distracts us from finding the truth of the origin of “diseases” within ourselves. The toxin-theory also owes us the explanation as to why certain toxins would cause different diseases in different people and why some have reactions and others don't.

This is not to say that toxins are safe. Toxins in our food, in our environment, in consumer products, electromagnetic pollutants, just to name a few, can, of course, be harmful. Foods containing toxins (pesticides, herbicides, preservatives, food additives, and the like) deplete the body of energy, which can make the healing process, including the healing of cancer, very difficult. Also, neurotoxins, for example, in dental fillings (mercury) or vaccines (aluminum, formaldehyde) can result in severe nerve damage and neurological disorders. Poisons, like food poisons, radioactive poisons, or chemical poison as in chemically derived drugs, do not cause cancer; however, poisons such as cytostatics (“chemo”) can cause severe organ and tissue damage resulting in death.

In view of the fact that every CANCER starts with an unexpected biological conflict (DHS) involving the brain from where a specific, predetermined, meaningful biological response program (SBS) is coordinated, toxins can only cause diseases, such as cancer, if they are associated with a DHS. A toxin-related conflict shock can, for example, be triggered by hearing or reading that "even when you eat an apple you are taking in all the deadly chemicals”

(see Kevin Trudeau-quote above).
A toxin-DHS can also trigger an "indigestible morsel conflicts" ("I can't digest this toxic food"), resulting in "food allergies" or "scare-fright conflicts" leading to respiratory conditions such as asthma. This explains why multiple food and environmental "allergies" afflict predominantly those who are the most knowledgeable regarding toxins and thus the most scared.

Contrary to GNN precepts, it has been proposed that "any environmental factors can be taken into consideration for creating Hamer Herde in combination with psychological conflicts." (Walter Last, Nexus Magazine, Vol 10/05, 2004). This is like suggesting that a defective print cartridge (environmental toxin) of a computer printer (the organ) would have an impact on the control function of the CPU (the brain).

Dr. Hamer's discoveries clarify the supposed inconsistency of why people get cancer, or any other disease, even though they eat right, while others, who don't lead a healthy life-style, and even smoke, never get sick.