

Health & Nutrition Report

Disclaimer to reader: Please understand that I can not be held responsible for any adverse effects believed due to the use of information in this report. Use common sense with any of the treatments. No claims are made. Any implied cures are to be considered theoretical and hypothetical. The sources of my information are listed. If you are ill consult a medical doctor. Not intended for self diagnosis or as a substitute for professionally trained medical care.

The report has been designed to present a maximum amount of information in a limited amount of words. For the full explanations of exactly how and why things work, I strongly recommend reading the periodicals listed on the last page. Several different viewpoints and theories are presented to assist you in making informed decisions. I receive no financial benefit from the purchase of any of the products listed. This paper only represents what I have managed to get into print. If you have particular concerns or problems, please let me know. I have a large data base of protocols to draw on.

To be completely fair, I must say that many ideas in this paper are contrary to mainstream medical thought. Even the idea that disease can be prevented and treated through nutritional means is considered quackery by some. I suggest that you stay informed, do research, and follow common sense and intuition. Keep in mind that we are lied to on all fronts. The medical establishment and supplement manufacturers all lie to us.

Food Rules:

Fresh Produce - Fruits and Vegetables

Mankind is genetically programmed to consume a variety of foods. When it comes to fruits and vegetables you want to consume as wide a variety as possible. There are many that have unique health benefits. It is advisable to consume 9 servings of fruits & vegetables per day. Make these foods the core of your diet: collard greens, kale, chard, cranberries, cauliflower, brussels sprouts, beets, onions, garlic, avocado, sweet potatoes, yams, spinach, asparagus, cabbage, kiwifruit, pink or red grapefruit, prunes, raisins, blueberries, raspberries, blackberries, lemon peel and cherries. Lightly steamed vegetables are considered the most nutritional. The steaming allows for a better absorption of some nutrients by your body. Raw vegetables are great also. A 50% raw - 50% steamed combination is best. Your immune system will actually try to fight foods that have been over-cooked. It is also important to not consume the same foods everyday even if they are healthy choices. Consuming the same foods daily can result in food allergies.

Greens are probably the healthiest food a person can consume. I eat raw collard, kale or spinach greens just about everyday. Greens should be eaten raw or lightly steamed in vinegar. Once cooked, the calcium is altered to a form that is not absorbed well by the body. It can contribute to bone spurs. Otherwise, greens are the best source of bioavailable calcium.

Buy your produce as fresh as possible. The less processed the better. Frozen foods do a good job of retaining nutritional value but they tend to be acid forming. Fresh vegetables and fruits are alkaline forming (that's a good thing). Grow your own organic vegetables or buy organic whenever possible. Do not use manure based fertilizers. They can pass parasites on to you. Also avoid potting soils with vermiculite (it is full of asbestos). Produce bought at the grocery store is garbage next to what you can grow yourself. Our farming techniques have seriously depleted the nutrients out of our farm's topsoil's.

Pesticides can react with some vegetables to form dangerous Malonic Acid. Broccoli and carrots should always be organic. Avoid irradiated and hybrid produce. In Louisville, Wild Oats and Rainbow Blossom are good sources for organic produce.

Factors that affect nutritional quality: age of food - exposure to heat - exposure to oxygen - quality of soil it was grown in.

Removing Pesticides From Your Produce

Pesticides are highly toxic to our bodies, especially children's. All produce pick up asbestos from the conveyor belts they travel on. To remove pesticides and asbestos - soak all produce in hot water for 1 minute, drain, soak again for 1 minute (no more) then rinse and dry. Adding a small amount of food grade hydrogen peroxide, vinegar, vitamin C and citric acid can all help too. Strawberries and grapes need soaking especially. If you have an ozone generator, fill the sink with water, place your produce in and ozonate the water for 10 minutes. This will kill any bacteria or parasites, and break down the pesticides. I use a Portazone™ ozone generator, available from SHRC \$190.

Waxed produce is harder to wash free of pesticides. The wax is impregnated with pesticides and often contains benzene.

This produce includes: apples, peppers, eggplant, plums, cucumbers, squashes, and others. Peel anything you can.

When I buy bell peppers, I look for ones with the smoothest shapes, so that most of the skin can be peeled away.

Benzene can be detoxified by sprinkling vitamin B3 in your food. I keep a salt shaker filled with B3 and vitamin C powder, and shake a little on most everything I eat. Vitamin C kills food molds and detoxifies malonic acid in small amounts.

Peanut butter is the most pesticide saturated product on the market. It harbors dangerous Alftoxin producing molds. Allergic food reactions to peanut butter can be fatal to children. Organic peanut butter from Arrowhead Mills is okay. It is grown in the southwest where alftoxin mold is not a problem. Never eat potato skins! They are sprayed with anti-sprouting chemicals that are among the most toxic. It collects in the eyes of the potato. It is best to peel the whole thing and avoid any grey or damaged looking parts of the potato. Core your apples well. This is where 90% of the pesticide goes. Never eat bruised parts of fruit. The bruised areas are full of Patulin, which has the ability to inhibit Tumor Necrosis Factor (TNF).

Meats

I don't feel that a strong case has been made against meats high in saturated fats, but you might want to cut back on them just in case. Limit your consumption of any meat to 4 ounces. This prevents it from lying undigested in your intestines where it can release dangerous toxins. Contrary to popular belief red meat is the most nutritious, chicken and turkey the least, and

fish somewhere between. The best beef to consume is organic grass feed. It can be purchased on-line at www.grassland-beef.com. Grass feed beef contains an optimal ratio of omega 3 fatty acids to omega 6 fatty acids. This ratio is critical to good health. A balanced ratio of 1:1 is optimal. The average diet is often 20:1 in favor of omega 6. Unfortunately grain feed beef like you get at the supermarket is high in omega 6 and can contribute to the unbalanced ratios. Proper omega 6 and omega 3 ratios can be restored by consuming fish oil capsules, walnuts, eating grass feed beef and avoiding fried foods and processed foods with vegetable oils. Bison is even healthier to eat. Predigested beef liver tablets (non defatted) are also excellent. Kosher bison, grass feed beef, and wild Alaskan salmon can be purchased from www.mercola.com

Vegans who leave animal proteins out of their diets completely are not helping their health. Sure it sounds like a good idea, but your body needs those complete proteins, CLA, CoQ10 and vitamin B12. Trying to get those proteins from soy may not be such a good idea (more on that later). Chick peas and hummus made from chick peas, are the best plant based source of protein. To make hummus, boil chick peas till soft, add lemon juice, olives, garlic and a little olive oil. Chop it up in a food processor.

Seafood has a reputation for being a health risk due to improper storage and handling by fishermen and fisheries. However, seafood is usually free of parasites. According to Dr. Clark: You're safest with lean fish like cod, flounder, haddock, halibut, ocean perch, pollock and sole (harmful chemicals accumulate in the fat). Catfish, salmon (except those caught in the Great Lakes), and cooked shellfish are also generally okay. Never eat raw shellfish like oysters, clams, and mussels. Eat swordfish, shark, or fresh tuna steaks no more than once a week. That lessens your exposure to mercury. Canned tuna has far lower levels of mercury than the large tuna that are made into tuna steaks. Don't eat more than two cans worth (about 5 sandwiches) a week. Avoid eating bluefish, trout, mahi mahi, grouper, amberjack and snapper. Be sure to eat only the freshest seafood and cook it well. Have it baked or broiled only, never fried. Skip the tartar sauce, it's almost pure fat. It may be best to skip eating fish altogether and just supplement with fish oil capsules. Dr. Mercola believes fish are too contaminated with mercury to eat. He recommends Carlson brand fish oil as a substitute for fish. During winter months use Carson's Cod Liver Oil for its high vitamin D levels (tastes just like lemon-no fishy taste). It is available at www.mercola.com. The beneficial omega-3 fatty acids are found in the oils. Oddly enough a recent Oxford University study has shown that consumption of fish oil lowers your immune systems NK (natural killer) activity, but many studies have shown fish oil to help prevent cancer regardless of its influence on NK activity.

Handle all meats and seafood as if they were contaminated with bacteria (because they are). Never use the same knife or cutting board to cut meats and vegetables. Wipe up any area you cut or handle meats on. Always wash your hands immediately after handling meats or seafood. Wear gloves when handling meats if possible. Undercooked meats are the main source of parasites in humans. Never eat sushi. Eating beef sausage and head cheese puts you at risk for mad cow disease.

Avoid all grilled meats. When the juices drip onto the hot coals, benzopyrenes are produced from the intense heat. They then float back up onto your meat. Eating a piece of grilled meat is equivalent in carcinogens to smoking 600 cigarettes in a row. If you must grill, precook the meat in the oven and then place it on foil to prevent the juices from dripping onto the fire and take vitamin C and E with your meal. Never eat lunch meats, hotdogs, smoked sausages etc. They are full of dangerous nitrates.

Eggs

Eggs should most definitely be part of your diet. Raw eggs contain valuable lutein, sulfur and other delicate nutrients that are destroyed when heated over 105 degrees. The optimal way to consume eggs is raw, and just the yoke. Wash eggs before cracking them open. Smell them first and discard if an odor is present. To sterilize them, stir in a few drops of food grade hydrochloric acid. Organic eggs from free range chicken rarely contain salmonella bacteria. Hard boiled eggs are also acceptable. Eggs consumed like this *will not* raise your cholesterol. As a matter of fact, they will help lower your cholesterol levels. Only when egg whites combine with the yolks, and when they are exposed to heat and oxidized, can they raise cholesterol. Don't eat egg white omelets. They will contribute to a deficiency of Biotin. Don't eat egg substitutes, they are too processed.

This is how I consume raw eggs: On the days I do weight training (3 days a week) I mix up a shake for breakfast that contains: 2 cups of filtered water, 1-2 egg yolks, 2 oz. freshly ground flax seed, 1/2 a banana, frozen blueberries, raspberries, blackberries, fresh coconut, 1-2 scoops of whey protein Designer brand French Vanilla, a few drops of food grade hydrochloric acid, a pinch of vitamin C powder, a cap full of WaterOz's Water of Life minerals, and sometimes a drop or two of Iodo™ brand iodine supplement (to aid the thyroid gland). I also eat lots of salads with hardboiled eggs mixed in. A raw egg mixed with organic concord grape juice is excellent for you. This concoction is very similar to your own blood.

Meats and Arthritis?

Dr. John McDougall M.D. recommends total avoidance of meats and dairy products. According to him animal proteins, once in the blood stream of certain people, the immune system produces antibodies to attack these proteins. The proteins combine with the antibodies to form "immune complexes". The immune complexes take up residence in the joints and act as irritants. Antibodies also attach themselves to tissues in the joints, and this is the cause of most forms of arthritis.

The author of "Electrical Nutrition, believes that lean meats are the best thing you can eat because they have the highest vibratory rate of any food. So, consuming animal proteins is controversial. The conservative approach is to eat some lean meats but not every day, and if you have arthritis, allergies, a weight problem, or at risk of heart disease, try going without meat and dairy and see if it helps.

Butter

Choose butter over margarine. Margarine has been chemically altered to cause it bond together and harden. It is also full of dangerous trans-fatty acids that are probably worse for your arteries than saturated fat and increase the risk of breast cancer. Butter actually has a unique cancer fighting compound in it. It is high in saturated fat, so use it sparingly. Butter should be organic with no dye added. There is a high probability of Dioxin poisoning if wrapped in wax paper. Fats act like a sponge for toxins. Foil wrapped butter is preferred. To make butter safe to consume: bring 1lb of organic butter to a rolling boil then reduced the heat some and continue to boil for three minutes, remove from heat, cool for 10 minutes and add 1/16th of a capsule of Vitamin B2. All dairy products must be boiled or baked to kill parasites. Substitute olive oil for butter. Pompeian brand olive oil tests clean. However, don't cook with olive oil. Heat can destroy its healthy benefits and create dangerous trans-fatty acids. Butter, coconut, palm or palm kernel oils are the safest for cooking because they contain only small amounts of EFAs, which turn to trans-fatty acids when heated. Never use canola oil. It can contribute to blindness and it has the strongest left spin energy signature of any food. Avoid anything with cottonseed oil or soy oil. I cook most things with a little extra water, then drain it off and pour a little unheated olive or coconut oil on if desired.

If you use salt, use only aluminum-free sea salt. Be sure it is sterilized by heating five minutes at 400°F in a glass pie plate to kill mold. The best mixture is 1 part aluminum-free salt (Celtic Sea Salt™) and 1 part potassium chloride (another kind of salt). Potassium removes sodium from your body so you can use twice as much. Morton's Salt Substitute is Potassium Chloride. Always use a non-metal shaker and don't put rice in it because it invites mold. Substitute herbs like fenugreek and thyme for salt when possible. Never consume MSG. It is a brain toxin. Mrs Dash™ Table Blend, Garlic & Herb, and Extra Spicy are excellent salt substitutes. Researcher John Thomas advises us to completely avoid table salt. Supposedly, cancer loves a sodium rich terrain.

Avoid eating cold cereals. They are contaminated with propyl alcohol and food molds. Eat hot cereals like oatmeal and cream of wheat instead. Try topping them with fresh strawberries, blueberries and raspberries. Our better yet, have fresh vegetable juice from your juicer. A great juicer is available at www.mercola.com.

Sugar

Quit eating white sugar and any products made with it. Sugar being a refined substance, is like a drug; it is absorbed too rapidly into the system. Our bodies were never ment to have such a staggering load of sucrose as you find in soft drinks, ice cream or cake. If it is drunk, it goes in very fast. This creates a sudden demand on the pancreas to supply insulin to control the sugar, possibly a hundred times more than the insulin output should be for such a brief period of time. This brutal overload of sugar upsets the entire endocrine balance. High insulin levels can depress thyroid and pituitary function, and damage your arteries. As the dumped sugar throws one gland out of kilter the others become unbalanced. Over consumption can result in hypoglycemia, or low blood sugar: or over long periods of time it finally breaks down the insulin producing system, resulting in diabetes. If that wasn't enough, sugar also bonds with minerals and makes them unusable to the body. Honey is far better, but it too is a concentrated sweet. Fruit contains sugar too, but in a natural state with all the factors needed to make it a healthy part of your diet. Replace sweets with red grapes, kiwi, strawberries, bananas, and fresh pineapple.

The main reason to avoid white sugar is that it is contaminated with propyl alcohol, asbestos and other solvents, which you will later read is theorized to be a major factor in contracting cancer. There are two brands of solvent free sugar on the market, Turbano and Florida Crystals (See *sources*), however they may still have asbestos. Honey is solvent free, however it can harbor molds. It is best to stir in some powdered vitamin C to kill the molds and bring it to a boil. The best sweetener to use is Zyltol crystals. It is actually good for you, and safe for diabetics. No calories, fights tooth decay, infections, and osteoporosis. Expensive though. Available in 2lb bags from www.vrp.com. Sugar free maple syrup is contaminate free also. Stevia Plus is also a low calorie sweetener that will not adversely effect blood sugar levels.

Never consume artificial sweeteners. Diabetics who use them are doing themselves more harm than good, sweeteners are contaminated with wood alcohol and propyl alcohol. Wood alcohol is a neurological poison that can not be made safe. 10% of the molecular structure of Nutra Sweet™ is wood alcohol (*ethanol*). The ingredient in Nutra Sweet™ was once under consideration by the military for use in chemical warfare. Did you know that it also increases your appetite and limits your body's ability to breakdown fat? Saccharin has been linked to cancer in laboratory animals. Sucralose (Splenda™) is made from sugar but it is actually a chemical. It can cause serious side effects such as shrunken thymus glands, enlarged kidneys and liver.

Chocolate

Okay, if you must eat something sweet, make it chocolate. It is full of antioxidants that may guard against cancer and heart disease. Some studies have shown that people who consume modest amounts of chocolate live 1 year longer than those who don't. The best source for premium organic belgian chocolate is www.chocolove.com (Chocolove, Boulder, CO 303-786-7888). Go for the the darkest chocolates and consume 1 bar every two weeks. Be aware that it contains caffeine.

Cooking Starches at High Temperatures Creates Carcinogens

The process of frying and baking starchy foods such as potatoes and bread causes the formation of potentially harmful amounts of a chemical listed as a probable carcinogen. The chemical, acrylamide, which is used industrially in the manufacture of some plastics, is also apparently formed by the heating of starches. Foods with especially high levels of the chemical included french fries, *potato chips and crackers*. Findings unveiled at a news conference called by the food administration showed that an ordinary bag of potato crisps may contain up to 500 times more of the substance than the top level allowed in drinking water by the World Health Organization (WHO).

A No-Fat Diet?

Sounds like a good thing right? Wrong, a no-fat diet will kill you and make you fat. It is essential for hormone development

and many other body functions. You need cholesterol also, that's why your body makes it. It's critical for hormone production and regulation. So don't be afraid to consume some baked or boiled dairy products. Be sure to take 1-2 tablespoons of freshly ground flax seed daily and fish oil to get your EFA's (Essential Fatty Acids) and don't be afraid to eat eggs. Next to a multi-vitamin, freshly ground flax seed is the probably most important supplement to take, especially for women interested in preventing breast cancer. I used to recommend the use of flax oil. However, recent research shows it to be too high in AHA, an acid that can increase the risk of prostate cancer. The ground seed is safe. It has a lot less of the AHA acid.

Food Preparation

Use only glass (Corning Visonware™ without nonstick bottoms) or ceramic pots and pans for cooking 1-800-999-3346. Utensils made of copper, aluminum, tin, and teflon provide heavy metals and contaminates that are devastating to a healthy, natural metabolism. Stainless steel and iron aren't as bad, but they should also be avoided. Never use microwave ovens. They destroy the nutritional value of your food by changing right spin energy to left spin and create dangerous carcinogens.

Eat only with plastic cutlery. Metal spoons, forks and knives leave traces of nickel and other dangerous metals in your mouth with each bite of food. Hair loss and prostate cancers have been linked to the accumulation of nickel in the scalp and prostate. Sturdy plastic cutlery can be found at outdoor supply shops. (Quest Outdoor Supply in Louisville) Also from www.SHRC.net

Only use a glass cutting board. Wood and plastic cutting boards harbor bacteria. Sterilize your cutting board often with 50% solution of Everclear grain alcohol (only buy it in the tall bottle, not the flask - it is usually contaminated), never with isopropyl rubbing alcohol!

Don't let clean dishes sit out were they can accumulate dust. Household dust is full of virus carrying mites and other parasites.

What to Drink

Milk - Dairy products are quite controversial. They are high in saturated fat and can contain many different types of antibiotics and growth hormones. It has been linked to sinus infection and diabetes in some cases. Milk is also the most mucus forming substance you can consume. This can be a factor in the accumulation of mucoid plaque in the intestine. However, Dr. Hulda Clark believes that milk is too valuable to avoid. It is solvent-free, mold-free and very nutritious. If you drink fat free organic milk, you have nothing to worry about. However if you drink two percent or whole, odds are, the milk is homogenized. Homogenization releases an enzyme that reacts unfavorably with its fat content (usually part of the milk itself and harmless) that attacks your arteries. When arteries are pitted by this enzyme, the so called "bad" cholesterol tries to repair the pits by laying down patches in the holes. Actually, cholesterol isn't bad. It is trying to save your life, and stop you from bleeding to death, internally.

All milk is contaminated with *Salmonella* and *Shigella* bacteria. Pasteurization does not kill all of them. Dr. Clark has informed me that milk can carry various flukes and tapeworm eggs in it. Only heating to a rolling boil or baking makes dairy products safe. Put a dash of sea salt in it to raise its boiling temperature. Then after it cools put a pinch of vitamin C and baking soda in to neutralize its malonic acid. Store boiled milk in a glass container. Buy milk in a carton, not in a plastic jug. Avoid brands of milk that use milk from cows injected with rGBH growth hormone. rGBH has been linked to various forms of cancer. Kroger brand milk is the only national brand I know of that uses rBGH free milk. The Kroger I go to, sells organic Milk. The brand name is Horizon. Look for organic on the label. For a listing of milk producers who can testify that their milk is hormone-free, send a self-addressed envelope to Pure Food Campaign, 1660 L Street NW, Suite 216, Washington, D.C. 20036.

Don't count on cow milk to build strong bones. There are studies (funded by the dairy industry) that show the opposite. Raw greens and angstrom size calcium supplements (WaterOz™ brand only) are the best sources. If you are brave visit www.notmilk.com.

Water - 6-8 glasses a day is recommended. Juices and other drinks do not give you the same benefits as pure water. Not consuming water *stresses the body* to extract water from other beverages and foods. Dr. Clark believes that since pollutants come in spurts, often it does little good to use some water filtration devices. What often happens is: pollutants collect in the filter and are slowly released back into the water. (Personally, I 'm willing to take my chances on this happening) She advocates using a system with a carbon filter. You should change the carbon filter every month, and sterilize your filter once a week with a 50% solution of grain alcohol. I always have a BEV, PUR or Culligan filter hooked to my fosset. Don't run your drinking water through your refrigerator. Never drink or cook with water from your hot water faucet. It is full of tungsten. Water run through coffee machines is also full of tungsten. It is best to make coffee by boiling water and pouring it through a filter.

Tap water may have lots of contaminates and occasional parasites, but it doesn't have solvents in it. Bottled water generally has solvents and pump oils, not to mention the plasticizers that leach into to it from the bottle. Tap water introduces many extremely dangerous toxins into our bodies, such as: lead, mercury, chlorine and fluoride. The effects of consuming the toxins may be slow and long term, but they are real and potentially deadly. Tap is still safer than bottled water.

Chlorine, intended to purify your water, creates trihalomethanes (THMs), which are known to cause cancer. A recently published report in the journal of the National Cancer Institute uncovers a new dangerous by product of chlorine water filtration. This by product is called MX, which has been found to cause cancer in lab animals. Chlorine will evaporate from water if it sits long enough or is heated. Chlorine is can be broke down by adding vitamin C powder to your water.

Distilled water is to be avoided. VOC (volital organic compounds) are actually concentrated in distilled water. It is also a breeding ground for bacteria and viruses. Distilled water has the wrong PH and polarity to be healthy. It's even suspected of actually leaching minerals out of your body. Chlorine and floride may condense and return to the water.

Reverse osmosis This is the best method for purifying water. Reverse osmosis is the only way to remove fluoride. Contrary to popular belief, fluoride is a rat poison that weakens bones and teeth. If a child was to consume a tube of tooth paste it could result in death. Fluoride is banned in Europe and should be in this country.

A good water filter is the Ultra-Sun Water Filter™. It is promoted by Dr. Whitaker. It runs around \$350. The filters cost \$73 and last up to 15 months. To order call 1-800-705-5559 priority code EG018R. Phillips Publishing, Inc., PO Box 7811 Montrose Road, Potomac, MD 20859-0003. You can also subscribe to his newsletter Health and Healing at that address.

BEV Water

The healthiest water to consume is called BEV water. That stands for Bio-Electric Vincent water. Named after the scientist that developed the technology. The water goes through a eight stage filtering process, then the bond angles between the hydrogen and oxygen atoms are enhanced. BEV water is the best water for hydrating the tissues, energizing the cells and removing wastes from the body. In order for water to bond with waste energy fields and remove them, it must possess an energy signature of 7.8 hertz. BEV water has that frequency. It has extremely high adhesion and cohesion properties. It is so reactive, it must be stored in special containers (only glass or polycarbonate). BEV water has a high ORP value (oxidation reduction potential). It carries extra electrons. Its purity is monitored with a hand held conductivity meter to determine when to change the filters. No other type of filtered water has similar properties. It can be made from tap water.

(see the electromedicine section). Water is the most important *food* there is. BEV filter systems can be purchased from www.purewatersystems.com or Plexus Press PO Box 827 Kelso, WA 98626-0072 1-800-659-1882 - a countertop unit sells for \$800. Replacement filters cost \$200. Filters can last up to 2 years. The conductivity meter costs \$100. I know that's a lot of money, but this is an *investment in your health*. Your choice of water is the most important health decision you can make.

Personal Water Bottles

If you use a personal water bottle you must sterilize it often. They accumulate bacterias. Use an opaque plastic bottle, never a clear as glass plastic container or a #1 grade plastic as a water bottle. Washing that type of plastic with any kind of detergent releases dangerous chemicals. Glass is best.

Shower Filters

Showering and bathing in chlorinated water may pose more of a risk than actually drinking it. During a warm shower, your pores open so your body and skin soak up the chlorine and fluoride like a sponge. Heat releases chlorine from the water. Chlorine is hard on your hair, skin, eyes and lungs. Quality filters are available from www.healthalert.com, Plexus Press and SHRC. They install easily without the need for a plumber.

Fruit Juice - fresh squeezed only. Bottled, frozen and refrigerated juices have traces of numerous solvents, don't buy them. Home-made lemonade is easy to make and tastes great. Boil 1 1/2 quarts of water with 1 cup of honey. Then add 1 cup of lemon juice. It takes about 4-5 lemons. The honey contains some varieties of mold, that's why you want to boil it. Add powdered vitamin C also. Fruit juices can be fattening. Skip juices and eat your fruits if dieting for weight loss.

Vegetable Juice - Fresh or frozen only. A home juicer is recommended. A great juicer can be ordered from ww.mercola.com online store. Easy on the carrot and apple juices they are full of sugar. Canned juices are not recommended, many have solvents like pentane in them. Fresh organic vegetable juice should be your breakfast.

Herbal Tea - fresh or bulk packaged only. Tea bags are moldy and contain solvents. Buy a non-metal strainer. Use honey. Avoid regular hot and iced teas they are full of kidney stone forming oxalic acid. Despite what you have heard about Green Tea, don't drink it on a regular basis. Green tea has way too much fluoride in it to be safe to consume. A cup a day for 5 years could destroy your bones. Perhaps extracts and capsules are safe. I haven't tested them yet. SHRC sells safe spearmint tea.

Hot or Cold?

Avoid iced drinks or very hot drinks, room temperature is best. The stomach needs to be 99 degrees to digest proteins properly. It is best to avoid liquids with meals and also just before and after. Too much liquid with meals will interfere with digestive enzymes and dilute the stomach's hydrochloric acid making digestion incomplete.

Alcoholic Beverages

Beer and wine have molds and solvents. Don't drink them. Consistent use of alcohol has been associated with several deadly diseases including heart disease and cancer. It raises estrogen levels in women that can contribute to breast cancer.

Alcohol is poison. A part of your brain and liver die every time you consume it. There are some cardiovascular benefits to alcohol but there are much better ways to get the same results. If you do drink alcoholic beverages they can be made safer by adding 1/4 teaspoon of vitamin C powder to it 5 minutes before consumption. Dark beers and red wine have the most antioxidant and flavinoid health benefits.

Grains - Despite what you have heard, a low grain diet is advocated by many researchers. Most all chronic disease condition will benefit from a low or no grain diet. Read "The No Grain Diet Book" by Dr. Joseph Mercola. If you want to lose weight cut way back on grains. If you must consume breads, make it homemade or bakery bread only. Roman Meal is the only store bought bread that has been identified as being solvent free. Take your bread out of its plastic wrapper as soon as you get home. Put it in a paper bag to avoid mold growth. Better to have dry bread than moldy. Molds can be very destructive to our immune systems. Add Vitamin C powder to any rice or pasta dish to kill molds (see *sources*). Rotate grains, eating less glutinous grains like wheat, rye, barley and oats and eat more non-glutinous grains - spelt, rice, quinoa, amaranth, millet, corn, hominy. Kamult is a grain tolerated by most wheat allergies and is nutritionally richer than wheat. Millet is the most alkaline

grain and benefits those with acidic conditions such as arthritis. If you are seriously ill try to stick with bread made from unbleached white flours. Whole wheat flour can carry molds. Avoiding whole-wheat breads may even be the best advise for all of us. It isn't clear whether the health benefits associated with whole-grains outweigh the negative effects of consuming mold toxins (aflatoxins) and increased insulin levels. Wheat is also an enemy of friendly intestinal bacteria and is acid forming. In Louisville, excellent bread can be purchased at any of two Great Harvest Bakery locations. Avoid brown rice, it is generally very moldy. Eat only white rices and only occasionally (it is so sticky that it can damage the lining of your stomach). Instant oats should also be avoided, it picks up a lot of nickel in its processing. Regular slow cooking oats are okay though.

Fats - Foods that contain essential fatty acids omega 3, 6, 9: fish, flax seed, pumpkin seed, almonds, greens and nuts are excellent sources. Nuts do carry molds. It is best to soak them in vitamin C water, then dry them in the oven. Nuts still in the shell are generally mold free. We need to get a balance of 2:1 in omega 3 - omega 6. The best source of balanced omega fatty acids is Hemp seed oil. Most people get way too many omega 6 EFAs. To get more omega 3s we should consume grass feed beef and nuts. The benefits of essential fatty acids are numerous: lowers cholesterol, kills certain cancer cells, fights and prevents arthritis, accelerates weight loss, relieves skin conditions, etc. Due to the over processing of our food, most people have an essential fatty acid deficiency. According to famed German doctor, Jonna Budwig, flax seed oil mixed with a protein like cottage cheese or yogurt makes a strong cancer fighting compound. I wouldn't try it for prostate cancer though.

Other Food Guidelines

Don't drink out of styrofoam cups. Once heated styrene releases carcinogens into your drink or food. Don't eat toast (many toasters spit tungsten all over your bread and make benzopyrenes besides). Avoid goods made with commercially sold baking powder (it has aluminum). Pure pharmaceutical grade baking powder can be bought from SHRC. No soft drinks! They are loaded with solvents that are used to extract flavor from cola leaves and fruits. Cola drinks are the worst, they contain high levels of phosphoric acid. Unfortunately, phosphoric acid binds to magnesium leading to magnesium deficiency. It can also contribute to kidney stones and bone loss. Avoid any artificially flavored foods. No ice cream unless home-made. All commercial brands test positive to benzene contamination. Avoid processed foods that come in boxes. They almost always have hydrogenated oils which are full of trans-fatty acids and nickel. They are often contaminated with solvents used in the sterilization of the processing equipment.

I hate to say it, but I recommend avoiding coffee. Studies conclude that consuming coffee can raise blood pressure, increase risk of diabetes and some exotic types can increase cholesterol. In women coffee can significantly contribute to fibroid tumors. There are conflicting studies about its impact on heart disease. Coffee is also contaminated with asbestos and up to 70 types of pesticides. Continued consumption of caffeine will prevent the body from making adequate levels of melatonin. On the upside, coffee may protect against Parkinsons disease and is full of antioxidants.

Consume fruits at the beginning of your meals, not at the end. Fruits and especially melons digest much faster than other foods. They can ferment and release toxins while waiting for other previously eaten foods to digest.

Don't skip breakfast. It may be the most important meal of the day. Breakfast should be your largest meal of the day, followed by lunch and dinner. Some say lunch should be the largest meal. One medical study concluded that just eating breakfast every morning and getting enough sleep was enough to add 11 years to your life. Avoid food 3 hours before bedtime. Your body has a hard time digesting anything eaten after 6 pm. A large meal late at night will often go undigested leaving you tired in the morning. Skipping breakfast will also undermine efforts to lose weight. Recent studies show that even having bagels and danish for breakfast is better for weight control than skipping breakfast.

Testing Foods, Supplements and Personal Products for Toxic Contamination

Dr Clark has invented a revolutionary way to test for contamination. It involves testing electronically for resonance which can be heard through a speaker. Not only can you test for contaminates in your supplements, but you can test for toxins and pathogens in your own specific organs. The device is called a Syncrometer™. They can be difficult to use. Classes and instruction tapes are available from Self Health Resource Center in Imperial Beach Calif. Instructions for building your own can be found in any book by Dr Clark. Testing services are available from SHRC 1055 Bay Blvd., #A, Chula Vista, CA 91911. The cost is \$10 per item. Each item is tested for 10 of the worst and most common contaminates found in similar items. They can test for anything you want. Your test results will tell what contaminates were found. Testing services are also available from Purity Testing Laboratories, P.O. Box 1721, Clearwater, Florida 34617. Send each item sample you want tested in a container such as a ziplock baggie. Send \$5.00 for each item tested. They sell a device called a Purity Tester™ (\$300). It works like the syncrometer but it allows you to also see the resonance on a dial and has 100 tissues, organs, solvents, pathogens etc. programmed into it. Test results from them will only say toxic or nontoxic. The absolute best testing is done by Oxford Laboratories 1316 S Fifth Street, Wilmington, NC 28401 (910) 763-9793. Costs vary from \$250 each for benzene, down to \$40 each for most metals.

A through body test for parasites and toxic contaminant's is available from www.drclarktesting.com. For \$150 your saliva sample is tested for over 75 different parasites and toxins. They also test dry foods and supplements for a lower price.

Testing only shows that one batch of a product is pure, but another batch of the same product could be toxic. So it is recommended that you obtain a tester of your own. There is a new company, Neways Inc., dedicated to producing contaminate free personal products. Neways, Inc. Order Department 150 E. 400 North, Salem, UT 84653 1-800-998-7215

Of the 16 supplements I have had tested, only 4 came up clean: Activin™ grape seed extract, A-L-C and DMAE Plus from VRP, and Doctors Best Broccoli Super Sprout Extract. Some multi-vitamins actually had benzene and asbestos.

Supplementation

This is a controversial topic. Every researcher has different ideas and there are tons of different supplements to choose from. The best thing you can do is to eat good food to start with. Grow a vegetable garden! There is no substitute for getting nutrition straight from food in its natural state. However, because of the persistent degradation of our topsoil's, supplementation apparently is a necessity. Biophysist Hulda Clark has found all brands of supplements (that she tested) to be contaminated with heavy metals and solvents, except for supplements made by Bronson Pharmaceuticals (see sources). She claims contaminated supplements do more harm than good. Self Health Resource Center is the most reliable source for uncontaminated supplements. All supplements are synchrometer tested for purity. (for orders 1-800-873-1663)

Dr Clarks Minimum Recommendations:

Get essential vitamins and minerals directly from food and supplement with:

Vitamin C, in powdered crystal form 1/4 teaspoon with each meal. Mix it in with any food or drink.

Vitamin B2, 100mg three daily, and B100-complex one a day.

Magnesium oxide, 300 mg one or two a day.

Thioctic acid (alpha lipoic acid), 100 mg, one a day, two to four if you are seriously ill. Presumably this chelates (traps and prepares for elimination) heavy metals, and helps the liver in detoxifying obscure and deadly poisons. Alpha lipoic acid also acts to recycle any antioxidants it comes in contact with.

Advice on Multivitamins from the Center for Science in the Public Interest

Vitamin A - No need to get more than 5000 IU. Don't go above 10,000 to avoid increasing the risk of birth defects in fetuses and toxicity in adults. Levels as high as 7,000 can contribute to osteoporosis. Plentiful in peaches, apricots, carrots and yellow vegetables.

Beta-Carotene - High doses may make it harder to absorb other carotenoids that prevent disease. Don't get more than 15,000 IU from a pill. Beta Carotene converts to vitamin A.

Vitamin B-12 - Older people should take 500 mg a day. Vegans should make sure they get the Daily RDA of 6 mcg.

Vitamin C - Most people need 250-500 mg to saturate their body tissues. If you eat 5-9 servings of fruits and vegetables you should get that much. If you want to get over a cold sooner you will need 1,000-3,000 mg a day.

Vitamin D - Look for 400 mcg (.4mg), but no more, since too much is toxic. Major sources are milk, fatty fish and sunshine. It helps you absorb calcium.

Vitamin E - Studies are under way to see if high doses (100-400 IU) reduce the risk of heart disease, cancer, and cataracts. There's no guarantee of safety: one large study suggested that 50 IU a day might increase the risk of hemorrhagic strokes.

The RDA is 30 IU. (Natural vitamin E works better than the laboratory produced kind.)

Folic Acid - Look for 400 mcg (0.4 mg) to reduce the risk of birth defects for women and possibly heart disease or colon cancer for everyone. Sources: orange juice, beans, veggies and fruit.

Biotin And Pantothenic Acid - Ignore these two. You'd have to eat a bizarre diet to run short of either.

Calcium - To reduce the risk of osteoporosis, shoot for a daily dose of 1,000-1500 mg. Best sources: Kale, milk, & yogurt.

Phosphorus - Look for no more than 100 mg. The less you get in your multi-vitamin the better. Too much may weaken bones, and we get more than we need from our food.

Iodine, Manganese, Boron, Molybdenum, and Chloride. Ignore. There is no evidence that people need more than what we get from food.

Nickel, Tin, Silicon and Vanadium - Ignore. It's not clear that they are needed by humans at all.

Thiamin, Riboflavin, Niacin and B-6 - No reason to get more than the RDA for these. High doses of niacin (about 500 mg a day) may cause liver damage. 100 mg or more of Vitamin B-6 could cause (reversible) nerve damage.

Iron - Men and post menopausal women should look for zero or, at most, 10 mg in their multi's. The daily Value (18 mg) is okay for premenopausal women, but there's no reason to take more unless your doctor says so. The popular brand Centrum™ has too much iron for a man to take. New research has concluded that elevated levels of iron in the bloodstream can double your risk of heart attack. The best way to prevent elevated iron levels is to give blood. Giving blood three times a year, men and post menopausal women can cut the risk of a heart attack by 30% and reduce the risk of colon cancer by 45%. Iron is an essential nutrient, but too much is a bad thing. Your doctor can test your blood for elevated levels of iron.

Magnesium - Look for at least 100 mg in your multi-vitamin.

Zinc and Copper - Look for the RDA for each. 15 mg zinc and 2 mg copper. More than 50 mg zinc may suppress your antioxidant defenses.

Potassium - Ignore. Amounts in multis are trivial. Instead eat plenty of fruits and veggies.

Vitamin K - Women should get 65 mcg a day, while men need 80 mcg. Hard to find even 25 mcg in most multis.

Best sources: leafy greens

Selenium - Recent studies have confirmed the theory that selenium can lower the risk of some cancers. The RDAs are 55 mcg for women & 70 mcg for men. Don't take more than 200 mcg. Selenium is toxic, possibly in doses as low as 1,000 mcg.

Chromium - Look for at least 25 to 50 mcg to possibly reduce your risk of adult-onset diabetes. There's no need to exceed 200 mcg a day.

I have concluded that My Favorite™ Daily brand multivitamins were the most complete. I have not had them tested for contamination. I presently do not know of any multi-vitamin that is safe to take. The multi from www.lef.org is the most complete of any I've seen.

Minerals

There are seven types of mineral supplements: food based, metallic, chelate, organic colloidal, fulvic acid mineral complexes, ionic sea minerals, and laser evaporated. Of course, minerals found in food are the preferred bioavailable form. Metallic minerals are difficult for the body to absorb (8-12% absorption). Many multivitamins contain these metallic minerals. Chelated minerals are bonded with amino acids that trick the body into absorbing what it normally would not (40-60% absorption). John Thomas warns against consuming chelated minerals. I'm not sure why exactly. Common sense does tell us that if you

have to trick the body into accepting them, they might not be that good for you. Colloidal minerals have been predigested by plants (have gone through the carbon cycle). They are the big rage these days. They supposedly have an absorption rate of 90%. Even though they have been hyped as the greatest thing there is for you, their benefits and safety are suspect. Minerals sold as colloidal come from ground up sea bed rock. These colloidal minerals are actually large molecules, their ability to penetrate through the digestive system is difficult. If you read the label on a bottle of colloidal minerals you will find dangerous heavy metals like: thallium, cesium and ytterbium. Researcher Dr. Ellen Kamhi, Ph.D. told me that most all of the multi-level marketing brands of liquid colloidal minerals she tested, all had bacteria in them (Mineral Toddy™ for one). Minerals from food are better than any supplement. Maybe even better are Angstrom size WaterOz™ minerals that are evaporated with a laser then trapped in water. These are the perfect size for the body to use, and when evaporated they form crystals just like organic minerals. They are so small that they bypass digestion and go straight to work. Order them from www.road-to-health.com 1-800 651-7080 or direct from www.WaterOz.com. Standard Process makes an excellent product called Organic Minerals and Min-Trans, that are all food based and bio available.

The need for mineral supplementation appears real. Government reports show that our soils have been depleted for 60 years now. Plants supposedly can not make minerals (there is some amazing evidence that plants may transmutate elements), it has to come from the soil. Farmers today only put three minerals back into their farm land. Your body supposedly needs between 70-90 different minerals to maintain optimal health.

Bottom line on vitamins:

The best natural food based supplements are made by Standard Process 1-800-558-8740 www.standardprocess.com. Their food based supplements are the most bioavailable, least toxic, and the best in every aspect. These can only be bought from health care providers. Dr. Bruce West recommends and sells Catalyn, Cardio-Plus, Min-Tran, and Chlorophyll Perles as a Health Security Program. \$74 for 1 month, \$168 for 3 months, \$297 for 6 months. 1-800-231-8063. This is what I use and strongly recommend. Get the 6 month supply, it averages out to \$50 a month. If that's too much money, take them 4-5 days a week and spread them out to a 9 month supply.

The safest source for synthetic vitamins is www.shrc.net

It is best not to take synthetic A, D, and E vitamins. Get vitamin A & D from cod liver oil. Vitamin E from wheat germ oil or quality natural vitamin E supplements that contain palm oil, not soy (www.compassionet.com)

Taking fractionalized B vitamins (B1, B2, B3, B5, B6) on a daily basis may do more harm than good. Imbalances can result from the body trying to compensate for missing fractions such as B4 which can not be synthesized.

If you take B-12 supplements do so at a different time than your other supplements. Some vitamins can block its absorption. It is good to take selenium with vitamin E. Until more research is done men should not supplement with additional zinc. Studies now show that supplementing with high doses of zinc (100mgs) increases the odds of prostate cancer by 50%.

Herbs

Herbs make excellent supplements. Most herbs can accumulate to toxic levels when taken for an extended length of time. It is advisable not to take any one herb for any longer than 3 weeks straight. Try not to take a lot of different herbs at once. There are no studies that show the possible interactions. Buy them in bulk or capsules, but not in extracts, concentrates, or concoctions. Take Echinacea or Astragalus for temporary immune system boosting, Bilberry for healthy eyes, Ginkgo Biloba and Cayenne for improved circulation, St. Johns Wort for mild depression and Saw Palmetto for a healthy prostate. I try to go through a bottle or two of each of these every year. There are many to choose from. Pick up a good herb book. If you are taking any prescription medications check with your doctor before taking any herbs. I don't recommend Kava. Studies link its use to liver damage. Women with breast cancer should avoid Black Cohosh.

Body Clean-up - Personal Products

Do not use any commercial salves, ointments, lotions, colognes, perfumes, massage oils, hair spray, shampoo, soap, deodorant, mouthwash, chewing gum, toothpaste, even when marketed as "herbal" and health-food-type. They are full of titanium, zirconium, benzalkonium, bismuth, antimony, barium, strontium, aluminum not to mention solvents like benzene and PCBs. Fortunately there are safe substitutes for these items. Also wear no metal jewelry or watches. The metals are absorbed slowly through the skin and collect in the body.

Recipe for homemade skin softener

Heat 1 cup of water with 1 tsp. of sodium alginate in a non-metal pan until dissolved. This will take about an hour. Use a low heat setting. In another pan heat 1 cup of water to steaming, then add 1/4 tsp Vitamin C and 1/4 tsp. lysine (crush tablets). Next add 2 tbs. pure vegetable glycerin, 2 vitamin E capsules, 1 tsp olive oil and 1 tbs. lemon juice. Mix all of it together and shake or stir well. Pour some into a bottle to use on your skin. Store the rest in the refrigerator. All of these items can be ordered from Self Health Resource Center. (see sources)

Soaps

Unfortunately most all commercial soaps and shampoos are not safe to use. They are full of solvents and dangerous PCBs. Use only homemade lye soap. You can make your own or purchase it mail order (see recipes and sources). Use only 20 Mule Team Borax™ for your laundry detergent, 1/2 cup per load. Use borax in the dishwasher and in the sink (mixed with water). Use baking soda for scouring dishes and pots clean. SHRC sells a safe shampoo called Pure and Natural™.

Disinfectants

Wash your hands in a 5% pure grain alcohol solution. Borax is also anti-bacterial. Food grade hydrogen peroxide can be used.

Morning Ritual

Upon waking move your toes in as many ways as possible. Toxins collect in feet and this helps dislodge them. Turn on a full spectrum light (Ott Light) and allow the light to directly enter your eyes to help regulate your body's production of melatonin and other hormones. Take any supplements that need to be taken on an empty stomach such as amino acids like Lysine and Proline (with a little iced water only). Drink the juice of a fresh squeezed lemon. This helps to release intercellular wastes and alkalizes the body. Take 4 seconds to breathe in deeply, hold for 16 counts, then release in 8 counts. Repeat 4x to oxygenate the body and get the lymphatic system going. Then rebound for 15 minutes with your feet not leaving the mat. Squeeze a fresh lemon and drink the juice with a little filtered water. Brush your skin with a Dry Body Brush. Take a shower and follow with an ice cold shower to encourage the production of brown fat. Use a non solvent based shampoo.

Getting a Good Night's Sleep

Being exposed to bright sunlight (direct or indirect) during the day is as important as sleeping in total darkness at night. Both are required to establish a proper circadian rhythm and hormonal balance. Another method to help induce sleep is to drink some walnut milk prior to bedtime. Walnuts are the richest source of serotonin. Blend 1/8 to 1/4 cup of walnuts with an equal amount of skim milk and a dash of cinnamon and vanilla extract. Drink 30 to 45 minutes before bedtime. Try to get 7-8 hours sleep per night.

Exposure to Full Spectrum Light

You should spend a minimum of a half hour outdoors daily. Exposure to full spectrum lighting regulates the immune system. The light energy entering the eyes is actually stored and used by the body. When getting your daily dose of sunlight, wear no glasses or contact lenses. The light must enter the eyes unobstructed. I'm not advocating looking right at the sun. Reflected light works too. Unfortunately light through a window doesn't count. You can get the benefits of full spectrum lighting while indoors by using full spectrum bulbs. Beware of inferior brands. I recommend only OTT™ brand. They make a variety of bulbs, some that just screw into a normal light socket. It takes 8 hours of exposure to these bulbs to add up to the benefit of a half hour of sunlight. Be sure to allow the sun to hit your face and arms for at least 15 minutes to make vitamin D.

Tooth Care

If you have any metal fillings you should use only baking soda dissolved in a little water. Never use hydrogen peroxide if you have metal in your mouth. Always dissolve your baking soda. The powder will scratch your enamel. Contaminant free baking soda is also available from Self Help Resource Center (SHRC). I've been using Tooth and Gum Paste from the Dental Herb Company. An even safer product is called Pristine™. It is made only of essential oil of almond, peppermint and spearmint. It is available from Body Electric, Inc. 1.800.692-2390. It leaves your mouth feeling and tasting great. Never use salt on your teeth. It is also too abrasive to use.

Use a Sonicare™ with a soft bristled toothbrush and replace it often. Hard bristles tend to break down the bond between your gums and teeth. Worn out toothbrushes have sharp ends that scratch your teeth. Floss once a day with 2 or 4 lb. monofilament fishing line. 4 lb. line is too thick for me. I use the 2lb. line. Ordinary dental floss is sterilized with mercury and invariably contaminated with thallium (band-aids and disposable diapers are also). Dental floss can be made safe by soaking it in hot water then rinsing it. Buy a new toothbrush. Your old one is soaked with toxins from your old toothpaste. For dentures use salt water mixed with grain alcohol. To kill germs in your mouth rinse with watered down grain alcohol or peroxide.

I used to recommend having all fillings, crowns etc. replaced with mercury free plastic composites. Now researchers are saying that plastics may pose more of a threat to some people's health than amalgam fillings. Mercury filled amalgam fillings poison you 24hrs a day through its vapors and decay. Plastic composites release malonic acids, carcinogens and zenoestrogens. Dr. Clark recommends using only Sculpture™ brand inlays for filling. Inlays go through a hardening procedure that creates fillings that don't seep. The best advice is not to ever get a cavity again. If you have cancer, you might consider having your fillings replaced with Sculpture™ brand inlays, or have your cavity filled teeth removed.

Before having any dental filling replacement work done, *it may* be best to have a dental materials reactivity test done. You will need to go to your personal physician to have a blood sample taken. It is then shipped to a lab in Colorado. You will receive a 27 page report showing what dental materials are suitable and which ones are toxic to your body. There are hundreds of different materials. The test costs \$225. But without it, you are taking your chances. Have your dentist contact Clifford Consulting & Research (719) 550-0008 or fax (719) 550-0009 for details. On the other hand, Dr. Hal Huggins told me that the Clifford tests were not to be trusted. However, I don't know of any other similar testing you can get.

My metal amalgam fillings were replaced with Prisma TPH (caulk/dentsply) for a composite filling and Prime & Bond (caulk/dentsply) for a cement. I'm not necessarily endorsing these materials, but they have a good reputation as far as plastics go. I had it tested, it came up clean with the exception of urethane, which I imagine is probably in all of them. I am currently researching other materials. To find a Holistic Biological Dentist in your area contact the American Academy of Biological Dentists at 1-408-659-5385, Huggin Diagnostic Center 1-800-331-2303. In Louisville contact Dr. Kall 502-423-0781 or Dr. Lavelly 426-4110. Never go to a regular dentist for this procedure. There is a specific supplementation plan that must be followed prior to and after having your fillings replaced. The exposure to mercury vapors during the procedure can leave you quite ill for a while if you don't prepare properly. Never chew gum if you have amalgam fillings. It can draw mercury out of your fillings.

Keeping your gums healthy is critical to your health. Unlike other diseases it usually isn't associated with any great pain. Most people just accept their receding, reddened and puffy gums as part of aging. Gum disease is a bacterial infection that can last decades. This puts a stress on the immune system. The waste products (endotoxins) from the destroyed bacteria continue to circulate. They are extremely poisonous. Researchers have found a link between systemic bone loss and gum disease. It isn't clear which develops first though. More importantly gum disease can contribute to heart disease, heart attack

and stroke. When gum disease is present bacteria that would normally not enter the bloodstream is allowed to. For persons with compromised immune systems this can be dangerous. Bacteria can trigger blood clotting in humans and heart attack in animals. Bacterial infection is what makes root canals so dangerous. Bacteria almost always gets trapped inside and continues to poison you continuously. The trouble is, your immune system can not reach inside the teeth.

Dental Hygiene Program to Treat and Prevent Gum Disease

MORNING

1 - Brush along gumline with a device called Sonicare. Use the smaller brush head. add toothpaste and a drop of Citricidal Nutribiotic (grapefruit seed extract) and/or oregano oil (very strong, start with 1/2 drop).With light pressure aim the brush where the gums and teeth meet. Increasing the blood flow to the gums is one of the most important parts of this program.

2 - Brush your teeth as you normally would with a small soft-bristle toothbrush. You may use the Sonicare for this but this stops the brush head from wearing out. Brushes labeled anything other than soft loosen the bond between the gum tissue and the tooth.The same is true of water cleaning devices. I no longer use or recommend them.

3 - Rinse your mouth with a glass of green tea. Don't swallow it.The antibacterial and antioxidant activity of green tea is most beneficial to the gums immediately after they have been cleaned.

4 - Take 30mg-60mg of softgel Coenzyme Q10 in the morning and then at night. Once the problem starts to clear, cut back to 30mg daily.

NIGHT

1 - Floss your teeth with 2 lb. fishing line or any commercial floss that has been soaked in hot water (to remove mercury).

2 - Rinse with 3% food grade hydrogen peroxide. Do not swallow. Best to use home-made 3% solution.This may be reduced down to twice a week once problems start to clear. I

3 - Brush along the gumline with the Sonicare unit.

4 - Brush your teeth with a soft-bristle toothbrush and put 1/2-1 drop of oregano oil on it to kill bacteria.

5 - Apply Nutribiotic Citricidal™ between each tooth with a small dental pick or a proxybrush.The best dental picks can only be ordered by a dentist.They are called Rotapoints by Pro-Dentec in Batesville, Ark.They are perfect for applying Citricidal between your teeth. Ask your dentist to order them for you 1 800 228-5595. One pick will last about a week.

To use the Rotapoint, begin by letting a drop of Citricidal mixed with a small amount of water run along the length of the pick and in the V-groove. Then, gently push the pick between teeth with the groove pointing up towards the gums. Move it gently in and out several times; repeat the process for all teeth. Do this from the inside as well as the outside. If you have large gaps between certain teeth, then its best to apply Citricidal with a Proxybrush. Proxybrushes and tips are sold in most drugstores. Most of the time I just put some Citrcidal on my floss. Don't rinse your mouth or drink anything for 30 minutes.

Sonicare units are available at good stores around town also (Service Merchandise - Sears etc.).

To kill the Clostridium bacteria that hide in tooth crevices, under tooth fillings and in dairy products Dr. Clark recommends brushing with 1/2 drop of Oregano Oil. It may be purchased from Self Health Resource Center 1-800-873-1663, or from Road to Health 1-800-651-7080. I love the way it makes my mouth feel. I always brush with oregano oil.

Chelation Therapy

Chelation therapy is used for removing metals from the body. Consuming food cooked in metal pots and pans, eating with metal spoons & forks, amalgam fillings, use of antipersperants, tap water all introduce dangerous metals like mercury, lead, and aluminum into our bodies. Once in the body they do not leave. EDTA is a chelating agent that when given intraveinously, attaches to the metals, making them soluble so that they can be excreted in the urine. It is the recommended therapy for lead poisoning. More recently it is being used to treat blocked arteries in the legs and heart. Oral chelation with EDTA supplements can help, but isn't anywhere as effective as intravenous. There isn't a person alive who wouldn't benefit from removing the metals from their body. Fortunately there is an inexpensive and all natural chelation agent that works as well as EDTA. Dr. Yoshiaki Omura recently discovered that fresh cilantro is a powerful chelation agent. Cilantro is an herb that is sold in most grocery stores. Proper dosages can remove most or all of the mercury from the body in as little as two weeks. To reap the benefits of cilantro, either add fresh uncooked, undried cilantro to your diet in salads etc., or follow the following recipe for cilantro pesto and take 2 teaspoons daily for 2-3 weeks. I like it, and it's easy to make.

Cilantro Pesto

1 clove of garlic - 1/2 cup of almonds or cashews - 1 cup of packed fresh cilantro leaves - 2 tbls lemon juice - 5tbls olive oil
Put the cilantro and olive oil in a blender and process until it is chopped. Add the rest of the ingredients and process to a lumpy paste. It freezes well, so you can make several batches at once. I highly recommend taking advantage of this tasty treatment 1-2 times a year.

Eye Care

There are several supplements that can be taken to ensure healthy eyes. Antioxidants Vitamin C, A and E, Chromium, Selenium, Zinc and Copper play major rolls in maintaining the eyes. Lutein, a carotenoid, is a powerful antioxidant that concentrates in the macula region of the eye. It helps fight macular degeneration (photo-oxidation from sunlight). Spinach, kale, avocados, and eggs are the best food sources for Lutein. Eat at least one serving of each per week. Quercetin, a bioflavonoid, helps strengthen the capillaries in the eyes. Bilberry, Ginko Biloba, Gotu Kola, and Eyebright all help the circulation to the eyes. Alpha Lipoic Acid is believed to help prevent cataract development. Taurine and L-Glutathione are also valuable supplements. All of these supplements can be purchased separately. There are several supplements on the market that contain various combinations of these nutrients: Advanced Nutrivation from Bronson (1-800-235-3200), Eyes Alive from Swanson Vitamins.

Over the counter eye drops should not be used on a daily basis. Your eyes will become dependent on them, and there are other complications as well. Use them no more than 3 days in a row. Anyone who works long hours staring into a computer

screen runs the risk developing poor circulation to the eyes. This comes from an inadequate amount of eye motion. The following eye exercises really work and should be done by everyone. Look up as far as you can, then look down (move your eyes not your head), look right then left, look diagonally (both diagonals), spin eyes clockwise, spin eyes counter-clockwise. Repeat each of these motions 10 times each to increase circulation to the eyes. Get an eye examination every three years. Early detection of glaucoma can save your sight. Never consume canola oil or soy oil based products (Read Young Again by John Thomas). Visit www.mercola.com and buy his book on restoring vision naturally.

Hair Care

Stop using your shampoo today. All commercial brands including health food types have traces of propyl alcohol in them regardless of what it says on the label. Fill a squeeze bottle with borax soap concentrate. A few squirts will get your hair clean. You must rinse it off with citric acid water. Mix about a teaspoon about a gallon of warm water. Nothing else is really strong enough to rinse away the borax. Citric acid can add curl to your hair. If it burns your eyes or slightly reddens your hair you're using too much. Flower of Life™ (also called Nature's Answer) is a pure brand of shampoo. This is what I use. It is available from SHRC. Purity Laboratories has found Oxyfresh's Aiyani brand shampoo to also be pure. Neways Inc. also makes solvent free shampoos. See sources listed on the last page. (Use a shower filter) Never use a hair product containing placenta. It is very damaging to your hormonal balance.

Deodorant

Commercial deodorants are full of aluminum and solvents. Blot with diluted Everclear *pure grain* alcohol or Vitamin C water (mix 1/4 tsp. to a pint of water). Then dab on zinc oxide (from SHRC), or corn silk. This works really well. If you have a juicer, juice some radishes and dab that on. Don't use those so called deodorant stones. They are full of aluminum. If your body is properly detoxified you will not have body odor even if you sweat heavily. Body odor should be considered a warning flag.

Avoiding Benzene

Benzene deserves special attention because it is so deadly and presumed to be absent from our consumer environment. Benzene is not put in our food intentionally, we get it accidentally from countries where it is not illegal as an extraction or cleaning agent. Throw these out: flavored food, (yogurt, Jello™, cold cereal, hand and face creams, toothpaste, bottled water, store bought frozen juices, tea tree products, vaseline products (Noxzema™, Vicks™, Lip Therapy™), chap stick, hand cleaners, cooking oil and shortening (use only olive oil, butter and lard), ice cream and frozen yogurt, chewing gum, personal lubricant, flavored pet foods and bird food made into cakes.

Avoiding Asbestos

Your hair dryer and clothes dryer can be your main sources of asbestos. Only three hair dryers have tested negative to asbestos: Conair Prostyle Mini 1250™, 081 .A 1600™, or a Vidal Sassoon Misty Tone 1500™. You want a hair dryer that uses Mica instead of asbestos. Be sure the belt in your clothes dryer says made in USA on it. If it doesn't, it's probably giving you a hefty dose of asbestos on a regular basis. All commercially sold produce is covered with tufts of asbestos. To remove it, soak it in hot water for 1 minute, dry off then soak for one more minute, and no more than one minute or toxins start to re-enter the produce. This protocol also removes benzene and pesticides. Do this with all fruits and vegetables. The water doesn't have to be boiled, hot as you can get out of the tap is fine.

Household Cleanup

Remove all paint, varnish, thinners, rust remover, cleaners, pesticides, gas, and kerosene. Remove all chemicals that all in cans, bottles or buckets. You may keep your laundry supplies: borax, baking soda, washing soda, white distilled vinegar, chlorine bleach and homemade soap. Also remove any car tires and automotive supplies like waxes, oil, and fluids. Put them in your garage or shed. If your garage is attached to your house you have a problem. Never use the door between your house and your garage. Tack a sheet of plastic over it to slow the flow of fumes into your house. Your house acts like a chimney for the garage.

Remove anything that has a smell to it: candles, potpourri, mending glue, colognes, perfumes and especially plug-in air fresheners and scented candles. Buy only unfragranced products which must not contain propyl alcohol. Do not sleep in a room that has paneling or wallpaper. They give off arsenic and formaldehyde fumes. Remove them or move your bed to another room. Do not keep new foam furniture in the house. If it is less than 1 year old move it to the garage until you are well. They give off formaldehyde. Sleeping with your nose buried in a new foam pillow is a serious threat to your lungs. Never wear new clothes before washing them. Formaldehyde is used in the processing of clothing. Don't wear dry-cleaned clothes.

Dr. Clark's advises that if your house is more than 10 years old, change all galvanized pipe to PVC plastic. Although PVC is a toxic substance, amazingly, the water is free of it in 3 weeks. If your house is more than 15 years old have your copper piping replaced with PVC plastic. I'm not so sure about this . . . copper is bad, but it can be filtered out. I don't know if the zenestrogens from the plastic can be. More research is necessary.

Have any fiberglass insulation removed from your house if possible. If you have it in your attic be sure to seal any cracks or holes in the ceiling. Tumors can form around fiberglass particles. Quit using fiberglass based furnace filters.

Once a day sterilize the sponge or cloth you use to wipe up the table, counter tops and sink. This piece of cloth is the most contaminated thing in the house, besides the toilet. To sterilize it drop it into a solution of 50% grain alcohol at the end of each day. Stand it on one end in the sink to dry. You may also microwave it or boil it. It takes 3 days of drying to kill all the pathogens. So have several sponges on hand and don't use them until they have dried 3 days. Better yet, use paper towels. If you have hard wood floors, remove your carpets. They are accumulators of filth. Only a hard wood floor allows you to wipe

up all the dust and dirt which harbor molds and various pathogens.

For insect killer use boric acid powder (not borax). Throw liberal amounts behind stove, refrigerator, under carpets and in carpets. This will kill roaches but not ants. To repel ants spray a 50% white distilled vinegar on the counter tops, window sills and shelves and wipe, leaving residue.

Electric heat is the cleanest. Leaking gas pipes can be very hazardous to your health. Have them checked for leaks. If you have the option of a gas or electric oven/stove, go for electric.

Have your house tested for radon. Radon is a colorless odorless radioactive gas that can invade your home. All homes should be checked, especially those with basements. Levels above 4 pCi/L put you at risk for lung cancer. Test kits are available at most hardware stores for about \$15. Test it now, then once a year afterwards. My house had a level of 19 pCi/L. Radon mitigation systems run around \$800.

Have your ventilation system cleaned professionally (Castle in Louisville). A typical cleaning will remove 10lbs of dust from your system. Dust carries molds, bacteria, viruses and parasites into your lungs. This is one of the best investments you can make in your family's health. Prices range from \$100-\$300. Also get a home air filtration device with a HEPA filter, and an electrostatic filter for your furnace. Electrostatic airfilters can be purchased in Louisville from LG&E Home Services 627-4663 \$65.

Remove any mini-blinds that were manufactured in a foreign country. They slowly release lead filled dust. If you're not sure of their origin replace them with American made mini-blinds.

Origins of Disease

This is of course a controversial topic. A very interesting theory is that of Dr. Hulda Clark. She maintains that there are only two main health problems: parasites and pollutants. Everything living on or in you is a parasite. Tapeworms, flukes, threadworms, pinworms and hookworms are the main classes of parasites. There are over 120 different types that could be living inside you. The average person often has at least a dozen types living in them at all times. They primarily live only in the intestine. Normally they do not pose a danger as your immune system will kill the adult stage parasites. Primary sources of parasite infection: Undercooked meats, tap water, kissing or having sex with an infected partner, ingesting dust from pets, dried fecal remains, handling dirt, walking barefoot and consuming produce that has not been washed properly. In fact, parasite reinfection is inevitable. It is part of life. Simple maintenance programs are at your disposal. (more later)

The worst parasite is the human intestinal fluke *fasciolopsis buskii*. Dr. Clark has discovered it in every case of cancer, HIV infection, Alzheimer's, Crohn's, Endometriosis, and in many people without these diseases. Its life cycle involves six different stages. When your body has solvents in it, the other five stages can develop in you. If *propyl alcohol* is the solvent, the intestinal fluke is invited to use another organ as a secondary host - this organ will become cancerous. If benzene is the solvent, the fluke uses the thymus for its secondary host, setting the stage for AIDS. Wood alcohol invites pancreatic flukes to use the pancreas as a secondary host. This leads to diabetes. If xylene or toluene are the solvents, any of four flukes use the brain as a secondary host. The list goes on. This is a new kind of parasitism, based on pollution. The diseases caused by fluke stages in inappropriate locations is called *Fluke Disease*.

Other theories associate disease with blockages in the flow of life force energy (Chi, Prana, Orgone etc.). Acupuncture attempts to correct the flow of this energy by stimulating acupuncture points and meridians. A more exotic theory believes that disease can result from interference or a loss of intelligence (entropy) at the prephysical etheric subtle energy levels. This is the belief of radionic practitioners. Consciousness interfacing equipment is used to diagnose and or treat the patient, animal or crops at a distance. Its basis is in scalar electromagnetics, scalar interferometry and quantum mechanics (Bell's theorem etc.). This fantastic art/science was driven underground in the 1930's by big drug manufacturers and fertilizer companies. Although radionic diagnosis and treatment is illegal in the USA, it is legal and commonplace in Great Britain and parts of Europe. Radionics is one of the most sophisticated health sciences ever devised. It is much too complicated to explain in this paper. To learn more please contact, join and support The United States Psychotronic Association, USPA, Elkhorn, WI

Free Radical Theory of Disease

A free radical is an oxygen atom that is missing an electron. A free radical can't rest until it replaces that electron, and generally the only place it can get an electron is by taking a bite out of another molecule. Proponents of this theory believe that free radicals are responsible for aging, cancer, heart disease, stroke, arthritis, and possibly allergies and a host of other ailments. Free radicals are created from exposure to radiation, pollution, toxins, stress and even the chlorine in our drinking water. It is claimed by researchers that free radicals can be easily neutralized by antioxidants: vitamin C, vitamin E, beta carotene, selenium and others. However, some recent studies come to contradictory conclusions as to the true benefits of taking antioxidants.

Deepak Chopra points out that paradoxically, free radicals are necessary to life. Millions are emitted in every cell as it processes life-giving oxygen through the metabolism of food. White blood cells use free radicals to bond with invading bacteria and virus and kill these invaders. Having too many antioxidants in the body can interfere with the body's ability to fight off infection. In its normal state the body controls free radicals as a matter of course. Dr. Chopra suggests that free radical damage is but one type of imbalance that can occur at the level of cellular intelligence when the balance tips toward entropy.

I take grape seed extract (Activin) capsules daily unless I have a cold (a rare occasion). It is 30 times more powerful of an antioxidant than Vitamin E.

The True Definition of Disease

When does disease begin? In our culture, disease begins at the onset of symptoms. In Chinese medicine, disease begins much earlier. However, with the theories of Béchamp followed by the scientific and verifiable research of Professor Gunter Enderlein (who basically proved all the theories of Béchamp), we now have a new definition of disease.

Disease begins when our alkaline tissues turn acidic and when our negative energy charge turns positive
This is the beginning of disease.

Perhaps I should be quoting Dr Arthur C Guyton MD who wrote the Textbook of Medical Physiology (once used in most medical schools):

The first steps in maintaining health is to alkalize the body (pH or acid/alkaline balance). This is one of the most important aspects of homeostasis. Changes in pH alter virtually all body functions. The cells of a healthy body are alkaline while the cells of a diseased body are below a pH of 7.0. The more acidic the cell, the sicker we become. If the body cannot alkalize the cells they will become acidic and thus, disease sets in. Our bodies produce acid as a by product of normal metabolism. Since our bodies do not manufacture alkalinity, we must supply the alkalinity from an outside source to keep us from becoming acidic and dying.

What exactly is a healthy terrain?

Dr Young's book Sick and Tired, introduced me to Antoine Béchamp. I looked him up on the web and read one of his books published there. Amazing stuff. You won't find Béchamp's name in the history of medicine. He and his work have been expurgated. When he died, his accomplishments were listed in a journal. They took up seven pages. Some of the things we attribute to Pasteur were actually accomplished by Béchamp.

The first thing I read by him was a study on cats. One group was fed cooked foods and the other was fed raw foods. The raw foods group were much healthier than the group fed cooked foods. By the third generation, the young of the cooked foods group (also getting cooked foods) did not survive into adulthood.

Bernard is considered the Father of Experimental medicine today. He was a physiologist. However, his greatest achievements are entirely overlooked today. Let me give you one example of this man's assertions.

Amidst a group of physicians and scientists, Claude Bernard made the statement: "The terrain is everything; the germ is nothing," and then drank down a glass of water filled with cholera. There are not many scientists who are willing to risk their lives on a theory. This we know. Claude Bernard has few equals in the history of medicine.

Germs Do Not Directly Cause Disease

The most telling "concept" that has ever crossed my desk is the quotation Dr Young uses right at the beginning of his book, Sick and Tired:

If I could live my life over again, I would devote it to proving that germs seek their natural habitat—diseased tissue—rather than being the cause of the diseased tissue; e.g., mosquitoes seek the stagnant water, but do not cause the pool to become stagnant. Rudolph Virchow (Father of Pathology)

Proper terrain alone was, by itself, enough for perfect health. The immune system is merely a backup system that took over when the terrain failed.

Before we go any further, we need to know this...

Take a banana and place it on a counter next to a piece of cheese. Place a glass over the cheese so it doesn't dry out too quickly. Now watch them both over the next few days. What do you think will happen? The banana starts to turn black and the cheese begins to mold. They go bad. They rot.

Now slice open the cheese. Inside, no mold. Slice open the banana. It's rotten inside. Smell the banana and you'll smell a hint of alcohol. It's fermenting. Something that perhaps only a few of you already knew is: The cheese molds from the outside in, but the banana rots from the inside out. The banana was alive. The cheese is not alive. Every living thing comes equipped with its own janitorial service that goes to work when it dies. They are programmed to clean up the mess our dead bodies leave behind. This is a VERY important concept for us to know and remember, always.

Healthy Terrain

Béchamp began to describe it nearly two hundred years ago, but Claude Bernard finally put it this way.

It consists of two internal factors:

1. Alkalinity
2. Negative Electrical Charge

Contributing to a healthy terrain are two factors, according to Bernard:

1. Nutrition
2. Toxins

One must have proper nutrition and be free of toxins to maintain a healthy terrain. More recent studies add one more factor contributing to a healthy terrain: Emotions/Mental Health. If you have unchecked emotional issues, you will be acidic. This is the body/mind connection, or as someone put it: emotional toxicity.

We live in a toxic society. Our food, water, air is poisoned. Additionally, we are poisoning ourselves with drugs, alcohol, smoke, and even the way we cook our foods (barbecuing, microwaving). Nearly every drug your doctor gives you causes your body to become acidic. Every can of pop, every cup of coffee, every teaspoon of sugar, every piece of chicken, steak, or fish you consume causes your body to become acidic.

The Clean-Up Crew Within

Béchamp theorized that there was a particle of life in us, the smallest living thing on the planet, called a microzyma. It is a plant. Scientists previous to Béchamp had seen these little "molecular granulations" but had no idea what they were. Gaston Naessens discovered somatids. Are they the same thing? I think so. Many think so. The newer powerful dark field microscopes allow doctors and scientists to view living tissues. The microzymas are part of the clean-up crew that lives within all of us.

Now, one place where modern medicine is completely off track is in our standard blood tests. They take blood, stain it, freeze it, and examine it. Blood is alive. It is not a liquid, but a mobile tissue (Béchamp was the first to describe blood thus). The things in our blood are alive. And one thing modern medicine does not accept is that something like a bacterium can change into a yeast that can turn into a fungus that can turn into a mold. This is called pleomorphism. Pleo meaning many and morph meaning form or body.

Gaston Naessens has thoroughly documented the life cycle of his somatids. Naessens discovered that his somatids are nearly indestructible. They resisted blasts of radiation, temperatures up to 392 degrees, and laughed at the strongest acids. Naessens mapped the somatid's (or microzyma's) pleomorphic life cycle. Others have documented the pleomorphic changes in bacteria, viruses, yeasts, molds and fungi. Dr Young, the author of Sick and Tired has watched these tiny creatures change from one to another under a dark field microscope. He has even seen a red blood cell turn into a bacterium and then back into a red blood cell. Yet it might take 100 more years for medical science recognize this fact.

Alkalinity means oxygen. We need oxygen to survive. We need oxygen to maintain an alkaline environment. Bacteria, yeast, cancer, and viruses (just to name a few) can survive without oxygen. They are said to have an anaerobic (without oxygen) existence. They metabolize without oxygen, just like fermentation. Fermentation produces alcohol (as one of its waste products) and many more wastes known as mycotoxins (that further corrupt our terrain). Remember the smell of the banana?

When we become acidic, our immune systems attempt to bring us back into order and balance, or homeostasis. Our immune systems are first a clean-up crew, and second a juggling artist on a tightrope focused only on balance.

Our immune system's first job is to clean up the dead cells we slough off. Billions are lost daily. In just seven years, our entire body has been replaced with new cells. This is the immune system's first and foremost job.

If we get out of balance, then our juggling artist on a tightrope tries to re-balance the system. This is a secondary job. However, if we are really, really sick and begin to get attacked by outside invaders, then this overworked immune system has to try to fend them off. This is our immune system's backup job. As Dr Young points out, when this happens, we're riding on one of those tiny spare tires found in our trunks. Disease begins when our bodies turn acidic.

Now, it is important to note that acid means lack of oxygen and that bacteria and germs and fungus all survive without oxygen. Because I'm about to tell you something that will knock your sox off. Remember that clean-up crew we're all born with inside? The clean-up crew that ate the banana from the inside out? When we turn acidic (lose our oxygen and our negative charge), the clean-up crew goes to work, BECAUSE IT THINKS WE ARE DEAD.

This is where the first symptoms of illness show up, but you have to be looking for them. The Chinese use smell and taste, and the shapes of fingernails, and all sorts of things to discover what's going on here. Westerners need live blood analysis.

Candida is part of the cleanup crew. As this yeast turns into a fungus, it spreads its thin mycelia throughout our bodies attacking other organs. The clean-up crew produces wastes called mycotoxins. One of the wastes is uric acid, another is alcohol, and yet another is aflatoxin, one of the most potent carcinogens known.

Our liver starts producing more cholesterol to help clean up these mycotoxins. Take Lipitor™ and all you'll do is allow the mycotoxins to create more and more damage to organs and blood vessels. Now you know why modern medicine has ignored years of research and scientific findings. Drugs cannot heal a sick terrain. Only nutrition and detoxication programs can heal our terrain.

Do we need modern medicine? You bet we do! Our bodies are so far out of alignment that all too often we need something to save our lives. The problem is, after having our life saved, we continue on our way as if we are totally healed when all we've been given is a short (very short) reprieve. If the body is still acidic. We are still sick.

Secondary Illness from Acidocis

Remember Rudolf Virchow's quotation? Once our system is acidic, and once the clean-up crew kicks in, we start to get diseased tissues. Once we have diseased tissues, outside germs can find a favorable environment in which to grow. They produce the secondary illnesses we, in this modern culture, call illness or disease. As amazing as it can seem, germs are attracted to the diseased tissues, they are not the primary cause of it.

Dr Young points to a study from the University of Minnesota Medical School that every cancer patient ever tested has been found to have candida in their blood stream. They also noted, almost as an aside, that candida wasn't responsive to drug therapy. Long before a person has cancer, that person has a systemic yeast problem. It just hasn't surfaced. The mycotoxins released by a yeast/fungal infection cause the body to become even more acidic (with even less oxygen).

Otto Warburg won the Nobel Prize for describing how cancer metabolizes. He said that cells once thriving on oxygen suddenly become anaerobic. If you were a cell, and you were deprived of oxygen (by an acidic environment) how would you survive? Wouldn't you try to change your method of metabolism to one that did not require oxygen? Cancer could very well be our bodies trying to survive the conditions we've allowed them to deteriorate to. Perhaps a better way of putting this is: Cancer is the result of your cells trying to survive a condition that you won't.

Symptoms of Acidosis

Since the first step in the disease process occurs when our alkaline terrain turns acidic, it follows that acidosis is the number one disease in human beings. If so, then why don't our medical community test for it? Again, why test for something that pharmaceuticals or surgery cannot repair?

The symptoms of the first stage of acidosis are so common that most people simply take a pain killer or some over the counter medication to mask the symptoms: headaches, food allergies, bloating, acne, panic attacks, lack of energy, lack of sex drive, cold hands and feet, agitation, hard to sleep, hard to get up, sinus headaches, and an increased susceptibility to colds and flu and whatever's going around.

The symptoms in phase two might bring you to a doctor, but still, some just self-medicate: cold sores, hives, depression, migraines, asthma, urinary tract infections, fungal infections, yeast infections, swelling, colitis, tingling, excessive falling hair, osteoarthritis, and atherosclerosis.

If you have toenail fungus, then take note that this fungal infection goes much further than just under your toenails. It is all over your body. And no drug (diflucan) will end it, though it might clear up symptoms for a while.

The final stages of acidosis are chronic, debilitating diseases: Crohn's disease, multiple sclerosis, leukemia, all cancers, Hodgkin's disease, schizophrenia, lupus, rheumatoid arthritis, and tuberculosis just to name a few.

Heart Disease and Alkalinity

From a lecture by Scientist/Nutritionist Dr Fred Kaufman comes the following quotation:

"Why is it just the arteries around the heart that get clogged and not the other veins and capillaries? Because wherever there is a muscle producing energy there's always a by-product of lactic acid or waste....as you know any kind of acid can burn.....this lactic acid burns holes in the arteries and the liver uses cholesterol to patch those holes. Because heart is a muscle that continually produces lactic Acid. The more acidic your blood is the more clogged your arteries are."

This is why our omega-3 Essential Fatty Acids are so important to heart health. They cut the production of lactic acid. As Johanna Budwig discovered, these oils are highly charged (negatively) and if bio-available, they keep our bodies negatively charged and alkaline.

Testing Your PH

Testing the ph our your saliva and urine first thing in the morning with ph paper strips is the most reliable method. Ph levels do fluxuate over the day, and are influenced by what was just consumed.

Foods that Lead to Acidosis

Coffee, meats, grains, sugar, cooked foods, teas including herbal tea, smoking, excessive exercise, negative feelings, carbonated beverages, aspartame™

Foods that Help us Alkalize

Lemons - even though they are full of citric acid they have an alkalizing effect in the body.

All melons, especially watermelon. All raw vegetables, especially beet greens and asparagus (even if cooked), most fruits and berries, organic raw apple cider vinegar and honey. I drink the juice of 1 or 1/2 lemon mixed with 8 oz. of hot water before breakfast and before going to bed. Heat the water on the stove. Don't ever drink hot water straight out of the tap.

Supplements to Help us Alkalize

Sodium Chlorite

Sodium Chlorite is a safe, natural substance that is a precursor to chlorine dioxide. Chlorine dioxide releases oxygen into the blood stream and, according to Dr Young (his web and his book) it might also help to clean up foreign materials (toxins) in your blood stream. With chlorine dioxide flowing through your body, the oxygen is released slowly which can slow and stop the growth (and spores) of candida.

Green Drinks and Superfoods

Wheat grass, spirulina and your superfoods are chock full of minerals and enzymes. The enzymes are both antimycotoxic (clean of the micotoxins released by the yeast/fungal infections) and antioxidant, while the minerals play an important role in keeping cellular communication channels open. (Supergreens from Innerlight)

Garlic

Garlic is one of the best medicines in the world. It has natural germanium (see below) and is antifungal and antibacterial (just to name a few things). Naturopaths recommend up to seven cloves a day (depending on your stomach and your ability to withstand garlic). And as always, we must warn you that if you intend to cook using garlic, please crush it up and let it sit for ten minutes before adding it to your recipe. It has to sit so that the enzymes can create the wonderful healing phytochemicals you'll be needing.

Germanium (Organic)

I list germanium because it enhances the capabilities of oxygen in our bodies. Dr Young points out that it has to be an organic germanium, possibly because of the damage the inorganic kind has been responsible for. Again, I think this is something

to be used only under a physicians care. But by all means, germanium is a healing element that will add to your negative electrical charge and increase interferon production (to fight off the parasites and bugs that are trying to clean up your system).

NAC

N-Acetyl Cystein; something I take daily. I love to eat barbecue. But barbecues have a tendency to fill your body with all sorts of carcinogens (acrolein is one). NAC is a powerful anticarcinogen, antimycotoxin and detoxifier. It pulls heavy metals from your body and supports production of glutathione, the body's most powerful antioxidant. It is anti-aging also, and the one mycotoxin, acetaldehyde, that is responsible for so much collateral damage in our bodies, is totally wiped out by daily use of NAC. It is truly amazing stuff.

Sodium Hydroxide

This is a very strong base substance. It is the active ingredient in Water Oz's Body Alkalizer drops. Use only two drop per 8 oz. cup of water, 4x daily.

Electromedicine

It is now possible to kill (or render inactive) all unshielded bacteria, viruses and parasites with a simple device (pulse generator) powered by a 9 volt battery. This came from Dr. Clark's discovery that all living things emit a unique range of high frequency low voltage bioradiation. When living things are no longer living they emit only one frequency. By passing that one frequency through the body with a frequency generator you can kill the pathogen. The actual nature of this bioradiation is not known. Only its frequency was noticed and caught (modulated) in such a way as to be measurable. This led to her discovery that any positively offset frequency kills all unshielded bacteria, viruses and parasites simultaneously given a sufficient voltage (5 to 10 volts), duration (seven minutes), and frequency (anything from 10 Hz to 500,000 Hz). This is the best way to kill pathogens quickly. But it takes more than one treatment.

It takes three treatments to kill everything. The first zapping kills viruses, bacterial and parasites. But a few minutes later bacteria and viruses reappear. Killing the parasites releases the bacteria and viruses that they had been carrying. The second zapping kills the released bacteria and viruses, but soon a few viruses appear again. They must have been infecting the last of the bacteria. After a third zapping no viruses are to be found even hours later. Why didn't the virus inside the parasite die on the first zapping? It may be because electricity travels on the exterior of things. The body of the parasite shielded it. Zapping does not kill shielded organisms such as those that might be inside your cells or in the middle of your stomach or intestines. They can also hide out in kidney and gallbladder stones. Dr. Clark's latest research (Nov-95) has shown that drinking, on an empty stomach, 2 teaspoons of Extra Strength Black Walnut Hull tincture in 2 ounces (1/4 cup) of water will kill all parasites throughout the body, including those hiding in the contents of the stomach and intestines that are not reached by the zapper. She also says this drink will reach the few remaining parasites that are stuck in gallstones, kidney stones, or abscesses. It is recommended to use both the zapper and the herbal maintenance programs.

It is best to wait 20 - 30 minutes between each of the three zappings. For general maintenance give your self a zapping treatment once or twice a week. Over use can upset the digestive process by killing the beneficial bacterias in the bowels. If you have a serious illness you will want to use it almost every day until you are well. Be sure to always do all three of the zappings. You could catch cold if all three are not done. Before zapping wrap the two copper handholds in strips of wet white paper towel, connect them to the two contacts on the zapper, turn it on and just hold them without crossing your arms or legs - that's all that is involved. Avoid direct contact with the copper pipe (to keep metal out of you). Zapping is totally painless.

How does it work? Perhaps the positive voltage pulls negatively charged things like bacteria out of their hiding places like cell doorways (conductance channels). Then your immune system can then attack them. Maybe the intermittent positive voltage interferes with the electron flow in some key metabolic route, or straightens out the ATP molecule disallowing its breakdown. Recent research suggests that they probably explode into millions of pieces the way an opera singer's voice can shatter a glass.

Is it safe to use a zapper? Dr. Clark says that she has not seen any harmful side-effects. This does not prove its safety. Your safety appears to lie in the short period of exposure that is necessary. Knowing that the voltage comes from just a 9 volt battery doesn't prove safety, although it is reassuring. I have been using one for 6 years and haven't noticed any side-effects. Do not zap if you are pregnant, have a weak heart or wear a pacemaker. These situations have not been explored yet. Pets may be zapped by holding the hand holds against their paws for 2 minutes. I have been using a zapper once a week for going on seven years. I have only been ill twice in that entire time. I think it works.

Similar devices have been developed by Dr. Bob Beck, the Resonance Machine (AKA Bob Beck's Black Box Device). It is a *theoretical* in-vivo blood HIV, pathogen, parasite and fungi neutralizing device. Operating similar to Dr. Clark's "zapper" it runs on batteries and is basically miniature relay driven by a timer chip set to ~0.67 Hertz. It delivers stimulation through circulating blood via electrodes placed at selected sites (such as behind the ankle-optimum positions are located by feeling pulse). The device can also be used with an attachment to make colloidal silver. He believes that the slight electrification of the blood does not kill viruses. Instead, the minute currents appear to alter and inhibit the ability of the outer protein layer of the virus to attach to lymphocytes. Effectively neutralized, the virus passes out the body. His other device is called a Magnetic Pulse Generator. It is used to *theoretically* clear the lymph system and tissues. The device generates a very high intensity, short duration magnetic pulse of >35 joules by discharging a modified strobe light's capacitor through an applicator coil held at points over lymph nodes and other possible sites of infection. To read about these devices and their *theoretical* use in neutralizing the HIV virus see the Number 15 issue 1996 of Explore More - Explore publications, P.O. Box 1508, Mt. Vernon, WA 98273. Both devices can be found for sale in foreign countries over the internet.

Electrolysis is now being used to produce microwater. Microwater is healthy ionized drinking water with unique health benefits: user selects the pH of the water, higher alkalinity water buffers over-acidity (good for cancer patients), effectively detoxifies the system, distributes dissolved vitamins and minerals effectively, provides rapid hydration, is a strong antioxidant, and has a high energy potential. Acidic water can be made for other purposes also. This process is widely used in hospitals in Japan. As well as drinking it, patients soak diseased and damaged areas in it. Microwater should be made from BEV water or tap water that has run through an inline filter. Acidic microwater should never be made from unfiltered tap water. A residential unit is available from High Tech H2O, the Microwater Series One™ \$1295. For information contact - High Tech H2O, 220 Glenwood Ct., Danville, CA 94526 1-800-794-5355. Models that run in-line with BEV filtration units are available from Plexus Press. If you have \$6000 to spend that is.

Prevention and Treatments of Diseases

Cancer

First let me say I have no personal experience with any of these cancer treatments. I don't expect you to turn your back on modern medicine's chemo, surgery and radiation techniques. These treatments I present may, or may not cure you. Everyone is different. I do feel confident that you can definitely stack the deck in your favor by following some or all of these protocols.

According to Dr. Clark - cancer is easily cured because it is a parasite-caused disease. Kill the parasite and you have stopped the cancer. The responsible parasite is the human intestinal fluke. Normally it lives quietly in the intestine. They were meant to pass eggs with your bowel movements, outside, to some pond where snails live. But when the eggs hatch before they leave our body and are allowed to continue their development inside you, the setting is right for cancer to develop.

Each different kind of cancer means the developmental stages of the intestinal fluke are present there. Only one thing is needed to bring about an avalanche of reproduction, so that hundreds of little larvae turn into hundreds more in a short time: a growth factor (produced by the parasite). This growth factor, ortho-phospho-tyrosine (and possibly, also, epidermal growth factor and insulin-dependent growth factor) really begins your cancer. The good news is that this growth factor, which is essential for cancer to develop, cannot be made, without the presence of an abnormal solvent, propyl alcohol (isopropyl alcohol). Propyl alcohol also has recently (May 1997) been found to produce mutations.

Since it takes a frequency generator (3 minutes at each of 434, 432, 427, 425, 423, 421 KHz) or zapper mere minutes to kill the fluke and its stages you will be stopping the production of growth factors immediately. After killing the flukes, those growth factors already formed will disappear in one hour. Your malignancy is stopped. It cannot return unless you re-infect yourself with the parasite again! Getting rid of propyl alcohol is also a simple task. Once you have stopped using it, the remnants leave your body within three days. Dr. Clark warns that even using your favorite shampoo is enough to keep you at risk for a new cancer to develop. You must strive for absolutely no propyl alcohol or parasites in or on your body!

In her updated book *The Cure For All Cancers* Dr. Clark writes about common denominators of tumors (tapeworm stages, ascaris, copper, fungi and their waste products, cobalt, vanadium, malonic acid, and bacteria such as *Clostridium*, *Rhizobium* and *Lactobacillus* and their viruses. In spite of all of these tumor-promoting forces, a tumor can not grow unless it has sufficient DNA to grow on. She believes that only bacteria can provide a continuing supply of DNA. Only a few bacteria varieties are able to make DNA using vitamin B12 like humans do. These are certain species of *Clostridium*, *Rhizobium* and *Lactobacillus*. These bacteria hide in the intestine and in dental crevices. And from there when low immunity allows, they travel to the young tumor and colonize it. Cancer results when a tumor is invaded. Fortunately the *Clostridium* family can be stopped in the digestive tract by taking bentaine hydrochloride (1500 mg a day is an average dose). Dental sources will recolonize the digestive tract, so you must stay on this daily dose until the dental source has been removed. *Clostridium* can be killed in the mouth with Oregano Oil. The others can be cleared up with the bowel program. Dr. Clark recommends brushing with 1/2 drop of Oregano Oil. It may be purchased from Self Health Resource Center 1-800-873-1663, or from Road to Health 1-800-651-7080.

If cancer has damaged your prostate or ovaries, you must heal these organs. The Ca-125 or PSA test will not drop to normal unless you begin to heal them. These markers reflect the condition of the organ, not its malignant nature. Removing toxins from the affected organs lets them heal.

I have no clinical evidence or direct proof that cancer can be cured this way. Her books have hundreds of case histories. In a video interview she claims almost a 100% success rate, even with terminal patients in their estimated last three weeks of life. It is obvious from reading her books that she has conducted an enormous amount of research. Her theories beg questions like: What about animals that get cancer?, and how can all cancers in humans be explained this way? Dr. Clark points out that the distinction between tumors and cancer is difficult to distinguish and that propyl alcohol is manufactured by some species of bacteria. Perhaps parasites only account for some cancers. Perhaps they prevent the pancreas and other vital organs from doing their jobs. Even if killing parasites doesn't cure your disease, it can only help you to rid yourself of these invaders that eat your flesh. Bottom line - it's too easy not to try and there are no side effects. Buy Dr. Clark's new book "The Cure for all Advanced Cancers".

Propyl alcohol polluted products: shampoo, hair spray and mousse, cold cereals (even natural granolas), cosmetics, mouthwash, decaffeinated coffee, herb tea blends, vitamins, minerals and supplements (except for Bronson & SHRC brand), bottled water (all kinds), rubbing alcohol, white sugar (brown is ok if detoxified with vitamin C powder), shaving supplies including aftershave, carbonated beverages, lubricated condoms, store bought fruit juice including health food brands. Read labels carefully, many products like catsup, sauces etc. have white sugar in them.

Parasites can also be killed with an herbal recipe. The presumed cancer causing fluke will die in 5 days, but other parasites can take longer.

Dr. Clark's Herbal Parasite Program

1. Black Walnut Hull Tincture Extra Strength (BWTES)

Measure 2 1/2 teaspoons of tincture into a glass with 1/2 cup of water, add 1/4 teaspoon of powdered vitamin C, and drink slowly within 15 minutes. A seriously ill person should take this dose several days in a row. A maintenance level of one dose per week is recommended indefinitely for all persons.

2. Wormwood (capsules should contain 200-300 mg of wormwood, see sources) 7 capsules once a week taken in the same day as the BWTES. A seriously ill person should take this dose several days in a row. A maintenance level of one dose per week is recommended indefinitely for all persons. She now has a product called Spice Syrup made from Maple Syrup and essential oils that can take the place of wormwood.

3. Cloves Fill size 00 capsules with fresh ground cloves; if these are not available use size 0 or 000. Grocery store ground cloves do not work! Grind them yourself or get them from a reputable supplier (see sources). They must be fresh and must be encapsulated immediately after grinding. 7 capsules once a week taken in the same day as the BWTES. A seriously ill person should take this dose several days in a row. A maintenance level of one dose per week is recommended indefinitely for all persons.

4. Zap with a Zapper: 7 minutes on, 20 min. off, 7 min. on, 20 min. off, 7 min. on. Zap daily until you are well. No harm has been seen with indefinite zappings (more than once a day). For maintenance, one session once or twice a week.

5. CoQ10: (for tapeworm stages) 3-4 grams of the powder, mixed with a little water or pure honey, once, or every fifth day until you are better. Maintenance dose: 400 mg. daily. Prevent reinfection by eating only well cooked meats and boiling milk and butter for 10 seconds. Cheeses must be baked or boiled in soups.

6. Ozonated Olive oil: 1 tablespoon ozonated olive oil, eaten with food in the normal way. This followed in a few days by a 2 tablespoon dose and in a few more days by a 3 tablespoon dose. Drink lots of water. Take vitamin C and E 400mg once a day, two or more hours after the ozonated olive oil to prevent oxidation of your fat molecules. As a **maintenance dose** once a week take one tablespoon of ozonated olive oil twice that day (including vitamin E, and vitamin C two or more hours later). You must not take this dosage on a daily basis due to the risk of excessive oxidization to your fat molecules.

7. L-Cysteine 500mg, 2 capsules, 3 times a day for three weeks, then go off it completely for one week. Cysteine should be the L-variety, not the D-cysteine which is unnatural. It may be cysteine hydrochloride or simply free cysteine. It is recommended that you alkalize yourself during the initial three weeks with 1/2 tsp. baking soda at bedtime since all sulfur compounds will acidify you. A maintenance dose is 3 capsules daily in divided doses after the week off.

8. Betaine Hydrochloride 1500 mg per day until tumors shrink. Available at most health food stores. The Vitamin Shoppe carries it.

9. Pancreatin Enzymes

More information about Dr. Clark's Parasite Elimination Program

- **Extra Strength Black Walnut Tincture (ESBWT) and Wormwood:** these kill the adults and developing stages of at least 100 parasites.
- **Cloves:** Cloves kill the eggs of at least 100 parasites
- **Zapper:** Although the herbal parasite killing program is highly effective against parasites, you should also kill them electrically. The zapper kills all bacteria, parasites (including flukes) and viruses that the zapper current can reach. The zapper reaches everywhere the bloodstream travels and the herbs reach into the bowel contents and into kidney stones, gallstones and abscesses.
- **CoQ10:** CoQ10 is effective against most tapeworm heads and eggs.
- **Ozonated Olive Oil and L-Cysteine - The Mop-Up Program**

If you do not get well after the herbal program, zapping or CoQ10, you can assume you have either survivor Ascaris (round worm) eggs or leftover tapeworm larvae. These left over eggs and larvae can carry some nasty things like adenovirus (common cold virus) and streptomyces fungus. You may not get well until you rid yourself of these survivors. Fortunately ozonated olive oil and L-cysteine can penetrate a succession of larvae membranes to kill the larvae within, as well as any trapped eggs.

Directions for making ozonated olive oil

You can purchase a small ozonator from Self Health Resource Center, (\$200) 1-800-873-1663

- Pour out an inch or so of olive oil from a new bottle of olive oil.
- Attach an aerator to the end of your ozonator hose and drop it to the bottom of olive oil bottle. Use ceramic or wood aerator, available at any pet store (used in aquariums). Never use a plastic aerator.
- The bubbles may make the olive oil flow over the top. If this occurs pour more olive oil out of the bottle.
- Turn ozonator on before dropping the hose in the bottle
- Ozonate for 20 minutes or longer. When finished cap the bottle and store in the freezer.

Pet Parasite Program

Pets have many of the same parasites that we get, including some others. Every pet living in your home should be cleared of parasites and maintained on a parasite program. Monthly trips to the vet are not sufficient. You may not need to get rid of your pet to keep yourself free of parasites. But if you are quite ill it is best to board it with a friend until you are better

Parsley Water - Cook a bunch in a quart of water for 3 minutes. Throw away the parsley. After cooling you may freeze it. I fill ice cube trays with a teaspoon in each. This makes a months supply or so. The purpose of the parsley water is to keep the

kidneys flowing well so dead parasite refuse is eliminated promptly. Put a teaspoon on their food every day for a week before starting black walnut tincture.

Black Walnut Tincture - 1 drop on the food per 10lbs of pet weight. Treat cats twice a week. Treat dogs every day.
Wormwood Capsules - Start one week after using the black walnut drops. Open a capsule and put the smallest pinch possible on their food. Do this a week before starting the cloves. Open a capsule and put the smallest pinch possible on their food.

Dr. Clarks Cancer Program from her clinic in Mexico

Their first goal is to stop the malignancy by killing the intestinal fluke and removing propyl alcohol. This done by zapping and taking a 2 tsp. dose of BWTES. The isopropyl alcohol comes out once you stop using it. The maintenance program of 7 wormwood capsules and 7 capsules of cloves once a week is continued. The mop-up program is also followed.

Stopping the tumor growth is more difficult because it is made of many things: fungus, bacteria, copper and freon. At the center is a tapeworm egg, or larva which produces malonic acid. Malonic acid inhibits metabolism, lowers glutathione levels and causes cell mutations.

To kill tapeworm stages they use CoEnzyme Q10 in large doses (3-4 grams on an empty stomach every 5th day until you are well - at least 7 doses). For the average well person, a one time treatment is recommended. No unboiled dairy products! To kill fungus they use BWTES that is used for parasites. There are two fungus varieties that produce Patulin and Aflatoxin. To remove copper they use 3 EDTA chelation treatments (There are chelation therapies available here in some parts of the US). To remove freon they use an herbal/ozone program (available from Self-Help Resource Center *see sources*). To kill bacteria such as Salmonella they use Lugol's iodine. Others are killed by the body after dental fillings are removed. To remove malonic acid you stop eating it. Glutathione is to be taken, 2 capsules 3 times daily. This repairs the damage done by the tapeworm stages. 2 caps. of Taurene and Cystene are taken each day. Special tumor shrinkers are put into your IV's. They use DMSO, laetrile and cesium chloride. Patients are also given oxygen to breath.

Foods that have been found to contain Malonic Acid:

mangos, mexican papaya, carrots (organic carrots are ok), tomatoes, limes, oranges, great northern beans, green zucchini, ginger root, black beans, grape jam (grapes are listed as ok though), minute tapioca, purple onion, non organic broccoli, chocolate, red skin on peanuts, apricots, some luncheon meats, alfalfa sprouts, zucchini squash (dark green), green split peas, mung beans, buckwheat (kashi), red kidney beans, lima beans, wheatgrass and nori sea weed. If you have cancer avoid these foods completely. I asked Dr. Clark if healthy people should avoid or just cut back on these foods. She recommended totally avoiding them for everyone. Supposedly some organic versions of these foods are safe, it's the pesticides that either carry malonic acid or precipitate the formation malonic acid. As far as I know, only Dr. Clark has made the recent synchrometer connection so far. I must admit, I still consume cooked tomato sauces. They supposedly contain one of the best compounds for preventing prostate cancer (cooked lycopene). Hopefully more information will come forth on this shocking issue. There appears to be some connection to the soil that the produce is grown in and what pesticides it was exposed to. Animal proteins should also be avoided by cancer patients, because digestion of animal proteins stresses the body. If they are consumed, it should be before 2 pm.

Dr. Brian Richards on Cancer

Dr. Richards is brilliant clinical cancer researcher and author of three books on the topic of cancer. He subscribes to the *trophoblast theory* of cancer. The theory states that a malignant growth is a placenta without an attached fetus. In pregnancy there is a balance between its growth and the body's opposition. In cancer the balance leans in favor of the growth. Like the placenta, it then grows rapidly and invades the host. The growth produces chemicals that oppose the body's own protective enzymes. The growth produces HCGH and other toxins which prevent curative inflammation. Enzyme inhibition aids formation of tiny clots in the surrounding blood vessels. These reduce blood flow and the amount of oxygen reaching the area thus shielding the cancer cells. The body's hard pressed enzymes cannot eliminate these clots. The tumor is safe to grow and infiltrate virtually unopposed.

His program for fighting cancer centers around using enzyme therapy and Gerson therapy (a dietary program developed by the Gerson Clinic). The plan is quite detailed. I wouldn't feel right trying to summarize it in this paper.

He does have a prevention plan that is simple enough to share with you.

Take these items daily: Vitamin-A 1bd, Vitamin-B complex, Vitamin-E 200mgm, Vitamin-C powder, 5 grams in juice, Potassium Citrate Mixture 10 ml in juice with one teaspoon of glucose powder or glucose b.d., Amygdalin/laetrile 250mgm one tablet (not sure if this is available now), enzymes: Pancrex V Forte tablets 1 with meals, a BCG (vaccine used in TB prevention) once a year to test inflammatory capacity.

Dr. William D. Kelly's Cancer Research Conclusions

He believes that each day each one of us has a cancer start and develop in our body. This is a normal ongoing process each one of us experiences. Its when normal metabolic defense systems cannot handle this normal process that you you begin to develop a tumor. He also believes in a trophoblast theory of cancer. The direct cause, according to his research, is the changing of an ectopic germ cell into an ectopic trophoblast cell. An excess of female sex hormones brings about this change. During the development of an embryo (baby) the baby's pancreatic enzyme production along with the mother's pancreatic enzyme production stops the growth of the trophoblast tissue (cancer mass). To make a long theory short, there are two primitive germ cells for every area the size of a pinhead dispersed throughout your body. Any one of these germ cells is a potential cancer. This is why it can form in any part of your body. All that is needed is a deficiency of pancreatic enzymes and an imbalance of sex hormones. Malignancy, therefore, is never normal somatic tissue gone into wild proliferation, but a normal primitive germ cell growing normally in the wrong place.

Along with his pharmacist Jim Dews, they have developed special pancreatic enzyme supplements. Formula Ca for curing cancer, Formula L for Leukemia, Formula P for prevention and Formula T for his self test. Formula Ca is \$445 for a 10-day supply. You take it for ten days and then stop for five days – 12 capsules 6 times a day. You repeat the 15 days over and over until the cancer is gone. Supposedly most people clear of cancer within six to 12 months months when using Formula Ca. Some patients will clear just using the preventative formulas. A combination of formulas can be an effective and affordable alternative for some. If you become very ill during the first 15 days, that means that it working quite well. During the next 15 day cycle you may reduce the dose to 9 capsules 6 times a day. If you still feel ill you may reduce the dosage further, but no less than 6 capsules 6 times a day. Along with the formula CA you will need to take coffee (percolated only) enemas to stimulate the liver to dump its toxins. One other critical supplement to take is called OkraPepsin™ which strips mucus from the small intestine. That mucus build up, prevents the enzymes that the pancreas produces from doing their job. You may call Dr. Kelly in Kansas at (316) 221-2035. Read his book *One Answer to Cancer-reviewed after 30 years A Do-It-Yourself Booklet* or go www.drkelly.com. The book and his products are available from Road to Health. There are critics of his methods, but I've read some very convincing testimonials including Bonnie O'Sullivan's (editor of Road to Health).

Dr. Juilan Whitaker's Cancer Fighting Plan

Switch to a mostly vegetarian diet.

Reduce daily calorie intake to about 1,500 two or three times a week to enhance the immune system.

Consume green foods such as GREENS+ (800) 634-1210 or Green Magma (800) 722-8008 ext. 572. (available at Rainbow Blossom in Louisville)

Vitamin C - 10,000 mg per day in divided doses

Shark Cartilage - a 3 to 4 month trial. From Benefin Lane Labs, (800) 255-4236 -1 gm per 2.2 lbs. of body weight per day.

Coenzyme Q10 - 200-300 mg cancer patients have been found to have deficiencies of CoQ10.

Essiac tea - 2 ounces 3 times a day. Floressence brand only. Essiac it is believed, somehow causes all the cancerous cells to withdraw to the location of the original tumor, which then shrinks and evacuates - often to disappear all together. President Kennedy's personal physician, Dr. Charles A. Brusca, M.D. said "The results we obtained with thousands of patients of various races, sexes and ages, with all types of cancer definitely proves Essiac to be a cure for cancer." Floressence is available at most health food stores. The book The Essiac Report details its proper use.

Modified Citrus Pectin - this binds to tumor cells and interferes with their adherence to receptor cells in secondary sites in the body. This prevents metastasis (the spreading to other parts of the body). It is non-toxic and has shown very promising results in animals studies. The recommended dose is one to two heaping teaspoons of powder in water per day. A five week supply of Pecta-Sol powder from ecoNugenics (800/308-5518) costs \$99.50 - mention the newsletter Health & Healing and they will ship it for free.

Keep Searching - He would try two cancer clinics: Immunology Research Center in Freeport, Grand Bahama Island that uses Immune Augmentative Therapy (IAT) (809) 352-7455 and Dr. Stanislaw Burzynski's clinic in Houston Texas that uses antineoplastic therapy (713) 597-0111. (\$3000 a month) This is especially effective against brain cancer.

Dr Matthais Rath and Linus Pauling's Cancer / Disease Prevention Plan

Dr. Rath's research concludes that *cancer, heart disease and most degenerative diseases* can be reversed and prevented by simply supplementing with vitamin C (5-8 Grams daily to bowel tolerance), the amino acids Lysine (3 grams or more twice daily), and Proline (3 grams twice daily). These supplements prevent cancer from spreading by preventing the release of collagen dissolving enzymes in cells that have been reprogrammed by mutagens. They also keep blood vessels from getting stress cracks that the body feels compelled to patch with cholesterol. Visit www.dr-rath-research.org and download his research documents and call 1-888-827-8700 for an info pac. Vitamin C and Lysine are widely available. Proline can be obtained from www.vrp.com.

Dr. Bruce West's Cancer Fighting Plan

From Standard Process take: Immuplex (6/day), Cataplex ACP (6-12/day), Thymex (6-12/day, Thynus (3-6/day), Livaplex 6/day) and Albaplex (6/day). Along with that 2 tablespoons of high lignan flax seed oil (if you have prostate cancer use fish oil). 1/3 of diet must be raw and preferably organic. He believes cancer is always a systemic disease. The whole body must be treated and the liver is always involved.

PERSONAL CONSULTATION from Dr Moss - one of the most respected alternative cancer treatment gurus

Dr. Moss offers written personal consultation/report for people with cancer, providing detailed information, frequently thirty to fifty pages or more, on promising alternative treatments and their sources. The fee is \$300. Follow-up written questions and answers are included. Call 718-636-4433, 9AM-5PM EST, Monday-Friday.

Cancer Fighting Supplements

All of these can be used for treatment and prevention.

POLY MVA

This is a very promising natural non-toxic treatment that uses a special compound made from Selenium and Palladium. It works by correcting the electrical nature of cancer cells. It can be taken as a preventative supplement or as a treatment. The first month of treatment will cost \$400 and drop to \$200 the next month. It is recommended by Dr. Steven Sinatra. www.polymva.com

GRAVIOLA

This amazing supplement from the south american gravoila tree was researched for seven years by a big pharmaceutical

company. They tried relentlessly to isolate and duplicate the trees most powerful chemicals, but hit a brick wall and gave up. They refused to allow the results of their research to be published. Since you can't patent a natural substance they had no interest in bringing it to market. In 20 laboratory tests on animals it has been shown to: kill 12 different types of cancer, including colon, breast, prostate, lung, and pancreatic cancer, is 10,000 times stronger than Adriamycin a commonly used chemotherapeutic drug for colon cancer. Graviola kills cancer cells without harming healthy cells, unlike chemotherapy. It is available from Raintree Nutrition 1-800-780-5902 take 1-5 grams daily - 100 capsules \$15. They also sell an anticancer formula featuring graviola and seven other rainforest herbs called N-Tense take 6-8 capsules daily -120 Capsules \$24

MGN-3

The most recent advancements in cancer treatments have come from supplements that enhance the immune system, rather than directly attacking the cancer cells. Dr. Ghoneum works with the department of immunology at Drew University in Los Angeles. After six years of research he has developed an amazing product called MGN-3 which is likely to be the most powerful human immune system booster on the market today. MGN-3 is produced by integrating an extract from the outer shell of rice bran with the extracts from three different mushrooms: Shiitake, Kawaratake, and Suehirotake. It works by increasing the killing power of NK cells, increases interferon levels, increases the formation of Tumor Necrosis Factors and increases other key immune cells, like T-cells (200%) and B-cells (250%). Unlike most forms of cancer treatment, MGN-3 is totally non-toxic. Another benefit of MGN-3 is that it lessens the toxicity and improves the effectiveness of conventional cancer therapies. In studies MGN-3 has produced complete remissions in prostate cancer (66%), ovarian cancer (66%), breast cancer (33%) and Multiple myeloma (50%). HIV and Hepatitis sufferers also benefit from taking MGN-3. The dosage for cancer, HIV, or other life-threatening conditions, is 3 grams per day for two weeks, then 1 gram per day until the problem is resolved. As a form of prevention, 1 gram per day (4 capsules 3x a day with meals). Currently availability is somewhat limited. It is available from CompassioNet, P.O. Box 710 Saddle River, NJ 07458 1 800 510-2010. A 50 capsule bottle is \$60. www.lanelabs.com

AHCC / IMMPOWER™

Another hybridized mushroom extract similar to MGN-3 is sold as Immpower™. It contains a compound called AHCC (active hexose correlated compound) which triples NK Cell activity, increases interferon levels and charges the immune system 4 other ways. They claim to have more clinical research than MGN-3 and it is cheaper. I don't know which is better.

CARDIEM™ / TOCOTRIENOLS

In a fascinating but virtually unreported line of research, scientists have discovered that substances that lower (or inhibit) HMGR levels—such as *tocotrienols*—are extremely effective in preventing the formation or progression of cancer. HMGR indirectly regulates the formation of cholesterol, coenzyme Q10 and several proteins and sugars that regulate cell growth. When cancer is present, this balance is distorted. Cholesterol production is reduced and a greater percentage is transformed into molecules that enhance cell division. It appears that anything that inhibits HMGR interferes with the ability of cancer cells to proliferate. Tests on humans are just starting. Animal and lab tests look very promising. The same amount indicated for managing cholesterol levels (one to two capsules of Cardiem per day) will produce this anticancer effect. Cardiem is available from Aspen Nutritional Products 1 877 432-7891. Be sure to read the next section on immunity also.

DIM FROM BROCOLLI SPROUTS

New research shows that DIM a compound found in cruciferous vegetables, may be the strongest cancer fighter there is. DIM is available as a supplement, BioDim™. I don't know the exact protocol for using it against cancer yet. Broccoli sprouts contain the strongest concentration of cancer fighting DIM of any food. Great for prevention but according to the Gerson Clinic sprouts should not be consumed by cancer patients. They have phytochemicals that interfere with enzymatic functions. Eating one once is equal to a pound of broccoli. These can be bought as a supplement but it is best and easy to grow them yourself. You can purchase organic broccoli sprouts from Johnny's 1-207-437-4301 reference item #148, four ounces are \$9, or a pound for \$26.15. Rainbow Blossom in Louisville sells sprouting kits. Its just a glass mason jar with a variety of lids for draining. Cheap and easy to do. Don't eat alfalfa sprouts. They are counter productive.

ELLAGITANNIN™ / ELLAGIC ACID

This powerful cancer fighter is made from the seeds of a specific strain of raspberry. The Hollings cancer Institute claims that 40mg of ellagitannin stops cancer dead in its tracks. www.NorthernNutrition.HealingAmerica.com. Raspberries need to be must be eaten on an empty stomach to benefit from them.

Protomorphogens

A protomorphogen (PMG) is that component of the cell chromosome that is responsible for morphogenic (from the word morphology, the form and structure of an organism or any of its parts), determination of cell characteristics. It is the smallest unit of the cell blueprint assembly. It is the smallest unit of the gene system that guides the cell into its hereditary form as it grows, develops or repairs itself. Without sufficient protomorphogen in its chromatin, the cell degenerates, de-differentiates (the inability to to mark or show a difference in : constitute a difference that distinguishes), becomes senile and dies. The protomorphogen level in the cell is regulated the fact that, while normally more is constantly being created the cell nucleus, it is antigenic and promotes the formation of antibodies (in the mammalian organism), which in turn control the levels of extracellular protomorphogen in blood and lymph. This cell determinant contains the thermostable (not destroyed by heat) mineral skeleton that forms the framework onto which the chromosome (a linear thread in nucleus of cell that contains the DNA) is then constructed. It is believed that this mineral skeleton, along with its associated nucleoproteins (the combination of one of the proteins with nucleic acid to form a conjugated protein found in cell nuclei), forms the shortest unit of the chromosome. This unit, the cell determinant, is easily polymerized to form organized groups of cell determinants that in turn form the gene, and genes then form the chromosome. The basic structure of the cell determinants is predicated on the specific chemical affinities of the mineral components. Dr. Lee believed that the influence of the cell determinant is due, in large part, to the

organized groups of mineral links that serve both as a template and a catalyst to initiate the formation of specific protein molecules. At its most basic level, the attached nucleoprotein moiety (one of two equal parts) is simply attracted and bound due to this chemical affinity of the mineral skeleton. It follows then that the individual genetic pattern is actively formed over this basic framework.

While in the cell determinant state, there appears to be an affinity for lipid substances and a high degree of absorption onto connective tissue. It has been demonstrated that when cell determinant levels are low, cell division decreases. In similar fashion, when higher concentrations are present, cell division is inhibited. These studies show that stimulation is exerted by both homologous (similar in structure and origin but not necessarily in function) and heterologous (cell tissue not normal to the part) cell determinants, while inhibition is exhibited by homologous cell determinants. It is critical to note that this stimulation effect is specifically related to normal cellular growth and not the stimulation of abnormal cell patterns.

It also appears that cell determinants can group to form cell-mediated growth factors. There are a number of cell-mediated growth factor cycles. These include the determinant cycle, which is specifically concerned with the organization of cell morphology (science of structure and form w/o regard to function) and metabolic cycle, which is related to cellular energy mechanisms.

At mitosis (the process of cell division), the chromosome discharges a significant amount of chromatin into the cytoplasm. This organizes the morphology of the cell cytoplasm. The metabolic cycle may be an augmented manifestation of the determinant cycle. It is interesting to note that synthesis and excretion of cell determinants is a dynamic process and appears to occur independently of the determinant cycle, since extracellular cell determinants continue to accumulate even after cell division ceases.

Cell determinants are found intact through the body and play a role in cell growth and regulation. Proper ratios of intracellular and extracellular cell determinants are critical for optimal cellular health. It appears that poor cellular function and abnormal cellular growth may have their roots in abnormalities of the cell determinant cycles. Based on this hypothesis, adding Protomorphogen™ brand extracts has been shown to help maintain cellular health. This effect is believed to be the result of keeping the cellular process in proper balance. In an atmosphere of appropriate cellular balance, maintenance and normalization of the cell cycle can occur; especially in the presence of suitable, biochemical supportive nutrients known to have significant influence upon the organ in question, for example, vitamin A on the eyes.

The use of Protomorphogen™ brand extracts can aid in maintaining normal cellular metabolism and cell cycling. This is an important feature that should not be overlooked and is perhaps one of the most important aspects for using Protomorphogen™ brand extracts in the clinical setting. Of equal importance, it is essential to consistently provide proper nutritional synergists for cellular support. This will improve the efficacy of the clinical application of Protomorphogen™ brand extracts. Standard Process is the only company that sells Protomorphogen products. Call 1-800-558-8740 to purchase.

SHARK CARTILAGE

There is a new class of cancer fighting drugs called angiogenesis-inhibiting substances. They reduce cancerous tumors by preventing angiogenesis, or the formation of new blood vessels which feed a tumor. In the news you have heard of research into a drug called Endostatin. You don't have to wait for it to become available. When shark cartilage is processed properly it contains the same type of natural compounds found in angiogenesis drugs. In studies with terminal cancer patients all showed shrinkage or total elimination of cancerous tumors. In the breast cancer study, each patient was given a daily dose of 1 gram per 2.2 lbs. of body weight. In brain cancer studies, patients were given 96 grams of powdered BeneFin daily. Shark cartilage is nontoxic and completely natural.

Breast Cancer

In addition to these cancer fighting and preventative measures. Those with breast cancer or a family history of it should consider taking COX-2 inhibitors. Cyclooxygenase-2 enzyme may convert benign substances into carcinogens. It's been observed that as COX-2 activity increases, so does cancer. Pharmaceutical COX-2 inhibitors, including Vioxx and Celebrex which are prescribed for Arthritis, do work, though they have a downside: They cause intestinal bleeding and result in an increased risk of heart attack. Natural COX-2 inhibitors are found in resveratrol in (grapes), curcumin (in turmeric spice), omega-3 fatty acids (in nuts, flaxseed, salmon, trout) and quercetin. Quercetin also acts as an antiviral agent and prevents the buildup of estrogen in your body and blocks the conversion of DHEA and testosterone into estrogen. This arrests what is called "estrogen dependent" breast cancers. Apples, pears and onions are the best sources of quercetin. If you have cancer you should be taking at least 2 grams per day. Natures Life™ brand quercetin is recommended.

DHA (docosahexaenoic acid) an active ingredient in fish oil has been found to have anti tumor properties. It slows the production series 2 prostaglandins that promote inflammation. Another way fish oil prevents cancer is by keeping cells from becoming deformed in the first place and then hindering them from attaching to the lining of blood vessels or lymph nodes. Dr Sinatra's recommendation for prevention or treatment is 900-1,200 mg DHA/daily in divided doses.

Proanthocyanidins, antioxidant-like compounds found in fruits and vegetables, are essential for breast cancer survival. Deeply hued produce, such as blueberries and grapes, are rich in them. They intervene when oxidative stress goes after your cell's DNA. They also help the body eliminate estrogen waste products. Grapeseed extract and Pycnogenol are the most common and potent proanthocyanidins. Take 100-200 mg/day Grapeseed Extract. or 30-60 mg/day Pycnogenol.

Indole-3-Carinol (I3C) and Diindolylmethane (DIM) (preventative only) found in cruciferous vegetables have been found to inhibit the occurrence, growth and spread of estrogen-related cancers (breast, uterus and cervix). To prevent cancer eat cruciferous vegetables like cabbage, cauliflower, brussels sprouts, (only organic) broccoli and take a DIM supplement 75-150

mg/day. BioResponse brand is recommended. Call 303-447-3841 or go to www.bio-response.com Multi gamma Vitamin E also fights and prevents breast cancer.

Supplementing with Natural Progesterone may be the most important preventative and treatment measure. Dr. John Lee claims that progesterone turns off the gene that causes breast cancer and turns on the gene that fights it. For women there can be complications associated with supplementing progesterone. You should work with a doctor to balance your adrenal hormones first. Women should also remove any support wires from their bras. They act as an antenna for electromagnetic fields. They should also wear a bra a little as possible. It's possible that the binding stops prevent the natural flow of lymphatic fluids. Also never, never, eat something that was microwaved in plastic of any kind.

Prostate Cancer

All men over the age of 35 should start protecting themselves from prostate cancer. Men should supplement with 1/16th teaspoon of Natural Progesterone cream twice a day. Dr Mercola recommends NatraGest brand. It is available from Gaines Nutrition 1-800-830-7139 or at www.gaines.com. A three month supply (1 jar) costs \$30. Do not take any condonrite supplements for arthritis or straight D-alpha vitamin E. Mixed alpha and gamma is okay. Selenium, Fish Oil, Beta Sitosterol, Lycopene, DIM & I3C, IP6, Raw Garlic, brocolli sprouts, Curcumin (tumeric spice), Saw Palmetto, Vitamin D & C, sunlight, tocotrienals and ground flax seed should also be part of your prevention and treatment plan.

Vitamin E appears to protect against prostate cancer, and new research shows it may do so by interfering with two proteins that are associated with the disease. Researchers based at the University of Rochester in New York found that adding vitamin E to prostate cancer cells inhibits the production of a receptor for testosterone, called the androgen receptor (AR), which is needed in order for the cancer to grow and develop.

The fewer ARs there are in a prostate cancer cell, the less capable the remaining ARs, no matter how they are activated, are to turn on the genes that stimulate prostate cancer growth and progression. Thus, this can be combined with other AR inhibiting strategies to eliminate AR activity in prostate cancer cells. In the US, prostate cancer is the second-leading cause of cancer death among men. Previous research has shown that vitamin E can protect against the development of prostate cancer, reducing risk from 18% to 12% among male smokers.

However, researchers remained puzzled about how vitamin E, and not other antioxidants, lowered the risk of prostate cancer. Now, the authors of the current study report that vitamin E inhibits the expression in prostate cancer cells of prostate-specific antigen (PSA), a protein that is often elevated in the disease and used as a marker for early detection.

The investigators also note in the May 28th issue of the Proceedings of the National Academy of Sciences that the vitamin can prevent cells from making androgen receptors. In an interview with Reuters Health, Messing said he suspects the benefits of vitamin E stem from its interference with AR production. "The only thing we know of in 2002 that turns on PSA is an activated AR." Moreover, the researcher added, stopping the production of AR will halt the expression of all other genes that are activated by AR, which can also influence the development of prostate cancer. While PSA serves as a good marker molecule of AR activity, more importantly the genes responsible for prostate cancer's growth, invasion and metastases, many of which depend upon an activated AR to turn them on, will be down-regulated or totally silenced as well.

All of the currently available treatments that aim to inhibit AR in prostate cancer cells primarily focus on preventing testosterone from binding to the receptor, Messing explained, but do not have long-term benefits, and can produce serious side effects in other parts of the body. This is the first study to show how an agent can, in fact, specifically inhibit a prostate cancer cell's ability to manufacture AR, Messing added, and the vitamin appears to affect mostly prostate cancer cells. Vitamin E might work best when administered with other natural treatments that also appear to protect against prostate cancer, such as vitamin D and selenium.

Men who take extra zinc supplements in the range of 100mg, double their risk of prostate cancer. Zinc supplements are promoted for preventing or easing cold symptoms, among other benefits. The 15mg in multivitamins won't hurt, but once you start combining various formulations it can add up to dangerous levels. Most all prostate, eye, and immune health formulas contain extra zinc. Prostate cancer, the second-leading cancer among U.S. men, kills close to 30,000 men a year. *Reuters July 1, 2003*

Achieving Super Immunity

Many researchers believe that many diseases and infections manifest themselves only when the immune system is weakened. There are several natural supplements that can dramatically improve immune system response.

MGN-3 (See new cancer treatments section).

IMMPOWER (See new cancer treatments section).

LACTOFERRIN

Lactoferrin is an iron-binding protein found in mother's first milk (colostrum). During pregnancy a mother's immune system is suppressed to prevent it from attacking the fetus. After giving birth, her body produces colostrum, which restores her immune system. A pregnant woman should never take lactoferrin.

It works by binding iron in the blood, keeping it away from cancer cell, bacteria, viruses and other pathogens that require iron to grow. Lactoferrin also switches on the genes that launch your body's immune system response. It also contains antibodies against a wide range of bacterial, fungal, viral and protozoal pathogens. Researchers have found that lactoferrin works

against solid tumors and appears to work against metastasis, the deadliest phase of cancer. It functions as an inhibitor of mammary cell growth—which means it may hold promise as a prevention or treatment for breast cancer. Lactoferrin is also useful in stroke recovery, AIDS, autistic and brain-damaged children, and has anti-inflammatory and antioxidant properties. The recommended dosage for prevention is 100 mgs a day taken at bedtime. For cancer therapy, up to 1400mgs daily. ImmunoGuard™ Lactoferrin with Colostrum is available from Advanced Nutritional Products for \$45 for a one month supply or \$115 for a 3 month supply 1888 436-7200.

INFOPEPTIDES

These are a type of peptide found in milk and colostrum. They are fundamentally different from colostrum and lactoferrin because they do not have direct antiviral or antibacterial properties of their own. What they do contain is chemically coded instructions which appear to be vitally important to a properly regulated immune system. They are only activated once the first milk is sucked into the mouth of the baby where it interacts with enzymes. Once activated, infopeptides trigger powerful antibacterial, antiviral, and antiprotzoal immune functions. Infopeptides also show remarkable results with osteoarthritis, encephalitis, chronic fatigue syndrome, fibromyalgia, shingles and digestive problems. Infopeptides, colostrum, and lactoferrin products all come from bovine sources. Colostrum and lactoferrin products are very close to human counterparts. Certain infopeptides are believed to be identical to those found in human milk. Use of these products should be of no concern to those with milk sensitivities. An excellent infopeptide product called Cytolog™ is available from Smartbasics, \$20 spray bottle, 6 sprays per day, 1 800 878-6520. Also available from Lifestar Millennium, Inc. 1 800 858-7477.

Thymic Protein

Dr. Terry Beardsley has isolated a single protein that is the a very powerful stimulant to the immune system. It is produced from calf thymus cells. Thymic Protein promises incredible therapeutic potential for flu, colds, herpes, cancer, AIDS and any others caused by viruses and bacteria. Thymic proteins transform lymphocytes into T4 helper cells, which can differentiate between “self” and “non-self” tissues and substances. Recognizing the enemy is the first and likely most important step of the immune system. T4 helper cells cue T8 killer and suppressor cells to seek and destroy invaders and malignancies. By age 40 the thymus gland is barely discernible. Consequently, you are left with only the remnants of thymic protein stimulation, and your immune system begins to deteriorate. The recommended dosage is one to three packets a day when sick. As a preventative measure take one packet every other day. Thymic Protein (sold as ProBoost) is available from Healthy Directions 1 800 722-8008 30 packets \$50 also available from www.vrp.com. I have used this at the first signs of a common cold and after 1.5 days I was over it!

Grapefruit Seed Extract

Dr. David Williams refers to this as the most powerful natural antibiotic there is. It also helps to maintain proper immune system function and promotes the effectiveness of friendly intestinal bacteria. If you have food poisoning this could save your life. Citricidal® Nutribiotic Liquid Concentrate is available from Mountain Home Nutritionals 1 800 888-1415 2oz. bottle \$10. You may also find it sold as travelers friend.

Calcium Elenolate (Olive Leaf Extract)

This is also touted as nature's most powerful antibiotic. Its actions include: halts growth and spread of bacteria, fungi, and viruses, prevents oxidation of LDL cholesterol and stimulates phagocytosis—your immune system's ability to eat foreign microorganisms. Its benefits include: detoxifies and cleanses, supports heart health, enhances circulation, supports the immune system and has a beneficial effect on cholesterol and blood-sugar levels. The recommended dosage is 1-2 500mg tablets daily. After two weeks, you can increase the dosage to 6-8 capsules daily. When you feel better, reduce to 1-2 capsules daily. Available from Advanced Nutritional Products 1 888 436-7200 and from The Vitamin Shoppe 1 800 223-1216.

Calcium D-glucarate

Removes toxins that can trigger cell mutations. Especially good at preventing breast cancer.

Other Supplements to Boost the Immune System: The amino acid L-Argine, Zinc Gluconate, St. John's Wort, Goldenseal, Aloe Vera, Garlic, Cat's Claw, Shark Cartilage and DMSO. Echinacea can help during colds and flu but it should not be taken on a continuous daily basis. It has an unbalanced effect on the immune system and *should not* be taken by anyone with an autoimmune disease. There is a new class of immune system boosters called Sterols / Beta Sitosterol that have a very balanced effect on the immune system and are probably much safer than the others to take on a long term basis.

The 6 immune system depressants

1. **Asbestos** - take 40 jalapeno seeds (place them in an empty gelatin capsules) 3x a day. Or get a prescription for Livamasole - 2 tablets 3x daily for 14 days. Quit eating it by following food rules.
2. **PCB's** - Take ozoned olive oil, 1 tablespoon, once per day for 3 weeks. See directions for making it.
3. **Benzene** - Take 2 capsules of B2 and 1 capsule of Magnesium at the same time, 3x per day 5-10 minutes before food.
4. **Lanthanides** (Thulium and Holmium) Place a magnet patch on the spine between the last two vertebrae. Wear during day and take off at night. (available from SHRC)
5. **Dyes** - Take 6,000 mg of Co-Q-10. Let powder dissolve in the mouth. 1x daily for 3 days Take no food or liquid 30 minutes before or after.
6. **Sugar** - Temporarily depresses the immune system several hours after ingestion.

Extending Lifespan

The only conclusive way to increase lifespan in animals is restricting calories 30 to 50% and lowering glucose levels in the blood by cutting out grains and sugars. It's not entirely clear if it works in humans. In a recent study (5/03) mice who were feed every other day lived much longer than mice on a restricted calorie diet. It appears that a little starvation boosts endocrine (hormone) regulation. The more balanced your hormone levels are—the less oxidative stress you'll have and the more you'll stabilize other cellular processes. The goal may be to promote growth hormone production, which you can do by fasting from solid food. I'm not advocating a just water fast. Juices like: carrot & celery with a little spinach and parsley, or watermelon and lemon are okay. I've read that if you go without any nutrients your body will start to produce toxins. Another way to stimulate body to make its own is to supplement with the naturally occurring amino acid L-Argine (no more than 1,000mg). However, taking growth hormone injections and supplements might not be safe.

The next best bet to increase lifespan is to supplement with 7Keto-DHEA, DMAE with PABA, L-Carnitine or Acetyl-L-Carnitine, Glutathione, stay out of hospitals and off prescription medications. The best plan for preventing diseases of aging (antiaging) is to consume spinach and blueberries and supplement with Carnosine, ALC and Alpha Lipoic Acid.

Hormones and Health

Hormones are not just a health issue that apply to women. Signs of hormone problems in men are: balding, obesity, low sex drive, grey thinning hair, prostate problems, loss of muscle mass, low energy, liver spots, chronic fatigue, degenerative conditions like fibromyalgia, lupus, diabetes, arthritis, stroke, alzheimer's and cancer. By age 30, men start to deteriorate.

According to some theories, the problem involves estrogen like hormone *analogs* (radiomimetic xeno-estrogens) that attach to men's hormonal receptor sites and block the use of androgenic (male) hormones—and the ability to monitor them. Synthetic hormones are deadly to both men and women. Staples like meat, cheese, milk, and eggs, and foods wrapped in plastics and pesticides provide a daily dose. Store bought DHEA, Melatonin, HGH, Androstenedion, shampoos with placenta, birth control pills, synthetic estrogen replacement at menopause and other analogs all reek havoc on the body. Short term results mask the perils of long time use. Once they have locked onto our receptor sites they are slow to leave. According to John Thomas, the answer is to take DHEA and Progesterone hormone *precursors* that oxidize and polish our receptor sites, provide our bodies with the necessary nutrients to make our own hormones and remove synthetic estrogens. There are several products out there. Advanced Nutritional Products sells a Natural Progesterone Cream (1.888.436.7200). It has a low dosage (10mg) of ingredients which they claim to be safer and superior to high dosage creams (900mg). They have one for men and one for women. Dr Mercola recommends Natragest brand Progesterone cream. Progesterone converts to DHEA and estrogen or testosterone.

Hormonal problems are even harder on women. Women who use (or have used) birth control pills face a situation of unopposed estrogen dominance. Problems of osteoporosis, cancers, endometriosis, infertility, lupus, MS, fibromyalgia, allergies, arthritis, asthma and a host of others are believed to be hormonally driven conditions. Women and men should not wait until they are 50 or experiencing health problems to take action. Under no circumstance should a woman take Premarin or synthetic estrogens. For relief from Perimenopause and menopause systems nothing works better than Chase berry extract sold as Vitex™. Read the books on menopause by Dr. John Lee.

Dr. Julian Whitaker says that there is no evidence that hormone precursors actually help the body produce hormones. He is a strong proponent of DHEA supplementation. From everything I have read, I can't recommend it until your body stops making it. For one thing, your body stops making its own DHEA once you start supplementing with it. There are natural hormone replacement prescriptions for estrogen and testosterone you can get from a compounding pharmacist. I understand they are expensive and most insurance plans with not cover it. Soy should not be consumed by men or women and especially by infants. It does have phytoestrogens, but many researchers say they are the wrong kind to prevent cancer and bone loss.

Before messing around with hormone supplements it is critical to get tests done first. Prepaid saliva hormone tests can be bought from VRP.com or directly from ZRT labs www.salivatesting.com \$150 buys a five hormone profile test or \$50 for a two hormone test. Of course your doctor can get blood tests for you but insurance often won't cover them and they are expensive. Saliva testing is noninvasive and may be more accurate because it measures free available hormones. I started using progesterone cream to prevent prostate cancer and revitalize myself. My hormone test indicated I was using too much. I also discovered I was high in Estradiol. Dr. John Lee believes this hormone is responsible for prostate and breast cancer. To fight it I take 4 Super Miraforte capsules with cryslyn daily (From www.lef.org), and 2-75mg capsules of BioDim from VRP, and 2 caps of Vitex. This prevents other hormones from converting to estradiol. Get yourself tested!

Maintaining a Healthy Heart and Cardiovascular System

This should be your main priority. Half of us will die die from heart disease. High-fat high-cholesterol diets are not the primary cause of heart attacks and strokes. They are guilty by association. High cholesterol levels come from having coronary heart disease (CHD). CHD does not come from high cholesterol. Eighty per cent of people who have had heart attacks did not have elevated levels of blood cholesterol prior to these attacks. Cholesterol and saturated fats do not cause heart disease. Your body lays cholesterol into the cracks and crevasses that form in your arteries from vitamin c deficiencies. Cholesterol stops you from bleeding to death. It is the bodies way of patching itself up. Chronic inflammation of the arteries from low grade infections from nanobacteria causes the most damage to your arteries. The best way to avoid CHD is to supplement with Vitamin C (at least 500mg daily) & a tablespoon of fish oil, keep your gums healthy by brushing with oregano oil, and avoid all plaque forming hydrogenated and partially hydrogenated vegetable oils (anything fried, salad dressings, margarine, foods that come in a box or bag).

Risk Factors for Heart Disease

· Tobacco smoke. · Rancid fats & oils. · Polyunsaturated oils. · Chlorinated drinking water. · Exhaust fumes. · Air pollution.

- Cleaning fluids. · Nitrate/nitrite preservatives. · Chronic constipation. · X-rays, gamma rays. · Ultra-violet radiation.
- Sedentary lifestyle. · Refined sugars. · Alcohol. · Caffeine. · Excessive stress.

Symptoms that can warn of deteriorating circulation long before the onset of a heart attack or stroke:

- Fingers or toes often go cold. · Arms or legs often "go to sleep." · Numbness/heaviness in arms or legs.
- Cramps in hand when writing. · Sharp, diagonal crease in earlobe. · Tingling sensations in lips or fingers.
- Short walk causes leg cramps or pains. · Memory not as good as it used to be. · Ankles swell late in the day.
- Breathlessness on slight exertion. · High blood pressure. · Chest pain after exercise or stress.

The greatest health discovery yet is Nattokinase, an enzyme from fermented soy beans. This simple inexpensive food dissolves blood clots better than blood clot buster drugs that cost \$20,000 per dose. Arterial plaque is made up of oxidized LDL and other fats. It doesn't coat the artery wall, it resides inside it. As it grows it can rupture, causing a blood clot. Heart attacks and strokes result from blood clots breaking loose from plaque damaged arteries. Natto prevents clots from forming and dissolves existing clots. No blood clots means no heart attack or stroke! Natto is a common food in Japan and can easily be made. I understand it is quite stinky and requires some getting used to. The active enzyme can be bought as a supplement. (Nattozyme from Nutricology/Allergy Research) www.fubao.bigstep.com \$50-\$65 per month. Shop around.

Seaprose-S and Nattokinase

Like Nattokinase, Seaprose-S is a proteolytic enzyme which breaks down proteins. But unlike nattokinase, instead of targeting blood clots, it reduces painful inflammation, breaks up mucous, and is a natural antibiotic. Studies show its effectiveness against bronchial inflammation. Animal studies show anti-inflammatory activity against arthritis, edema, pleurisy, and peritonitis. Best of all, studies show that Seaprose-S is 30% more effective against venous inflammatory disease than any other enzyme or serrapeptase. Combining Nattokinase with Seaprose-S results in a supplement that can improve circulation to all parts of the body while addressing the inflammation and infection that often accompany circulatory disorders. Researchers added 7 other enzymes to create one full spectrum systemic enzyme formula named **Proteolytic Enzymes**. For therapeutic results, start with 2 caps 3x daily and work up to 4+ caps 3x daily. For general maintenance take 1 cap 3x daily. Research is underway to determine if proteolytic enzymes can be useful against autoimmune diseases like lupus, MS, and fibromyalgia by clearing out Circulating Immune Complexes. Available from Baseline Nutritionals 1-800-695-5995 www.baselinenutritionals.com 90 capsules for \$50.

Plaque & Cholesterol Reduction

Despite popular belief *Cholesterol does not cause heart attacks or strokes*, and lowering cholesterol will not give you protection from either. It is plaque that slows down your circulation and causes blood clots that cause heart attacks and strokes. High cholesterol can be a warning sign that you may already have plaque buildup. However there are millions of people with cholesterol levels over 500 with squeaky clean arteries.

The objective is to lower your bodies need for cholesterol to 200 mg/dl or less, lower so called dangerous oxidized LDL cholesterol to under 120mg/dl, reduce inflammation, and levels of C-reactive protein. The best way of lowering the need for cholesterol is through dietary modification. For some people, no matter how little fat they consume, their livers produce high levels of cholesterol.

FDA approved cholesterol-lowering drugs can produce serious long-term side effects such as bleeding disorders, increased risk of gallstones, reduced CoEnzyme Q10 levels, cataract formation and can be toxic to the liver. These drugs do nothing to reduce your bodies need for cholesterol. They only interfere with your bodies attempt to save itself from bleeding to death. The only reason they are perceived to increase mortality in those who have had heart attacks, is that they have anti-inflammatory properties.

Unlike prescription medications, any nutritional remedy works by repairing your arteries and reducing your bodies need for cholesterol. Modern medicine recommends avoiding saturated fat which is the raw ingredient for manufacturing cholesterol. Removing the raw ingredient can can a reduction in cholesterol levels, but it does nothing to reduce your need for cholesterol! Research does not imply that reducing animal and dairy fat is an appropriate course of action.

Dr. David Williams recommends the grapefruit pectin product **ProFibe**. It can scrub your arteries clean & reduce cholesterol levels 25-30% in as little as a month! It is a patented formula of guar gum and citrus pectin complexed to non-GMO soy protein. Unlike similar products ProFibe is water soluble and is 100% useable by the body. 1-800-756-3999 www.profibe.com just mix with water and drink it 3x daily. It has no real taste to it. I go through 3 cans a year as maintenance.

Dr. Whitaker and other researchers believe that consuming flax seed is one of the most effective ways to reduce LDL levels. Flax seeds contain 35% oil, 55% of which is the crucial omega-3, 6 & 9 fatty acids. **Fresh Ground flax seeds** are also a high quality protein source and are loaded with soluble and insoluble fiber. Don't take just flax oil. The fiber also fights cholesterol. There is a great program called the Flax Gold Starter Kit which includes before and after cholesterol tests, a mini-grinder, and a 30 day supply of Flax Gold (three bags). Everyday just grind up 5 teaspoons of seed and mix it with juice. Call 1 800 705-5559 to order. Flax seed is available at most healthfood stores. Gugulipid is an extract of the Commiphora mukul plant and has been shown to lower cholesterol 14% to 27%, and triglycerides 22% to 30%, in four to 12 weeks. It acts by increasing the liver's metabolism of LDL cholesterol. A nutritional supplement, Gugu Plus #860 P.S.E. made by Enzymatic Therapy, contains 250 mg of guglipid, vitamin C, ginger root and chromium polynicotinate. Available in most health food stores.

According to Dr. Bruce West: He says coronary heart disease is a symptom of faulty fat metabolism, poor diet, and a major deficiency of phytonutrients, vitamins B and C complexes. He recommends a low-carb Mediterranean-type diet. Wheat products must be eliminated for at least a year. Lowering insulin levels relieves inflammation. The Betaine in beets are nature's natural clog busting fat-metabolizer. His prescribes **AF Betafood** (3 per meal) from Standard Process for its high betaine content. The buckwheat plant is supreme for providing whole vitamin C and bioflavonoids that are needed to fight inflammation. Everyone should have a C-Reactive Protein test. If it is high, it is certain that you have inflammation. Your bodies reaction to inflammation is to sooth tyhe vessels by putting a layer of fat over it. **Cyruta Plus** from Standard process is made from whole buckwheat. Take 2-3 per meal. A deficiency of Viamin C and bioflavonoids allows viruses to take hold in the vessels and start inflammation. To supply vitamin B for good blood vessel and heart tone he recommends **Cardio-Plus** (2-3 per meal) from Standard Process. A portion of it is derived from liver powder—a powerful fat metabolizer.

Policosanol is an all natural vegetable wax found in sugar cane. This is a remarkable supplement that unclogs your arteries with its unique artery scrubbing power. It can quickly lower LDL levels 16% in a few weeks. Unlike other approaches this also raises good cholesterol (HDL) levels, helps you lose weight, and has no side-effects! It has no sugar in it, and is safe for diabetics. Order Advanced Cholesterol Formula from Dr. Rowan's Healthy Resolve 1-800-728-2288 \$34 for a months supply.

Serrapeptase is an enzyme produced by a silkworm. It uses it to breakdown the cocoon, letting the new transformed moth emerge. Serrapeptase works by dissolving non-living tissue. Hans Neiper M.D.— a prominent interest from Germany used it along with magnesium orotate, bromelain, L-carnitine, vitamin B1 and seleniomas part of his protocol to clear plaque from arteries. His research showed that in 10-18 months of serrapeptase could remove blockages from hardened arteries. It also knocks out carpal tunnel and various pains 65% of the time. Serrapeptase is a blood thinner. If you are on medications check with your doctor first. Available from Optimal Health Resources 888.727.6388 \$18 for 60 tablets.

Inositol hexanicotinate, a complex of niacin and inositol is a powerful cholesterol lowering agent. It improves circulation, lowers LDL cholesterol, increases HDL cholesterol—but with none of the side effects of regular niacin. Thorne Research produces inositol hexanicotinate by itself in 600 mg capsules, as NIASAFE (Healthy Directions 1 800 705-5559).

An herbal extract that can lower cholesterol levels is **curcumin**, the yellow pigment of **turmeric**. Curcumin works by interfering with intestinal cholesterol uptake. It also has **anti-inflammatory effects** and neutralizes dietary carcinogens and inhibits cancer at all stages of development. The supplement, Herbal Cardiovascular Formula from Life Extension Foundation has Curcumin 250 mg, Bromelain 250 mg, Ginger 500 mg and Gugulipid 35 mg. Call 1 800 544-4440 to order. Turmeric capsules are available from www.shrc.net only \$5 a bottle. Tumeric also helps prevent cancer and alzhiemers.

Garlic in 6,000-8000 mg doses along with a meal can also lower cholesterol levels. Regular exercise can raise good HDL levels. Red wine has been recommended as a way to lower HDL. However, I find this to be irresponsible advice and do not recommend it. Dr. Clark says that if the liver is cleansed on a regular basis, LDL cholesterol levels will not be a problem. Avacados are excellent for lowering LDL.

One of several smoking guns for heart disease is **HOMOCYSTEINE**, a sulfur-containing by product the essential amino acid methionine. The body uses small amounts of homocysteine, but it is toxic in large quantities. The body has the ability to detoxify homocysteine. However, certain genetic defects allow homocysteine levels to rise to very high levels in the blood. Atherosclerosis begins with an injury to the endothelial cells, which blocks their production of nitric oxide (NO). NO relaxes arteries and prevents platelets and other substances from sticking to their walls and causing plaque to form. Homocysteine also causes the blood to become sticky and sludge like. It is known that cholesterol will not participate in the process of atherosclerosis unless it is oxidized. The theory of the protection offered by vitamin C and vitamin E is that it prevents cholesterol from oxidizing and strengthens the arteries. Homocysteine rapidly facilitates the oxidation of cholesterol and its incorporation into plaque. It is a simple matter to lower the levels of homocysteine in the blood by supplementing with Folic Acid, B vitamins (methyl donors). The supplement TMG lowers homocysteine the best.

Researchers have found a link between the accumulation of heavy calculus (dental tartar) and chronic diseases such as heart disease, cancer and diabetes. This build up of tartar is linked to an inability to digest fats properly. There is theorized to be an unknown factor in fats which helps the kidneys remove acid waste from the body. This sets the stage for systemic acidosis and acidic saliva which allows solids to precipitate and form calculus deposits on the teeth. To make a long story short, you may need to supplement with Bile Salts. There are several products available at health food stores. The best is called Cholocol from Standard Process. However only health care professionals can purchase it. If you would like a doctor referral, you may call them 800-558-8740. www.standardprocess.com

Summary of Recommendations

1. Eat a plant based diet with quality grass feed meats, quality fats from fish oil, avacado, flax seed, walnuts, & olive oil, low glycemic fruits such as pears, kiwi and apples. Be sure to incorporate spinach and beets into your diet, as they are good sources of methyl groups. (methylation is the process of detoxifying homocysteine)
Be sure to avoid all hydrogenated and partially hydrogenated vegetable oils!!!!
2. Make sure you get enough Vitamin B-6 (75mg), Vitamin B-12 (100mg) Folic Acid (at least 400mg) and CoQ10 (at least 100mg).
3. If you are at risk for atherosclerosis, add trimethylglcine (TMG) to your supplement program. It is an excellent source of methyl groups. Available from Life Extension Foundation 1-800-645-2929 also found in health food stores.
4. Supplement with Nattokinase enzyme (Nattozyme from Nutricology/Allergy Research) www.fubao.bigstep.com
4. 30 minutes of aerobic exercise a minimum of 3 times per week.
5. Dr. Rath & Dr. Linus Pauling's recommendation is 5-8 grams of vitamin C and 3 grams of lysine and Proline (amino acids) taken twice daily to reverse heart disease. Vitamin C is absorbed best when biofavonoids are also taken.

- For prevention take 3-5 grams of vitamin C and at least 2 grams of lysine and proline daily (www.vrp.com.)
6. Read Dr Rath's research on line at www.dr-rath-research.com for the full and fascinating role of lysine, proline and vitamin C.
 7. Take 1-3 tablespoons of fish oil daily. Carlson's Brand from www.mercola.com, also available at health food stores.
 8. Dr. Sinatra (A Cardiologist) recommends CoEnzyme Q10 in soft gel form, L-Cartine Fumarate and B vitamins.
 9. Take 1/4 cup of freshly ground flax seed every other day. www.dr-davidwilliams.com
 10. Check into Grapefruit pectin if you have clogged arteries. ProFibe brand is the best brand. www.profibe.com
 11. Consider a Policosanol supplement to lower cholesterol 16%, raise good HDL, and aid in weight loss. 1-800-728-2288
 12. Take Serrapeptase to dissolve non living tissues. Especially if you have carpal tunnel.
 13. Take 500mg of Choline and L-Argine daily to improve circulation. www.swansonvitamins.com
 14. Buy the Book [Bypassing Bypass](http://www.mnwelldir.org) @www.mnwelldir.org This is the best book!!!
 15. Dr. Donald Kelley also recommends taking 2-3 pancreatic enzymes with each meal to dissolve the fat globuli that clog up blood vessels. (These can be the lower priced Panteric Extra Capsules 100 caps for \$34 - available from www.Road-to-Health.com).

For those who find the Kelly formulas too strong, Road to Health also sells Lipase & Pancreatin 475 mg, 100 caps for \$11. Dr. Donald Kelly also recommends taking 90 drops of Phosphoric Acid based supplement daily (in a cup of tea or juice). Phosfood™ is the brand he refers to. Super Phos 30 liquid™ which is the same, is sold by Road to Health. According to Dr. Kelley Phosphoric Acid strips calcium deposits from your blood vessels. It also dissolves kidney and gallbladder stones. (I'm not certain that this is wise. I've had some doctors tell me that it may not do anything for your blood vessels and could deplete calcium from your bones. More research is needed.)

Allergies

Allergies are abnormal hypersensitive reactions to toxic substances (toxins) that are normally harmless to others. Reactions occur when, in response to these allergens, our immune system turns against our own body's cells. These autoimmune reactions involve the creation of damaging free radicals.

Allergies are a multifaceted problem. Genetic weaknesses, direct stress, inability to produce particular digestive enzymes, toxins from chronic constipation, consumption of too many refined carbohydrates (sugar), psychological problems, nervous system degeneration and an overloaded liver all can contribute to allergies. Conventional medical treatments only mask the symptoms and do nothing to get to the root of the problem.

Systematic Program For Eliminating Allergies

Stage 1 - Breakdown and removal of accumulated waste (detoxification)

Fasting is probably the oldest and best known technique used for detoxification and tissue cleansing. Do not attempt a water only fast. When the body is starved of nutrients totally, the body will actually start producing toxins. Juice fasting is the way to go. Carrot juice seems to be the best cleansing juice. Try drinking one 8 oz. glass of fresh carrot juice every 3 to 4 hours. Green juices such as liquid chlorophyll are also great. Apple, orange and celery juices can also be used. Be sure to chew your juices. Drink plenty of filtered water. Enemas are recommended. Try this program for 3 days or so. Don't fast over seven days without direct medical supervision. After the fast it is best to slowly break back into a normal diet. Try to stick with fruits, salads and soups for the next three days. The Cleanse Thyself program from Arise & Shine is excellent for detoxification (see bowel maintenance). Excellent cleansing information is available at www.mnwelldir.org

Dr. Clark believes that most allergies can be eliminated by cleansing the liver/gallbladder. You will have to pass around 2000 stones to accomplish this. It might take 15-20 cleanses over the course of two years. The liver is the body's detoxification organ. When it is clogged with cholesterol plugs, toxins, parasites and stones, allergies can manifest. I have read many testimonies from people who have eliminated their allergies this way. Liver cleanses are safe and painless. I've done it at least 10 times. (see liver cleanse)

Stage 2 - Healing Crisis

After detoxification, if your body is strong enough, it will begin to replace old cells and tissue. During this replacement process you may experience more symptoms than you had originally. The more waste you have accumulated, and the longer you've suppressed their elimination with medications the worse the healing crisis will be.

Stage 3 - Rebuilding

If you know that you're allergic to certain foods, then avoid them initially. Certain foods have a high incidence of being associated with allergies. If you have allergies of any type avoid these foods initially also. These include milk and dairy products, chocolate, sugar and shellfish. Anyone with a food allergy may have some digestive enzyme problems. Sometimes an enzyme supplement can stop abnormal allergic responses. It is best to take digestive aids following the meal. A good enzyme formula will contain: betaine hydrochloride, bile extract, pancreatin, lipase, pepsin, and papain. Follow all of the protocols presented in my health report and you will rebuild your body and health.

NUTRITIONAL METHODS FOR ALLEVIATING SYMPTOMS:

Xlear™ contains a safe and natural food substance called xylitol. It acts by cleansing the nasal passages and preventing allergens from entering the nasal membranes. A bottle costs \$12. It's not a cure, but it can really help. It is classified as a food not a drug. www.xlear.com

Drink 8-10 glasses of water per day, 1000 mg of magnesium in divided doses daily, 1,200-2000 mg of vitamin C per day, 200-400 mg of the bioflavonoid quercetin, eat lots of onions, pears, and apples, try stinging nettle - NOW makes a formula called

Allergy Support, which contains both quercetin and stinging nettle (to order call 1 800 869-9159). Also try bee pollen. It doesn't work for everyone, but when it does work, it can get rid of allergies permanently.

A good product is **Aller-Bee-Gone** by CC Pollen Co. The dosage is 12 tablets on an empty stomach. Sometimes this needs to be repeated. To order call 1 800 875-0096.

For some allergies symptoms may be avoided by a simple daily washing ritual. Fill a basin with warm water, add a small amount of hydrogen peroxide, iodine and a mixture of minerals, including potassium, magnesium, zinc, and manganese, and dip your face into it. With your eyes, mouth and nose submerged, you blink a few times, and blow some air out your nose. Repeat this morning and night. This cleans out tear ducts, and simulates the cilia in your nose and bronchus to eliminate pathogens from these passageways. A product called the **High Performance Hygiene System** is available from Phillips Products (1 800 705-5559 ext. 124). It costs \$40 and lasts for months.

Many allergies respond well to a **low grain, low carb diet**.

Perilla Extract When allergens (antigens) enter the body, an alarm is sounded and the immune system kicks in. Depending on how it entered different antigen-presenting cells are responsible for its capture. Once captured the APC's deliver it to the generals of the immune system, the T-helper cells. There are 4 types TH1, TH2, TH3, & THr. T-helper cells release Interleukin Cytokines IL-4 and IL-12 to assess the invaders. If these become unbalanced the levels of TH1 and TH2 also become unbalanced. TH-1 and TH2 use different weapons to fight allergens. A dominance of TH2 activates allergic responses. A natural extract from a plant called Perilla restores a healthy TH-1/TH2 balance. Perilla extract is not the same as Perilla oil. Order at www.cnm-inc.com 888.305.4288 one month supply plus shipping costs \$33.

Yamoa powder is made from the bark of the rare Funtumia Elastica tree. Funtumia Elastica is a West African rubber tree. The bark is traditionally used for treatment of respiratory conditions, such as: asthma, bronchitis, allergies and hay fever. A study was undertaken at Harley Street's Chiron Clinic which showed that *48% of Yamoa users claim they have been completely cured of hayfever*, and 30% believe they have seen a marked improvement within 30 days of use.

Taking Yamoa: If you have the 30 gram tub, the instructions for taking the powder are as follows:

Thoroughly mix the entire 30 gram container of powder with a one pound (approx. 450 gram) jar of honey. Stir the mixture again before each subsequent use. Take one teaspoon of the mixture in the morning with breakfast and a second teaspoon at dinnertime. www.yamoafactory.com www.yamoapowder.com

Sneeze-eze is a spray made from totally inert vegetable powder (pharmaceutical grade cellulose powder-previously called nasaleze). It prevents allergic reactions by generating mucus. It has no side effects and comes with a full refund if you aren't satisfied. Take every 12 hours for three weeks then once daily as a preventative. In a recent study 77% of participants reported a significant reduction in symptoms, and it beat out Claritin and Zyrtec.

From Kisska International 1-800-247-5731 www.sneeze-eze.com 4-6 week supply costs only \$15.

Probiotics can often eliminate allergies. The best is Primal Defense from www.gardenoflife.com or www.mercola.com

Arthritis

Conventional medicine has little to offer people suffering from arthritis pain. Anti-inflammatory drugs may relieve the symptoms, but they don't slow the rate of destruction. Most common therapies for osteoarthritis are drugs (NSAIDS) such as aspirin, Motrin, Naprosyn and others. Yet NSAIDS can be very dangerous, sometimes causing bleeding in the gastrointestinal tract and liver damage. Even worse, they contribute to the disease by blocking the body's ability to produce cartilage and actually causing cartilage destruction. Fortunately, natural medicine has a number of effective treatments to offer. The exact cause of Osteoarthritis is unclear.

According to Dr. Clark: In osteoarthritis the joints have bacteria living on the deposits left there. In rheumatoid arthritis the bacteria come from larger parasites-wormlets actually living in these joints. It is a simple matter to kill bacteria with a zapper. Treat your self everyday until the pain is gone. It may go away, but chances are the bacteria have a steady source. The most common source for *staphs* and *streps* are small abscesses in the jaw bone, under and beside old extractions, root canals and mercury fillings. A dental clean-up may provide relief. The bacteria can also come from gallstones, kidney stones and other parasites. The correct treatment for arthritis is a complete overhaul of body health: a diet cleanup, a body cleanup, and environmental cleanup as described in this report. Start with either the herbal parasite program or zapping. Follow with a kidney cleanse, then liver cleanse. Reduce phosphate consumption (meats, sodas, grains) by half, eating fish, milk, vegetables and fruit. Drink three cups of milk a day (no less than 2% fat). Milk must be boiled first and cheeses must be in baked goods only.

According to Dr. Jonathan Wright: **Niacinamide** should be taken to reduce the pain and swelling of Osteoarthritis. Take 2 500 mg capsules two-three times daily. It is a special form of vitamin B3. Although no one knows for sure exactly how it works, it is thought to improve the metabolism of joint cartilage. The effects can be felt after 3 weeks of regular use. He also recommends taking 500 mg **glucosamine** 3x daily, 1 tbls of **cod liver oil**, 600-800 units **vitamin E** and 300 mg of **selenium** daily. Food sensitivity to nightshade items such as potatoes, tomatoes, peppers, eggplants, and tobacco could be causing additional pain.

People with **Rheumatoid Arthritis** more often than not have poor digestion (the stomach doesn't produce enough acid and pepsin). Studies have shown that after 3 months of using ginger to aide digestion, Rheumatoid Arthritis patients reported pain relief, better joint movement, and less swelling. Betaine Hydrochloride and pepsin supplements with a meal can help too. Hydrochloric acid should never be used with aspirin or other anti-inflammatory medications. For Rheumatoid Arthritis he also

recommends niacinamide 1,000 mg 3x daily, Cod Liver Oil 1 tbs 2x daily, vitamin E 400 mg 1x daily with the fish oil, 2 mg of copper sebacate 2-3x daily, 30 mg zinc picolinate 2-3x daily - women only, selenium 200-500 mg daily, and the herbs devils claw, cayenne pepper, and stinging nettle root. People with Rheumatoid Arthritis should be tested for low levels of DHEA. Use of hair dyes has been linked to the occurrence of rheumatoid arthritis. Use only natural henna as a hair dye.

According to Dr. Robert Willix: Our joints are covered with cartilage that is easy to injure and not all that easy to repair. Cartilage poses a special problem because it receives no blood supply. It has its own fluid called synovial fluid. It requires your own bodily motions to squeeze waste out of cartilage and allow it to take in nutrients. It is very significant that arthritis is an inflammatory disease. It's a medical fact that when a part of the body is inflamed your immune system bombards it with free radicals. In the case of an injured joint, this body response is inappropriate and actually adds to the mayhem. A chain reaction - an autoimmune response - can set in as your body ends up fighting itself. The free radical attack breaks down your synovial fluid and membranes, cartilage and collagen. To treat arthritis he recommends: Loading up on **antioxidants** to neutralize the attack, and mild exercise - every day, move every joint in your body in every direction it's made to go in. He emphasizes the importance of prevention and making an effort to stop the process early.

According to Dr. Julian Whitaker: In order to repair the ravages of arthritis, the body must be able to produce connective tissue, the primary substance of the cartilage. And to produce connective tissue you need **glucosamine sulfate** (GS). GS helps your body produce healthy connective tissue at the joints, repairing damage that has already occurred and actually reversing arthritis. The dose is three to four 500 mg capsules a day for at least six weeks, or four to six capsules if you are coming off NSAIDs or have a lot of pain. Other treatments he recommends:

Barley juice - which is loaded with chlorophyll, a potent anti-inflammatory agent. Take one to two teaspoons of spray-dried barley grass juice a day or more (up to three).

Fish oils - they decrease inflammation and pain. 10 capsules a day. (Kirkland Brand from Costco is cheap and high quality)

Thymus gland supplements - Thymuril from Bio-Therapeutics.

Capsaicin ointment - reduces sensations of pain from the nervous system.

Pantothenic acid - this B-complex vitamin has been found deficient in rheumatoid arthritis patients. Studies show that taking 2 grams can result in a reduction in stiffness, degree of disability, and severity of pain.

A very low-fat, mostly vegetable diet - which is anti-inflammatory

Chondroitin Sulfate - helps remove damaged tissues

According to Dr. Wallach. Arthritis is primarily a result of osteoporosis. It can be reversed by taking 2 packets of **Knox™ Gelatin** a day along with calcium, and flax seed supplements. It can be found in grocery stores usually next to the jello. Mix it with water or juice. The gelatin is made from beef cartilage.

According to Dr. McDougal Some people are actually allergic to animal proteins. The body creates immune agents to attack it and in the process joints and connective tissues are attacked. His recommendation is a vegan diet.

According to Dr. Mathias Rath (Linus Pauling's research associate) believes Arthritis, Cancer, Diabetes and heart disease are all linked to a deficiency of the collagen supporting nutrients, **Vitamin C, and the amino acids Lysine and Proline**. Vitamin C and Lysine are widely available. www.vrp.com is the only source I know of for Proline. VitaCore from www.dr-rath-research.com has a mixture of all 3.

According to Dr. Sinatra His favorite pain reliever is **MSM**. It is believed that its sulfur content is responsible for the relief it brings. Sulfur is essential for the growth of new cells, makes cell walls more elastic and permeable, so nutrients can get in and wastes can get out. Start with 2 grams a day. Best brands are from Life Extension Foundation www.lef.org, Natrol, and Enzymatic Therapy. Other recommendations are Glucosamine sulfate 500 mg 2x daily, fish oil, **Chondroitin sulfate** 800 mg daily, **Shark Cartilage** 100 mg daily, **Sea Cucumber** extract 75 mg daily from Natrol or Solaray, **Cat's Claw** 200 mg daily, **White Willow bark** 60-120 mg daily from Great Earth or Nature's Way, **Bromelain** 100-500 mg daily from Enzymatic Therapy or Source Naturals, Boswellia 200-400 mg daily from Great Earth, Solgar or Source Naturals, **Turmeric** 250 mg daily from Source Naturals, **Feverfew** 50-100 mg per day from Great Earth, Solgar or Source Naturals. and **Yucca start** with 100 mg daily from Great Earth and Nature's Way. Supplements can't do it all he warns. A good diet and gentle exercise must be included. He has a product called **Joint Solutions** 1-800-304-1708 www.dr Sinatra.com

Best Bet For Easing the Pain of Arthritis

Lyprinol is completely safe and natural food extract that may be the most powerful anti-inflammatory compound ever discovered. It is an active lipid fraction isolated from the New Zealand green-lipped mussel. Its anti-arthritis properties come from a unique configuration of certain polyunsaturated fatty acids called ETAs. Lyprinol is 200 times more effective than high potency fish oil in controlling swelling and outperforms pharmaceutical drugs without harmful side effects. The amount needed for relief can vary from 2-4 capsules per day. A higher range of 6 capsules can be used for the first two weeks. It may take up to 4 weeks before improvement is felt. Research suggests that rubbing Lyprinol into swollen tender joints can help relieve pain and swelling. It will not help rebuild previously damaged cartilage. Health Sciences Institute recommends Flexanol for that. **Lyprinol** is available from Prevail/Enzymatic Therapy 1-800-783-2286. Flexanol is available from www.Northstarvitamins.com

Topical Pain Relief

NorthStar Nutritionals has developed a new topical pain relief for mula, called **Pain Defense Plus**. It contains 12 all-natural ingredients including cayenne, calendula oil, arnica oil, DMSO, St. John's Wort oil, menthol, limonene oil, wintergreen, ginger, MSM, and emu oil to carry it through the skin. Usually 2-3 drops is all that is necessary, and relief is immediate. A 1 ounce bottle is \$30. NorthStar Nutritionals 1-800-311-1950 www.northstarvitamins.com ID # NSNPDP.

Misdiagnosed Joint Problems

Be cautious with your doctor when surgery is suggested to treat cartilage loss, arthritic spurs, spinal disk bulges, carpal tunnel, sciatica or bone on bone problems. You don't need this surgery in the first place and it can be devastating. The body can heal most problems in one to two years. Dr Bruce West says that two products that contain Raw Bone must be used: **BioSt 3** daily and **Calcifood Wafers** 6-9 daily. If inflammation is present add 3-6 Glucosamine Synergy and a tbs of cod liver oil daily. These products made by Standard Process. I know of no other supplements that use raw bone. If you have a pinched nerve, nothing short of an adjustment from a chiropractor or osteopath will cure you. Surgery can not correct a lack of raw bone, enzymes and nutrients to rebuild joints.

Osteoporosis

Like skin, bone constantly regenerates itself. Cells known as osteoclasts eat away old bone, while cells known as osteoblasts lay down new bone at the site of the old bone. Unfortunately, after the age of 35 for many individuals the work of the osteoblasts begins to slow down, while the osteoclasts continue to eat away at your bones. There are several factors involved. The popular media would have us believe the lack of dietary calcium is the chief reason for osteoporosis, and that supplementation is the answer. But serious researchers now know that this is not completely true. Supplements like calcium carbonate, calcium citrate calcium/magnesium tablets etc. should be avoided. They do not solve the problem and they create additional problems. Use only minerals that have passed through the carbon cycle. We do need calcium, but it needs to be in the right form, the right balance and we have to quit sabotaging our metabolism, so that we can absorb and utilize it properly.

Calcium's primary job in the body and in the soil is to buffer against toxic wastes in the blood and lymphatic fluids. The osteoporotic person is toxic and the body is forced to mine minerals from their bones to buffer wastes. These people need to detoxify their bodies and realize that their no longer self-regulating hormone system has compromised osteoblast and osteoclast activity. Synthetic estrogen therapy *appears* to halt bone loss (in the short term), it does nothing to build bone mass and is dangerous. The popular osteoporosis drugs FosamaxTM (alendronate), Miacalcin (calcitonin), Calcitrol, and slow release Sodium Fluoride all have potentially serious side effects and unnaturally repress the bodies responses to these underlying causes in an effort to stop the resulting bone loss. Adding more and more calcium to the diet exacerbates the problem because the excessive dietary calcium throws off the delicate mineral balance used by the body to repair and build bone. When the balance is thrown off, it becomes more difficult to utilize any of the minerals properly.

Factors that fight proper calcium absorption and metabolism:

- 1. Excess phosphorus intake** – americans ingest two to four times more phosphorus than calcium, mainly through the intake of soft drinks and junk foods. The proper ratio should be one-one. The body pulls calcium out of the bones to reestablish the proper balance.
- 2. Sedentary lifestyle** – The body does not waste resources building bone that is not required to support weight. Load bearing exercise builds strong bones.
- 3. Too High protein intake** – (This is now a debated issue).
- 4. Excess alcohol intake** – Alcohol interferes with calcium absorption, disrupts mineral balance, and promotes calcium loss.
- 5. Excess caffeine consumption**
- 6. Overly-vigorous exercise** – Excessive activity can inhibit bone growth. There is calcium loss during sustained vigorous exercise. Female marathon runners suffer more bone loss than women who exercise moderately.
- 7. Cigarette smoking** – Smoking inhibits calcium absorption and boosts calcium loss.
- 8. Deficiency of vitamin D** – The hormonal form of vitamin D is a must for proper bone growth and health. Sunlight is the best source. Take Cod Liver oil from fall through winter, 1 tsp per 50lbs of body weight. Don't let fears of skin cancer stop you from getting 15 minutes of sunlight a day.
- 9. Deficiency of trace minerals** – The body needs a balance of minerals.
- 10. Prescription and over-the-counter drug use** – cortisone-like drugs, anticonvulsants, blood thinners, aluminum-containing antacids, lithium, certain diuretics, and antibiotics such as tetracycline are known to increase the likelihood of bone loss.
- 11. Birth control pills** – Known to cause folic acid deficiency which can indirectly lead to osteoporosis.
- 12. Excessive dairy product consumption** – May be too high in protein.
- 13. Excessive salt consumption** – It increases urinary excretion of calcium from the body.
- 14. Excessive sugar consumption** – Leads to bone loss
- 15. Fluoride** – Agents such as fluoride can produce abnormal bone, increasing the risk of fracture.
- 16. Lack of stomach acid** - Needed to digest the calcium in foods and supplements

There is a supplement that supposedly beats the wonder drugs hands down. Researchers have found a unique sea algae growing off the coast of Chile. It contains a highly absorbable form of calcium—an oxide organic calcium that is 90% absorbable. Traditional calcium supplements only range from 7%-40% absorption. The algae's mineral content is perfectly balanced. The algae is formulated with Vitamin D3 from shark oil, Zedoary and Panax ginseng to help absorption and fight inflammation. The product is called OsteoporexTM. It is available now in the US from PI New Era Natural Products 1491 South Miami Ave. Miami, FL 33130 1-800-516-9796. It runs \$70. It is so effective that it only takes daily supplementation for about six months and as little as two-three months per year in subsequent years as a maintenance dose. WaterOz angstrom size calcium is also excellent. Recent research shows promising results for treating osteoporosis with Zylitol a natural form of sugar. Prevention and treatment protocols haven't been quantified just yet. But that's another reason to switch from sugar to zylitol.

Protocol for Treating Acid Reflux

It turns out that there are two sources of the acid that people with acid reflux disease experience. Often the cause is a result of a lack of naturally occurring stomach acids (HCL acid). When there is an acid deficiency food rots in the stomach instead of being digested. That rotting process releases acids of its own that are even more irritating. Normally as you age your body produces less and less stomach acid. So the cure for some people is supplementing with additional HCL and Betaine HCL.

1. Eat or mix in drink 1-2 freshly crushed garlic cloves daily or every other day.
2. Take a quality probiotic such as Culturelle™ from VRP 1-800-877-2447 www.vrp.com item # CULTUR \$21.95 for 30 capsules Daily consumption may not be necessary after your condition has stabilized.
3. Take Ceasefire™ with meals to kill H. Pylori and aid digestion From VRP Item # 7072 for 30 wafers \$19.95 Most people by age 45 are infected with Helicobacter Pylori. This can also cause ulcers
4. Drink plenty of clean water
5. Try taking GastricAid™ midway through meals to aid digestion. This will determine if your acid reflux is a result of low stomach acid.
6. If low stomach acid is the real problem a less expensive option is to get some food grade Hydrochloric acid in a dropper bottle and put up to 10 drops mixed in with your food. I do this daily with no burning. This is especially important for senior citizens. Aging is often a result of malnutrition from not being able to properly digest food.
Available from www.road-to-health.com 1-800-651-7080
7. If high stomach acid is the real problem continue using the Ceasefire capsules and take digestive pancreatic enzymes. Start taking vitamins. Dr Rath lists vitamin deficiency as the main cause of over production of stomach acid.
8. Cut back or eliminate grains from your diet. This is often enough to cure the problem.
9. Eat lots of fermented foods like sauerkraut, cabbage and buttermilk to increase the body's output of lactic acid.

Stomach Ulcers

Dr. Clark says that ulcers are a result of bacteria. To rid yourself of them you must go through the kidney and especially the liver cleanse program to remove bacteria breeding grounds (kidney and gallstones). The bacteria can be destroyed with persistent zappings. Dr. Wallach identifies the bacteria as *Helicobacter pylori* as the cause of peptic ulcers. He says they can be cured with the trace mineral bismuth (found in Pepto Bismo™ - take a teaspoon daily) and an antibiotic like *Oramyicine cap - soure*. Dr. Garnett Cheney, M.D., at Stanford's School of Medicine has found cabbage juice highly effective at treating ulcers. It contains S-methyl-cysteine sulfoxide - a compound the body transforms into a potent antibacterial agent.

Dr. Whitaker recommends taking deglycyrrhizinated licorice (DGL). It boosts the defenses of the stomach and intestines against acids and strengthens the protective lining of the stomach and intestines (available from Enzymatic Therapy at most health food stores). Aloe drinks are also particularly effective in treating ulcers. He recommends Puritan's Pride Aloe Vera juice (800/645-1030).

Migraines

Supplementing with 600mg of Magnesium daily can help cut the incidence of occurrence. The herb Feverfew can also help. There is an herb called butterbur that really works for serious cases. It is found in a product called Petadolex™ from VRP.com. \$60 a month. With 6 months of use you could be down to 3 mild headaches per month.

Diabetes Treatment and Prevention

According to Dr. Clark: All diabetics have a common fluke parasite, *Eurytrema pancreaticum*, the pancreatic fluke of cattle, in their own pancreas. We get it from consuming beef or dairy products in a raw state. *Eurytrema* will not settle and multiply in our pancreas without the presence of wood alcohol (methanol). It is found in processed food including bottled water, artificial sweetener, soda pop, baby formula and powdered drinks of all kinds including health food varieties. By killing this parasite and removing wood alcohol from the diet, the need for insulin can be cut in half in three weeks. Be vigilant with your blood sugar checks. Recovery will happen quickly. Many persons can detoxify the amount of wood alcohol that pollutes our foods. They do not have a food mold, Kojic acid, built up in their bodies as diabetics do. Kojic acid is found in potatoes with gray areas inside. Do not eat discolored potatoes or peels, even if baked. All diabetics also carry a virus, HA virus in the pancreas. The virus will disappear when the pancreatic fluke is gone. The HA virus undoubtedly belongs to the pancreatic fluke. Whether it is the fluke or the virus that causes diabetes is not known yet. The 50% improvement that is consistently possible by killing parasites and stopping wood alcohol consumption can be improved by a month of grain-free diet. Eating fenugreek seeds or capsules has been reported to greatly benefit (actually cure) diabetes cases. Bilberry tea (or capsules) strengthen eyes damaged by diabetes. Chromium is another must for diabetics (200 mcg three times a day). Gold is attracted to the pancreas. Any gold dental-ware should be removed and no metal of any kind should be worn next to the skin as jewelry.

According to Dr. Whitaker: If you have diabetes, no matter what form, you'll greatly benefit from doing the following:

Remake your diet - A low fat, high-fiber, high complex carbohydrate diet can often eliminate the need for insulin.

Get enough good exercise - Exercise enhances the body's sensitivity to insulin.

Supplement with vitamins and minerals - Diabetes causes your body to waste enormous amounts of essential nutrients and vitamins. Take a good multivitamin, double up on chromium (400 mcg) and take Vitamins B-6 (100 mg) and B-12 (40 mcg) (Do not take large doses of vitamin C within 24 hours before testing your urine for sugar. It will give you a false positive.)

Ask your doctor about vanadyl sulfate - test with experimental animals have shown that it can reverse the condition. Because this drug can not be patented, drug companies aren't willing to put much money into researching it - and your doctor may not know much about it. But ask anyway.

DHEA - Increases the sensitivity of cells to insulin. Your body produces DHEA naturally - but levels drop after age 20. DHEA can be prescribed by a doctor. It is also now available over the counter. Don't take without testing your levels first.

Cinnamon - this is the newest way to prevent type 2 diabetes, and help treat existing type 1 and type 2. Don't expect to hear about this unpatentable miracle from the drug industry, or your doctor. Dr. Richard Anderson discovered a flavonoid of cinnamon called MHCP that closely mimics insulin activity. MHCP also works synergistically with insulin. In most instances, MHCP can work alone—without the presence of insulin. Cinnamon may totally eliminate the need for drugs in patients with type 2 diabetes. Type 1 diabetics can reduce insulin dependence. Before you start using cinnamon you need to know that there are toxins in its fat soluble part it that need to be filtered out. The risks are easily avoided. To be safe anyone using 1/4 to 1 teaspoonful daily should first boil it in water, then pour off the watery solution for use, and discard the soiled remainder, which would contain the fat-soluble fractions. MHCP is water soluble. After boiling it, pour the solution through a cheese cloth to filter the oils and fats floating on the surface. The protocol is 1 teaspoon daily. MHCP is available in a supplement form called Insulife. It is available for the Tahoma Clinic Dispensary 1-888-893-6878, www.tahoma-clinic.com. **WARNING** It is important to work with your doctor to taper down your medications.

Bitter Melon Tea - will reduce blood sugar levels for just pennies a day. Bitter melon contains hypoglycemic compounds like charantin, and an alkaloid enzyme called vicine, which may all play a role in lowering blood sugar. These glucose mimics may help increase glucose uptake in muscle. Animal studies suggest that bitter melon reduces the intestinal absorption of glucose. It is recommended to take it after a meal. Most diabetics benefit from a total of 2.5-3 grams of Charantia a day. People with insulin resistance or other prediabetic conditions should start with 1.5 grams daily (3 capsules). Sold as Charantia HerbcareUSA 1-800-510-herb www.charantiausa.com 20 tea bags \$7.95 or 100 500mg capsules is \$27. If you are already taking medications to lower your blood sugar, talk to your doctor first. You may end up lowering your blood sugar too much.

Banaba Plant - Nomalose™

This is a traditional tea found in the Philippines and Southeast Asia. Its active ingredient is corosolic acid. Researchers have standardized the extract into a supplement called Glucosol™. Two softgels daily can lower your blood sugar by 32% in just three weeks. The herb works by improving the rate at which sugar is transported out of your blood but doesn't reduce your blood sugar excessively. Glucosol also helps you lose weight and has no side effects. Glucosol is available in a supplement called **Nomalose™** from Longevity Science sold by Harmony Company 1-800-422-5518. Take one softgel 30 minutes before breakfast and 30 minutes before dinner. This may be your best bet if you are already insulin resistant.

Syndrome X

This is the term that describes a blood sugar disorder that leads to Type II diabetes. If you have Syndrome X, you're insulin resistant—a dangerous situation since insulin processes the sugar in your blood and converts it to glycogen, which is stored in your liver and muscles for later use. This results in a self-perpetuating cycle that leads to more insulin resistance and higher blood sugar levels. As a result your cells don't get the energy they need—leaving you tired and groggy. Your body responds by craving more sugar and carbs. Factors that increase your risk of contracting Syndrome X include: stress, obesity, lack of physical activity, high-carbohydrate intake, a low-fiber diet, excessive alcohol intake, polycystic ovaries, and smoking.

The signs to watch for are: Shin Spots - slow spreading brownish-red discolorations, Skin Tags, Dupuytren's Contracture, and Excess Weight.

Persons with type II diabetes should be careful of taking fish oil supplements in high dosages. They can cause a spike in blood sugar levels.

High Blood Pressure

Dr. Clark says that high blood pressure is one of the easiest problems to correct without using drugs. The most important change to make is to stop using products with caffeine. Blood pressure is primarily controlled by the adrenal glands which sit on top of the kidneys. Whatever is affecting the kidneys is probably affecting the adrenal, too. The villain is most likely cadmium in your water from corroded galvanized pipes. Unfortunately it is very unlikely that you will be able to filter it out. Change your galvanized pipes to PVC plastic. Be sure to search thoroughly. A 2" T or Y could be the problem. After fixing the cadmium problem start on the kidney cleanse. Also remove all metal from your mouth. To test whether you need your blood pressure medicine, wait until your pressure goes down to 140/90 or better. Then cut the dose in half. Check it the next day. If it has climbed back up you are not ready; go back to 3/4 or a full dose of medicine. Try it a few days later. If your blood pressure stays down, cut your medicine in half again (down to 1/4 regular dose) and see if your blood pressure stays improved. When you are down to 130/80 go off completely. But stay on the kidney herb recipe. At 120/80 try a few shakes of sea salt. Once the pressure is down salt should have very little influence. Mold toxins have specific kidney effects! Especially T-2 toxin, found mostly in dried peas, beans and lentils. Rinse these thoroughly first, throw away shriveled ones, and add vitamin C to the cooking water. Be careful to avoid moldy food.

Advise from Dr. Whitaker: All doctors recommend that you lose weight, exercise more, decrease salt intake, and restrict your

use of alcohol and caffeine. Also consider the following:

Go on a low-fat diet - Fat elevates blood pressure by increasing the thickness of the blood and stimulating hormones that cause the blood vessels to constrict.

Increase the consumption of magnesium and potassium - 1000 mg per day of magnesium is recommended. In addition you should eat two or three servings of fruits and deep-green vegetables a day.

Advice from Dr. Sinatra: Supplement with 500-800 mg/day of Magnesium. His favorite source of bioavailable magnesium is from Bio Nativus ionic mineral solution (1-888-628-4887 www.bionativus.com). Men should get 500-100 mg/day of calcium citrate his favorite brand is Natural Factors™ calcium citrate. Also supplement with potassium 200/mg and zinc 15-30 mg/day. Take 300-800 mg/day of DHA, a component of the omega-3 fatty acids found in fish. The purest brand is Norwegian Fish Oil from Advanced Bio-Solutions 1-800-304-1708. To get the true benefit of DHA take it in combination with omega-6 fatty acids from freshly ground flax seed. Take 200-400mg/day of CoEnzyme Q10 and 1-3 grams/day of L-Carnitine. To prevent the conversion of the hormone angiotensin I to angiotensin II (a hormone that causes blood vessel constriction) take 500-1,500 mg/day of Hawthorn and 500-1,00 mg/day of Garlic in divided doses. One clove raw on a daily basis, crushed to activate its healing enzymes is preferable. Cooking destroys its medicinal properties. In supplemental form he recommends Enzymatic Therapy's Garlinase 4000™. Grapeseed extract 100-200 mg/day, Maitake mushroom extract (15-20 drops of Griffon Maitake D-Frac Liquid™) and 200 mcg/day of Chromium can combat insulin resistance which will indirectly lower blood pressure. Start off with the minerals, CoQ10, L-Carnitine, flax and fish oil. Wait three weeks. If there is little response add garlic, hawthorn and grapeseed. Wait another three weeks and add L-arginine 1 gram/daily. The process can take up to a year. 50% of his patients are able to get off prescription medication completely.

Dr. Batmanghelidj says that if your body has a water deficiency it has to apply force to move the water to the most needed areas. That force or pressure is called hypertension. High blood pressure is caused by dehydration. This goes against current medical thought because they prescribe diuretics to alleviate high blood pressure. Diuretics accelerate the movement of water out of the body. Most doctors say you must reduce your intake of salt if you have high blood pressure. Dr Batmanghelidj says that salt is important because it keeps more water in the tissues. The AMA has refused to even examine his research and theory. It appears the establishment would rather suck blood out patients with high priced drugs that make conditions worse and costly surgery that doesn't work. The recommended treatment is 10 glasses of water a day. This treatment is also very effective in helping asthma and ulcer sufferers.

Brain Supplements to prevent Alzheimer's

Alzheimer's isn't completely understood yet, but it appears to be related to inflammation and the build up of excess copper and tin in the brain. It was once thought to be excess aluminium.

Tumeric is a strong anti-inflammatory, and studies show that consistent use of this common spice may cut your risk of alzheimer's by 40%. Available in capsules from Self Health Resource center 1-800-873-1663 (\$5.50). Chelation with cilantro and Oral Chelator from www.VRP.com should help with the copper and tin excesses.

These nutrients may, or may not prevent alzheimer's, but they are great for your brain and will keep it thinking sharp.

Alpha Lipoic Acid Swanson Health Products 1-800-437-4148

Niacin Swanson Health Products 1-800-437-4148

Phosphatidylserine Swanson Health Products 1-800-437-4148 h7 swu125 (\$18)

Aceetyl-L-Carnitine Swanson Health Products 1-800-437-4148 J7 swu93 (\$18)

Huperzine, Vinpocetine and DMAE are also great for your brain.

A good combination product is Extension I.Q. - has Huperzine, Vinpocetine, Ginko, DMAE and Choline

From Vitamin Research Products 1-800-877-2447 product # 2193 (\$24)

Foods for your brain: Blueberries, Spinach get organic from Kroger eat it raw, Wild Salmon, Grass feed beef, Kale and Curry. Aviod Flu shots. If you have had 5 consecutive flu shots in any decade, your chances of getting alzheimer's is ten times higher.

The Three Cleanses

Kidney Cleanse Program

This recipe can be used to dissolve kidney stones and crystals. You should cleanse your kidneys twice a year.

1/4 cup dried hydrangea root

1/4 cup Gravel root

1/4 cup Marshmallow root

4 bunches of fresh parsley

Goldenrod tincture (leave out if allergic)

Magnesium oxide tablets, 300 mg

Ginger capsules

Uva Ursi capsules

Vegetable glycerin (contains asbestos)

Vitamin 6, 250 mg

Black Cherry Concentrate (Benard Jensen Brand only)

Soak roots in 10 cups of cold tap water, using a non-metal container. After 4 hours (or overnight) add black cherry, heat to boil and simmer 20 minutes. Drink 1/4 cup as soon as it is cool enough. Pour the rest through a bamboo strainer into a sterile pint glass jar and several freezeable containers. Refrigerate the glass jar.

Boil the parsley in one quart of water for three minutes. Drink a 1/4 cup when cool enough. Refrigerate a pint and freeze one pint. Throw away the parsley.

Dose: each morning, pour together 3/4 cup of the root mixture and 1/2 cup parsley water add 20 drops of goldenrod tincture and 1 tbs. of glycerin. Drink this in divided doses during the day. Keep cold. Do not drink it all at once. (It doesn't taste bad) Save your roots after the first boiling, storing them in the freezer. When your supply runs low you can boil them again, but only add 6 cups of water and simmer only 10 minutes. You may cook them a third time, but it gets less potent. If your problem is severe, only cook them twice. **Also take:**

- **Ginger tablets:** one with each meal (3/day)
- **Uva Ursi capsules:** one with breakfast and two with supper
- **Vitamin B6 (25 mg):** one a day
- **Magnesium oxide (300 mg):** one a day

Take these before meals. Roots must be fresh. They should have a strong fragrance. Do not use powder.

Taking B6 and Magnesium daily can prevent kidney stones from forming. But only if you stop drinking tea. Cocoa and chocolate, also, have too much oxalic acid to be used as beverages. You can dissolve kidney stones in 3 weeks, but make new ones in 3 days if you are drinking tea and cocoa and phosphated beverages (colas). SHRC has a kidney cleanse package you can purchase for about \$40. You will have enough left overs of most items to do another cleanse. You will need fresh herbs/roots though. It basically tastes like a tea.

Liver Cleanse Program

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear too, more with each cleanse. Cleaning the liver bile ducts is the most powerful procedure that you can do to improve your body's health. But it **should not** be done before the parasite program (or zapping), and for best results should follow the kidney cleanse. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise. Being porous they can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way nests of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers can be cured permanently without removing these gallstones. Cleanse your liver twice a year. (Dr. Clark cleanses every 2 months)

Preparation.

Zap daily the week before or get through three weeks of the parasite herb program

Complete the kidney cleanse

Do any dental work first if possible (replacing amalgam fillings with metal-free plastic, having cavitations cleaned)

Ingredients for Dr Clark's Liver Cleanse

Epsom Salts - 4 tablespoons

Olive oil half cup (light olive oil is easier to get down)

Fresh pink grapefruit - 1 large or 2 small, enough for 2/3 to 3/4 cup juice

Ornithine - (A natural amino acid) 4-8 capsules, to be sure you can sleep.

Don't skip this or you may have a miserable night.

Large plastic straw - to help drink the potion

Pint jar with plastic lid

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take no vitamins or medicines that you can do without. Stop herbal parasite program & kidney herbs, too, the day before.

Eat a no fat breakfast and lunch. No meat, milk, cheese, butter. Do not eat or drink after 2 pm.

Mix 4 tbs. of epsom salts in 3 cups of water and pour in a jar. This makes 4 servings, 3/4 cup each. Set jar in the refrigerator.

6 PM Drink one serving (3/4 cup) of the ice cold Epsom salts. You may add 1/8 tsp. of vitamin C power to improve the taste.

Get olive oil and grapefruit out to warm up.

8 PM Repeat by drinking another 3/4 cup of epsom salts.

Timing is critical for success: don't be more than 10 minutes early or late

9:45 PM Pour 1/2 cup olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with a fork. You should have at least 1/2 cup, more (up to 3/4) is better. Add this to the olive oil. Close the jar with the lid and shake hard until watery. Now visit the bathroom.

10:00 PM Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to help you sleep. Take 8 if you suffer from insomnia. Drink it down through the large plastic straw. You may use cinnamon or brown sugar to chase it between sips. Get it down within 5 minutes. I think it tastes pretty good. It goes down easy. It's watery, not oily at all really.

Lie down immediately The sooner you lie down the more stones you will get out. Remain perfectly still for 20 minutes.

Go to sleep

Next morning Take your third dose of epsom salts. Go back to bed. Don't take this before 6 AM.

2 hours later Take your 4th dose of epsom salts. Drink 3/4 cup and go back to bed.

After 2 more hours You may now eat. Start with juice. Half an hour later eat fruit. One hour later you may eat regular food, but keep it light. By supper you will have recovered.

Expect diarrhea in the morning. Use a flashlight to search for gallstones in the toilet. They will float and be green or tan. Most will still be somewhat soft. Count them roughly. You will need to pass some 2000 stones before the liver is clean enough to rid you of allergies or bursitis permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear

travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are ill. Dr Clark considers this a safe procedure. However you may feel ill for one or two days afterwards if parasites have not been killed prior to the treatment. I was impressed with the results I got. I felt fine the next day.

Researcher John Thomas has a much more elaborate liver cleanse program. It involves 3 weeks of taking supplements to soften the stones prior to purging them in 6 once a week sessions. His liver cleanse kit is available from Plexus Press (see sources). Pretty expensive though, \$700 for enough supplies to do the 6 cleanse program. He believes epsom salts are toxic to the body and should not be used in a liver cleanse. I will be researching this further. It is also his opinion, that a liver cleanse is a very powerful procedure for regaining and maintaining good health.

Dr. David Williams Liver Cleanse Program

1. During the week before the cleanse consume as much apple juice as your appetite will allow in addition to regular meals and supplements. The apple juice should not be of the from concentrate type or have sugar or additives.
2. At noon on Saturday, eat abnormal lunch.
3. At 3pm, take 2 teaspoons of disodium phosphate, dissolved in about 1 ounce of hot water. It has a salty taste. You will want to chase it with a little fresh squeezed citrus juice.
4. At 5pm repeat step 3.
5. For the evening meal you may have grapefruit juice, grapefruit or any other citrus fruits or juices.
6. At bedtime, you have two choices:
 - (a) 1/2 cup of unrefined (extra virgin) olive oil followed by a small glass of fresh grapefruit juice or:
 - (b) 1/2 cup of warm, unrefined olive oil blended with 1/2 cup of lemon juice.
7. Go to bed immediately and lie on your right side with your knee pulled up to your chest for 30 minutes.
8. The next morning, one hour before breakfast, take 2 teaspoons of disodium phosphate dissolved in 2 ounces of hot water.
9. Continue on your normal diet. As with Dr. Clark's program, expect some diarrhea in the morning and a stomach that gurgles some throughout the next day. Disodium phosphate is available from the vitamin shoppe at 1(800) 223-1216. Very inexpensive.

Bowel Cleanse Program (Dr. Clark's)

Bacteria are always at the root of bowel problems, such as pain, bloating and gassiness. They can not be all killed by zapping, because the high frequency current does not penetrate the bowel contents. Although most bowel bacteria are beneficial, some are extremely detrimental because they have the ability to invade the rest of your body.

1. **Improve sanitation.** sterilize hands after bathroom use and before meals. Avoid eating foods with your fingers.
2. Use **turmeric** (2 capsules 3 times a day) this is a common spice.
3. Use **fennel** (1 capsule 3 times a day) this is also a common spice.
4. Use digestive enzymes tablets with meals as directed on the bottle. But only as long as necessary, because these frequently harbor molds.
5. Take **Cascara sagrada** capsules if constipated. Start with only one capsule a day.
6. Drink a cup of hot water first thing in the morning.

It can take all six to get rid of a bad *Shigella* problem in about 3 weeks

To thoroughly cleanse your intestines I recommend the Arise and Shine Clean-Me-Out program. Mucoid fecal plaque accumulates until it is several inches thick and can reach the entire length of the stomach, small intestines and colon. It can become some hard and stiff that it is difficult to cut with a knife. During the program these mucoid layers are removed in sections of 2 inches to 4 feet. This deadly substance can be loaded with parasites, drugs, free radicals, dead tissue and decaying food. When persons have mucoid plaque, there is interference with the digestive process. This plaque also blocks the removal of toxic wastes by the lymphatic system. When we consume toxins the body releases a mucus that coats the intestine to prevent their absorption. A diet high in acid forming foods combined with the consumption of biojunk foods causes this mucus to build up and accumulate to unhealthy levels. John Wayne had 40 lbs. in his intestine when he died. Regularity is no indication of a clean intestine. I guarantee *you* have many feet of it in you. When I saw pictures of it, I was convinced that it had to come out. I estimate that I removed 20-25 feet during my first cleanse program. The program involves a high alkaline diet of fruits and vegetables, herbal tablets called chomper that loosen the plaque, and shakes composed of psyllium husk powder mixed with hydrated bentonite and fruit juice. During the fifth and last week no solid food is consumed. Only juices and increased consumption of the herbal nutritional and loosening capsules and shakes. Believe it or not, you won't get hungry. Also during this last week enemas are taken twice a day. This is the week the plaque comes out. An amazing experience. I never got disgusted, just amazed. Expect to lose some weight and have a flatter tummy. For some people the health benefits are nothing short of miraculous. As Dr. Jenson says "Every tissue is feed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues." It is available from Arise and Shine or New Horizons Trust 53166 St. Rt. 681 Reedsville, Ohio 45772-0126 1-800-755-6360. It runs about \$175. The book is \$15.

Common Cold and Flu

From what I have read, hydrogen peroxide works quite well and is supposed to be effective 80% of the time, especially if done when the symptoms first appear. While it seems contrary to what we have been taught about colds and flu I know quite a few people who have tried it with great success.

In 1928 Richard Simmons, M.D. hypothesized that colds and flu virus enter through the ear canal. His findings were dismissed by the medical community. According to Dr. Simmons, contrary to what you may think or have been taught about how you catch the flu or the cold there is only one way that you can catch the two, and that's via the ear canal not through the eyes or nose or mouth as most have believed. Keeping your fingers out of your ears will greatly reduce your chances of catching them, but then again these two are microscopic and can be air-borne and may land on or even in your ear. Once they have entered the inner-ear (middle-ear) there they begin their breeding process, and from there they have access to every avenue throughout our body to travel to and to infect and make us sick.

In 1938 German researchers had great success using hydrogen peroxide in dealing with colds and the flu. Their data has been ignored for over 60 years.

It is important to begin treatment as soon as symptoms appear. If treatment is started promptly effectiveness seems to be in the 80% range.

Remarkable results can be achieved in curing the flu & cold within 12 to 14 hours when administering a few drops of 3% Hydrogen Peroxide (H₂O₂) into each infected ear, (sometimes only one ear is infected) The H₂O₂ starts working within 2 to 3 minutes in killing the flu or cold; here will be some bubbling and in some cases mild stinging occurs. Wait until the bubbling & stinging subside (usually 5 to 10 min) then drain onto tissue and repeat other ear. A bottle of Hydrogen Peroxide in 3% solution is available at any drug store for a couple of dollars.

To Fight a Cold or Flu

1. Put a few drops of 3% hydrogen peroxide in each ear at the first sign of a cold
2. Eat only sterile food for 24 hrs. No grains, rice, nuts, milk, peanut butter, beer or cheese.
Eat nothing that is, or could be moldy.
3. Eat nothing with sugar in it. Sugar lowers your immunity for hours. No fruit juices, forget about orange juice
4. If possible consume only fresh vegetable juice diluted with water. Stress free digestion allows your body concentrate on fighting your cold.
5. Take vitamin C (10 grams or 2 tsp.), a B100 complex (1 tablet), and niacinamide (3 500 mg tablets) to help detoxify the mycotoxins already in you.
6. Zap with a Clark style zapper for 7 minutes. Wait 20 minutes then zap again. Wait 20 minutes and zap a third time.
7. Start the Dr. Clark's bowel program in case yours is an *E. coli* cold.
8. Take 500mg N-A-C immediately
9. Do additional zapping as time permits until the bowel program has stemmed the invasion.
In 7 to 8 hours your cold could be gone. Of all the measures, stopping mold and sugar/carb consumption is the most important. Molds lower your immunity, specifically and generally.
10. Start taking Dr. Richard Schulze's Supertonic, Echinacea Plus. 1-800-HERBDOC (437-2362) www.800herbdoc.com
11. Immediately take Elderberry extract such as Samurol™ to kill virus
12. Start taking ProBoost Thymic Protein A (www.vrp.com), to rev up the immune system
13. Dr. Bruce West recommends you take 2 Congaplex every hour for 48 hrs (from Standard Process). Like ProBoost it has extract of raw beef thymus gland. It also has many other infection fighting nutrients.
14. Consume at least 3 cloves of fresh raw garlic each day. You must crush it and let it stand 10 minutes first.
15. Start taking the homeopathic remedy by Boiron called Oscilloccinum
16. Hydrotherapy - In the morning take a warm shower then turn off the hot water leaving the cold on for 15 seconds.
Repeat this 7 times and always end with cold. At night take a very hot 20 minute bath with a pint of hydrogen peroxide, a half cup of epsom salts, and a teaspoon of ginger added to it. While in the tub drink 6 cups of hot herbal tea (ginger peppermint is good). Cool your forehead if necessary. Rinse off with cold water, dress warm and go to bed.
17. Get adequate rest. Take a day off from work if possible.
18. Give yourself an enema, especially if you have a high fever.
19. Drink plenty of pure water. Drink grape juice also if you're coughing up phlegm.
20. Take 2 oz of WaterOz™ Silver to act as a secondary immune system
21. Use a full spectrum light box to boost the immune system
22. Don't try to fight a fever with medications. For every degree of temperature rise in your body, the speed at which your white blood cells can reach the infection is doubled. At 104 your white blood cells are traveling 64x faster than normal.
Dr. Schultze says that fevers are never dangerous as long as you stay hydrated and keep cold medications out of your body.
23. Don't take aspirin and over the counter cold remedies. They all lower your immunity.
24. Use zinc lozenges
25. Read the Achieving Super Immunity section of this report.

Establish an emergency cold kit so you can start taking these supplements at the first sign of a cold. I always keep a stash at home and work of Congaplex, Thymic Protein A, NAC, Hydrogen Peroxide, Sambucol, Dr Schulze's Echinacea Plus & Supertonic, and Oscilloccinum for fighting colds. I can tell you from personal experience that this really works. Keep in mind that antibiotics won't stop a cold or a flu. Take them only if you have upper respiratory infections.

Preventing Colds and Flu

Most of the techniques for fighting colds can be used as preventative measures also.

During cold and flu season:

1. Spend a half hour outdoors daily while not wearing glasses or contact lenses. Sunlight that enters the eyes regulates your immune system.
2. Put a few drops of 3% hydrogen peroxide in each ear once a week.
3. Limit or eliminate sugar consumption.
4. Take 500 mg of N-A-C on a daily basis.
5. If you can afford it, go through a box of ProBoost Thymic Protein.
6. Try Dr. Schultze's cold prevention program: 2 dropperfuls of Dr Schulze's Ecinachia Plus & Supertonic 5x daily taken the first week of each month during cold and flu season. 1-800-HERBDOC (437-2362) www.800herbdoc.com
7. Wash hands often, but not with antibacterial soaps. We must challenge the immune system constantly to keep it strong.

Flu Shots and Vaccines

Do you want any of the following vaccine constituents in YOUR bloodstream? Ethylene glycol (antifreeze), Phenol, also known as carbolic acid (this is used as a disinfectant, dye) Formaldehyde, a known cancer-causing agent Aluminum, which is associated with Alzheimer's disease and seizures and also cancer producing in laboratory mice (it is used as an additive to promote antibody response) Thimerosal (a mercury disinfectant/preservative) can result in brain injury and autoimmune disease, various freak proteins, and Neomycin and Streptomycin (used as antibiotics) have caused allergic reaction in some people.

Vaccines are also grown and strained through animal or human tissue like monkey kidney tissue, chicken embryo, embryonic guinea pig cells, calf serum, and human diploid cells (the dissected organs of aborted human fetuses as in the case of rubella, hepatitis A, and chickenpox vaccines).

Well, I refuse to put all of the above in my body, and I hope when your doctor starts telling you it's time for your annual flu shot that you'll require him to defend the annual injection.

They are wonderful for contributing to Alzheimer's Disease though as they have plenty of mercury thimerosal added as a preservative. They also threw in some formaldehyde, another potent neurotoxin, in the vaccine. During an average flu season, up to 20,000 Americans die as a result of influenza-related complications. That number is likely to double in a severe season, Dr. Nancy Cox of the Centers for Disease Control and Prevention (CDC) in Atlanta told a press conference, which was convened by the National Foundation for Infectious Diseases.

It is their collective experience that the flu shot does NOT prevent illness in most people, but actually does the opposite. It weakens the immune system and makes the person actually more predisposed to the illness. It is my recommendation to avoid the flu shot just like you would avoid anthrax, and concentrate on eliminating the destroyer of health from your diet, which is sugar.

Avoiding Electromagnetic Pollution

Radiation adversely affects the human body. It can cause free radicals to form. Never sleep with a clock radio next to your head. The motor in it gives off a strong radiational field. Put it across the room away from you, or better yet, get a battery powered or wind-up alarm clock. Other sources of unsafe radiation include: electric blankets, tanning beds, florescent lights, personal space heaters, hairdryers, electric shavers, TV sets - color & B&W even when turned off, computer monitors, and wall sockets. Replace florescent lights with incandescent. Stay at least 26" back from your computer monitor. Move your bed away from wall sockets. Hairdryers may only be of hazard to hair stylists and anyone constantly exposed. Avoid living near large power lines. Road To Health sells a product called an X-Ray Button that attaches to the front of your computer monitor. It supposedly neutralizes harmful radiation. I'm not sure of the theory behind it. They're inexpensive. I have one.

Benefits of Exercise

You've been losing muscle (1/2lbs per year) and gaining fat every day since sometime in your twenties, says William Evans, director of the Noll Physiological Research Center at Penn. State University. There's only one way to stop your muscles from wasting away: strength-training. It doesn't matter if you're a 40-year-old runner or a 75-year-old retiree. If you don't build muscle you will lose muscle. Strength-training means contracting your muscles against a heavy load. The simplest way to get strength-training is to lift free weights. I keep dumbbells next to my desk at work and in my living room. Even aerobic exercise - which means contracting your muscles many times with little or no resistance - doesn't prevent loss of muscle mass. Runners still lose muscle mass even if they are active. This is not to say that aerobic or other kinds of exercise are a waste. On the contrary, they can extend your life. Aerobics increase HDL (good) cholesterol, decreases the risk of heart disease, lowers blood pressure, prevents adult-onset diabetes, and may reduce the incidence of colon cancer.

We are all aware that exercise builds strong muscles and bones, burns fat and can increase our lifespan. Exercise can also help fight depression. The brain mechanism that controls depression appears to lie with a class of neurochemicals called catecholamines. Depressed patients can low levels of catecholamines. Exercise sends chemical messages back and forth between the brain and various muscle groups; part of this flow of biochemical information stimulates the production of catecholamines. Exercise also improves quality of sleep, and provides reduced risks of: gallstones, colon cancer, diverticular dis-

ease, pain from arthritis, heart disease, high blood pressure, diabetes, osteoporosis, and enlarged prostate.

One of the simplest ways to prevent entropy is to give the body something to do. In physics, entropy is opposed by work (the orderly application of energy). No group is higher at risk for depression, disease, and early death than people who are completely sedentary. One special advantage exercise delivers, is that it can reverse the previous effects of entropy (the tendency for orderly systems to break down with time).

For aerobic exercise I recommend getting a Nordic Track™ cross country style exercise unit. I keep mine in the living room not hidden in the basement where it can be easily forgotten. To beat the boredom I watch TV while using it. Don't get the bottom of the line model (it's solid black). Get the Sequoia model. It looks like a piece of fine furniture. You won't mind having it in your living room or den. Maintaining an aerobic environment (oxygen rich) in your body is critical to combating aging.

Exercise Myths

1. Strength training makes women too muscular
2. With the right exercise, you can spot reduce
3. If you don't lose weight there's no point
4. No pain no gain
5. It's dangerous to start when you're older
6. Light weights can boost an aerobic workout
7. Exercise burns lots of calories
8. Weight gain is inevitable as you age
9. If you can't exercise regularly, why bother
10. You can't be fit and fat
11. Running is good for you

The Bottom Line on Exercise

■ **Strength-training exercises** like lifting weights - even once or twice a week - can keep you from losing muscle, strengthen bones, protect knees and other joints, lessen arthritis pain and stiffness, help you lose weight and make you strong enough to engage in other activities. Take vitamin c and alpha lipoic acid before or after a hard workout.

■ **Aerobic Exercises** like jogging, swimming, cycling, brisk walking, that raise your heart rate for at least 20 minutes at least three times a week can reduce your risk of heart disease, diabetes, osteoporosis, obesity and possibly colon cancer.

■ If you're a sedentary person, accumulating at least 30 minutes a day of **any moderate-intensity exercise** - even gardening or housecleaning - can increase your life expectancy.

■ The number one best exercise for you is *rebounding* (mini trampoline). This helps to cleanse the lymphatic system. When using a rebounder your feet should not leave the canvas. You should start by swinging your arms out and lightly bouncing until you feel a pulse in your head.

Losing Weight (*Lots more on this in next printing*)

Why Low-Calorie Dieting Doesn't Work - Trying to lose weight by dramatically lowering your calorie intake guarantees that your situation will get worse. During low-calorie starvation diets there is an increase in the enzyme *lipase* that governs how efficiently fat is stored. That is referred to as the yo-yo effect. Plus, low-calorie dieting and the yo-yo phenomenon cause the body to shift fat deposits from your legs and upper body to your abdomen. Your body needs some fat. When you go on a restricted diet of 800 calories or less, your body thinks it's starving. Your metabolism slows to conserve energy, and any dietary fat you eat is stored directly as body fat. Once the cycle begins, your metabolic rate stays depressed for up to two months, even after you start to eat normally, the depressed metabolism ensures rapid weight gain. It appears that the damage done by calorie-restricted diets is almost permanent.

What Does Work? For the majority of people, weight-loss and weight control programs need to satisfy only two criteria: Stop storing fat in the body and start burning it.

Stop Storing Fat

According to Dr Whitaker, excess calories are not the cause of obesity. (This is quite controversial. I have recently seen experts on TV discussing how calories from celery have the same impact as calories from fat. Both sides refer to each others ideas as myths.) According to Dr. Whitaker, carbohydrate and protein calories, even if taken in excess, are seldom converted and stored as fat. The body has no efficient metabolic pathway to turn proteins and carbohydrates into fat. This doesn't mean that we can load up on high-calorie fat-free cookies and ice cream while attempting to lose weight. Consuming too much pasta and white breads isn't good either. Never consume diet products with NutraSweet™. The ethanol in it prevents the proper functioning of lipase enzymes. NutraSweet™ products actually cause you to gain weight. To stop storing fat in your body, just stop eating as much of it. Worry about the fat content first.

Start Burning Fat

Exercise - Anything you can do to increase your metabolic rate will increase the burning of fat. Even when the body is resting most of the calories burned (which is a function of your metabolic rate) come from fat. Exercise raises your metabolic rate for a long time after you exercise. Exercise, to be effective, does not have to be a painful burden, but it does have to be regular and last for a sufficient length of time. Strength-training is better for burning fat than aerobic exercise.

Nutritional Supplements That May Fight Fat

L-Carnitine - This amino acid is essential for fat metabolism. Studies have shown that it will significantly lower the blood fat level, as well as the cholesterol level. Recommended dosage: 500-1,000 mg per day. However, some researchers dispute

L-carnitine's value.

Chromium picolinate - It is reported to build lean muscle mass at the expense of fat mass. By building muscle mass, you increase the size of your internal "furnace", because fat is primarily burned in muscle. Many researchers dispute these claims. Recommended dosage: 200-400 mcg per day.

Coenzyme Q10 - Like L-carnitine, this antioxidant will enhance energy production in the mitochondria. Recommended dosage: 30-60 mg per day.

Magnesium-potassium aspartate - This is an excellent way to supplement your diet with both magnesium and potassium while enhancing your physical endurance to exercise. Recommended dosage: 2 to 4 500 mg capsules, twice a day.

Hydroxycitric Acid (HCA) - This keeps your body from converting carbohydrates and glucose to fat. It seems to work better when it's combined or taken with chromium.

Make breakfast your largest meal and dinner your smallest. Avoid all: grains, sugars, fried foods, oranges, bananas, white potatoes, rice, corn, crackers, chips, beer and breads. Limit yourself to 3 servings of fruit per day.

Drug Interactions

Anytime you take more than one prescription drug, check with your doctor and pharmacist about any possible interactions.

10 Pairs of Drugs that can Injure or Kill You

Seldane - Erythromycin	Mevacor - Lopid	Coumadin - Tagamet	Calan - Duraquin	Theo-dur - Tagamet
Lanoxin (Digoxin) - Calan	Prozac - Dilantin	Halcion - Erthromycin	Eldepryl - Norpramine	Tagamet - Dilantin

The 10 Most Dangerous Drugs

- 1. Mevacor, Zocor, Questran** (cholesterol drugs) Side Effects: liver toxicity reduction of CoQ10, bleeding disorders, vision problems
- 2. Inderal, Cardizem, Tenormin, Adalat** (beta blockers/calcium channel blockers) Side Effects: increased risk of cardiac failure, shortness of breath
- 3. Prozac** (anti depressant) Side Effects: addiction, abnormal dreams and thoughts, fatigue
- 4. Diuril, Aldactazide, Lasix** (diuretics for high blood pressure) Side Effects: depletes minerals that can lead to spasms in coronary arteries, stroke, irregular heart rhythms, heart attack
- 5. Proscar** (for enlarged prostate) Side Effects: decreased sex drive, impotence, incontinence
- 6. Micronase** (for diabetes) Side Effects: heart disease, heartburn, nausea, bloating
- 7. Ansaid, Vicodin, Naproxen** (nonsteroidal anti-inflammatories) Side Effects: gastrointestinal upset, ulcers bleeding, kidney/liver damage, water/sodium retention
- 8. Steroids** (for rheumatoid arthritis) Side Effects: heart disease, diabetes, eye problems, severe osteoporosis, facial/body changes
- 9. Cortisone** (for eczema) Side Effects: suppression of the adrenal glands, increased risk of infection, thinning of the skin
- 10. Antihistamines, Decongestants** (for colds and flu) Side Effects: loss of concentration, drowsiness, blurred vision, irregular heart beat, sleeplessness

A Final Word

Perhaps you have found this information too startling to be true. I'm afraid the truth is that we can not count on our doctors and government officials to always know what is best for us, inform and protect us. The FDA has set standards for the amounts of toxins and metals that are allowed to consume. You can raise those standards by not accepting any amounts. You must take your health care into your own hands as much as possible. This is especially true regarding prevention of disease. Gathering information is your first line of defense. I strongly urge you to pick up a copy of Total Health by Dr. Joseph Mercola MD, The Cure For All Diseases by Hulda Clark PhD. , Young Again by John Thomas and subscribe to some newsletters. Some of the best ones are free on the internet like e-healthy news www.mercola.com. Health Sciences Institute has a great newsletter available in print only. Many of these ideas and suggested lifestyle changes may seem excessive. But are they really? Utilizing preventative medicine is common sense, not hypochondria. Your good health is the greatest gift you will ever have. Life is a miracle of staggering proportions just from a physics standpoint alone. You will find that taking good care of yourself is very satisfying and rewarding (and it's a great way to drive your friends crazy).

Great Web Sites and Sources:

www.mnwelldir.org www.drclark.net www.mercola.com www.lef.net (life extension foundation)
www.drkelley.com www.shrc.net www.westonprice.com www.drdavidwilliams.com www.drsinatra.com
www.polymva.com www.standardprocess.com www.mrbean.com www.healthalert.com
www.salivatesting.com www.betterlife.com www.tahoma-clinic.com www.northstarvitamins.com
www.baselinenutritionals.com www.800herbdoc.com (Dr. Schulze Products) www.makersdiet.com

Basic Healthy Living Outline

- 1 - Eat lots of organic fruits and raw/steamed vegetables - peeled and washed well
- 2 - Cook with only glass (pyrex) pots and pans. Never, never eat food that was microwaved.
- 3 - Avoid contact with metal, use plastic utensils and cutlery. Wear no jewelry.
- 4 - No undercooked, rare meats, limited consumption of grass feed beef and bison, free-range chicken, no pork or deer - No fried foods ever!
- 5 - No unboiled dairy products (baked is OK)
- 6 - Use Standard Process & SHRC™ brand supplements (vitamins and herbs etc)
- 7 - Avoid all processed foods
- 8 - Use no products containing propyl alcohol (rubbing alcohol) deodorants, personal products etc
- 9 - Kidney Cleanse 2 times a year
- 10 - Liver Cleanse 2 times a year
- 11 - Tapeworm treatment - once - 4 grams of CoQ10 on an empty stomach (consume no unbaked or unboiled dairy from then on)
- 12 - Parasite Maintenance - BWTES 2 teaspoons, Wormwood 7 caps, Cloves 7 caps once a week
- 13 - Zap with a frequency generator (zapper) once a week if you have one
- 14 - Avoid hormone analogs - take only natural hormones
- 15 - Moderate or no alcohol use (red wine and dark beer are best)
- 16 - Lift weights 3x week
- 17 - Stay informed and keep an open mind
- 18 - Grow your own organic vegetables
- 19 - Drink filtered water - get a B.E.V. certified filter
- 20 - Get a checkup once a year
- 21 - Seek out a mercury-free Dentist (Dr. Lavelly or Dr. Kall in Louisville) Allow only Sculpture brand inlays to be used for fillings.
- 22 - Eat no wheat. If you must, eat only whole wheat breads from bakeries - no bleached white bread or crackers.
- 23 - Avoid consuming products containing sugar
- 24 - Get essential fatty acids daily from fish oil & fresh ground flax seed - No flax oil for men, great for women though.
- 25 - Wash clothes only in Borax or Master Miracle
- 26 - Use powdered Vitamin C in cooking to kill molds
- 27 - Consume no artificial sweeteners, food colorings or softdrinks
- 28 - Avoid foods that contain malonic acid
- 29 - Use only olive or coconut oil, no canola or vegetable oils
- 30 - Remove chemicals from your house, test for radon, have your vents cleaned
- 31 - Don't sunbathe or use a tanning bed, but do get some sun daily
- 32 - Fix or replace any freon leaking air conditioners or refrigerators with non freon based coolants
- 33 - No or limited liquids with meals
- 34 - No soy products despite what you have heard - especially soy oils (Natto excluded - fermented is okay)
- 35 - Eat greens often (collard, kale, spinach, mustard, turnip)
- 36 - Eat at least two servings of spinach per week to maintain healthy eyes
- 37 - Question everything, even this report
- 38 - Cleanse your intestines thoroughly at least every 3 years (Arise and Shine's clean me out program)
- 39 - Quit smoking
- 40 - Use a rebounder as your main source of exercise 15 min 2x daily
- 41 - Use cilantro to chelate metals out of the body 4 times a year
- 42 - Join and support The Dr. Clark Research Association 8135 Engineer Road #2748, San Diego, CA 92111 - 1.800.220.3741
- 43 - No fried foods
- 44 - No high temperature baked or fried starches - crackers, potato chips, french fries, doughnuts
- 45 - Cut back on or eliminate grains
- 46 - Grow lots broccoli sprouts. This is your main defense against cancer.
- 47 - Take Nattokinase supplements to prevent heart attack and stroke.
- 48 - Supplement with Vitamin C, Proline and Lysine. This fights and prevents cancer, heart disease, arthritis, and diabetes.
- 49 - Read labels
- 50 - Take probiotics with HSO (homostatic soil based organisms. Primal Defense from www.mercola.com)

Sources (most all were listed previously in the text)

Bronson Pharmaceuticals

Div..of Jones Medical Industry
1945 Craig Road
P.O. Box 46903
St.Louis, MO 63146-6903
(800) 235-3200

**Corning/Revere
Consumer Products Co.**

PO. Box 1994
Waynesboro VA 22980
1-800-999-3346

Hanna's Herb Shop

5684 Valmont Rd.
Boulder CO 80301
(800) 206-6722

Self Health Resource Center (SHRC)

757 Emory St. #508
Imperial Beach, CA 91932
1-800-873-1663 for orders
(619) 429-4408 (USA)
(403) 475-2403 (Canada)

(Best source for safe supplements)

Road to Health

1547 Palos Verdes Mall, Suite 314
Walnut Creek, CA 94596
(510) 932-1293

Raintree Nutrition 1-800-780-5902

Information Sources

The Cure For All Diseases - Hulda Regehr Clark, Ph.d., N.D., New Century Press 1995 1-800-519-2465
A Cure For All Kinds Of Cancer - Hulda Regehr Clark, Ph.d., N.D., New Century Press 1995 1-800-519-2465
The Cure for All Advanced Cancers - Hulda Regehr Clark, Ph.d., N.D., New Century Press 1995 1-800-519-2465
Amazing Medicines The Drug Companies Don't Want You To Discover - University Medical Research Publishers 1995
Cleanse & Purify Thyself - Dr. Richard Anderson, N.D., N.M.D., published by Dr. Anderson 1988
Health and Healing - 1993-2002 issues Dr. J. Whitaker, MD., published by Phillips Publishing
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Lifespan Plus - Publishers of Prevention Magazine, 1991
Ageless Body Timeless Mind - Deepak Chopra M.D., Harmony Books 1993
The New England Journal of Medicine Health Letter 1995-96 issues
Nutrition Action Health Letter- Center for Science in The Public Interest, 1993 - 2004 issues
Health Magazine - 1994 -1995 issues
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129 Medically-Proven Miracle Cures - Julian Whitaker, M.D. Phillips Publishing, Inc. 1995
Newsweek - April 25, 1995
Cross Currents - Becker
Road to Health Newsletter - O'Sullivan Publishing Co., 1995-2004 issues
Explore More - Number 15 1996 Explore Publications
Young Again - John Thomas Plexus Press 1995 1-800-659-1882
Dental Health Facts - Foundation For Toxic Free Dentistry Special Edition 1995
Alternatives News Letter - Dr. David Williams 1998-2003 issues
Health Sciences Institute Members Alert 1999-2004 issues
To Your Health News Letter - Dr. John McDougall 2001 issues
Dr. Clark International Research Association News Letter - 1999-2003 issues
The Sinatra Health Report - 2001-2002 issues
Health Alert Newsletter - Dr. Bruce West 2003-2004 issues
The Miracle Mineral - Dr. Jonathon Wright M.D. 2003
Nutrition and Healing Newsletter - Dr. Jonathon Wright M.D. 2003-2004 issues