

They Are Going to Kill Us All: How the Corporate Elite Are Killing You

Kevin Kazakevich

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The self-help book They Are Going to Kill Us All contains advice for improving one's health through natural measures.

Kevin Kazakevich's book *They Are Going to Kill Us All* proposes ways to enhance health through natural means.

This book argues that contemporary health care in the US is most about turning big profits for pharmaceutical corporations. Doing so, it says, means focusing on treating diseases after they are diagnosed while ignoring preventative measures. The book also decries overreliance on medication alongside critiques of increased toxins in the food, air, and water. Together, these factors are credited with a decrease in Americans' overall health and well-being. As an alternative, the book suggests being proactive about improving one's physical and mental health rather than waiting and treating issues after the fact.

While the prose is direct, its early spelling and punctuation errors, and the run-on sentences throughout the text, undermine its delivery. Further, the book's first chapter promotes numerous unsupported conspiracy theories about aliens and the origins of COVID-19—arguments that have nothing to do with the rest of the book, which is focused on perceived threats to human health in the twenty-first century. On that topic, it proposes a bevy of ways to improve one's health in the face of the challenges it discusses.

There are commonsense measures among the book's recommendations (using a home air filter; limiting one's consumption of refined sugar), but also potentially harmful ones (refusing vaccines; undergoing chelation therapy for reasons other than metal poisoning). Indeed, while some of the topics covered herein, including the dangers of runoff from chemical pesticides, are well supported by scientific information, others, as with arguments regarding chemtrails and vaccine-related autism, have been debunked. Several of the sources cited, including the Environmental Working Group, are known for being unreliable and biased. As a result, the credibility of the book's arguments is in continual question.

The book is further weakened by its tendency to idealize the past, including its environmental state. It makes claims such as that previous generations "had little exposure" to various chemicals in their youths, despite the known proliferation of toxic substances including asbestos, lead, and nicotine in earlier eras. As a result, its central theses—that profitability has too much influence over health care in the US and that medication does not always have to be a person's first step toward improving their health—are obscured. Because of its tendency to go beyond proven facts and helpful advice in order to indulge in conspiracy theories and fearmongering, it is unconvincing in the end.

Containing advice for improving one's health through natural measures, *They Are Going to Kill Us All* is a science-minded screed.

EILEEN GONZALEZ (June 24, 2023)

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