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Kent R. Rieske

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Absolute Truth Exposed

Volume 1



**Absolute Scientific Proof
the Big Bang and Redshift
Light Theories Are Wrong**

**Brainwashing,
Mind Control, and the
Deception of Society**



**Achieving Remission in
Asthma, IBS, IBD, and
Other Autoimmune
Diseases**

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Absolute Truth Exposed - Volume 1: Applying Science to Expose the Myths and Brainwashing in the Big Bang Theory, Autoimmune Diseases, Ibd, Ketosis, Di:

2 of 2 people found the following review helpful. It will change how you think about food foreverBy AlishaThis was a very insightful book about how we have been very misled for years regarding proper nutrition. Carbohydrates, especially refined sugars, are truly very destructive to health but cardiologists and dietitians continue to point the finger at cholesterol and saturated fats for our poor state of health. I felt like the diet advice regarding low carbs, high fat/protein intake and the use of coconut oil was very sound and well researched information. However I am still skeptical about the need to take so many vitamins and minerals....I felt like that was overkill and there wasn't really enough evidence in the book to support that. I think it could potentially be dangerous to take that many supplements.....or just make very expensive pee. I lean more toward the latter.I also still think that grass-fed beef and organic produce is healthier than not. I just really have a hard time believing that all of those chemicals is not harmful in some way. I do agree that to some extent what is labeled organic may not actually be legit. You have to be very careful. Otherwise, this book changed my eating habits tremendously. I use a lot of coconut oil and eat eggs for breakfast daily. I have lost weight and feel healthier than I ever have. My husband also has crohn's disease, which is why i read the book to begin with, and the low carb diet really helped him a lot. He's in remission, no longer takes medication, and just had a nearly normal colonoscopy. It is absolute truth!1 of 1 people found the following review helpful. A very good, informative book on the right way to eat.By Ronald R. StonisThis book is a must read for diabetics and those with heart disease or even those who are healthy for now. Rieske gets right down to the truth of what is wrong with most of our diets. I have followed his outline of how to eat to keep your blood sugar down or to get it down and to prevent heart disease. After one year now of being on this diet, I not only lost a lot of weight, but my triglycerides went from 1100 down to 55! My cholesterol went to 148 and my blood pressure to 117 over 73! My A1c hemoglobin test came out from an 11 percentile down to 6.0 which is now considered "pre-diabetic". The diet is high in animal fats and very low in carbs. This is opposite than what the ADA would recommend, but it works! It will lead you to a very healthy lifestyle if you stick to the diet.You are guaranteed to lose weight and even to get your numbers down. (triglycerides, cholesterol, blood pressure, and A1c) the only way you can prove this is do it!!1 of 1 people found the following review helpful. Absolute Truth ExposedBy MikeI am 57 year old and have bought his book Absolute Truth Exposed and Reversing heart Disease and preventing diabetes. Both books are full of information and very interesting to read. In Absolute Truth Exposed he also talks about "rightly dividing the Word" for studying the Bible. It is great to have a scientist who also believes in the risen Jesus Christ. But getting back to the diet, I am following his guidelines pretty closely except the fact that I do eat nuts. Basically I eat meat and nuts. I eat as much as I want. ALL my numbers have improved greatly after following his plan. This includes taking the vitamin B3 Niacin 3 grams a day. I had a heart attack in August 2012 and had my follow-up in February with my cardiologist. He said to keep doing what I am doing because my numbers look great.Triglyceride before 165 after 30 days 112. (I started this plan November 2012)Hdl before 27 after 30 days 37A1C before 6.2 after 30 days 5.6

Absolute Truth Exposed - Volume 1 covers eight topics that are vitally important to everyone. Your life will be transformed in astonishing, almost miraculous ways if you study and apply the Absolute Truth Exposed in this book. Nearly everyone has or will have an autoimmune disease because the list of several dozen diseases seems endless. Doctors and their patients who are suffering from rheumatoid arthritis, Crohn's disease, ulcerative colitis, asthma, multiple sclerosis, lupus, and other autoimmune diseases have observed the cycles between periods of activity called flares and periods of calm called remissions, but they have failed to discover the truth behind the cause of these diseases and the reason for the cycling. I have exposed the absolute truth about these diseases and presents dietary guidelines that will allow sufferers to achieve remission for longer periods of time and avoid many of the painful flares.SPECIAL UPDATE REPORT Rheumatoid Arthritis, Asthma, Lupus, MS, PCOS, and Dozens of Other Autoimmune Diseases New research has found that a megadose of omega-3 fatty acids produces better autoimmune disease suppression than one tablespoon of Carlson's Lemon Flavored Cod Liver Oil per day as recommended in the book. Even though the book recommends three times the amount listed on the bottle (one teaspoon or 1,100mg), the amount should be increased if the disease is not responding. The recommended megadose is one tablespoon three times a day with a meal (three tablespoons per day, 9,900 mg, or 9.9 grams). Reports have confirmed that the higher dosage provides a very positive reduction in the symptoms of arthritis, asthma, lupus erythematosus, multiple sclerosis, Crohn's, inflammatory bowel, diverticulosis, fissures, fistulas, ulcers, interstitial cystitis, polycystic ovarian syndrome, psoriasis, and dozens of other autoimmune diseases.You may or may not believe the Big Bang Theory of the origin of the universe. This dilemma has been resolved. Absolute Truth Exposed - Volume 1 presents scientific facts to prove that Dr. Edwin Hubble's Redshift Light Theory is wrong. The claim is being made in this book that the redshift in the spectrum of light coming from distant galaxies is caused by a decrease in the speed of light, not by expansion of the distant galaxies accelerating away from Earth. The Rieske Spacetime Drag Coefficient for the Speed

of Light proves beyond any possible doubt that Dr. Edwin Hubble's Redshift Light Theory is wrong and in doing so, destroys the Big Bang Theory as well. Astronomers and astrophysicists have made a major blunder by summarily accepting the error that the speed of light is a constant. Absolute Truth Exposed - Volume 1 scientifically proves that the speed of light decays as it travels through space, and the decay rate has been calculated. I hope you have the courage and inspiration to look beyond and through the massive amount of false information that has been dumped on our society by companies, organizations, educators, and politicians with their diverse agendas. I am certain you will find this book to be fascinating, shocking, and hopefully life changing. Many of your lifelong beliefs will be challenged. Enjoy, Kent R. Rieske, author.

From the Author ONE-RECIPE BOOK: Unlike other diet books, this book contains only one recipe. The ultra low-carbohydrate recipe on page 281 is so delicious it can be prepared for breakfast, lunch, and dinner. The combination of meat, fish, fowl, seafood, eggs, and cheese has an unlimited number of tastes and flavors to make creating different meals an exciting personal challenge. Diet therapy can be delicious. This book is the perfect gift for a person who is an inquisitive reader; a science student who suspects his teacher may have an unscientific agenda; a person interested in a scientific approach to health and nutrition; a person who suspects the USDA Food Guide Pyramid nutritional guidelines have been distorted by food manufacturing companies; or anyone with an autoimmune disease who desires a detailed dietary program that truly achieves remission through nutritional therapy. The Big Bang Theory is dead. This book will tell you why. Do you have an autoimmune disease such as asthma, arthritis, Lupis, MS, IBD, or IBS? This book has a diet therapy program that provides remission. Does fiber in your diet cause an upset digestive system? This book gives the scientific explanation why dietary fiber is not the panacea as claimed. Should the optimal diet consist of 60% carbohydrates for energy? This book gives the scientific reasons why carbohydrates actually cause disease. Are we being brainwashed by companies, organizations, and governments? This book has a chapter that exposes our vulnerability for accepting suggestive thoughts that are actually pure nonsense. Kent R. Rieske, author

From the Inside Flap Inside Front Flap Hardcover Only Kent Rieske and his wife, Marti, began eating an all-natural, organic, whole grain diet in 1994. They purchased grains directly off the farmer's truck at a local natural foods store. Marti baked delicious bread from the home-ground grain and made a seven-grain muesli cereal. The diet was in accordance with the USDA Food Guide Pyramid but it nearly killed both of them. Kent got fat and his blood pressure rose. Marti's chronic inflammatory bowel disease (IBD) worsened, and she became severely underweight. Kent began searching for the truth that was obviously lacking in the "Pyramid." In 1999, they made a sudden change to the low-carbohydrate diet as proposed by Dr. Robert C. Atkins. Kent lost 40 pounds, but Marti continued to have digestive problems. For three years, Kent monitored comments made by 1000 members of an Internet IBD message board, and his discoveries were astounding. The high-fiber, high-carbohydrate diet as outlined on the USDA Food Guide Pyramid was making people sick. The proposed diet on the message board was better than the Pyramid but not restrictive enough to provide remission from the IBD symptoms. In fact, the standard low-carbohydrate diet is not restrictive enough either. Kent's diet program brings remission within days or a few weeks at most. Testimonies from people with acid reflux, IBD, asthma, and other autoimmune diseases are included in this book. The results are miraculous for those with the courage to reject dietary myths and brainwashing. Inside Back Flap Hardcover Only Society's ignorance of science is not limited to diet, nutrition, and health. Kent discovered information that astro-physicists have neglected for more than 20 years. It solidly proves Dr. Albert Einstein's original General Theory of Relativity to be correct. Dr. Einstein added a constant based on a static universe hypothesis. He later said the constant was his biggest mistake after he accepted Dr. Edwin Hubble's Redshift Light Theory based on an expanding universe. Kent's research proves that Dr. Einstein's constant was correct and Dr. Hubble's theory was wrong. Kent's discovery is based on scientific facts and existing observations of the universe. It decimates The Big Bang Theory. The observations that disprove the Hubble Redshift Light Theory have been made by the same space telescope that bears his name. Kent's brainwashing study has exposed some shocking facts. Many assumptions on which we base our everyday lives are false. For example, NASA searched Mars for water on June 24, 2008, ignoring the picture below taken by the European Space Agency's Mars Express satellite on February 2, 2005. From the Back Cover Society's ignorance of science is not limited to diet, nutrition, and health. Kent discovered information that astrophysicists have neglected for more than 20 years. It solidly proves Dr. Albert Einstein's original General Theory of Relativity to be correct. Dr. Einstein added a constant based on a static universe hypothesis. After he accepted Dr. Edwin Hubble's Redshift Light Theory based on an expanding universe, he said that the constant was his biggest mistake. Kent's research proves that Dr. Einstein's constant was correct and Dr. Hubble's theory was wrong. Kent's discovery is based on scientific facts and existing observations of the universe. It decimates The Big Bang Theory. The observations that disprove the Hubble Redshift Light Theory have been made by the same space telescope that bears his name. Kent's brainwashing study has exposed some shocking facts. Many assumptions on which we base our everyday lives are false. For example, NASA searched Mars for water on June 24, 2008, and ignored the picture of a frozen lake taken by the European Space Agency's Mars Express satellite on February 2, 2005.