

The
PATHWAY
To
HEALTH

Kit Cain

The PATHWAY To HEALTH

by:
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THE PATHWAY TO HEALTH

Part 1.

THE TRIUNE PRINCIPLE OF HEALTH

The pathway to health follows three basic principles: balancing stress, purification, and nourishment. Each is essential to the proper function of the other two. Its lasting impression in the mind's eye is as follows:



The Pathway To Health is not about the treatment of disease. It is about prevention of disease and the restoration of health wherein disease disappears as health is restored. The pathway to health is not a subject which either appeals to or is available to everyone. Most people are too busy surviving, too preoccupied with life's games and indulgences, or just unable to intuitively see the end of any action from its inception.

Some people have to pay a great deal of attention to their health from childhood on. Others don't have serious problems at all and thus go blindly through life scoffing at those who do ... often referring to them as hypochondriacs. The majority of people are somewhere in between. There is what appears to the average person to be an overwhelming amount of information contained in this book—information that cannot be fully realized in one or even many readings. The procedures should all, however, be familiar to an ever-increasing number of alternative Medical Doctors, Osteopaths, Naturopaths, Nutritionists, and Chiropractors comprising the new field of Health Practitioner.

There is a logical order to the way the information is presented: first comes Balancing Stress; second comes Purification or Detoxification; and last comes Nourishment. Seek the help of the above listed Health Practitioners and use this material to supplement their experienced advice. Some of you may have had a member of the family who smoked a pack or more of cigarettes a day, drank a fifth of whiskey or more a week, ate anything he or she liked, died at age 95 or more and never had a sick day in their life ... and wondered how they could get away with such abuse to their body. And you may have wondered why other members of the same family were sickly or died at an early age of cancer or heart disease. The answer, in two words, is this: Body Constitution.

BODY CONSTITUTION

Body constitution is defined in numerous ways by various disciplines, but I prefer to define it the way I learned it from Dr. Bernard Jensen, the father of modern Iridology in North America. He defined body constitution as "the molecular integrity of the individual cell". I'll leave to the molecular biologists to further define body constitution in scientific terms, but the outward manifestation of body constitution is more what concerns us here as *it is one of the primary aspects of physical expression that each of us has to live with for the duration of a lifetime*. Body constitution is a characteristic of our physical being that we are born with and can't, as yet, change. It is a major determinant of human limitation.

Knowledge of our personal body constitution is extremely helpful in understanding life as each of us live it because it pre-determines the degree to which we can subject ourselves to stress without the physical body mechanism failing either as to disease or death. Anyone who feels that life on Planet Earth has no limits simply hasn't lived long enough. Some individuals can handle mountains of stress and physical abuse to the extent that would destroy others. Some individuals can have adequate motor nerve responses developed over years of diligent practice that lead them to believe they are candidates for the Olympics or professional sports. Quite often they drop dead of a heart attack from over-exertion on the way to achieving that end, and no one understands why. The answer most often lies in the body constitution, the molecular ability of the cell to store energy, metabolize energy, and rid itself of the waste products of metabolism.

Cells with poor to average constitutions do not have the ability to store energy within the cell or transfer new energy into the cell—don't even, in fact, have the maximum ability to digest and transform foods and chemicals into energy-producing materials for transfer into the cells. *The strong body constitution has long-lasting stamina.* It needs less food, stores minerals and nutrients well, purifies itself easily, and makes the rest of us look like sickly laggards in comparison.

Strong body constitutions are rather rare—more the exception to the rule than the rule. Most of us have average to poor body constitutions and don't realize the level of care and attention that particular condition requires so we end up sick. This could change if humans could choose to—or be forced to—selectively breed such as is done with cattle and horses. But that isn't about to happen either way, any more than it is by natural selection ... and this is just as well. If you've ever spent any time around a person with a strong body constitution you would understand why. They have little patience with what they consider to be others' incompetence, and they show little of the endearing characteristics of sympathy, empathy, consideration, humility, and self-sacrifice. Weaknesses and limitations in life have the positive purpose of character building and the development of what my metaphysical books refer to as The Powers Of Soul.

One might hold to the idea that natural selection would choose and breed only the strongest body constitutions such as occurs in birds and animals. Unfortunately, mankind is far too frivolous and motivated by less noble desires than that which would strengthen the race. A close examination of racial history down through the ages, but particularly in our present day and age where sickness and disease occur at an ever-earlier age in an ever-increasing portion of the population, gives the strong indicator that natural selection doesn't work where free will is allowed full reign. Humans may live longer in the present day and age, but that has little to do with the careful choosing of body constitution. It has more to do with modern technology and drugs and the fact that we live older sicker. Any reasonably expanded observation of human life activity on Planet Earth will reveal that mankind—left to his own indulgences and ignorant desires—would quickly become extinct were there not some vast intelligence quietly and secretly slipping in a “fix” that gives the human gene pool that quantum leap it needs to keep on surviving and keep on expanding.

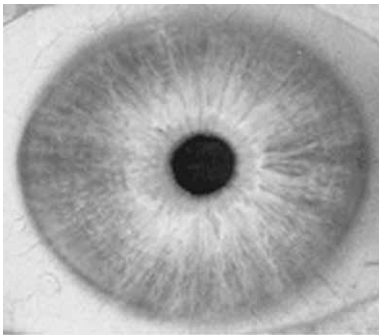
Intelligent design has taken the frivolous nature of man into account in ways that are not obvious until one knows what to look for. It is simply that *strong body constitutions seem to be almost randomly placed throughout the human population without regard to previous genetic patterns.* I'm sure some genetic explanation will evolve attempting to explain away this mystical and seemingly arbitrary cause, but that is the prerogative of those who have yet to take the journey to “The Source”. Having a Divine perspective is the only way to “fill in the gaps”—to bridge the quantum leaps in what is so adamantly and ignorantly held to as “evolution”. And by ignorance I do not interpret the word to mean stupid or unintelligent. It simply means “ignore-ant”.

Pathway To Health Part I

Body Constitution

During the youthful stages of physical growth, the muscle and skin integrity of the strong and weak body constitution are both quite similar, but the strong body constitution will have a more robust immune system and therefore experience less sickness, restoring balance quickly where there is acute disease. Injuries will also heal quickly and without infection. The child with a strong body constitution will have far more stamina and tire less easily.

The quickest and easiest way to differentiate a strong body constitution from a weaker one is to examine the iris of the eye—and then only the genetically blue eye. There are only two basic eye types: blue and brown, despite the many variations in between. The differentiating factor is that the brown eye is designed with a thick coating of brown pigmentation which covers the matrix of white lines clearly obvious in any blue eye. This brown layer of pigmentation is believed to have originated in countries of intense sunlight to protect the eye from ultraviolet radiation. Unfortunately the brown pigment is so thick that it hides the spokes radiating outward from the pupil like a wagon wheel by which one determines body constitution integrity.



By examining the iris photo to the left, one can easily tell the strong body constitution on the left from the average body constitution on the right. The spokes of the strong body constitution will be: 1. straight and without waviness; 2. very close together; 3. and will produce a light color of white to light gray. The weaker body constitution will be indicated by: 1. wavy lines; 2. lines spaced further apart with dark spaces in between; 3. and the darker the color blue and fewer and more irregular the lines, the weaker the body constitution.



In any discussion about body constitution I like to tell the story about how the Romanian Gypsies, who are renowned for their horse and equine knowledge, determine the quality of a horse's body constitution. They look for "fire" in the horse's eye, and then walk around behind the horse to pick up the tail and examine the anal sphincter muscle. If the muscle is firm, tall, and without aberration, it indicates a strong body constitution. I've never tried to correlate the similarity with the human backside, but I can assure anyone from the personal experience that I have as a colon therapist that hemorrhoids go hand in hand with an average to poor body constitution.

That having been said, you now know enough to decide on your own body constitution's integrity. If it is average to poor, you need to know—and implement— everything written in this book for the rest of your life if you intend to live a long and healthy life.

Those of you who are fortunate enough to have a strong body constitution need to be aware of several very important points. It takes a very high level of toxicity for the strong body constitution to manifest sickness and disease with the result that this type of person travels through life paying very little attention to their personal health. When the strong body constitution person becomes sick, they are usually so sick and so unfamiliar with their body that health is not easily—or very often—restorable.

The individual with an average to weak body constitution registers imbalances very early on in childhood and throughout life, forcing them to become aware of their health and how to produce and maintain it. They will frequently go in and out of balance, and often become quite sick if they don't learn and implement natural health measures by mid life.

If you do have a strong body constitution, your body will respond very quickly—and often very violently—to detoxifying efforts such as fasting or any other detoxifying substance that produces a Healing Crisis or Herxheimer Response. No-one that I have ever known, read about, or guided as a Naturopath has ever suffered permanent or long term damage from a healing crisis. Once that particular situation begins, just do what your body tells you to do: rest, drink lots of water, and don't eat until you feel like eating again ... even if it's 30 days later.

The average to poor body constitution takes longer to build up enough energy to throw off the toxic accumulations of the years, and it can be very frightening to those unaccustomed to getting worse before they get better ... or feeling old pains and problems arise that they thought were long gone. It must be kept in mind that the body “backs up” when restoring health. It goes back through problems it had at earlier and earlier points in time as it restores health to those areas.

Natural healing begins in the head. The feet and extremities are the last to heal. Internal organs heal first; external organs such as the skin heal last. You know you are having a Healing Crisis when the first thing you feel after implementing healing procedures is a headache. Strong body constitutions heal quickly; weak body constitutions require much longer efforts. The pathway to health is also a pathway to personal courage and belief in the magnificent miracle of the physical body.

Part II.

BALANCING STRESS

More-sensitive souls have a greater problem with stress than those who are coarse, thick-skinned, egocentric, forceful, loud, and otherwise obnoxious. Sensitive souls need to stay away from these types. Often enough they don't ... sometimes even choosing them and it makes me wonder: “Is Planet Earth some sort of a toughening-up exercise?” The answer is undoubtedly yes, but that's a subject for the study of the Soul.

Business executives and independent businessmen, as well as housewives who have children plus a job, all carry levels of stress that can prove harmful if they don't take the time and make the effort to balance their stress. I used to think that too little stress was as harmful as too much stress, but after watching closely a number of elderly friends who do next to nothing and live healthy lives into their nineties I begin to wonder. The key to their balance seems to be:

1. They eat very little, but very intelligently.
2. Their minds are active and engaged in activities they enjoy.
3. They exercise only minimally: playing golf, gardening in spring, summer, and fall, and walking perhaps a half mile to a mile a day indoors and outdoors at other times.

Those individuals who need the most change are those who carry their stress all day and bring it home with them at night. The most effective methods of implementing this type of balancing change are through exercise and/or meditation.

Long term stress can lead to an exhausted physical state, particularly in those whose body constitution is not strong. The immune system is often barely functional and the body highly susceptible to infection and inflammation regardless of the name of the condition. Please remember as you read this that *each item discussed is only a part of a total body regeneration program*. Vibrant health is a lifelong avocation. Even at best, the human mind is very slow to learn ... and easily forgets over time.

BALANCING STRESS IN THE BODY**Exercise**

Exercise is a body purifier. *Strenuous mental activity produces carbon dioxide which builds up in the blood and creates the feeling of tiredness and exhaustion.* The last thing one wants to do is go for a walk, run, or climb on a treadmill in order to raise the heartbeat, blood flow, and movement of air through the lungs after a long day of mental exertion. It takes a large effort of will to get started, but the end result of cleaning carbon dioxide from the bloodstream is a totally refreshed feeling for the physical body as well as the psyche.

When I worked as a sales executive and the clock finally made its way to quitting time at 5:00 o'clock, all I wanted to do was collapse and have a drink—which would have been fine had I not had night school to attend two hours later. By forcing myself to jog not too strenuously for a mile or so, working up a sweat and breathing heavily, I could eat dinner and go to night school totally refreshed and with a clear, attentive mind for another three hours.

Another important aspect of exercise is to attempt to do it outdoors whenever possible. Research has shown the essential requirement of the physical body to be exposed to full-spectrum light periodically in order for the endocrine glands to remain in balance. That means simply being outdoors under an open or clouded sky. One does not have to be looking directly at the sun; full spectrum light is everywhere—even indoors to a certain extent—but the ultraviolet portion of the light spectrum is partially blocked by glass. That means removing eye glasses when exercising if they are made of glass. Plastic allows UV radiation to pass through ... which is why greenhouses function best with plastic coverings.

The physical body does not need a lot of daily exercise to remain healthy, as long as the intake of food is high in quality and low in quantity. Body movement of all limbs is what's most important. If there is a lot of physical activity, it must be kept in mind that the by-product of muscle activity is lactic acid which must continually be eliminated from the system just like the exhaust fumes must be eliminated from a car. The lymphatic system works with the cardio-vascular system and muscles to clear the byproducts of cellular metabolism from the body via the lungs, liver, kidneys, bowels and skin. Regular bowel movements (preferably on a daily basis) are essential for normal health and this function is facilitated by using flax seeds, ground flax seed meal, Chia seeds, rice bran and other forms of bran taken on a daily basis.

Certain simple stretching exercises of the back and legs are essential for average to poor body constitutions, or those exerting themselves on a daily basis, in order to maintain the flexibility of the skeletal structure. Otherwise blood flow and the flow of nerve energy is impaired. This is particularly evident in the number of lower back problems peculiar to those standing still while working, or working hard physically for hours at a time. I have yet to see a lower back problem that didn't respond to daily back stretching exercises for at least 20 minutes a day. There are plenty of illustrated back exercises freely available on the internet so that I don't have to take up space with them here.

Lower back problems may take as long as three months of effort to rectify, but once the vertebrae and discs are freed from their constant tension, one can get by with shorter periods of stretching several times a week. Anyone with chronic lower back problems needs daily periods of rest from exertion due to body constitutional limitations *which cannot be changed*. Too many dead athletes have tried to extend themselves beyond their body constitutional limits, only to find too late that certain things like genetic cellular integrity just cannot yet be changed. Discovering one's limitations—and one's unique talents—are crucial realizations on the road to mastery.

Pathway To Health Part II, Balancing Stress

Depression and *Rhodiola rosea*

Because I myself don't have a particularly strong body constitution, and do enjoy hard physical exertion, I have had to discover the value of certain tools that enable me to function well under this type of stress. These tools have been my constant companions for the past forty three years since I turned thirty. I consider them to be invaluable health healing tools. They are:



A powerful vibrator such as is used in Chiropractor's offices. Image shown to the right.



A tool known as a Ma Roller, shown to the left, originally designed by Great Earth Natural Healing in Montpelier, VT—since gone out of business, but still available through various internet outlets under the same name made out of the same polished maple hardwood. Sellers have instructions as to how to use one. I find that I don't need to use it all the time—perhaps three or four times a year, particularly after long periods of hard exertion, and in conjunction with the vibrator.

And finally, for those who don't have a well-formed, 18-inch long bowel movement daily, a series of colonic irrigations are in order. Bowel health is absolutely essential for a vibrant level of health and colonic irrigation machines are the easiest, safest, most efficient way to accomplish this remedial procedure. From my own experiences as a colon therapist, I would say that 80% to 90% of the North American colons of middle to older aged persons need this kind of therapy at least for one series of 6 to 9 sessions taken a week or so apart. After that, the daily attention to dietary fiber (rice bran is best) and a periodic intake of a pro-biotic (three times a week) will maintain proper colon health. For those who can't afford colonic irrigations, or find no therapists locally, a series of self-administered high-colonic enemas using a drug-store enema bag will prove more than adequate. See Appendix A for details under Fasting and Enemas.

Depression and *Rhodiola rosea*

We have the Russians to thank for the detailed and carefully researched knowledge of this wonderful herb which grows wild in remote mountain meadows just below the Arctic Circle of Siberia, Scandinavia, and Mongolia. The root is the most valued part, having a rose-like aroma and growing a multi-stemmed stalk with yellow flowers.

It seems odd that one herb can positively affect so many things in the body without causing any serious adverse reactions, but it has proven to do so over hundreds of years in areas where modern medicines were as unheard of as *Rhodiola rosea* is to the modern medical world. In the old-time herbalist's lingo, *Rhodiola rosea* would be classified as an alterative, antibiotic, antioxidant, astringent, detoxicant, stimulant, sedative, aphrodisiac, and tonic. To simplify its multi-functional nature into a single category, the Russians classified it with a new name: "Adaptogen", because its primary functions seems to be the restoration of balance to nerves and organs that are either over-active or under-active.

Rhodiola rosea was only one of a number of herbs Russian scientists dubbed as adaptogens and utilized to bolster the stamina of their troops under conditions of extreme duress and prolonged stress which characterize all states of armed conflict. The results of their research were kept top secret for many years during the Cold War, but the carefully researched findings were not confined to military applications alone.

Russian astronauts were found to perform with higher mental capacity and acuity when taking these adaptogens—the most effective of which turned out to be Rhodiola rosea. Dr. Victor M. Baranov of the Institute Of Medical And Biological Problems researched and tested a combination of these adaptogens which included Rhodiola rosea, Eleutherococcus senticosus (Siberian Ginseng), and Schizandra chinensis in an effort to combat psychological and physical deterioration under conditions of extreme stress. Dr. Baranov's tests proved conclusively the effectiveness of the formula ... and also that the formula was most effective in those individuals who were the most emotionally unstable and who had the least resistance to long-term stress—in other words, *those who had average to poor body constitutions*. The formula's double-barreled effect on both physiological and mental/emotional conditions made it ideal for situations which astronauts face. It was not made public, however, that astronauts used these adaptogens until many years later.

As early as 1970, the Soviet Ministry of Health tested adaptogens for their effect on Olympic athletes. They quickly discovered that Rhodiola rosea stimulates the production of ATP (adenosine triphosphate) and CP (creatine phosphate) in addition to raising the level of RNA and DNA in muscle cells. It thus not only increases cellular energy, but increases the capacity for cells to recover and repair themselves after heavy stress loads. It was also discovered that Rhodiola rosea produces the same result in sports applications as steroids, but without the negative side effects. Since adaptogens are not “steroids” they were not identifiable as such in blood tests, and even if the Olympic committee knew about adaptogens, they did nothing about them, thus giving the Russians no small advantage in stamina and clearer thinking.

It was not until after the cold war had ended that research on Rhodiola rosea and other adaptogens was released from its classified status. Even then, the information was written in Russian and not available to most of the world because of the language barrier.

It was Russian plant biochemist Dr. Zakir Ramazanov who, through a series of unlikely events, brought Rhodiola rosea and adaptogens to the attention of the English-speaking population. He had first used Rhodiola rosea in the Soviet army as an officer in charge of a unit of soldiers in the mountains of Afghanistan in 1980. A comrade shared some Rhodiola rosea tea with him on a regular basis and he found that it improved his stamina noticeably as they tramped through snow and over high mountain passes loaded with full complements of food, gear, guns, and ammunition—and accomplished this on little more than four hours of sleep a night. I would certainly say that this herb qualifies as a Stress Balancer ... *as long as the body constitution is able to handle the additional stimulation*.

Enter now Dr. Richard Brown, M.D., who is a “Psycho-pharmacologist” and an expert in alternative medicine. He was also at this point in time an associate professor of clinical psychiatry at Columbia College Of Physicians in New York City with private practices in psychiatry and psychopharma. His wife, Dr. Patricia Gerbarg, M.D., was at the time an assistant clinical professor of psychiatry at New York Medical College.

In the early 1990's, Pat began to notice she was having joint pain that slowly became worse, spreading into tendons and muscles. She began losing strength and finally reached the point where any movement at all was unbearable. She joked that hers was the only psychiatrist's office where the patient sat in a chair and the doctor lay on the couch!

She consulted numerous other doctors and, as you can imagine, being among the best medical facilities in the world, had every test that medical science had invented ... only to find no concrete evidence of a specific

problem! It was most certainly a profound lesson in the limitations of man's knowledge—to say nothing of her opinion of her own medical profession. As she says, she learned what it's like to be a patient with a doctor who doesn't really believe the patient is ill. As a result of her own sickness, her view of the medical profession changed, as did her faith in conventional medicine.

She suspected it might be Lyme disease, but all tests for Lyme turned up negative for Lyme. As is now known, the standard blood tests for Lyme disease are often totally inaccurate. Finally, one doctor assumed she had Lyme disease based on her symptomology alone, put her on an eight-month-long antibiotic program, and she felt considerable improvement, but only about a 25% improvement ... not a real testimony for state-of-the-art medicine!

Pat's husband, Dick, during a session with a patient of long-standing depression, was surprised to find the patient suddenly considerably improved. He told Dick that he had picked up an herb called Rhodiola rosea in a health food store and had experienced a very rapid mood improvement ... an event which Dick considered could well be a placebo effect since placebo (a blank pill) can many times produce a 35% to 40% change in condition. However, a few months later, another patient reported the same results with the same herb.

He immediately began to look into Rhodiola rosea and felt comfortable enough with the Russian research to feel that there was no danger in recommending it for his wife to try. Russian research had shown no serious side effects in the use of Rhodiola rosea even when taken in larger quantities than the normal 100mgs to 400mgs a day. Patricia claims that within ten days of taking Rhodiola rosea, her memory improved. After several months, she felt she could dance again. Even at that, she did not return quickly to the Patricia of pre-Lyme disease days. But when a person is in their mid forties or early fifties, things do change slowly ... especially when one has the stressful load of raising a family while at the same time functioning as a professional Physician.

From the viewpoint of others who have struggled valiantly to recover from Lyme disease, Fibromyalgia, Epstein Barre syndrome, and Chronic Fatigue syndrome, I would venture to guess that Patricia had a number of other positive factors influencing her rapid response in addition to the Rhodiola rosea ... factors like a strong body constitution, a health-inducing diet, extended treatment with antibiotics, and no small amount of psychological support. My experience as a Health Practitioner has been that major efforts of detoxification, dietary change, treatment with hyperbaric oxygen chambers, and additional treatment with highly concentrated herbal extracts such as Samento, Artemisinin, Echinacea, and Carnivora (and now the recent additions to our natural materia medica of ACS 200®, ACZ nano®, and MMS) are also essential adjuncts to the healing process over a lengthy period of time depending upon how deeply embedded in the body's cellular structure the condition is.

However, if one is in reasonably good health but slightly overwhelmed by one's situation in life—or even by the negative pressures of life itself— Rhodiola rosea will help you feel your inner powers and make you want to take charge of your situation no matter how bleak or how much effort is necessary. It's like a will-power activator, influencing the mind first and the rest of the body as a result.

Again, it is important to realize that Rhodiola rosea is most effective in conditions of minor imbalance ... of acute inflammation, infection, pain, psychological depression, etc.. This is no reason to not use it in cases of chronic degenerative disease, but it should be remembered that it is only part of a whole healing, regenerating regime. It has, for example, been found to be effective in alleviating the stress of cancer chemotherapy, thus making the treatment more successful.

Since the Russians first started working with adaptogens 50 years ago, their research has shown that Rhodiola rosea has some rather astounding characteristics:

1. As to mental faculties, it increases mental acuity and memory; alters states of depression; increases the electrical capacity of the brain; and reduces mental stress and fatigue.
2. As to the physical body, it increases physical stamina; stimulates ATP and creatine phosphate synthesis and glycogen synthesis in muscle and liver tissue; increases muscle protein synthesis and anabolic activity similar to steroids, but without the side effects.
3. As to cardiovascular health, it reduces or prevents cardiac damage resulting from stress. It also prevents certain types of arrhythmias through its action on mu-opiate receptors in the heart itself.
4. As to sexual performance: in the male, it improves erectile dysfunction and alters premature ejaculation—even long-standing conditions—and normalizes prostate secretions. In the female, it improves female sexual desire, arousal, and the capacity for orgasm ... and performs all of the above without side effects.
5. As to fat metabolism, it activates the lipolytic fat metabolism processes and increases the release of lipids (fats) from fatty tissues.
6. As to its anti cancer capacities, it reduces damage to the liver caused by chemotherapeutic and other drugs while at the same time seeming to enhance their actions. It reduces cellular free radical damage through its powerful antioxidant properties. Most importantly, it reduces the incidence of chromosomal mutation and promotes the activity of polymerase thus improving damaged DNA repair. Thanks to modern methods of research, we can now expand ancient herbal terminology to include the categories of: Antimutagenic, Anticarcinogenic, and Antimetastatic ... which means “to stop cancer from spreading”.
7. As to the endocrine glands, any substance which enhances the body’s ability to combat stress would also have to affect in a positive manner the entire endocrine system: Pineal, Pituitary, Thyroid, Thymus, Adrenals, Gonads ... plus what I know as the secondary endocrine glands: the Liver, the Pancreas, the Spleen, and the Kidneys. Research (Saratikov and Krasnova, 1987) shows positive effects to the Thyroid without producing hypertension; stimulates the anti-aging capacities of the Thymus, and increases the Adrenal glands’ reserves. I personally feel that this is due in no small part to the Flavonoid content of Rhodiola rosea—an element which most research has overlooked, but which I feel is probably one of the most important synergizers of the herb’s total effectiveness.

Dr. Richard Brown, in the book *The Rhodiola Revolution*—which he wrote as a joint-venture with his wife and Dr. Ramazanov—describes how he has used Rhodiola rosea in his private psychiatric practice with positive results in the following conditions:

- As a supplement to antibiotics in Lyme disease.
- As a supplement to Parkinson’s disease treatments.
- For traumatic head accidents where there is potential brain damage.
- For stroke victims.
- For Attention Deficit Disorder.
- For Depression and Dyslexia.
- To increase athletic endurance.
- To restore sexual vigor and interest for both males and females.
- For heart disease and arrhythmias.
- For a high blood pressure.
- As a broad spectrum mood booster for psychological disorders.
- To increase the chances for feminine pregnancy.
- To stabilize premenstrual syndrome problems.
- To balance menopausal symptoms.

This is quite an array of effects from a single plant—effects which seem to be optimized only in *Rhodiola rosea* which is one of at least ten species of *Rhodiola* plant. Obviously, there is more that we don't know about phytochemistry than is known today!

Fortunately, *Rhodiola rosea* with its rose aroma makes for an easily-swallowed beverage. Despite the fact that exposure to air and sunlight can affect, for example, the many synergistic elements that make up the vitamin C complex in herbs, and heat above 118° can denature enzymes and bioflavonoids—and thus the synergistic effect of many vitamins—many of the phytonutrients do not seem to be adversely affected. *Rhodiola rosea* retains a high level of effectiveness in its tableted, capsulated, or liquid extract form.

Keep always in mind that treatment of any disease condition is strictly secondary to treating the whole person, and body detoxification along with proper kinds of nourishment are essential parts of the process.

Maca Root Powder

Here's another very ancient herb that everyone today, particularly those over 50, should include in their daily stress balancing program. It is an adaptogen very much like *Rhodiola rosea*, but with a slightly different emphasis and end result. Even small amounts of Maca Root powder on a daily basis will end the need for Viagra® or Cialis® for men ... and consequently the side effects of these drugs as well. It not only works to balance male endocrine gland functions, but works the same way with women's endocrine systems. It has no side effects since it is basically a food, but it is a very powerful food and, like anything on earth that is highly beneficial, can work like a two-edged sword. It stimulates ... and it depresses. It all depends on the body constitution as to how much any one individual can take, and that has to be decided through the use of trial and error and restraint.

Maca is a unique root tuber with usage dating back to the mid 15th century. Natives of the high Andes Mountains ate it raw, cooked, or boiled and it became a staple in their everyday diet. The rough terrain of this region made it difficult to cultivate food so most of the communities' diet was dependant on plants and herbs that grew wild on the surrounding mountain slopes and valleys. It resembles a radish and is actually a close relative as well. The growing conditions are very specific and it will only thrive in the glaciated slopes of the Andes with a prime elevation of 12,000 to 15,000 feet above sea level.

Currently the country of Peru is heavily subsidizing and studying the benefits of this root and several reports from educational and scientific institutions have shown significant (120-200%) increases in sexual endurance, physical stamina, adaptability to stressful situations and an increase in both the number and activity of spermatazoids (sperm). While this information has not been thoroughly reviewed or studied much outside of Peru, the users' testimonies for the last several years are notable.

Nutritional analysis of Maca Root shows it to have natural sources of B vitamins and a naturally-occurring Vitamin C complex ... the latter of which is probably the main reason the locals who eat Maca Root daily don't have the cardiovascular problems North Americans do. There are four novel alkaloids which appear to be responsible for activating hormone regulators located in the brain that in turn regulate the metabolism of calcium and phosphorous in the blood. The dry root of Maca averages out at 11% per gram of bio-available proteins; is rich in balanced, naturally-occurring carbohydrates including fructose for energy; and contains over 20 fatty acids. Maca contains adequate daily supplies of magnesium, calcium, selenium, silicon, phosphorous, manganese, iron, zinc, and copper. Copper is a major enzyme activator for all vitamins, particularly the synergistic relationship of the elements constituting Vitamin C complex: ascorbic acid, bioflavonoids, the P factors, the K factors, the J factors, and tyrosinase.

Those who take it regularly say it increases energy and endurance; improves sexual function in men as well as women; reduces hormonal dysfunction during menopause and andropause; can regulate hormonal imbalances; helps to alleviate depression by giving a sense of well-being; speeds wound healing and tones the circulatory system; has antifungal, antibacterial, anticarcinogenic, and antioxidant properties; and is an alternative to steroids in helping to build muscle.

The comments below come from <http://www.macaroot.com/> where Maca Root can also be purchased in powder, capsule, or extract form.

Gabriel Cousens, MD, practicing internal medicine in Patagonia, Arizona, says, "Whenever possible, I prefer to use maca therapy rather than hormone replacement therapy because HRT actually ages the body diminishing the hormone producing capability of the glands. Maca has proven to be very effective with menopausal patients in eliminating hot flashes and depression and in increasing energy levels. They find the right dosage level for themselves. Sometimes I have started the patient on maca treatment with a half a teaspoon of powder or three capsules a day. In some cases I have raised the dosage to a teaspoon or six capsules a day for full effectiveness."

Henry Campanile, M.D., offers adrenal balancing Maca root to his patients. In keeping with its mode of acting through the hypothalamus and pituitary, Maca has a balancing and nourishing effect on the adrenal glands. Dr. Campanile, a 50-year old specialist in internal and family/complementary medicine practicing in St. Petersburg, Florida, relates the following: "I happen to have been born with one adrenal gland just like my father. I started taking cortisone in my late twenties to relieve the fatigue which I was already feeling. Knowing the dangers of long term cortisone use, I looked around for an alternative, and this circumstance is what got me interested in complementary medicine. I started using pregnenelone about 10 years ago and it has been fairly satisfactory. But one of my patients told me about Maca, and I started taking it about a month ago. It is phenomenal! I haven't felt this good since I was 20 years old. I have so much energy and look so well, my patients have remarked on it and told me how rested I seem. I've got so much energy now I've started an exercise program."

After trying it out on himself, Dr. Campanile began using maca with his patients. "My first patient to take the maca capsules was experiencing hot flashes and other menopausal symptoms. She started feeling much better after using this herb for only four days. I'm also employing it with patients who have low adrenal function."

Another Peruvian pioneer in the therapeutic application of maca integrated into a modern medical practice is Jorge Aguila Calderon, MD. An internist, Dr. Calderon is former Chief of the Department of Biological Sciences and Dean of the Faculty of Human Medicine at the National University of Federico Villarreal in Lima. He prescribes maca for a wide variety of conditions including osteoporosis and the healing of bone fractures in the very elderly. "Maca has a lot of easily absorbable calcium in it, plus magnesium, and a fair amount of allies which we are finding very useful in treating decalcification of bones in children and adults."

Along with prescribing an excellent diet and certain lifestyle changes, Dr. Calderon has helped patients with male impotence, male sterility, and female sterility by employing maca therapy. Additional problems he treats with maca are rickets, various forms of anemia, menopausal symptoms such as hot flashes and night sweats, climacteric and erectile difficulties in men, premature aging, and general states of weakness such as chronic fatigue.

Dr. Gloria Chacon isolated four alkaloids from the maca root and carried out animal studies with male and female rats given either powdered maca root or alkaloids isolated from the roots. In comparison with the animal control groups, those receiving either root powder or alkaloids showed multiple egg follicle maturation in females and, in males, significantly higher sperm production and motility rates than control groups. Dr. Chacon established that it was the alkaloids in the maca root, not its plant hormones, that produced fertility effects on the ovaries and testes of the rats. These effects are measurable within 72 hours of dosing the animals, she offered in a recent telephone interview from Lima, Peru.

Through the experiments, she deduced that the alkaloids were acting on the hypothalamus-pituitary gland, which explains why both male and female rats were afflicted in a gender-appropriate manner. This also explains why the effects in humans are not limited to ovaries and testes, but also act on the adrenals, giving a feeling of greater energy and vitality, and on the pancreas and thyroid as well.

Implications of Dr. Chacon's discovery of the pituitary stimulating effects of maca are enormous. What it appears to mean is that hormone replacement therapy, even the natural varieties, will no longer be the gold standard for optimizing a holistic point of view.

Burton Goldberg, President of Alternative Medicine Publishing in Tiburon, California, whose latest book is "An Alternative Medicine Definitive Guide to Cancer" is another enthusiast of maca. He says that when he tried maca he was very pleased with the results and began taking it regularly. "I'm a 72 year old man and this maca has taken 25 years off my ageing sex life," he declares. "That's pretty important to me!"

Dr. Garry Gordon is concerned about reproductive problems in today's world. "Society faces a huge problem of dropping sperm counts and sex hormone difficulties. But maca promises a nontoxic solution with no downside effects. It's a therapy that appears to offer men and women the chance for hormonal rejuvenation," concludes Dr. Gordon. "We currently live in an era in which almost everyone will be doing something to deal with the hormonal consequences of aging. And Maca is now readily available." Dr. Gordon takes Maca Root daily in his F.I.G.H.T health drink. Go to his website www.gordonresearch.com for complete details on his health drink and FIGHT program.

In Scotland, Maca is being touted as a natural aphrodisiac as the Female Viagra. The liquid extract is said to be of benefit in boosting the libido of both sexes but of particular value to females. Harvested 13,000 feet up in the central Andes, the herb was considered so potent that the Incas confined its use to their royal family. After almost becoming extinct, the plant's properties to improve sex lives and fertility are again being seized on in the wake of the world-wide Viagra® craze.

Another American doctor who has recently begun to use maca therapeutically for some patients is from New Rochelle, New York. Dr. Harold Clark, MD, who utilizes chelation therapy and ozone therapy in addition to herbs, vitamins and minerals in his practice, stated, "I'm amazed at how fast maca worked on two patients that I have been concerned about for some time." He described one patient as 55 year-old Mary T, a postmenopausal, woman. Mary had numerous health problems including somewhat elevated blood sugar, hypertension, atrial fibrillation, and hypomagnesemia. She had been acutely ill for two months with osteomyelitis and generalized sepsis. Unable to work, she was suffering from great fatigue and depression and feeling 'worse and worse' each year. "Within just four days of taking the maca capsules, Mary went through an enormous turnaround," said Dr. Clark. "She has gone out to shop in the stores; she's cleaning her house; she feels strong and vigorous; and her depression is gone."

A WORD OF CAUTION from Fran Kerr, founding editor of High On Health: “I’ve been talking a lot lately about maca root powder and how I think it has helped my skin heal a lot. You also might have read how over the Christmas period I had extremely bad PMT which lasted for over two weeks. I suffered from depression, anxiety, headaches, insomnia and had a really bad acne breakout. At the time I thought I was just unlucky that month and that the PMT symptoms were due to a large amount of stress in my life. Yesterday, I learnt that this PMT, emotional state and massive breakout were actually due to the amount of maca root powder that I was taking.”

“Be careful with maca, there is such a thing as too much too soon. I read a forum posting on the net today, and my herbalist confirmed it. Maca root actually can exasperate your hormonal symptoms and make them worse. It’s also an energy booster so this is why I was feeling like my heart was beating faster all the time, I felt a heap of stress and I couldn’t sleep at night. In fact, my herbalist is not a fan of maca and does not recommend it. The only reason he agreed that perhaps I should continue to take it was because for the past week with continued use of the maca, my skin has started to clear, I’ve been happy all the time and not anxious or depressed at all. In other words, maybe my hormones have finally balanced out. Maybe it’s from the maca, or maybe not. He suggested that I keep taking it because it’s working, but if I experience the crazy PMT and mood symptoms again, that I should immediately stop taking it.”

“I’ve been taking the full recommended dosage - four capsules a day. I’m going to try halving that and taking only two capsules to see if it makes any difference. Maca is really helpful for people with low libido and low energy and is great for women going through menopause. I don’t have either of those and I’ve read that women who just want to control their PMT can take a lower dose, so I think I should be okay with just the two capsules. I just want it to help keep my hormones balanced.”

“If you are going to start taking maca powder, I urge you to **start slowly**, because chances are the same thing will happen to you. The aim here is to make your skin clear and balance your hormones. If you take a lot of maca root (a lot is actually the recommended maximum dosage on the bottle) then you are likely to get a massive breakout like I did, and the mood disorders that go with it. Start really slowly. For the first two weeks I’ve even advise you to quarter the maximum dosage. Then after two weeks, and only if you feel you need it, slowly up the dosage.”

“I’ve read some advice by a maca manufacturer on the net which sounded quite good. They said to have some days off from the supplement. So for every week have one day off, for every 2 weeks have 2 days off, and for every 2 months have 2 weeks off. This is just to make sure you keep it all in moderation. To be honest, I don’t like the idea of being on any supplement for ever so I don’t plan to be on it for that long. I’m going to give it a couple of months, then go off it and see if it makes a difference.”

And I concur with Fran’s statement in the above paragraphs to give your body periods of break from supplementation primarily to test your response. Do you feel better the next day? Worse? What is your body telling you? Physical bodies speak through the sub-conscious mind—which can be read using intuition—and through changes in energy level and pain.

During the days of Spanish colonization Maca Root was considered to be so valuable that it was used as a form of currency. Used cautiously today, it can be a currency assuring your balanced health and sexual enjoyment into older age.

BALANCING STRESS IN THE MIND Meditation

Back in the late sixties nobody had any idea what the term “meditation” meant, and it was a word only associated with some locally-called “crackpot guru” from India named Maharishi Mahesh Yogi. No one ever imagined that he would hang around on the Planet as long as he did or give the word meditation such a universal appeal and meaning.

Actually, the Maharishi was not the first guru to bring meditation to North America. He was preceded by an even more mystical and spiritual individual from India named Paramahansa Yogananda. Yogananda's "calling" was to try to bring Christianity and Hinduism closer together. He traveled all over North America teaching courses in meditation and giving lectures, and finally established the Self Realization Fellowship in Los Angeles which is still active today, despite Yogananda's passing years ago.

My introduction to spirituality began the day my mother-in-law, Helen Bendelari McAlpin, handed me a copy of Yogananda's book called Autobiography of a Yogi saying she thought I might enjoy it. It just so happened that at that particular time we were vacationing at the family's summer cottage on Brandreth Lake in the Adirondack National Park. Since I had nothing better to do than sit in the sun at the edge of the lake with not a sound to break the silence, I started to read and was soon engrossed in one of the more unusual experiences of my life. Yogananda's life was like no other life that I had ever heard of before or could even imagine.

A series of mystical events from early childhood dictated his path as a spiritual teacher and he was soon describing the comings and goings of his own spiritual teacher as the man appeared before him instantly in full bodily form and then disappeared from sight when the lesson was finished. I had a very difficult time believing what I was reading, but the inherent possibilities sparked my very vivid imagination and prompted me to search further for similar first-person experiences. I quickly discovered that there was no shortage of books written in the first person describing more than just a single mystical experience, but rather entire lifetimes of them. Life began to take on increasingly interesting proportions as I realized that reality was far more flexible than I had previously imagined. I also realized that one only finds what one is looking for.

At the end of the book there was an advertisement for a 52-lesson course in the Hong Sau and Kriya Yoga meditation techniques, one lesson a week, which I subscribed to and followed diligently over the period of the next year. It was at first a very disappointing experience because I was told to look for some rather unusual inner events and nothing ever materialized. I felt that perhaps there was something wrong with me or that perhaps my consciousness was more like a stone than a sponge. Over that year's period, however, my life took on some very radical alterations. I found myself increasingly dissatisfied with the large amounts of money I was earning as a salesman, increasingly dissatisfied with my marriage, and increasingly dissatisfied with myself. My motives appeared entirely too selfish and my actions too reactive. I was decidedly not the "cool dude" I had thought I was as a result of my financial success.

It took almost five years before I could look back down the path I had traveled to discover what had really happened to me. The Kriya Yoga and Hong Sau meditation techniques had shifted my point of perspective from the mind upward to the Soul. I can only liken that experience to the perspective of an airplane pilot looking down on the land below for the first time. No other words can describe the experience. I was beginning to think for myself and about myself from a highly objective point of view. It was also the beginning of my development of an entirely new "belief system" ... the first step on the journey into the unknown and uncharted waters beyond what we know as reality on Planet Earth. The journey started for me that summer of 1970 when I was 34 years old. It has never ended, and becomes more and more fascinating and enthralling year after year.

I heartily recommend and endorse the Self Realization Fellowship's meditation courses. You can find them on the Internet at www.yogananda-srf.org/lessons/index.html and they are located in Los Angeles, California.

Further to the process of meditation and its effect on the mind/emotions/body matrix, there are certain procedures that I have found personally helpful in balancing all these energies together. When sitting with spine direct and breathing deeply and slowly, if one moves the eyes upward as though attempting to focus on a point

at the center of the forehead between the eyebrows, research using EEG has shown that this position of the eyes produces an Alpha wave state in the human brain which is a brain wave state best described as being at rest. It's interesting to note that as long as the eyes are held in this upward-looking position, the mind/brain is at rest yet still very much alert. It is much easier to "still" the mind/brain in the Alpha wave state for a minute or two. Practice will increase this period of time until stillness becomes an almost automatic and continuous state of mind.

It is a much preferred state over the previously uncontrolled state in which a "music tape" plays like a looped song over and over, and thoughts never end as the eyes constantly seek out new things to react to. The untrained undisciplined mind craves constant noise like the radio or TV never turned off. Only when one finds oneself firmly planted in this Alpha state of peaceful calm does one notice everyone else constantly talking to each other, talking on the telephone, gossiping and making small talk, or anguishing over the newest latest problem—and all because they can't stand to be alone with the silence of stillness. Meditation slowly moves one upward into a new world of increased awareness and perception.

When meditating for more than five minutes, the active imagination always seems to take over, killing the Peaceful Pilgrim's reverie. *Note this: nine times out of ten one's eyes have dropped down from the raised, eyebrow-focused position thus reactivating the mind to its petty rounds of distraction and normal daytime consciousness. Raise the eyes and stillness and calm relaxation are quickly restored.* Sleep is only possible—and is usually inevitable—as soon as the eyes are removed from their upward-looking position. Using this technique of lowering my eyes, I can put myself to sleep within 30 seconds regardless of my level of discomfort.

Silent, still, vigilance is the training course for the mind. Over months and years of training—even done intermittently during highest times of stress—the human soul begins to take charge over the endless restless machinations of the mind, the fiery explosions of the emotional body, and the indulgent excessive desires of the physical body. As The Eagles said it in song better than I:

It's just another day in paradise
as you stumble to your bed.
You'd give anything to silence
those voices ringing in your head.
You thought you could find happiness
just over that green hill.
You thought you would be satisfied,
but you never will.
Learn to be still!

Breathing

How many times have you heard someone say that they "breathed a sigh of relief" about some event that turned out better than expected? I never thought much about the saying until one day when I was encountering my usual frustration with some mechanical thing that refused to do what I wanted it to do and my wife said to me, "Why do you always sigh so heavily like that?" I had no ready answer, but over time I have come to realize that heavy sighs are a frequent characteristic of my daily life—particularly when my mental energy is highly focused for any lengthy period of time. The more I became aware of it, the more I have used it as a very effective way of balancing a very high level of energy and its associated stress.

Breathing exercises are an integral part of any meditation training program, and the end result is a programming of the sub-conscious mind as to its overall effectiveness in calming all physical energies. The natural human tendency is to revert to very shallow breathing when the mind is intensely focused or concentrating and the body is very still ... *and that is exactly what should not be happening*. The mind creates carbon dioxide as a result of its intense activity, and the only way to get rid of that CO₂ waste is via the lungs and breathing. If a fresh supply of air is not kept flowing through the lungs constantly, the entire body begins to feel tired and lethargic. Shallow breathing is fine for the most part, but every now and then take in a very deep breath and let it out slowly. When you pause to think or contemplate some issue or problem, look upward with your eyes, thus putting your brain into an Alpha (resting) wave state and spend a minute or two breathing in and out very slowly and very deeply. This is very subtle, but far more effective for the desk-bound or computer-bound person than is quickly realized.

The best of childhood educators have always realized the necessity for exercise in the training of young, highly energetic minds in order to balance out their receptivity to learning. The most intelligent corporations will provide facilities and/or time for their employees to engage in periods of strenuous exercise for an hour or two in the late afternoon. But for those periods when strenuous exercise is not available, these short periods of deep breathing and frequent deep sighs of energy release will do wonders to keep the mind calm and centered on the task at hand.

Whenever you find yourself overtired, depressed or unable to get your energy moving, sit down, relax, and try five minutes worth of deep breathing. It works wonders.

EFT: Emotional Freedom Technique

Emotional Freedom Technique is a wonderfully simple yet highly effective technique for releasing emotional blocks at the sub-conscious level. The method I chose to learn was developed by Gary Craig and he gives a lot of credit to Dr. Roger Callahan for introducing him to the basic idea. You can learn the technique yourself, it's so simple, and you can even become an EFT practitioner as thousands have done all over the country and world. Go to www.emofree.com/eft-at-work.htm for more information.

- Do you personally have any issues with traumatic incidents in your life or PTSD— things you just can't get out of your head and they occasionally come back to haunt you?
- Have any fears or phobias like fear of being alone, fear of highway driving, fear of flying, fear of heights, or phobias like claustrophobia, bridge-crossing phobia, or public speaking phobia?
- Have a problem with anger management; childhood abuse; rape; road rage, animosity toward an associate or neighbor that won't go away?
- Feel depressed or suicidal?
- How about long-lasting grief, or chronic schizophrenia?

EFT can most probably help with all these issues. The more complex issues may need an experienced and trained therapist who can peel back the layers and get right to the heart of the matter, but anyone with serious emotional issues should start with EFT before spending a fortune on psychologists, psychiatrists, or medical advice.

BALANCING STRESS IN CHILDREN

Human physiology and basic body functions should be taught very early in our schools —beginning even in pre-school and kindergarten—along with some basic rudiments of nutrition such as the harmful effects of a multitude of things like candy, pop, and chemical additives to which the physical body has not yet adapted. We live in a world of Dualities—right and wrong, good and bad, helpful or harmful, positive or negative ... the dichotomies never seem to end. That is to say, *they don't end until we can see beyond them*. In the case of health and talented education, the first step is to realize this very important principle:

Every word a parent speaks to a child is either building or destroying that child's character.

This is easy to say and just as easy to overlook or forget in the busyness or stress of the moment. Just visit any shopping mall or food market and watch how parents handle their children ... small wonder that we have so many problems with adolescents and adults. In addition, the following is equally as important:

All direction or instruction given to a child should be accompanied by at least a brief explanation.

Even if one considers that the child is too young to comprehend the words, the tone of voice and the additional effort to care and to communicate build the child's trust and respect for parent as well as self respect for the child. One should always speak to a child as though he or she were a young adult. The assumption that a child has the capacity for adult intelligence seems to produce that result at a much earlier age.

Another factor that is very stressful to children is the fact that adults don't seem to give children's words any credibility. They don't *hear* what the child is really saying, but rather choose to override the child's needs and desires for the sake of their own. I see this happening time and again particularly during mealtime. It leads me to want to establish this rule:

If a child doesn't want to eat, or doesn't want to eat a particular food, don't force them to eat it.

A child can go for days with very little food as long as the food given is nourishing. That means a naturally grown food not sweetened with any kind of sweetener, and devoid of preservatives. The more fresh foods (not from a can or bottle) the better, even if they have to be puréed in a blender. Fresh fruits, particularly red grapes crushed or blended together for infants along with slightly watered down fruit juices are among the best of foods. Don't overlook several infant bottles a day of filtered water.

If a child is sick quite often and prone to infections, colds or flu, the child may either have a wheat allergy or the inability to digest cow's milk. That may diminish after age seven to ten. Use instead oatmeal for cereal and goat's milk if you can get it. Goat's milk is much lower in butterfat content than cow's milk and easier to digest, producing significantly less mucus in the child's system.

For any puréed food given to a child, add a level teaspoon of ground flaxseed meal freshly ground in a small coffee grinder for added fiber and mucilage. Flaxseed is highly nourishing containing almost all the vitamins and minerals the body needs daily. As an additional substitute for flaxseed meal, a level teaspoon of rice bran will provide nourishment and fiber for proper intestinal tract function. I would also personally add ¼tsp. of a good probiotic three times a week to ensure proper colon bacteria balance and immune system support.

When the child grows beyond puréed foods, I make a nut butter mixture out of almond butter, sesame Tahini butter, and natural unhomogenized unsweetened peanut butter mixed together in equal parts with several heaping teaspoons of flaxseed meal *plus* several teaspoons of rice bran. Add a little jam sweetened with sugar (avoiding all corn sweeteners) to several slices of multigrain or rye bread and you have a highly nutritious sandwich providing growth food for any active child.

Do your best to keep children away from pop, candy bars, soy products, corn sweeteners, and all but the best packaged cereals ... though being too strict or adamant can be more destructive than beneficial. It's what a youth does *most* of the time that is important. Keep in mind that children follow the example of their parents very easily ... especially where an occasional instructional reminder is the norm.

Having been brought up the son and grandson of educators of young men, I was given the very best of private school educational opportunities from age five on. I even grew up in a wilderness camp for boys each summer of my life from birth to age eighteen. It was an education all children should have ... were it only possible. But along the way I learned some important lessons in balancing stress in youths.

Being a very sensitive soul with only an above-average body constitution that did not permit extreme expressions of stamina, I was always better than most in sports and outdoor activities, but never excelled in sports that required strenuous exertion. My mental capacities were very much limited in the same way. In today's parlance I would no doubt be labeled as A.D.D. ... attention deficit disorder, but back then I was just known as a poor student. Information seemed to go in one ear and immediately out the other, and I found myself constantly daydreaming, looking out the nearest window, and being anywhere but present in the classroom. Fortunately, I had my father as my teacher in the sixth grade when I was twelve years old and I presented the problem of my lack of intelligence to him. For some reason his words went in both ears and stayed there, burned into my consciousness despite the fact that I did not understand them at the time. Through my tears of futility I heard him say: "Kit, don't be too concerned about it. You're no different than your father. It seems to take the Cain men years to mature and come into their own. *Just believe that you have a different kind of mind than everyone else.* Follow your heart, and your mind will take care of the rest."

Not for many years did I begin to understand what he meant by a "different kind of mind". Aptitude tests showed that I had great mechanical ability, labeling me as being perfect for a job as a maintenance man or janitor ... labels which did not help my self-esteem at all! Not until much later in my life did I see how practical and intuitive the mind of any talented maintenance man really is. It is a mind that can watch something done and have that knowledge forever. It is a mind that can pick out important issues from reams of trivial data. It is a mind that believes in the improbable and revels in the mystical. It is a mind that has no end of common sense answers to sophisticated engineering problems. But it is also a mind that forgets the groceries ... and even forgets the list. Chemistry and physics were like accounting ... no amount of effort could place them and keep them between my ears. My father the educator's lesson to all is this:

Put the child where the child functions best and happiest, but let the child decide without pressure where he or she wants to be.

To pressure the child, even subtly, into a mold where they are not enthusiastically pursuing further light and knowledge in their own chosen field of endeavor is to stifle their very being. At the same time, there are children who just don't want to go anywhere at all, but that seems to come from blocked energies on the part of parents very early in childhood. Any kind of pressure just seems to drive them further back into themselves. Fortunately there are social workers and teachers with the patience to help these kids struggle with themselves.

Sports activities are a great way to build muscle and motor nerve response in men. Women, however, need to develop muscle structure as much, if not more, than men. If there's any doubt about that, look at the condition of most women over 40 who have not had many years of athletic training, or who have not kept up their exercise programs after schooling. Men certainly have nothing to boast about, but the female body seems to need muscle more than men, otherwise fat and cellulite accumulate and do no honor to the feminine physical frame.

Competitive sports were very stressful for me so I avoided them wherever possible, but certain sports like swimming, sailing, soccer, rowing, gymnastics, fishing, and back-packing were fun as long as I didn't have to face the prospect of individual failure or competitive loss. Failure and loss are forms of rejection which are stigmas best left to be overcome at the individual's own pace. That took a number of years and a number of consciously

made challenges in order to overcome the fears associated with the stigmas, but now I don't compete for a different reason: not only do I hate to lose, but I hate even more to see someone else lose. Strange beings, we humans, but as long as we have the freedom to follow our intuitive impulses and be guided by our love of doing things without parental pressure, life becomes a positive, uplifting experience.

Probably the most stressful part of my adolescence was being brought up in boys' schools during the school year and a boy's camp during the summers. Until I was eighteen years old, girls were creatures from outer space. I had no idea how to carry on a conversation with one and even less of an idea of how to be friends with one. I have since come to understand that many men don't *ever* learn to look on women as friends, and I didn't learn how until much later in life when my second wife trained me in the ways of female friendship. A "man's man" is not a balanced human being, and the Universe will be much better off when all men realize the fact.

Another very important aspect of balancing stress for youth as well as for parents is *the early establishment of minimum standards of behavior*. The establishment of minimum standards without options for deviation *is a way of establishing mutual respect ... an integral part of the capacity and ability to give and receive love*. Being successful at this is an "art form" of human relations. It is not available to all but well developed souls, but everyone should at least understand the concept.

The key is to use *firmness* rather than *force*. Repetition and patiently outwaiting the rebellious child works longest and best. Pain is a last resort, but may have to be used. Usually it is seldom necessary if firmness (and force) are implemented at an early enough age so that rebellion is allowed to be expressed.... but is also carefully controlled. Patient but firm words of rational explanation and encouraging, positive instruction and affirmation at an early age build the pliable, adaptable child. "That is not an option" is a classic comment.

An integral part of the establishment of minimum standards of behavior is the *building of positive, mutually beneficial habit patterns and the breaking of habit patterns detrimental to future relationships*. The first habit that comes to mind is teaching a child to clean up their room on a regular basis. This involves having a designated space for everything in the child's world: clothing closet; toy box; bookshelves; and cabinets for other objects. Setting things up properly is the parents' responsibility; using them properly is the child's first effort at "responsibility".

No single item of adult behavior is as disturbing to a relationship as the partner who is so inconsiderate toward the other as to not clean up after him/herself. At the same time, any partner who fails to hold the other accountable fails in the whole growth process of relationships.

I used to take my father's tools from his workshop to do my own little creative projects, often leaving the tools where I was working and forgetting about them, intending to pick them up and use them again at a later point in time. My father quickly realized that anger worked, but never permanently. His final, carefully-worded appeal without anger to my inconsiderateness and his own frustration at needing the tools and not being able to find them worked a little better. But what really did the job was his exasperation almost to the point of tears. It brought this response from me.

"But, Dad, I wasn't *through* with the tools," and this reply came after days of ignoring my project. Finally he realized that what I needed was a rule to guide my behavior.

"I'll tell you what," he said finally. "When you put a tool down and leave your project for any long period of time, you return the tools to the place you found them. In no case will you *ever* fail to return them before the day is over. Otherwise I will have to lock my shop and exclude you from using my tools."

You can be absolutely sure that there were very few tools not to be found in their proper place after that.

And so I have learned ... and thus have I trained my own children. Here below, for example, is a set of minimum standards I have expected my children to maintain in order to bear my name. It was never written and given to them as such, but was rather spoken vocally very early on, a little at a time, and at the appropriate time.

TO MY CHILDREN ... a bit of wise advice ... and a warning:

"I have always been guided by a set of minimum standards which I set for myself, and which I now set for you just as my own Father did for me. They are, first of all, standards that I myself have to live by in order to earn my own self-respect and the respect of my children. Secondly, and equally as importantly, they are standards which the rest of the world sees as "wise".

"On the journey through life there are endless enticing temptations and diversions such as alcohol, mind-altering drugs, and cigarettes which are purposefully designed by an extremely intelligent Creator to teach us about a most important kind of power in life: that power is called SELF-CONTROL. By this, I mean control over our physical actions, emotional reactions, and thoughts."

"No athlete is worth his salt unless he has, through hard work and effort, learned to control his body and the implements of his game: the puck, the stick, his skates; the soccer ball; the football; or the many other tools in the games we learn from. Alcohol, drugs of any kind, and cigarettes all interfere with that control. The instant you are not 100% in control of your body, mind, and emotions.....you are out of control. You are no longer the master; you are the slave."

"The same rules apply to the game of life. No man is worthy of respect, either from himself or from another unless by a personal effort of will-power backed by sound reasoning he has seen that alcohol, drugs and cigarettes are a substitute for a lack of personal power and a lack of self-control. They have no positive value, and they should be avoided at all cost. Not only are they unwisely spent money, but those who do indulge usually come from parents of low standards"

"Generally speaking, a man with a cigarette in his hand or drugs in his body is a walking advertisement of weakness, ignorance, and an unthinking mind. Such a man is not a leader, but a follower. No attractive, intelligent woman will accept an unwise man for a partner. To a future employer, it can mean the difference between a job ... or no job at all."

"The true sign of control over life is not always easily seen because it is an inner quality of the soul. One of the most important things that a young man can learn is how to live by the wise advice of his elders. Then he does not have to pay the heavy price of learning by painful experience and the very real probability of permanent body damage. Big problems always start with just one small innocent temptation."

"I have not been an easy Father, but neither have I expected too much from my children. As a result they have powers that few other children have. Their training began with kind and careful reasoning before they were even old enough to understand the full meaning of my words. There has never been any doubt, however, that if they wished to bear my name, they had to live by my minimum standards: no drugs; no cigarettes; no alcohol until they're old enough to handle it wisely, or not at all, and never when operating any machinery."

"There are two faces to love in this realm: the face of kindness and compassion, and the face of power. Respect is only engendered by the proper balance of the two."

"I give you these words with Love from your Father."

Health is not just a physical matter. It is an emotional matter and it's a state of mind which begins in early childhood and is carried into school, but seldom learned from school or peer groups.

When I wrote my first book on health called *Natural Practices for Body Balance* 30 years ago the interest in alternative healing had not become nearly as popular as it has today. The book is no longer in print, and I would be somewhat embarrassed if it were. Though the basic principles are the same, the need for emphasis in certain areas has changed dramatically. We have many more effective unharmed tools to work with today such as herbal extracts and benign chemicals that have millions of dollars in research behind them. I will go into many of them in detail later in this book.

One of the issues regarding balancing stress that I went to great lengths describing was the harmful effects of smoking. I think enough has been said and done about smoking in our present day and age to make obvious to anyone who has any awareness of their body at all that pouring the chemicals and smoke of today's chemically-treated tobacco's into their body in any quantity at all is simply a suicide wish. So I won't say anything more about it. I will say, however, that smoking a few leaves of Cannabis a day will not come close to the harm produced by smoking cigarettes, drinking alcohol, or taking some of the nerve and mind-calming drugs on the market today.

For myself, I have never smoked *anything* and don't need or intend to! Both my parents, uncles, grandparents and relatives all smoked heavily because it was just "the thing to do" back at the turn of the twentieth century. My lungs couldn't take it, and furthermore the athletes I associated with didn't smoke as it interfered with their performance. If, in fact, smoking has any sedative affect on the nerves there are techniques and mind training exercises far more effective and less harmful. What is really astonishing to me is how few humans on Planet Earth are capable of actually *thinking* ... as opposed to just reacting to external stimuli or following some ego-driven shepherd. True thinking is a process of self awareness and the developed capacity to evaluate all information coming through the eyes, ears, and feelings in order to accept it or reject it as having value to the self or the world at large.

Despite the endless ingenious distractions and indulgences of an almost incomprehensibly intelligent Creator, the human soul does eventually learn to think clearly. Only then does it realize what it truly is.

Part III.

DETOXIFICATION

Today, in 2010, we live in a world of unnatural chemical influences unheard of 50 years ago and beyond imagination 100 years ago. Chemicals enter our bodies through the air we breathe, the liquids we drink, and the foods we eat — as well as the chemicals absorbed by the skin. Some of these harmful chemicals are easily neutralized by the liver and kidneys and eliminate it through the urine, feces, or by perspiration. Those not eliminated are stored in the fat cells of the body ... and the more fat cells, the greater the load of stored toxins.

In a study led by Mt. Sinai School of Medicine in New York, researchers found an average of 91 industrial compounds, pollutants, and chemicals in the blood and urine of volunteers. None of the participants in the study worked with chemicals or lived adjacent to an industrial facility. Of the 167 chemicals found, 76 cause cancers in humans or animals, 94 are toxic to the brain and nervous system, and 79 cause birth defects or abnormal development.

What is even more destructive is that heavy metals like lead and mercury manage to find their way into the critical inner workings of cell metabolism and nerve cell function, even interfering with normal cell multiplication — particularly in the brain. More disturbing still is the finding that viruses latch onto heavy metals *inside the cell* where antibiotics can't reach them and bring on disease conditions such as Autism in children that are extremely difficult to eliminate.

Measurements of the amount of lead found in bone matrix materials indicate that there is 1000 times more lead in the bones of today's skeletal structure than there was 400 years ago.

The conclusion being reached by more and more anti-aging Physicians is that elimination or neutralization of these heavy metal toxins is absolutely essential in order to maintain health and prolong life. And where, but in old age, would the cumulative effects of toxin poisoning be more evident ... and the results of detoxification be more obvious? Read the words from one who knows: Dr. Rashid Buttar, D.O. of Cornelius, North Carolina, a board certified Physician and a diplomate in preventive medicine and clinical metal toxicology. He is also Vice-Chairman of the American Board of Clinical Metal Toxicology.

"I can now very comfortably and definitively state to you," says Dr. Buttar, "that, in my opinion, based on the evidence, every single chronic insidious disease process is related to one word: toxicity. You cannot address the issues of aging unless you address detoxification. I have only recently arrived at this conclusion. Five years ago I wouldn't have said this— even a year ago I wouldn't have said it. But the more success we've had, the clearer it has become: all chronic disease is toxicity. You get rid of the toxicity and you put out the fire. You may need to rebuild afterward, but you must put the fire out. Conventional medicine is just covering your eyes so you don't see the fire."

Toxicity by heavy metals is only one part of the toxic-body syndrome. Anyone who has spent any time around cancer clinics or individuals quite sick with cancer can recognize the body odor given off by these people. It is the smell of rotting protein ... and it smells that way because that's exactly what's happening inside that person. The cancer may be identified as being a tumor or growth in a specific location, but the real problem is system-wide: waste protein and fatty acids that have not been completely broken down or eliminated.

Enzyme treatments for certain types of cancer have been highly effective in both Europe and the USA because enzymes like pancreatin, bromelain, pepsin, trypsin, and chymotrypsin are systemic metabolites of these waste proteins and fatty acids. They are also an effective and essential part of any cancer preventive program for this very reason. There is little formal research to defend this claim since enzymes are not a patentable medicine, and therefore of little interest to modern drug companies. During my time as a practicing Naturopathic Physician in northern California in the mid seventies I had numerous occasions to refer clients with cancer to Dr. William Donald Kelly, a dentist who specialized in cancer treatment in the state of Oregon. The results he obtained were evidence enough for me to recognize the effectiveness of the enzymes listed above as crucial to the treatment of chronic degenerative diseases such as cancer.

One formula available to anyone who requires the above enzymes is called Wobenzym-N. It is available through Internet stores and many health stores, and is produced by a German company called Mucos-Pharma. Olympic athletes are known to take this formula daily because they heal from injuries much more rapidly through the use of these enzymes. Wobenzym-N is one of the most widely sold natural products in Europe. I personally take Wobenzym-N every day of my life as a cancer preventive, and because my own body functions noticeably better through their use.

COLON HEALTH

The colon is one of the most important—and most abused—organs in the body. Toxicity emanating from the colon is an integral part of poor health in every case. Due primarily to a lack of proper quality and quantity of fiber in the diet, and the fact that many people register their stress in the solar plexus and abdomen area, the colon begins to cause problems by middle age ... if not earlier. Whenever I talk about this subject I always recall

a huge billboard just off the interstate in Portland, Oregon, which states in equally huge letters “KNOW THY POOP!” That sign says it all! The minute a person fails to have at least one regular bowel movement a day, or their excrement is not a long and well-formed stool, it is an indicator that poor colon health is beginning—and likely to multiply—and more than likely to cause other internal problems as complications.

The famous Battle Creek Sanitarium was first opened in 1866 in Battle Creek, Michigan as a health retreat and hospital based on the health principles advocated by the Seventh Day Adventist Church ... principles still carried forward in Seventh Day hospitals and retreats around the world today. Harvey Kellogg became the sanitarium doctor and over the years performed an enormous number of operations, and is often quoted as saying “Of the 22,000 operations I personally performed, I never found a single normal colon; and of the 100,000 performed under my jurisdiction, not over 6% were normal”. That was quite a stretch ... one that I find hard to believe, but those were the days of low-fiber, meat and potatoes diets, and his focus was primarily on the bowels as the originator of most disease. From my own experience, I would amend that slightly to say that bowel deterioration is an integral part of any and all degenerative disease conditions. Diets aren’t much better today, and coupled with the use of antibiotics for nearly every infection, it’s no wonder we are experiencing something approaching a plague of poor colon health, Crohn’s Disease, and Inflamed Bowel Disease

Though I had earlier received a very intensive training in colonic irrigation systems and the proper use of the enema bag—and practiced them both on myself as well—I did not realize how serious or how widespread the problem was until I had spent two years as a colon therapist ... observing the problem particularly in the elderly over 60 years of age. I don’t believe there is a single person over 40 or 50 years old who has grown up on the standard North American diet who doesn’t need a series of six to ten colonic irrigations or several months of use of an enema bag to restore proper function to their colon. The colon is really just a long, tubular muscle whose nerves trigger it into action when they feel the irritating action of cellulose and fiber inside. A meal should move through a person’s entire body and exit within 18 to 24 hours, otherwise the spores of Gram negative bacteria multiply and their highly alkaline waste products cause extreme irritation of the muscle wall. Impaction of fecal matter results ... and the problems begin.

Vibrantly alive health always starts with a properly cleansed and maintained colon. Here are some signs of impending colon and systemic health problems:

1. If you have hemorrhoids, or your underwear is constantly stained brown, the muscle tone of your entire intestinal tract is slack, meaning peristaltic (digestive) action is compromised. The problem here is actually a lack of bioflavonoids, particularly rutin and hesperedin, and a lack of fiber. Add more fresh grapes, oranges, berries, and other organic, raw fruits to your diet every day for their natural Vitamin C complex that you aren’t likely to obtain any other way.
2. If your bowel movements have a strong odor, the coliform and other gram negative bacteria are too prevalent. The odor is actually produced by their waste products, indol, skatol, and guanidine ... which also make the colon far too alkaline. Eat less animal and chicken products; more sauerkraut and fermented dairy products; take a probiotic daily; and if your bowel movements are not daily and well-formed, have a series of daily enemas, or three colonic irrigations a week for a month.
3. If your bowel movements are not a well formed 12 to 18 inches long, you need colon therapy as indicated in paragraph 2. You also need rice bran or flax seed meal added to *daily* food intake in ways suggested under the Nourishment section.
4. If you don’t have at least one bowel movement a day, you may need colon therapy as suggested in paragraph 2.

Once the colon is cleaned out and functioning properly, the diet should be supplemented on a regular basis with a probiotic. This product serves to maintain a healthy balance of gram positive bacteria in the colon during the final stage of digestion of cellulose and fiber foods. It used to be that yoghurt and other fermented milk products containing *Lactobacillus Acidophilus* or *Bulgaricus* were the only colon-friendly substances available. They are not nearly as durable or as effective as a probiotic such as, for example, Primal Defense, manufactured by Garden of Life. It contains twelve different species of hardy beneficial microorganisms that are capable of making their way unharmed through the acids and other chemicals of the stomach and small intestine to do their work in the colon. I consider a small amount (1 capsule) of this kind of supplement a daily necessity for children as well as adults ... and particularly for the elderly. We live in too sterile a world. The body needs certain kinds of bacteria to function healthfully, and the preponderance of coliform bacteria in the tissues of animal, fish, and fowl require this kind of balancing support.

Finally, the use of systemic enzymes such as Wobenzym-N together with digestive enzyme products make further contributions to healthy colon function through their ability to clean up undigested proteins and break down the mucus accumulations of improper diet or poor digestion.

Overt use of antibiotics is a major cause of Inflammatory Bowel Disease (IBD) and Crohn's Disease. Best treatment for the above is coffee enemas or colonic irrigations daily for months; add ground flax seed meal and/or rice bran to cereals, nut butters, health drinks daily; take flaxseed oil (2Tbspns daily); take a probiotic such as Primal Defense from Garden Of Life daily beginning with one capsule and increasing one capsule each day up to 12 capsules. Take on an empty stomach and divide the dose between pre-breakfast, mid-day, and bedtime. Drink a full glass of water with each dose. After three months, reduce dose to two or three capsules a day and remain on that particular type of support for life.

Some of the positive effects to be obtained by the use of fiber products, probiotics, and water regeneration of the colon lead to a healthy colon bacteria count and the following potential benefits: management of lactose intolerance; prevention of colon cancer; lowering cholesterol and blood pressure; improvement of immune function and subsequent control of infections; control of antibiotic-associated diarrhea; reduced inflammation; improved mineral absorption; and well-formed stools that move out of the body effortlessly once or twice a day as nature intended.

ORAL/DENTAL HEALTH

Oral/dental health is a topic seldom explored in detail, but the mouth is as much a part of the entire intestinal tract as the colon ... and every bit as important. Just as you should be aware of the shape, size, odor, and ease of elimination of your stools, so should you also be aware of the bacteria which invade your gums and create cavities in your teeth. Brushing your teeth two or three times a day is not the final answer. There is a better way.

Flossing, or the use of a bamboo toothpick once or twice a day is an integral part of the better way. But in and of themselves they don't tell you what is happening at the level of your gums, and in between your teeth. What does tell you is the odor on the dental floss or toothpick. Bacteria produce waste products that truly stink! And the only way you're really going to know if you have a colony of bacteria at the level of your gums and between your teeth is to check it occasionally. You do that by cleaning with the floss or toothpick, then the squeezing your fingers along the floss or off the end of the toothpick *and smelling it*.

I can already hear the "ooohs" and "aaahs" of the squeamish prima donnas among you, but the only way you're

going to know what's happening in your body is to listen (by smelling) to what it's telling you. If your stool stinks, you don't need to handle it to know you're eating too much animal protein. It should tell you that the coliform bacteria colonies are slowly destroying your colon health. You do, however, need to check what's going on in your mouth with your fingers and your nose. If it stinks, you need to sterilize it. And you do that with something that is not harmful to your body when absorbed through the very sensitive tissues of your mouth. You also need to add a lot more probiotics to your daily regimen for colon health. Your mouth and your colon are just different ends of the same food highway. Your mouth (and breath) won't smell if the bacteria in your colon are properly balanced.

I personally use Angostura Bitters to sterilize my mouth and between my teeth. This is the bitters ingredient of the classic old southern cocktail called an "Old Fashioned". Angostura Bitters was originally created in 1824 by a Prussian army surgeon who went to Venezuela to serve in the armed forces of Simon Bolivar. He was eventually appointed surgeon general of the military hospital in the town of Angostura where he made the bitters from alcohol and gentian root, both of which are strong bactericides, fungicides, and antivirals. This powerful herbal remedy was used to sterilize wounds and also to "settle the stomach"... meaning to eliminate infestations in the intestinal tract.

You'll find Angostura Bitters in the specialties section of any large supermarket. I find that a teaspoon or short snort straight from the bottle, held in the mouth and slobbered around forcing the bitters between the teeth, purifies the mouth for days. Also effective as an oral purifier is a mouthwash made from the following:

1. A slightly watered-down (25 – 50% water) solution of drugstore (2%) hydrogen peroxide slobbered around in the mouth and then spit out or swallowed.
2. A one liter or one quart glass bottle of purified water with ten to twenty drops of potassium iodide added and kept on the bathroom shelf. It can also be swallowed after swishing around in the mouth.
3. Ten to fifteen sprays of ACS 200 slobbered around in the mouth for thirty seconds or more.
4. Several drops of MMS (covered later) made fresh each time and slobbered around in the mouth.

Natural, unpatentable remedies are far healthier and every bit as effective as commercial mouthwashes, but without the toxic chemicals.

Warning: If your gums bleed consistently, or if you bruise easily, you are exhibiting the symptoms of sub-clinical Scurvy ... a lack of the true Vitamin C complex. Straight ascorbic acid will not eliminate this condition. In its tablet form, ascorbic acid should be combined with acerola cherries, Rose Hips, or some other natural source of Vitamin C complex ... particularly the bioflavonoids. See the section on Vitamin C complex under the heading Nourishment for detailed information.

FASTING

The accumulation of waste toxins and heavy metals in the body is most insidious. It creeps up on us like a thief in the night. The first thing I do when my energy is low, I feel depressed, or start with a cold or flu, is begin a short fast. Fasting is as old as mankind. It is an order of primary magnitude with animals in the wild. The first thing a sick animal does when sick is avoid food, rest near water so it can drink frequently, and wait until its body rebalances itself.

Not mankind! Programmed from birth by ignorant mothers, they have been told time and again as children to eat or else they will get sick or die. Nothing could be further from the truth, and it is precisely because of this limited kind of thinking that we have so many overweight people in North America today. Children beyond the infant stage, and particularly those who have been breast fed, possess digestive mechanisms that are more

efficient than at any other time in their life. Teaching them to eat *carefully* and *intelligently* before adolescence is an effective balancer to the ravenous appetite of most teenagers. *Humans are food-a-holics through a lack of training.*

Fasting should be an integral part of everyone's life. Many churches and religions teach that the Sabbath or the seventh day is a day of rest, and that means rest from ingesting and digesting food. Otherwise the poor digestive tract never has a chance to rest. Once a year, each person should conduct a four to seven day fast in order to clean out chemical toxins and toxic metabolic waste stored in the fat cells of the body. *A minimum of four days is required for the body to begin the cleansing process from its own stored fats.* At least once in a lifetime, preferably around mid-life, one should do a series of seven-day fast for a total of 28 to 30 days, or one long fast for that period. Any period of fasting in excess of seven days requires a thorough education in advance or supervision from one who has experience with fasting. Health Food stores carry books on fasting and the Internet has several sites dedicated to education and supervision of fasting.

Anyone overweight should do a controlled fast or series of four to seven day fasts until their weight is back to normal and their face and body look like the radiant, beautiful face of youth hidden behind the layers of fat and toxic cellulite. Not until you try it will you believe how well you can function for long periods without food and how radiant your countenance becomes in the process. The basic rudiments and caveats of fasting are covered in some detail in Appendix A.

One of my earliest instructors in Naturopathic methodology was a California physician name Dr. Henry Bieler. Dr. Bieler wrote a book—which I recommend to everyone—called *Food Is Your Best Medicine*. His own unique form of rest and detoxification was to have his patient make an alkaline broth from fresh, non-starchy garden vegetables such as zucchini, cabbage, kale, lots of onions, lots of garlic, carrots, celery, and herbal flavoring. Do not use chicken or beef bouillon as a base; it all contains glutamates (MSG).

Dr. Bieler further recommended removing most of the fats from the well-cooked soup with a spoon, and then pouring off the liquid—discarding the vegetable carcasses—and drinking only the mineral-rich liquid broth. He also used a cake of Baker's yeast in the broth—added *after* cooking to ensure that the enzymes and B-vitamins were not denatured by heat. One should drink only the broth and eat no solid food for a minimum of four days. For variety, and up until noon, one can drink freshly-made and filtered carrot/vegetable juice, watered-down fruit juices (without sugar added), or apple cider.

Another detoxifying program that I often recommend came from studies of European “naturalists” who have been using natural therapies before America was even born. The apple diet was—and still is—a classic detoxifier. Apple pectin, malic acid, ascorbic acid, and vitamin C co-factors are all detoxifying elements found in the lowly, inexpensive apple. They are chelators of heavy metals, waste acids, and proteins, carrying them out of the body from the cells, lymph, blood and finally into the intestinal tract where they are eliminated. The apple pectin is especially soothing to the intestinal tract, and the synergy of the apple ingredients establishes a proper slightly acid pH which is regenerative to the colon.

I was personally unable to produce real changes in my own physiology and weight control until I had practiced the restraint of fasting on juices and water for 4 to 7 days at a time, gradually extending the periods of time until I could go for 21 to 30 days without succumbing to the temptation for food. It was, without a doubt, one of the hardest things I've ever done. My first seven day fast lasted for four and a half hours! I was determined, however, to beat my “foodaholic” habit, but it took almost two years to do so.

HIGH TEMPERATURE DETOX

Another very effective method of detoxing is through the use of high temperatures beyond normal body temperatures. Hot springs are an integral part of health spas all over the world because they perform a very valid function. They draw toxins from the body through the skin as perspiration. Sauna baths and mud baths do the same even more effectively.

There is now a time-proven cure for cancer in certain German clinics using artificially induced fever. There is an entire book written about the subject listing the various clinics and how to contact them. The book is available at the following web site www.germancancerbreakthrough.com. The treatment is not inexpensive as it requires over a quarter of a million dollars worth of equipment, but neither is it nearly as expensive, discomforting or questionably successful as North American cancer treatments. Europeans are years ahead of north Americans in their willingness to allow new technologies to exist side by side with older, time-proven natural procedures for the production of health as opposed to simply the treatment of disease.

There's no doubt about the fact that cancer is best *avoided* ... and the best way to avoid it is by periodic body purification accomplished through fasting, exercising, eating intelligently, and taking other supplements suggested in this book.

HEAVY METAL POISONING

Chelation is the process of removing heavy metals from the body by binding them with other substances that hold them in suspension or by contact until they can be eliminated through the kidneys, bowels, or skin. The most problematic heavy metals are lead, mercury, arsenic, and cadmium. Of these, the most insidious is lead, building up slowly within the body through the air we breathe, the water we drink, and the fish and other foods we eat. It enhances the negative effects of mercury, inhibits normal cell and organ function, and is deposited in the bones. Mercury, though equally as problematic, is much easier to control through the use of selenium which binds it permanently and renders it unharmed so that it can be finally eliminated.

One of the foremost proponents of toxic metal chelation is Dr. Garry Gordon of Phoenix, Arizona. Dr. Gordon is an Osteopath, M.D., and Homeopathic MD who was for many years director of Mineral Labs in Hayward, California, a leading laboratory for trace mineral analysis worldwide. He is founder and president of the International College of Advanced Longevity, and co-founder of the American College for Advancement in Medicine (ACAM). If ever there was a hound after the elusive fox of truth in medicine, it is Garry Gordon. He travels the world lecturing and looking into any technique or substance relative to health and longevity, adding to his own broad knowledge base and sharing it unselfishly with hundreds of other MD's and Health Practitioners via seminars, books, CD's, and through his own Health Forum. A few words from Dr. Gordon cover more ground with greater authority and experience than my own.

*"I have spent my life teaching that an excess of toxic metal and a relative deficiency of a nutritional element can be found as significant contributors to every disease. This led to my excitement when the Journal of the American Medical Association published research from Harvard that recognizes that tibial bone lead levels, as determined non-invasively today with x-ray fluorescence, tied perfectly to the development of cataracts. Actually the better article that no one reads from 2002 in the Archives of Internal Medicine *tied all causes of morbidity and mortality to blood lead levels over one's lifetime.*"*

“Thus, I certainly am never going to change my current stance. Everyone that I treat is on continual, for life, low-level oral chelation with EDTA, Malic acid and Garlic—the basic elements of my formulation called Beyond Chelation Improved (BCI). Oral chelation using this product as the backbone of treatment has eliminated the need for bypass surgery on my patients for many years. To this day I have not heard of a single death from acute heart attack or stroke from anyone following the program. This simple program of taking BCI consists of a combination of nine caplets and gels taken preferably twice a day, provides tremendous health benefit that you will feel. If you know you already have significant heart disease, then I recommend a more extensive program, which may be as simple as adding additional nutritional supplements.”

“So I certainly will not disparage anyone who is teaching what heavy metals are doing to us. Please realize also that impaired immunity goes hand in hand with the declining IQ that the New England Journal of Medicine reported is linked so powerfully to lead levels. According to their report, *there is no safe level of lead.* (May 2003).”

“I have a big problem with laying all the blame on Mercury. *The reason why is that mercury can be 100% neutralized by Selenium.* There are documented cases of mercury workers with high brain levels of mercury functioning entirely normally in Europe when adequate selenium happens to be in their diet. Dr. Gerhart Schrauzer, PhD., from University of California in San Diego is past President of the International Society of Bio-Inorganic Chemists and he frankly dismisses our ravings on Mercury as a sign that we do not understand basic bio-inorganic (chelation) chemistry. Dr. Schrauzer is world famous and would move the Recommended Daily Allowance for Selenium up considerably—as high as 600 mcg for adults, because when you measure it in the blood, it tends to not go up for several weeks after beginning aggressive supplementation in the average patient. This is because it is being bound to the mercury.

“We must realize that all heavy metals are bad news and *that the total load in the body is harming the child's health.* The combined effect of all of the toxic metals is even worse, so getting out excessive aluminum, cadmium, antimony, tin, as well as lead and mercury is my goal. Mercury toxicity is manifested somewhat differently than lead or cadmium as each works its mischief somewhat differently, but in every case lowering *all of these toxic metals the safest and most gentle way is my goal.*”

“For long-term use of chelation therapy I have found it most convenient and affordable to choose for that purpose another safe oral chelation product similar to the BCI called Essential Daily Defense which incorporates only Garlic, Malic Acid and EDTA—a combination that gets at *all* of the toxic metals. This formula also has many other benefits and took over \$10 million and 10 years to perfect. It is available from my Longevity Plus website at:

<http://www.longevityplus.net/store/home.php>”

“Since my training indicates there is a proven long term need to continue moving lead out of the body—particularly from the bones so that they do not re-poison the brain once the initial chelation program is stopped. *And this cannot be achieved in less than 3-5 years!* I know that I will have every patient that I am treating on oral chelators for years to lock in the benefits associated with lead, mercury, or other heavy metal removal programs.”

“The point, however, is that the slower method is consistent with the fact that *we now know that we must plan to chelate children long enough for the bones to completely turn-over which may be 5 years ...* and in older adults, this same bone turn-over takes up to 15 years.”

“Thus, of course I am sensitive when other members of my profession say that oral chelation does not work since I see such long term successes in every category of patient with just this simple Essential Daily Defense formula. Thus I believe that the real winner of the race for effective detoxification of mercury, lead, etc. is the ‘turtle’ that stays on course for years, without stopping.”

“This is easier for my patients since on my website are all the research papers that back up everything I am saying. This means my patients know from the beginning that there is NO short course to eliminating all the mercury or lead from anyone. Thus I choose to take my time and get everyone to their maximum intended useful life span which cannot be done with suppositories, IV’s, or transdermal applications as *there is no one who will take those consistently for a long enough period of time* to get rid of all the heavy metals that significantly contribute to body toxicity.”

“The proof is easy to find. Simply go to: www.gordonresearch.com and type in the words oral EDTA in the convenient search window provided by Google—on the left side of the site—and you instantly have over 500 abstracts to show you that *oral EDTA has always protected every lead worker around the world under any conditions and always safely removes toxic metals like lead.*”

“A recent finding shows that 23% of women of child bearing age have more mercury than is safe. Should they become pregnant they will inevitably transfer mercury into their baby. So the Environmental Protection Agency and the Center for Disease Control agree 660,000 babies are born with elevated blood mercury levels.”

“Experts all agree we have 1000 times more lead in our bones than was found on earth just 400 years ago and it is adversely affecting everyone’s health. That is why I take everything mentioned above, and I have no detectable lead in my blood! I have been on the above program for over 15 years, and that is how long it takes for bones to fully remodel, so anyone promising you overnight detoxification is badly informed. I still love IV Chelation and IV nutrition, yet nothing (including rectal suppositories) will make the lead move out faster than 15 years!”

I personally have taken Garry Gordon’s Essential Daily Defense (EDD), or Beyond Chelation Improved (BCI), along with several others of his carefully, intelligently-crafted products on a daily basis for the past five years and will continue to do so as a permanent form of heavy metal detox.

ZEOLITES

I first heard of zeolites through a multi-level marketing (MLM) scheme. Having been in the marketing field off and on over a span of 40 years, I have received quite an education in different types of marketing ideas from Timeshare when it first started, to resort real estate marketing, to all sorts of health and product multi-level marketing, and to marketing modular homes on leased ground in a major Colorado ski resort. My experiences with Timeshare were only slightly worse than my personal experiences with MLM’s. My experiences with all others were very rewarding—not only for financial reasons—but because I could believe in the product I was selling. It was always priced on the low side of the going market, leaving room for investment potential and limiting loss in the event of a forced re-sale.

Timeshare serves its own market, but it isn't mine. MLM's ordinarily have great ideas that can be effectively hyped, but more often than not the quality of the product is far below the represented retail price. The markup of MLM products has to be in the neighborhood of 400% or more to pay all the commissions in the MLM hierarchy. This results in an inferior product that is over-priced. I found this to be true with the major marketing scheme of zeolites, but let me next extol the positive side of that story.

First of all, a multi-level marketing program reaches out into the public marketplace with incredibly rapid product familiarization to a vast network of individuals. It might have taken years for me to become familiar with zeolites were I not a Naturopathic Physician by training and early-life experience, and thus hooked-in to health forums and blogs that kept me informed of new events in the field of health-producing alternatives.

Secondly, zeolite is one of the very few products where the product effectiveness justifies the markup while still retaining a relatively low cost versus effectiveness value. If one does an internet search for "Waiora Testimonials", they will be quickly rewarded with testimonials of Waiora zeolite effectiveness in all manner of disease conditions ... testimonials that give extremely impressive and quite unexpected results for disease conditions that, due to FDA limitations, cannot be represented in any marketing material or sales presentation without first going through millions of dollars of research and government approvals.

Waiora, however, has some very stiff competition from a zeolite product called ACZ Nano which I recommend and use because it has more research and a proven effectiveness far greater than other zeolite products for the same price. Let me first introduce you to zeolites in general and then be more specific as to what product to look for and why.

Zeolite is a naturally occurring crystal formed from volcanic ash over 300 million years ago. What makes zeolite so unique is its cage-like, honeycomb structure which is negatively charged. When ingested, this natural mineral attracts and irreversibly binds and removes toxic heavy metals, chemical elements and free radicals through the urinary tract. This process is called Chelation.

One of the most significant benefits of zeolite over other detoxification agents is its affinity for binding with toxic heavy metals. Zeolite binds with mercury first and lead second, moving on to additional toxic heavy metals and chemical toxins which may include pesticides, herbicides, plastics and even radioactive particles, without removing precious nutrients such as calcium and magnesium. Many toxic poisons are positively charged and these toxins are attracted into the zeolite cage like the strong attraction of steel filings to a magnet.

For thousands of years, civilizations throughout the world have used zeolite as a traditional medicine. More recently, zeolite powder was given to victims of the Chernobyl fallout to reduce radiation levels in their bodies. Zeolite is so effective in binding toxins that it is used as a molecular sieve to create purified, medical grade oxygen from air.

However, zeolite goes far beyond the critical job of removing damaging toxins. Research has shown that it has many other vital actions in the body. For example, Zeolite removes free radicals. Unlike classic antioxidants, zeolite does not neutralize free radicals by donating an electron to stabilize them. Instead, zeolite's structure captures free radicals. Once trapped in the zeolite, the inactivated free radical can then safely be eliminated from the body.

Zeolite has broad-spectrum antiviral properties fighting viral infections in two ways: First, by attracting and binding viral sub-particles, thereby interfering with viral replication and eliminating them from the body; secondly, by inhibiting viral proliferation.

Zeolite helps support proper pH by establishing optimum pH levels of the blood between 7.35 to 7.45, thus supporting an active immune system and healthy brain function. Additionally, Zeolite may help to eliminate carcinogenic toxins from the body, especially a category of carcinogens called nitrosamines. The most common sources for these nitrates include processed meats, cigarettes, and beer, which are linked to pancreatic, stomach, and colon cancers.

It is interesting to read the zeolite patent's Abstract. It was originally filed in 2001 as US Patent #6,288,045 as an Epithelial cell cancer drug.

“A method of treating epithelial cell cancer comprising administering to a mammalian patient diagnosed as having an epithelial cell cancer a therapeutically effective amount of 4,5 di-cyclo, disilico, dimagnesium, dialumino, oxyo, trihydrate, or its acetate, sulfate, hydrochlorate, or brominate salts. The composition is synthesized from a naturally occurring non-toxic zeolites, and has a 100% kill rate within 72 hours against buccal mucosa and ling squamous epithelial cell cancers. It is not cytotoxic to healthy human cells.”

Someone certainly found more than a little evidence that zeolite has a decided effect on certain types of cancer. Still, it cannot be advertised as such.

Research on using zeolite supplements for blood sugar control is also encouraging. *Zeolite's ability to effectively absorb excess glucose and, as a result, help regulate blood sugar levels makes it a positive adjunct in treating diabetes.* As a side benefit, zeolite reduces nitrate uptake by capturing nitrates in the digestive tract before they can be absorbed. Nitrates have been linked to Type-2 Diabetes.

ACZ nano®

ACZ nano is a particular type of zeolite manufactured by Results RNA®, and is a very highly specialized process of preparation which makes it unlike any other zeolite product on the market today. It begins with securing zeolite from the most pure source available. The Material Safety Data Sheet on this vein of zeolite shows far less attached metals than that of any clinoptilolite zeolite yet discovered. It is so pure that it is white in color. Most zeolites are dark brown to green as they are loaded with iron and other metals. An entirely non-toxic method of super cleansing the zeolite is then employed using a proprietary and chemical free activating process that strips the clinoptilolite zeolite cages of all attached minerals, leaving the cages extremely clean and 'hungry' for positively charged heavy metals and toxins once inside the body. This attraction is called the cation exchange.

ACZ nano® employs nano size and significantly greater number of zeolite crystals per dose. This results in an exponentially greater zeolite surface area providing a far more comprehensive attraction and elimination of toxins than the smaller number of larger particle sizes provided by competing liquid and powder forms of zeolite products. ACZ nano® zeolite crystals appear as a cloud and remain suspended in solution; no bottle shaking necessary. While the actual amount of zeolite (by weight) per dose of ACZ nano® is less and in fact safer.

The product bottle cap is actually an Intra-oral spray mechanism which effectively delivers a high percentage of plasma-based zeolites across a broad surface of the oral mucosa, which are then partially absorbed and carried directly to the living cells. We call this delivery system 'Plasma to Plasma'. Bypassing the chemically destructive digestive process almost entirely, micronutrients are taken into the gut as well as absorbed through the oral mucosa and then directly dispersed into the blood plasma.

The speed by which usable micronutrients are delivered to the living tissues of the body is further maximized by wetter water©. A proprietary manufacturing process lowers the surface tension of the micronutrient transport medium producing a solution that is 43% lower in surface tension than normal water. Because the Intra-oral

spray formulas have a uniquely lower surface tension than normal water, micronutrients are sped easily through the mucosa, into the blood plasma, through the interstitial spaces and into the cells. Results RNA® Intra-oral sprays represent the pinnacle of nutritional technology delivering close to 100% of the usable nutrients directly into the target cells within minutes.

Ultra pure H₂O is a crucial component ensuring guaranteed safety and efficacy. This water (or micronutrient transporter) is as pure as the water that is used to produce semiconductors. Processed in a totally sealed all glass system, the water does not come into contact with any metals, chemicals or contaminants of any kind. Once you understand the mechanism of zeolite it is easy to see why this is true. Without ultra pure water, you are defeating the very purpose of the product in two important ways.

1. First, you are introducing random and potentially harmful anions into the body.
2. Second, you are subjecting the zeolite cages to cations within solution, which will then attach to the cages and block the ability of an otherwise empty cage to attract and effectively eliminate toxins once inside the body.

I personally use ACZ nano® on a regular basis, at least ten sprays three times a day, three or four days a week. If I could afford more I would use it daily. As I mentioned previously, I have no vested interest in any of the products I mention, nor do I receive any compensation for suggesting them. My primary interest lies in putting out as much “truth in effectiveness” as I have been able to discover for myself and for others.

I purchase my ACZ nano® products, including ACS colloidal silver (which will be covered later), from Dr. Garry Gordon’s website <<http://www.longevityplus.net/store/home.php>> because I feel that Garry Gordon does more to promote health and alternative treatment of disease than anyone in North America. He spends enormous amounts of time and money traveling the world to research new ideas solely for purposes of education and treating others.

SELENIUM

Selenium is well known and researched for its ability to neutralize mercury. The Chinese had an epidemic of Keshan, a myocarditis (disease of the muscular part of the heart) that is fatal to children in which there was a disturbed Glutathione (a protector of cells from oxidative injury). The Chinese realized that one of the key factors involved in Glutathione interference was mercury. There was a major concern about what to do about it until someone suggested sodium selenite (selenium) which is both cheap and without side effects. The results for several hundred thousand children was a 98% reduction in the incidence of the disease.

Mercury can be 100% neutralized by taking 400 – 800 micrograms of selenium daily for adults. There are documented cases of mercury workers with high brain levels of mercury who are functioning normally in Europe when adequate selenium is introduced into their diet. As Dr. Gordon mentioned earlier, Dr. Gerhart Schrauzer, PhD, of the University of California at San Diego is past president of the international Society of Bio-organic Chemists. He dismisses our rantings about the dangers of mercury poisoning saying that we simply do not understand basic bio-inorganic chemistry ... more specifically, the “chelation” part. He would move the recommended daily allowance for selenium to a protective 600 micrograms a day for adults. It has to be taken for at least three weeks before the mercury in the body is bound.

Selenium is also a powerful liver-oriented antioxidant and free radical scavenger. Selenium also helps tie up cadmium and lead—the latter of which increases the toxicity of mercury—thus protecting the brain. *If every atom of mercury is tied to selenium, it is as though there is no mercury at all.*

ENZYMES

Enzymes are among the most remarkable biomolecules in Creation. In the human body they are essential for almost every process of change both within the cell and within the body proper. They are often described as catalysts, but they prove to be far more specific and functional than normal catalysts. Enzymes are required for gene regulation. Liver enzymes control drug and other chemical metabolisms. Fatty acids are synthesized by enzymes within the cell as a source of energy for the cell. The phosphorylation of multiple enzymes influences glycogen thus allowing the cell to adapt to changes in blood sugar. Enzymes called proteases are essential for the rapid breakdown of proteins; carbohydrases for the rapid breakdown of carbohydrates; and lipase for the rapid splitting of fat acids.

The rate of affective change brought on by enzyme activity is almost beyond belief. In one particular instance a simple chemical change without enzyme participation might take 70 million years to affect a 50% change. However, when the proper enzyme is added, the same process takes just 25 milliseconds.

Neither vitamins, minerals, nor hormones can do the work they are designed to do without their proper highly specialized enzyme synergizers. Any malfunctions such as mutation, overproduction, under production, or deletions of a single critical enzyme can lead to a genetic disease. Alterations in DNA repair enzymes can cause hereditary cancer syndromes since the body is less able to repair mutations in the genome. This slow accumulation of mutations can cause many types of cancer.

The body seems to have the capacity to produce the enzymes it requires for balance— at least up to a certain point in life. Beyond that point—variable from person to person—enzyme production begins to decline. *Longevity in the human species seems to be directly tied in with how long this enzyme producing capacity is maintained.* The following items seem to influence this production directly:

1. Consumption of foods containing their own intact enzymes lowers the need to utilize bodily-created enzymes, thus extending the enzyme production capability.
2. All cooked and processed foods have had their enzymes deactivated or destroyed by heat or chemicals thus requiring the continued use of bodily-created enzymes.
3. Minimizing the amount of food consumed—and maximizing the quality—extends enzyme productivity and has been proven many times over to extend human longevity.
4. Supplementation with the enzymes effectively extends bodily-created enzyme production and thus longevity.

At this point it is essential to divide enzymes into two categories for purposes of this document. They are:

1. Enzymes known as Systemic Oral Enzymes whose primary function is purification.
2. Enzymes such as digestive enzymes whose function is sustaining and maintaining homeostasis.

This portion of the discussion on enzymes, then, will be limited to enzymes whose primary purpose is Detoxification. Other types of enzymes will be discussed under the heading of Nourishment.

Though enzymes have been recognized as an essential health supplement for digestion for many years, the most thoroughly well-researched and documented orally administered systemic enzymes studies have come from a German company named Mucos Pharma GmbH and Company. Their primary product in this category is called Wobenzym-N.

Original research in systemic oral enzymes came from Dr. Karl Ransberger, a molecular biologist, and a co-developer, Dr. Max Wolf. Their meeting with Dr. Heinrich Wrba who was then head of the federally funded Cancer Research Institute of Vienna, proved to be the beginning of what would eventually make a dramatic change in the treatment of all degenerative disease in Europe.

Not surprisingly, the dramatic changes did not come in the field of cancer treatment first. “Progress”, claims Dr. Wrba, “came much more quickly in all other fields such as vascular disease, rheumatology, rheumatoid arthritis, and hematology, but not for cancer therapeutics. In Germany, systemic oral enzymes are not officially accepted for cancer therapeutics, yet in practice almost every patient gets them”.

Dr. Wrba went on to explain how systemic oral enzymes help in the prevention of cancer and in cancer therapeutics. Cancerous or diseased cells are a fact of life, but most of these cells are quickly destroyed by the body’s contingent of white blood cells which form the firewall of the immune system. Other cancerous cells wander aimlessly about via the bloodstream but are so few in number and unable to attach to any tissues that they ultimately die off.

But under detrimental influences such as environmental pollution, tobacco smoke, sunburn, radiation, and environmentally weakened or age-related lapses in immunity, the balance between friend and foe is disrupted. The body is no longer capable of suppressing the cancer cells. When a significant number of cells escape destruction, their capabilities change. Some are capable of adhering to cell walls and begin their “dirty tricks” campaign. Almost as though capable of sensing that the body’s immune defenders might recognize them, the cancer cells hide themselves under a thick coat of adhesive fibrin, a coat that is some fifteen times more thick than the fibrin over normal cells. The thickened coat hides away their suspicious markings, including their antigens, from the body’s immune defenders. The cancer cells with their sticky coating can adhere to tissues where they congregate and multiply. To throw the body’s immune cells further off track, the cancerous cells may slough off their antigens. The immune cells immediately attack these harmless proteins but leave the cancerous cells unharmed. It is a type of warfare that could make a military general envious.

The cancer cells grow because of the absence or inadequate presence of enzymes that are capable of stripping the fibrin away from the individual cancer cells. Adequate enzyme activity can lay bare their antigens and so pave the way for their destruction by the body’s immune cells. The more cancer cells the body produces, the more enzymes that are required.

At the Austrian Cancer Research Institute at the University of Vienna, Dr. Wrba and his researchers have long been studying the role that systemic oral enzymes play in disrupting cancerous processes. Working with Dr. Lucia Desser, the team discovered that treating cells with enzyme mixtures caused substantial secretions of a chemical called tumor necrosis factor. Tumor necrosis factor or TNF is secreted by immune cells and capable of attacking cancer cells and those cells infected with viruses. It is vital to our body’s cancer defenses.

In general, enzymes are used as complementary therapy in combination with other modes of treatment. Clinical data support their efficacious use in brain tumors; epithelial tumors in the region of the head and neck; lung cancer; malignant melanoma; multiple myeloma; leukemia; T cell lymphomas; stomach and colon cancer; cancerous diseases of the abdomen; pancreatic cancer; and tumors of the cervix, breast and uterus. The benefits extend to life prolongation, quality of life, and improvement in cancer markers.

It had long been held that enzymes were large macromolecules that could not be absorbed through the villi on the walls of the intestinal tract. It took Drs. Ransberger and Wolf to discover how to “package” systemic oral enzyme therapy in such a way as to be absorbed readily into the bloodstream in a process called “resorption”.

I first became familiar with the use of systemic oral enzymes back in 1974 at a time when I was a practicing Nutrition Consultant and Naturopathic Physician in northern California. There was a large population of New Age, back-to-the-earth, young people living in the countryside around Santa Rosa where I had my practice in

my home. I had held lectures and seminars in the area mainly to educate them in natural ways to take care of themselves and their children. It was inevitable that sooner or later I would be confronted with some very serious conditions such as cancer which I did not feel competent to handle.

As a result, when a young woman in her early twenties came to me for help after being diagnosed with cancer, I had already decided on a course of action. Dr. William Donald Kelley, a dentist in Oregon, had earned a very controversial reputation for treating cancer with special diets and the precursor of systemic oral enzymes: pancreatic enzymes. This young lady and her husband had no car and little or no money so I called Dr. Kelley and told him if he would see them and recommend a regimen or procedure for them for free, I would drive them there and back without charging them anything. Without hesitation he told me to bring them on, and set a time which necessitated leaving Santa Rosa about 2:00 AM in order to make the appointment in time. To make a long story short, Dr. Kelley's recommendation for diet and enzymes together with my recommendations for daily fresh organic vegetable and fresh fruit juices gradually brought her back to health.

Much has transpired since Dr. Kelly's time in the formulation of a stable enzyme product that could be marketed with a high degree of dependable effectiveness. Doctors Wolf, Benitez, and Ransberger's efforts culminated in the formulation of a product called Wobenzym-N which is one of the most popular natural products sold in Europe today, and is marketed throughout the world under this name and patented formulization. Wobenzym-N has been clinically proven throughout Europe to have the following beneficial effects:

- 1. As an Anti-Inflammatory.** Olympic athletes rely on Wobenzym-N to accelerate the course of inflammation from sports injuries finding that they heal from serious injury twice as quickly as they would with no enzyme support. Similar results apply to pain from osteo-arthritis, rheumatic and muscular pain, back pain, and sinus infections. Wobenzym-N is particularly effective in counteracting mucus accumulation and inflammation which occurs during common colds and flu. I personally use Wobenzym-N in amounts of 10 to 25 tablets taken on an empty stomach throughout the day in graduated doses for any cold, flu, or infection. I recommend its use along with colloidal silver for adults and children with bronchitis, pneumonia, viral infections of any sort, allergies, and renal and urinary tract infections. In small children the tablets are crushed and administered at the rate of one tablet for every 6lbs. of body weight. Mix with fruit juice and apply between meals on an empty stomach. Take them every three hours during the day for acute infections and gradually spread out the dosage as the symptoms disappear.
- 2. As an Anti-Fibrotic.** As we age, our production of enzymes diminishes thus allowing the fibrous tissues normally broken down by enzymes to flourish out of control. Fibrous tissue forms as arterial plaque. In breast tissue, it becomes fibrocystic breast disease. In the uterus it becomes fibromas. Systemic oral enzymes digest these fibrous tissues and restore balance. *In cases where they don't seem effective, it is usually a situation where inadequate amounts of enzyme have been taken.* Remember that it has taken a long time for these fibrous deposits to form. Application of enzymes should persist for at least three months in high doses—even longer until deposits are completely dissolved. These enzymes should also be taken by everyone over 30 years of age as an aid to the prevention of cancer. A daily maintenance dose consists of three to five tablets twice a day on an empty stomach (at least 45 minutes before a meal) ... and taken permanently.
- 3. As a Blood Thinner.** Systemic oral enzymes lower blood viscosity and help the white blood cells to get rid of their accumulated debris. They lower the fibrin factor or clotting factor of blood more effectively than either warfarin or aspirin, and bypass the side effects of both. The wonderful thing about these enzymes is that they have no adverse side effects when taken in large quantities. They perform their balancing cleansing action and beyond that are benign, being eliminated by the normal channels of kidneys, liver, bowels, and skin. The same is not true of warfarin which has to be closely monitored to prevent hemorrhage, and aspirin which causes damage to the stomach and intestinal wall.

4. **As an Immune System support.** The human immune system is a very complex interaction between mechanical, chemical, and biological barriers and agents designed to protect cells and organs from *infection*. Any sort of toxic chemical, mineral, or viral enemy escaping detection by the immune system or overwhelming the system's natural defenses can start a dangerous chain reaction of events—even to convincing the immune system that it should attack the organism it defends, as is the case in auto-immune disorders. Systemic oral enzymes *speed up* the body's normal protective actions by synergizing chemical activities, metabolizing excess and waste proteins and fatty acids, and digesting fibrous deposits. They speed up the body's normal defense mechanism called *inflammation*. Even simple organisms such as bacteria possess enzyme systems that protect against viral infections. Enzymes in saliva, tears, and breast milk are also anti-bacterial. Pathogens in the intestinal tract are killed by digestive enzymes. As suggested by Dr. Wrbal earlier, one of the important roles of the immune system is to identify and eliminate tumors. The potential for cancer cell multiplication is a fact of life in everyone's body, but it is held in check by the white blood cells of the immune system. Systemic enzymes are the cleaners of cancer cells from white blood cells and they perform this function until the white blood cells are either overwhelmed or otherwise compromised.

AN IMPORTANT POINT: proteolytic enzymes require a molecule of water to perform their tasks, which means they are stabilized when completely dehydrated. Dehydration is the secret to stabilizing Wobenzym-N for use in supplementary form in the daily diet without their biological function being affected. *This also means that if one's intake of water is inadequate, enzyme activity in the body is suppressed.* As anyone taking additional enzymes supplements will tell you, your mouth will dry out constantly meaning you are not drinking enough water. Eight glasses of water a day may not be nearly enough.

WATER+ENZYMES=SYNERGISTIC HEALTH

WARNING: *Do not take systemic oral enzymes if you are presently taking warfarin or aspirin.* Consult with a Health Practitioner before making any changes. Do not take systemic oral enzymes during pregnancy. Enzymes should not be seen or recommended as a "cure" for anything. *It is the body which does the healing. Enzymes are only aids which help the body heal itself.*

ASCORBIC ACID

Ascorbic acid is also known incorrectly as vitamin C, and despite the fact that it is only a part of the interaction of the naturally-formed vitamin C elements, its action alone as a systemic detoxifier is worthy of considerable attention. As will be more thoroughly discussed later, naturally formed vitamin C is actually a combination of nutrients, enzymes, co-enzymes, anti-oxidants, and trace mineral activators which, when existing and working together, produce a synergistic result which is greater than the sum of each item working alone. ***Ascorbic acid alone, for example, will not cure Scurvy.*** The discoverer of ascorbic acid, Dr. Albert Szent-Gyorgyi also discovered that interesting fact ... as he indicated in his speech accepting the Nobel Prize for the discovery of what he had incorrectly named vitamin C; more on the true nature of naturally-occurring vitamin C under the heading of Nourishment.

At this point it's important to realize ascorbic acid's vitally important role in animal, bird, and human health. One of the reasons birds and animals don't degenerate into the myriad of human diseases is because they produce their own ascorbic acid. They produce it in small amounts for protection against minor microbial invasions, and in huge amounts when there is serious injury or stress. Goats, for example, have been found to produce as much as 90,000mg of ascorbic acid to counter infection, inflammation, and histamine response following injury. It is an important part of collagen production in wound healing, bone production, blood conditioning, and a long list of highly essential health-producing affects.

Because of a gene mutation millions of years ago, humans cannot produce their own ascorbic acid and must depend on obtaining it from outside sources. Since ascorbic acid is highly volatile—being destroyed by exposure to light, air, heat, and contact with metal—humans never seem to have enough for daily protection. Ascorbic acid is stored in nearly every important organ and tissue in the body in quantities 50–100 times greater than plasma content. Disease begins when the body's supply of ascorbic acid runs low.

If there is any single item absolutely essential for the production and maintenance of human health, it is the regular intake of supplemental ascorbic acid in minimal quantities of 1,000 – 3,000mg, at least three or four times a week, and preferably divided into two separate doses (AM and PM) as it is constantly being spilled off into the urine carrying with it toxic poisons from the body.

If you find that even this small amount of ascorbic acid makes your body too acid, you are probably eating too many acid-forming foods—not enough fruits and vegetables. An effective counter for this condition is to supplement with 500 – 1,000mgs of calcium lactate (preferably combined with magnesium) on a daily basis. Also, take 2 teaspoons of apple cider vinegar diluted in warm water and sweetened with honey twice a day. Apple cider vinegar actually has an alkalizing effect in the body.

When there is any kind of infection in the body, or when one feels a cold or flu coming on, oral supplementation of ascorbic acid should be started as quickly as possible in amounts equal to 3000mg every three hours, or until the bowels become loose and watery. *Most people who supplement regularly with ascorbic acid never experience colds or flu.* At a certain point which varies from individual to individual, the bowels may begin to loosen—a situation which is actually a very simple way of producing a remedial action that was a standard procedure 50 years ago: an enema.

After the bowels have thoroughly cleansed themselves, the intake of ascorbic acid can be spread over longer and longer periods of time. Historically, enemas and colonic irrigations have played an important part in producing health in that they remove the inordinately high level of gram negative bacteria (coliform bacteria) from the colon—a major factor complicating infestation by viral cold or flu influences. Restoration of health proceeds more rapidly after cleaning out the colon.

Ascorbic acid is readily available in many retail stores and pharmacies. The best way to take it is with meals due to its high acid content. The best form of ascorbic acid is that which is sold combined with a bioflavonoid such as acerola, rose hips, rutin, hesperidin, or other such bioflavonoids which thus ensure a closer match to naturally-occurring vitamin C complex, but with the additional boost of ascorbic acid in quantities that do not occur in nature in plants, animals, and single cell organisms. Foods and liquids that say “vitamin C added” cannot be counted on to provide adequate ascorbic acid for human protection.

Always remember that the major difference between animal, bird, and human health is this single, vitally-important item—ascorbic acid— and the only way to avail yourself of its valuable protection is to put it in your body yourself as a consistent food supplement. This is in addition to the small amount of Vitamin C complex which comes from fresh fruits and vegetables daily.

The most important role genetic scientists can play in human health is to restore the gene for the manufacture of the enzyme L-gulonolactone oxidase to the human genome. This will once again permit mankind to manufacture our own ascorbic acid by converting it from glucose.

It should be clear by now to anyone in their right mind that ascorbic acid needs more attention worldwide as an inexpensive remedy not only within developed countries, but particularly as a tool to fight the multitude of diseases common to third world countries. The use of ascorbic acid as an essential adjunct to the treatment of cancer is well documented. Here is an example:

Topic: CANCER - Ascorbic Acid, Vitamin Ascorbate

Title: Vitamin C in High IV Doses May Kill Cancer Cells

Reference: "Pharmacologic ascorbic acid concentrations selectively kill cancer cells: action as a pro-drug to deliver hydrogen peroxide to tissues."

Chen Q, Espey MG, et al, Proc Natl Acad Sci USA, 2005; 102(38):13604-9.

Address: Molecular and Clinical Nutrition Section, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, Bethesda, MD 20892.

Summary: In an in vitro study to test whether the ascorbate form of Vitamin C (ascorbic acid) killed cancer cells selectively, results suggest that ascorbate, in pharmacologic concentrations (achieved only by intravenous administration), may kill cancer cells. 20mM of ascorbate administered to 10 cancer and 4 normal human cell types, killed 5 of the cancer lines and did not affect any of the normal cells. Human lymphoma cells were studied in detail because of their sensitivity to ascorbate. Cancer cell death was found to be mediated by extracellular but not intracellular ascorbate, and found to be absolutely dependent on the formation of hydrogen peroxide. Additionally, cell death resulting from the separate addition of Hydrogen peroxide to cells was found to be identical to that resulting from the hydrogen peroxide generated by ascorbate. The generation of hydrogen peroxide was found to be dependent on ascorbate concentration, incubation time, and presence of 0.5 - 10% detectable hydrogen peroxide in the blood. Taken together, the findings suggest that the infused ascorbate appears to diffuse outside of the bloodstream, allowing reactions to generate hydrogen peroxide, which may kill cancer cells. Thus, according to the researchers, these findings give plausibility to intravenous ascorbic acid in cancer treatment and suggest that it may be a pro-drug for the formation of hydrogen peroxide.

Cancer is a systemic disease which means that, at this point anyway, no single substance is "curative". Even when a localized instance of cancer is surgically removed, the conditions that enabled that cellular aberration to exist and multiply have to be modified or the condition will recur over time. An entire program involving the previously illustrated Health Triangle—Balancing Stress; Detoxification; and Nourishment—must be implemented in order for balanced health to be restored.

The marvelous effects of this inexpensive, universally available, non-toxic, no-side-effects substance known as ascorbic acid have been purposefully overlooked by the unconscionable selfish interests of the drug companies, medical schools, and a major portion of the allopathic medical profession. *Change only happens when change is demanded.* We, at the grass roots level have to learn how to heal ourselves and demand that the medical profession—particularly the medical schools—abide by an oath to serve the best interests of the patient first and everyone else second. That means teaching health production, not just disease treatment. It also means demanding of medical doctors that they employ methods such as intravenous sodium ascorbate in cases we ourselves have become familiar with.

On the other hand, and in defense of the drug companies and the medical profession, the major portion of humanity has not yet reached a level of soul development where they are capable of recognizing the value of disease prevention or of implementing the disciplined, daily, often-costly procedures essential for individual production of health. Seeing the end from the beginning—health as a product of individual education and effort—is a perspective available to the few, not the many. It is no wonder that sensitive, caring medical men and women

choose not to deal with the public in general. All the more reason to choose one's clientele carefully, leaving the drugs and surgeon's knife for those incapable of wise choices ... and the medical professionals insensitive and tough enough to fill that vital need. They are fully entitled to whatever reward justifies their performing the essential task they perform.

I'll talk more about naturally-occurring vitamin C complex in the section labeled Nourishment. It is best taken into the body in its naturally-occurring state as it occurs in fresh fruits and vegetables due to its extreme volatility when exposed to air or light.

WATER

A few words here, but *words of very great importance*. Water is an absolutely crucial element in body detoxification, and I cannot stress this point with enough emphasis. The human body is 87% water which means that water is an integral part of all cellular and organ functions and existence. The critically important activity of enzymes cannot take place unless water is present. The kidneys cannot perform their life-giving function of purifying the body without a constant flow of water into the body and out again carrying impurities with it. The 4000 chemical changes of the Krebs cycle cannot occur in digestion without the presence of water in the intestinal tract. The highly sensitive tissues of the eyes and mucous membranes are dependent upon a constant supply of water to keep them from being dried up and destroyed.

Yet mankind has to be trained, or train himself, to drink adequate supplies of fresh, unchemicalized water throughout the day. The intake of water is another of those highly individualized situations. Eight 8oz. glasses of water may be more than enough, or not enough, but once an individual begins to become aware of his or her needs for a constant supply of water during the day, the body will indicate its level of satiation or the lack thereof. I'm speaking here, of course, of pure clean water ... not pop, or coffee, or chlorinated water, or any other chemicalized water including fluoridated water. Fluoridated water has never been proven to diminish tooth cavities, but fluorides are highly toxic to the human body and bind with iodine thus limiting the amount of iodine available for thyroid and other glandular functions.

An adequate daily intake of water has been shown to be a major factor in weight control, probably due to the fact that enzymes within the system and the digestive tract can perform their synergistic functions more readily. Headaches, digestive problems, unhealthy skin, kidney and urinary tract infections, and a multitude of other disease conditions resulting from body toxicity will quickly disappear when there is an adequate daily supply of pure water.

There are very few sources of water that I personally will drink straight from the tap, preferring instead tested water supplies with no more than 500 parts per million of dissolved solids and absolutely no chlorine or fluorides added. Water purified by a reverse osmosis process or distillation are the most pure sources; second choice would be water from a spring tested for coliform bacteria. Charcoal filters remove chlorine, but have no influence over other chemical toxins or quantity of dissolved solids.

In farm country where chemicals are constantly being put on the soils, I would rely only on water purified by a reverse osmosis process. In the San Joaquin Valley of California residents who drank water from their wells had very high instances of cancer and headaches. When the water was tested it was found to be loaded with fertilizer chemicals like nitrates and nitrites that had settled into the water table. When traveling to foreign countries like Mexico I always take a source of iodine such as Atomidine (from The Heritage Store, Virginia Beach, VA.) or potassium iodide liquid or tablets to add to the drinking water.

IODINE

Iodine is one of the great body detoxifiers in addition to being essential for the normal function of the thyroid gland, and is a very excellent anti-bacterial and anti-viral. Unfortunately, iodine has been misrepresented over the past 50 years or so through some downright dishonest research by prominent University of California at Berkeley researchers back in 1948 who should have known better. Messrs. Wolff and Chaikoff not only misrepresented the results of their research on the effects of iodine on rats, but went on to apply that same misrepresentation to human applications. Later, Wolff moved to the National Institute of Health and from his position of “indisputable expertise” set forth four levels of iodine excess, the most incorrect of which stated that 2mg or more of iodine was considered “excessive and potentially harmful”.

It remained for another researcher, Dr. Guy E. Abraham, former Professor of Obstetrics, Gynecology, And Endocrinology at the University of California at Los Angeles to prove beyond any shadow of doubt that Wolff and Chaikoff were either grossly incompetent in their research or may well have been paid a lot of money by some drug cartel to convince the public through misrepresentation that one of the greatest natural anti-biotics, iodine, should be shrouded in a cloud of doubt and mistrust because it wasn't a patentable product.

As to the more specific detoxification powers of iodine, it is essential to have an understanding of a very basic concept in chemistry. There are four members of the Halide family in elementary chemistry that we're concerned with here: fluoride, chloride, bromide, and iodine ... in descending order of their respective atomic weight. Because iodine is the lowest molecular weight, it is easily replaced by bromides, chlorides, or fluorides. I use the word iodine interchangeably with Iodide because iodides are changed within the body to iodine. When the intake of iodine is minimal, it tends to combine with those Halides of greater weight thus making less of it available for the body's use. Bromides, for example, are a very prevalent carcinogen in our daily lives. When bromides monopolize the iodine receptors of the thyroid, iodine is blocked from performing its essential function.

Bromides are a highly toxic carcinogenic substance, as are fluorides, but chlorides and iodides are essential for normal body function. The fact that iodine and bromine attract each other, however, is a solution to having too much bromine in the system. By loading the body with acceptable quantities of potassium Iodide or iodine, the toxic bromides are bound and eliminated through the kidneys. After an initial 21 to 30 days of iodine treatment in sufficient quantities (up to 50mg per day) the iodine should have served its purpose in chelating bromides from the system and one can drop down to 12mg of iodine per day as a maintenance dose.

Bromine is used as an antibacterial agent for pools and hot tubs. It is still used as a fumigant in agriculture. Crops sprayed with bromide have been found to have elevated bromide levels in their internal structure. Toxicity of bromine has been reported from the ingestion of some carbonated drinks (including Mountain Dew, AMP Energy Drink, and some Gatorade products) that contain brominated vegetable oils. Bromine still can be found in some medicines, including those that treat asthma and bowel and bladder dysfunction. Among these are the Atrovent inhaler, Atrovent nasal spray, Ipratropium nasal spray, Pro-Panthine, Pyridostigmine bromide, and the Spiriva HandiHaler. Bromine is a toxic item. All products that contain bromine should be avoided.

In the early 1960s, iodine was used in the manufacturing process of bakery products as an anti-caking agent. One slice of bread contained up to 150 micrograms (μg) of iodine, which was the recommended daily allowance for iodine. In 1965, The National Institutes of Health reported that the average iodine intake from bakery products was 726 μg of iodine per day. Some researchers felt that this amount of iodine could cause problems with the thyroid gland. Because of the erroneous concern about getting too much iodine from bakery products, iodine was replaced with bromine in the 1980s. This was a tremendous mistake. The amount of iodine in the bakery products was not even close to approaching a toxic level.

When I lived in northern California, a neighbor of mine raised pigs as an adjunct to his main business of baking and delivering breads to retail stores. Part of his job was to replace the outdated breads on store shelves, which he did, and instead of throwing the stale breads away, he fed them to his pigs. This was fine except for the fact that as his pigs approached a large enough size to be sold for slaughter, they began to die. He took one to the University of California at Davis to be autopsied and discovered that his pigs were dying from the Bromine and preservatives in the breads he was baking for human consumption.

I asked him how he could continue to bake breads with those kinds of toxins in them.

“I don’t know what else to do,” he said. “I can’t buy flour that isn’t brominated, and I have to use preservatives to maintain even a minimum of shelf life.” I didn’t argue with him because I already knew what to do about it: stop buying bread that has those things in it. I was already buying bread from the Health Food Store that was frozen and used organic grains, and my wife was grinding organic grains in a wheat grinder and we were baking our own bread.

Polybrominated diphenyl ether (PBDE) is a class of toxic fire retardant added to many household items like the plastics of computers, televisions, radios, and other electronic materials; as well as to clothing, draperies, carpeting, and upholstery, furniture foam, and the foam found in mattresses. Researchers have found medium to high levels of PBDEs in a variety of baby products, including portable cribs, playpens, car seats, strollers, nursing pillows, infant carriers, toddler pillows, and chairs.

A study made by the Environmental Working Group suggests that U.S. children one to four years of age bear some of the heaviest burdens of flame retardant pollution in the industrialized world. Babies are exposed to bromine through a mother’s breast milk, especially if the mother is iodine deficient. PBDEs also have resulted in changes in learning, memory, and behavior, including hyperactivity. When you consider that more than 16 percent of public school-aged boys are on mood-altering prescription medications, you can begin to understand why we are having so many behavioral problems in school.

We must stop ingesting bromide-containing food and medicines. That means eating organic food, grown without pesticides. Iodine supplementation allows the body to detoxify itself from bromine, while retaining iodine. Dr. Abraham has shown that iodine supplementation can result in the whole body being detoxified from the toxic elements bromide and fluoride.

Potassium Iodide is not yet conveniently available at the corner drugstore, and the tincture of iodine that is easily available should never be taken internally. I do, however, mix one part of tincture of iodine with three parts of rubbing alcohol and keep it in a plastic spray bottle to spray on my feet as a cleansing, anti-bacterial foot spray at such times as my feet have become hot and sweaty in heavy boots during a long day of hard work, or after using a public shower or swimming pool.

There are three other Iodine products for internal use that I use on a regular basis. Dr. Abraham’s carefully formulated combination of potassium Iodide and potassium iodine, which is marketed on the internet as IODORAL, is probably the most appropriate for general use providing one educates oneself from Dr. Abraham’s web site on how to use the product effectively. Standard Process Laboratories manufactures an iodine product for use by health professionals called Prolamine Iodine. And Atomidine is still manufactured and sold by The Heritage Store in Virginia Beach, Virginia.

More about Iodine in the section entitled Nourishment.

Part IV.

NOURISHMENT

It is my carefully studied conclusion that the human soul does not reach a very high level of development in a single lifetime ... nor does it do so in many lifetimes. The material in this Pathway To Health is written for those souls well along in their development of what I call the Powers of Soul ... powers of perspective and control which make them aware they have a physical body placed under their care which needs a certain amount of awareness and effort for its sustenance. Without a physical body in sound health, the journey through life can be painful and trying. With a small amount of intelligently directed effort, life can be rewarding and powerfully satisfying.

I am making the rudimentary assumption that anyone picking up this book will have progressed in self awareness to the point where they no longer send their hard-earned dollars up in cigarette smoke that is really just a death wish and a blatant advertisement of ignorance and inconsiderateness. Secondly, that they have garnered enough power from the adversities of life so as to not require a daily quart of alcohol (or similar brain deadener) in order to gain a few moments respite from the garbage can of Planet Earth. And thirdly that the reader describes health as something more than the mechanical adage, "if it ain't broke, don't fix it!" because if one doesn't start fixing it years ahead of time, it will surely be beyond fixing when the time to fix it rolls around.

What we put into our bodies must be a product of intelligent design just as the universe is. Intelligent design means that form follows intelligently created function just as function follows intelligently created form. Are we herbivorous—designed to live off the fruits of the field, vine, and tree; or are we carnivorous fish, animal, and fowl eaters?

It seems our intelligence constantly divides us between two opposed camps in this world of Duality ... but that is only the view from a very limited human perspective. In actuality, we are omnivorous beings—designed to be able to adapt to the living conditions of an ingeniously, vastly-intelligently designed planet. Most true herbivores have two stomachs for fermenting and digesting their food. Carnivores have specially designed teeth for tearing their food, single stomachs high in acid content, and short digestive tracts that move food through quickly.

The human digestive system consists of a single stomach and 28 feet of intestinal tract whose surface area, including the millions of tiny, finger-like villi, measures an almost unbelievable 4000 square feet through which to absorb nutrients. That length of intestinal tract is both an advantage and a disadvantage. The advantage lies in the high percentage of nutrient absorption surface; but the disadvantage lies in the highly irritating and toxic nature of animal protein waste products if they don't move through the entire intestinal tract within a 24-hour period. Humans have other limitations as well.

For example, some genetic patterns that have developed from centuries or thousands of years of primarily carnivorous survival do not survive well as strict vegetarians. Some genetic patterns of African and southern European origin do not have the capacity to properly digest milk and milk products ... which then become toxic and poisonous to them. Because of the cross-breeding of different human races, diet becomes a highly individualistic process of discovery, oftentimes through trial and error. There are however some basic guidelines to follow regardless of the dietary path one chooses to follow.

FOOD SUPPLEMENTS**Vitamin C Complex**

Naturally-occurring vitamin C complex as differentiated from ascorbic acid is a debate which has raged since Dr. Albert Szent-Gyorgyi's isolation of crystalline ascorbic acid and misnaming it Vitamin C around 1930. Modern science finds it necessary to separate chemical substances from their naturally occurring state in order to qualify and quantify their function without regard to the possibility that these molecular substances, when working together as a unified whole such as occurs in nature, produce a synergy which is, as yet, unmeasured ... and may well be immeasurable. Being more of a "naturalist" than a "scientist"—without denying the validity of science as developed thus far—I choose to subscribe to that scientific evidence more in keeping with natural processes. Albert Szent-Gyorgyi was also of a similar mind, as I will demonstrate shortly, but the men who had the greatest influence on my own thinking and education in the field of nutrition during the 1970's were both men who wore at least two hats: a dentist turned health researcher named Dr. Royal Lee, and a chiropractor/nutritionist/naturopath/iridologist/teacher named Dr. Bernard Jensen.

Even though his name is known to only a small number of people, Dr. Lee was a researcher, inventor, scientist, scholar, statesman, businessman and philanthropist of the first order. He was born on April 7, 1885 and reared on a farm near Edmund in the southwestern part of Wisconsin. At the age of twelve he had compiled a notebook on biochemistry and nutrition by copying definitions from the school dictionary. He also started collecting books on those subjects that he continued collecting over the years, resulting in one of the largest individual such collections in the world. While a student in high school, he taught advanced physics to a class of fifteen students. Upon graduation he engaged in various businesses before being drafted by the army to serve in World War I. At the conclusion of the war and his discharge in 1919, he enrolled in Marquette University, Milwaukee, where he graduated from dental college in 1924. While attending Marquette University problems of nutrition were among his major interests. A paper he prepared in December 1923, outlined the relationship of vitamin deficiency to tooth decay and showed the necessity of vitamins in the diet.

Lee's genius as an electronic inventor led to more than 100 electronic patents in the electrical field. The first of his many patents—for a motor speed controller for dentists—was granted in November 1924. One of Lee's most important inventions was a speed governor for electric motors, patented on May 31, 1927. These are needed wherever precise time intervals or constant speeds must be maintained for such equipment as radar, calculating machines, food mixers, flame-cutting machinery, fusion welding equipment, drill presses, telephone equipment and motion picture sound equipment. When talking pictures came out, Bell Telephone Laboratories had a speed governor selling for \$1,200; Dr. Lee sold his to them for \$3.50. He invented advanced weapons control systems during WWII, and he assisted NASA with his motor control design for their Lunar Guidance Systems.

In 1929 he founded the Vitamins Products Company which eventually became Standard Process Laboratories and the development of what would prove to be the finest line of nutritional supplements available to health professionals today. Dr. Lee designed specific equipment utilizing high-vacuum, low-temperature drying techniques to preserve the maximum nutrients of the whole foods used in Standard Process® products.

The reason I mention all these achievements is because the unconscionable food manufacturing industry—aided by a corrupt Food and Drug Administration—saw him as a direct threat to their profitable production of processed, nutrient-empty foods. They undertook to discredit him in a ruthless, heartless fashion ... even convincing the FDA to seize his research records and burn them. Fortunately, most of them survived to instruct those of us recognizing Dr. Royal Lee's courage, genius, and efforts to spread truth in the face of selfish interest. Even today, Dr. Lee's research is ignored by a world of "Science" so highly focused on examining what they perceive to be tangible and easily comprehensible—and monetary—that they are incapable of recognizing the synergy which is an integral part of those "enlivening" principles inherent in many biophysical, biochemical, and biomolecular inter-relationships.

Dr. Lee envisions a vitamin as functioning much like the gears of a clock: they all work together to transform the energy of a mainspring into a carefully-regulated momentum which enables us to accurately measure the flow of events which we call “time”. Remove one of the sets of gears and the “synergistic” effect of the clock’s accuracy is either jeopardized or made totally useless. Lee describes a vitamin as: “a working process consisting of the nutrient, enzymes, coenzymes, antioxidants, and trace minerals activators.” (Royal Lee: “What Is a Vitamin?” taken from Applied Trophology, Aug. 1956.)

According to Dr. Lee’s research, the Vitamin C complex included what he called the “P” factors, better known as flavonoids such as hesperin, hesperedin, eriodictyol, quercetin, and rutin which are essential to collagen production and maintenance for nearly every tissue in the body. Additionally, Lee identified what he labeled as the “J” factor portion of the Vitamin C complex which increases the oxygen-carrying capacity of the blood. If a patient has a cold, it is highly beneficial to get oxygen in increased quantities to the tissues where it can oxidize the toxins and carry them out of the body as carbon dioxide and water. Vitamin K is another part of the C complex that promotes prothrombin formation and aids in the coagulation of blood. People who bleed easily and profusely lack Vitamin K. As an additional essential element of the Vitamin C complex, Lee discovered the vital importance of the enzyme tyrosinase—the major activating element of which is organic copper. Tyrosinase is essential for the conversion of the amino acid tyrosine to thyroxine. Thyroxine is essential for normal functioning of the thyroid gland, it being a prohormone and reservoir for the active thyroid hormone triiodothyronine. The effectiveness in the human body of the Vitamin C complex is directly related to the amount of organic copper available as a synergist.

Another very important thing Dr. Lee constantly emphasized in his lectures was that vitamins occurring in their natural state are effective as disease preventers *in very low quantities*. Vitamin C complex, for example, in Lee’s formulation for Standard Process Laboratories contains only 2 mgs of the naturally occurring whole-vitamin C complex. That’s enough to prevent Scurvy where 100,000 mgs of Vitamin C as ascorbic acid has no effect whatsoever on Scurvy except perhaps to limit related inflammation and infection. The real problem—inadequate supply of collagen—is not solved by Vitamin C as ascorbic acid alone. Separating vitamins from their naturally-associated synergizers in order to bottle or make pills out of them is a waste of time, money, and a gross misrepresentation of clinical effectiveness. Natural foods and concentrated foods such as are produced in Dr. Lee’s Standard Process line of food supplements are the real synergizers of human health.

According to Dr. Lee, ascorbic acid is an antioxidant whose primary purpose is to preserve and protect the entire Vitamin C complex nutrients from oxidation. *The fact that ascorbic acid, when acting alone, has countless other highly beneficial affects in normalizing body functions only serves to demonstrate its absolutely essential requirement as a separate and distinct food supplement in daily life.* It serves one major function in minimal, naturally-occurring amounts as the protector of Vitamin C complex, and an entirely different function in greater—even gargantuan amounts—as an antibacterial, antiviral, anti cancer, heavy metals chelater, toxic poison neutralizer, free radical scavenger, balancer of cholesterol, neutralizer of anaphylactic shock, and the list just goes on and on for those willing to discover for themselves what a number of courageous medical doctors, naturopaths, health practitioners, and researchers have already found for themselves and a grateful public.

It’s not like Vitamin C and Ascorbic Acid are newly discovered and researched items, either. The last time I checked, there were 6,815 research articles on Vitamin C available for public scrutiny on the PubMed website, and 13,101 research articles on ascorbic acid. The results are guaranteed to boggle any intelligent mind with the variables and inconsistencies, and that is precisely why there are so few research references in this book. The results presented here are those obtained from personal experience or those obtained by talking with—or reading the words of—others who have had first hand experiences with the elements and procedures discussed herein.

Each individual may require more of one part of the complex than another. This is a tremendously important concept because of the variable nature of all ingredients of the C complex to be available at the same time to work either individually or together synergistically. Copper may not be available in many of the depleted soils of North America. Vitamin C complex is extremely volatile and delicate, being destroyed within minutes of exposure to open air, light, heat such as pasteurization, chemicalization, or metals such as found in storage tins. Bioflavonoids are more ubiquitous and hardier, but need to be accompanied by the presence of ascorbic acid in order to produce collagen, one of the most vital constituents of healthy skin, bones, and tissues in the body. Ascorbic acid—like Vitamin C complex—must be taken in on a regular basis or the body's storehouses will be depleted. The tissues with the highest percentage of ascorbic acid—over 100 times the level in blood plasma—are the adrenal glands, pituitary gland, thymus, retina, and corpus luteum. The corpus luteum develops from an ovarian follicle during ovulation, and is essential for establishing and maintaining pregnancy in females. This should tell you how essential ascorbic acid is as an essential supplement prior to and during the pregnancy cycle. Additional storehouses of ascorbic acid (10 – 50 times the concentration present in the blood plasma) are the brain, spleen, lung, testicle, lymph nodes, liver, thyroid, small intestinal mucosa, leukocytes, pancreas, kidney and salivary glands. The prevalence and amount of ascorbic acid storage sends a strong message about the essential nature of ascorbic acid alone in human health.

Now, please realize this equally important point: **humans are not able to manufacture ascorbic acid for their daily needs.** They must take it in from outside sources such as plants, animals, single-cell organisms ... or by daily supplementation. Reptiles and older orders of birds make ascorbic acid in their kidneys. Recent orders of birds and most mammals make ascorbic acid in their livers where the enzyme L-gulonolactone oxidase is required to convert glucose to ascorbic acid. Humans, guinea pigs, and some other primates are not able to make L-gulonolactone oxidase because of a genetic defect which occurred some 63 million years ago. Such an event would have had lethal consequences for the mutated primate were it not for the fact that it occurred to an arboreal animal living in a tropical environment where plenty of foodstuffs containing ascorbic acid *and* Vitamin C complex were available throughout the year. Although ascorbic acid is a vital food nutrient for humans, it is a natural liver metabolite in most other animals.

The daily intake of Vitamin C complex is equally as important as meeting the requirement for maintaining storehouses of ascorbic acid. Its volatile and delicate nature is so easily destroyed or neutralized that it can only manifest its disease-preventive functions when taken in as a naturally-occurring, whole, raw food ... at least at this point in scientific research endeavors. This means taking it in as fresh fruit or vegetables where the skin is eaten as a part of the fruit, or unbroken. The best sources as far as I am concerned are as follows: red or purple grapes (including chewing the seeds); berries of any kind; raw apples; lemons; limes; oranges; and all other freshly cut fruits. In addition there is evidence that ascorbic acid combined with bioflavonoids such as rutin and hesperidin will cure scurvy ... and this is very important as many diseases are scurvy-like collagen deficiency diseases. Cooked or raw potatoes, sprouted seeds, lightly cooked meats, sauerkraut, cabbage, and many raw vegetables seem to provide an adequate daily supply to prevent collagen-related diseases, but to me the best are listed first. More research is required for a better understanding.

In my opinion—and I am not alone in this regard—ascorbic acid is incorrectly referred to as a vitamin except as it occurs as an integral, inseparable part of the naturally-occurring Vitamin C complex which mankind has yet to synthesize in its entirety. The way in which we name a substance should be indicative of its function, and here we have the major irony. The prevalent understanding through the unfortunate misnaming of Vitamin C by its discoverer Casimir Funk in 1912, through Dr. Albert Szent-Gyorgyi's calling crystalline ascorbic acid, and finally Linus Pauling and Mathias Rath referring to ascorbic acid as Vitamin C was based on the assumption that Vitamin C as ascorbic acid cured the disease condition known as Scurvy. In fact, **ascorbic acid alone does not cure Scurvy.** Dr. Szent-Gyorgyi himself acknowledged the fact in his Nobel Prize Lecture of December 11th, 1937. In brief, here are his precise words—italics mine for emphasis:

“At the time that I had just detected the rich Vitamin Content of the paprika, I was asked by a colleague of mine for pure Vitamin C. This colleague himself suffered from a serious hemorrhagic diathesis. Since I still did not have enough of this crystalline substance at my disposal then, I sent him paprikas. My colleague was cured. *But later we tried in vain to obtain the same therapeutic effect with pure Vitamin C.* Guided by my earlier studies into the peroxidase system, I investigated with my friend St. Rusznyák and his collaborators Armentano and Bentsáth the effect of the other link in the chain, the flavones. Certain members of this group of substances, the flavanone hesperedin and the formerly unknown eriodictyolglycoside, a mixture of which we had isolated from lemons and named citrin, now had the same therapeutic effect as paprika itself.”

It can be seen here that in order to cure Scurvy, ascorbic acid alone was not adequate. But when combined with the bioflavonoid hesperedin plus a mixture made from lemons, Scurvy was duly cured. This is extremely important because Szent-Gyorgyi and his associates had actually discovered the secret to an endless number of today's life-threatening diseases involving the inadequate production of collagen. That well-hidden secret falls under the heading of Vitamin C complex ... the synergistic effect of ascorbic acid combined with bioflavonoids and whatever else lies hidden in what Szent-Gyorgyi refers to as eriodictyol glycoside or “citrin”. I will wager that what will finally be discovered will be precisely what Dr. Royal Lee described as Vitamin C complex ... if not in its entirety, at least in part.

It's also interesting to note several other facts here. In an article from Nutrition Today (Sept./Oct. 1979; Vol. 14, #5; pp. 6-7, 15-19) written as a combined effort between Dr. Albert Szent-Gyorgyi, Dr. Peter Stone, Dr. Herbert Hartley, and Dr. Cortez Enloe, Dr. Szent-Gyorgyi is quoted as saying: “Maybe the substance, ascorbic acid, is not a vitamin, but life's most important chemical.”

At this point I also submit that Linus Pauling and Mathias Rath, though discovering the most important aspect of Cardio Vascular Disease—Vitamin C deficiency leading to cracks in the arterial wall of the heart artery—missed identifying the fact that ascorbic acid alone is not the same thing as the Vitamin C complex combination that cures Scurvy. For, if the truth be known, ***Cardio Vascular Disease is a collagen disease*** ... a type of localized or sub-clinical Scurvy that manifests first in a genetically weak, highly stressed tissue. Lysine and proline, Pauling's and Rath's additions to ascorbic acid for collagen support did not do the job that Vitamin C complex does. I call attention to the fact that Pauling himself had three major heart surgeries, and would have had another if he had any veins left for the surgery. That certainly does not constitute a cure by any stretch of the imagination. But I personally am staking my own life on my understanding of what I hold to be true as explained herein. I have had one triple bypass surgery. That was the one that woke me up and sent me on this treasure hunt for the answers I had missed over thirty years as a Naturopath and Nutrition Consultant. It's a very subtle distinction and no wonder the world of medicine and science has missed it completely except for a small handful of individuals. ***Ascorbic acid eliminates some of the symptoms of Scurvy such as infection and inflammation, but it fails to solve the problem of collagen manufacture and replacement.***

Animals that produce their own ascorbic acid and live off of predominantly uncooked, unprocessed foods do not suffer from the diseases of mankind ... neither heart disease nor cancer. I feel very strongly that connective tissue diseases, bone diseases, heart disease, and cancer require at least a daily supplementation of ascorbic acid, and a daily intake of Vitamin C complex from fresh, raw foods for the prevention and proper implementation of vibrant, lively, pain-free health.

Keep in mind that the acid of ascorbic acid and the stomach acid hydrochloric acid have nothing to do with the burning stomach syndrome that makes anti-acids the #1 best seller in drug stores. The burning stomach syndrome comes from the fermentation of undigested food. Fermentation comes primarily from too much stress, too much food, and a lack of digestive enzymes and hydrochloric acid in the stomach.

The pathway to health is in reality a pathway of knowledge. An integral part of that knowledge is the experiencing over time what the daily intake of 1,000 to 3,000mgs of ascorbic acid does to all human health. Those who take ascorbic acid daily seldom, if ever, have colds or flu. The best kind of ascorbic acid includes bioflavonoids such as rutin, hesperidin, acerola, or rose hips. The best time to take it is with meals so that more sensitive systems aren't as affected by the acid content. If you find that even this small amount of ascorbic acid makes your body too acid, you are probably eating too many acid-forming foods—not enough fruits and vegetables. An effective counter for this condition is to supplement with 500 – 1,000mgs of calcium lactate (preferably combined with magnesium) on a daily basis. Also, take 2 teaspoons of apple cider vinegar diluted in warm water and sweetened with honey twice a day. Apple cider vinegar actually has an alkalizing effect in the body.

FIBER

Of major importance for the maintenance of digestive and eliminative health is the daily intake of soluble and insoluble fiber. The intestines require fibrous substances to stimulate the muscular (peristaltic) action required for the constant mixing and breaking down of foods. *Fiber increases the bulk of intestinal substances, maintains the stool softness, and shortens the transit time of digestive foods through the colon.*

If animal, fish, and fowl products remain too long in the colon (longer than 24 hours) the high coliform bacteria content of their flesh begins to multiply and produce highly irritating alkaline waste products known as indol, skatol, and guanidine. Over the years, lack of fiber and overabundance of animal products lead to prolapsed colon and other serious colon diseases.

Good sources of food fiber are whole grains, bran, nuts and seeds, and vegetables in their raw or lightly cooked state. By far the best way to maintain colon and digestive tract health is through the use of bran supplementation. Rice Bran is particularly good in this regard being a highly nutritious antioxidant and maintaining its cellulose structure throughout the entire small intestine until the final stages of fermentation by bacteria in the colon. Bran can be sprinkled on cereals or mixed with nut butters and taken on a daily basis. Flaxseeds whole, or ground in a small coffee grinder, are also highly nutritious and provide a mucilaginous bulk to all intestinal foods, lubricating the stool, and make bowel movements effortless. A tablespoon per day of ground flaxseed meal, rice bran, flax seeds, chia seeds, or psyllium seed hulls all provide the same health synergizing benefits.

IODINE II

I mention iodine twice in this book because of its dual importance both as a detoxifier and as an essential nutrient for endocrine gland balance, immune system support, anti-viral, antibiotic, antifungal, and as a vitamin/mineral/enzyme “synergizer”—the importance of which has yet to be discovered. Prior to the late forties, iodine was a part of most medical doctors' Materia Medica. Back then iodine existed in the Materia Medica as either potassium iodide or a triple chloride of iodine known variously as Beslin, Formula 1440, and finally Atomidine. Schieffelin and Company, one of the larger drug companies of the time, marketed the product as Atomidine and organized a huge research project to determine the effectiveness of Iodine as Atomidine in the private practices of medical doctors using the product. Remember, this was a time when anti-biotics as such had not been discovered and patented, but the basic principles still apply in today's world ... perhaps even more so as viruses become more and more immune to effect by patented medicines. When Schieffelin and Co. was

absorbed by another chemical company at a later date, this research disappeared due to the marketability of the new, patented, “miracle drugs” known today as antibiotics.

Atomidine, however, did not disappear from the market entirely. It was quite often recommended by the famous psychic, Edgar Cayce, and the formula sold to the Heritage Store in Virginia Beach, which still carries the product today (as well as all of Edgar Cayce’s other products). The Heritage Store also carried the Schieffelin and Co. research project in a little booklet called *The Atomidine Story* for a while until the FDA raided their store and destroyed all copies. Fortunately I found a copy on the internet and present the more important aspects here for further proof of Iodine’s effectiveness. Seen together with Dr. Guy Abraham’s research and Dr. David Brownstein’s current experience in private practice, there should be little doubt of the fact that Iodine should not be forgotten as an essential part not only of the medical *Materia Medica*, but also of each person’s knowledge of home remedies. I also should mention here that I have used Atomidine personally for over 30 years for all manner of infections and thyroid support, and will continue to do so. There are some caveats or warnings about the use of Iodine internally, but I will cover those last. Here is a portion of the Schieffelin Research report and some background information:

- In addition to its application for human conditions, Beslin, otherwise known as Formula 1440 (and Atomidine), became established in the field of veterinary medicine. Its use was recommended whenever an internal germicide or external antiseptic was required, ranging from treatment of fevers (in cases such as distemper) and toxic intestinal disturbances, to prevention of animal epidemics and use as a local antiseptic, germicide and surgical dressing.
- The Laboratoire Durveaux announced its discovery of Atomidine, as the product was now called, in glowing terms, heralding the beginning of “the era of atomic chemistry”. Atomidine was given the following uses: as an internal germicide in infections of both microbic and parasitic origin (indicating its use for feverish conditions such as malaria and acute staphylococcus and streptococcus infections); as an active and efficient gastro-intestinal antiseptic (through its stimulating effect on the endocrine glands); to reduce blood pressure in cases of hypertension; as a non-irritating diuretic; as an efficient urinary antiseptic (for infections and inflammatory lesions of the kidney and urinary canal), as a specific for all types of iodine deficiency diseases; and as an activator of general metabolism, a stimulus to endocrine functions, and an energizer of cell secretions (increasing physical strength and vitality).
- The average dosage advised by this company was five to ten drops in half a glass of water freshly prepared for each administration, and repeated every two or three hours. Frequent small doses were advised rather than larger doses at less frequent intervals. Atomidine was preferably given in cold water on an empty stomach, particularly not after eating a starchy meal.
- An Atomidine ointment was also made by Laboratoire Durveaux. Laboratory tests found it to be a non-irritating, deeply penetrating germicide and antiseptic that would relieve pain due to local congestion or inflammation, promote or activate cell metabolism and repair, and increase local resistance to infection. It was found to have particularly outstanding results in treatment of burns.
- Schieffelin and Company produced literature on Atomidine largely similar to that of its former manufacturer. They indicated its use particularly for iodine deficiency diseases, gastro-intestinal disorders, hypertension, asthenic conditions (cases of depressed metabolism), and as a diuretic and urinary antiseptic. Use of Atomidine in dentistry was also advocated, particularly in postoperative cases such as tooth extraction. It was found to arrest bleeding, reduce pain during and following oral surgery, and stimulate growth of tissue. Schieffelin and Company noted additionally that Atomidine should not be administered in combination with other drugs.

- The previous Atomidine Company cautions users to administer it under a doctor’s supervision, particularly in cases of lung disease, chronic cough, goitre or thyroid disease. Externally it is recommended as a general application for cuts, boils, toothaches, and surface infections. For use as a mouthwash or gargle for sore throat, the suggested dilution is fifteen to twenty drops in one third glass of water. The mouthwash can be done twice daily and the gargle as often as every few hours. The label states to “prepare fresh solution for each administration”, which simply means that (because a diluted solution of Atomidine is less stable over a period of time) the Atomidine should be added to water only when ready to use.

In 1933 a survey questionnaire was sent by Schieffelin and Company, to several thousand physicians and dentists who had tested Atomidine clinically. The 1241 responses received were classified as follows:

| PHYSICIAN’S REPORT | #CASES DECIDED | POSITIVE RESULTS | NEGATIVE RESULTS |
|----------------------------|----------------|------------------|------------------|
| Gastrointestinal Disorders | 540 | 494 | 46 |
| High Blood Pressure | 1049 | 978 | 51 |
| Acute Infections | 515 | 483 | 32 |
| Throat Infections | 1155 | 1122 | 33 |
| Diseases of Urinary Tract | 691 | 614 | 77 |
| Iodine Deficiency Diseases | 583 | 558 | 25 |
| Asthenic Conditions | 231 | 140 | 91 |
| Topical Applications | 1369 | 1332 | 37 |
| Syphilis | 3 | 3 | |
| Influenza | 53 | 53 | |
| Bronchitis | 15 | 15 | |
| Rheumatoid Arthritis | 1 | 1 | |
| Pneumonia | 2 | 2 | |
| Malaria | 2 | 2 | |
| Goitre | 2 | 2 | |
| Pleurisy | 1 | 1 | |
| DENTIST’S REPORT | | | |
| Pyorrhea | 2296 | 2145 | 151 |
| Vincent’s Angina | 884 | 821 | 63 |
| Dental Post Operative | 8787 | 8714 | 73 |
| Gingivitis | 26 | 26 | |
| Antrum | 1 | 1 | |
| | | | |
| TOTALS | 18,186 | 17,507 | 679 |

It is apparent that of a total of 18,186 cases with decisive results (in 2,188 additional cases results were undecided) from treatment with Atomidine, 96% of the reports received were favorable and 4% unfavorable.

As though that were not enough, tons of iodine in the form of water purification tablets were shipped to U.S. troops in Europe during the Second World War. Even today potassium Iodide is being stockpiled by the military because large amounts of iodine— 300mg per dose—are effective atomic radiation deterrents. In 1991, the U.S. government ordered 400,000 potassium Iodide tablets of 130mg each for its troops. The Bureau of Radiological Health and the Food and Drug Administration issued this little “patient product insert” with every bottle of thyroid-blocking, potassium Iodide radiation protection pills:

“Based on the FDA Adverse Reaction Reports and an estimated 48 million, 300mg doses of potassium Iodide administered each year (in the U.S.) the National Council On Radiation Protection And Measurements estimated an adverse reaction rate of from one in a million to one in ten million.”

Does that say something about the toxicity of potassium iodide? Dr. Guy Abraham's very recent research covers the subject in even more detail and for those uncomfortable with what is written here I suggest you search the Internet for Dr. Abraham's research. It is highly conclusive about the positive effects of large (50mg and more) doses of potassium iodide daily.

There is another blatant misconception prevalent in the world today; it is that iodine added to table salt is adequate for the body's needs. Potassium iodide is added to refined table salt at the rate of 100 parts per million, but only 10% of that very minimal amount is made available to the body ... and nearly every organ in the body stores and uses iodine for normal function. This is a major reason why thyroid disorders, Graves' disease, goiter, thyroid cancer, and Hashimoto's disease have reached near epidemic proportions. In addition, table salt has been labeled a harmful substance by naïve medical media and researchers with the result that half the U.S. households use no table salt, and consequently even less iodine supplementation. It is also important to note here that table salt is a processed product which leaves only sodium chloride and removes all the other valuable minerals and trace minerals such as magnesium chloride, potassium chloride and calcium chloride so essential for daily bodily function; more on this in the next section.

Dr. Guy Abraham's research indicates that we should each be taking about 12.5mg of potassium iodide daily in order to supply not only the thyroid requirements but other organ needs as well. Dr. David Brownstein, M. D. and specialist in alternative health-producing medicine has this to say about iodine:

"I am asked by my patients if I had only one natural item to treat patients with, which would it be? Though there are many natural items that provide wonderful effects for the body, one nutrient stands out head and shoulders above the rest: iodine. In all my years of practicing medicine, I have yet to see one item provide such miraculous effects on the body as iodine does."

SALT

The word "salary" originated in Roman times because Roman soldiers were paid with salt as well as grains. Salt was a barterable commodity anywhere in the empire and beyond, but salt in those days was quite different than it is today. Some clever but less than magnanimous genius figured out they could make more money for themselves by giving people the taste of salt without the nourishment. As a result, what passes for "salt" today is pure sodium chloride with all the other nutrients beneficial to human digestion—and particularly for optimal liver function—removed. Removed also are the chlorides essential for stomach digestion. Calcium chloride, for example, is removed from the original ocean source or mined salt and sold for a very high price for spraying on dirt roads to keep down dust and retain moisture. Removed and sold separately also is the potassium chloride, magnesium chloride, calcium carbonate and the many other trace elements found naturally in salt from the sea or mined underground in ancient seabed deposits ... elements which are also essential and synergistic to human health. Dried at over 1,200 degrees Fahrenheit, the excessive heat applied to today's table salt further alters the natural molecular structure of the sodium chloride which ends up on our table, in our packaged/processed foods, and in our cooking.

As though that were not bad enough, iodine in minute inorganic quantities is added during processing thus turning the sodium chloride red so that it has to be bleached to turn it back to white. Drying agents (such as aluminum) are then added so the salt will "pour" ... and even sweeteners are added. Even the label "Sea Salt" is misleading ... a partial truth based on the idea that the salt originally came from the sea before processing. I personally use salt that is air and sun dried, and packaged (without any processing) as large granules that retain their moisture. This kind of salt is sold under the name of Celtic Sea Salt or Himalayan Crystal salt. It requires

a mechanical grinder much like a pepper grinder, but one needs far less for an exceptional gourmet flavor. A second alternative to table salt is a pure vegetable derived “salt” such as Veggie-Sal. Keep in mind that all Sea Salt and vegetable salt is very low in Iodine, and one of the most important synergistic minerals in the human diet is Iodine.

As a final note, no successful beef cattle or dairy farmer fails to make a salt block available at all times for his stock. The block is made up of a high concentration of essential and trace minerals provided to supplement even well-fertilized fields of grass. The cattle instinctively know when they need more minerals, and a few licks fill their needs.

So ... what is the truth regarding salt:

1. My experience as a Naturopath and Nutrition Consultant, even years ago, was that most people are *mineral deficient*. This is partly because they have been trained that salt is bad because it causes hypertension or high blood pressure. There is no research done with natural, unprocessed, salt containing an abundance of essential electrolyte minerals as well as trace minerals. Consequently, *there is no evidence to indicate that true salt produces hypertension*. If anything, people are sick today for lack of the minerals they would normally take in through natural salts.
2. A *balanced* mineral intake such as comes with natural, unprocessed salt has a totally different effect on the body. It raises the pH of the body, making it more alkaline ... a major plus in today’s world where most human bodies are far too acid.
3. The reason anti-acids are the number one seller in drug stores is partly because we don’t get enough chlorides (not chlorine) that help the liver make hydrochloric acid for proper stomach digestion. Anti-acids counter *fermentation* from inadequate stomach digestion.
4. Every cell in the human body “floats” in a sea of saline (salt and water) solution. Salt and water are essential in far greater quantities than most people realize or take in. The salt and water are carefully balanced for the transfer of nutrients into and out of each cell. Urine is the natural elimination of excess minerals and body waste products.
5. Sodium is an essential mineral used by the liver in the neutralization of acids produced by muscle and digestive action.
6. Natural salt is one of the most dependable ways for the body to acquire its trace minerals so essential in minute quantities for such things as enzyme activity. Natural salt has at least 80 of such trace minerals.

Straight sodium chloride intake may well have the effect of tightening the arteries and effectively raising blood pressure. Remember that sodium content is very high in all processed foods and table salt is one of the main contributors. Couple high intake of pastas and other processed foods with pure sodium from table salt and sodium intake may well be too high. The change to natural, unprocessed salt balances the mineral content better and you will find that less of the natural variety salt obtains an even better flavor. One of the major health problems of the day is this high intake of cheap processed pastas, macaronis and spaghettis. Minimized intake will also change blood pressure numbers.

APPLE CIDER VINEGAR

There is no substitute for tried and true health-producing procedures and substances that have been with us down through the ages. Vinegar, for example, has been used to fight infections since Hippocrates—who lived between 460-377 BC—prescribed it for curing persistent coughs. But it wasn’t until the book, *Folk Medicine: A Vermont Doctor’s Guide to Good Health*, written by D.C. Jarvis, M.D., was published in 1958 that the medicinal use of apple cider vinegar took off. Jarvis recommended apple cider vinegar as a cure-all, explaining that it was unusually rich in potassium (compared to other food sources, it is not). He said that mixing the apple cider

vinegar with honey enhanced the healing power of the vinegar. Jarvis also wrote that apple cider vinegar could destroy harmful bacteria in the digestive tract and recommended it as a digestive tonic to be consumed with meals. Although the year it was released it didn't attract much attention, the following year Folk Medicine became a bestseller and sold more than 245,000 copies in a single week, receiving many testimonials by people who felt they benefited from the apple cider vinegar and honey mixture.

As for myself, I have in the past preferred taking apple cider vinegar with honey, but find now that if I water it down adequately, it is very good without a sweetener. As a maintenance dose I recommend 2 teaspoons of organic, unpasteurized apple cider vinegar in a tall glass of water once or twice a day, or preferably sipped from a water bottle (glass or non-toxic plastic) off and on during the day. The natural vinegar from a health food store is best because the enzymes have not been destroyed, and enzyme activity in its naturally associated state is always synergistic ... at least in my opinion based on the research of Dr. Royal Lee who studied enzymes, vitamins, and minerals in great depth back in the thirties and forties.

What does apple cider vinegar do? There is a very interesting website at <<http://www.earthclinic.com/Remedies/acvinegar.htm>> which makes available a number of different testimonies as to the positive effects apple cider vinegar has had on various diagnosed conditions such as allergies, sinus infections, acne, high cholesterol, flu, chronic fatigue, candida, acid reflux, sore throats, contact dermatitis, arthritis, and gout. Other testimonials include using the vinegar for pets and farm animals.

One of the major uses for apple cider vinegar is to help restore a proper pH (acid/alkaline) balance for those (most of us) who have high intakes of acid-forming foods (that's most everything in the North America diet except fresh vegetables and fruits). One would think of vinegar as being acid because of its high acetic acid content, but in actuality it has an alkalizing effect in the body due to its high content of alkaline "ash" after being metabolized.

The malic acid and acetic acid content of cider vinegar has been proven to have anti-fungal, anti-bacterial, and anti-viral properties *as well as properties which chelate lead and other heavy metals from the body*. Additionally, Apple Cider Vinegar can reduce the toxicity of certain compounds by converting the toxin into an acetate compound, which is less toxic. This is why it is ideal internally and topically for insect bites and certain skin allergies. It has been applied to bad burns in remote parts of the country where there was no immediate help. Here is a testimonial quote: "If you are burned by fire, immediately pour apple cider vinegar over the wound. There will be no pain or scar. Try it and be amazed." I haven't personally had the opportunity to test that procedure, but it's right there in my bag of home remedies for bad burns since I always have a bottle of unpasteurized apple cider vinegar on hand.

Preliminary studies suggest that the acetic acid in apple cider vinegar may help to lower blood pressure. How it might work is unclear, although studies suggest that it may increase levels of nitric oxide, a compound in the body that relaxes blood vessels, or it might inhibit an enzyme called angiotensin-converting enzyme from producing angiotensin II, a hormone that causes blood vessels to constrict or narrow.

Other positive effects noted for apple cider vinegar:

1. It seems to modify the desire for more food making it beneficial for weight control.
2. Lowers blood pressure in some individuals.
3. Lowers the glycemic index of carbohydrate foods, making it beneficial for conditions such as diabetes and insulin resistance.
4. Has a positive effect with acid reflux.
5. May have a positive effect in lowering total cholesterol and triglycerides.

Dr. Royal Lee, in Let's Live Magazine in 1958 wrote this article on weight reduction using apple cider vinegar while referring to Dr. Jarvis' book mentioned above. "The disposal of guanido-acetic acid by methylation is catalyzed by the thyroid, as demonstrated by Stuber, Russman and Proebstring in 1923. So it may be possible that vinegar, long reputed to reduce weight, does so by releasing thyroid activity. Dr. Jarvis tell us that two teaspoons of apple cider vinegar in a glass of water with each meal will produce a progressive and consistent loss of weight. 'The loss of weight will be gradual,' he says. 'If a woman between five feet and five feet six inches tall weighing 210 pounds takes two teaspoonfuls of apple cider vinegar in a glass of water at each meal, she will weigh about 180 pounds at the end of two years. If a man has a paunch, he will lose the paunch at the end of two years. The apple cider vinegar will have made it possible to burn the fat in the body instead of storing it and increasing the body weight.' If continued day after day, this treatment for excess weight is completely simple and effective. If the daily routine happens to be such that it is not practical to take it at each meal, a dose can be taken in the morning, another at bedtime, with the third does at some convenient time in between."

One should take apple cider vinegar for a minimum of three weeks before evaluating its effectiveness for any condition. When taking it for conditions such as acid reflux, 2 -3 tablespoons should be highly diluted and taken over the course of a day.

DIGESTIVE ENZYMES

Back in 1974 when I first started out as a Nutrition Consultant I was trained in the Ridler and Goodheart methods of Applied Kinesiology as indicators of nutritional imbalance. The theory was—and still is—that certain muscles and reflex points on the body can give indications of nutritional deficiency. To modern science, the methodology resembles so much Hocus Pocus by dint of their reference to energies and reflexes not recognized at all by modern science, yet valid in their own way ... if for no other reason than the positive effect created. Considering that placebo effect (the sugar pill versus the drug effect) amounts to some 37% of clinical effectiveness—or even better depending upon how believable the healer/magician is—I'd say the positive effects relative to patients' health improvement was closer to 60% using my own brand of Hocus Pocus ... this based on the return clientele alone. Dollars generated often balances out in direct proportion to produced results in the health field.

At any rate, here is what I found over a period of several years. At first I was testing individuals of all ages and finding vitamin and mineral deficiencies that varied so widely from person to person that virtually no common ground could be inferred. In other words, in Santa Rosa, California, there didn't appear to be any pandemic single vitamin or mineral deficiencies peculiar to the surrounding area served by Dr. Ken Bernd's very active and successful chiropractic business under whose license I practiced. Even though there was no single item that predominated, I was still sending patient after patient out the door with \$50.00 to \$75.00 worth of vitamin or mineral supplements of a very high quality sold only by health practitioners.

The procedure was to analyze for vitamin/mineral deficiencies at the same time as analyzing for digestive enzyme deficiencies. After a year or so I had what I thought was a brilliant idea of checking for digestive enzyme deficiency first. Then, after a few weeks of taking the digestive enzymes, have the patients return for a vitamin/mineral deficiency check.

Well ... much to my amazement, patients coming back for their vitamin/mineral check had zero vitamin/mineral deficiencies—and also no digestive enzyme deficiency. At least such was the case in the below 60 age group. Even in the older group the vitamin/ mineral requirements were minimal, but the digestive enzyme requirement was more permanent in order to sustain proper vitamin/mineral assimilation and utilization.

This was quite a profound realization for me as I had been carefully trained that our soils were depleted and vitamins destroyed by cooking food. The intake of digestive enzymes seemed to deny the truth of the prevalent wisdom as to depleted soils and overcooked foods ... either that or the testing method was not accurate enough. The next rather profound realization was the fact that I was sending patients out the door with \$15.00 worth of digestive enzymes rather than the \$60.00 worth of vitamin/mineral supplements—and with that brilliant bit of money-saving realization went a major portion of my meager-at-best income. Since I have this problem that the rest of the world doesn't seem to have—that truth is more important than money—I found myself in an ethical and financial quandary. It never occurred to me that it could get worse, but it did ... and very quickly!

After I had been personally put on a fasting detoxification program by one of my health instructors, an herbalist named Dr. John Ray Christopher, I discovered how profoundly beneficial different forms of fasting were. It seemed immediately apparent that no other kind of natural remedy or procedure came close to producing such health altering results.

Consequently I developed a detoxification program, the backbone of which was juice fasting, and quickly discovered that a five to seven day fast with fresh juices eliminated all vitamin/mineral *and* digestive deficiencies. It was at this point that I had to add a new profession to that of Nutrition Consultant—that of Naturopathic Physician—in order to survive.

The reason I've taken you down this path in my own past is to show clearly how important and beneficial fasting is, but also how essential digestive enzymes are for those who have any kind of digestive or stomach problem, for those who are experiencing high levels of stress, those who have degenerative disease, or those who are past age 60 and experiencing the subtle, insidious onslaught of increasingly limited digestion. ***Longevity for those over 55 is considerably improved by a few digestive enzymes once a day with any major meal.***

How does one differentiate between digestive enzymes and systemic oral enzymes? The most successful digestive enzyme formula I used in my practice always had three major critical substances: (1.) Betaine HCL, (2.) Ox Bile, and (3.) Pancreatin. In addition, there were other enzymes such as Pepsin, Bromelain, Diastase, and/or Cellulase. The Betaine HCL is a beet-derived hydrochloric acid for stomach digestion and is vitally important. The rest are enzymes for small intestine and colon digestion, but none-the-less essential in any combination peculiar to the manufacturer's specifications. Systemic oral enzymes have been adequately covered under the section heading: Detoxification.

FOODS FOR HEALTH

1. Obtain eggs with bright orange yolks that stand up tall in the frying pan indicate corn and grain-fed chickens and high protein content. Use as little heat as possible in cooking.
2. Buy or make your own breads from whole grains and sprouted grains. The heavier the bread, the better. The higher the content of rye or other grains over wheat, the better. Germans, Austrians, and Scandinavians know best how to make healthy bread. Look for their bread recipes, or their specialty-made breads in the marketplace.
3. Nuts, seeds, and dried fruits. Roasted nuts with the skins intact are best as the roasting destroys enzyme inhibitors; skins contain valuable B-vitamins. Make large containers of snacks using your own convenient mixture of almonds, sunflower seeds, pumpkin seeds, peanuts, walnut pieces, pecan pieces, raisins, chopped dates, etc. This should be the primary source of snacks for kids and adults. Leave the boxed, sweetened, chemically preserved snacks on the market shelf. Even the ants won't eat them. Forget the sweetened granola bars as they are sweetened with corn sweeteners and other small molecule sugars that overstress the pancreas. Make your own granola sweetened with brown sugar, molasses, or honey.

4. Nut and seed butters. Mix almond butter, sesame “Tahini” butter, sunflower and/or peanut butters together. Add salt from evaporated sea water, and rice bran or ground flaxseed meal to thicken. A small amount of molasses or honey can be added for flavor. Use only unhomogenized nut butters (where the oil separates out). Make a large quantity of nut butter, and store it in separate glass jars in the refrigerator. Make sandwiches of nut butter and jam using whole- grain bread for lunches for real, long-lasting energy and powerful nutrition!
5. Oatmeal and other whole grain cereals such as Red River cereal are the very best of breakfast foods. Sweeten with molasses or brown cane sugar; add real cream or butter. Several years ago I would have recommended against all boxed cereals, but consumer awareness has created a market for carefully chosen boxed ingredients sweetened only by cane sugar or molasses. *Read labels carefully*, using the knowledge presented below under “Avoid monosodium glutamate”. Processed, boxed food will inevitably have some MSG hidden behind one of the dishonestly-labeled ingredients in order to make it taste good and be habit forming. I find it interesting that nowadays I recommend cane sugar as a sweetener whereas 30 years ago I used to lecture and write about it as though it was a disease. It can, in fact, be disease producing when taken in the kinds of quantities sweeteners are used nowadays in nearly everything. Today, however, we have chemical replacements and corn sweeteners whose effect on human health is far worse. *Use all sugars sparingly*.
6. Choose organically grown vegetables and food products wherever it is economically feasible.
7. Use animal, fish, or fowl as a source of protein and DNA according to what is available reasonably locally, but no more than once a day—and if your belief system can extend to the fact that God created animals to live from the killing of other plants and animals just as mankind is *enabled by structure* to do. Plants are living things and have souls the same as animals and humans ... and souls are not destroyed by the death of their accompanying physical vehicle. Eating any of these protein/DNA sources should also be accompanied by an abundance of salad or lightly cooked vegetables for bulk and fiber.

THINGS TO AVOID

1. **Avoid heated or homogenized fats and oils** as much as possible. This is just plain common sense. The medium for food digestion is water. Heated and processed foods have lost all their solubility so they plug up the tiny, finger-like villi of the intestines and block nutrient absorption. Here’s a little experiment. Put some butter, nut butter, or olive oil on your fingers and rinse them under body temperature water. The fats and oils come off easily. Now put some oil from a deep fat fryer on your fingers and try to rinse it off. Good luck!
2. **Avoid high fructose corn sweeteners** and all other artificial sweeteners except Stevia. For the past 30 years obesity has increased in direct proportion to the growth of soft drink production using inexpensive artificial sweeteners such as fructose, glucose and corn syrup. High fructose corn syrup contains both fructose and glucose. Fructose converts to fat more readily than other sugars and also raises triglyceride levels ... particularly in men. Avoid all sweeteners ending in “...ose” far better to use cane sugar, molasses, or honey ... but use sweeteners very sparingly. Diabetes is no fun!
3. **Avoid chemicalized soft drinks** and those using artificial sweeteners. The most toxic of food chemicals are the “excitotoxins” like aspartame that overload the cellular glutamate receptors resulting in cellular death, particularly of the neurons in the brain and nervous system, when calcium appears in the blood. The sites in the brain that have been reported to be damaged by excitotoxins are the Purkinje neurons, the Hippocampal neurons, and the Hypothalamus. Aspartic acid—which is 40% of Aspartame—does not cross the blood brain barrier, but is secreted into the cerebrospinal fluid by the Choroid Plexus located in the ventricles of the brain. There, in the brain’s lower regions and the upper end of the spinal cord is where Lou Gehrig’s, Parkinson’s, and Multiple Sclerosis damage is most prominent. 30 years ago, sugar

was a problem. Today sugar is the preferred sweetener over Aspartame, Nutrasweet and other artificial sweeteners. I use sugar with great restraint and then use only molasses, maple syrup, raw cane syrup, brown or raw cane sugar, and honey.

4. **Avoid monosodium glutamate** and these other MSG-containing chemical additives: glutamate, glutamic acid, yeast extract, any protein that is “hydrolyzed”, calcium or sodium caseinate, hydrolyzed corn gluten, gelatin, textured protein, autolyzed yeast, most soy products including soy protein, whey protein products, “natural flavors and flavorings”, and just plain “flavors” or “flavorings”. MSG and the products listed above that mask its presence are “excitotoxins” with the same effect as aspartame (see above; paragraph 3.). Totally inadequate research has gone into the FDA’s labeling this chemical as safe. In hundreds of studies around the world, scientists are creating obese mice and rats for use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so the scientists have to create them. ***They make these morbidly obese creatures by injecting them with MSG when they are first born.*** The MSG triples the amount of insulin the pancreas creates; causing rats (and humans?) to become obese. They even have a title for the fat rodents they create: “MSG-Treated Rats”. For further proof, go to the National Library of Medicine, at <http://www.pubmed.com>. Type in the words “MSG Obese” and read a few of the 115 medical studies that appear. Labels often lie. There is no truth in labeling that hasn’t been bought off from public protection by the unconscionable greed of food manufacturers and processors, and a corrupt FDA. Change must come from the grass roots level. That means you and me.
5. **Avoid all products with the name “Soy”** in the list of ingredients except fermented soy products such as miso, and natto. I realize there is a lot of controversy regarding soy, but the financial interests of seed companies like Monsanto are so great that they would allocate huge sums of money to misrepresent research toward their own ends. There is very good evidence internationally to show that 60% or more of all “scientific” research is totally biased to reflect the financial interests of the subsidizers. All soy is genetically modified (see the next paragraph regarding GMO foods). Soy is loaded with trypsin inhibitors; trypsin is an enzyme involved in the digestion of protein. Soy is loaded with goitrogens which slowly impair thyroid function. Soy contains phytic acid which impairs the body’s intestinal ability to absorb minerals. Avoid soy infant formulas. There is adequate evidence to show that infants fed soy formulas have up to 20,000 times the amount of estrogen in their blood as infants fed no soy products.
6. **Avoid all genetically modified foods.** New DNA chip technology has recently allowed scientists to monitor changes in DNA functioning when foreign genes are inserted. In one experiment, there was a staggering 5 percent disruption of gene expression. In other words, after a single foreign gene had been added through genetic engineering, one out of every 20 genes that were creating proteins either increased or decreased their output. In 1989, first dozens, then thousands fell sick. About one hundred people died, others struggled with paralysis, unbearable pain, and debilitating symptoms. Authorities eventually tracked its cause: contaminants produced in one company’s genetically modified variety of the food supplement L-tryptophan. Mice avoid eating GM foods when they have the chance, as do rats, cows, pigs, geese, elk, squirrels, and others. What do these animals know that we don’t? At this point in time the unconscionable financial interests exceed the essential requirement for integrity proven over time. If you still have any doubt, read *Seeds Of Deception* by Jeffrey M Smith.

SURVIVING NATURALLY

The inexpensive alternative to expensive supplements

1. Don’t spend money on pop and soft drinks. Drink *water* when thirsty. Buy 100% juice and water it down 30 to 50% with water for a moderately sweet beverage in hot weather.
2. Don’t use margarine or synthetic substitutes for butter. Spend the extra money on butter as *it is the finest natural source of vitamin A, vitamin D, vitamin E, and an excellent source of fatty acids*. No Health Food Store vitamin can match it for clinical effectiveness.

3. Don't eat cheap foods like pasta, spaghetti, or macaroni except very occasionally. Choose brown rice; ignore instant or five-minute rice.
4. Don't spend money on cigarettes, gambling or lotteries. Smoke your own herbs that you grow yourself ... if you must smoke of all.
5. Don't deep-fry anything that you plan to eat.
6. Don't buy processed, boxed foods. It's mostly sugar and other empty carbohydrates.
7. Don't drink tap water that is chlorinated or fluoridated. Don't waste money buying small plastic bottles of water. Use water that has been purified by a *reverse osmosis* method; or obtain your water from a tested spring or well that is not located in farm country where toxic fertilizers are used on the crops.
8. Eat apples and other fresh fruits regularly for their vitamin C content. Bake apples and eat them sliced or as applesauce for their source of colon cleansing pectin.
9. Make your own dehydrator out of plywood, using window screen shelves for trays and a 100W light bulb at the bottom for heat. Purchase over-ripe brown bananas and dehydrate them. You won't believe how delicious they taste. Do the same with any fruit, ripe or unripe, in season.
10. Make your own bread from grains you grind yourself in a common blender or wheat grinding mill. Bread making machines are available all the time at yard sales and the Salvation Army and Goodwill outlet stores. Locate a good sourdough starter and read up on making breads as one of the best food you can find for your kids and yourselves.
11. Purchase or make your own sauerkraut. This is one of the best foods for colon health on the earth.
12. Make sure everyone in the family has at least a tablespoon of apple cider vinegar daily. Buy the unpasteurized kind from a Health Food Store; mix in warm or hot water. This is one of the finest chelators of heavy metals there is; and one of the finest health-producing disease-preventers you can have in your home.
13. Use lots and lots of fresh garlic in any cooked food you prepare.
14. Cook whole grain cereals that you make yourself. Purchase oatmeal as a whole grain and grind it in your blender just enough to crack it open. Do the same with wheat, rye, and barley ... or mixed altogether with oatmeal for a delicious, highly-nutritious cereal that will provide long-lasting energy throughout the day. You may have to cook for at least a half an hour; add natural salt and a small amount of olive oil or butter; add dried fruits or seeds such as ground flaxseed meal, flaxseeds, sesame seeds, or sunflower seeds. Failing that, you can purchase Red River cereal and get almost the same value.
15. Eat potatoes regularly, but do not remove the outer skin as most of the nutrients in the potato are in the skin or just beneath the surface of the skin. Boil them or bake them; fry them only occasionally.
16. Buy natural, non-homogenized, unsweetened peanut butter and thicken it slightly with either flaxseed meal or rice Bran, adding your own natural salt for a great energy food and a source high in nutrition. The rice bran is a great food for the bowels.
17. Start your own vegetable garden ... and raise sunflowers as well. If you live in the city and have a small patio or porch, grow your own tomatoes.
18. Raise your own chickens if you live in the country, or buy free-range eggs if available.
19. Eat lots of red or purple grapes with seeds as often as you can get them. Chew the seeds.
20. Sweeten foods or drinks only with honey, molasses, or raw cane sugar if you can find it. Use dark brown sugar and if you can't.
21. Be sure to have a major mineral and trace mineral food supplement three or four times a week. Kelp tablets and natural sources of salt (not table salt) are an inexpensive way to accomplish this very important dietary supplement.

VITAMINS

My personal opinion is that vitamins in tablet form are a waste of money. Not only that, but sewage management personnel find that one of their most frequently noticed solid objects that plug up filtration screens are vitamin pills that have never even broken down in the digestive tract. Couple that with the fact that in order for a vitamin to be quantified and sold as a separate substance, it has to be separated from its naturally-occurring synergistic state—usually through the use of heat or chemicals—and what results may be next to useless. Vitamins are an essential and inseparable part of all food for human (and animal) consumption, but they perform their tasks best when taken into the body in their natural, undisturbed, unprocessed state where they occur as a synergistic **Vitamin complex**. I'll call again on Dr. Royal Lee's impeccable research obtained from The Selene River Press, Dr. Royal Lee Historical Archive Collection: Excerpts taken from Butter, Vitamin E and the 'X' Factor of Dr. Price.

The special nutritional factors present in butter as known up to 1942 are without question. It was shown that butter has the following characteristics of superiority over other fats and oleomargarine imitations:

1. The nation's best source of vitamin A.
2. Unit for unit, the vitamin A in butter was three times as effective as the vitamin A in fish liver oils.
3. The natural vitamin D in butter was found 100 times as effective as the common commercial form of D (viosterol).
4. Butter, prescribed by physicians as a remedy for tuberculosis, psoriasis, exophthalmia, dental caries, and in preventing rickets, has been promptly effective.
5. Butter carries vitamin E in sufficient quantity to prevent deficiency reactions.

The physical penalties for using a synthetic, imitation, chemically-embalmed substitute for butter seem to be quite drastic. Some appear to be:

1. Sexual castration for the growing child, in more or less degree, with oversized females fatter and taller than the boys. (Remember, meat animals are castrated for the purpose of making them fat.)
2. Loss of ability to maintain calcified structure such as teeth and bones. Dental caries, pyorrhea, arthritis, etc., would be logical end results that would inevitably follow, especially in view of the added influence of other refined and devitalized foods. Dr. Price's experience in curing arthritis, dental diseases and lowered resistance with good butter directly bears out this conclusion.
3. Evidence is accumulating to show that multiple sclerosis is a result of deficiencies in which vitamin E complex (as found in butter) is vitally involved. Further, vitamin E is now found to be a remedy for the disorders of menopause, showing how these deficiency diseases follow their victim through life.

This list could be extended almost without limit — but we feel we have established our case.

Now, about vitamin E: Cattle fed grains as usual—except that the vitamin E was removed—in a few months, although gaining normally in weight, began to drop dead one by one after exhibiting slight changes in their electrocardiograms that were identical to those in human heart patients. (*Science*, Oct. 4, 1946.)

Children of adolescent age, fed oleo and butter, side by side, over a few years demonstrated that oleo feeding caused castration of both sexes in a considerable degree, as indicated by

excessive height of both boys and girls, greater weight increase in girls than boys, and neutral physiques in both - girls had broader shoulders and narrower hips than normal, boys vice versa. Sex development demands vitamin E, and butter is our main source in the American diet. And we do NOT mean synthetic substitutes for the natural vitamin E complex. Take vitamin E out of its environment by “purifying” it and it loses up to a 99% of its potency, say authorities. You cannot keep time by using the brass out of a watch. You cannot get the normal effect by taking a natural vitamin complex apart either. It is a balanced mechanism as it occurs in food.

Now perhaps it can be more easily seen why heart disease kills more people in this country than any other ailment, and that it is practically unknown in China.

Cost of Malnutrition

Let's Live Magazine

Dr. Royal Lee, 1958

Vitamin A Complex

“Why do we need vitamin A complex? It keeps our eyesight acute and prevents eye fatigue, night blindness and eye ulcers. All are causes of many industrial accidents. It is essential for the skin and mucous membrane surfaces of the body and this helps protect the body against invasion of infective agents- one of our most common causes of lost work hours.

Vitamin B Complex

“Why do we need vitamin B complex? Principally for our nerves. It maintains the normal rhythm of the heart. In a deficiency, irregular heart rhythm may occur. This is a loss of teamwork among the heart muscle areas, where, instead of all contracting together, part contracts while another part relaxes. This is, of course, very inefficient.

Vitamin C Complex

“Why do we need vitamin C complex? First, in vitamin C deficiency the blood capacity to carry oxygen may drop to half normal. This means that the heart is compelled to pump blood at twice the normal rate, so that one of the first reactions to vitamin C complex deficiency is shortness of breath. In time this overload on the heart contributes to its ultimate breakdown. Meanwhile, the deficient worker feels constantly tired, lacks both mental and physical stamina—not a very good man to have on the payroll.

Vitamin D Complex

“Vitamin D complex stimulates the adsorption of calcium into the blood stream. Without this vitamin, irritability, cramps, (including our heavy losses from cramps of our female absentees monthly), breaking of bones easily and other calcium problems occur. The insomnia of our workers, which happens at home, so we never see it, may be one of these.

Vitamin E Complex

“Why do we need vitamin E complex? We lose vitamin E so very slowly that many years on a poor diet may be necessary to bring it out symptomatically. Heart disease is probably the commonest end result. Another interesting reaction to local E deficiency is some forms of eczema. One type known as petroleum dermatitis, because it arises from contact daily with petroleum solvents, often in workers who handle oil saturated mechanical parts, is due to the removal by this oil of the fat soluble vitamin E from the skin. The skin refuses to regenerate itself, cannot heal, and becomes progressively degenerated, cracked and raw. Dermatitis states that are worse in winter are usually of this category.

Vitamin G Complex

“Why do we need vitamin G complex? First, to protect the heart. It also serves as a natural, physiological tranquilizer since it acts to dilate the blood vessels and so improves the circulation to most organs, including the heart. Muscle and nerve tone are not possible without vitamin G complex and, although the effects of its lack may not be evident by average observation, doctors know that this is one of the most widespread of all deficiency states. The vitamin G supplied worker is certainly better equipped to do his job.

“Why do we need trace minerals? Well, low back pain is one good reason. This pain often arises from a deficiency of trace minerals needed for the enzyme activity necessary for the formation and repair of ligaments, tendons and bones. “That, sir, was why I added the column entitled Cost of Malnutrition to our ledger,” the efficiency expert concluded.

Here is another very important excerpt by Chris Masterjohn of The Weston A. Price Foundation on the critical nature of Vitamin K.

In 1945, Dr. Weston Price described “a new vitamin-like activator” that played an influential role in the utilization of minerals, protection from tooth decay, growth and development, reproduction, protection against heart disease and the function of the brain.

Using a chemical test, he determined that this compound—which he called Activator X—occurred in the butterfat, organs and fat of animals consuming rapidly growing green grass, and also in certain sea foods such as fish eggs.

Dr. Price died before research by Russian scientists became known in the West. These scientists used the same chemical test to measure a compound similar to vitamin K.

Vitamin K₂ is produced by animal tissues, including the mammary glands, from vitamin K₁, which occurs in rapidly growing green plants.

A growing body of published research confirms Dr. Price’s discoveries, namely that vitamin K₂ is important for the utilization of minerals, protects against tooth decay, supports growth and development, is involved in normal reproduction, protects against calcification of the arteries leading to heart disease, and is a major component of the brain.

Vitamin K₂ works synergistically with the two other “fat-soluble activators” that Price studied, vitamins A and D. Vitamins A and D signal to the cells to produce certain proteins and vitamin K then activates these proteins.

Vitamin K₂ plays a crucial role in the development of the facial bones, and its presence in the diets of non-industrialized peoples explains the wide facial structure and freedom from dental deformities that Weston Price observed.

For over 50 years after Price described his discovery of Activator X, the medical and nutritional communities saw vitamin K merely as a requirement for blood clotting. The poor understanding of the functions of the K vitamins within the body and the apparent lack of any relationship between Price’s chemical test and the structure of any known vitamin made it impossible to determine the identity of this mysterious substance. We now know, however, that vitamin K₂ and Activator X are one and the same. Like Price’s X factor, vitamin K₂ is synthesized by animal bodies from its precursor in rapidly growing grass. Cereal grasses and alfalfa are rich in this precursor, and these plants accumulate it in direct proportion to their photosynthetic activity. It is critical to the ability of teeth and bones to lay down mineralized tissue, and to the prevention of degenerative diseases of the cardiovascular and nervous systems. It is the key factor that acts in synergy with

vitamins A and D: these vitamins command cells to make proteins, but vitamin K brings these proteins to life. It is an “activator,” then, in the truest sense of the word, and it is therefore fitting that we knew it for so many decades simply as “Activator X.”

The best sources of vitamin K₂ are fermented foods and grass-fed animal fats. These foods contain a wide array of nutrients that may act synergistically with vitamin K₂ in ways we do not yet understand. Price 's vitamin-rich butter and butter oil concentrate provided not only vitamin K₂ but also vitamin E, vitamin A, vitamin D, conjugated linoleic acid (CLA) and other nutrients. Nevertheless, some people may wish to supplement with vitamin K₂ if they do not have access to high-quality food, wish to use a higher dose to treat a health condition, or want extra insurance.

Vitamin K2 Contents of Selected Foods

| FOOD | VITAMIN K2 (MCG/100G) | |
|--------------------------|-----------------------|-------------|
| Natto | 1103.4 | (0% MK-4) |
| Goose Liver Paste | 369.0 | (100% MK-4) |
| Hard Cheeses | 76.3 | (6% MK-4) |
| Soft Cheeses | 56.5 | (6.5% MK-4) |
| Egg Yolk (Netherlands) | 32.1 | (98% MK-4) |
| Goose Leg | 31.0 | (100% MK-4) |
| Curd Cheeses | 24.8 | (1.6% MK-4) |
| Egg Yolk (United States) | 15.5 | (100% MK-4) |
| Butter | 15.0 | (100% MK-4) |
| Chicken Liver | 14.1 | (100% MK-4) |
| Salami | 9.0 | (100% MK-4) |
| Chicken Breast | 8.9 | (100% MK-4) |
| Chicken Leg | 8.5 | (100% MK-4) |
| Ground Beef (Medium Fat) | 8.1 | (100% MK-4) |
| Bacon | 5.6 | (100% MK-4) |
| Calf Liver | 5.0 | (100% MK-4) |
| Sauerkraut | 4.8 | (8% MK-4) |
| Whole Milk | 1.0 | (100% MK-4) |
| 2% Milk | 0.5 | (100% MK-4) |
| Salmon | 0.5 | (100% MK-4) |
| Mackerel | 0.4 | (100% MK-4) |
| Egg White | 0.4 | (100% MK-4) |
| Skim Milk | 0.0 | |
| Fat-Free Meats | 0.0 | |

I hope I have made clear that the very best way to have proper nutritional support is through food intake and concentrated foods. Butter, for example, is a highly concentrated food made from cow's milk. Freshly made, unpasteurized butter is better than what is available through most markets, but even pasteurized butter is still a very excellent source of vitamins mentioned above. It is even more nutritious when made in the Spring when cows have been feeding off of fresh growing grass. Fish oils, like krill oil and cod liver oil are concentrated foods. Nut butters made from almonds, sesame, sunflower, sunflower and other seeds are concentrated sources of nutrients. Freshly made fruit and vegetable juices are concentrated sources of nutrition.

Products manufactured by Dr. Royal Lee's Standard Process Laboratories are probably the closest to natural concentrated nutritional food supplements available. They are available through Health Practitioners, and also over the internet through Health Practitioners.

Exposure of the skin to the sun is the best source of Vitamin D ... as long as exposure of the skin is protected from burning. Even exposing the eyes to open daylight with eyeglasses removed has been found essential for proper endocrine gland balance.

“Thus, in addition to diet, exercise, and lifestyle, one can reduce one's risk of cancer considerably by obtaining adequate amounts of vitamin D, from natural and artificial UVB, supplements, and diet. In obtaining vitamin

D from UVB, the amount of exposure is far less than that which is generally associated with skin cancer: the important things to do are get regular, moderate amounts of UVB and avoid any reddening of the skin or sunburning.” <http://www.sunarc.org/papers.htm#cancer>

Part V.

INFECTION

Acute Infections

A healthy body will heal itself quickly of surface wounds, and will do so without infection. Any sign of boils or non-healing, infected surface wounds are usually signs of a slightly compromised immune system. This is a whole-body condition, not just a local infection. It comes from lack of exercise, too much food, too much starchy food, or a compromised immune system for some other reason. Additionally, the person is not drinking enough water to flush and cleanse the body via the kidneys and/or not having daily bowel movements. Like an automobile engine with a badly bent exhaust pipe or inadequate water for cooling, the body plugs up, slows down, and finally stops.

Acute infections are a signal for the body to detoxify. Changes in the diet are essential because that person's body constitution cannot handle that level of stress, ingestion, and congestion. A short fast of four to five days on vegetable and fruit juices with hot broth in the evening will usually balance out the body's congestion. After that, permanent changes in diet, exercise, water intake, and colon health (see the section on Colon Health) are essential or the situation will recur and worsen with time and age.

The question arises as to how to deal with the surface infections when the immune system cannot. First, of course, is fasting and dietary change to alter the condition from inside. Inevitably, what happens on the skin reflects what is happening internally. For boils and infections which have not yet broken the surface skin, a poultice of clay (such as cosmetic clay from the drugstore) placed on a cotton cloth or bandage and held in place by an ace bandage will soon draw the infection to the surface and out of the body. It may take a day or two; the bandaging may have to be alternated with occasional hot face cloth applications as hot as can be stood for occasional five or ten minute intervals.

For open wounds of any size, for humans as well as animals, a bandage soaked in unboiled, natural honey from the health food store does wonders—and has done so since the days of Hippocrates. According to Dr. Clifford Wheelless, the honey creates hydrogen peroxide which pulls the fluid out of bacteria. Dr. Wheelless should know; he is an oncologist ... a cancer specialist. This is also a great remedy for horses' legs which have very poor healing circulation and are frequently injured with suppurating open wounds.

There is also iodine for athlete's foot and other surface fungal infestations. Mix tincture of iodine (or any other iodine such as a Betadine) with alcohol (three parts alcohol to one part iodine) and apply with a convenient spray bottle. It may take several days of applying twice a day to be effective.

For open wounds such as a child's badly scraped skin, use Hydrogen Peroxide or ACS 200® initially, then cover with a bandage impregnated with raw honey or gel from an aloe plant. Iodine on open cuts and wounds is effective in eliminating infection, but most iodine tends to bind with protein in cells of the sub-surface skin creating scar tissue and longer healing times. If the area is too large to bandage, spray periodically with ACS 200® or a diluted solution of apple cider vinegar.

Use the above measures plus internal dosages of Atomidine or potassium iodide, apple cider vinegar, or ascorbic acid instead of antibiotics unless the infection has reached serious proportions. Antibiotics are systemically harmful and mostly unnecessary.

Chronic Infections

Chronic systemic infection is another matter again. It is not always so obvious—in fact it is insidious and dangerous to the attendant tissue inflammation which it causes. Infection and inflammation go hand in hand and require simultaneous treatment. Infection, in this case involves the entrance of foreign organisms such as bacteria, viruses, amoebic parasites, or fungi into the body which are unable to be controlled by the immune system. “Control” is the key word here because the human body is host to a myriad of infectious parasites and organisms which remain dormant until body conditions overwhelm the immune system and these organisms then multiply in an effort to restore balance once again.

Keep in mind that the total elimination of all infectious organisms is quite difficult—if not even harmful—and definitely not essential for the production of homeostasis. For example, E-coli are an essential type of bacteria for the breakdown of fiber in the colon. Certain strains of E-coli benefit by producing vitamin K, and by preventing the unbalanced spread of pathogenic bacteria. Control and balance are the keywords ... *and health really begins in the colon.*

One of the best natural preventives and resolvers of *inflammation* is systemic oral enzyme therapy through the use of Wobenzym-N, and this is covered in more detail in the section on Detoxification headed Systemic Oral Enzymes. For treatment of systemic *infection*, nano colloidal silver as in ACS 200® is a remedy of outstanding choice in today’s world of serious lethal and rapidly acting infections such as MRSA, Lyme, SARS, Anthrax, Avian Flu, and a thousand lesser infestations. Thanks to a very old product from the materia medica with modern new research, they can all be handled by one product with zero side effects. My own particular choice from past experience with its superior qualities and extensive research is ACS 200® put out by the same company (sBioMed®) as the ACZ nano® zeolite product. See the detailed product analysis covered in the next section below.

Let me state that I have no financial interest in any of these companies I mention in this book, recommending them solely on the basis of dependability, corporate integrity, product effectiveness, and universal availability insofar as I am able to evaluate.

WARNING: in this day and age it is absolutely imperative that everyone in positions of responsibility, both for their own health and that of others, familiarize themselves with the symptomology of viral and bacterial infestations such as MRSA and Lyme so they know when to have it checked with a medical laboratory. These serious infections of the day have to be treated quickly; the longer they remain in the body, the longer it takes to remove them. The internet has some excellent educational examples such as found at:

http://www.medicinenet.com/mrsa_infection/article.html

MRSA has hit the front pages of the NY Times and was a feature story in August Reader’s Digest covering youngsters that die, sometimes within 2 days of something as simple as a bump on a leg while in school sports. The best hospitals—ones that are mindful of the fact that 1 out of 22 hospitalized patients today will acquire some form of infection from the hospital during their stay—are now starting to do a nasal swab with a 3 minute test. If positive it will lead to the patient carrying this dangerous infection being put immediately into the hospital in isolation. Every year at least 100,000 patients die from antibiotic resistant infections ... and each year the number of diagnosed resistant infections increases.

The real infection problem is much larger since everyone today really has a significant body burden of infections that are contributing to the epidemic of degenerative diseases including Alzheimer's, Arthritis, Autism Cancer, Diabetes, Heart Disease and Parkinson's disease. **Infection is always present with degenerative disease.** It can be confusing since someone may not have the receptors for the infection and thus they can be entirely asymptomatic, yet by hugging them or shaking hands, or sitting next to them on a train or plane, you can be dead within hours.

ACS 200®

What most people don't know is that silver can be found in trace amounts in almost all mammalian tissue. Dr. Robert O. Becker, an Orthopedic Surgeon made landmark discoveries in the field of regenerative science. He discovered that wounds in mammals create a healing current of electricity in minute amounts ... a change of electrical signaling that plays a significant role in how that body begins to regenerate. He discovered that he could produce biologic stem cells by adding small amounts of electricity to connective tissue in the presence of silver and that, by doing so, the tissues would regenerate 5 to 6 times as rapidly as tissues without silver present.

The developers of ACS 200®, Brian Larson and Daryl Tichy expanded on Dr. Becker's discoveries, and further claim that "silver has more to do with the regeneration of human tissues and the preservation of health and well being than any other substance they have researched". In their words, "Ionic silver built in the right way provides a powerful antibiotic effect, changes mature cells back to stem cell quality, and creates a massive 500% to 600% increase in cellular regeneration." They went on to develop a silver based liquid that produces the same effect in wound tissue as Dr. Becker was able to do, *but without the need for a special electrical source.*

Unique in all the world, ACS 200® has absolutely no side effects due to the fact that It is biologically the same as the plant-derived silver which is a normal part of the human diet ... providing, however, *that the soils have adequate silver available to be taken up by plants.* And herein lies a major problem. Today's depleted soils show almost a complete absence of trace mineral silver compared to what they carried 60 or 70 years ago. In today's world, silver must be supplemented in a biologically available form, and ACS 200® is an ideal way to do that.

In addition, ACS 200®, when sprayed on open wounds, areas of extreme burn damage, or virally destroyed skin actually regenerates the tissues without infection and without the formation of scar tissues or the need for plastic surgery. Brian Larson gives a dramatic demonstration of this effect in the video link I mention a little further on.

Finally a safe, affordable liquid silver product has been developed that has been able to kill 99+% of any infection tested against it within minutes. **There is no pathogen resistance**—not viral, microbial or fungal. They all are eliminated swiftly and safely with ACS 200®. "Independent studies prove ACS 200® to be far more effective in killing pathogens than Argentin, SilverMax, or any other brand of colloidal silver. ACS 200® is anti-viral, bactericidal, anti-fungal and anti-parasitic, killing Methicillin-resistant Staphylococcus aureus (MRSA), Candida and Rhinovirus at 99.99999% in less than 3 minutes. As performance benchmarks, these are extremely difficult pathogens to kill. Competing colloidal silver formulas have very mild antimicrobial effect when compared to ACS 200®." The quote is taken from the results RNA website here: <http://www.resultsrna.com/products/acs_200_faq.php>

Everyone needs to have at least two of the 4 ounce size available in their home at all times. As the news has informed us, people can become violently ill within hours of eating spinach or lettuce in a local restaurant. Our pets and our families are all at an increasingly greater risk of these infections. There is no question that they are on the rise worldwide ... and no hope that they will become easier to deal with.

We now need to extend our knowledge and learn how to use the most powerful form of silver ever developed, ACS 200®, with documented killing times from a level 3 independent research lab at BYU in Orem, Utah. The developers of the silver technology behind ACS 200®, sBioMed®, have significant patents protecting their technology and are now focused on bringing to the marketplace an additional new product called PERADOX®—a safe and highly effective disinfectant designed for every hospital and doctor's office. This incredible disinfectant is more than 100,000 times more powerful than Lysol and completely safe. Many of us are anxious to have their new hand disinfectants that I believe will rapidly become the standard of the food and beverage industry, as well as for all medical applications. Finally you will not fear when the dentist is examining you with instruments that have been hard to completely sterilize. sBioMed® will set new standards around the world in the field of disinfectants and sterilizers.

ACS 200® is already saving lives of patients. There is no downside to this oral product. There is virtually no toxicity even if the infection requires a full 4 ounces of ACS 200® daily for 1 month or 1 year.

There are many deep-seated infected tissues that are hard to get at with adequate levels of infection destroyers. The intent on the part of sBioMed® was to have a product far stronger than anything ever available before so that the need for intravenous use could be avoided. We desperately need something that works when people are hit with these infections in the middle of the night at home. We do not want patients with acute infections coming to the doctor's office and exposing all patients there or going to the emergency room.

How does ACS 200® work to disinfect? Many forms of bacteria, virus, and fungus utilize a specific enzyme for their metabolism. ACS 200® effectively disables the enzyme and kills the pathogen.

The 2 oz and 4 oz versions of ACS 200® are provided with a convenient spray top for improved cellular absorption. The spray top is simple to use for maintenance. With some infections, such as a high hepatitis or AIDS titers, the idea of using at least 2 ounces a day is important until the infection is clearly responding. Always remember that 99% of any infection is all most therapies can get, as there are tissues that simply do not get enough circulation to eliminate all the pathogens. That is why it is important to stay on a realistic maintenance dosing long enough to allow the body to have a new level of immune competence.

ACS 200® is also available in a one-ounce SuperShot size. *If you have frightening symptoms, or face serious exposure such as having to visit a hospital, or take a long trip on a plane you can protect yourself with a full one ounce therapeutic dose taken all at once.* If there is any sign of skin infection or injury one can also use the sprayer internally as well as applying topically to animals and humans to aid the healing and overcome local infections.

In today's day and age, total body detoxification with ACS 200®, Zeolite, oral chelators, fiber, Vitamin C, etc. all become important. If we test everyone today, most have either Chlamydia or Herpes. With this program these infections will drop to 99%, making them virtually harmless. However, without changing the body significantly by major detoxification and lifestyle changes, stopping the silver will normally permit a gradual return of those infection levels which leads to higher levels of inflammation ... which are, in turn, integrally related with all forms of illness.

The good news is that even the minimum dose of 5-10 sprays twice a day seems to eliminate all new dental caries for patients. So hold and swish in your mouth for 30 seconds before swallowing to eliminate the dental contribution to your total body burden of pathogens and resulting inflammation.

A great deal of false information has surrounded the introduction of this revolutionary product, all of it stemming from the use years ago of silver nitrate as a highly effective antiseptic. When used internally in certain individuals, it turned the skin a bluish-gray color ... a condition referred to as Argyria. There is absolutely no risk of Argyria associated with the use of ACS 200®. The company states on their website: "We have a 15-year history of many thousands of patients using our cellular silver without complaint. As a matter of medical silver use in history,

there were over 5 million prescriptions of silver dispensed in the United States in 1929. Out of those 5 million users, there were less than 60 accounts of Argyria. *None of those cases were associated with colloidal silver. These cases were associated with the use of silver nitrate.*"

For an eye-opening video presentation on ACS 200®, follow this link:

http://www.resultsrna.com/products/acs_200_video.php .

If the link has changed, do a search for "Brian Larson on ACS 200®".

Specific recommendations for dosage and administration of ACS 200® are contained in The Health Practitioner's Handbook, available as an E-book from my website at www.kitcain.com, through bookstore databases, and through Amazon websites worldwide.

MIRACLE MINERAL SOLUTION (MMS)

The MMS (Miracle Mineral Solution) protocol was developed by Jim Humble, a prospector, hard-rock geologist, inventor, and metallurgist on an expedition into the remote jungles of Central America to set up a gold separation process. He first discovered it in response to a need to help a member of his expedition who came down with malaria more than two days away from any help through heavy jungle.

After years of experience with bad drinking water on such expeditions, Humble always carried stabilized oxygen with him to make local water safe to drink. Facing the possibility of a quick loss of life, and not knowing what else to do, he gave it to the stricken man. To everyone's amazement, the man became well within a few hours. That seemed like a miracle, but Humble wanted to better understand what had just happened.

Over the course of several years, he figured out that what made stabilized oxygen so effective in some malaria cases was not the oxygen at all, but the trace amounts of chlorine dioxide it contained. Further research led him to come up with a way to produce hundreds—even thousands—more units of chlorine dioxide than what is found in stabilized oxygen. He accomplished this through using a higher concentration of sodium chlorite (28% vs. 3% for stabilized oxygen) in conjunction with an activator. The proof of the efficacy of this simple protocol was in successfully helping over 75,000 people in several African nations—including Uganda and Malawi—to rid themselves, primarily of malaria, but also hepatitis, cancer, and AIDS.

Chlorine dioxide and chlorine are not the same. Chlorine is a chemical element. In ionic form, chlorine is part of common salt and other compounds, and is necessary to most forms of life, including human. A powerful oxidizing agent, it is the most abundant dissolved ion in ocean water, and readily combines with nearly every other element including sodium to form sodium chloride, magnesium to form magnesium chloride, potassium to form potassium chloride and numerous other chlorides essential for the body's chemical processes. Chlorine dioxide is a chemical compound that consists of one chlorine ion bound to two ions of oxygen. Oxidizing agents are chemical compounds that readily accept electrons from "electron donors." They gain electrons via chemical reaction. This is important because relative to chlorine dioxide, all pathogens are electron donors.

By itself, chlorine dioxide is extremely volatile. It is a very powerful germicide and purifier used in municipal water treatment plants where it is beginning to replace chlorine because it produces no carcinogenic by-products. Chlorine dioxide is approved by the Environmental Protection Agency for safely removing pathogens and contaminants like anthrax, so you know it must be effective. However, the concentrations used in such applications can vary from 500 to over 6,000 parts per million, which would clearly be as deadly to humans as to contaminants. The MMS protocol for human use delivers chlorine dioxide at approximately 1 part per million ... well below any toxic level to the human body.

In the human body it acts in two ways. First it improves the immune system by increasing the levels of myeloperoxidase in white blood cells, making them do their job as efficiently as they are supposed to do (in cancer and other degenerative disease conditions, levels of white blood cell myeloperoxidase are depleted). In the second instance, red blood cells happily absorb chlorine dioxide as well as oxygen and hence carry it throughout the body. Its very powerful oxidant effect rips up to five electrons from any harmful positively-charged pathogen, but doesn't seem to harm negatively charged good organisms or normal healthy cells. Grabbing this many electrons totally inactivates the pathogens it has taken them from. At a molecular level it is actually an explosion. In addition, it may also oxidize any molecule of a heavy metal and toxic chemical, effectively inactivating it though we need adequate research to prove this point.

The MMS solution of sodium chlorite in distilled water is sold in a pre-mixed bottle along with a citric acid activator by a company called PGL International through their website at <http://mmsmiracle.com/mjmj275> ... and a search of the internet will turn up many other marketers of the MMS solution as well. Additionally, one should purchase and study carefully Jim Humble's books, obtaining them either as E-books or hard backs, through his website at <http://www.miraclemineal.org/index.php> . His very extensive experiences with MMS over the past ten years in bringing about thousands of remissions of malaria, AIDS, and virtually any microbial infestation all over Africa, North America, and Europe are the only real "research" done with this revolutionary new approach—internal human use—for an already well-proven bactericide and virus killer.

It must be kept in mind that this is a very unorthodox method of controlling the plagues such as MRSA, AIDS, Malaria, Herpes, Candida, Avian flu, Lyme disease and a multitude of others presently appearing nearly everywhere. Because this is not a "patentable" drug, the drug companies cannot afford to spend the millions of dollars for research and double blind human studies required by the governmental agencies such as the FDA. Until this is done, wealthy individuals and philanthropic organizations cannot run the risk of huge class-action law-suits brought on by money-hungry attorneys and people unwilling to take responsibility for problems they themselves have caused.

It's a vicious world of selfish interests ... and that leaves the matter of simple solutions to huge problems up to the individual to ferret out and have the courage and intelligence to implement by relying on the experiences of other people like themselves. Change inevitably starts at the grass roots level; those at the top are too comfortable where they are and will resist change at any cost. As I often say, "The Hallowed Halls of Learningdom are not the sole sequesters of truth". In the human situation, we sheep have to choose our shepherds carefully, and a broad range of personal testimonies is far more accurate than research controlled by the selfish interests of those paying for it.

Dr. Richard Horton, editor of the British medical journal, The Lancet, said: "We are all completely fed up with being manipulated by the (drug) industry. Nine out of 10 research papers about new drugs submitted to The Lancet are so hyped in favor of the drug that we can't publish them without revisions. There may be a design flaw, or the adverse effects have been underplayed, or the results over-interpreted. Research papers are now used more as a marketing exercise than as scientific reports. Often scientists are happy to rewrite their papers when flaws are exposed in them," Dr Horton noted. "It looks to us that they come under pressure from their sponsors and that they welcome the reality check we provide."

Patients in the trials are often hoodwinked into thinking they are advancing medical science when actually they are being used in a marketing exercise. "That is a subversion of patient consent," he said.

On the other hand, Richard Smith, editor of the British Medical Journal, said many drug companies have high ethical standards. "Other groups, including hospitals and governments, may often be keen to control publications, especially if results appear to contradict current policy."

Getting back to MMS—Jim Humble’s Miracle Mineral Solution—this is a solution of 28% sodium chlorite (not chloride) which, when mixed with a citric acid activator, produces chlorine dioxide. The chlorine dioxide, when ingested, only acts on contact with pathogens which include harmful bacteria, viruses, funguses, toxins, heavy metals, and parasites. All of these will have pH values that are out of the body’s range of good health. They will also have a positive ionic charge. The chlorine dioxide equipped cells do not oxidize beneficial bacteria, or healthy cells, as their pH levels are 7 or above, and hold a negative ionic charge. Chlorine dioxide ions will oxidize—which means to vaporize with a positive ionic charge—those diseased cells which are acidic. If the chlorine dioxide ions encounter no pathogens or other poisons, they deteriorate into table salt and in some instances, hypochlorous acid, which the body can also use. So this type of chlorine—supposedly— does not remain in the human body or cause adverse bonding or reactions. We need more research on this product in order to understand its positive and negative effects.

Research has proven chlorine dioxide to be much safer than chlorine, as it is selective for pathogens when used in water. Furthermore, it does not create harmful compounds from other constituents in the water as chlorine does. Numerous scientific studies have demonstrated that chlorine—part of the halogen family of elements— creates at least three carcinogenic compounds when it enters the body, principally Trihalomethanes (THMs). There has been no such evidence of harmful compounds being produced from chlorine dioxide. The most salient point to know is that chlorine dioxide has 100 times more energy to do what oxygen normally does, and yet will not harm healthy cells. There are no lasting ill effects from taking chlorine dioxide at the doses suggested herein. In addition, your body’s stores of hypochlorous acid will be increased for immune system support.

It is important to realize that pathogens often bind with heavy metals such as lead, mercury, iron, aluminum, and cadmium—and often exist inside cells making them very difficult to remove. In fact there is much evidence to indicate that some types of Autism are brought on in infants by mothers who unknowingly have very high levels of these toxic metals systemically thus transferring them to their offspring at or before birth. Cells that harbor pathogens combined with toxic metals have to die off to release their pathogen/heavy metal combination. This can take from five days in the case of intestinal tract cell life cycle up to seven years in the case of bone cell life cycle. Total purification may require periodic applications of both pathogen destroyers such as MMS or ACS 200® as well as periodic but consistent use of heavy metal chelators such as ACZ zeolites, ascorbic acid, malic acid (as in apple cider vinegar), and others like calcium disodium EDTA. In some cultures body purification is an essential prerequisite prior to conception. It should be the case in every human culture.

MMS is very simple to use. Jim Humble states in his book *Miracle Mineral Solutions*, part 2, that it should be taken in small doses initially, working up to larger doses over time for most people who don’t have serious infestations such as malaria. MMS and ACS 200® are essential remedies everyone should carry in their medicine chest or travel bag permanently. It is difficult to protect one’s self from infestation by pathogens since they are around us daily and most often handled quite adequately by the body’s own immune system. If, however, the body is susceptible to the pathogen, or has a temporarily compromised immune system, serious consequences can begin within 24 hours ... or not until years have passed. Periodic pathogen cleansing is essential in this day and age, and having the proper tools constantly at hand is part of that procedure.

Humble suggests using a bottle of pre-mixed MMS; a clean, empty, dry glass; and the activator, citric acid. The MMS solution is a 28% solution of sodium chlorite already prepared. Most marketers of MMS package the product in a dark plastic bottle with a top that carefully measures pouring by single drops. The citric acid is included in the MMS kit, delivered in crystalline form with a proper container for mixing and pouring one drop at a time. The citric acid solution which you mix is 1 part crystalline citric acid to 9 parts distilled or purified, non-chlorinated water. Always activate the MMS drops with a food acid, either lemon juice drops, lime juice drops, or citric acid solution drops ... the citric acid drops being the simplest.

Always add 5 drops of citric acid to each 1 drop of MMS, mix in an empty dry glass and wait at least 3 minutes, then add 1/3 to 2/3 glass of water and drink it. You can expand the 3 minutes to 10 before drinking. Repeat this dose in between one and two hours, ideally doing all of this after your evening meal, as it can sometimes make some people sleepy, apart from which your body does most of its detoxifying during the night. Rinse your mouth with the solution to cleanse your teeth of bacteria, and allow sub-lingual absorption of the solution.

Jim Humble's advice is to start modestly with as little as 1 drop of MMS plus 5 drops of citric acid on your first day. Never forget to wait at least 3 minutes for the mixture to react to create chlorine dioxide, which will turn yellow and have a slight smell of chlorine. Repeat the dose in one to two hours if you have none of the symptoms indicated below. Increase the number of MMS drops to 2 accompanied by 10 drops of citric acid, or 3 drops of MMS accompanied by 15 drops of citric acid, on each following day, up to a maximum of 15. Your body will tell you when it has reached its maximum dosage by producing the following symptoms:

1. Nausea
2. Headache
3. diarrhea
4. Sleepiness

The above symptoms are normal in the natural healing process, and are known as a Healing Crisis or Herxheimer Reaction brought on by overloading the blood, liver, and kidneys with toxic material requiring elimination. Often times there is a brief recurrence of previous disease symptomology. Consider yourself fortunate if these symptoms manifest. It indicates your level of toxic pathogen infestation and that the MMS is doing its valuable work. If you notice nausea, *drink lots of water to facilitate kidney activity and take 3,000mgs of ascorbic acid.* Take time out from another dose for your body to clear itself of the toxic material and dead pathogens—usually within 24 hours.

Keep in mind that Vitamin C as ascorbic acid is an anti-oxidant whereas MMS is an oxidizer. In other words the action of one neutralizes the action of the other. It is best not to put ascorbic acid into your body for at least 12 hours before or after each application of MMS ... unless, of course, you wish to neutralize the effects of the MMS. Following any healing crisis response, reduce the number of MMS drops by a single drop; if you develop diarrhea, reduce your dose by 2 or 3 drops.

Chlorine dioxide has to be made fresh. Only make as much as you need for each dose. For conditions such as Lyme or other heavy infestations, you may have to implement periodic or daily treatments using MMS for 6 months or more.

Natural healing often brings fear to the minds of those who haven't experienced it before. This is why it helps to have a Naturopath or Health Practitioner with whom you can consult. The time is here to demand new licensing procedures—and protections—for a category of Health Practitioner trained in alternative treatments, and who can work hand in hand with medical doctors and laboratories to handle the level of fear and ignorance the masses of undeveloped souls have brought to bear on our governmental and health systems.

Population pressures, cost of medical facilities, shortage of doctors, coupled with mass health ignorance have made it imperative that each of us educate ourselves and our children in ways to take responsibility for our own health. In today's world, who wants to take responsibility for other people's health when a single mistaken diagnosis or alternative medicine procedure that didn't work can lead to loss of license, bankrupting law suits, or months of time and legal expense to defend one's self? This is happening to doctors every day.

Further details on how others have used ACS 200® and MMS for disease conditions such as AIDS, Cancer, Malaria, and other serious disease conditions are outlined in *The Health Practitioner's Handbook ...* an exact replica of this book except for remedial actions best supervised by an experienced Health Practitioner. Both books are available on Amazon websites around the world, and in bookstore databases using the Ingram Wholesale Distributor's catalog. I do this for several reasons.

1. If healing is begun too rapidly, the toxic overload often frightens patients away from proceeding further—regardless of any forewarnings—and thus gives the whole natural healing procedure and profession a totally unjustified bad name.
2. There is an order to the process best decided upon by an experienced healer.
3. The quantity recommended may be inadequate which could prove discouraging were there not an experienced voice to guide and encourage the next step.
4. Attention to detail is as essential for the patient as for the health practitioner. Apple cider vinegar means a certain kind of apple cider vinegar and not just any old vinegar from the pantry shelf.
5. Experienced professional judgment is essential for determining the necessity and extent of medical, laboratory, and drug intervention used either *instead of*, or *in conjunction with* natural healing procedures.

WARNING: MMS is a very powerful oxidizer. I don't personally feel that MMS should be taken all the time, but rather saved for serious infestations such as those that are becoming more and more antibiotic resistant, those that are deep-seated in the physical body, and those that have reached plague proportions.

If you are not accustomed to experimenting with your bodily health, you should read Jim Humble's literature on his own extensive experiences with MMS as he has applied it to thousands of others all over the world ... or consult with a Health Practitioner before using it. If you have any kind of heart condition, *use MMS only under the care of a Medical Doctor or Health Practitioner*. Others, however, who do not have heart problems do not appear to encounter adverse reactions other than normal healing crisis responses. Everything on Planet Earth has limitations. Experiment with MMS slowly and carefully. It is not as carefully researched as ACS 200® and ACZ nano®. Personal testimonies can be read at the following website:

<http://www.earthclinic.com/Supplements/MMS.html>

Part VI.

THE SPIRITUAL ASPECTS OF HEALTH

I find it ironic—even humorous—that mankind in even its most intelligent form has not the wisdom to recognize the almost incomprehensible intelligence and power which is manifesting all of Creation constantly, instantly, from the vastness of its power and continuous imagination. The fact that man's ignorance is Divinely planned that way seems also to be entirely unrecognized in the face of man's pompous concept of his separate regal identity—an identity to which he clings out of fear that there is nothing else to depend on. Poor "ignore-ant" man!

Superficial and trivial truth lies on the comfortable side of the border between the seen and the unseen, the known and the unknown. The ultimate role of the Soul—it's inevitable fate over lifetimes—is to become uncomfortable with physical comfort. Its final compulsion is to seek—at whatever price—until it finds what it

could never define as what it was looking for. Once on the journey, there is no turning back; once found, the treasure is indescribable. What lies ahead is equally unknown and indescribable ... but more eagerly sought after than ever. Such is the fate of the mystic who finally wears out the magnetic attraction of desire, sensation, indulgence, and the imagined rewards for which the price has become too high.

The search for health is a similar journey. It's like a love-affair suddenly lost. We never appreciate health until it's gone and it won't come back ... at least not without a supreme effort that, to many, seems overwhelming. Preventive maintenance of the physical/emotional/mental vehicle is only available to those who have a developed perspective—the capability to see the end from the beginning. This is the highly experienced Soul—the wise, knowing soul developed through many lifetimes of experience in male and female form at many different points in time and space.

By this time, the Soul will have begun to realize that it is not alone, and, in fact, can never really be alone. The awareness of this Divine Presence does not filter down into the mind quickly. It distills there like the dew on the morning grass as life's experiences unfold to this soul of greater awareness than the rest. Terms such as fate, luck, chance, accident, etc. all fade into an awareness of the new challenge, the new lesson, the now eagerly sought-after expression of the unique, individuated expression of the Divine soul whose imperfection serves only to amplify and synergize its latent talents and abilities. Thus does the stagnant doldrum state of perfection expand into a carefully controlled swing of the pendulum from high to ever higher expressions of consciousness and awareness.

Longevity is not necessarily an indicator of spiritual growth or balance. A life span is simply what it is ... and life beyond the garbage can of Planet Earth is not likely to be worse, but rather more likely to be better than can even be imagined. The soul has its own purposes, divivable only to the seer who sees from the level of soul or higher.

Sickness and disease are most often “wake-up calls” from an average to poor body constitution calling for attention to the fact that survival in this particular bodily configuration needs knowledge that one either doesn't have or isn't using. Remedial action may require almost miraculous intervention by today's highly specialized doctors and advanced technological equipment in order to stem the negative progress of disease. It is most important to realize, however, that the medical profession is not in the business of producing health—and neither is the drug industry. And it must also be realized that this is perfectly okay.

The drug industry is a totally unconscionable money machine intent on prostituting doctors, food manufacturers, the sickly who don't know any better ... and those of us who have no other way to live than from the often miraculous drugs which come of millions of dollars of drug company research. It is the devil's head on an angel's body ... and that is only one of the things that makes the pathway to health more like learning to become a concert pianist from instructors who can only play chopsticks. I myself owe my stable heart condition (control of atrial flutter) to calcium channel blockers developed by drug company research. Nothing else in my naturopathic/nutritionist's very extensive bag of remedial actions and remedies accumulated to this point works as well ... or at all! I have, however, nevertheless rejected other drugs such as warfarin and statins in favor of more body-friendly, non-toxic, no-side-effects substitutes backed by acceptable research, but not patentable and thus of no interest to corporate money grubbers.

Today's medical doctors are by training *interventionists* ... and that, believe it or not, is a blessing. It is not their job to spend hours teaching patients how to break old habits, establish new ones, and try through endless experiments to restore their body to health. Realize that fact and don't expect more. Health education is an

individual responsibility ... and that process, when implemented out of necessity instead of in advance as a form of disease prevention awareness, can be very confusing. No two bodies are ever exactly alike in their unbalanced condition and they therefore require remedial actions vastly different from one another.

The cheapest and best pathway to health education is through books written by medical doctors, osteopaths, chiropractors, naturopathic physicians, nutritionists, researchers, and other health professionals who have served the public as health teachers or healers for a long enough period of time to have discovered what works and what doesn't work—not just what some school has taught them is supposed to work. If one's health problem is of a more serious or urgent nature, one may have to settle for medical intervention first. The pathway to health in the form of disease prevention can seem to be overwhelmingly difficult if begun after disease has taken its toll. Degenerative disease does not form overnight. It happens over time, and takes time to be remedied.

Now comes the spiritual part. Imagination and the capacity to believe are among mankind's most spiritual capacities. As a helicopter bush pilot in the Yukon Territory in my younger days, I remember a sign on the hangar wall of the company I worked for. It said:

“God may be your copilot, but it's the power lines that kill you.”

To the helicopter pilot, vigilance is more than belief. But vigilance is not always enough. Belief in a higher form of “outside protection” helps to take care of the rest that comes from human ignorance and incompetence. Without that faith and belief one lives with fear, and when fear prevails it is better to find something else to do.

It is not much different with sickness and disease. Vigilance in the form of education is an absolute necessity in today's world of predominant selfish interest devoid of conscience. Education at a very early age is essential. ***The fact that one is not sick does not mean that one is healthy.*** Toxic chemicals do not always announce their presence with pain. Bone structures of today contain 1,000 times the amount of lead as 400 years ago, and lead in any quantity is an enzyme inhibitor. Overweight conditions can creep up like a thief in the night as a product of corn sweeteners, MSG hidden behind dishonest labeling, genetically modified foods not labeled as such, homogenized fats, deep-fat fried foods, chemicalized water, and dependence on too many drugs of *any* kind. Removal of these influences does not happen overnight, or over weeks, or even months.

HOWEVER, it is not good to live in fear of today's world. One must believe in the capacity to heal oneself. “Seek and ye shall find”. Ask via the still small voice within. To ask frequently enough and fervently enough is to bring help quickly, but if one is not experienced in asking and receiving in this manner, the help can go unnoticed. It can be a friend's comment or recommendation; a magazine article in a waiting room; or it can end up being a very long process accomplished one step at a time ... one health practitioner providing a single part of the answer, another a different part of the answer ... all a part of the learning process called The Pathway to Health.

In the process of the restoration of health from degeneration, there is often times an event known as a “healing crisis” or “Herxheimer Response” wherein the patient grows worse before getting better. It is usually short-lived, usually no more than one or two days, and is more pronounced in stronger body constitutions than in weaker—sometimes scaring the wits out of patients—but no-one that I have ever heard of has had anything but positive, beneficial results from such a situation. Despite warnings given to my own patients, I have been hauled out of bed in the small hours of the morning by fearful patients calling me every four-letter word in the dock-worker's dictionary, only to be calmed down by my quiet laughter and encouraging words telling them how fortunate they were to have such a response, and reminding them how far from sick or dead their anger over the telephone showed them to be.

The pathway to health takes great faith in the body's ability to restore its own balance; it often takes courage; it takes disciplined effort over a long period of time; and it takes encouraging guidance from books and others who have been down the path themselves. Remember ... the body you are walking around in now has been under

construction for the past seven to ten years. The efforts you make today will be manifested over the next seven years because that's how long it takes for the body's cells to die off and be replaced by your new awareness and the new materials you are using to build your new body.

Believe in your body. Believe in yourself. Believe in "Outside Help" by whatever name you want to call it. And... finally ... know that death of the physical body is not the end of anything but the physical body. The consciousness and awareness of the soul, which is the real you, goes on beyond forever.

APPENDIX A

Fasting and Enemas

Fasting takes motivation ... and it also takes practice for most people. It took a lot of practice for me, anyway. I had no idea how much of a "food-a-holic" I was until I was instructed to go on a fast by one of my first real health instructors: the herbalist, Dr. John Ray Christopher. I started out on a seven-day fast and lasted exactly four hours before my head started to ache, my stomach became upset, and I started trembling with something between fear and desire for food. This, mind you, from a relatively fearless ex- U.S. Marine pilot and Canadian bush pilot!

I finally had to purchase three books on fasting and read them each at least twice to develop motivation and overcome some kind of deep-seated fear I didn't realize I had about not eating food. Experience in teaching others how to fast has convinced me I am not alone. Fasting, however, is great training for the mind, the Soul, and even better in a thousand ways for the physical body. Addiction takes many forms —not the least of which is food—and transferring conscious awareness from *quantity* of food to *quality* of food is a major step to a long, vital, energetic, healthy life.

One starts a fast by reading about it in some detail or being instructed by a knowledgeable teacher. It is most important also to understand something about the physiology of the human body—particularly as it pertains to that portion of the digestive tract known as the colon. One needs to have a visual picture of what the colon looks like and where it resides in the abdominal cavity for future reference during the enema cleansing procedures.

For those who have never gone on a fast before, it is much easier to be in the company of others who are also fasting. But, alas, even in the company of others, it finally comes down to the lonely vigil of mind control and disciplined persevering effort for those who can't thrive on enthusiastic motivation for days on end.

If you've never gone for more than 24 hours without food, it's better to start the detoxification process slowly. I like to start people out on an age-old European purification exercise called the "Apple Diet". It involves apples in any amount and any way you can eat them—being certain that sugar has not been added to things like applesauce. You can make your own applesauce in a blender, or buy it unsweetened .

Wash your apples carefully with a scrub brush in a sink full of water with a few drops of dish detergent added to break the surface tension on the apple skin; you will be eating the skin, which may still have some fungicides on the surface. Baked apples are slightly milder and less acidic than raw apples ... as is applesauce that is cooked lightly.

The Apple Diet is to last for seven consecutive 24-hour periods during which time you avoid all your old habit-formed specials like coffee, tea, alcohol, milk, and cigarettes—if for no other reason than to test your mettle, prove that you have the power to break habits, and give your over-worked digestive tract, kidneys and liver a rest they may never have had before.

This will also do wonders for your entire digestive system, healing it from monosodium glutamate poisoning (there's MSG in *everything* nowadays—even the ketchup. It's mixed in with “spices” so it doesn't have to be on the label). The tiny, microscopic villi of the intestinal tract will finally have a rest from cooked food and heated fats; and the colon will have a welcome relief from the very toxic waste products of coliform bacteria whose odors you will smell until finally, close to the seventh day, you're stool will have little or no odor at all.

During this time drink lots of purified or spring water, and you can also water down unsweetened juices like apple juice or grape juice—even squeezing your own fresh orange juice. Frozen juices are out; there's no telling what's in them and what's not in them. *Food manufacturing companies are not your friends*. Nowadays you cannot entrust your health to anything that comes in a bottle, can or box.

If you start to feel sick; if your nose starts running and won't be stopped; if you get a mild headache ... this is all good. The condition is very much like having a cold or flu and is known in the natural healing profession as a “Healing Crisis”. It's your body throwing off toxins that have been stored in body fat and other tissues. Eat less, rest, or drink only liquids, but try to make it through a full seven days. The very best way to stop the discomfort of a healing crisis is to clean out the colon. A high enema or colonic irrigation is the best way to do this and is generally 100% effective in removing hunger pains, nausea, and flu-like symptoms.

Here's how you do a high enema. Go down to the drugstore and buy an enema *bag*— not a “Fleet Enema”—a rubber bag complete with flexible tube and “speculum” (the part that enters the colon). They are inexpensive and one of the best health tools you'll ever own. Mae West used one every day of her later life and it was a major contributor to her youthful appearance as an expensive Hollywood actress.

Fill the enema bag with body-temperature water, shutting the water flow off with the provided clip, and hang the bag from the doorknob or a hook about three feet above the bathroom floor. Put a dark-colored towel on the floor to lie on close to the enema bag. Make sure you aren't too far from the toilet!

Lie on your back on the floor clad only in a warm sweater or bathrobe to keep your upper body warm. Raise your knees, spread your feet slightly apart and insert the speculum into your rectum making sure it goes as far in as the joint between the speculum and the hose. You may have to hold it there with one hand to keep the water pressure from blowing it out; now release the water clip with the other hand. Let the water flow into the colon until you can't handle the pressure ... or it becomes painful. Now turn the water off. With the tips of your fingers, jiggle and knead your colon, encouraging the water to move up your left side (called the “descending” colon), across the upper abdomen from left to right (across the “transverse” colon), and down the right side (the “ascending colon”) to the ileo-cecal valve which is where the water stops. (Now you know why I suggested that you give yourself a short lesson in human physiology.)

It may take three or four efforts of ingestion and expulsion to get water to flow all the way into the colon; and even a single bag of water may be more than you can hold at first. The first bag may serve only to remove fecal matter, but it is the constant expansion to the point of pain, then contraction, that breaks loose impacted fecal matter in the colon and restores the colon's muscular integrity. This may seem foreign and difficult at first, but it is decidedly not an exercise in futility. It is a process easily mastered with a minimum of effort. It has been a standard recognized procedure for the production of health since mankind decided to become a gastrically indulgent creature.

There is a fascinating little book called the *Essene Gospel of Peace* translated by Edmond B. Szekely from scrolls in the archives of the Vatican at a time when he was a Catholic monk. It describes in detail how Christ actually worked as a healer of the sick in his own times. He took them off into the wilderness and camped beside a river. During a seven day period, they fasted on water and, using a hollowed-out gourd, gave themselves water enemas as part of the purification process.

Even as a child in the thirties, an enema was standard procedure any time I had a cold or flu. It is only today in the Dark Ages of Medicine that common sense has been overwhelmed by the mind-boggling mass of seemingly-important information promulgated by the whores of capitalism (and I mean nothing against capitalism per se, but rather to the deceitful prostitution of partial truths) with little or no lofty perspective as to long-term effects. Simple solutions to balanced health seem to have been thrown overboard in favor of some supposedly greater intelligence emerging from the Hallowed Halls of Learningdom that fail to recognize the sound intelligence of simple procedures and the unharmed effect of many natural substances. Parental and practical school educations have failed us; we have become too complacent in our wealth; too overawed by complex information which makes simplicity seem outdated; and our personal health has been corrupted by the desire for personal or corporate gain. Wakeup calls can be very painful experiences. Such, however, is the polarized nature of life on Planet Earth whose ultimate end is the development of what I refer to in my metaphysical books as The Powers of Soul.

To get back to the enema process ... expelling the water from the colon may be quick and easy, but more than likely will require some kneading of the stomach area with the fingers while sitting on the toilet. Use a motion that forces the water up the right side across to the left side and down the left side ... the opposite effect from that required when attempting to move the water up into the colon.

And if all this seems like too much trouble, colonic irrigations range in price from \$60.00 to \$100.00 each and they are even more effective, but you need at least three ... and the more the better up to a dozen or so. From there, if you constantly use enough fiber and probiotics in your diet, you'll never need another.

At the end of the 7-day Apple Diet you can do one of two things: rest for a while and go back to your new pattern of healthy eating; or continue on with seven more days on juices during the day and hot vegetable broth at night. For an experience that both detoxifies *and* regenerates, follow the example of all very expensive health spas around the world and make fresh vegetable juices with a juicer daily. Mix fruits and vegetables together for a variety of flavors. The enzymes, vitamins, and minerals from fresh, organically-grown fruits and vegetables perform miracles in the human body. If you want to look ten or twenty years younger, spend a whole month living entirely from just fruits and vegetables; use no cooked or solid foods at all during this 30-day period. Be sure to take a picture of your face before and after the process. You will be astonished at the light that radiates from your countenance!

Fasting on water alone is quite severe and should only be done for seven to ten day periods until one understands the process of fasting through personal experience. It is a matter of course for supervised or experienced individuals to fast on water alone for 30-day periods, but I personally don't recommend it except for strong, robust body constitutions that store electrolytes and cellular nutrients with resultant stamina.

The minimum period of time for the body to begin deriving energy from its own stored fats—with the resultant release of stored toxins—is three or four days, providing the colon is cleaned out in conjunction with the beginning of the detoxification period. When no solid food is taken into the body for three or more days, the digestive tract rests; on a water fast, it shuts down entirely. *Never come off a fast of more than three days on water with anything but fruit and vegetables until your first bowel movement.*

A series of 7-day fasts is not as purifying as a long fast, but it is better than no fast at all. It took me, personally, a year of seven to ten day fasts before I could comfortably transition to water-only for ten days at that time. In mid-life everyone should undergo at least one long fast of 28 to 30 days, finishing up the last ten days on water alone. Short fasts of ten to fourteen days a year then keep the body at its optimum level of detoxification.

The End

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Leaves In The Wind: a story of diffident origin about a biker who formed his own major motorcycle club in L.A. and Vegas ... and lived to tell me his story.

Master Of The Welded Bead: a fictitious short story comparing the lifestyles and attitudes of two men: one who chooses to live a whimsical and humorous life on the “road less traveled”; the other who chooses to live a life of selfish interest on the road too-often traveled. It is an entirely personal idea of how I imagine a disinterested Master Of The Universe might lead an unusual yet entertaining life in a predominantly negative and otherwise boring world.

An Arrow To The Heart: a fictitious short story placing the hero of Master Of The Welded Bead in a close-encounter family situation with the “Mother from Heaven” and the beautiful, desirable, precocious “Daughter from Hell”.

The Chasm Crossed: an autobiographical story about the unusual experiences and events of my 70 years of spiritual journey from youth to present.

Ride the Wind Laughing: An Illustrated autobiographical story describing the mystical events and experiences which contributed in major ways to my building a 51-foot sailboat in my mother’s back yard in rural Nova Scotia—an event which began with no money in an effort to test the Laws of Manifestation and prove to myself the efficacy and practical value of my years of spiritual training.

Soul And Man: is a major work attempting to define and describe the parameters of the word “Soul”—particularly as it applies to the human soul. The very nature of its perspective brings together the various schools of Religious, Scientific, Philosophical, Spiritual, and Mystical thought suggestive of a unified frame of reference and vocabulary for all. This book is not easy reading. It can be discomforting and thought-provoking for those new to the Spiritual Journey. I wrote it primarily to further define and synergize my own thinking ... and for the benefit of those compelled—as am I—to journey into areas of the unknown, uncertain, and impossible to define.

On Pegasus’ Wings: is a collection of personal poems and song lyrics begun in 1962 solely as a means of inner expression and never intended for the eyes of the world. Only in later years have I realized that in their number and variety there might be at least a single poem among the many for each person. The knowledge of such would give me great satisfaction.

The Tears Of Power: is a fable for all ages from ten to eternity about a mouse named Victor who lives in Edgeville—which is at the edge of everything: the river, the fields, the forest, the mountains, and the sky. Edgeville quickly becomes too small for his adventurous soul so he ventures out into the world of the great unknown, learning to pilot tugboats, fly helicopters, and meet some unusual friends like Oddie the Otter, Mo the musical Mole, and Minkie, his flight instructor. It is Eagle, though, who finally tells him what the tears of power really are.

Flying The Yukon’s Bush: is the recounting of my adventures as a helicopter bush pilot in the Yukon Territory in 1962. Part 1 is the story in writing, and Part 2 is a slightly different story in pictures. Both parts can be downloaded from my website for free.

Perfect Health For Dogs And Cats: First wife Ann loved animals and so we always lived on a farm surrounded by dogs, cats, chickens, goats, and horses. Her dedication leaned toward the health and healing of animals by natural means, while mine leaned in a similar direction with humans. Contained in this small booklet are the simplest principles of health and healing for dogs and cats supported by our own experience and that of a major research foundation.

The Pathway To Health: The final result of a number of years of practicing as a Nutrition Consultant and

Naturopathic Physician, and 25 more years of teaching health principles and testing them on myself and others, this book is intended as a mirror image sequel to The Health Practitioner's Handbook to alleviate the Health Practitioner's heavy load of health instruction which he or she cannot afford the time to give. Without these hours of instruction, the Health Practitioner cannot practice and the patient can neither remember nor realize the importance of individual health-producing concepts. It is available as an E-Book either as a free download from www.kitcain.com or for a minimal cost from other sites around the world. It is also available as a printed paperback for a moderate fee from internet marketers and bookstore databases.

The Health Practitioner's Handbook: This book is a mirror image of The Pathway To Health with slight additions and an entire Appendix dedicated to information for Health Practitioner use only. It is recommended that Health Practitioners use this book as a reference, recommending that their patients download or purchase The Pathway To Health so that specific sections and procedures can be recommended without their having to repeat themselves over and over daily, year after year.