Presented by:

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Independent Representative of Joy to Live

Joy To Live Opportunity Website
http://www.LivingHealthySecrets.com
This eBook along with my website is the gateway to the fairest and most honorable business opportunity to ever open its doors to the network marketing industry. Joy To Live is the last opportunity you will ever need to join. You can now proudly tell your friends about products that can change their health and a fair and honest compensation plan that can change their wealth.

Joy to Live is a relationship marketing company whose focus is to deliver high quality products to our customers. Whether you are an avid athlete or just looking for ways to improve your diet, your health and finances, you will find our products and compensation plan highly effective. We understand that everyone has a desire to live a stress free, healthy, happy and joyous life daily. Thus, Joy to Live (JTL) was born from that same spirit.

Elite Marketing Alliance (EMA) is the parent company of Joy to Live, which is our “new” brand to share the products and promote the opportunity.

Our products are priced very reasonably and are of the highest quality and our compensation plan is one of the best ever created in the history of Relationship Marketing.

As an organization, we are committed to the success of our independent associates, Elite Business Owners (EBO’s). As an Elite Business Owner, you will have the ability to distribute products and share your story, which is vital to the success of us all. With JTL you will be provided with personal customer support, marketing materials and advanced online management tools. This combination will help you to grow your business and reach high levels of success quickly. At JTL your success is truly our success.

Whether you are looking for a supplemental income source, or a new business venture, EMA/Joy to Live is the right choice for you. Your passion, drive and dedication will move us forward into the future! Together, we will achieve great things and become the number one relationship marketing company in the world. So we welcome you to join us and make a positive difference in the lives of others. Our message is simple: We are simply changing lives with Joy!

Information above reprinted from www.JoyToLive.NET

eBook content below reprinted from www.JoyToLive.INFO
Written by: John Austin

Available FREE to anyone reviewing the Joy To Live Opportunity
Joy To Live Opportunity Website
http://www.LivingHealthySecrets.com
The photographs of this young man from India were taken 8 weeks apart. He was a liver cancer patient taking chemo-therapy at the time he learned about the health protocol. Living in India, he did not have access to any of the Joy To Live products, so he stopped taking chemo and went on a diet of fresh fruits and vegetables. He began taking a tsp. of baking soda in a glass of water twice daily and drinking the juice of a freshly squeezed lemon in a glass of water 4 times a day. After about ten days he doubled his intake of lemons by squeezing 2 fresh lemons into a glass of water 4 times a day. In 8 short weeks he is now a picture of health.

Note: The following Health Protocol was later added as an addendum to this book to help people with serious health issues get on a faster track to recovery.
***DISCLAIMERS:

“It has been reported to me that I’ve been quoted as saying I cured people of cancer. Let me be very clear; I have never said that I cured cancer. What I said is that I have been a Health Researcher since 1970. In that research I discovered the primary causes of disease and I authored some reports which I posted on the internet. Numerous people later contacted me and reported that they had eliminated all of their health conditions, including cancer, using the natural methods that I had posted, without resorting to drugs, radiation or surgery.

“The protocol that I recommend includes detoxification, change of diet and lifestyle, and correcting nutritional deficiencies. With that said let me say that the Joy To Live products do not treat or cure any disease. They simply provide nutrients that sick people are generally lacking. In fact there are other products that provide these missing nutrients. The reason I recommend the Joy To Live products is because of their exceptional high quality, and because they are very reasonably priced.”

FURTHERMORE: The products I will be talking about, and the following information are not intended to diagnose, treat, cure or prevent any disease, and are not in any way a substitute for professional advice.

Before implementing any of this information, each individual is responsible for weighing the risks and benefits of this protocol. He or she may want to seek medical advice before and be monitored periodically by a doctor during the use of these practices.

This information does not convey or warranty, either expressly or implied, as to outcomes, promises, or benefits from this protocol.

These statements have not been evaluated by the FDA.
COMPONENTS OF JOHN AUSTIN’S CRITICAL HEALTH PROTOCOL:

1.  SALT
2.  BAKING SODA & TESTING URINE pH with Litmus Paper
3.  IONIC SILVER
4.  FULVIA
5.  BREATHING EXERCISES
6.  NEUTRA-CLEANSE
7.  MAGNESIUM CHLORIDE (liquid)
8.  DIET
9.  POSITIVE THINKING
10. LEMON JUICE

CRITICAL HEALTH PROTOCOL -- AUDIO PRESENTATION:

Listen Online http://www.byoaudio.com/play/WDYm6gfs OR

On the Phone by Calling: 641-715-3900 PIN 982157 #

1. SALT – Natural Salt

Standard table salt is heated to high temperatures in processing, the trace minerals are stripped off and Aluminum is added to keep it from clumping, all of which make this overused substance unfit for human consumption. Processed foods containing this type of salt should be avoided and natural salt should be substituted in its place.

There are three salts that I recommend: Celtic sea salt, Himalayan salt and Real Salt that comes from Redmond Utah. These salts are readily available in most health food stores, or you can go to http://realsalt.com.

There are cultures that drink 1-2 tsp. of salt in a warm glass of water every morning. They are healthier than those who do not. Salt is Sodium Chloride and Sodium is the water regulating mineral of the body. Anyone who has too much or too little water in the body is most likely deficient in salt.
In fact when people go to the emergency room, often times they are given an IV, which is nothing more than purified water and salt. More often than not, people recover rather quickly after being rehydrated in this manner.

I once read a story of a man who after having had numerous health challenges and several operations, checked himself into a hospital and paid to be put on an IV until he died. After his death, they performed an autopsy and found that all of his organs had healed completely. The indication was that he could have lived a normal life if he had eaten food as well.

My observation is that the IV is the only cure that modern doctors have in their bag of tricks and if you were to get sick you would likely be better off getting an IV than taking drugs, radiation, chemotherapy, etc.

The problem is, that after giving you an IV most doctors then send you home and recommend a no-salt or low-salt diet, so that you will end up getting dehydrated again and need to come in for another fix of salt water.

Constipation is a result of a dehydrated bowel. When drinking salt water in the above manner, it has the same specific gravity as blood and therefore is shunted to the bowel instead of the kidneys. This cleanses and hydrates the bowel and is a marvelous addition to a good health protocol. Anyone experiencing difficult stools or any kind of bowel inflammation can benefit from drinking salt water in this manner. If you do not experience an immediate improvement in bowel activity, increase the amount of salt you are taking for a few days until you do.

**Note:** Many people are severely dehydrated and therefore their bodies are hanging onto water. After starting to ingest salt in this manner, some people will balloon up with water as a result and therefore they should take only 1/4 tsp. or less daily in the beginning until their bodies begin to adjust to having salt and extra water in the diet.

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**2. BAKING SODA – Used to Alkalinize**

The term “pH” stands for the potential of hydrogen, which is simply the measurement of acidity and alkalinity. (7.0 is neutral neither being acid nor alkaline. Normal blood pH is 7.365.)

Use pH test strips to check your first morning urine as a scientific method for monitoring the pH of your body fluids. Do not hold the strip under a stream of urine. This will wash off the chemicals and give a false reading. Either urinate in a jar and dip one end in the urine or simply touch the strip to your private parts after urinating to get one drop of urine on the strip. The strip will then change color, which you will then match up to a color chart that comes with the strips.
Suggestions for increasing pH rapidly:

First thing in the morning... stir One (1) rounded teaspoon baking soda in 20 ounces of water. (Use plastic spoon so as not to create a dielectric reaction and also stir counter-clockwise with a plastic spoon.)

May be repeated at bedtime at least two hours after eating, until your pH is at desirable level.

Note: If you start to retain water and swell up, that is an indication that you are severely dehydrated and it may take some time for your body to adjust to having more water. In that case, take smaller doses of baking soda until the swelling goes down and then gradually increase the amount of baking soda that you are taking daily until your pH reaches the desired level. If you are trying to combat some serious condition, you may need to elevate your pH as high as 8.5 - 9.0 until the symptoms subside.

If your morning pH is less than 8.5, you can increase your intake of baking soda. If your pH is more than 9.0 you can back off a little bit. Continue to take baking soda, and check your pH until your symptoms disappear.

Once your symptoms disappear, you can then reduce the amount of baking soda that you take daily. Because normal blood pH is 7.365, I personally try to keep my pH close to 7.4 in order that my body systems do not have to work too hard to maintain an optimum blood pH.

How long do you need to keep taking Baking Soda? Just like the oil dipstick in your car tells you when you need to add oil to the engine, using the pH tests strips frequently will tell you when you need to take some extra baking soda in order to maintain a healthy body pH.

Baking soda should not be taken on a full stomach because it will neutralize the digestive acids, quickly releasing a large amount of gas, which could then cause bloating and extreme discomfort. The exception to this rule may be if you are experiencing a lot of heartburn, then sip some baking soda and water SLOWLY, which will in turn release the gases more slowly, allowing time to belch up the gas that are being created.

When taking extra Sodium, it is sometimes necessary to take some Potassium supplement at the same time to keep these two minerals in balance. Wine makers use Potassium Bicarbonate, which can be purchased from a winemaker or purchased online. It resembles baking soda in appearance and is also an alkaline mineral. If you like, you can mix the two together. I would use at least 3 parts Sodium to 1 part Potassium. Or you can purchase some Potassium Citrate from your local health food store. Just take enough Potassium to avoid leg cramps.
NOTE: Some people have reported increased bowel activity with baking soda. If diarrhea is experienced, first understand that the body is cleansing, which is a good thing. This condition will subside when toxins are removed, however if this conflicts with work or other activities, simply cut back on baking soda temporarily until detoxification subsides.

If you can’t find pH testing strips locally you can order them online at: VitaCost


3. **IONIC SILVER** *(product of JoyToLive)*

Joy To Live Silver is safe to use and kills every known yeast, mold, fungus, virus and bacteria, including candida.

Every disease is accompanied by an overgrowth of disease causing microorganisms. The problem with antibiotics is they no longer kill all of the bad bugs and there are some potential serious side effects from using these drugs.

Yeast colonies neutralize your immune system, allowing damage inside of the cell at the DNA level. Joy To Live Ionic Silver is a broad-spectrum preventative agent. It destroys yeast and bacteria in as little as 15 seconds, and the latest research on cancer indicates that cancer is nothing more than an overgrowth of yeast colonies.

Note: Most brands of ionic Silver are positively charged. The opening or mouth of the human cell is positively charged to repel positively charged (poison) minerals and toxins from entering the cell. Joy To Live Ionic Silver is broken down to its electrical component and bonded with Hydrogen ions, giving it a negative charge so that it can get inside of the cell and destroy disease causing microbes at the cellular level.

“Can Cancer Cause Candida?” See: *** http://candida.healthprotocol.info ***

If I personally had any life threatening health condition, I would want to kill off the microorganisms that were making me sick as quickly as possible by drinking approximately:

- Four (4) ounces of Ionic Silver on Day (1) One, sipping it every hour.
- Four (4) ounces on Day (2) Two, sipping it every hour.
- Two (2) ounces daily for the Next (5) Five Days;
- Two (2) tablespoons (= 1 ounce) Twice (x 2) Daily thereafter as a maintenance dose until symptoms improve.
NOTE: If you choose to take Baking Soda and/or Vitamin C while taking Silver, it is suggested that you separate the Silver by at least one hour from either of the other two.

IONIC SILVER AUDIO:  HERE   http://www.byoaudio.com/play/WysGyq2s

4. **FULVIA** (*product of JoyToLive*)

Provides 85+ essential minerals.

Fulvia may help detoxify the liver and the blood. It neutralizes free radicals, and helps eliminate toxins and other pathogens that may be the cause of tumors and disease in general, and it strengthens the immune system.

To avoid possible symptoms that may result from the cleansing effects of Fulvia, I generally recommend that people start with one (1) capsule daily for the first week, and then increase by one (1) capsule daily at the end of each week until symptoms start to improve noticeably. (For example: the first week one capsule per day, the second week two (2) capsules per day, the third week three (3) capsules per day, etc.) Continue taking that amount daily until you are satisfied with your results or until your symptoms are gone, at which time you can reduce to a maintenance dose of 1-2 capsules per day.

Note: In rare cases, some people may experience detox symptoms (diarrhea, tiredness or pain) with just one capsule. If you experience these symptoms, you may try taking one half capsule daily or try taking one capsule every second or third day. Detox is actually a good thing and if you can live with the symptoms, it is best to get these toxins out of your body. Drinking extra water (half your body weight in ounces of water) will allow the Fulvia to cleanse you more quickly and will help to flush these toxins out of your body more effectively. Health experts recommend that you drink one half ounce of water for each pound of body weight, or 1 ounce of water per kilogram of body weight, daily.

Some people with very serious health challenges may choose to take one (1) capsule of Fulvia hourly with 16-20 ounces of pure water … with the understanding that you may experience symptoms of detoxification, such as headaches, joint pain, muscle pain, extreme tiredness, diarrhea, etc. These temporary symptoms in many cases may be preferable to what the outcome could be by leaving these toxins in the body.

If your work conditions prohibit you from drinking a lot of water and taking bathroom breaks, you can take Fulvia morning and evening, starting with two (2) capsules the 1st day, and increase by 1-2 capsules every day, until you experience detox
symptoms, or until you see a rapid improvement in your situation, at which time you may choose to maintain that number of capsules taken daily until symptoms are gone, and then eventually decrease to a maintenance dose of 1-2 capsules daily.

Fulvia becomes an ionic solution as soon as it mixes with water and you will not experience the full benefits from taking Fulvia if you are skimping on water. Bear in mind that juices and other beverages do not count toward your requirements for drinking water. Half your body weight in ounces of water in addition to all other liquids is what you need for best results. Furthermore, Fulvia will cause the body to release toxins and they require an abundance of water to be flushed out of the body.

***Adequate Water Is Imperative for Absorption and Detoxification***


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5. **BREATHING EXERCISES**

All disease is accompanied by low Oxygen levels.

Quote From John Austin’s Book: “This is John Austin with some exciting breakthrough news regarding Cancer and all other diseases. This information will tell you how to quickly have 12 times more Oxygen going through your bloodstream and reaching every cell in your body. This was scientifically documented at a major University in Utah… TO READ THE REST OF THIS CHAPTER Go HERE http://www.livinghealthysecrets.com/book/#_Toc323211743

OR LISTEN TO AUDIO TRAINING http://www.byoaudio.com/play/WyDv7KKs (fast forward to 11 min.10 sec.)

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6. **NEUTRA-CLEANSE** *(product of JoyToLive)*

Cleansing the Colon.

It is generally believed that all diseases begin in the colon and thus the need for taking Neutra-Cleanse when trying to turn around any health condition.

The recommended dose is 1-2 capsules with glass of water on empty stomach, morning or night.
Also, many people have taken antibiotics during an illness, which kills the intestinal flora. Neutra-Cleanse provides friendly bacteria which so many people are lacking and which are essential to proper digestion and absorption of nutrients.

7. **MAGNESIUM CHLORIDE** (liquid)

Studies show that many foods today are lacking in magnesium and therefore many people are deficient in this important mineral.

Magnesium deficiency can include muscle cramps, muscle twitching, facial tics, poor sleep, and chronic pain. Tests showing calcium deficiency may actually be Magnesium deficiency and one of the first recommendations upon receiving low Calcium test results is Magnesium supplementation.

“My research indicates that the best way to absorb Magnesium is transdermally and that many serious health symptoms respond favorably to applying liquid Magnesium to the skin. Put in the clearest terms possible, my suggestion for any serious health condition is to almost drown oneself in Magnesium Chloride applied transdermally.”

NOTE: Spray or rub one (1) ounce into soft skin area daily.

***The lowest cost Magnesium Chloride I could find was at VitaCost ($7.99 / 8-ounce) [http://www.vitacost.com/nutricology-magnesium-chloride-liquid](http://www.vitacost.com/nutricology-magnesium-chloride-liquid)

8. **DIET – QUIT PUTTING JUNK FOODS IN YOUR BODY!**

Everything in the universe has its own unique vibration. The word poison comes from the same root as positive and poisons destroy the electrical balance of the neutrons that revolve around the nucleus of the atoms that make up your cells, making you sick.

You should generally eliminate all acid forming foods, including sodas, sugars, artificial sweeteners, wheat, corn, grains, canned fruits and fruit juices, and most dairy products. Especially eliminate ALL GMO food sources. GMO foods are genetically altered and the human body CANNOT utilize such foods. Furthermore, ALL GMO foods are laden with toxic chemicals that are used in the process of growing them.
I find that when people cannot get rid of pain and are not responding favorably to the rest of this protocol, there is something they are eating or drinking that they need to let go of.

Fruits and vegetables should ALWAYS be fresh and vine ripened. Raw fruits and vegetables can be eaten together, but NEVER eat fruits with meat, cooked vegetables or flour products. Fruits are designed to leave the stomach within half an hour and when eaten with other foods, they will remain in the stomach for longer than half an hour and they will produce a lot of acids and gases. Canned foods are not fit for human consumption and will not give you what you need to create healthy cells.

Taking a little apple cider vinegar or some digestive enzymes with heavy foods can help improve digestion and reduce acid reflux from indigestion.

Plenty of pure water is essential to health. In addition to all other drinks that you may consume, you need to drink half your body weight in ounces of water. For example, if you weigh 100 lbs. drink 50 ounces of water daily.

9. **THINK POSITIVE THOUGHTS!**

"Negativity is a killer and behind every cancer is negativity and perhaps inability to forgive." John Austin

Reading the following chapters found at [John Austin's Book](http://www.livinghealthysecrets.com/book/#_Toc323211883) can help you raise your vibrations, which can in turn help you return to health more quickly:


From [John Austin’s online book: Causes of Over 200 Diseases](http://www.LivingHealthyBook.com)
10. LEMON JUICE  (addendum: used personally and submitted by John Austin)

Fresh squeezed lemon or lime juice is one of the best cancer killers and since all diseases have essentially the same root, adding some lemon or lime to the diet could be helpful.

This is an effective and proven method of cleansing, which can facilitate healing throughout the entire body.

While personally doing this cleanse, I take the following Joy To Live products with either baking soda or with lemon water (as described below):

- Four (4) Fulvia
- Two (2) Elixir Blast
- Two (2) Aerobia
- One (1) Affinity, and
- Two (2) Neutra Cleanse

I then later have a cup of Lejoyva coffee. More supplements can be taken later in the day if you feel the need to do so.

First thing in the morning I take a rounded plastic tsp. of baking soda in 20 oz. of water. Stir counterclockwise with a plastic spoon.

Several times throughout the day I drink 20 oz. of water with the juice of 2 freshly squeezed small limes or 1/2 to 1 lemon and 1/4 tsp. of Real Salt. I do this as often as I feel hungry or I need more energy.

**Note:** DO NOT use regular table salt and if you are severely dehydrated (which many people are) you may need to use smaller amounts of salt in the beginning as your body is in the mode of retaining water and will take some time to regulate itself to having the right kind of salt and plenty of water.

Thousands of people regularly use lemon water as a way to cleanse the body and it can safely be done for 7 days without eating any other food. This cleanse can also be done for shorter durations of time to fit your personal schedule. You should also get extra rest when doing this cleanse.

Some people have recommended using organic - B Grade Maple Syrup to sweeten this beverage, but in my opinion, the sugars feed candida, and cancer is nothing more than overgrown yeast colonies. I personally prefer taking Fulvia and other JTL products for the minerals that may be found in the Maple Syrup.
Another thing that I use, and which I find to be very effective is to meditate or sit quietly and imagine that my body has all of the nutrition it needs for healing and rejuvenation. I then surround myself with the feeling of having this nutrition by asking myself, "How does it feel to have all of the nutrients I need for healing and rejuvenating my body?" You can end this meditation with an affirmation by saying something like "So let it be done" or "I am so happy and thankful that I now have all of the nutrition I need to heal and rejuvenate my body."

You can end this meditation with an affirmation by saying something like "So let it be done" or "I am so happy and thankful that I now have all of the nutrition I need to heal and rejuvenate my body."

“What if the worst thing that could happen is Nothing?”

Christine Waterbury had 4th Stage Thyroid and Lymph Node Cancers when she started on the Health Protocol. After checking into the hospital, she was infected with MRSA Virus, which by itself is often fatal. With a weakened immune system and due to the late stage of her cancers and the fact that doctors have nothing that will kill MRSA, they gave her up to die.

Her husband Richard heard about my health protocol and he purchased several of the Joy To Live products, which he began giving to her while she was still in the hospital. He frequently rubbed JTL Silver on the bottoms of her feet. We believe that the Silver was absorbed into her bloodstream, killing the MSRA.

Christine also was taking therapeutic doses of Fulvia along with other of the JTL products. The last photo was taken 8 months later after being pronounced cancer free by her doctors. Go to http://www.byoaudio.com/play/WZBG1QcQ to hear her story and to learn more about the Joy To Live flagship product Fulvia.

For More Information on Cancer
Here is To Your Health and Longevity...

And Helping You Find Your Joy To Live!

Updated September 1, 2013 - John Austin

John Austin BIO:

Health Researcher, Certified Nutritionist, Author.
Consider the Critical Health Protocol:
“What if the worst thing that could happen is Nothing?”
Here is To Your Health and Longevity...
And Helping You Find Your Joy To Live!

Updated September 1, 2013

www.HealthyLivingEbook.com
PRODUCT USAGE GUIDE

The information on this website was researched and posted by John Austin: Health Researcher, Author, Certified Nutritionist and Christian Pastor.

This information is drawn from many hundreds of years, and in some cases thousands of years of usage and observation of substances and individual ingredients found in the products referenced, as well as a mountain of scientific studies and clinical research from which these conclusions are drawn.

It has long been recognized that nutrition plays a role in cell vibration, energy production and in good health. There is also incontrovertible evidence that toxins in the body and or lack of minerals does in fact manifest as disease (lack of ease) in the world of plants, animals and humans.

Each person has the right to do his or her own research and act accordingly. This is only a guide that was derived from my own research and should be considered only a starting point for the individual who wants to understand what the real causes of disease and aging are, and how to provide the proper environment, biological terrain and nutrients, which can strengthen the cells of the body and perhaps prolong life.

Hundreds of hours have gone into writing and compiling the following information. It is far from complete and I will be adding more as time allows me to do so, so check back often for updates.

Many people who use the Joy To Live products are free from the symptoms listed below. Fortunately, I am one of those persons.

This information is not meant to diagnose or treat any disease. Each person who uses the Joy To Live products should make a detailed list of all the symptoms he or she has prior to using them in order to determine what benefits may or may not be derived from using them.

The FDA has not evaluated the statements found herein. The products mentioned are not intended to diagnose, treat, cure or prevent any disease, nor are they in anyway a substitute for professional advice.
INDEX – Items within book are alphabetical – Index provides a quick view of topics.

Abscesses
Acid / Alkaline
Acne
Adrenals
Aerobia
Affinity
Age Spots
Allergies / Asthma / Respiratory
Alzheimer’s
Anemia
Angels
Ant and the Contact Lens: a true story
Anti-Aging
Anti-Bacterial
Anti-Fungal
Antioxidant
Anti-Tumor
Anti-Viral
Antibiotic Alternative
Anxiety
Appendix
Appreciation
Artery Disease
Arthritis / Rheumatism
Aspartame Disease
Athlete's Foot
Bacteria
Bad Breath
Baking Soda
Bedsores
Bentonite Clay
Black Mold
Bladder Infection
Blood Circulation
Blood Cleanser
BPA's (Petrochemicals)
Body Odor
Boils
Bones
Bowels
Breathing Exercises
Bronchitis
Burns
Buzzard – Bat – Bumblebee
Calcium
Candida
Cancer
Calcium
Canker Sores
Cardiovascular Disease / Heart Disease
Fevers
Fibromyalgia
Fleas
Flu
Fluoride
Food / Soils
Food Poisoning
Foods To Avoid
Foot Odor
Forgiveness
Free Radicals
Fragrances
Friendship
Fulvia
Gall Bladder / Gallstones
Garlic
Gastritis and Gas
Gingivitis
Glands / Hormones
GMO Foods
God vs. Science
Good vs. Evil
Gossip
Gout
Grandma’s Hands
Hair and Nails
Hair Color
Handbags
Headaches
Health Protocol
Heart Disease
Heartburn
Hepatitis
Herpes - Genital
HIV
Honesty Lesson
Honey and Cinnamon
How To Hear God’s Voice
Hugs
Human Papilloma Virus
Hydrogen
Hypertension / High Blood Pressure
I AM
Immune Modulator
Impetigo
Indigestion
Inflammation and Swelling
Itching and Scaling
Jock Itch
Joints
Joy – The Message Behind Joy To Live
Keratosis
Kidney Cleanse
Kidney Disease
Kindness
Law of Return
Leadership
Leg Cramps
Lemonade Diet
Leprosy
Leichmaniasis
Liberty
Lissome
Liver Cleanse
Liver Disease
Living on Light
Love
Love Story
Lungs
Lupus
Lymes Disease
Magnesium
Malaria
Mercury Poison
Microwave Ovens
Migraines
Mold / Fungus
Morgellon's Disease
Morning
Mouth
MRSA / Methicillin Resistant Staph Aureus
MSG Poison
Muscle Cramps / Spasms
Muscle Strength
Nails
Negativity
Nervous System / Nerves
Neutra-Cleanse
Non-Judgment
Obesity
Oil Swishing
Optimum
Organic
Osteoporosis
Oxygen
Pain
Pancreas
Parable of The Three Servants
Parasites
Perfection
Periodontitis
Pets
Pink Eye
PMS / Menstrual / Hot Flashes
Pneumonia
Policy Guide – What To Look For
Post-Surgery
Poultice
Prayer
Pregnancy
Prostate Disease
Psoriasis
Pus
Pyorrhea (Gum Disease)
Radiation
Rashes
Repentance
Respiratory Conditions
Retinopathy
Rheumatism
Rosacea
Salt
Salt – Many Uses For
Salt Water Flush
Scars
Searching For God – True Story
Sexual Dysfunction
Sinus
Skin
Smiles
Smoking
Sore Throat
Spleen
Sports Performance
Stress
Stroke
Stuttering
Sugar
Teeth
The Race – A Poem
Thoughts
Thyroid
Tick Removal
Time
Toenail Fungus
Tonsillitis
Tongue
Tuberculosis
Ulcers
Urinary Tract Infections
Vaccines
Vaginal Odor
Vibrations
Vinegar
Viruses
Warts
Abscesses

Because an abscess is an open wound, it can expose the blood flow and the lymph system to possible bacterial contamination. It is very important to kill the bacteria in the wound.

Ionic Silver can be used as a mouth rinse for an abscess in the mouth. Hold one ounce of liquid in your mouth for at least six minutes, two to three times daily. It can then be swallowed, providing an internal rinse as well.

You can also use Ionic Silver as a rinse for an abscess on the outside of your body. When you first cleanse the abscess, rinse it with Ionic Silver. If it requires a bandage, soak the gauze bandage in Ionic Silver before taping it into place.

For a very small abscess, you can simply wet the gauze on a Band-Aid with Ionic Silver and place it over the abscess. For a large abscess, spray the Ionic Silver on the wound 4 or more times daily.

Fulvia supports clean blood and the removal of toxins from the cells, which can aid in the healing of abscesses. Fulvia also promotes Oxygenation of the blood and increases availability of nutrients to the cells, which is the foundation of all healing.

Acid / Alkaline

At the root of every disease is an acidic condition. Bacteria, Viruses, yeast, mold, fungus and cancer all thrive in an acid environment.

Several years ago I conducted a study in Salt Lake City where I tested the pH of over 2,000 Utahans. Only two had a pH of 7.0 or higher, which is considered healthy. Ninety percent ranged between 4.5 and 5.5, which is guaranteed they will have cancer or some other major
disease if they don’t change their lifestyle. Ten percent were borderline to being in the healthy range.

One 16 oz. Coca Cola poured into ten gallons of pH 7.0 water will drop the pH to 4.5. For each soft drink that you consume, you need to drink 32 glasses of pH 7.0 water in order to neutralize the effects of that one soft drink.

Many people drink no water at all, but instead live on “big” sodas from their favorite 7-eleven or junk food restaurant. At this rate, we will soon have to remove “health” from the dictionary because it will be a word that no longer exists.

Health care is something you get at home, if you choose to participate. Disease care is something you receive from your doctor and the word “cure” will get you kicked out of practice or perhaps even get you thrown in jail if you use it.

We live in a world turned upside down and if you are concerned about your health, you need to pay particular attention to your pH and which foods, drinks and chemicals create acid in your body.

Your gall bladder is the alkalizing organ of your body. You should make sure to keep this organ clean and healthy. Gall bladder operations can totally be prevented. Fulvia is the best single supplement to help cleanse the liver and gall bladder and keep them healthy. (Also see Liver) If you have had your gall bladder removed, you will have to take extra measures to maintain alkalinity.

Change of eating habits is a must if you want to remain alkaline and healthy. (See Diet)

You may also want to check out Baking Soda as a way to combat acidity and drinking Alkaline Water can also help.

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Acne

Acne attacks people of all ages, from infants to adults. Bacteria getting inside of a hair follicle or a sweat (sebaceous) gland can cause acne. Once the bacteria gets under the skin it will duplicate itself, dissolving healthy tissue in the process and leaving scars behind. To get rid of the acne, you must get rid of the bacteria.

To kill the bacteria, take two teaspoons of Ionic Silver twice daily. Silver should also be applied topically two or more times daily.

You can expect to see reduction in the size and in the damage of the acne within 24 hours. Total improvement of the skin will take about four weeks – the amount of time necessary for new skin to grow from the bottom to the top layer.

A backed up colon is known to feed the bacteria causing acne. Keeping a clean colon is important to overall health and Neutra-Cleanse supports a clean and healthy colon. Fulvia supports detoxification at a cellular level and Affinity and Elixir Blast contain nutrients known to support healthy, radiant skin. Use as recommended.
Affinity supports beautiful skin and can help in the case of pimples, and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, and other pathogens that may be the cause of Acne. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Adrenals

The ability to manage things like cancer and autoimmune disease depends on a delicate and complex relationship in the body which medicine doesn’t really understand and therefore if failing to effectively deal with it.

Managing these diseases depends upon the health of the adrenal glands. Cortisol and Aldosterone are hormones secreted by the adrenal glands. Cortisol in particular, has an anti-inflammatory effect as well as an effect on the function of the immune system itself.

We know that stress leads to high cortisol, which actually damages and weakens the immune system, but long-term very high stress leads to exhausted adrenal glands that produce far less than adequate cortisol. In this state, the immune system is not just damaged; it actually will cease to function properly at all as long as that state exists.

There will be high inflammation with very low effect. In this state, if other factors are supportive, cancer can go from a small, contained unit, to an explosive disease. Indeed, some researchers feel that no cancer would ever get completely out of control if the adrenals were functioning normally. Low adrenals are not a “cause” of cancer, but without this problem, it appears that cancer cannot get out of control.

Generally, cortisol gets lowest after extreme stress has mellowed out. Then, the effect of it “catches up” with the individual. If the person has no cancer existing, this will lead to other problems (such as infection or autoimmune disease) but where cancer is hanging around, an explosion of it may be the result.

This lends credence to New German Medicine that postulates all cancer follows some sort of painful loss, (stress) real or perceived, in the form of money, position or a loved one.

Naturally, a reasonable step, for anyone, is to keep the adrenals supported and to keep cortisol (and other adrenal hormones) within healthy ranges.

Fulvia, Affinity and Elixir Blast support healthy adrenal glands.

The following herbal formula also really helps the adrenal glands along with the liver and thyroid gland.

3 parts Dr. Christopher’s Vitalicrbs (best to buy the pound of the bulk powder)

2 parts turmeric

1 part rosemary

1 part milk thistle seed
2 parts astragalus

½ part (or a little less) of licorice root (for long-term weak adrenal glands)

This is stirred up and then stirred into water each morning and night (four times per day for anyone with serious problems). I usually recommend 1-3 teaspoons per dose, ½ teaspoon for kids.

Aerobia

Aerobia is a natural energy booster. Most energy drinks on the market today burn out the adrenal glands and lead to chronic fatigue. Aerobia contains oxygen; vitamin b12 and coq10, all of which help the body produce its own natural energy without negative side effects. Most people are seriously deficient in vitamin b-12 and may immediately feel the benefits of taking this product. Aerobia also supports a healthy immune system and may aid in several gastrointestinal problems like ulcers and irregularity.

Affinity

Affinity provides the missing nutrition that causes sexual dysfunction. The affinity capsule has 32 ingredients that each has many vitamins, minerals and other natural nutrients.

The nutrients found in Affinity are most noted for supporting and helping with:

Activating the glands and normalizing hormones.

Decreasing anxiety and depression.

Increasing muscle mass and repairing wounds.

Helping burn fat, lose weight loss.

Reducing the likelihood of obesity, diabetes, asthma, sexual inadequacies, fibromyalgia, crohn's disease, cancer, thyroid dysfunction, chronic fatigue, anemia and osteoporosis.

Fighting acidity, heartburn, colds, flu and other viruses.

Increasing Oxygen levels in the blood, vitality, energy, metabolism, libido, mental alertness

Improving sex drive and stamina, blood circulation, mental clarity, memory, digestion and nutrient absorption, liver function, urine flow, bowel movements and sports performance.

Reducing acne, boils, pimples, signs of aging, wrinkling of skin, free radicals, stress, fevers and inflammation, risk of tumors, heart attack, heart disease, cancer, high blood pressure and LDL cholesterol.

Promoting youthfulness and healthy skin.
Relieving menstrual symptoms, hot flashes, PMS, rheumatism, ulcers, muscle pain, muscle spasms, joint pain and stiffness. Regenerates red blood cells and stimulates production of T-lymphocytes or (white blood cells).

Removing parasites, germs, bacteria and excess water from the body.

Restoring fertility.

Reversing aging by increasing super oxide dismutase (SOD) activity for DNA repair.

Stabilizing blood pressure and blood sugar.

Stimulating hair and nail growth.

Strengthens bones, teeth, gums, thyroid, pancreas, spleen, lungs, kidneys, prostate, heart, reproductive, cardiovascular, nervous and immune systems.

Uplifting moods and giving a happy feeling of well-being.

Affinity has vitamins A, complete B complexes, C, K, and essential amino acids. It is rich in beta-carotene, iron, magnesium, B-12, phosphorus, potassium, copper, zinc and manganese.

Affinity is really a nutritional powerhouse and I don’t think you will find any other product in this category that will provide so much nutritional benefit for such a low price.

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**Age Spots**

Age spots develop when the liver doesn’t produce enough enzymes to clean out the toxins that are circulating through the blood stream. Certain toxins can be deposited in the fats underneath your skin, creating an age spot – usually a permanent effect like a tattoo.

Drinking Ionic Silver on a regular basis supports getting the liver working properly again, and getting the proper production of enzymes at the same time. Spraying Ionic Silver on the age spot can help excrete that which has been stored under the skin. For the best benefit, apply silver topically four or more times daily and take one teaspoon orally twice daily.

Fulvia, Affinity and Elixir Blast all have antioxidants and nutrients that are known to support the liver function and help remove toxins that cause age spots and slow down the aging process.

(Also See Liver Cleanse)

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**Allergies / Asthma / Respiratory**

Allergic symptoms in children are a major clue that something is wrong with the child. Rather than covering up the problem using a drug, it is important to recognize that allergy symptoms are a warning that something in their diet or environment is causing them a problem.

Usually the offending agent is the foodstuff. This problem is greatly reduced in children who are breast-fed, although allergies still exist in some cases. In these cases it is usually the
mother's diet, which needs to be cleaned up. The 2 biggest culprits are dairy and gluten (a protein found in wheat, barley, rye, oats and spelt).

Usually removing these foods from the child's diet, and making sure the child is given enough omega-3 fats will eliminate the vast majority of allergies. Other supplements have also been well documented to reduce allergies in infants. Fulvia is safe for people of all ages and can be mixed with water, juice or mixed with food for those too young to swallow capsules. Another classic here would be beneficial bacteria, like acidophilus found in Neutra-Cleanse.

A team of researchers from Finland found that children who eventually developed allergies ate less butter and more margarine compared with children who did not develop allergies.

This study is not the first to suggest that certain types of fatty acids may play a role in the onset of allergic diseases. Polyunsaturated fats like those in margarine are believed to promote the formation of prostaglandin E2, a substance which promotes inflammation and causes the immune system to release a protein which triggers allergic reactions. Remember that butter is a natural food, while margarine is one of the worst things you can eat.

If you suffer from food allergies, it is only by addressing the “whys” of your food allergies that you can hope to actually solve the problem. Repeated exposure to the same foods, especially in large quantities can be a factor. By rotating foods and watching closely to their reactions, you may start to get an indication of which foods are causing the allergies.

I recommend when juicing, that you rotate and vary the vegetables you use in your juicing program. Yet other factors also contribute to the number and severity of allergies. Let's examine some of them.

The most common cause of multiple food allergies, according to many allergies experts, is having a 'leaky gut' - increased intestinal permeability. Small holes can develop in the lining of the intestine, which allow large molecules of undigested or incompletely digested foods to enter the bloodstream.

The liver is the main organ inside the human body whose function is to process substances which are "foreign" to our body and to make them "friendly". If the quantity of undigested foods which enters the bloodstream is too great for the liver to clean up quickly, the immune system then recognizes these molecules as being foreign to the body and produces antibodies against them.

When the food is eaten again and again and passes into the bloodstream undigested or only partially digested, the antibodies bind with the food. These antibody-food complexes can travel through the bloodstream to any part of the body where they then cause problems.

There are many causes of 'leaky gut'. Babies for example are born with higher intestinal permeability than older children or adults. Therefore, ideally infants should consume only breast milk for the first several months of life and other foods should be introduced with caution. If breast feeding is not possible, a completely hydrolyzed formula such as "Nutramigen" should be used because it is already broken down into simple sugars, free amino acids, and other very small units Cow's milk is highly allergenic and should not be given to babies. Neither should soy formula. Raw organic goat milk is very similar to human milk and may be the best substitute if available.
Internal factors in a patient's body can cause or contribute to a leaky gut. These include nutritional deficiencies, inflammatory bowel disease, poor digestion, and food allergies. There is a vicious cycle involved with these internal factors since the leaky gut either causes them or contributes to their severity.

Finally, unfriendly organisms present in the digestive tract can cause increased intestinal permeability. These infections can involve protozoan parasites, yeasts such as Candida albicans, bacteria which are conventionally considered “pathogens” such as Salmonella or an overgrowth of bacteria usually considered nonpathogenic, such as Klebsiella or Pseudomonas. Hence the importance of maintaining a healthy intestinal flora.

Parasitic infestations are on the increase because of changes in our lifestyles which have occurred over the last few decades. International travel is now commonplace. If you are not a traveler, the world and its parasites will come to you, brought in by imported produce from countries where sanitation is sub-standard.

A common cause of bacterial or fungal problems in the intestine is often the repeated or long term use of antibiotics. Antibiotics kill both the bacteria you want them to kill and the 'friendly' bacteria in the intestine. This leaves these areas open to be colonized by unfriendly bacteria, yeast, and parasites.

Alcoholic beverages, nonsteroidal anti-inflammatory drugs - NSAIDs - (aspirin, ibuprofen, ketoprofen, naproxen, prescription arthritis medications, etc) cause increased intestinal permeability and can compound the problem of 'leaky gut' and contribute to food allergies.

Nonsteroidal anti-inflammatory drugs - NSAIDs - are now being sold without a prescription and without much warning about their side effects. This is very unfortunate, as is the sometimes seemingly indiscriminate prescribing of these drugs. For anyone with the possibility of compromised intestinal health, even a single dose of a nonsteroidal anti-inflammatory drug can increase intestinal permeability tremendously.

The Physician's Desk Reference warns about the possibility of gastrointestinal bleeding, ulceration, and perforation when using nonsteroidal inflammatory drugs, and reports that arthritis drugs can lead to the development of inflammatory bowel disease.

Because we may not absorb nutrients from foods to which we are allergic, and because these foods contribute to the irritation of our intestine and decrease absorption even further, the first thing to consider in planning your diet is that you do not eat foods to which you are allergic.

If you have multiple food allergies, the offending foods must be eliminated and all other foods should be eaten at intervals of 4 to 5 days or longer. This is known as a 'rotation' diet. Rotation diets are necessary for people with multiple allergies because if you have overt allergies to many foods, it is likely that you have slight, subclinical allergies to many other foods, which you consider safe. Eating these foods on a rotated basis reduces your exposure to them and may help preserve your tolerance for them.

Many people with food allergies suffer from impaired digestion. Incomplete digestion of foods, which then pass through a leaky gut into the bloodstream, is a major contributing factor to the problem of food allergies.

Dr. William Philpott, in his book "Victory Over Diabetes", recommends the rotation of digestive enzymes on a 4-day cycle. This can be accomplished by using pancreatin (from pork and
beef), plant enzymes (from Aspergillus orazeae), bromelain (from pineapple), and papain (from papaya). Bromelain and papain are active in the digestion of protein only. Studies have shown them to be much less potent than pancreatin.

Vitamin C is a general anti-allergy vitamin. We experience allergic symptoms when an allergen-antibody complex causes mast cells to release histamine and other allergy mediating chemicals. Vitamin C helps to stabilize mast cells so they are less likely to release these substances.

If people with food allergies avoid harmful substances and address the factors at the root of their allergy problems, such as nutrition, digestion, intestinal health, Liver Cleansing and Colon Cleansing, their allergies can be overcome. It may take time, but good health is possible.

Black mold is a fungus or yeast that grows in wet areas of the home like showers or walls. The mold will release spores into the air. If these spores reach your lungs, they will produce asthma- and chronic fatigue-like symptoms.

To remove the mold, spray Ionic Silver on it and let it stand for 10 minutes before wiping it off. This will destroy the mold and likely prevent it from re-growing.

Fungus and mold grow in warm, moist, and sugared areas such as the intestines or vagina. Taking sugar out of your diet and using silver both topically and internally can treat these. Take two teaspoons of silver three times daily and apply it topically 1-4 times daily, if needed. This dosage should be continued for at least two weeks longer than symptoms are present.

Regular use of Fulvia, Affinity and Elixir Blast may help reduce symptoms associated with asthma and allergies.

New research provides evidence for a link between vitamin D insufficiency and asthma severity. Serum vitamin D levels in more than 600 children were inversely linked to several indicators of allergy and asthma severity.

While previous studies have suggested that vitamin D may affect how airway cells respond to treatment with inhaled steroids, this is the first study of vitamin D and disease severity in children with asthma.

Children with lower vitamin D levels were significantly more likely to have been hospitalized for asthma in the previous year, tended to have airways with increased hyperactivity and were likely to have used more inhaled corticosteroids, all signifying higher asthma severity. These children were also significantly more likely to have several markers of allergy, including dust-mite sensitivity.

Common asthma symptoms include:

Chest tightness
Shortness of breath
Wheezing
Coughing
Since asthma is caused by inflammation, the fact that vitamin D deficiency can aggravate the condition makes perfect sense in light of what we now know about vitamin D. As Dr. Robert Heaney explains in this Inner Circle Expert Interview, vitamin D can be a very powerful immune modulator.

And although this study may be the first to demonstrate an inverse association between circulating levels of vitamin D and markers of asthma severity, it’s not the first study to show that vitamin D can benefit asthmatics.

In 2006, Australian researchers discovered that exposure to sunlight significantly reduced the development of asthma symptoms in mice.

In this latest study, 28 percent of the children with asthma had vitamin D levels of less than 30 ng/ml, which is clearly a deficiency state.

They discovered that lower vitamin D levels were associated with increased IgE and eosinophils, which are allergy markers.

This may also offer an explanation for why it’s so important to make sure your vitamin D levels are optimized during pregnancy, as infants whose mothers are vitamin D deficient have a higher risk of developing asthma.

One 2007 study published in the Journal of Allergy and Clinical Immunology, states:

"Vitamin D has been linked to immune system and lung development in utero, and our epidemiologic studies show that higher vitamin D intake by pregnant mothers reduces asthma risk by as much as 40 percent in children 3 to 5 years old.

… Providing adequate vitamin D supplementation in pregnancy may lead to significant decreases in asthma incidence in young children."

And, said Dr. Celedón in the article above:

"This study also provides epidemiological support for a growing body of in vitro evidence that vitamin D insufficiency may worsen asthma severity, and we suspect that giving vitamin D supplements to asthma patients who are deficient may help with their asthma control."

So not only can your vitamin D status during pregnancy influence the development of asthma in your child in the first place, but if your child is deficient as well, it may aggravate his or her asthma symptoms.

In fact, the children with higher vitamin D levels had a lower risk of being hospitalized for any cause, and needed fewer anti-inflammatory medications. This too correlates to another recent meta-analysis that showed higher vitamin D levels significantly reduce mortality from all causes.

Optimize Your Vitamin D Levels to Treat Asthma

Currently, the recommended daily allowance is a mere 400 units a day, which is about one tenth of what most people need for optimal health. You really need to make sure you’re getting therapeutic levels and ideally, you’ll want to obtain your vitamin D from exposing a significant amount of your skin (not just your hands and face) to appropriate amounts of sunlight outside.
Also be aware that exposing your skin to sun behind a window, whether in your home, office, or car will actually lower your vitamin D, as the UVB is filtered out and the UVA will lower your vitamin D.

You can tell you’ve had enough, from either the sun or a safe tanning bed, when your skin turns the very lightest shade of pink.

Once you reach that shade of pink, your body is not going to produce any more vitamin D. In fact, you’re only going to cause damage to your skin if you continue your exposure past that point.

You can actually produce up to 20,000 units of vitamin D per day through this kind of exposure. However, you don’t need to be concerned with how much you’re producing, as your skin has a feedback loop that will shut down the production of vitamin D past a certain point.

Bear in mind that when you take an oral vitamin D supplement however, this feedback loop does not exist so you need to be far more careful, as overdosing can be just as bad as being severely deficient. So, if you take oral supplements, make sure you monitor your blood with an accurate test. In the U.S., I recommend using the gold standard Diasorin test for checking vitamin D levels. Labcorp is a possible source for that test.

Last year I realized that oral supplements of vitamin D are necessary for just about everyone. I even take them myself on cloudy days where I am unable to get a few hours of sun exposure.

If you get your levels to about 60 ng/ml, there’s a strong likelihood you may not experience the symptoms of asthma anymore.

Safely and effectively treating your asthma is not a complicated affair. Even More Strategies to Safely and Effectively Treat Your Asthma:

In addition to making sure your vitamin D levels are optimized, here are several additional strategies that can help treat the root of your problem, as well as a few that can offer safe symptom relief.

Purify your indoor air. According to the Environmental Protection Agency (EPA), indoor air is up to five times more polluted than outdoor air, on average, so considering the fact that you spend about 90 percent of your life indoors, you may want to consider installing a good air purifier that is easy, safe, cost-effective, and leaves behind no dangerous chemical residues (which are often just as bad as the substances you’re trying to clean away.)

Avoid antibacterial soaps. In the first place they are dangerous and cause many skin problems. Then, there is a tendency in our modern culture to be obsessive about cleanliness, especially in children. However, this may not be as healthy as initially thought. It appears that being exposed to common bacterial and viral infections as a child can be instrumental in providing the stimulus to your immune system to prevent asthma naturally.

Get regular exercise and the best place to begin is with my Breathing Exercises. Studies have shown that asthmatics who exercise regularly tend to show improvement in:
Maximum ventilation

Maximal oxygen uptake

Work capacity, and

Maximum heart rate

Increase your intake of animal-based omega 3 fats. I can’t emphasize enough the importance of getting sufficient amounts of high quality animal-based omega 3 fats in your diet.

I also strongly believe that we all need plant-based omega 3 fats and a good source for these are hemp seed or flax seed. However, many people do not possess the metabolic ability to rapidly convert the ALA in these plants to the higher order fats DHA and EPA, which are potent anti-inflammatories, that is the reason I suggest getting some omega 3 from the animal kingdom.

Although I recommend fish oil in some instances, I believe krill oil is a superior source of omega 3 fats for most people.

Avoid all commercial milk products. They are notorious for making asthma worse. If you consume milk at all, use only raw milk products from grass-fed cows, but even then be careful and take note of whether or not the raw milk is making your asthma better or worse.

Eat foods rich in vitamin E. Much like vitamin D, higher vitamin E intake has also been associated with lower serum IgE concentrations and a lower frequency of allergen sensitization.

Try some Butterbur (Petasites hybridus). This perennial shrub has been used since ancient times to treat a variety of conditions. As far back as the 17th century, butterbur was used to treat coughs, asthma, and skin wounds. Researchers have since identified the compounds in butterbur that help reduce symptoms in asthma by inhibiting leukotrienes and histamines, which are responsible for symptom aggravation in asthma.

In one study, 40% of the patients who taking a butterbur root extract were able to reduce their intake of traditional asthma medications.

Build your immune system with regular use of Fulvia, Affinity and Elixir Blast. A strong immune system is the best defense against the symptoms associated with Asthma.

Halotherapy for Asthma: Documentation from Ocean Plasma, an organization whose mission is to reeducate the public about the importance of halotherapy, states:

The therapeutic importance of Sodium Chloride is well known. It was already employed with success by Amédé Latour (1830-1857) with pulmonary tuberculosis, by Martin Solon (1842) and by Bouchardat (1851) with diabetes, by Plouvier (1847) with toxemia, iron deficiency and anemia etc., by Piorry (1850), Gintrac (1850), Brugs (1851), Larière (1851), Villemin (1854), Hutchinson (1854), Moroschkin (1856), Piogh (1870) with intermittent fever, and was, and still is, heavily used by all modern medical facilities with a quotable quote intra-veneous or subcutaneous injections for the most varied afflictions.
Multitudes of people have utilized salt therapy (also known as "halotherapy") in one way or another throughout past decades to the present. Some take refuge breathing in the salty, ocean air at the seaside, others go directly to the Dead Sea while still others have journeyed to the famous salt mines in Poland, Austria and Romania.

This remedy was and still is sought after because of the antiviral, antibacterial and antifungal qualities of the salty cave air. Its salty microclimate calms, cleanses and revives the cells of the respiratory system. Thousands of sojourners have experienced relief from respiratory diseases strictly by inhaling the salty cave air.

It started in the 19th century when a Polish physician noted that salt miners seldom suffered from respiratory ailments. In these mines, the symptoms of inflammatory diseases such as asthma and allergic rhinitis have more often than not been relieved, if not completely eradicated.

We know today that salt has anti-inflammatory effects and that inhaled salt provides relief from respiratory symptoms. Halotherapy (drawing air through a salt pipe filled with rock salt) is commonplace today and may provide many of the same benefits.

The main effect of salt on the bronchial system is to stimulate secretion, loosen and help eliminate viscous secretions, inhibit inflammation, reduce irritation causing cough, clean the mucous membrane and contract and dilate the respiratory ducts.

If you have asthma, you may think you are doomed to a life of steroids and ventolin inhalers, but there are alternative treatments for asthma and other respiratory conditions. Salt therapy, officially known as halotherapy, has been shown to be beneficial in asthma, bronchitis and even cystic fibrosis. Saltpipes, an alternative type of inhaler, can be used in the alleviation of asthma and are suitable for both adults and children.

Puff on a Pipe to Help Asthma:

Rock salt has been used for centuries around the world to ease respiratory discomfort. A trial involving asthmatic and allergy patients and those with chronic obstructive pulmonary disease (COPD) showed the salt pipe improved symptoms in more than half of them.

In absence of a salt pipe, fill a jar with rock salt and insert a tube (preferably larger than a straw) and fill the lungs to capacity by breathing in normally through the tube.

The salt I recommend is “real salt” or “Himalayan salt” available from your local health food store or from www.realsalt.com.

Rock salt, could offer new hope for millions of people who suffer from asthma. Puffing on the saltpipe draws tiny particles of salt into the lungs, which manufacturers claim boosts natural cleansing processes. Trials in Budapest found three out of four patients improved after using the device for 15 minutes a day.

The effect of a dry salt inhaler in adults with COPD:

The fascinating results of this study, originally published in Pneumologia 2007 Jul-Sep; 56(3):124-7 concludes: “35 patients were given dry salt inhalers…and were asked to use them up to 30 minutes per day. Spirometry tests and six minute walk tests were performed initially and after one, two and three months. We found a statistically significant improvement in the six
minute walk test values. Dry salt inhaler therapy may prove to be a useful adjuvant therapy in COPD as far as effort tolerance and quality of life are concerned.”

The saltpipe used in ambulant medical attendance:

The Csepel Hospital Outpatients Department in Budapest recommends the use of the saltpipe during the ambulant medical attendance of the patients.” We offer it to them with quite good results. We recommend the saltpipe in our outpatient health care because the results are very good as it acts as a kind of a mobile cave therapy. The crystals contained in it promote the dissolution of accumulated matter and make breathing easier. Children can start using it from an age when they can be taught how to breathe the air through the pipe containing the salt crystals. As a result of its efficiency it is recommended for those who suffer from chronic respiratory disorders, allergies and for smokers and anyone who suffers from irritating respiratory problems.”

“The experiences of the patients show that the saltpipe helps to dissolve sediments, helps in the process of discharge and in so doing, eases their breathing. As a doctor, I found the Saltpipe a very effective, complementary tool in the therapy of patients with respiratory illnesses.” Dr. Valéria Burzuk

Effect of dry sodium chloride aerosol on the respiratory tract of tobacco smokers:

“The aim was to study influence of dry sodium chloride aerosol (DSCA) on the respiratory tract of tobacco smokers. By the end of inhalation course, 88% of smokers reported easier and/or decreased cough, changes in the character of sputum, which became lighter and clearer. DSCA relieves the main symptoms (cough and sputum), improves local defense mechanisms and resistance of mucous membranes of tobacco smokers owing to decreased colonization activity of pathogenic microgerm.”

A. V. Chervinskaya (St. Petersburg, Russian Federation) - 2006

A novel and effective low-cost treatment for cystic fibrosis:

“The salt therapy treatment uses hypertonic saline solution inhaled through a nebulizer. Administered twice daily over an extended period, the therapy reduces the recurring complications of the disease, improving the quality and duration of life. The outcome of the trial was recently published in the New England Journal of Medicine. Reporting on the trial Mark said, "The results of our trial were revolutionary. We saw a sustained improvement in lung function, a major reduction in the number of acute lung flare-ups, a reduced need for antibiotics to treat the flare-ups, and fewer days off school or work due to illness.” Associate Professor Peter Bye from the Faculty of Medicine at the University of Sydney. Cystic Fibrosis in Australia 16/Aug/2006

Inhaling salt mist helps cystic fibrosis:

In the study the “effect of salt therapy (HT) was evaluated in 124 patients with various types of respiratory diseases. In all of the patients, the disease was in the stage of a prolonged exacerbation. The clinical state of 85% of the patients with mild and moderate bronchial asthma (BA), 75 % with severe BA, 98% with chronic bronchitis, bronchiectasis and cystic fibrosis improved after HT. The patients were examined 6 and 12 months after the first HT course. No aggravations of the disease were seen from the 3d to the12th month. The average duration of the remission was 7.6-0.9 m. Most of the patients (60%) used no medication and
Halotherapy (HT) has been shown in clinical trials of steadily increasing rigor to confer significant benefits in the treatment of asthma and chronic bronchitis. The failure of Western medical researchers to investigate it and of Western respiratory specialists to use it stems from various causes including unfamiliarity with the Russian-language literature, narrow focus on drugs, and general medical conservatism... HT is much cheaper than competing drugs. It has minimal side effects. There are no reports of interactions with drugs or of the development of microbial resistance to HT. And its close-to-nature character appeals to patients. HT’s ability to perform as a mainline or adjuvant therapy in virtually all respiratory diseases makes it especially valuable. It also possesses untapped potential as a source of general prophylaxis and invigoration for healthy people.” Scientia Press Report, Kenneth J. Dillon, Close-to-Nature Medicine, Washington, D.C. 2003.

Speleotherapy, (salt mines or caves) is an accepted but not widely known therapeutic measure in the treatment of chronic obstructive airway diseases. This study summarizes the therapeutic experiences of more than 4000 patients who were treated in a 10-year period in a hospital-cave complex in Tapolca, Hungary. A sharp and long-lasting clinical improvement and a significant recovery from airway obstruction could be observed in the overwhelming majority of patients. It is established that the microclimate of some caves can beneficially affect these disorders, but the cave should be considered as an optimal environment for complex respiratory rehabilitation. World Pediatric Congress in Jerusalem in July 1997.

“Wieliczka, which is 15 kilometers (nine miles) from Krakow has been mined for salt non-stop since the Middle Ages. For 500 euros (690 dollars) which is often covered by health insurance, asthmatic and allergy patients can spend 14 days deep in the mine’s microclimate, breathing the therapeutic air. The high levels of humidity and sodium chloride in the mine also help speed the regeneration of the patient’s mucous membranes, said lung specialist Marta Rzepecka. The treatment is effective in 90 percent of cases, she added. "We also see an improvement in the overall functioning of the respiratory system," said physiotherapist Dorota Wodnicka. "They have less feeling of asphyxiation. The children take fewer antibiotics and they have fewer symptoms," she said. Russian Liliana Prischcepna said she had brought her granddaughter from Moscow to Wieliczka on the advice of a friend from Ukraine who was treated here. "Her problems disappeared after just two visits," said Prischcepna. Salt of the Earth Underground Medical Center, Elise Menand AFP 22 July 2007

Salt cave that treats asthma:

“I am an asthmatic and went for speleotherapy” to “Troilus mine, at Tirgu Ocna near Slanic Moldova, Romania. Over 5000 people were treated in this mine last year alone. The Romanians are amazed that 'salinas' are not available in Britain. Although my bronchitis, sinusitis and asthma had not cleared on my arrival home, everything cleared up and two month later and I was able to dance at our daughter's wedding. The literature points out that 'speleo-reaction' occurs in most people, they appear to get worse before they get better.” Sylvia P. Beamon, MA. – 1997

“A "speleotherapy" air-conditioning unit rumbled away, pumping salt particles into the atmosphere as I dozed. Three-quarters of an hour in its presence is "equal to three days at sea", apparently, thanks to the iodine, bromine, magnesium, potassium and other minerals said to have antibacterial and antiviral properties. Although the technology is less than 10 years old, it is inspired by 19th-century findings that Polish salt miners had fewer pulmonary
problems than other people. Then, in the 1990s post-communist era, scientists in Poland started to explore the possibility of recreating similar micro climates above ground, which is when they came up with these salt rock panels, the backlighting and, most importantly, the air conditioning. Salt spas have taken central Europe by storm; there are now 200 in Poland alone… A 45-minute session costs £15. Victoria Finlay, Telegraph, 17 Sep 2007

Deficiency of salt in the diet may also be a cause of respiratory symptoms. Regular table salt should be avoided however. The salt I recommend is “real salt” or “Himalayan salt” available from your local health food store or from www.realsalt.com. For more information on how to use it: (See Salt)

For other important topics related to asthma and allergies, see Breathing Exercises and Colon Cleansing and Bentonite Clay.

Alzheimer’s

Dementia is a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior. Alzheimer’s disease (AD) is one form of dementia that gradually gets worse over time.

It is caused by a mineral deficiency and toxic overload in the brain - especially heavy metals like Aluminum and Mercury. Toxins are acidic, which provide a fertile medium for the rapid growth of yeast colonies.

Yeast can also cause fruits and sugars to ferment in the intestines creating a neurotoxin and low dose alcohol toxicity, which both affect normal brain function. Yeast can also move from the intestines and go directly into the brain. This can explain much of the mental fog and mental exhaustion.

By cleansing yeast out of the system, most AD patients can control some of their symptoms. Drinking two tablespoons of Ionic Silver daily can destroy yeast.

When large numbers of yeast colonies are killed rapidly, the cleanse may be accompanied by one to three weeks of flu-like symptoms until the dead yeast is washed out of the body. Drinking plenty of purified water can help remove toxins that are being released as a result of any kind of detoxification program.

Acidophilus found in Neutra-Cleanse supports a healthy intestinal flora, which is an important part of the body’s defense against the overgrowth of yeast and fungus. Fulvia also has anti-fungal properties and the ability to help support proper pH in the body, a healthy balance of good bacteria and intestinal flora, all of which are major factors in preventing an onslaught of yeast and fungus.

One causative factor may be protein carbonylation, in which oxygen radicals attack the carbon-hydrogen bonds in proteins. This process has been implicated as a cause for many age-related diseases, such as Parkinson’s, Alzheimer’s, chronic renal failure, adult-onset Diabetes and also Cancer.
Antioxidants continually combat free radicals and without a good supply of the best antioxidants your biological defense systems eventually begin to suffer from oxidative damage and can’t function as effectively. Your state of health declines as a result, and “age-related ailments” like Alzheimer’s set in.

Fulvia is the most powerful antioxidant known to man and may neutralize “oxygen radicals” before they can attack the carbon-hydrogen bonds in proteins, which is one of the causes of AD.

Fulvia is antibacterial, antifungal, anti-inflammatory, antioxidant and anti-aging. The minerals in Fulvia play an active role in the production of stem cells, human growth hormone, endorphins and glutathione, which in turn supports prevention of AD.

Fulvia is also the most powerful detoxifier of toxins and heavy metals like Aluminum and Mercury, which may be a major cause of AD. Fulvia and Affinity also supply the minerals that are commonly missing in AD patients.

Scientists have found that information-carrying radio waves transmitted by cell phones and other wireless devices can also trigger Alzheimer’s disease.

In 2007, the Bioinitiative Working Group released a 650-page report citing more than 2,000 studies that detail the toxic effects of EMFs from all sources. Chronic exposure to even low-level radiation (like that from cell phones), can cause a variety of cancers, impair immunity, and contribute to Alzheimer’s disease and dementia, heart disease, and many other ailments.

More than a century after Thomas Edison switched on his first light bulb, the health consequences of that continual overlap are just now beginning to be documented. New scientific evidence is saying that nearly all the twentieth century human plagues can be tied to some aspect of our use of electricity, including leukemia in children, brain tumors, melanoma, asthma, cardiovascular disease, immune system dysfunction, hormone disturbance, brittle diabetes, sleep disorders, headaches, AD and ADHD.

Fulvia is the best product I know of to help remove harmful radiation from the body. Care should also be taken to remove the AD patient from as many sources of radiation as possible.

Affinity is also known for its ability to help support mental alertness, mental clarity and memory. I recommend this product for anyone suffering from AD.

Poor circulation may also be a factor in AD. Vertebrobasilar Circulatory Disorder occurs when blood does not properly flow to the back of the brain. Symptoms include having trouble walking or keeping balance, not being able to swallow easily, double vision, headaches and slurred speech. (See Circulation)

Aspartame is one of the major causes of Alzheimer’s and should be avoided at all costs. See Aspartame and also see Dementia.

Magnesium and high doses of vitamin C can help with Alzheimer’s, especially if it is a result of calcification in the brain.
Anemia

Anemia also spelled anæmia, (meaning lack of blood) is a decrease in the normal number of red blood cells (RBCs) or low level of hemoglobin in the blood. Anemia is the most common disorder of the blood. There are some 400 types of anemia, produced by a variety of underlying causes.

Because hemoglobin inside the RBCs normally carries oxygen from the lungs to the tissues, anemia leads to hypoxia (lack of oxygen) in organs. Since all human cells depend on oxygen for survival, varying degrees of anemia can have a wide range of symptoms.

The three main classes of anemia include excessive blood loss such as a hemorrhage, excessive blood cell destruction and deficient red blood cell production.

Anemia goes undiagnosed in many people, and symptoms can be minor or vague. The signs and symptoms can be related to the anemia itself, or the underlying cause.

Most commonly, people with anemia report a feeling of weakness, or fatigue and poor concentration. They may also report shortness of breath on exertion. In very severe anemia, the body may compensate for the lack of oxygen by increasing cardiac output. The patient may have symptoms such as palpitations, angina and symptoms of heart failure.

Symptoms may include:

- Chest pain
- Dizziness or light-headedness (especially when standing up or with activity)
- Shortness of breath (especially during exercise)
- Fatigue or lack of energy
- Problems thinking or concentrating
- Headaches
- Constipation
- Tingling
- Pale skin
- Jaundice
- Rapid heart rate
- Heart murmur
- Bone deformities
- Leg ulcers
In severe anemia, there may be signs of Pica, which is the consumption of non-food based items such as dirt, paper, wax, grass, ice, and hair. This may in turn be a symptom of iron deficiency, although it often occurs in those who have normal levels of hemoglobin.

Chronic anemia may result in behavioral disturbances in children as a direct result of impaired neurological development in infants, and reduced scholastic performance in children of school age.

Restless legs syndrome is more common in those with iron-deficiency anemia.

Less common symptoms may include swelling of the legs or arms, chronic heartburn, vague bruises, vomiting, increased sweating, and blood in stool.

Some of the common causes of anemia are a deficiency of the water-soluble vitamins B12 and folate, and or a deficiency of iron.

While many parts of the body help make red blood cells, most of the work is done in the bone marrow. Bone marrow is the soft tissue in the center of bones that helps form blood cells.

Kidney disease includes conditions that decrease their ability to remove toxins and keep you healthy. Wastes can build up to high levels in your blood, causing the overgrowth of bacteria and if not treated, can cause anemia. Persons with anemia should consider strengthening the kidneys. (See Kidneys)

A hormone called erythropoietin made in your kidneys, signals your bone marrow to make more red blood cells. Healthy red blood cells live between 90 and 120 days.

Hemoglobin is the oxygen-carrying protein inside red blood cells. It gives red blood cells their red color. People with anemia do not have enough hemoglobin.

Possible causes of anemia include:

Certain medications

Chronic diseases such as cancer, ulcerative colitis, or rheumatoid arthritis

Some forms of anemia, such as thalassemia, can be inherited

Kidney failure

Blood loss (for example, from heavy menstrual periods or stomach ulcers)

Poor diet

Pregnancy

Problems with bone marrow such as lymphoma, leukemia, or multiple myeloma

Immune problems that cause the destruction of blood cells (hemolytic anemia)
Surgery to the stomach or intestines reducing the absorption of iron, vitamin B12 and folate (folic acid)

Underactive thyroid - too little thyroid hormone

Testosterone deficiency

Severe anemia can cause low oxygen levels in vital organs such as the heart, and can lead to a heart attack.

Treatment should be directed at the cause of the anemia, and may include:

Blood transfusions

Supplements of iron, vitamin B12, folic acid, or other vitamins and minerals found in Fulvia, Affinity, Elixir Blast and Aerobia

Fresh raw organic spinach is a good source of iron. Green vegetables, asparagus, bananas, melons and lemons are good sources of folate. (If you eat spinach, it must be organic and you must eat it raw. Spinach contains oxalate which binds with iron and calcium, removing them from your body)

The therapeutic importance of Sodium Chloride (salt) is also well known. Plouvier (1847) successfully employed salt in the treatment of toxemia, iron deficiency and anemia. (See Salt)

Some fairly compelling evidence supporting the destructive effects of microwaves comes from a highly cited study by a Swiss food scientist named Hans Hertel. Dr. Hertel was the first scientist to study the effects of microwaved foods on the blood and physiology of human beings.

His small study, coauthored by Dr. Bernard Blanc of the Swiss Federal Institute of Technology and the University Institute for Biochemistry, revealed the degenerative forces produced by microwave ovens on the foods they cooked.

Dr. Hertel concluded that microwave cooking changed the nutrients in the food, and that changes took place in the blood that could cause negative health effects, including decreased hemoglobin levels, which could indicate anemia.

Eating food heated in a microwave should be avoided.

Angels

This was written by a Metro Denver Hospice Physician:

I was driving home from a meeting this evening about 5, stuck in traffic on Colorado Blvd., and the car started to choke and sputter and die - I barely managed to coast, cursing, into a gas station, glad only that I would not be blocking traffic and would have a somewhat warm spot to wait for the tow truck. It wouldn’t even turn over. Before I could make the call, I saw a woman walking out of the "quickie mart" building and it looked like she slipped on some ice and fell into a Gas pump, so I got out to see if she was okay
When I got there, it looked more like she had been overcome by sobs than that she had fallen; she was a young woman who looked really haggard with dark circles under her eyes. She dropped something as I helped her up, and I picked it up to give it to her. It was a nickel.

At that moment, everything came into focus for me: the crying woman, the ancient Suburban crammed full of stuff with 3 kids in the back (1 in a car seat), and the gas pump reading $4.95.

I asked her if she was okay and if she needed help, and she just kept saying "don't want my kids to see me crying," so we stood on the other side of the pump from her car. She said she was driving to California and that things were very hard for her right now. So I asked, "And you were praying?" That made her back away from me a little, but I assured her I was not a crazy person and said, "He heard you, and He sent me."

I took out my card and swiped it through the card reader on the pump so she could fill up her car completely, and while it was fueling, walked to the next door McDonald's and bought 2 big bags of food, some gift certificates for more, and a big cup of coffee. She gave the food to the kids in the car, who attacked it like wolves, and we stood by the pump eating fries and talking a little.

She told me her name, and that she lived in Kansas City. Her boyfriend left 2 months ago and she had not been able to make ends meet.. She knew she wouldn't have money to pay rent Jan 1, and finally in desperation had finally called her parents, with whom she had not spoken in about 5 years. They live in California and said she could come live with them and try to get on her feet there.

So she packed up everything she owned in the car. She told the kids they were going to California for Christmas, but not that they were going to live there.

I gave her my gloves, a little hug and said a quick prayer with her for safety on the road. As I was walking over to my car, she said, "So, are you like an angel or something?"

This definitely made me cry. I said, "Sweetie, at this time of year angels are really busy, so sometimes God uses regular people."

It was so incredible to be a part of someone else's miracle. And of course, you guessed it, when I got in my car it started right away and got me home with no problem. I'll put it in the shop tomorrow to check, but I suspect the mechanic won't find anything wrong.

Psalms 55:22 "Cast thy burden upon the Lord, and He shall sustain thee. He shall never suffer the righteous to be moved."

Sometimes the angels fly close enough to you that you can hear the flutter of their wings...

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Ant and the Contact Lens: a true story

Brenda was almost halfway to the top of the tremendous granite cliff. She was standing on a ledge where she was taking a breather during this, her first rock climb. As she rested there, the safety rope snapped against her eye and knocked out her contact lens. 'Great', she thought.
'Here I am on a rock ledge, hundreds of feet from the bottom and hundreds of feet to the top of this cliff, and now my sight is blurry.'

She looked and looked, hoping that somehow it had landed on the ledge. But it just wasn't there. She felt the panic rising in her, so she began praying. She prayed for calm, and she prayed that she may find her contact lens.

When she got to the top, a friend examined her eye and her clothing for the lens, but it was not to be found. Although she was calm now that she was at the top, she was saddened because she could not clearly see across the range of mountains. She thought of the bible verse 'The eyes of the Lord run to and fro throughout the whole earth.'

She thought, 'Lord, You can see all these mountains. You know every stone and leaf, and You know exactly where my contact lens is. Please help me.'

Later, when they had hiked down the trail to the bottom of the cliff they met another party of climbers just starting up the face of the cliff. One of them shouted out, “Hey, you guys! Anybody lose a contact lens?”

Well, that would be startling enough, but you know why the climber saw it? An ant was moving slowly across a twig on the face of the rock, carrying it!

The story doesn't end there. Brenda's father is a cartoonist. When she told him the incredible story of the ant, the prayer and the contact lens, he drew a cartoon of an ant lugging that contact lens with the caption, “Lord, I don't know why You want me to carry this thing. I can't eat it and it's awfully heavy. But if this is what You want me to do, I'll carry it for You.”

It would do all of us good to ask, “God, what will You have me do?” And even when the load seems heavy, just remember, “I can do all things through Christ which strengthens me.” (Phil. 4:13)

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**Anti-Aging**

Aging is caused by free radicals trashing covalent bonds causing an imbalance in the electrons that make up the atoms of our cells.

Fulvia is the most powerful known natural antioxidant and is able to neutralize all known types of free radicals, which obviously would prevent the ravaging effects of free radicals in the body. The negatively charged, plant-based minerals found in Fulvia are known to restore electro-chemical balance to the cells and restructure DNA, allowing the body to repair damaged cells including skin and joints, thereby increasing flexibility of the joints and the youthful appearance of the skin.

The nutrients in Fulvia turn on 52 youth hormones. It helps repair all of the cells in the body including bone, cartilage, muscles, skin, organs, nerves and DNA. DNA contains the blueprint for the entire organ, which means when DNA is repaired; organs can be replaced over time as long as there is one living cell within the organ.
Since time immemorial, man has searched for the Fountain of Youth. Nothing has changed in that regard; only the methods of inquiry and discovery have progressed, producing some of the most outlandish sci-fi scenarios imaginable.

Personally, I am one to remain in alignment with the natural order of things - I don't even want to eat a piece of genetically modified corn. But the technology and science enthusiast in me can't help but be intrigued by the ideas and radical advances in the field of extreme life extension.

The Free-Radical Theory:

The most widely accepted idea for life extension is the free-radical theory. According to this theory, we begin to “self-destruct” as we age. Our DNA becomes damaged beyond our body’s ability to repair and we eventually accumulate enough damage that can’t support life, and we die.

The main agents of this destruction are oxygen free radicals; aggressive chemical compounds in the environment as well as those created as a byproduct of your natural metabolism. Over a lifetime, this progressive damage accumulates to the point where your body’s basic biochemical processes fail.

One of the most destructive processes is protein carbonylation, in which oxygen radicals attack the carbon-hydrogen bonds in proteins. This process has been implicated as a cause for many age-related diseases, such as Parkinson’s, Alzheimer’s, chronic renal failure, adult-onset Diabetes and also Cancer.

Antioxidants continually combat free radicals and without a good supply of the best antioxidants your biological defense systems eventually begin to suffer from oxidative damage and can’t function as effectively. Your state of health declines as a result, and “age-related ailments” set in.

Fulvia is antibacterial, antifungal, anti-inflammatory, antioxidant and anti-aging. The minerals in Fulvia play an active role in the production of stem cells, human growth hormone, endorphins and glutathione, which in turn supports disease prevention and premature aging.

The nutrients found in Affinity and the Coenzyme Q-10 found in Elixir Blast also help protect you from the free radicals that destroy cells and cause the body to age, which is why they are such an important part of your daily health regimen.

Affinity supports beautiful skin and can help reverse signs of aging and wrinkling of skin by increasing super oxide dismutase (SOD) activity for DNA repair. And when Affinity is combined with Fulvia, it will always do its job more efficiently. Fulvia also eliminates free radicals, and other pathogens, which are known to cause premature aging. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Pathogens that invade the body cause stress, which also leads to premature aging. Ionic Silver kills all known pathogens and may be taken internally as well as spayed on the skin to kill these pathogens.

I keep a spray bottle on my desk and frequently spray my face, neck and the back of my hands. The skin on my face is comparatively smooth for a person my age. A planter wart that I
had on my thumb for many years is no longer there and I have very few age spots on the backs of my hands.

I also frequently spray silver directly into my eyes. The lens of my eyes are clear; I have no signs of cataract formation, there is reduction in scar tissue in the corner of one of my eyes from an eye injury and the whites of my eyes are now very white.

Lissome is an anti-aging skin serum. We have a Lissome for men and for women. Lissome will increase the flexibility and elasticity of the skin leaving you looking years younger and you will see a change in your skin within 60-90 days.

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**Anti-Bacterial**

When found on the skin, in the bloodstream, in the intestines, or in the hair, bacteria cause countless diseases. When serious diseases are examined in the lab, every single one is found to be associated with the presence of pleomorphic bacteria or mold. These damage the immune function that normally protects the cell from foreign invaders. When bacteria or mold invade a cell, reducing immune protection, they allow toxins and contagions to enter the cell and damage the DNA, resulting in many serious diseases. Ionic Silver starts killing bacteria in as little as fifteen seconds. If you put Ionic Silver directly in contact with bacteria, the bacteria will usually be totally destroyed within six minutes. Some bacteria may take longer but all bacteria can be destroyed with regular use of Ionic Silver.

To stop disease-causing bacteria in its tracks, drink one teaspoon of Ionic Silver each morning and night. That dose can be doubled to fight an aggressive bacterial infection. Silver may be applied topically to any affected areas 4 or more times daily. Fulvia, Affinity, Aerobia and Elixir Blast each contain immune-supporting nutrients and a healthy immune system is important in the body’s fight against disease.

Fulvia is antibacterial, antifungal, anti-inflammatory, antioxidant and anti-aging. The minerals in Fulvia play an active role in the production of stem cells, human growth hormone, endorphins and glutathione, which in turn supports disease prevention and premature aging.

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**Anti-Fungal**

Fungus can get into any warm, moist area and often feeds off of sugars. Cutting off sugars can combat intestinal fungus or yeast. For a yeast or fungus infection in the armpits or vagina, apply Ionic Silver to the affected areas and take Ionic Silver internally. Silver can be applied topically 4 or more times daily, or as needed. Drinking two teaspoons of Ionic Silver liquid one to three times daily will kill yeast and fungus internally. You can also apply it topically 1-4 times daily as needed. This dosage should be continued for at least two weeks after the symptoms are no longer present.

Yeast and fungus can get inside your intestines, causing muscle pain and symptoms of depression and attention deficit disorder. It can also result in all the symptoms of headaches, lymph problems, lupus and autoimmune disorders, including fibromyalgia.
Many people have successfully killed the yeast and fungus in their intestines by taking two teaspoons of Ionic Silver daily. When large numbers of yeast colonies are killed rapidly, the cleanse may be accompanied by one to three weeks of flu-like symptoms until the dead yeast is washed out of the body. Drinking plenty of purified water can help remove toxins that are being released as a result of any kind of detoxification program. Ionic Silver can be injected into the rectum or vagina using a syringe or douche bottle.

Acidophilus found in Neutra-Cleanse supports a healthy intestinal flora, which is an important part of the body’s defense against the overgrowth of yeast and fungus.

Fulvia also has anti-fungal properties and the ability to help support proper pH in the body, a healthy balance of good bacteria and intestinal flora, all of which are a major factor in preventing an onslaught of yeast and fungus.

Antioxidant

Free radicals are atoms with unpaired electrons. According to the free radical theory, radicals damage cells in an organism, causing aging. Mitochondria, regions of the cell that manufacture chemical energy, produce free radicals and are the primary sites for free radical damage. By eliminating free radicals from cells through genetic means and dietary restriction, laboratories have extended the maximum age of laboratory animals.

A cloud of electrons surrounds the nucleus of an atom. These electrons exist in pairs, but occasionally an atom loses an electron, leaving the atom with an unpaired electron. The atom is then called a "free radical," or sometimes just a "radical," and is very reactive. When cells in the body encounter a radical it causes destruction in the cell. Constant radical damage eventually kills the cell. When radicals kill or damage enough cells in an organism, the organism ages.

The production of radical oxygen (the most common radical) occurs mostly within the mitochondria of a cell. Mitochondria are small membrane-enclosed regions of a cell that produce the chemicals a cell uses for energy. Mitochondria accomplish this task through a mechanism called the "electron transport chain." In this mechanism, electrons are passed between different molecules and with each pass produce useful chemical energy. Oxygen occupies the final position in the electron transport chain. Occasionally, the passed electron incorrectly interacts with oxygen, producing oxygen in radical form.

The primary site of radical oxygen damage is mitochondrial DNA (mtDNA). Every cell contains an enormous set of molecules called DNA, which provide chemical instructions for a cell to function and reproduce. This DNA is found in the mitochondria and in the nucleus of the cell, which serves as the "command center" of the cell. The cell fixes much of the damage done to nuclear DNA. However, mitochondrial DNA (mtDNA) cannot be readily fixed. Therefore, extensive mtDNA damage accumulates over time and shuts down mitochondria, causing cells to die and the organism to age.

Protection of mtDNA from radicals slows aging in laboratory animals. Some laboratories have produced fruit flies that live one-third longer than normal fruit flies. These labs genetically altered the fruit flies to produce more natural antioxidants. Antioxidants are molecules that eliminate radicals, so elevated levels of antioxidants prevent much of the mtDNA damage done by radicals. Other labs severely restricted the food intake of laboratory rats, causing a 50%
increase in maximum lifespan compared to rats allowed to eat freely. The mitochondria of starved rats are not provided with enough material to function at full capacity. Therefore, the electron transport chains in mitochondria of the starved rats pass fewer electrons. With fewer electrons passed, fewer oxygen radicals are produced, so aging slows.

One main problem with the free radical theory is the failure of antioxidants administered as dietary supplements, like vitamins E and C, to significantly increase maximum lifespan. Proponents of the radical theory believe that dietary antioxidants, unlike natural antioxidants produced by cells, do not reach mitochondrial DNA, leaving this site susceptible to radical attack. Interestingly, even though supplemental antioxidants fail to increase maximum lifespan, they do increase the chances of living to the maximum lifespan. This may be due to antioxidant protection of other parts of the cell, like cellular proteins and membranes, from radical damage.

The goal of all research on the free radical theory is to slow aging and increase maximum lifespan. The achievements so far are astounding; increasing the lifespan of fruit flies and rats is an impressive feat. Despite such success, no practical applications of the theory have been perfected. Genetic alteration is both controversial and difficult for humans. Starvation, while lengthening lifespan, is an unappealing alternative. Dietary antioxidants fail to increase maximum lifespan. However, the production of radicals and their role in aging is well understood.

Recap: Supplemental antioxidants generally do very little to extend the lifespan. They do however combat free radicals and without a good supply of the best supplemental antioxidants your biological defense systems eventually begin to suffer from oxidative damage and can’t function as effectively. Your state of health therefore declines as a result, and “age-related ailments” set in.

On the other hand, the compounds in Fulvia have proven for centuries to lengthen the life spans of both monkeys and humans that regularly consume this “blackish, mineral pitch” that oozes up from the ground high in the Himalayas, so what makes Fulvia different from all other free radical scavengers?

First of all, Fulvia is the most powerful natural antioxidant and is unique in its ability to neutralize both negatively and positively charged unpaired electrons. It is also the most versatile of all antioxidants, having the ability to both give up an electron, and receive an electron in order to neutralize any type of free radical. And unlike other antioxidants, Fulvia has the ability to cross the cell membrane and reach the remotest parts of the cell where the Oxygen radicals attack the mitochondrial DNA.

Fulvia may also neutralize “oxygen radicals” before they can attack the carbon-hydrogen bonds in proteins, which is another major cause of premature aging.

Finally, the minerals in Fulvia play an active role in the production of stem cells, human growth hormone, endorphins and glutathione. Glutathione is the most powerful natural antioxidant produced by the body and it also is able to protect the mitochondrial DNA from oxygen radical damage.

Fulvia is also the most powerful detoxifier of toxins and heavy metals, which also cause damage to the cells, which results in disease and premature aging.
Anyone who understands the necessity of antioxidants in the diet will also recognize the need for vitamins, minerals and other phytonutrients. Affinity and Elixir Blast also support good health through a powerhouse of nutrients and other antioxidants.

Anti-Tumor

Tumors can have a myriad of causes. Tumors are almost always caused by a combination of problems. One bacterium is not usually the cause of a tumor, but when bacteria get into the cell and neutralize your immune function, you become more susceptible to other toxins in the air and water. This allows DNA to be damaged and a tumor to form. Bacteria such as hepatitis B can cause cancer. Viruses can also cause tumors and cancer, including the human papilloma virus that can result in cervical cancer in women.

Those with a tumor should drink 1-4 ounces of Ionic Silver liquid daily, sipping the Ionic Silver every hour for the first 4-8 hours. Drink two ounces daily for the next five days – two tablespoons in the morning and two tablespoons at bedtime. Apply topically several times daily to the tumor if it is visible. For more acute problems, drink four ounces of Ionic Silver one day and sip it every hour the next day.

If cancer runs in the immediate family, two tablespoons of Ionic Silver in the morning and evening can be used to kill bacteria as a preventive method.

Maintaining a diet that is low in fat and sugar and high in proteins, fiber, fruits and vegetables will also help. In addition you want to get at least eight hours of sleep a night. You’ll also want to take supplements like Fulvia, Affinity, Elixir Blast and Aerobia that have immune enhancing capabilities. Exercise if possible on a daily basis. I’m not talking strenuous, but just a walking type of exercise to make sure your circulation is good and your body’s immune function is properly working in concert with your lymph system. (See Breathing Exercises)

You want to neutralize toxins in your air and water using proper filtration in your home. You want to cleanse your blood and your intestines. Fulvia and Affinity support clean healthy blood and circulation. Also take products like Neutra-Cleanse and eat raw fruits and vegetables high in fiber to support a clean and healthy colon.

A healthy liver is your first line of defense. Fulvia and Affinity support a healthy liver and several people have noted that when they increased their intake of Fulvia that they experienced a wonderful liver cleanse which is evidenced by a lot of lime-green cholesterol floating on top of the water during a bowel movement. (Also See Liver Cleanse)

Taking milk thistle and Omegas 3, 6 and 9 found in Elixir Blast on a daily basis in a supplement form is also helpful in cleansing the liver. Fulvia also provides necessary antioxidants and helps clean the blood.

Affinity can help reduce the risk of tumors and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of tumors. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Negativity is a major cause of tumors and cancer. Make a list of all negative things in your life, including television, radio, newspapers and negative people. Begin to eliminate all negativity
from your life. Tell negative friends and family that you are going through a special therapy and won’t be able to contact them for some time. You also want to eliminate as much stress as you possibly can. (See Forgiveness and Joy)

Anti-Viral

Viruses cause many diseases that we don’t have pharmaceutical drugs to cure. For this reason, the human race is at a high risk for virus activity. We have viruses that are being treated incorrectly with antibiotics. Antibiotics do nothing to destroy or cure viral infections. Ionic Silver is very powerful and patented against both reverse transcriptase and DNA polymerase viruses, interfering with the replication process.

By drinking two tablespoons of Ionic Silver in the morning and night, you can potentially defeat an existing viral infection. For viral infections in the lungs or sinuses, inhaling liquid silver through a nebulizer works the best. Drops can also be placed in your ears, eyes, nose, or throat twice daily.

To prevent a cold or flu, drink one teaspoon twice daily. If you are exposed to a lot of coughing and sneezing, the dose can be doubled.

Fulvia is antibacterial, antifungal, anti-inflammatory, antioxidant and anti-aging. The minerals in Fulvia play an active role in the production of stem cells, human growth hormone, endorphins and glutathione, which in turn supports a strong immune system and disease prevention. Affinity is also known for its antiviral benefits and ability to support a strong immune system, which is important for preventing and fighting viral infections.

Antibiotic Alternative

It’s very rare that anyone in the medical mainstream is ever mad enough to break ranks and tell the world that pharmaceutical drugs are next to useless for treating disease.

After all, they’d risk losing their funding from the government and Big Pharma. They’d be dismissed as crackpots. Their professional reputations would be in tatters. It would be professional suicide!

Margaret Chan, Director general of the World Health Organization heralded ‘the end of modern medicine’ as the WHO finally admitted that antibiotics had been so over-used that they’re now almost completely useless against ‘super strains’ of bacterial infection.

The result of this, she warns, could be that routine operations become impossible to carry out and minor cuts and grazes become potentially life-threatening.

Viruses cause many diseases that we don’t have pharmaceutical drugs to cure. For this reason, the human race is at a high risk for virus activity. We have viruses that are being treated incorrectly with antibiotics. Antibiotics do nothing to destroy or cure viral infections.
Ionic Silver on the other hand is very powerful and patented against both reverse transcriptase and DNA polymerase viruses, interfering with the replication process. Ionic Silver kills every known disease causing bacteria and virus and even kills some parasites. The best part is that these organisms cannot create immunity to silver. It remains effective no matter how often it is used. Furthermore, it is safe, without side effects and is relatively inexpensive.

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**Anxiety**

Anxiety (also called angst or worry) is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. Anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a normal reaction to a stress and may be helpful in dealing with a demanding situation, but when anxiety becomes excessive, it is then classified as a disorder.

The physical effects of anxiety may include heart palpitations, tachycardia, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomachaches, or headaches. As the body prepares to deal with a threat, blood pressure, heart rate, perspiration, blood flow to the major muscle groups are increased, while immune and digestive functions are inhibited (the fight or flight response). External signs of anxiety may include pallor, sweating, trembling, and pupillary dilation.

When toxins overload the body, undue stress is put on the organs of elimination and stress burns up the body's reserves of nutrition at an alarming rate. The protocol for anxiety then is to kill harmful microorganisms by taking 1-2 teaspoons of Ionic Silver twice daily and eliminate toxins that are causing stress.

It is then important to move those dead microorganisms out of the body, and Neutra-Cleanse is a great cleanser. Fulvia, Affinity and Elixir Blast also provide important nutrients that can help to get at the root of Anxiety as well.
Appendix

Your appendix is a slimy sac that hangs between your small and large intestines. It has long been thought of as a worthless evolutionary artifact, good for nothing except a potentially lethal case of inflammation. But now researchers suggest that your appendix is a lot more than a useless remnant.

Your appendix is a storehouse for good bacteria that may be needed to repopulate the gut after a case of diarrhea. Past studies have also found the appendix can help manufacture, direct and train white blood cells.

Appendicitis, (inflamed appendix) can be fatal. According to the CDC, over 320,000 people are hospitalized each year, and up to 400 Americans die due to appendicitis.

Until recently, the appendix was believed to be an organ that served no purpose in your body, and for this reason alone, surgeons have routinely removed them. Recent research has discovered that this is not true.

As common sense dictates, there is a purpose for every organ in your body, even the ones that modern medicine can’t figure out, and your appendix is one of them.

If the good bacteria in your colon dies, which could happen as a result of cholera or dysentery for instance, it appears your appendix steps up to help recolonize your gut with good bacteria.

Modern society has become so vigilant against bacteria that many forget a very important point, bacteria in your body actually outnumber your cells by about ten to one and without them you would die.

For example, the friendly bacteria that reside in your gut have a number of very important functions, such as:

- Digesting and absorbing certain carbohydrates. Without good gut bacteria, your body cannot absorb certain undigested starches, fiber, and sugars. The friendly bacteria in your digestive tract convert these carbohydrates into primary sources of important energy and nutrients.

- Bacteria produce vitamins, absorb minerals and eliminate toxins. Probiotics help in the production of both vitamin K and B vitamins, and promote mineral absorption. They also aid in metabolism and the breakdown of toxins.

- Friendly bacteria compete with the bad guys for room and board and help to keep bad bacteria under control. A deficiency of good bacteria can lead to bad bacteria getting out of control.

- The good bacteria tell your body how much nutrition they need and your body responds by supplying just that much and no more. This results in excess bad bacteria being starved out. The helpful bacteria also produce a substance that kills harmful microbes.

- Friendly bacteria train your immune system to distinguish between pathogens and non-harmful antigens, and to respond appropriately. This important function prevents your immune system from overreacting to non-harmful antigens, which is the genesis of or cause of allergies.

- Beneficial bacteria have a lifelong, powerful effect on your gut’s immune system and your systemic immune system as well. These bacteria play a crucial role in the development and
operation of the mucosal immune system in your digestive tract. They also aid in the production of antibodies to pathogens.

It’s also important to remember that 80 percent of your immune system is located in your digestive system, making a healthy gut a major focal point if you want to maintain optimal health. A robust immune system is your number one defense system against disease.

Researchers have speculated that despite the beneficial influence of the appendix, most people living in the modern world don’t need it because you can easily repopulate the good bacteria in your gut.

I disagree with this assessment because your good bacteria is constantly being assaulted by antibiotics, chlorinated water, birth control pills, stress, sugar, and a host of other environmental factors. Gastrointestinal problems are in fact a very common concern for a majority of Americans.

Ideally, your gut should contain a ratio of 85 percent good bacteria to 15 percent non-beneficial bacteria, but the factors I listed above have actually caused this ratio to reverse in many people.

This is why I often recommend that you use a high-quality probiotic like that found in Neutra Cleanse as an “insurance policy” to make sure your body remains balanced with good strains of bacteria, particularly if you don’t lead a perfectly healthy lifestyle.

It’s also worth keeping in mind that this is still just the beginning as far as what scientists know about the appendix. It may turn out to have other far-reaching but important effects on your body function than what is currently known.

After all, scientists have now discovered that more than 70 percent of all primate and rodent groups contain certain species with an appendix. If its purpose was so inconsequential, why would so many different species have it?

So far, at least one negative side effect of having your appendix removed (called an appendectomy) has been uncovered; an increased risk of Crohn’s disease. So please, don’t fall for the advice to have your appendix removed simply because “it has no purpose.”

Naturally, there are times when an appendectomy is warranted. If your appendix becomes infected or inflamed, failing to remove it could be fatal.

Just don’t agree to have your appendix removed for no other reason than you’re having an unrelated abdominal surgery performed, which happens more frequently than you might think.

Major warning signs that your appendix might be a problem include:

You have absolutely no appetite, even for your most favorite foods.

You have pain that started around your belly button and has moved to your lower right abdominal area.

You have pain when jumping up and down. First, jump up and down gently. If there is no pain, try jumping higher. This will move your peritoneal cavity and if it is irritated with an inflamed appendix, the movement will cause considerable pain.
If you have all of the above symptoms you should be evaluated at your nearest emergency room.

If you are a woman, you may benefit from receiving a CT scan or ultrasound prior to having an appendectomy. A study published in the journal Radiology found that in women who had this done prior to surgery, a healthy appendix was removed 7 percent of the time, compared with 28 percent of the time when no scan was done.

A sensible diet can prevent most problems that you may experience with your appendix. Biting fingernails and popcorn shells are two of the most common causes of inflamed appendix. Fulvia, Affinity and Elixer Blast support a healthy appendix and Neutra Cleanse supplies important friendly bacteria that can also help the appendix.

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**Appreciation**

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return, the father asked his son, "How was the trip?"

"It was great, Dad." "Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me what you learned from the trip." said the father.

The son answered, "I saw that we have one dog and they have four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks Dad for showing me how poor we are."

Isn't perspective a wonderful thing? Life would be much more wonderful, if we all gave thanks for everything we have, instead of worrying about what we don't have.

Life is too short and friends are too few to not appreciate every single thing you have, especially your friends!
Heart Surgeon admits huge mistake regarding cause of artery disease:

By Dwight Lundell, MD 02/06/2009

We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong. So, here it is I freely admit to being wrong. As a heart surgeon with 25 years of experience, having performed over 5,000 open-heart surgeries, today is my day to right the wrong with medical and scientific facts.

I trained for many years with other prominent physicians labeled "opinion makers." Bombarded with scientific literature, continually attending education seminars, we opinion makers insisted heart disease resulted from the simple fact of elevated blood cholesterol.

The only accepted therapy was prescribing medications to lower cholesterol and a diet that severely restricted fat intake.

The latter of course we insisted would lower cholesterol and heart disease. Deviations from these recommendations were considered heresy and could quite possibly result in malpractice.

It Didn’t Work!

These recommendations are no longer scientifically or morally defensible. The discovery a few years ago that “inflammation” in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated.

The long-established dietary recommendations have created epidemics of obesity and diabetes, the consequences of which dwarf any historical plague in terms of mortality, human suffering and dire economic consequences.

Despite the fact that 25% of the population takes expensive statin medications and despite the fact we have reduced the fat content of our diets, more Americans will die this year of heart disease than ever before.

Statistics from the American Heart Association show that 75 million Americans currently suffer from heart disease, 20 million have diabetes and 57 million have pre-diabetes. These disorders are affecting younger and younger people in greater numbers every year.

Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

Inflammation is not complicated -- it is quite simply your body's natural defense to a foreign invader such as a bacteria, toxin or virus. The cycle of inflammation is perfect in how it protects your body from these bacterial and viral invaders.

However, if we chronically expose the body to injury by toxins or foods the human body was never designed to process, a condition called chronic inflammation occurs. Chronic inflammation is just as harmful as acute inflammation is beneficial.
What thoughtful person would willfully expose himself repeatedly to foods or other substances that are known to cause injury to the body? Well, smokers perhaps, but at least they made that choice willfully.

The rest of us have simply followed the recommended mainstream diet that is low in fat and high in polyunsaturated fats and carbohydrates, not knowing we were causing repeated injury to our blood vessels. This repeated injury creates chronic inflammation leading to heart disease, stroke, diabetes and obesity.

Let me repeat that. The injury and inflammation in our blood vessels is caused by the low fat diet that has been recommended for years by mainstream medicine.

What are the biggest culprits of chronic inflammation? Quite simply, they are the overuse of simple, highly processed carbohydrates (sugar, flour and all the products made from them) and the excess consumption of omega-6 vegetable oils like soybean, corn and sunflower that are found in many processed foods.

Now, I'll discuss which foods cause inflammation, how those foods trigger the inflammatory process and the foods to eat that will cure inflammation.

Take a moment to visualize rubbing a stiff brush repeatedly over soft skin until it becomes quite red and nearly bleeding. Let’s say you kept this up several times a day, every day for five years. If you could tolerate this painful brushing, you would have a bleeding, swollen infected area that became worse with each repeated injury. This is a good way to visualize the inflammatory process that could be going on inside your body right now.

Regardless of where the inflammatory process occurs, externally or internally, it is the same. I have peered inside thousands upon thousands of arteries. A diseased artery looks as if someone took a brush and scrubbed repeatedly against its wall. The foods we eat several times a day create small injuries compounding into more injuries, causing the body to respond continuously and appropriately with inflammation.

While we savor the tantalizing taste of a sweet roll, our bodies respond alarmingly as if a foreign invader arrived, declaring war. Foods loaded with sugars and simple carbohydrates, or processed with omega-6 oils for long shelf life have been the mainstay of the American diet for six decades. These foods have been poisoning everyone.

How does eating a simple sweet roll create a cascade of inflammation to make you sick?

Imagine spilling syrup on your keyboard; then you have a visual of what occurs inside the cell. When we consume simple carbohydrates such as sugar, blood sugar rises rapidly. In response, your pancreas secretes insulin whose primary purpose is to drive sugar into each cell where it is stored for energy. If the cell is full and does not need glucose, it is rejected to avoid extra sugar gumming up the works.

When your full cells reject the extra glucose, blood sugar rises producing more insulin and the glucose converts to stored fat.

What does all this have to do with inflammation?

Blood sugar is controlled in a very narrow range. Extra sugar molecules attach to a variety of proteins that in turn injure the blood vessel wall. This repeated injury to the blood vessel wall
sets off inflammation. When you spike your blood sugar level several times a day, every day, it is exactly like taking sandpaper to the inside of your delicate blood vessels.

While you may not be able to see it, rest assured it is there. I saw it in over 5,000 surgical patients spanning 25 years who all shared one common denominator - inflammation in their arteries.

Let’s get back to the sweet roll. That innocent looking “goody” not only contains sugars, it is baked in one of many omega-6 oils such as soybean. Chips and fries are soaked in soybean oil; processed foods are manufactured with omega-6 oils for longer shelf life. While omega-6’s are essential -they are part of every cell membrane controlling what goes in and out of the cell - they must be in the correct balance with omega-3’s.

If the balance shifts by consuming excessive omega-6, the cell membrane produces chemicals called cytokines that directly cause inflammation. Today’s mainstream American diet has produced an extreme imbalance of these two fats. The ratio of imbalance ranges from 15:1 to as high as 30:1 in favor of omega-6. That’s a tremendous amount of cytokines causing inflammation. In today’s food environment, a 3:1 ratio would be optimal and healthy.

To make matters worse, the excess weight you are carrying from eating these foods creates overloaded fat cells that pour out large quantities of pro-inflammatory chemicals that add to the injury caused by having high blood sugar. The process that began with a sweet roll turns into a vicious cycle over time that creates heart disease, high blood pressure, diabetes and finally Alzheimer’s disease, as the inflammatory process continues unabated.

There is no escaping the fact that the more we consume prepared and processed foods, the more we trip the inflammation switch little by little each day. The human body cannot process, nor was it designed to consume, foods packed with sugars and soaked in omega-6 oils.

There is but one answer to quieting inflammation, and that is returning to foods closer to their natural state. To build muscle, eat more protein. Choose carbohydrates that are very complex such as colorful fruits and vegetables. Cut down on or eliminate inflammation-causing omega-6 fats like corn and soybean oil and the processed foods that are made from them. One tablespoon of corn oil contains 7,280 mg of omega-6; soybean contains 6,940 mg. Instead, use olive oil or butter from grass-fed beef.

Animal fats contain less than 20% omega-6 and are much less likely to cause inflammation than the supposedly healthy oils labeled polyunsaturated. Forget the "science" that has been drummed into your head for decades. The science that saturated fat alone causes heart disease is non-existent.

The science that saturated fat raises blood cholesterol is also very weak. Since we now know that cholesterol is not the cause of heart disease, the concern about saturated fat is even more absurd today.

The cholesterol theory led to the no-fat, low-fat recommendations that in turn created the very foods now causing an epidemic of inflammation. Mainstream medicine made a terrible mistake when it advised people to avoid saturated fat in favor of foods high in omega-6 fats. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers.

What you can do is choose whole foods your grandmother served and not those your mum turned to as grocery store aisles filled with manufactured foods. By eliminating inflammatory
foods and adding essential nutrients from fresh unprocessed food, you will reverse years of
damage in your arteries and throughout your body from consuming the typical American diet.

Dwight Lundell is the past Chief of Staff and Chief of Surgery at Banner Heart Hospital, Mesa, AZ. His private practice, Cardiac Care Center was in Mesa, AZ. Dr. Lundell has since left surgery to focus on the nutritional treatment of heart disease. He is the founder of Healthy Humans Foundation that promotes human health with a focus on helping large corporations promote wellness. He is the author of The Cure for Heart Disease and The Great Cholesterol Lie.

Arthritis / Rheumatism

I recently read where Americans spent 120 Billion dollars a year to treat arthritis, without a single person being cured. The best you can really hope for is some drug to mask a little bit of the pain you are suffering, but it doesn’t have to be that way.

My mother was a great cook and could make almost anything taste great, but I paid a terrible price for a diet that many people would die for. I still remember when I was nine-months old and the thing I remember is pain. I never knew a single day without pain while I was growing up. My pain was so severe that I often couldn’t sleep and therefore suffered from sleep deprivation as well. I had severe arthritis, fibromyalgia, bleeding stomach ulcers, tuberculosis, and severe bouts with pneumonia at least once or twice a year.

Many years later I had complete body x-rays and the doctor, after showing me the x-rays, told me that I had the most severe case of childhood arthritis he had ever seen – it left scars on every bone in my body.

It may have been my own suffering that prompted my education in nutrition. I was taking pre-law at the university and happened to take Nutrition 101 as a filler class. I became so enthralled with the subject that my other classes suffered. I followed my passion and changed my major to nutrition, which I’m glad I did because not only was I able to heal my own arthritis and other painful health challenges, I have helped over 1,000 people recover from cancer.

Rheumatism is an older term used to describe a number of painful conditions of muscles, tendons, joints, and bones.

Arthritis is a common condition that causes pain and inflammation (swelling) of the joints and bones. The main symptoms of arthritis include:

Pain

Stiffness

Restricted movements of the joints

Inflammation and swelling

Warmth and redness of the skin over the joints

The most common forms of arthritis are:
Osteoarthritis

Rheumatoid arthritis

Osteoarthritis is the most common form of arthritis. In people affected by osteoarthritis, the cartilage (connective tissue) between their bones gradually wastes away (degenerates), leading to painful rubbing of bone on bone in the joints. The most frequently affected joints are in the Hands, spine, knees and hips.

Osteoarthritis often develops in people who are over 50 years of age. However, it can develop at any age as a result of diet, toxin overload, injury or another joint-related condition.

Rheumatoid arthritis often starts between 40 and 50 years of age. Women are three times more likely to be affected by the condition than men. It is a more severe, but less common, form of arthritis than osteoarthritis.

Rheumatoid arthritis is believed to occur when the body’s immune system attacks and destroys the affected joints, causing pain and swelling to occur, but it is actually caused by acids from diet and toxin overload that attack and destroy the joints.

Sometimes a picture is worth a thousand words - put a chicken bone in a liter of coke overnight and the next day the bone will be flexible like rubber.

Acid from environmental toxins, foods and drinks (like sodas) gradually dissolve bone and connective tissue, leaving bone to rub on bone with a layer of acid crystals in between them, much like sandpaper. This obviously is a very painful condition.

I grew up on a pig and dairy farm. We frequently ate home grown pork nearly every day and sometimes as many as twice or three times a day. I had all of the milk, cream, butter, cheese and cottage cheese that I could possibly want. My mother was famous for her baking and to add insult to injury, every day I had fresh-baked bread, rolls and frequently enjoyed luxuries like strawberry short-cake, pies, pineapple upside-down cake, etc.

People with arthritis and other acid-induced diseases must make some lifestyle changes.

(See Diet)

Fulvia and Affinity support healthy joints any may help relieve some of the symptoms of arthritis, gout and rheumatism.

Aspartame Disease

If it says “sugar free” don’t touch it.

There is an epidemic of multiple sclerosis, systemic lupus, fibromyalgia and Alzheimer’s disease across the country and the world. One of the major causes of these diseases is in our supermarkets, drug stores, candy stores, restaurants and it has gone from those places into our homes. One of the poisons that is causing these epidemics is aspartame; a sweetener marketed as Nutrasweet, Equal, Spoonful, etc.
When the temperature of Aspartame exceeds 86 degrees F, the wood alcohol in aspartame converts to formaldehyde and then to Formic acid, which in turn causes metabolic acidosis. Formic acid is the same poison used by fire ants to sting and kill their victims. This methanol toxic condition in the human body can mimic multiple sclerosis.

Symptoms of Aspartame Disease Include:

Fibromyalgia symptoms, spasms, shooting pains, burning tongue, cramps, vertigo, numbness in the legs, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, blindness and memory loss, severe seizures, panic attacks, rage and violence, severe memory loss, coma, escalates Alzheimer's disease, birth defects (such as mental retardation), brain tumors (lately surgeons have found high levels of aspartame in tumors removed from patients), escalates diabetes symptoms.

Aspartame is manufactured by the NutraSweet Corporation, a subsidiary of Monsanto, who are fully aware of the dangers of this product. However, as Monsanto also funds the American Diabetics Association, the American Dietetic Association, the United States Congress, and the Conference of the American College of Physicians, there is a conspiracy of silence with regard to the dangers of this artificial sweetener, which is contained in over 5,000 sugar-free products sold under the brand names listed below.


The New York Times, on November 15th 1996, ran an article on how the American Dietetic Association takes money from the food industry to endorse their products. Therefore, they cannot criticize any additives or tell about their link to Monsanto.

Neurosurgeon, Dr. Russell Blaylock said, "The ingredients stimulate the neurons of the brain to death, causing brain damage of varying degrees." Dr. Blaylock has written a book entitled Excitotoxins: The Taste That Kills (Health Press 1-800-643-2665).

Dr. R.H. Roberts, diabetic specialist and world expert on aspartame poisoning, has also written a book entitled Defense Against Alzheimer's Disease (1-800-814-9800). He writes about how Aspartame poisoning is escalating Alzheimer's disease.

Today women as young as 30 years of age are being treated for Alzheimer's disease.

Dr. Roberts realized what was happening when Aspartame was first marketed. He said diabetic patients presented symptoms of memory loss, confusion, and severe vision loss.

In Desert Storm several thousand pallets of diet drinks were shipped to the troops in the desert where they sat in the 120 degree F desert sun for weeks (remember at 86 degrees F. methanol poison is released). The symptoms of Desert Storm Syndrome match exactly those of Aspartame Disease.
Sweet Poison:

“In October of 2001, my sister started getting very sick. She had stomach spasms and she was having a hard time getting around. Walking was a major chore. It took everything she had just to get out of bed; she was in so much pain.

By March 2002, she had undergone several tissue and muscle biopsies and was on 24 various prescription medications. The doctors could not determine what was wrong with her. She was in so much pain, and so sick she just knew she was dying.

She put her house, bank accounts, life insurance, etc., in her oldest daughter’s name, and made sure that her younger children would be taken care of.

She also wanted her last hooray, so she planned a trip to Florida (basically in a wheelchair) for March 22nd.

On March 19, I called her to ask how her most recent tests went, and she said they didn’t find anything on the test, but they believed she had MS.

I recalled an article a friend of mine e-mailed to me and I asked my sister if she drank diet soda? She told me that she did. As a matter of fact, she was getting ready to crack one open that moment.

I told her not to open it, and to stop drinking the diet soda! I e-mailed her an article my friend, a lawyer, had sent. My sister called me within 32 hours after our phone conversation and told me she had stopped drinking the diet soda AND she could walk! The muscle spasms went away. She said she didn’t feel 100% but, she sure felt a lot better.

She told me she was going to her doctor with this article and would call me when she got home.

Well, she called me, and said her doctor was amazed! He is going to call all of his MS patients to find out if they consumed artificial sweeteners of any kind. In a nutshell, she was being poisoned by the Aspartame in the diet soda... and literally dying a slow and miserable death.

When she got to Florida March 22, all she had to take was one pill, and that was a pill for the Aspartame poisoning! She is well on her way to a complete recovery and she is walking! No wheelchair! This article saved her life.

If it says ‘SUGAR FREE’ on the label; DO NOT EVEN THINK ABOUT IT!

In a keynote address by the EPA, it was announced that in the United States in 2001 there is an epidemic of multiple sclerosis and systemic lupus. They could not however isolate the cause.

For this reason, many people were being diagnosed in error. Although multiple sclerosis is not a death sentence, methanol toxicity is!

Systemic lupus has become almost as rampant as multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers.
The victim usually does not know that the aspartame is the culprit. He or she continues its use; irritating the lupus to such a degree that it may become a life-threatening condition. We have seen patients with systemic lupus become asymptotic, once taken off diet sodas.

In cases of those diagnosed with Multiple Sclerosis, most of the symptoms disappear. We've seen many cases where vision loss returned and hearing loss improved markedly.

This also applies to cases of. During a lecture, I said, 'If you are using ASPARTAME (Nutra Sweet, Equal, Spoonful, etc) and you suffer from fibromyalgia, tinnitus, spasms, shooting, pains, numbness in your legs, cramps, vertigo, dizziness, headaches, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision, or memory loss you probably have ASPARTAME poisoning!

The good news; these symptoms are reversible!

STOP drinking diet sodas and be alert for Aspartame and any of its names on food labels! A majority of processed foods and drinks contain it! This is a serious problem.

Diet soda is NOT a diet product! It is far more likely to make you GAIN weight! It is a chemically altered, multiple sodium and aspartame containing product that actually makes you crave carbohydrates.

These products also contain formaldehyde, which stores in the fat cells, particularly in the hips and thighs. Formaldehyde is an absolute toxin and is used primarily used as embalming fluid to preserve “tissue specimens.”

Many products we use every day contain this chemical but we should NOT consume it as part of our diets!

Dr. H. J. Roberts stated in his lectures that once free of the “diet products” and with no significant increase in exercise; his patients lost an average of 19 pounds over a trial period.

Aspartame is especially dangerous for diabetics. We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame. The aspartame drives the blood sugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are neurotoxic when taken without the other amino acids necessary for a good balance.

Treating diabetes is all about balance. Especially with diabetics, the aspartame passes the blood/brain barrier and it then deteriorates the neurons of the brain; causing various levels of brain damage, including seizures, depression, manic depression, panic attacks, uncontrollable anger and rage.

Consumption of aspartame causes these same symptoms in non-diabetics as well. Documentation and observation also reveal that thousands of children diagnosed with ADD and ADHD have had complete turnarounds in their behavior when these chemicals have been removed from their diet.

So called “behavior modification” prescription drugs (Ritalin and others) are no longer needed. Truth be told, they were never needed in the first place!
Most of these children were being “poisoned” on a daily basis with the very foods that were “better” for them than sugar.

It is also concluded that the aspartame in thousands of pallets of diet Coke and diet Pepsi consumed by men and women fighting in the Gulf War, may be partially to blame for the well-known Gulf War Syndrome.

Dr. Roberts warns that it can cause mental retardation and perhaps other birth defects, if taken at the time of conception and during early pregnancy. Children are especially at risk for neurological disorders and should NEVER be given artificial sweeteners.

Talking about a plague of neurological diseases directly caused by the use of this deadly poison, there are many different case histories that relate to children suffering grand mal seizures and other neurological disturbances.

Herein lays the problem: There were Congressional Hearings when aspartame was included in 100 different products, and strong objection was made concerning its use. Since this initial hearing, there have been two subsequent hearings and still nothing has been done. The drug and chemical lobbies have very deep pockets.

Since MONSANTO’S patent on aspartame has expired, there are now over 5,000 products on the market that contain this deadly chemical and there will be thousands more introduced. Everybody wants a “piece” of the aspartame pie.

MONSANTO knows how deadly aspartame is, but they are more concerned about their profits than they are about your suffering. And isn't it ironic that MONSANTO funds the American Diabetes Association, the American Dietetic Association and the Conference of the American College of Physicians to name a few?

This has been recently exposed in the New York Times. These organizations cannot criticize any additives or convey their link to MONSANTO because to receive this money, they are required to endorse their products.

Senator Howard Metzenbaum wrote and presented a bill that would require label warnings on products containing aspartame, especially regarding pregnant women, children and infants.

The bill would have instituted independent studies on the known dangers and the problems existing in the general population regarding seizures, changes in brain chemistry, neurological changes and behavioral symptoms.

The bill was killed.

The powerful drug and chemical lobbies are responsible for this, letting loose the demons of disease and death on an unsuspecting and uninformed public. Well, you’re informed now, and the only way to win this war is to educate enough people who say NO to these poisons!

You obviously know 5-10 people that you don’t want to see suffer from these symptoms. If everybody shared this information with 5-10 people, pretty soon the whole world would know and demand something better through their buying habits.

Anyone suffering from the effects of aspartame poisoning may benefit greatly by taking Fulvia, as it is a powerful detoxifier of toxins.
**Athlete's Foot**

Athlete's foot is basically a fungal infection on the skin. It occurs when we put our feet in shoes and keep them in a warm, moist area where fungus can grow. The first step to prevention is to wear clean shoes and reduce the amount of time that your foot stays in a moist sock.

Ionic Silver can be sprayed directly on the foot and into your socks. Be sure to apply between the toes to kill any yeast growth. You can also spray silver into your shoes to kill any bacteria. In addition to athlete's foot, fungus can get underneath your toenails. By soaking your feet for 30 minutes every other day in a Ionic Silver bath, you will kill the toenail fungus and the athlete's foot. The fungus will return if you continue to wear shoes or socks that are housing bacteria or fungus.

By killing the bacteria and yeast, Ionic Silver will also remove the odor associated with athlete's foot.

**Bacteria**

Bacteria are single cell organisms that actually grow within or outside your body. Left uninhibited, bacteria can cause disease or death. Many of today's health problems result from bacteria. Pneumonia, one of the leading causes of death in America, comes from bacteria inside of the lungs.

Certain types of bacteria, such as Pseudomonas, are extremely aggressive and can cause severe damage and even blindness within 24-48 hours if left untreated. I have a Biochemist friend who was head of the Utah Department of Health for ten years. He performed lab tests for many years trying to find an antidote for Pseudomonas and he told me that there is no known antibiotic that will kill it.

Ionic Silver will destroy bacteria in approximately six minutes. You will feel the effects within the first two hours of use and the benefits will continue as long as you use the product.

The vitamins, minerals, essential fatty acids, amino acids, and antioxidants found in Fulvia, Affinity and Elixir Blast support a healthy immune system and the body’s fight against bacteria.
Bad Breath

Bad breath is usually caused by bacteria residing in the mouth and gums or between the teeth. Using Ionic Silver rinse can destroy these bacteria. By rinsing the mouth for six minutes in the morning and at night, you will get rid of the bad breath.

Bad breath can also be caused by strep throat or a staph infection. In these cases, bacteria destroy the healthy tissue, causing red blisters and white pus to form in the back of the throat. The odor comes as a result of the degenerating tissue. Ionic Silver is the fastest way to remedy the problem.

Spraying Ionic Silver into the nose four times daily can treat odor caused by a sinus infection.

Baking Soda

During my 37-years as a Health Researcher, I discovered that cancer cannot live in a pH (potential of Hydrogen) of 7.0 or higher. I then wrote a series of cancer reports and helped over 1,000 people recover from cancer naturally using baking soda, breathing exercises and good nutrition.

Dr. Tulio Simoncini, an oncologist from Italy used pure baking soda and water to cure many cancer patients. You may still be able to find some of his videos on YouTube. His method was to put baking soda solution into a blood vessel that feeds a particular organ that was plagued by cancer. The purpose was to get the solution directly to the cancer. In other instances, like the colon or lungs, he would insert a tube and irrigate the cancer cells directly. He was often able to clear up cancer in as little as 3 treatments.

Eventually he was shut down by the courts under pressure from the medical association and drug companies, because he was taking too much business away from the profession.

Dr. Otto Warburg in his Nobel Winning research found that cancer cannot grow in a pH of 7.0. Dr. Simoncini found however that when cancer has taken hold, that a pH of at least 8.0 is required to kill it. That is why I recommend taking sufficient baking soda to boost the pH to 8.0-8.5.

Anybody who has a pH of 5.5 for an extended period of time is guaranteed to get cancer and the vast majority of people are at that point right now.

If you already have cancer, you want to boost your pH from 5.5 to 8.5 rather quickly. Those who use methods that boost pH slowly, invariably see their cancer start to grow rather quickly. That is because cancer grows faster at 6.5 than it does at 5.5.

This is not a point of concern for anyone who understands and checks their pH first urine sample every morning. You can purchase pH test strips from some health food stores, chemical stores, universities or on the Internet.

In this short commentary, I will give you a simple recipe using baking soda and molasses than many people have used to eradicate cancer.
Mix 2 tsp. of baking soda (not baking powder) in 1 glass of warm water. Stir in 1 tsp. of blackstrap molasses and drink first thing in the morning on an empty stomach.

Work your way up to doing this 3-times a day. The object is to get your pH up to 8.5 for a period of at least 7 days. I personally did this for 4 months, without any problems and I am not aware of any side effects from doing this.

I have seen stage-4 cancer completely gone from the bones in as little as seven days. I have seen success even with pancreatic cancer, which is perhaps the worst.

I can’t promise anything of course, but your odds are 99% better by attacking the cancer at its source, rather than further damaging your body through surgery, chemotherapy or radiation. Statistics show that people who refuse these procedures live an average of 5-years longer than those who don’t and most of them aren’t using this protocol.

The theory for mixing molasses with the baking soda is that cancer feeds on sugars and the baking soda attaches itself to the molasses. When the cancer feeds on the molasses, it is killed rather quickly by the baking soda.

Molasses is also rich in Potassium and Magnesium. Often times when taking baking soda, the body needs extra Potassium and perhaps even Magnesium to maintain a proper balance.

Baking Soda and Pure Maple Syrup:

"There is not a tumor on God’s green earth that cannot be licked with a little baking soda and maple syrup." That is the astonishing claim of controversial folk healer Jim Kelmun who says that this simple home remedy can stop and reverse the deadly growth of cancers. His loyal patients swear by the man they fondly call Dr. Jim and say he is a miracle worker.

"Those other doctors told me that I was a goner and had less than six months to live as a result of my lung cancer,” said farmer Ian Roadhouse. “But Dr. Jim put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays."

Dr. Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda.

Since then, reported by a newspaper in Ashville, North Carolina, Dr. Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly 185 of them lived at least 15 more years and nearly half enjoyed a complete remission.

This treatment is a combination of pure, 100% organic maple syrup and baking soda. (Many of the nonorganic syrups are mixed with formaldehyde even though they say pure)

Cancer cells consume 15 times more glucose than normal cells. The cancer killing baking soda is dragged into the cancer cell along with the maple syrup, causing a very rapid shift in pH and oxygen levels, killing the cell.
The actual formula is to mix one part baking soda with three parts (pure, 100%) maple syrup in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Research suggests taking 1 teaspoon daily, but one could probably do this several times a day or mix it with some of the other therapies for faster results.

The maple syrup apparently enables and increases penetration of bicarbonate into all compartments of body, even those which are difficult or impossible to penetrate by other means. These compartments include the central nervous system, the blood-brain barrier, joints, solid tumors, and perhaps even the eyes.

Another home remedy is 1/4 teaspoon apple cider vinegar and 1/4 teaspoon baking soda taken 2 or more times daily. Another treatment is lemon and baking soda, or lime and baking soda in water. Perhaps honey could be substituted for maple syrup or those who live in parts of the world where maple syrup is not available but to my knowledge no one has experimented with this. We do know that blackstrap molasses works.

Baking soda increases pH, which in turn increases oxygen levels in the body. Breathing exercises are also critical to increasing oxygen levels to the point of killing cancer cells quickly as well. (See Breathing Exercises)

Ionic Silver is a broad-spectrum preventative agent. It destroys yeast and bacteria in as little as 15 seconds and kills the viruses and mold that may also cause cancer.

Those suffering from cancer should drink four ounces of Ionic Silver on day one and four ounces on day two, sipping it every hour. Drink two ounces daily for the next five days; take two tablespoons twice daily thereafter as a maintenance dose. Do not drink Silver and Baking Soda at the same time however. Separate the two by at least one hour.

In my opinion, Fulvia should be the companion product to all good foods and supplements. If I had cancer, it would be my first choice for a supplement that might make a difference in life or death. I would also use Neutra Cleanse as it is said that all disease begins in the bowel. I would also include Affinity and Elixir Blast to help boost my immune system and provide healthy building blocks of nutrition.

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**Bedsores**

When a bed does not have proper balance, pressure points can form. Irritation or rashes on the skin then lead to open wounds. To treat bedsores, get a good bed with a neutral balance. Do no use too much laundry detergent and do not use fragrant rinses on bedding or on clothing that touch the skin.

Ionic Silver can be applied directly to the bedsore 1-4 times daily by spraying the bedsore and then applying a sterile bandage moistened with Ionic Silver. You can expect to see improvement very soon after Ionic Silver is introduced to a wound. Improvement in diabetics may take two to three times longer because of circulation problems.
Bentonite Clay

Bentonite, medicinal powdered clay which is also known as montmorillonite, derived from deposits of weathered volcanic ash.

It is one of the most effective natural intestinal detoxifying agents available and has been recognized as such for centuries by native peoples around the world. Whatever the name, liquid clay contains minerals that, once inside the gastrointestinal tract, are able to absorb toxins and deliver mineral nutrients to an impressive degree, says Knishinsky. Liquid clay is inert, which means it passes through the body undigested.

Technically, the clay first adsorbs toxins (heavy metals, free radicals, pesticides), attracting them to its extensive surface area where they adhere like flies to sticky paper; then it absorbs the toxins, taking them in the way a sponge mops up a kitchen counter mess.

There is an electrical aspect to bentonite’s ability to bind and absorb toxins. According to Yerba Prima, a company based in Ashland, Oregon, which markets Great Plains® Bentonite, the clay’s minerals are negatively charged while toxins tend to be positively charged; hence the clay’s attraction works like a magnet drawing metal shavings. But it’s even more involved than that.

Once hydrated (combined with water), Bentonite has an enormous surface area. According to Yerba Prima, a single quart bottle can represent a total surface area of 960 square yards or 12 American football fields. Bentonite is made of a great number of tiny platelets, with negative electrical charges on their flat surfaces and positive charges on their edges.

When bentonite absorbs water and swells, it is stretched open like a highly porous sponge; the toxins are drawn into these spaces by electrical attraction and bound fast. In fact, according to the Canadian Journal of Microbiology (31 [1985], 50-53), bentonite can absorb pathogenic viruses, aflatoxin (mold) and pesticides and herbicides, including Paraquat and Roundup. The clay is eventually eliminated from the body with the toxins bound to its multiple surfaces.

According to Sonne’s Organic Foods of North Kansas City, Missouri, a company that markets Detoxificant (a liquid montmorillonite), “There is no evidence that bentonite has any chemical action in the body. Its power is purely physical.”

Clay’s adsorptive and absorptive qualities may be the key to its multifaceted healing abilities. Knishinsky reports that drinking clay helped him eliminate painful ganglion cysts (tumors attached to joints and tendons, in his case, his wrist) in two months, without surgery.

According to Knishinsky, benefits reported by people using liquid clay for a period of two to four weeks include: improved intestinal regularity; relief from chronic constipation, diarrhea, indigestion, and ulcers; a surge in physical energy; clearer complexion; brighter, whiter eyes; enhanced alertness; emotional uplift; improved tissue and gum repair; and increased resistance to infections. “Clay works on the entire organism. No part of the body is left untouched by its healing energies,” he notes.

A medical study by Frederic Damrau, M.D., in 1961 (Medical Annals of the District of Columbia) established clearly that bentonite can end bouts of diarrhea. When 35 individuals (average age 51) suffering from diarrhea took two tablespoons of bentonite in distilled water daily, the diarrhea was relieved in 97% (34 of the 35 patients) in 3.8 days, regardless of the
original cause of the problem (allergies, virus infection, spastic colitis, or food poisoning). According to Dr. Damrau, bentonite is “safe and highly effective” in treating acute diarrhea.

Knishinsky’s research suggests that the regular intake of liquid clay (typically one to three tablespoons daily, in divided doses) can produce other benefits including parasite removal from the intestines, allergy and hay fever relief, and elimination of anemia and acne. For example, clay helps anemia because it contains both types of dietary iron (ferrous and ferric) in an easily assimilated form; it reduces discomfort from allergies by quickly neutralizing allergens that would otherwise produce allergic reactions; and it reduces heartburn and indigestion by absorbing excess stomach acids.

However, clay’s forte is probably its role as a general internal detoxification and cleansing agent. According to Keith Payne of White Rock Mineral Corporation in Springville, Utah, clay scrapes and cleans the lining of the colon. “As the colon becomes cleaner, its ability to absorb minerals and other nutrients increases, making the minerals even more bioavailable, thus giving more energy.”

White Rock’s clay, called Bentonite Minerals™, contains 71 trace and ultra-trace minerals, including many that are probably unknown to most consumers, such as ruthenium, tellurium, and thulium. Trace minerals enable the body to absorb nutrients—“they are the bonding agents in and between you and food,” explains Payne.

Bentonite Minerals are derived from an ancient seabed formation in Utah; according to geologists, the clay formed when a layer of volcanic ash fell into what was, long ago, a shallow inland sea. “As the ash filtered through the seawater, it collected pure minerals, forming a layer of highly mineralized clay,” says Payne.

The best way to drink clay is on an empty stomach or at least an hour before or after a meal or immediately before sleeping at night, says Knishinsky. Typically, clay is available as a thick tasteless, pale-grey gel, but it also comes as a powder or encapsulated.

Generally, it is advisable to start with one tablespoon daily, mixed with a small amount of juice; observe the results for a week, then gradually increase the dosage to no more than four tablespoons daily, in divided doses. Drinking clay can be an annual spring cleaning of your gastrointestinal tract or it can be a symptom-focused, self-care method.

More About Bentonite:

Since bentonite has such strong absorptive powers, some may be concerned about whether it might absorb necessary nutrients from the alimentary canal as well. Experiments have shown that one would have to make bentonite clay 50% of their food/nutritional intake for it to be harmful to them.

It is important, however, not to take any nutritional supplement at the same time as the bentonite. Especially when used with psyllium, the bentonite will absorb anything of nutritional value such as herbs, friendly bacteria, and vitamins, as well as toxins, bad bacteria and parasites. Be sure to wait 1 hour after doing a bentonite drink before taking anything nutritional.

Scientific research has shown that bentonite’s absorptive action is due to five characteristics. First, it has a large and varied mineral content. Second, it has a negative electrical attraction for positively-charged particles. Third, its particles (being shaped like calling cards), have the
wide surfaces negative-polarized and the edges positive-polarized, which give it an incredible negative pulling power. Fourth, the very minuteness of the particles of bentonite gives a large surface area in proportion to the volume used, thus enabling it to pick up many times its own weight in positively-charged particles. Fifth, to obtain maximum effectiveness in the human body, it must be put in a liquid colloidal-gel state.

Though bentonite has been used internally by the American Indians for hundreds of years to help detoxify the bowels, Dr. Anderson recommends that when using it internally, we always use it with psyllium, as a psyllium shake. The reason for this is that some people fear that bentonite could get stuck in the gut. We do not know for certain if this has ever occurred with anyone, but just to be safe, use it with psyllium. Dr. Anderson suggests this because psyllium is known to help prevent undesirable inorganic minerals from entering the system. Dr. Anderson also explains that he has consumed as much as 1/4 cup of Hydrated Bentonite right out of the bottle many times. Why would he do this? Because he had eaten something that was contaminated. The bentonite eliminated the problem immediately.

Bentonite is known for its highly absorptive properties and its ability to draw out and bind heavy metals, drugs and other toxins from the body. This clay has been used for thousands of years as both an internal and external purification aid.

Bentonite is one of the volcanic ashes. It is not a drug or chemical composition made in a laboratory. It is a product of Mother Earth. Bentonite in ages past was blown into the sky by volcanic action, which sifted down to help impregnate the soil with its 25 to 35 trace minerals. Bentonite, under a high-power microscope, is seen as extremely minute rectangular particles, similar in shape to a business card. When hydrated, it generates and maintains a very strong electromagnetic field, which allows it to attract and hold unwanted, non-nutritive substances such as pesticides and other toxins so that they can be eliminated from the body.

Radiation:

Dr. Bernard Jensen, N.D., D.C., Ph.D., suggests using bentonite to absorb radiation from the bones. Since so many of us are subject to various forms of radiation, whether from X-rays or television or computers, this would be something to consider. This could be extremely important for those who have undergone radiation treatment for cancer. Some people take about a cup of extra thick liquid bentonite and put it into their bath water. Others have used a full quart and more. It is highly effective in drawing out toxins. But too much, or too long exposure, will dry out the skin.

Bentonite and Psyllium Drinks

Recipe for B&P's

Put the following ingredients into a glass

1 tbsp. liquid Bentonite Clay (‘Innovite’ brand)

1 tbsp. Whole Psyllium Husk (not powdered) I've been using 'Flora' brand, Indian Whole Psyllium Husk.

Then add a bit of cold water, (pure or filtered water) to make a paste. Fill glass up with water, stir. Drink quickly before it turns into oatmeal. Chase with another glass of water.
Day 1: Start with one drink in the morning upon waking. Keep a bottle of warm water by your side and drink lots in the morning with or without lemon juice to get your bowels started, naturally.

Day 2 and on: Basically, everyone is different. Some people can jump right in and within a few days be taking 4 B&P drinks a day. Others need to go slowly, starting with one for a few days, see how their bowels move and then add another one last thing before bed. The goal is to get up to between 3 and 5 a day.

Your first Bowel Cleanse using B&P's can be done for up to 6 months for your first bowel cleanse. You can eat normally, but well, during the Bowel Cleanse with Bentonite and Psyllium and get out lots of mucoid plaque. It's best to try to avoid mucoid-forming foods like meats, white bread, sugar, dairy.

The Key: is to drink the B&P drinks on an empty stomach. You must not eat for one hour before taking the drink and one hour after drinking the drink. That is very important. The Bentonite Clay needs to absorb toxins and the Psyllium husks need to scrub out the corners of your intestines all by themselves. Food will interrupt their work!

One must drink lots of warm water while doing the B&P bowel cleanse - to ensure that you don't get constipated. Remember that warm water stimulates peristalsis (the bowels) and cold water doesn't. Drink at least 2 quarts of warm water a day or half your body weight in ounces per day.

Tools of the Trade

Many people will be grossed out by this idea. But if you can't see what you're eliminating, then there's no reward! The investigative type might want to place an old colander in their toilet and eliminate into that. Then take your chopstick and check it out.

Most likely when you get up to taking at least 3 b&p drinks a day, for a few days in a row, you will be passing what is known as: mucoid plaque. This is the old, putrefied, toxic fecal matter that is stuck to the corners of your colon and small intestine. Mucoid plaque forming foods are: milk, wheat and meat. So unless you have never eaten those foods, you will have mucoid plaque.

Mucoid plaque comes in all shapes and sizes depending from what area in your GI tract it's from. Some of it looks like 'ropes'....disc and balls held together by a 'string'...these ropes can get quite long! Beware! Depending on one's diet these can be medium brown (vegetarians) to black...some people have mixed green in them. They are quite rubbery and strange.

Colonics (professional enema) will also get this rubbery old fecal matter out as well. It just seems pretty easy to get it out with the bentonite and psyllium husks. The B&P's really do the trick! People have found all sorts of things in their bowel movements like coins, crayons and other things that have been there since childhood!

Once all this stuff is out, you will be able to absorb nutrients efficiently, feel great, more energized, allergies can go away...it can cure many ailments.

While doing this cleanse it is helpful to imagine that with each elimination you are getting rid of old outworn, un-needed thoughts, ideas and feelings.
**Black Mold**

Black mold is a fungus or yeast that grows in wet areas of the home like showers or walls. The mold will release spores into the air. If these spores reach your lungs, they will produce asthma- and chronic fatigue-like symptoms.

To remove the mold, spray Ionic Silver on it and let it stand for 10 minutes before wiping it off. This will destroy the mold and likely prevent it from re-growing.

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**Bladder Infection**

Urine remains in the bladder for about six hours before it is drained. If bacteria get into the bladder, they will duplicate every 20 minutes – a bladder infection can become serious very quickly. The infection will degrade the lining of the bladder and possibly travel up the tubes from the bladder to the kidneys, causing a kidney infection.

To treat a bladder infection, two tablespoons of Ionic Silver should be taken hourly for the first two days. For the next two weeks, take two tablespoons twice daily. You should expect to destroy the bladder infection within the first 12 to 24 hours.

Ionic Silver liquid can be taken with cranberry juice or juniper berries.

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**Blood Circulation**

Slow circulation is a common problem. This is often due to blood cells clumping together like a logjam in a river. You may have a dozen or more blood cells trying to pass through blood vessels where only one cell was designed to fit.

Rouleaux is a medical term for a condition wherein the blood cells clump together forming what looks like stacks of coins or clumps of deflated soccer balls. This is an unhealthy state because the cells are not free to absorb and carry oxygen. It is a pre-cursor to many serious diseases. Blood cells will begin to separate within just minutes of taking Fulvia, allowing the blood to circulate more efficiently and carry more oxygen and nutrition to the cells.

When you were born, your blood cells were plump like big juicy grapes. When blood cells dehydrate, they are much like a car with a flat tire. They simply can’t move around or function normally. The 85+ minerals in Fulvia produce water right inside the cells like a miniature fountain of youth, causing them to swell up and return to their normal, youthful condition.

Proper blood circulation is responsible for moving nutrients, Oxygen and wastes to and from cells, and helps stabilize body temperature and pH to maintain harmony.

The heart acts as a pump, keeping the blood flowing to the lungs to get oxygenated, and then carrying it to the organs, then carrying de-oxygenated blood back to the lungs to get
oxygenated again. When circulation is compromised, oxygen and nutrition does not reach all of the organs and areas it needs to and your health suffers as a result.

The lymphatic circulatory system is also very important to health as it is an integral part of the immune system and is dependent upon a healthy blood circulatory system and exercise to carry out its function. Fulvia supports a healthy lymphatic system.

Certain lifestyle habits can lead to poor circulation such as diet, smoking, and lack of exercise to name a few. Other conditions that can lead to poor circulation are diabetes, arthritis and obesity.

Poor Circulation can cause other conditions:

Dark circles under the eyes
Cold feet & hands
Itching
Eye problems
Vertigo & dizziness
Muscle cramps
Numbness
Leg ulcers
Boils
Blood clots
Carpal tunnel
Chilblains
Hemorrhoids
Raynaud's disease
Varicose veins
Cardiovascular disease
Memory loss
Tingling in hands and feet
Pain symptoms
Blue or pale skin
Poor circulation can be found in any part of the body, particularly the hands, feet and face. There are many causes of poor circulation, which include heart disorders, blood vessel disorders, anemia and varicose veins. Most often the symptoms of circulatory problems are localized to the area where there is an insufficient amount of blood supply.

When experiencing poor blood circulation, cuts and other open wounds may take longer to heal. This means scabs can take longer to form and some wounds might need medical attention when it otherwise would not be necessary.

Experiencing a tingling sensation like pins and needles in the hands and feet can be a symptom of circulatory problems, especially if the pain does not subside after stretching or moving around.

Vertebrobasilar Circulatory Disorder occurs when blood does not properly flow to the back of the brain. Symptoms include having trouble walking or keeping balance, not being able to swallow easily, double vision, headaches and slurred speech.

If you are having a hard time healing, experiencing blueness or pallor of the skin, or are experiencing hands and feet that are always cold even at a comfortable temperature, you may have blood circulation problems.

Underactive thyroid can also be the cause of poor circulation. (See Thyroid)

Be informed about drugs that help improve circulation. They are always harmful. Coumadin for example is the active ingredient in rat poison. It thins the blood causing rats to hemorrhage and bleed to death.

How to improve your circulation:

Following a healthy lifestyle is one of the best ways to promote and maintain circulatory health. Eating a high fiber and low fat diet will help keep blood flowing. Getting regular exercise, maintaining a healthy weight, and quitting smoking will also be helpful.

Tips for the Prevention of Poor Circulation:

Drink plenty of water, at least eight glasses a day for proper hydration.

Eat green, leafy vegetables, fruit, whole grains, legumes, fish and poultry in small portions.

Limit sugar, alcohol, protein, dairy products and refined white flour products such as pasta.

Drink lemonade with real lemon juice – lemon juice contains citrate that helps circulation.

Regular physical exercise helps improve circulation.

Increase your intake of magnesium and vitamin B6 supplements found in Elixir Blast.

Foods That Improve Circulation:

Fruits and vegetables of any kind are good for circulation, particularly oranges, which provide high levels of bioflavonoids that promote blood flow while also strengthening capillaries.
Minerals found in Fulvia and Lycopene found in Elixer Blast, as well as watermelons, is known to help prevent plaque buildup (a common hindrance to blood flow) to help promote healthy circulation.

B Vitamins found in Affinity and most nuts, helps boost the blood. (Avoid peanuts, as they are high in mold content)

Garlic also helps promote circulation.

Avoid saturated and trans fats, as well as sweetened sodas or fruit drinks.

These simple changes in lifestyle support better circulation.

Contrary to popular opinion, reducing salt intake does not improve the health of the heart or the circulatory system. A new study found that low-salt diets increase the risk of death from heart attacks and strokes and do not prevent high blood pressure.

I recommend a minimum of at least ½ tsp. of salt daily, but it should be from a good source like Redmond Salt or Himalayan Salt available at most health food stores or can be purchased at www.realsalt.com. (See Salt)

Natural herbs can also help promote healthy circulation as well, including Ginkgo biloba, Zingiber officinalis and Cinnamon found in Affinity and Elixer Blast.

Affinity helps regenerate red blood cells and stimulates production of T-lymphocytes or white blood cells.

Affinity can help strengthen the entire cardiovascular system and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of slow circulation. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

If you are currently taking prescription drugs for circulation, consult with your physician when making lifestyle changes as the medications you are taking will frequently need to be reduced because your circulation may return to normal after you begin to correct the causes of your circulatory problem.

For other topics directly related to Blood Circulation See Sugar / Aspartame / Anemia / Thyroid / Salt and Blood Cleanser

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**Blood Cleanser**

Bacteria, viruses, yeast, parasites, and other toxins can get inside our blood. Ionic Silver is one of the best tools for blood cleansing. It will enter a single red blood cell and cleanse at the cell level.

For acute blood cleansing, take one ounce every hour for four hours. For some serious conditions, you will need to take one four ounce dose every day for the first three days, followed by a maintenance dose of two tablespoons twice daily.
To cleanse your blood each day, take one to two teaspoons, one to three times daily. Vitamin E found in Elixir Blast may also help.

Fulvia is the most powerful natural solvent and cleanser in the plant world. It supports healthy blood from many angles and is especially good in helping the body cleanse the blood.

Affinity also provides valuable support in cleansing the blood, and its ability to help the body clear up acne and boils is a good indicator of that.

BPA's

The government lie that the plastics chemical bisphenol-A (BPA) is neither harmful nor persistent in humans at current exposure levels has been completely debunked in a new research published in the peer-reviewed journal Environmental Science & Technology. This latest assessment of fetal exposure to BPA has concluded that 100 percent of both young and unborn children now have BPA circulating in their bloodstream, suggesting universal exposure to this dangerous toxin.

The U.S. Food and Drug Administration (FDA) claims that BPA is fully metabolized by the liver upon exposure and thus rendered harmless, but actual science reveals quite the contrary as BPA typically ends up circulating in the bloodstream and manifesting itself in multiple toxic forms based upon using the latest in laboratory analysis techniques.

Additionally, umbilical cord blood samples were taken from 85 full-term, aborted babies in San Francisco and tested for BPA. The samples were found to contain both active BPA and various BPA metabolites. In three of the samples, BPA levels were detected at levels higher than have ever been detected in fetal blood tests. And for the first time ever, BPA sulfate, a metabolite of active BPA, was also found in cord blood samples, which came as a surprise to researchers.

"Our findings suggest universal fetal exposure to BPA in our study population, with some at relatively high levels, and we provide the evidence of detectable BPA sulfate in mid-gestation fetuses," wrote the scientists in their report. "Our median BPA levels are similar to those measured in term umbilical cord serum from larger studies, however the concentrations of BPA in our study include the highest levels reported to date."

BPA is likely responsible for epidemic of neurological, hormonal problems in children. The reason this is such a big deal is that BPA in its active form is a highly estrogenic substance. Previous studies have also found that the chemical can cause serious neurological damage and behavioral problems, particularly in young children and especially in young males. BPA's estrogenic nature can severely disrupt the endocrine system, potentially causing low testosterone and other hormonal imbalances.

This latest study is the first of its kind to test mid-gestation blood samples for BPA. Previous studies have looked at blood samples taken from pregnant women, including from their amniotic fluid, placenta and cord blood, and found high percentages of BPA. But this study went a step further, proving that BPA is indeed present in human blood, and that this is not the result of testing errors or outside contamination.
"These results should go a long way toward dispelling the myth that all BPA in human blood is the result of accidental contamination during sampling," said Laura Vandenberg, a scientist at the University of Massachusetts in Amherst, referring to ridiculous claims made by some that detectable levels of BPA in blood samples must be due to laboratory contamination.

Since we now know that BPA persists in multiple active forms inside the body, and that it can be absorbed directly through the skin, the long-term implications for the health of future generations, including proper childhood development, appear dire. Recognizing this, many experts are now calling for a full ban on BPA, which is still added to metal food can linings, thermal paper receipts, plastic containers and a number of other consumer products that millions of people come into contact with every single day.

Buying food items, water and other drinks in plastic should be avoided as BPA's readily leach into whatever it contains. When purchasing water, it should be in glass or plastic containers that do not contain BPA's, like the blue plastic water bottles.

Taking Fulvia regularly may help to remove BPA's from the body, but with so many toxins to remove on a daily basis, the first line of defense is avoidance.

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**Body Odor**

Since bacteria cause most body odors, Ionic Silver can help control the production of the odor. Spray or apply Ionic Silver to the affected area and drink one teaspoon twice daily. This can also help with bad breath.

Using salt in place of soap to bathe can also help reduce body odor. Body odor can also result from too little sodium in the diet. (See Salt)

Body odor is also connected to diet. Acid foods and drinks are a primary cause of body odor. (See Diet)

People with excessive body odor are also lacking minerals. Fulvia, Affinity and Elixir Blast may all help to reduce body odor.

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**Boils**

Boils occur when bacteria or viruses duplicate under the skin, destroying the healthy tissue. The duplication produces a pustule, which is similar to cystic acne, only it doesn’t need a hair follicle or sebaceous gland to get down into the skin. Boils can be caused by simple irritations such as the rubbing of a belt on the skin or agitation on the side of a foot.

Applying Ionic Silver topically 4 or more times daily can treat a boil. In some cases, you may want to cover the boil with a gauze bandage soaked in silver. In addition, you will want to drink 1-2 teaspoons of Ionic Silver liquid twice daily.

When Ionic Silver contacts the bacteria, boil growth with stop. Within about two hours you’ll feel inflammation reduction. You will see improvement of the boil within four hours.
Affinity supports beautiful skin and can help reduce boils, and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of boils. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Fulvia and Affinity are unparalleled in the nutritional world, in supporting the body to cleanse the blood and clear up boils.

Bones

Bones can have a number of problems – breaks, infections, stoppage in the production of bone marrow and red blood cells – and pain is almost always associated with these problems. Ionic Silver liquid taken on a daily basis can help reduce the bacteria, virus, and mold within the system, thus reducing the impact on the bones.

Ionic Silver can help reduce the infection rate associated with broken bones or compound fractures, allowing the immune system to repair the bone much more quickly. Calcium and Magnesium may also be used. Breaks in bones will heal much faster when two parts of Magnesium are taken in conjunction with one part Calcium. This is exactly opposite the concentrations found in most Calcium supplements.

Kidney disease includes conditions that decrease their ability to remove toxins and keep you healthy. Wastes can build to high levels in your blood, causing the overgrowth of bacteria and weak bones if not treated. (See Kidneys)

The nutrients in Fulvia and Affinity are necessary components of strong teeth and bones and they also support the bone marrow in the production of healthy blood cells.

Bowels

Bowels can have a lot of problems – from constipation and colitis to infections, diarrhea, and yeast infections. By taking two teaspoons twice daily, Ionic Silver can help destroy the bacteria and yeast that cause many of these problems. You should expect to see benefits within the first two days.

Taking Neutra-Cleanse regularly supports normal bowel movements and removal of toxins from the intestinal tract, as well as providing beneficial intestinal flora. Fulvia, Affinity and herbs like catsclaw and digestive enzymes can also help.

Why Cleanse the Bowel?

A good cleansing program should always begin by removing the waste in your colon, the last portion of your food processing chain. If you attempt to clean your liver, blood, or lymph system without first addressing a waste filled bowel, the excreted toxins will only get recycled back into your body.
Once we truly understand the "single greatest challenge our body faces is the effective removal of wastes and toxins ", we will never again undermine the importance of frequent, high quality, bowel movements.

Gastroenterologist, Dr. Anthony Bassler, tells his colleagues, "Every physician should realize that the intestinal toxemias (poisons) are the most important primary and contributing causes of many disorders and the diseases of the human body."

Once the bowel is clean you will be able to absorb nutrients again! Many people experience more energy and a sense of general well-being after cleaning their bowel out. Apparently 90% of the body's supply of Seratonin (happiness chemical) is synthesized in the Gastrointestinal Tract....so by cleaning the toxins and ancient fecal matter out of your GI tract you will be happier, too, as you will be able to synthesize seratonin more efficiently!

Other related topics are Colon Cleansing, Salt Flush and Bentonite Clay.

Breathing Exercises

This is John Austin with some exciting breakthrough news regarding Cancer and all other diseases. This information is in regards to Oxygen and how you can quickly have 12 times more Oxygen going through your bloodstream and reaching every cell in your body. This was scientifically documented at a major University in Utah.

As I have pointed out in talking about the “cause” of disease in other topics on this website, diseases cannot exist in the presence of high levels of Oxygen.

To preface what I am about to tell you, I have a doctor friend who now lives out of the country because his life was being threatened as a result of the amazing recoveries his patients were experiencing. He had a clinic in Arizona where he treated people from all over the country.

His latest and most effective therapy was in combining together enough Oxygen Generators to produce ten cubic feet of oxygen per minute. (Less than this amount did not produce results) He had his patients breathe pure oxygen deeply while exercising for fifteen minutes. Note: There are some dangers, so do not try this without the help of someone who is trained in this kind of therapy.

Typically, these patients saw immediate improvement and within two weeks, many diseases had completely disappeared along with their associated pain and he told me that his patients were starting to look like they had received a face lift. This therapy however, was rather costly and people had to physically visit his office in order to use it. Now they have to travel outside of the country in order to take this therapy, which many people still do.

I tried this myself, but then I found something that costs nothing and actually works better. I was introduced to this new method by another friend who is a scientist, exercise physiologist, certified trainer, nutritionist and natural healer. She is the founder and developer of this method of breathing, which provides all of the benefits that the patients of my doctor friend were receiving and even more. This is a 5-minute therapy that can be done once daily (or multiple times for faster results) in the comfort of your own home and you will start seeing results starting the very first day.
For example, one 95 year old Cancer patient was curled up in a fetal position in excruciating pain and was so close to death that her eyes were glazed over. She needed help to even start the therapy, but she began responding with the very first treatment. Within 2 weeks she was up taking care of herself and went on to experience a full recovery.

This therapy was tested independently by scientists at the University of Utah. The published reports say that people who are overweight will experience 21x the weight loss they would receive as a result of intensive weight training. This therapy was shown to burn as much as 7,000 calories in one workout. One person lost seven pounds from one session because of the increased calorie burn over a 24-hour period. My wife recently started doing this and is losing an average of 2 pounds a day.

On the other hand, many people, including some cancer patients need to gain weight. This therapy will build 6x more lean muscle and also increase bone density faster than intensive weight training. People who have tried to gain weight without success can now see muscle tissue and weight return to normal.

Those suffering from Osteoporosis and weak bones will also see their bone density and strength return. As a testimony to strong bones, I am 61-years-old and I recently fell from the roof of the new home I am building and landed directly on a metal beam, hip first. I believe that most people would have suffered a broken hip from such a fall, but not a single bone was broken. I did suffer some nerve damage, but thanks to the grace of God, good supplements and these breathing exercises, I am now completely healed.

Previous clients have said that it completely eliminated Cancer, Leukemia, Emphysema, COPD, Asthma, Sleep Apnea, Chronic Pain, completely regenerate blackened smokers lung, made them look and feel years younger, gave them instant and lasting energy and made them sleep better.

This therapy also produces 12x more flexibility than Yoga and Martial Arts Training. But what is most exciting to many people is the fact that it takes away wrinkles and makes you look and feel years younger. I believe that the “youthing” effect is due to the fact that this therapy naturally increases and balances the body’s hormone levels.

Another important thing is how quickly this exercise produces endorphins. Endorphins are endogenous opioid peptides that function as neurotransmitters. They are produced by the pituitary gland and the hypothalamus in vertebrates during exercise and they resemble opiates in their ability to produce analgesia and a feeling of well-being.

These brain chemicals bring feelings of calmness and tranquility and are natural pain killers. They help increase circulation; help the body to heal faster and give and overall sense of well-being. Endorphins also give you a sense of power and control over problems and situations.

The endorphin rush that is experienced from long distance running and aerobic workouts is greatly desirable, so much so that millions of people perform strenuous physical exercises daily to achieve what is commonly referred to as the "runners high."

With one simple exercise, you can produce more endorphins in 5-minutes than you can produce in 5-miles of running. The beauty is you can do this exercise anytime you feel like you need a boost in energy, mental clarity or control over some problem.
If you fully understood the benefits of endorphins alone, you would take the necessary few minutes each day to perform this workout.

Oxygen is the spark of life and just as a fire can’t burn without oxygen, our cells can’t produce heat and energy without oxygen. Oxygen is extracted from the air we breathe by the lungs. It passes into the blood vessels that surround the lungs and is carried to all the cells of the body by the blood. Most of the oxygen is carried by the red blood cells, although the water in the blood carries some of it and a deficiency of water means reduced oxygen delivery by the blood. Oxygen is so important, that even where optimum water, protein, vitamin and mineral intake exists, ill health will still exist if there is an oxygen deficiency.

Oxygen levels in the atmosphere are believed to have been as high as 50% at one time. Today the oxygen level is about 20% and will continue to drop as major rain forests continue to be cut down and reduced oxygen levels are a major cause of disease.

Unfortunately most people breathe shallowly and under-breathing is epidemic among adults, which is another major cause of oxygen deficiency in adults.

Shallow breathing is often related to stress, and tight clothing coupled with a lifetime of rushing to and fro, sitting hunched over desks and working or playing on computers produces stress.

The mechanics of breathing determines oxygen supply. Shallow chest breathing gives rise to oxygen deficiencies, as there are very few blood vessels surrounding the upper lobes of the lungs. Most of the blood vessels are found in the lower lobes of the lung, so deep, abdominal breathing is the answer to optimum oxygen levels.

Babies and drunks don’t chest breathe. They’re both so relaxed that they breathe easily and deeply and their tummies rise and fall to the rhythm of their breathing. Shallow chest breathing is a bad habit we develop as we move towards adulthood; however it’s a habit that can easily be unlearned by practicing deep breathing exercises and by slowing down.

If you want to burn lots of calories or build muscle, then you will want to combine some form of strenuous exercise or weight training with the breathing exercises.

You may think that you need a video or a coach to show you how to do these exercises correctly, but that is not the case. You will however want to read the following section again before doing the exercises the next time, because you will pick up little points each time you read these instructions that will improve the results you will receive.

To get the feeling of how to breathe correctly, lay flat on your back and imagine a nose connected to the back of your spine directly opposite, or slightly below your belly button. Put one hand on your chest and the other hand on your abdomen. Imagine breathing in through the nose connected to your spine and then take a large breath as quickly as you can. Your abdomen should rise, but your chest should not move.

Practice breathing in this manner until it becomes natural and until you can do so without a lot of mental effort.

You can actually do the breathing part sitting on a chair with your back erect; however you will burn a lot more calories if you add some muscle burn to the breathing. You can combine the breathing with any kind of strenuous exercise, but perhaps the best exercise for the largest
number of people is what we call the “horse stance” in martial arts. (In my younger years, I
owned my own karate dojo and was a martial arts instructor.)

The horse stance exercises the largest muscle group in the legs and burns a lot of calories
quickly. A person, for example, that is practiced in Tai Chi can go outside, scantily dressed in
cold weather and by simply standing in a horse stance will soon have sweat rolling off their
brow.

To begin with, stand with your feet shoulder width (or slightly more) apart. Your feet should be
parallel or even slightly pigeon toed. Next lower your butt toward the floor as if you were sitting
on a horse. At all times keep your back straight, or in other words do not lean forward.

This is not a competition, so do what is comfortable for you. You will however quickly notice
some burning sensation in your legs because you are exercising muscles you don’t normally
use. Ignore the pain as it will pay some great dividends in the end. In time, you will be able to
squat lower and burn more calories even faster.

While standing in the horse stance, exhale all of the air in your lungs. Again, you are going to
be exercising some new muscles and with time these muscles will grow stronger, which means
that you will increase the oxygen levels in your lungs and blood 24-hours a day.

After forcing out all of the air you can possibly exhale, imagine having been underwater for 3
minutes and you are about to expire and you finally get your head above water; you are going
to suck in the air with all of the force you can muster. In this manner breathe in through your
nose and fill the lungs to capacity. If you inhale with enough force, it will partially close off the
nose opening and may even cause the nose to rattle, like a child snuffing his or her nose.

As you practice doing this daily, your lungs will grow much stronger and you will be able to
inhale even more forcefully. The amount of force you use when inhaling is “directly”
proportional to the amount of oxygen you will be putting into your blood stream. It is also
proportional to the amount of endorphins your body will produce. If done correctly, you can
produce more endorphins in 5-minutes of breathing than you can produce in a 5-mile run.

The endorphins produced by breathing will stay with you a lot longer, because when running,
your body produces uric acid, which in less than two hours will neutralize all of the endorphins
that you may have produced while running.

If you are suffering from any kind of pain, you will want all of the endorphins you can get,
because not only are they a powerful pain killer, they also help the body to heal faster than any
other natural substance.

Now your lungs are filled with every drop of air that you could possibly suck in. Hold your
breath as long as you can. In the beginning, this may only be for a short time, but as your
lungs grow stronger, your ability to hold longer will greatly increase. This is a sign that your
lungs are growing much stronger.

When you are ready to exhale, press your lips tightly together, so as to make it more difficult to
exhale. Now blow hard like you are blowing a trumpet or trying to blow up a balloon. When you
have exhaled approximately one third of your air, open your mouth as wide as you can and
force the remaining air out of your lungs.
Coughing while exhaling the last two thirds of the air from your lungs will also be helpful as it exercises your diaphragm and also strengthens your heart. Tighten every muscle in your lungs and abdomen and force out every drop of air that you possibly can. This will burn toxins and fat and get them out of your body faster than any other detox program and this form of detoxification will not make you sick the same as many others will.

Now that your lungs are completely empty, close off the mouth and nose and try to breathe in. This will create a vacuum in your lungs and when done correctly, you will notice that your diaphragm and the soft tissue around your Adam’s apple will cave in slightly from the vacuum created.

This vacuum will cause all kinds of toxins and gases to be pulled out of the surrounding tissues into the lungs, where they will be burned and exhaled on the succeeding cycle of breathing.

This completes one cycle of breathing and the goal is to work up to five complete cycles per session. If you are a beginner, you may want to stop at this point and just do one cycle at a time three or more times throughout the day. Just one set of five cycles will greatly increase oxygen to your blood and cells and step up your metabolism for faster weight gain. Those who are serious about improving health, losing weight or increasing muscle mass will to do three or more sets of these exercises daily.

After exhaling and holding your breath in a vacuum as long as you comfortably can, you can either rest by breathing normally for a few breaths, or you can go directly into the second cycle by breathing in to capacity with all of the force you can muster.

Beginners will find it difficult to go directly into the second cycle without resting, but as your lungs grow stronger, you will eventually be able to do 5 cycles in a row with no problem.

After completing the 5 cycles, you will have more oxygen in your blood than you have had for years. If you are an athlete in training or you just want to go to the next level in fitness or weight loss, you can at this time do your weight training, pushups, yoga, martial arts, etc. You will notice an increase in strength, repetitions, flexibility and endurance.

One person used this form of training to win first place in a triathlon without running, swimming or cycling as part of their preparation.

Recap:

Stand in a horse stance

Exhale all of the air in your lungs through your mouth

Inhale to capacity with all of the force you can possibly muster

Hold as long as you comfortably can

Blow out the first third of your air through lips that are tightly held together

Open the mouth wide and force out all of the remaining air while coughing

Seal the airway and try to breathe in creating a vacuum
Hold as long as you comfortably can

Either relax and breathe normally for a short time or go directly into the second round of breathing exercise

Work up to five cycles per session

Repeat 3 or more times later in the day for maximum result

Many people will start coughing up a lot of phlegm, which is merely the body now getting enough oxygen to start the detoxification of the body. In time the lungs will clear up and other problems will also begin to disappear.

More oxygen in your blood will begin to turn around every single health challenge you might have because disease cannot live in the presence of oxygen. I helped over 1,000 people recover from cancer naturally and increasing oxygen levels was a major part of my program.

These exercises are an integral part of regaining and maintaining perfect health and should be practiced daily accompanied by proper diet, supplements and increased fluid intake in the form of pure water, because oxygen alone does not provide the other necessary building blocks that create a healthy, beautiful body. Oxygen only allows them to accomplish their individual roles within the cells.

The amino acids in Fulvia contain carbon, hydrogen, oxygen, nitrogen and other important elements, which are critical to life. They play a major role in metabolism, helping the body get rid of excess fat and prevent obesity. They are also the building blocks of protein and are required for strong, healthy muscles.

Fulvia and Affinity also promote Oxygenation of the blood and vitality, and they increase availability of nutrients to the cells, which is the foundation of all healing.

Affinity can help strengthen the lungs and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of lung infections and diseases. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Aerobia is a natural energy booster. Most energy drinks on the market today burn out the adrenal glands and lead to chronic fatigue. Aerobia contains oxygen; vitamin B12 and coq10, all of which help the body produce its own natural energy without negative side effects.

Bronchitis

Bronchitis can be bacterial or a virus that causes the inflammation of the bronchioles – the tubes that pass air from the throat down into the lungs. Bronchitis results in excess mucus production, clogged lungs, and coughing.

Bronchitis can be cleared up by drinking two teaspoons of Ionic Silver 2-4 times daily, inhaling from a nebulizer 15 minutes twice daily, and by using an intra-nasal sprayer filled with Ionic Silver twice daily for congestion.
For those living, working, or traveling with someone with bronchitis, spray Ionic Silver into the nose with an intra-nasal sprayer for prevention. Fulvia and Affinity support a healthy immune system and co-enzyme Q10 found in Elixer Blast can also help.

A cellular cleanse will prevent toxins and bacteria and viruses from gaining access to the blood stream and Fulvia is the best cellular cleanser that I know of.

Affinity can help strengthen the lungs and bronchial tubes and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of bronchitis. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

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Burns

Burns occur from the sun, radiation, x-rays, fire, heat, and from other chemicals in our environment. Ionic Silver is at its very best when it’s used to treat a burn. It reduces pain and inflammation and improves wound healing. Ionic Silver liquid can be frequently sprayed on the burn or used to soak the burn. A significant reduction in pain, inflammation and tissue damage will be visible in the first hour.

Ionic Silver will get into the wound very quickly and kill bacteria that causes infection, scarring and prevents healing, but needs to be reapplied every few hours. Drink one ounce of Ionic Silver liquid twice daily until the burn is gone.

Fulvia helps repair all of the cells in the body including bone, cartilage, muscles, skin, organs, nerves and even DNA. Nothing is more helpful in cell regeneration than Fulvia.

A woman's experience with burns:

Some time ago I was cooking some corn and stuck my fork in the boiling water to see if the corn was ready. I missed and my hand went into the boiling water. A friend of mine, who was a Vietnam vet, came into the house, just as I was screaming and asked me if I had some plain old flour. I pulled out a bag and he stuck my hand in it. He told me to keep my hand in the flour for 10 minutes which I did. He said that in Vietnam, there was a guy on fire and in their panic, they threw a bag of flour all over him to put the fire out. As it turned out, it not only put the fire out, but he never even had a blister!

Long story short, I put my hand in the bag of flour for 10 minutes, pulled it out and did not even have a red mark or a blister and absolutely NO PAIN. Now, I keep a bag of flour in the fridge and every time I burn myself, I go for the flour. And I discovered that “cold” flour feels even better on a burn than flour at room temperature.

I use the flour several times and have never ONCE had even a red spot, scar or blister! I even burnt my tongue once, put the flour on it for about 10 minutes; the pain was gone and no burn.

BTW, don't run your burn area under cold water first; just put it directly into the flour for 10 minutes. Keep a bag of flour in your fridge and you will be happy you did!

My personal experience:
Years ago, my five-year-old daughter was trying to remove a pan of boiling water from the stove and spilled it across her shoulder and down her chest. Almost immediately a large patch of skin about 9 inches in diameter sloughed off from her chest. She was in a lot of pain and the normal thing to do would be to rush her to the emergency room.

Instead we applied an alkaline mineral gel to neutralize the “acid” pain. Immediately the pain subsided and by the following day, she was pain free as long as she didn’t touch it. Within two weeks she was completely healed with new skin and absolutely no scarring.

The “alkaline” minerals in the product we used, neutralized the acid that causes the pain following being burned and it also killed any bacteria that may have otherwise infected the burned area, which allowed the area to heal quickly, without scarring.

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**Buzzard – Bat – Bumblebee**

THE BUZZARD: If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

THE BAT: The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

THE BUMBLEBEE: A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

PEOPLE: In many ways, we are like the buzzard, the bat, and the bumblebee. They struggle about with all their problems and frustrations, never realizing that all they have to do is look up!

Sorrow looks back, Worry looks around, but Faith looks up!

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**Calcium**

Calcium requirement for men and women is lower than previously estimated.
US Department of Agriculture

Experts say excessive calcium intake may be unwise in light of recent studies showing that high amounts of the mineral may increase risk of prostate cancer. “There is reasonable evidence to suggest that calcium may play an important role in the development of prostate cancer,” says Dr. Carmen Rodriguez, senior epidemiologist in the epidemiology and surveillance research department of the American Cancer Society (ACS).
Rodriguez says that a 1998 Harvard School of Public Health study of 47,781 men found those consuming between 1,500 and 1,999 mg of calcium per day had about double the risk of being diagnosed with metastatic (cancer that has spread to other parts of the body) prostate cancer as those getting 500 mg per day or less. And those taking in 2,000 mg or more had over four times the risk of developing metastatic prostate cancer as those taking in less than 500 mg.

Magnesium has a central regulatory role in the cell cycle including that of affecting transphorylation and DNA synthesis, and has been proposed as the controller of cell growth, rather than calcium.

Medical wisdom tells us that magnesium is actually the key to the body's proper assimilation and use of calcium, as well as other important nutrients. If we consume too much calcium without sufficient magnesium, the excess calcium is not utilized correctly and may actually become toxic, causing painful conditions in the body. Hypocalcemia is a prominent manifestation of magnesium deficiency in humans. (Rude et al., 1976) Even mild degrees of magnesium depletion significantly decrease the serum calcium concentration. (Fatemi et al., 1991)

Calcium and magnesium are opposites in their effects on our body structure. As a general rule, the more rigid and inflexible our body structure is, the less calcium and the more magnesium we need.

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Candida

(See Yeast)

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Cancer

We do not have to die from cancer nor do we have to wait to go blind or amputate our feet because of diabetic conditions. With cancer and diabetic rates going through the roof the time to start treating oneself for both conditions is right now. Prevention of cancer and diabetes could also be called life extension treatments for they go hand in hand; they are really one and the same so why wait till one receives the diagnosis?

One of the most common problems in cancer patients who choose to undergo conventional cancer therapy is recurrence. They might think they have beaten their cancer with chemotherapy, radiation, and surgery, only to find a few years later that tumors have spread into other areas. Conventional medicine has not yet caught on to what's happening here, but the reason why this phenomenon occurs is quite simple: Conventional cancer treatments only treat the symptoms of cancer (tumors or growths) and do not actually do anything to help the patient regain a level of health necessary to keep the cancer from coming back.

From a layman's point of view, cancer is a result of a simple biological-chemical reaction to a buildup of toxins and chemicals in the body and is simply the body's attempt to prolong the victim's life.

Every cell and organ of the body is constantly being bombarded with petrochemical toxins from modern farming and manufacturing processes, not to mention the radiation and electrical
frequencies being emitted from electrical wiring, appliances, cell phones, cell towers, radio, television and microwaves to name a few.

Since the body is incapable of getting rid of all the pollutants, they begin to pool up in the weaker organs and tissues of an individual, because they are less able to defend themselves against the toxic onslaught.

When these accumulated toxins reach a life-threatening level, the body builds a shell around the toxins, which we have named a tumor. The toxic environment inside of the tumor is a perfect medium for the growth of Candida or yeast. Cancer is really nothing more than overgrown yeast colonies.

Oncologist, Dr. Tulio Simoncini from Italy did extensive research on Cancer and he found that simple baking soda would kill Cancer on contact. I saw videos that he produced by inserting a small camera into organs like the lungs before and after bathing cancerous tissues with a baking soda and water solution. In many cases, the cancer was totally gone in as little as three treatments.

Dr. Simoncini was persecuted through the courts under pressure of the drug companies and medical association and was eventually put out of practice, although he had empirical evidence that his treatment was safe and it worked.

I wrote a series of reports on cancer teaching people how to detoxify and alkalinize their bodies to the point that over 1,000 people were able to heal themselves through natural means. (See Baking Soda)

Cancer is ultimately caused by multiple interacting factors that combine to invite primary yeast and fungi infections that destroy health and eventually life.

The best way to treat cancer is to stimulate the body's own resources to destroy the invading intruders, the colonies of yeast and fungus that cancer is / plus restore and revitalize human cells that are in a state of malfunction and decay. Drugs don't heal; the body heals itself when properly nurtured and strengthened through detoxification, concentrated nutritional substances and a careful confrontation with attitudes and conflicts that are undermining the immune system.

The immune system is designed to protect and defend the body from foreign intruders (bacteria, viruses). It is the security system for your body. It contains several different types of cells, some of which function like "security guards" and are constantly on patrol looking for any foreign invaders. When they spot one, they take action, and eliminate the intruder.

The immune system is the key to both fighting and preventing cancer. It is a fluid network designed to protect us from agents of disease.

At its core, immunity is simple. The body discriminates between what is "you" and what is "not you". (Invaders) The immune system includes white blood cells (leukocytes) and the lymphoid organs (such as the thyroid or spleen). It responds to infectious attack or internal. Until a person is actually dead it is possible to renew this system to destroy even late stage infections. We can, if we consciously choose, to engage the full spectrum of the inherent healing powers of our bodies, minds and soul if we engage ourselves fully in the absolute truth of our situations.
A strong immune system is formed by the foods we eat and the attitudes we keep.

The first priority is to address magnesium deficiencies. When it comes to life and healing, magnesium lives up to its reputation as the miracle mineral that can save us in our time of desperate need. Called by the ancient Chinese the “beauty” mineral, much of its beauty is seen in the absolute healing power it contains.

Magnesium holds the key for hundreds of crucial enzyme reactions and cellular processes. Magnesium chloride, when supplied in sufficient quantities, can jump start cell physiology in a very powerful way. Few know that magnesium chloride is an impressive infection fighter and even fewer know that the best way to deliver magnesium to all the cells is through the skin.

George Eby reported in 2007 that the health of his daughter had been destroyed by the terrible side effects of a special type of antibiotic called fluoroquinolones. He said, “My daughter was stricken with this horrible affliction called Cipro sensitivity, which causes long term chronic pain, weakness and tendon weakness leading to tendon breakage and many other horrible effects; some physical and some mental.

Many are afflicted with this condition, but most cases go undiagnosed. Doctors can do nothing and the only thing that seems to help is magnesium, which is somewhat of an antidote.

Some of the tendon damage is necrotic and permanent, however, there are studies with rattlesnake venom that produce necrosis on animals and simply applying magnesium chloride and zinc gluconate topically, and the necrosis vanishes.

After ten days of topical application of magnesium chloride, George wrote a letter saying that his daughter was well.

There is a power and a force in magnesium chloride that cannot be equaled anywhere else in the world of medicine. There is no substitute for magnesium in human physiology; nothing comes even close to it in terms of its effect on overall cell physiology. It delivers a powerful blow against any chronic or acute disorder.

If we looked it would probably be very difficult to find a cancer patient with anywhere near normal levels of cellular magnesium, meaning cancer probably does not exist in a physical cellular environment full of magnesium.

Thus magnesium chloride is a very important item in cancer treatment as it is in all other serious illnesses. Put in the clearest terms possible, my suggestion for any serious disease and especially cancer is to almost drown oneself in magnesium chloride applied transdermally. George Eby used approximately one ounce daily applied topically to the skin on his frail daughter.

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The best way to treat cancer is to stimulate the body’s own resources to destroy the invading intruders, the colonies of yeast and fungus that cancer is / plus restore and revitalize human cells that are in a state of malfunction and decay. Drugs don't heal; the body heals itself when properly nurtured and strengthened through detoxification, concentrated nutritional substances and a careful confrontation with attitudes and conflicts that are undermining the immune system.
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A strong immune system is formed by the foods we eat and the attitudes we keep.

The first priority is to address magnesium deficiencies. Magnesium has a reputation of healing and saving many lives at the time of most desperate need. Called by the ancient Chinese “the beauty mineral” its beauty is also seen in the absolute healing power it contains.

Using cells from induced cancers, researchers found that there is much less magnesium binding to membrane phospholipids of cancer cells, than there is in normal cell membranes. It has been suggested that magnesium deficiency may trigger carcinogenesis by increasing membrane permeability. Magnesium deficient cell membranes seem to have a smoother surface and decreased membrane viscosity than normal, analogous to changes in human leukemia cells.

Magnesium holds the key for hundreds of crucial enzyme reactions and cellular processes. Magnesium chloride, when supplied in sufficient quantities, can jump start cell physiology in a very powerful way.

Few know that magnesium chloride is an impressive infection fighter and even fewer know that the best way to deliver magnesium to all the cells is through the skin.

George Eby reported in 2007 that the health of his daughter had been destroyed by the terrible side effects of a special type of antibiotic called fluoroquinolones. He said, “My daughter was stricken with this horrible affliction called Cipro sensitivity, which causes long term chronic pain, weakness and tendon weakness leading to tendon breakage and many other horrible effects; some physical and some mental.”

Many are afflicted with this condition, but most cases go undiagnosed. Doctors can do nothing and the only thing that seems to help is magnesium, which is somewhat of an antidote.

After ten days of topical application of approximately one ounce magnesium chloride to his frail daughter, George wrote a letter saying that she was well.

There is a power and a force in magnesium chloride that cannot be equaled anywhere else in the world of medicine. There is no substitute for magnesium in human physiology; nothing comes even close to it in terms of its effect on overall cell physiology. It delivers a powerful
blow against any chronic or acute disorder. Thus magnesium chloride is a very important item in cancer treatment as it is in all other serious illnesses.

Put in the clearest terms possible, my suggestion for any serious disease and especially cancer is to almost drown oneself in magnesium chloride applied transdermally. Magnesium chloride can be added to a bath or foot bath, or mixed in water and sprayed on the skin.

Calcium and Cancer:

Calcium requirement for men and women is lower than previously estimated.
US Department of Agriculture

Experts say excessive calcium intake may be unwise in light of recent studies showing that high amounts of the mineral may increase risk of prostate cancer. “There is reasonable evidence to suggest that calcium may play an important role in the development of prostate cancer,” says Dr. Carmen Rodriguez, senior epidemiologist in the epidemiology and surveillance research department of the American Cancer Society (ACS).

Rodriguez says that a 1998 Harvard School of Public Health study of 47,781 men found those consuming between 1,500 and 1,999 mg of calcium per day had about double the risk of being diagnosed with metastatic (cancer that has spread to other parts of the body) prostate cancer as those getting 500 mg per day or less. And those taking in 2,000 mg or more had over four times the risk of developing metastatic prostate cancer as those taking in less than 500 mg.

Medical wisdom tells us that magnesium is actually the key to the body's proper assimilation and use of calcium, as well as other important nutrients. If we consume too much calcium without sufficient magnesium, the excess calcium is not utilized correctly and may actually become toxic, causing painful conditions in the body. Hypocalcemia is a prominent manifestation of magnesium deficiency in humans. (Rude et al., 1976) Even mild degrees of magnesium depletion significantly decrease the serum calcium concentration. (Fatemi et al., 1991)

Calcium and magnesium are opposites in their effects on our body structure. As a general rule, the more rigid and inflexible our body structure is, the less calcium and the more magnesium we need.

Treating Cancer with Silver:

The yeast colonies mentioned earlier neutralize your immune system, allowing damage inside of the cell at the DNA level.

Ionic Silver is a broad-spectrum preventative agent. It destroys yeast and bacteria in as little as 15 seconds and kills the viruses and mold that may also cause cancer.

Those suffering from cancer should drink four ounces of Ionic Silver on day one and four ounces on day two, sipping it every hour. Drink two ounces daily for the next five days; take two tablespoons twice daily thereafter as a maintenance dose. Do not drink Silver and Baking Soda at the same time however. Separate the two by at least one hour.

Sinus, mouth, throat, or lung cancer patients may want to use an inhaled form of Ionic Silver. One ounce can be inhaled from a nebulizer 30 minutes daily. This allows the Ionic Silver to
come in deep contact with the lungs, bronchioles, and sinuses. This approach should be combined with taking Ionic Silver orally.

There is also a very experimental method for IV usage. About 3,000 cases have used liquid silver intravenously, with no reported toxicity problems. An IV can be made utilizing 100 CCs of silver liquid at 25 parts per million. Mix one to 2.5 with a D5W mixture hung in a bag and dripped for one hour, given every other day for 10 total doses.

This is a very important formulation and can be adjusted depending upon the parts per million of the liquid silver used. The Joy To Live Ionic Silver comes in a concentration of 25ppm, therefore if you are using a different silver with a different concentration, adjust the amount of silver accordingly.

It should be noted that saline solution “cannot” be used because the salts in saline solution inactivate the Ionic Silver.

When you put Ionic Silver liquid directly in the veins it will begin killing even the most serious bacteria in 15 seconds. Noticeable improvements will occur within the first two days. It has shown to be promising against viral infections like hepatitis, cancer, against Epstein-Barr and even the AIDS virus.

Milk Thistle herb found in Elixer Blast can be used in conjunction with Fulvia and Neutra-Cleanse to help cleanse the liver and intestines. Taking Fulvia daily will help cleanse the blood as well. (Also See Liver Cleanse)

People who are inactive are more likely to gain weight because they don’t burn up the calories that they take in from food and drinks. An inactive lifestyle also raises your risk for cancer, diabetes, heart disease, high blood pressure, and other health problems.

Areas with known iodine (iodide) deficiency have the highest rates of breast and prostate cancer and conversely, breast and prostate cancers rates are low in areas with high iodine in the soil. And in order for researchers to give laboratory animals breast cancer, the animals must first be put into an iodine deficient state. This would suggest making sure you have sufficient iodine in your diet. Sea vegetables like kelp and dulse are rich in iodine.

Illnesses linked to electromagnetic radiation exposure include many cancers, neurological conditions, ADD, sleep disorders, depression, autism, behavioral problem, cognitive problems, cardiovascular irregularities, hormone disruption, immune system disorders, metabolism changes, stress, fertility impairment, increased blood brain barrier permeability, mineral disruption, DNA damage and much, much more. (See also Cell Phones, EMF, Microwaves)

Studies show A 60 percent greater chance of acoustic neuromas, a tumor affecting the nerve that controls hearing, among people who had used cell phones for six years or more and a higher rate of brain cancer deaths among handheld mobile phone users than among car phone users.

Australia has seen an increase in pediatric brain cancers of 21 percent in just one decade. This is consistent with studies showing a 40 percent brain tumor increase across the board in Europe and the U.K. over the last 20 years.

Brain cancer has now surpassed leukemia as the number one cancer killer in children.
According to the Journal of Chem. Medicinal Chem. (Nov. 2007), beams of ultraviolet light can be used to destroy tumors and cancers. Special molecules are injected into the bloodstream and then activated by a beam of ultraviolet light. It only takes a few minutes of light beam therapy to actively attack the cancer cells. The top research scientist (Colin Self) stated: “I would describe this development as the equivalent of ultra-specific magic bullets.” This breakthrough in cancer treatment is significant to Ionic Silver because, according to Penn State University Professor Roy, Ionic Silver has been published to resonate at a frequency of 910 terahertz which falls in the same category of ultraviolet light frequency as the antitumor lights. (Curr. Science Invest, 2007)

It has been shown that infectious agents are associated with causing solid tumors (Kaposi’s sarcoma), blood-based cancers (Leukemia) and other forms of cancers such as cervical cancer, which is caused by the Human Papilloma Virus. (Townsend Letters for Doctors, May 2006). As you can see, bacteria, viruses, mold and other infectious agents have been reported to cause cancers. Taken daily, Ionic Silver can prevent cellular bacteria, viruses, and mold so that the single-cell abnormalities never go beyond a single cell.

This is important because once diagnosed, doctors often prescribe chemotherapy or radiation that can cause immune suppression. This suppression of normal immune function allows for multiple pathogens to seed or spread. In this situation Ionic Silver may have the potential to play a dual role: either destroy the infectious agent that causes the cancer and/or destroy the pathogenic load arising from the immuno-compromised patients. (Townsend Letters for Doctors, May 2006)

Doctor Rentz (Am Acad Environmental Medicine, 2003) reports that the following cancer-associated infections are susceptible to silver treatment: HIV (Bull Cancer, 2006), Kaposi’s sarcoma (Eur. Neurology, 2002), Epstein Barr Virus (J. Biol Regul Homeost Agents, 2005), Respiratory syncytial virus (Pediatrics, 2005), Influenza, Parainfluenza, Fungemia (J Support Oncology, 2005), Rotavirus (Bone Marrow Transplant, 2005), Cytomegalovirus (Cancer, 25), and streptococcus pneumoniae (Medicine, 2005).

According to a NASA Technical report done at the University of Wisconsin, silver solution can be skillfully administered and due to its picoscaler diffusion capabilities will impregnate all collective atoms within each tumor cell or pathogenic cell with silver ions. (Final technical report, University of Wisconsin, and NASA CR-114978, code 3, cat 04) This saturation potential supercharges silver’s ability to displace the potassium-dependent glucose transport mechanism, which is the exclusive means by which cancerous cells feed themselves, thereby selectively starving cancer cells without harming normal cells. (Townsend Letter for Doctors, May 2006)

Published cancer results include:

“We studied malignant fibrosarcoma cells (cancerous fibroblasts) and found that electrically injected silver suspended their runaway mitosis.” (Becker, 1995).

“Women with breast cancer (confirmed by biopsies), each received a single dose of silver solution at a concentration of 10 ppm. We retested the subjects at day nineteen, resulting in 100% normal tissue”. (Antelman, MS. 2000)

(Note: In this study they used liquid silver at 10 ppm concentration. Joy To Live Ionic Silver is 2.5 times as potent - 25 ppm.)
Affinity and Elixer Blast can help reduce the risk of tumors and cancers, and when combined with Fulvia, will always do their job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of tumors. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Negativity is a major cause of tumors and cancer. Make a list of all the negative things in your life, including television, radio, newspapers and negative people. Begin to eliminate all negativity from your life. Tell negative friends and family that you are going through a special therapy and won’t be able to contact them for some time. You should also eliminate as much stress as you possibly can. (See Forgiveness and Joy)

Foods To Avoid:

Most of us know that food itself cannot be considered poisonous. Very few of us know that pleomorphic bacteria, yeast, and fungus and their toxins, which are characteristically present in stored and fermented food, are using our food chain as a Trojan Horse.

The following list of foods are high in pleomorphic bacteria, yeast, fungus and mold and produce mycotoxins that have been documented to cause specific diseases and very specific organ lesions in both animals and in humans and should never be ingested and if eaten, only in small amounts AND never cold. Most of the foods listed if cooked thoroughly will kill most of the fungus. However, refrigerating them or using them cold, you are literally putting fungus into your body.

1) Pig meat including sausage, bacon, salami, and ham are full of colonized fungal and contain the fungi Aspergillus ochraceus which produces the mycotoxin Ochratoxin A which is associated with many different documented cancers.

2) Tobacco contains yeasts and sugars which ferment the tobacco into the form which reaches the human blood and tissues causing disbiosis of the blood and tissues leading to every degenerative disease known including cancer, diabetes, arthritis, etc.

3) Mushrooms are not a vegetable but rather the fruiting body of a fungus whose major form of existence, the root-like mycelium, is hidden in the soil. This fruiting body is the means to disperse the seed-like spores of the fungus throughout the blood and tissues. For example edible mushrooms induce bladder cancer.

4) Corn and all associated products contain over 25 different strains of disease causing fungus.

5) Peanuts, peanut butter & cashews contain over 27 different strains of fungus. People who eat a lot of peanuts frequently end up with cancer.

6) Barley contains the Aspergillus ochraceus fungi, which produces the mycotoxin Ochratoxin A. This mycotoxin is associated with many different documented cancers.

7) Animal meat and poultry including beef, lamb, chicken, and turkey also contain Aspergillus ochraceus. You should only eat about 2 oz. of meat once a week that has been thoroughly cooked so that there is no "pink" meat showing. Cooking kills most of the fungi and the body can deal with this small amount. Using Italian dressing to marinate meat is not wise.
8) Alcohol including wine and especially beer contain the same fungus Aspergillus ochraceus which produces the mycotoxin Ochratoxin A.

Wine, beer, or alcohol create toxins in the body that can cause serious problems for anyone who has cancer. It also depresses the immune system, causing more colds and other illnesses.

9) Dairy products including milk, cheese, yogurt, cottage cheese, ice-cream, butter, etc. are fully colonized with fungi and contain the fungus Aspergillus ochraceus which produces the mycotoxin Ochratoxin A. These foods are also high in sugar which promotes the production of pleomorphic bacteria, yeast, and fungus. Yogurt as long as it is made from "live" cultures is fine to eat. As a matter of fact, it is “good” bacteria that actually kill the "bad" bacteria such as yeast in the body. However, eating too much can also have negative effects. Up to 6 ounces a day is fine.

10) Eggs are fully colonized with fungus and contaminated with mycotoxins. Cooking them kills most of the bacteria and boiling eggs for salads is fine if used at one meal, but when cooked eggs are refrigerated, the fungus begins to multiply again.

11) Stored grains and cereals are fully colonized with fungus and mycotoxins. When someone has cancer, grains should be avoided and be sure to never eat cold pasta salads.

12) Stored potatoes are fully colonized with fungus and contaminated with mycotoxins. Baking kills most of the fungus and a baked potato is actually healthy to eat, low in fat and the glycemic index. However, if you pile up the butter and sour cream on a baked potato you are defeating the purpose. Sweet potatoes and yams are even better, but again, cook them, boiled or baked, but do not eat them raw or store them after cooking for this will begin the fungus breeding process.

13) Sugar including honey, maple syrup, corn syrup, high fructose corn syrup, sucrose, rice syrup, barley malt etc. promotes the growth of pleomorphic bacteria, yeast, fungus, and mold, and suppresses the immune system response for up to five hours. You should avoid all fruit juices containing corn syrup as the sweetener.

14) Vinegar or apple cider vinegar acidifies the blood and tissues which promotes the production of bacteria, yeast, fungus, and mold. Mixing apple cider with baking soda will neutralize the acid and may be beneficial. Apple cider vinegar used in very small amounts, 2-3 teaspoons on salads will kill any type of bacteria on the lettuce will not be harmful and will actually be healthful to the body. Avoid using vinegar to flavor meats or soups. (There are two arguments to apple cider vinegar; especially if it is organic like Braggs brand. Thousands swear by its health benefits and others say that it helps to alkalinize the blood, not acidify it. Some things, like lemon and lime for example start out acid but actually convert to alkaline ash and they end up alkalinizing the body.)

15) Yeast in any form including Brewer’s Yeast. Cancer is an overgrowth of yeast colonies and yeast should therefore be avoided.

16) Caffeine in any form acidifies the blood and tissues which promotes the production of pleomorphic baceast, fungus and mold. However, small amounts of caffeine in tea or coffee is good for the body and the immune system can deal with this. When you drink more than 2 cups of coffee a day, you are exposing yourself to large amounts of the fungus and the coffee should be black, without sugar or other sweeteners.
17) High fructose fruits acidify the blood and tissues and feed the production of pleomorphic bacteria, yeast, fungus, and mold. For example, apple juice is contaminated with the carcinogenic mycotoxin Patulin, which is derived from the fungus and is associated with stomach cancer. I strongly suggest not drinking apple juice. Even though juices are pasteurized, heated to kill bacteria and most fungus, apple juice has the highest capability of breeding more of the fungus as it sits on the shelf. The juices that contain the least amount of fungus after sitting are cranberry, (very good for keeping urinary tract and kidneys infections down) papaya, white or red grape and pineapple. Orange juice is fine if freshly squeezed. Avoid juices made from concentrate.

18) Dried fish contains the Aspergillus fungus and the extracts from the dried fish contains large amounts of aflatoxin. Eating raw fish such as in sushi is dangerous. There have been deaths caused from eating raw fish. Never eat cold or refrigerated fish. Anchovies are loaded with the fungus as well as most canned fish meats. Tuna is fine because it has low fungus which the body can deal with in small amounts. Eating tuna packed in water is the best; however limit the amount to less than 4 ounces a day and be aware that tuna and other types of fishes are known to carry mercury, PCB's and other contaminants. Never eat farm raised fish like salmon or trout. Farm raised fish are loaded with bacteria due to the small areas they are raised in and are often fed hormones to make them grow faster.

19) Devitalized salt (processed white store bought salt) changes the negative charge on the blood cells causing them to stack or combine into symplasts, which can lead to oxygen deprivation, congestion, poor circulation, stroke, and/or heart attack. Natural, mined salt like Himalayan or Real Salt is necessary for good health and does not raise blood pressure. (See Salt)

20) Hydrogenated or partially hydrogenated oils as in margarine, shortenings and vegetable oils are altered fat substances which are known to be detrimental to health because they interfere with normal biochemical processes. These oils have been shown to increase cholesterol, decrease beneficial high-density lipoprotein (HDL) interfere with the liver's detoxification system, and interfere with essential fatty acid function. Dr. Willett at Harvard has shown that these oils cause a 53% increase in coronary heart disease. In September, 1998, The American Heart Association issued a health warning to avoid foods containing these oils. Diabetes type II, cell inflammation and autoimmune problems have been linked to these oils. There are more than 125 research studies showing the negative health effects of these oils. Overall, the best diet is 80% raw, small amounts of meat proteins, steam vegetables when cooking, use only good fats for frying and never eat fruits after a meal. Fruits should always be eaten fresh and in season on an empty stomach. No canned fruits or juices.

Calcium

Experts say excessive calcium intake may be unwise in light of recent studies showing that high amounts of the mineral may increase risk of prostate cancer. “There is reasonable evidence to suggest that calcium may play an important role in the development of prostate cancer,” says Dr. Carmen Rodriguez, senior epidemiologist in the epidemiology and surveillance research department of the American Cancer Society (ACS). Rodriguez says that a 1998 Harvard School of Public Health study of 47,781 men found those consuming between
1,500 and 1,999 mg of calcium per day had about double the risk of being diagnosed with metastatic (cancer that has spread to other parts of the body) prostate cancer as those getting 500 mg per day or less. And those taking in 2,000 mg or more had over four times the risk of developing metastatic prostate cancer as those taking in less than 500 mg.

Later in 1998, Harvard researchers published a study of dairy product intake among 526 men diagnosed with prostate cancer and 536 similar men not diagnosed with the disease. They found a 50% increase in prostate cancer risk and a near doubling of risk of metastatic prostate cancer among men consuming high amounts of dairy products, likely due, say the researchers, to the high total amount of calcium in such a diet. The most recent Harvard study on the topic, published in October 2001, looked at dairy product intake among 20,885 men and found men consuming the most dairy products had about 32% higher risk of developing prostate cancer than those consuming the least.

The adverse effects of excessive calcium intake may include high blood calcium levels, kidney stone formation and kidney complications. Elevated calcium levels are also associated with arthritic/joint and vascular degeneration, calcification of soft tissue, hypertension and stroke, increase in VLDL triglycerides, gastrointestinal disturbances, mood and depressive disorders, chronic fatigue, and general mineral imbalances including magnesium, zinc, iron and phosphorus. High calcium levels interfere with Vitamin D and subsequently inhibit the vitamin’s cancer protective effect unless extra amounts of Vitamin D are supplemented.

Magnesium is the mineral of rejuvenation and prevents the calcification of our organs and tissues that is characteristic of the old-age related degeneration of our body. Calcium and magnesium are opposites in their effects on our body structure. As a general rule, the more rigid and inflexible our body structure is, the less calcium and the more magnesium we need.

Recommendations of magnesium to calcium ratios range from 1:2 to 1:1. For those interested in preventing cancer one should look closely at the 3:1 ratio and during the first six months of cancer treatment, one should be looking at ten parts magnesium to one part calcium. In reality one need not even count the ratio during the first months for the only real danger of extremely high magnesium levels comes with patients suffering from kidney failure. If one is at all concerned about their calcium intake one should eat foods high in both calcium and magnesium like toasted sesame seeds.

Doctors who have used intravenous magnesium treatments know the benefits of peaking magnesium levels, even if only temporarily. For the cancer patient the transdermal approach combined with oral use offers the opportunity to take magnesium levels up strongly and quickly. For emergency situations three applications a day, for urgent two treatments would be indicated though one strong treatment with an ounce of a natural magnesium chloride solution spread all over the body like a sun screen is a powerful systemic treatment.

Up to 30% of the energy of cells is used to pump calcium out of the cells.
Canker Sores

Canker sores have a myriad of causes. Too much acid in the mouth is the number one cause. Stomach acid, too many sugars, and bacterial or viral infections destroy the tissue in the mouth.

Ionic Silver can help improve the issues quickly. Twice daily, hold one ounce of Ionic Silver liquid in your mouth for six minutes and then drink it. Ionic Silver can also be applied topically to the wound several times throughout the day.

If the canker sore is a result of the herpes virus, the sooner you get Ionic Silver directly on the wound, the sooner you can stop the virus from replicating and getting worse. You should expect the wound to improve twice as fast with Ionic Silver applied to the canker sore than if it were to run its course normally.

Brushing up on canker sores:

In one study, 10 people with recurrent canker sores were given two different toothpastes to use, for three months each. One contained 1.2 percent sodium lauryl sulfate (SLS) and the other was SLS-free. Otherwise, the toothpastes were identical. When researchers compared participants in the study, they found that the group using the SLS-free paste had 64 percent fewer canker sores than the other group.

The problem is, virtually all of the popular brands of toothpaste contain SLS. However, there are some lesser-known brands sold in health food stores that are free of this toxic compound.

Cardiovascular Disease / Heart Disease

Cardiovascular disease affects the heart, veins, arteries, and the circulation of blood and nutrients throughout the body. It is estimated that as much as 80 percent of all cardiovascular disease has its origin as a bacterial infection that originates in the mouth.

Cardiovascular disease can come from a bacterial infection like strep throat or a staph infection. By rinsing the mouth with Ionic Silver liquid, you can kill the bacteria in the gums that lead to cardiovascular disease. This will also kill the bacteria that cause gum disease and bad breath.

Kidney disease includes conditions that decrease their ability to remove toxins and keep you healthy. Wastes, which can make you sick, will then build to high levels in your blood, causing the overgrowth of bacteria. If not treated, you may develop complications like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. Also, kidney disease increases your risk of having heart and blood vessel disease. (See Kidneys)

People who are inactive are more likely to gain weight because they don’t burn up the calories that they take in from food and drinks. An inactive lifestyle also raises your risk for heart disease, high blood pressure, diabetes, colon cancer, and other health problems.
Vitamins, minerals and herbs found in Fulvia and Affinity, and Omegas 3,6 and 9 and CoQ10 found in Elixer Blast reduce the risk of heart attack and support a healthy heart and circulatory system, and may also reduce hardening of the arteries. Keeping the bowel cleansed of toxins is also important and Neutra Cleanse was designed to support a clean and healthy colon.

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**Castor Oil**

Garlic Chunks can absorb poisons that the liver otherwise would not process well. Meanwhile, we can also treat the liver and one thing that works outstandingly well in tandem with garlic chunks is castor oil.

Lie on your left side and rub castor oil into your liver, which is on your right side under the lower edge of the rib cage from side to sternum. Rub about a teaspoon of the oil in very well for several minutes while relaxing as well as you can. For extra benefit, you can then use either Professor Cayenne’s Deep Heating balm from Dr. Christopher Original Formulas, or Deep Tissue Ointment from Dr. Richard Shulze, on top of the castor oil. This heats it and stimulates its passage into the liver. Doing this at night, you should always experience some improvement by morning.

Castor oil is worth two chapters by itself, but it will purge tissue, improve electrical activity in the tissues, drain lymph, carry out poisons, cathart otherwise stagnant tissue and more. It is a wonder oil that dissolves all cysts, tumors and scar tissues. Furthermore, it is very inexpensive, easy to get and safe to use. Every household should have some and every condition should be considered as a candidate for castor oil treatments of some kind.

Castor oil will purge the liver while the garlic will absorb the toxins, kill infection and parasites and bring oxygen in where there has been a shortage due to toxicity. It is a dynamic duo that will always yield results. (See also Liver Cleanse)

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**Cataracts**

Cataract is the world’s leading cause of blindness, with around 18 million people blind as a result. Although cataract is found all over the world, getting treatment for it is much more difficult in developing countries, and it affects children as well as adults. Many people are needlessly blind from cataract because they don’t know that it can be cured.

The lens is made mostly of water and protein. Specific proteins within the lens are responsible for maintaining its clarity. Over many years, the structures of these lens proteins are altered by free radicals, ultimately leading to a gradual clouding of the lens.

Fulvia is the most powerful free radical scavenger and should be used by everyone wanting to prevent free radical damage to the protein in the lens.

A study conducted on rat eye lenses in 2009 indicates that the dietary supplement carnosine may help to prevent, or even treat cataracts.

Cataracts, a clouding of the lens of the eye, is one of the leading causes of vision loss around the world, and can only currently be treated by surgery to replace the eye lens.
According to the American Chemical Society journal Biochemistry, researches said that tissue culture experiments demonstrated that carnosine could help prevent cloudiness on eye lenses, and could also restore clarity to clouded lenses.

Cataracts develop when the main structural protein in the lens, alpha-crystallin, forms abnormal clumps. The clumps make the lens cloudy and impair vision. Previous studies hinted that carnosine may help block the formation of these clumps.

Years ago, I read an article about cataracts, but in looking back through my notes was unable to find it. Although I can't currently verify the information, it makes perfect sense and therefore I will share it the best I can from memory.

The article said that there is a microscopic single-celled microorganism that gets into the eye and lives on the surface of the lens. It produces a calcium shell around itself (perhaps a form of excrement) that it attaches to the lens of the eye. This creates a very gradual and in the beginning, a microscopic buildup of calcium that eventually results in a visible cloudy film over the lens.

If this is true, then it would make sense to periodically spray Ionic Silver into the eyes to kill the bacteria that may be producing thin layers of calcium over the lens. It would also make sense to take Fulvia, as it is a powerful solvent of calcium and other unwanted minerals and it reaches the most extreme parts of the body after being ingested.

I frequently spray silver directly into my eyes. The lens of my eyes now appears to be clearer and I have no sign of cataracts being formed. I also see a reduction in scar tissue in the corner of one of my eyes from a previous eye injury and there is also a noticeable reduction in the red spider veins in the whites of my eyes.

Of course, I am also taking Fulvia daily, which I feel certain is a contributing factor.

My eyes had gotten to a point that they were drying out at night and the eyeballs were sticking to the eyelids preventing me from going into the deep Rem Cycle sleep. As my eyes would start to move rapidly back and forth, they were stuck to my eyelids, which prevented them from doing so and invariably woke me up because it was painful. Probably for the same reason, I had a lot of burning in my eyes during the day and my vision had deteriorated considerably over the previous three years.

When I first started on Fulvia, I had some detox reactions, especially when I took it on an empty stomach. One time, I even vomited after taking it. For that reason, I now tell people to start out slowly and take it with meals.

However, understanding that this was a result of detox, I persisted and quickly worked my way up to 9 capsules a day, for about a period of one week, after which I reduced my dosage. (I am not recommending this; I am only sharing my experience)

Within three weeks of starting on Fulvia, all of my eye symptoms were gone and my vision had improved noticeably. My vision is now clear and I no longer need glasses, my joints are flexible, I am pain free, I have plenty of energy, I sleep like a baby, my fingernails are strong and smooth and my hair now grows quickly and is regaining its natural color, and I also recently noticed that my legs are now free from spider veins.
Note: The lens of the eye is particularly sensitive to intense heat, and exposure to high levels of microwaves can also cause cataracts.

Elixir Blast can help reduce the risk of cataracts and macular degeneration and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of cataracts. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Cause of Disease

Two-time Nobel Prize-winning doctor, Otto Warburg, shocked the world when he revealed that most disease is caused by insufficient levels of oxygen in the body. In fact, his studies showed that if you deprive a cell 35% of its required levels of oxygen for 48 hours, the cell is likely to become cancerous.

That's why cancer is so widespread in our modern society -- because most people suffer from oxygen deprivation. What most people don't know is that lack of oxygen is not only the underlying cause of cancer but is also the cause of most diseases from AIDS to yeast infections.

Curing cancer and other diseases, then, is just a matter of getting rid of the cause of the disease. It's as simple as that! But it's human nature to complicate the solution, and turn the simple into something complex.

Current medical research, for instance, is focused on the wrong causes of disease. Some claim that viruses, microbes, germs or harmful bacteria are the cause of cancer and other diseases. Others say it's the toxins in the food we eat, the air we breathe and the substances we consume. And still others say it's our genes or stress that causes us to acquire disease.

All of these factors characterize or accompany diseases and ultimately bring about a condition in the body (oxygen deficiency) that, in turn, causes disease. Lack of minerals gives rise to acid in the body. Acidity in the body reduces oxygen levels on a logarithmic scale and gives rise to parasites and microorganisms, which in turn reduce oxygen levels even more.

Clearly, the primary physical cause of all diseases is linked in one way or another to oxygen deficiency and when the human body is supplied with abundant amounts of oxygen, all cancer cells, viruses, harmful bacteria, pathogens and disease microorganisms are killed because they cannot survive in a high-oxygen environment. Many toxins will also be burned up in a highly oxygenated body.

However, decreasing toxicity and increasing mineral levels is a major part of increasing oxygen levels in the body.

One out of every 3 adults in America already has cancer, but most of them don't know it yet because the cancer is undiagnosed and undetected. According to the American Cancer Society, there's a 41% probability that a person will develop cancer in his or her lifetime and most will die from it. Every human being has cancer cells existing in the body, which are just seeking a low-oxygen environment where they can multiply into the full-blown disease.
Since an oxygen-rich body is uninhabitable by disease, then the solution for eradicating disease seems simple enough, doesn't it? Just supply the body with an abundant supply of oxygen, right?

Wrong! It's actually not as simple as that and here's why. Oxygen Cannot Cure Disease Unless It's Delivered to the Cells and Tissues of the Body.

Most humans are NOT able to get proper amounts of oxygen in their cells and tissues due partly to poor air quality, poor breathing habits and oxygen-depleting activities. Minerals are necessary to deliver oxygen to the cells and tissues and most people lack the necessary minerals.

In order for oxygen to eradicate disease, it must be delivered not just to the lungs and bloodstream, but also to the cells and tissues of the body. That's why other oxygen-based therapies such as oxygenated water and even pure oxygen delivered through a mask are not always effective in treating disease. While they may supply the body with oxygen, they lack the minerals that break the oxygen free from the hemoglobin molecule, which means the oxygen is not delivered to the cells and tissues. Such oxygen-based therapies, therefore, are seldom effective in preventing and curing disease.

Taking just 5-minutes a day to practice proper breathing exercises, combined with some simple physical exercise is going to put more oxygen in your blood than a treatment in a hyperbaric chamber. (See Breathing Exercises)

Taking Fulvia every day is going to increase oxygen and hemoglobin dissociation, thereby maximizing the delivery of oxygen from the blood to the cells.

A change in dietary intake of acid foods and drinks will also help and is highly recommended for anyone suffering from one of the major diseases.

This may be "the world's greatest healing miracle of all time," and is the only one that really gets to the cause of all diseases – too much acid – not enough minerals and not enough oxygen.

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**Cavities**

Teeth are susceptible to cavities. Though the enamel is very hard, sugar and bacteria have the ability to eat away the enamel and cause cavities.

Rinsing your mouth with Ionic Silver regularly will kill cavity-causing bacteria. Rinse your mouth for six minutes with one ounce of liquid silver two times daily. Then swallow two teaspoons to benefit your entire body. Coenzyme Q10 found in Joy To Live Elixer Blast and Aerobia will also help improve gum health.
Cell Phones / WIFI

ElectromagneticHealth.org founder Camilla Rees presented an overview of an emerging public health issue -- excessive exposures to microwave radiation from wireless technologies.

Illnesses linked to electromagnetic radiation exposure include many cancers, neurological conditions, ADD, sleep disorders, depression, autism, behavioral problem, cognitive problems, cardiovascular irregularities, hormone disruption, immune system disorders, metabolism changes, stress, fertility impairment, increased blood brain barrier permeability, mineral disruption, DNA damage and much, much more.

Dr. Magda Havas, Associate Professor at Trent University in Canada, and an expert in electromagnetic fields of many kinds, examined some of the harmful effects associated with cell phones, and noted how similar they are to cigarettes in many ways.

A comparison of cell phone use, which continues its meteoric rise and cigarette smoking, is illustrative. Just a few of the similarities between the two habits include:

Manufacturers and industry leaders either hide or debunk unfavorable study results and continue to promote their products despite awareness of the significant dangers to public health.

Government conflict of interest created by lobbies for both industries and revenues collected from use taxes.

Expensive, effective marketing campaigns aimed at every segment of society, including children.

Massive amounts of scientific data proving beyond a shadow of a doubt the direct link between these products and life-threatening damage to the human body.

The primary distinction between cell phone use and cigarettes is that smoking has been around long enough to confirm it can indeed be a fatal habit. According to a 2008 World Health Organization (WHO) report, it says that tobacco use kills 5 million people a year worldwide, and is a risk factor in six of the eight leading causes of death.

The evidence of health problems from cell phone usage continues to pour in. These are just a few recent examples of study data linking electromagnetic radiation and cell phone use to a stunning array of serious health concerns:

At a recent Senate Committee hearing, witnesses testified that cell phone use has been linked to salivary gland tumors.

Wearing a cell phone on your hip – either on your belt or in a pocket has been linked to decreased bone density in the pelvic region. All the other vital organs located in your pelvic region – your liver, kidney, bladder, colon and reproductive organs are also susceptible to radiation damage.

Proximity to cell phone towers causes an increase in the symptoms of electromagnetic hypersensitivity, including fatigue, sleep disturbances, visual and auditory disturbances, and cardiovascular effects, just to name a few.
Cell Phones and Brain Cancer:

Thanks to a multimillion-dollar research study funded by none other than the Cellular Telephone Industry Association (CTIA), which certainly didn’t set out to uncover these results, we now have proof of:

Significant increase in brain tumors at the brain’s outer edge, on whichever side the cell phone was held most often.

A 60 percent greater chance of acoustic neuromas, a tumor affecting the nerve that controls hearing, among people who had used cell phones for six years or more.

A higher rate of brain cancer deaths among handheld mobile phone users than among car phone users.

In addition to this research, a review of 11 long-term epidemiologic studies published in the journal Surgical Neurology revealed that using a cell phone for 10 or more years approximately doubles the risk of being diagnosed with a brain tumor on the same side of the head where the cell phone is typically held.

Australia has seen an increase in pediatric brain cancers of 21 percent in just one decade. This is consistent with studies showing a 40 percent brain tumor increase across the board over the last 20 years.

Brain cancer has now surpassed leukemia as the number one cancer killer in children.

Other health hazards are linked to cell phone use. In addition to the widespread concern about brain cancer, scientists have found that information-carrying radio waves transmitted by cell phones and other wireless devices can:

Harm your blood cells and cause cellular changes

Damage your DNA

Cause nerve-cell damage

Damage your eyes

Cause sleep disruptions, fatigue and headaches

Possibly accelerate and contribute to onset of autism, and trigger Alzheimer’s disease (You may have read the recent spin that cell phone use can cure Alzheimer’s, but you should know that study involved exposures that were nothing like a cell phone exposure, even though the publicity suggested otherwise.)

Steps You Can Take to Protect Yourself and Your Family

While you can’t completely avoid radiation in today’s wireless world, if you’re ready to give up your cell phone, you can virtually eliminate that one hazard, at least.

If you’re not prepared to take that step, you can minimize exposure by heeding the following advice:
Children Should Never Use Cell Phones: Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults, because of their thinner skull bones.

In Dr. Havas' YouTube video http://www.youtube.com/watch?v=K4uz2TUcwnI you will see three images of cell phone radiation penetrating the skulls of an adult, a child of 10, and a five year-old from the research of Dr. Om Ghandi of the University of Utah. Those depictions are a graphic representation of just how deeply into your child’s brain cell phone radiation can reach.

Reduce Your Cell Phone Use: Turn your cell phone off more often. Reserve it for emergencies or important matters. As long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call.

Use a Land Line at Home and at Work: Although more and more people are switching to using cell phones as their exclusive phone contact, it is a dangerous trend and you can choose to opt out of the madness.

Reduce or Eliminate Your Use of Other Wireless Devices: You would be wise to cut down your use of these devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time.

If you must use a portable home phone, use the older kind that operates at 900 MHz. They are no safer during calls, but at least many of them do not broadcast constantly even when no call is being made. Note the only way to truly be sure if there is an exposure from your cordless phone is to measure with an electro smog meter, and it must be one that goes up to the frequency of your portable phone, so old meters won’t help much.

See meters at www.emfsafetystore.com. You can pretty much be sure your portable phone is a problem if the technology is DECT, or digitally enhanced cordless technology.

Use Your Cell Phone Only Where Reception is Good: The weaker the reception, the more power your phone must use to transmit, and the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body. Ideally, you should only use your phone with full bars and good reception.

Also seek to avoid carrying your phone on your body as that merely maximizes any potential exposure. Ideally put it in your purse or carrying bag.

Don’t assume that one brand is safer than another. There’s no such thing as a “safe” cell phone.

Keep your cell phone away from your body when it is turned on. The most dangerous place to be, in terms of radiation exposure, is within about six inches of the emitting antenna. You do not want any part of your body within that area.

Use safer headset technology. Wired headsets will certainly allow you to keep the cell phone farther away from your body, however, if a wired headset is not well-shielded and most of them are not, the wire itself acts as an antenna attracting ambient information carrying radio waves and transmitting radiation directly to your brain.

Make sure that the wire used to transmit the signal to your ear is shielded.
The best kind of headset to use is a combination shielded wire and air-tube headset. These operate like a stethoscope, transmitting the information to your head as an actual sound wave; although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

Media reports from around the world are catching on to the similarities between tobacco and cell phones, including this cleverly titled article from China Daily, "Mobile-boro Man, Is His Second Addiction a Cancer Cell Phone?"

Camilla Rees, founder of ElectromagneticHealth.org, also recently interviewed investigative journalist and GQ author Chris Ketcham about an article he wrote titled, “Warning: Your Cell Phone May Be Hazardous to your Health.”

Ketcham’s article contains some disturbing insights into government and industry efforts to squash research into the health hazards of electromagnetic fields. One study Ketcham cites was done 35 years ago and thanks to our Pentagon, never saw the light of day.

Louis Slesin, Editor of Microwave News, offers this revealing but troubling response: “Much of the comfort in our modern life relies on not caring, on refusing to recognize the dangers of microwave radiation.”

In his article, Ketcham poses the obvious question, “The evidence is starting to pour in, and it’s not pretty. So why isn’t anyone in America doing anything about it?”

We can’t look to either the government or the telecom industry to do the right thing, although it is true we are seeing signs of hope, in Maine, with Rep. Andrea Boland’s proposed Children’s Wireless Protection Act, and in San Francisco, where Mayor Gavin Newsom introduced consumer right-to-know legislation that will require cell phone retailers to post cell phone radiation levels at point of sale.

It is up to you to learn how to sensibly protect yourself in high EMF environments. The Web site ElectromagneticHealth.org also offers ten free audio interviews with some of the world’s leading experts in the field of EMF.

There’s no doubt in my mind that if our society keeps ignoring this issue, we will pay a very steep price in declining health over the coming generations.

It’s time to care, and it’s time to take a stand. You can help to spread the word about the dangers of cell phones and electromagnetic radiation by sharing this website.

For your own protection, Fulvia should be taken daily to help neutralize the effects of radiation along with eating a lot of green leafy organic vegetables. Cilantro is especially good to help detoxify the cells.
Center of the Bible

Psalms 117 is the shortest chapter in the Bible.
Psalms 119 is the longest chapter in the Bible.
Psalms 118 is the center of the Bible.
There are 594 chapters before Psalms 118.
There are 594 chapters after Psalms 118.
These numbers added together equal 1188.
The center verse in the Bible is Psalms 118:8
“It is better to trust in the LORD than to put confidence in man.”

Does this verse say something significant about God’s perfect will for our lives?

Asking, “Lord, what will thou have me do?” and then doing it, is God’s definition of perfection. (See Perfection)

The next time you want to center your will in the will of God, just go to the center of his word and ask, “Lord, what will thou have me do?”

Psalms 118:8 - Isn't it odd how this worked out - or was God in the center of it?

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Chafing

Chafing occurs when skin rubs against skin or when another piece of clothing rubs against skin. The skin becomes reddened, a rash forms, and bleeding may occur. When applied to affected areas, Ionic Silver will speed improvement and reduce pain.

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Checking In Today

A minister passing through his church in the middle of the day,
Decided to pause by the altar and see who had come to pray.
Just then the back door opened, a man came down the aisle.
The minister frowned as he saw - the man hadn't shaved in a while.
His shirt was kind of shabby and his coat was worn and frayed.
The man knelt awhile and bowed his head, then rose and walked away.
Like clockwork in the days that came, each noon showed up this chap,
Each time he knelt just for a moment, a lunch pail in his lap.
Well, the minister's suspicions grew, with robbery his main fear,
He decided to stop the man and ask, "What are you doing here?"
The old man worked down the road; lunchtime was half an hour.
This also was his prayer time, for finding strength and power.
"I can't stay long cause I have to walk and the factory's far away;
And as I kneel here praying, this is what I say:
"I just came again to tell you Lord, how happy I have been,
Since we found each other's friendship and you took away my sin.
Don't know exactly how to pray, but I think about you every day.
So Jesus, this is your friend Jim, checking in again today."
The minister feeling foolish told Jim that that was fine.
Said he was welcome in his church, to come and pray anytime.
Jim smiled and said "See you tomorrow" as he hurried to the door.
The minister then knelt at the altar, like he'd never done before.
His cold heart melted, warmed with love, as he met with Jesus there.
His spirit soured on wings of a dove, as he repeated old Jim's prayer:
"I just came again to tell you Lord, how happy that I've been
Since we found each other's friendship and you took away my sin.
I don't know much of how to pray, but I think about you every day.
So Jesus, this is me Lord, just checking in today."
Past noon one day, the minister noticed, that old Jim hadn't come.
As more days passed without him, he began to worry some.
At the factory, he inquired, and learned that Jim was ill.
The hospital staff was worried too, though he'd given them a thrill.
The week that Jim was with them, brought changes to the ward.
His smiles and a joy contagious; changed lives, were his reward.
The head nurse could not understand why this man was so glad?
No flowers, no calls nor cards came, not a visitor he had.
The minister stayed by his bedside, he voiced the same concern;
No friends had come to show they cared; he had nowhere to turn.
Looking surprised, old Jim spoke up, and with a winsome smile;
"The nurse is wrong, she couldn't know, that in here all the while,
Every day at noon my friend is here, a very dear friend, you see,
He sits right down and takes my hand, leans over and says to me:
“Just came again to tell you Jim, how happy I have been,
Since we found this friendship, and I took away your sin.
I always love to hear you pray; I think about you every day.
And so Jim, this is Jesus, checking in again today.”

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**Chicken Pox**

Because chicken pox is a virus, Ionic Silver can be very beneficial in neutralizing the problem. It can also help with the associated blistering and scarring. By applying within four hours of the first outbreak, Ionic Silver will help reduce the impact to the skin. Often the blisters will not completely arise and scarring will be lessened.

If you already have blisters, applying topically 1-4 times daily will help conditions improve quickly. In addition, you should drink two teaspoons of Ionic Silver twice daily. Chicken pox can return years later in the form of shingles. Taking internally can also help prevent shingles.

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**Cholesterol**

Cholesterol was not a problem until the discovery of the first statin drug. When it was discovered that statin drugs would reliably reduce cholesterol, then doctors were hired and reports were written to create a public scare about cholesterol.
“Reduction of cholesterol” through the use of these drugs is now proving to increase heart disease among other things.

The word "cholesterol" comes from the Greek word chole, meaning "bile", and the Greek word stereos, meaning "solid, stiff".

Cholesterol is a fat (lipid), which is produced by the liver and is crucial for normal body functioning. Cholesterol exists in the outer layer of every cell in our body and has many functions. It is a waxy steroid and is transported in the blood plasma of all animals. It is the main sterol synthesized by animals - small amounts are also synthesized in plants and fungi.

What are the functions of cholesterol?

Builds and maintains cell membranes (outer layer)

Prevents crystallization of hydrocarbons in the membrane

Essential for determining which molecules can pass into the cell and which cannot (cell membrane permeability)

Involved in the production of sex hormones (androgens and estrogens)

Essential for the production of hormones released by the adrenal glands (cortisol, corticosterone, aldosterone, and others)

Aids in the production of bile

Converts sunshine to vitamin D

Important for the metabolism of fat-soluble vitamins, including vitamins A, D, E, and K

Insulates nerve fibers

Cholesterol is carried in the blood by molecules called lipoproteins. A lipoprotein is any complex or compound containing both lipid (fat) and protein. The three main types are:

LDL (low density lipoprotein) - people often refer to it as bad cholesterol. LDL is not a problem for healthy people, however toxins in the blood create oxygen radicals that attack the walls of the blood vessels, essentially causing small holes in the blood vessel walls. LDL carries cholesterol from the liver to cells, which then attaches itself to the damaged blood vessels to keep blood from escaping, much like a patch on a punctured tire.

The more toxins- the more free radicals - the more damage, and the more buildup of cholesterol to patch the holes, which can eventually restrict blood-flow and cause arterial disease. LDL may “eventually” be the problem (blocking arteries), but it certainly didn’t cause the problem, neither will reduction of LDL levels solve the problem, any more than removing patches from a tire will fix a flat.

HDL (high density lipoprotein) is mostly referred to as good cholesterol. Experts say HDL prevents arterial disease. HDL does the opposite of LDL - HDL takes cholesterol away from the cells and back to the liver. In the liver it is either broken down or expelled from the body as waste.
Triglycerides are the chemical forms in which most fat exists in the body, as well as in food. They are present in blood plasma. Triglycerides, in association with cholesterol, form the plasma lipids (blood fat). Triglycerides in plasma originate either from fats in our food, or are made in the body from other energy sources, such as carbohydrates. Calories that we consume but which are not used immediately by our tissues are converted into triglycerides and stored in fat cells. When your body needs energy and there is no food, triglycerides will be released from fat cells and converted to energy.

What are normal cholesterol levels? The amount of cholesterol in human blood can vary from 64.8 mg/dl to 140.4 mg/dl. Any reading over 108 mg/dl is considered to be high and your doctor may prescribe statin drugs to bring it down.

Millions of Americans are on statins to lower cholesterol. But statins can have some serious side effects, including neuropathy, rhabdomyolysis, and memory loss.

It is always better to look to the cause of disease and underactive thyroid is a major cause of all diseases and even though blood tests may indicate that the thyroid is normal, eighty percent of Americans suffer from an underactive thyroid. (See Thyroid)

Most people who have “high” cholesterol are hypothyroid. Boosting the thyroid will almost always reduce cholesterol levels to that which is considered to be safe. It becomes obvious then to the observer that thyroid was at least partially responsible for the problem and should be the first place to look when levels are above normal.

Taking Fulvia, Affinity and Elixir Blast can greatly reduce the likelihood of LDL cholesterol. The reason may be three-fold:

They support healthy thyroid function

They neutralize free radicals that may damage arterial walls

They help remove harmful toxins that are the primary cause of free radicals

They provide minerals necessary to every organ, system and function of the body

Breathing exercises can also help normalize thyroid and reduce cholesterol levels. (See Breathing Exercises)

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**Christmas Story**

In September 1960, I woke up one morning with six hungry babies and just 75 cents in my pocket. Their father was gone. The boys ranged from three months to seven years; their sister was two.

Their Dad had never been much more than a presence they feared. Whenever they heard his tires crunch on the gravel driveway they would scramble to hide under their beds. He did manage to leave $15 a week to buy groceries. Now that he had decided to leave, there would be no more beatings, but no food either.
If there was a welfare system in effect in southern Indiana at that time, I certainly knew nothing about it. I scrubbed the kids until they looked brand new and then put on my best homemade dress, loaded them into the rusty old 51 Chevy and drove off to find a job. The seven of us went to every factory, store and restaurant in our small town. No luck.

The kids stayed crammed into the car and tried to be quiet while I tried to convince who ever would listen that I was willing to learn or do anything. I had to have a job; still no luck. The last place we went to, just a few miles out of town was an old Root Beer Barrel drive-in that had been converted into a truck stop. It was called the Big Wheel.

An old lady named Granny owned the place and she peeked out of the window from time to time at all those kids. She needed someone on the graveyard shift, 11 at night until seven in the morning. She paid 65 cents an hour, and I could start that night.

I raced home and called the teenager down the street that baby-sat for people. I bargained with her to come and sleep on my sofa for a dollar a night. She could arrive with her pajamas on and the kids would already be asleep. This seemed like a good arrangement to her, so we made a deal. That night when the little ones and I knelt to say our prayers, we all thanked God for finding Mommy a job. And so I started at the Big Wheel.

When I got home in the mornings I woke the baby-sitter up and sent her home with one dollar of my tip money-- fully half of what I averaged every night.

As the weeks went by, heating bills added a strain to my meager wage. The tires on the old Chevy had the consistency of penny balloons and began to leak. I had to fill them with air on the way to work and again every morning before I could go home.

One bleak fall morning, I dragged myself to the car to go home and found four tires in the back seat. New tires! There was no note, no nothing, and just those beautiful brand new tires. Had angels taken up residence in Indiana? I wondered. I made a deal with the local service station. In exchange for his mounting the new tires, I would clean up his office.

I remember it took me a lot longer to scrub his floor than it did for him to do the tires. I was now working six nights instead of five and it still wasn't enough. Christmas was coming and I knew there would be no money for toys for the kids. I found a can of red paint and started repairing and painting some old toys. Then I hid them in the basement so there would be something for Santa to deliver on Christmas morning.

Clothes were a worry too. I was sewing patches on top of patches on the boy's pants and soon they would be too far gone to repair. On Christmas Eve the usual customers were drinking coffee in the Big Wheel. There were the truckers, Les, Frank, and Jim, and a state trooper named Joe.

A few musicians were hanging around after a gig at the Legion and were dropping nickels in the pinball machine. The regulars all just sat around and talked through the wee hours of the morning and then left to get home before the sun came up.

When it was time for me to go home at seven o'clock on Christmas morning, to my amazement, my old battered Chevy was filled to the top with boxes of all shapes and sizes.
I quickly opened the driver's side door, crawled inside and kneeled in the front facing the back seat. Reaching back, I pulled off the lid of the top box. Inside was a whole case of little blue jeans, sizes 2-10! I looked inside another box: It was full of shirts to go with the jeans.

Then I peeked inside some of the other boxes. There was candy and nuts and bananas and bags of groceries. There was an enormous ham for baking, and canned vegetables and potatoes. There was pudding and Jell-O and cookies, pie filling and flour. There was whole bag of laundry supplies and cleaning items. And there were five toy trucks and one beautiful little doll.

As I drove back through empty streets as the sun slowly rose on the most amazing Christmas Day of my life, I was sobbing with gratitude. And I will never forget the joy on the faces of my little ones that precious morning.

Yes, there were angels in Indiana that long-ago December. And they all hung out at the Big Wheel truck stop....

I believe that many prayers are answered through angels.

I also believe that sometimes there is a shortage of angels.

I also believe that I can be one of those angels if I choose to.

Meister Eckhart said, "Compassion is the first outburst of everything God does."

You may be going through a tough time right now but if you do something nice that brightens another person’s life, your life will also be blessed!

What those angels did at the Big Wheel continues to bless lives each time someone reads this story.

Chronic Fatigue

Chronic fatigue syndrome (CFS) is the most common name used to designate a debilitating health disorder generally accompanied by persistent fatigue not due to ongoing exertion and not substantially relieved by rest.

This disorder may also be referred to as myalgic encephalomyelitis (ME), post-viral fatigue syndrome (PVFS), chronic fatigue immune dysfunction syndrome (CFIDS), or several other terms.

Symptoms of CFS include post-exertional malaise; unrefreshing sleep; widespread muscle and joint pain; sore throat; headaches of a type not previously experienced; cognitive difficulties; chronic, often severe, mental and physical exhaustion, muscle weakness, increased sensitivity to light, sounds and smells, orthostatic intolerance, digestive disturbances, depression, and cardiac and respiratory problems.
CFS actually results from widespread acidic toxins throughout the entire body. These acids dissolve body tissues, which causes pain and does not allow the patient to get proper rest. Yeast is a common factor, mostly because yeast thrives in acidic environment.

Yeast and fungus inside your intestines can cause muscle pain and symptoms of chronic fatigue, depression and attention deficit disorder. It can also result in symptoms of fibromyalgia, headaches, lymph problems and autoimmune disorders, including lupus.

Yeast can also cause fruits and sugars to ferment in the intestines creating a neurotoxin and low dose alcohol toxicity. Yeast can move from the intestines and go into the brain. This can explain much of the mental fog and mental exhaustion.

By cleansing yeast out of the system, most CFS patients can control some of their symptoms. Drinking two tablespoons of Ionic Silver daily can destroy yeast. Ionic Silver can also be injected into the rectum or vagina using a syringe or douche bottle.

When large numbers of yeast colonies are killed rapidly, the cleanse may be accompanied by one to three weeks of flu-like symptoms until the dead yeast is washed out of the body. Drinking plenty of purified water can help remove toxins that are being released as a result of any kind of detoxification program.

Silver spray can be applied to sore muscles once or twice daily as needed for pain or aches. Fulvia and Affinity both help remove the toxins that cause CFS and supply lacking nutrition including vitamins, minerals and freeform amino acids, all known to help. Liver cleansing is also very helpful. (See Liver Cleanse)

Acidophilus found in Neutra-Cleanse supports a healthy intestinal flora, which is an important part of the body’s defense against the overgrowth of yeast and fungus.

Fulvia also has anti-fungal properties and the ability to help support proper pH in the body, a healthy balance of good bacteria and intestinal flora, all of which are a major factor in preventing an onslaught of yeast and fungus.

The herbs in Affinity are also recommended for anyone suffering from CFS.

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Cinnamon

The Power of Cinnamon:

Just half a teaspoon of cinnamon a day significantly reduces blood sugar levels in diabetics, a new study has found. The effect, which can be produced even by soaking a cinnamon stick in your tea, could also benefit millions of non-diabetics who have blood sugar problem but are unaware of it.

The active ingredient in cinnamon is a water-soluble polyphenol compound called MHCP. In test tube experiments, MHCP mimics insulin, activates its receptor, and works synergistically with insulin in cells.

Volunteers with Type 2 diabetes were given one, three or six grams of cinnamon powder a day, in capsules after meals.
All responded within weeks, with blood sugar levels that were on average 20 per cent lower than a control group. Some even achieved normal blood sugar levels. Tellingly, blood sugar started creeping up again after the diabetics stopped taking cinnamon.

Cinnamon also lowered levels of fats and "bad" cholesterol in the blood, which are also partly controlled by insulin. And in test tube experiments it neutralized free radicals, damaging chemicals, which are elevated in diabetics.

Cinnamon's essential oils also qualify it as an "anti-microbial" food, and cinnamon has been studied for its ability to help stop the growth of bacteria as well as fungi, including the commonly problematic yeast, Candida.

In a study, published in the August 2003 issue of the International Journal of Food Microbiology, the addition of just a few drops of cinnamon essential oil to approximately 3 ounces of carrot broth, which was then refrigerated, inhibited the growth of the food borne pathogenic Bacillus cereus for at least 60 days. When the broth was refrigerated without the addition of cinnamon oil, the pathogenic B. cereus flourished despite the cold temperature. In addition, researchers noted that the addition of cinnamon not only acted as an effective preservative but improved the flavor of the broth.

Chewing cinnamon flavored gum or just smelling cinnamon enhanced study participants' cognitive processing. Specifically, cinnamon improved participants' scores on attention related processes, virtual recognition memory, working memory, and visual-motor speed while working on a computer-based program.

Hint: simmer a few cinnamon sticks in water while your kids are doing their homework; this will serve as wonderful yet non-toxic air freshener for your home.

Cinnamon has also been valued in energy-based medical systems, such as Traditional Chinese Medicine, for its warming qualities. In these traditions, cinnamon has been used to provide relief when faced with the onset of a cold or flu, especially when mixed in a tea with some fresh ginger.

Cinnamon is the inner bark of a tropical evergreen tree. There are many different species, between 50 and 250, depending on which botanist you choose to believe. The two main varieties are Cinnamomum cassia and Cinnamomum zeylanicum. C. zeylanicum is also known as Ceylon cinnamon (the source of its Latin name, zeylanicum), or 'true cinnamon' which is a lighter color and possessing a sweeter, more delicate flavor than cassia. A native of Sri Lanka (formerly Ceylon) the best cinnamon grows along the coastal strip near Colombo.

In ancient Egypt cinnamon was more precious than gold. This is not too surprising though, as in Egypt the abundance of gold made it a fairly common ornamental metal. Nero, emperor of Rome in the first century AD, burned a year’s supply of cinnamon on his wife’s funeral pyre — an extravagant gesture meant to signify the depth of his loss.

The demand for cinnamon was enough to launch a number of explorations in search of it. The Portuguese invaded Sri Lanka immediately after reaching India in 1536. The Sinhalese King paid the Portuguese tributes of 110,000 kilograms of cinnamon annually.
The Dutch captured Sri Lanka in 1636 and established a system of cultivation that exists to this day. In its wild state, trees grow high on stout trunks. Under cultivation, the shoots are continually cropped almost to ground level, resulting in a low bush, dense with thin leafy branches. From these, come the finest quills.

Cinnamon comes in ‘quills’, strips of bark rolled one in another. The pale brown to tan rolled strips are generally thin, the spongy outer bark having been scraped off. The best varieties are pale and parchment-like in appearance. True cinnamon is very similar to cassia, and in North America little distinction is given, though cassia tends to dominate the market. Cinnamon is also available ground, and can be distinguished from cassia by its lighter color and much finer powder.

Whole quills will keep their flavor indefinitely. Unfortunately it is difficult to grind so for many recipes the powdered variety will be preferred. Like other powdered spices cinnamon loses flavor quickly, so should be purchased in small quantities and kept away from light in airtight containers.

Cassia and cinnamon have similar culinary uses, but since it is more delicate, cinnamon is used more in dessert dishes. It is commonly used in cakes and other baked goods, milk and rice puddings, chocolate dishes and fruit desserts, particularly apples and pears.

The largest importer of Sri Lankan cinnamon is Mexico, where it is drunk with coffee and chocolate and brewed as a tea.

Medicinal Properties:

Recent studies have determined that consuming as little as one-half teaspoon of real cinnamon each day may reduce blood sugar, cholesterol, and triglyceride levels by as much as 20% in Type II diabetes patients who are not taking insulin it is mildly carminative and used to treat nausea and flatulence. It is also used alone or in combination to treat diarrhea.

Chinese herbalists tell of older people, in their 70s and 80s, developing a cough accompanied by frequent spitting of whitish phlegm. A helpful remedy, they suggest, is chewing and swallowing a very small pinch of powdered cinnamon. This remedy can also help people with cold feet and hands, especially at night.

Germany's Commission E approves Cinnamon for appetite loss and indigestion. The primary chemical constituents of this herb include cinnamaldehyde, gum, tannin, mannitol, coumarins, and essential oils (aldehydes, eugenol, pinene).

Cinnamon is predominantly used as a carminative addition to herbal prescriptions. It is used in flatulent dyspepsia, dyspepsia with nausea, intestinal colic and digestive atony associated with cold & debilitated conditions. It relieves nausea and vomiting, and, because of its mild astringency, it is particularly useful in infantile diarrhea.

The cinnamaldehyde component is hypotensive and spasmolytic, and increases peripheral blood flow. The essential oil of this herb is a potent antibacterial, anti-fungal, and uterine stimulant. The various terpenoids found in the volatile oil are believed to account for Cinnamon’s medicinal effects. Test tube studies also show that Cinnamon can augment the action of insulin.
Cultivation:

Cinnamon is from a tropical evergreen tree of the laurel family growing up to 7m (56 ft) in its wild state. It has deeply-veined ovate leaves that are dark green on top, lighter green underneath. The bark is smooth and yellowish. Both the bark and leaves are aromatic. It has small yellowish-white flowers with a disagreeable odor that bear dark purple berries. It prefers a hot, wet tropical climate at a low altitude. Cultivated plantations grow trees as small bushes, no taller than 3 m (10 ft), as the stems are continually cut back to produce new stems for bark. The outer bark, cork and the pithy inner lining are scraped off and the remaining bark is left to dry completely, when it curls and rolls into quills. Several are rolled together to produce a compact final product, which is then cut into uniform lengths and graded according to thickness, aroma and appearance.

Other Names: Ceylon Cinnamon, True Cinnamon. (See Honey & Cinnamon)

Clay Balls

A man was exploring caves by the Seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful, precious stone!

Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars' worth of jewels in the 20 or so clay balls he had left.

Then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just thrown it away!

It's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it.

We see that person as less important than someone more beautiful or stylish or well known or wealthy. But we have not taken the time to find the treasure hidden inside that person.

There is a treasure in each and every one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth.

May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay. May we see the people in our world as God sees them.
The people at Joy To Live are all gems; from owners Jerry and Debbie Ricks, to those in customer service, to those who fill the bottles and those who ship the products and take such good care of us in the field. Know that you are appreciated for all that you do!

And to all of our distributors; I am also blessed by the gems of friendship I have with you. Thank you for looking beyond my clay vessel.

Whenever you ask God to Guide your Footsteps, be willing to MOVE Your Feet.

Peace to all - Life to all – Love to all.

Joyful John Austin

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**Coincidence**

Beautiful story that makes you understand that things happen for a reason.

The brand new pastor and his wife, newly assigned to their first ministry, to reopen a church in suburban Brooklyn, arrived in early October excited about their opportunities.

When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve.

They worked hard, repairing pews, plastering walls, painting, etc., and on December 18th were ahead of schedule and just about finished.

On December 19th a terrible tempest - a driving rainstorm hit the area and lasted for two days. On the 21st, the pastor went over to the church.

His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high. The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home.

On the way he noticed that a local business was having a flea market type sale for charity so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover up the hole in the front wall. He bought it and headed back to the church.

By this time it had started to snow. An older woman running from the opposite direction was trying to catch the bus. She missed it, so the pastor invited her to wait in the warm church for the next bus 45 minutes later.

She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area.

Then he noticed the woman walking down the center aisle. Her face was like a sheet. 'Pastor,' she asked, 'where did you get that tablecloth?"
The pastor explained.

The woman then asked him to check the lower right corner to see if the initials, EBG were crocheted into it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria.

The woman could hardly believe it as the pastor told how he had just gotten the tablecloth. The woman explained that before the war she and her husband were well-to-do people in Austria.

When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. He was captured, sent to prison and she never saw her husband or her home again.

The pastor wanted to give her the tablecloth; but she made the pastor keep it for the church.

The pastor insisted on driving her home that was the least he could do. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return.

One older man, whom the pastor recognized from the neighborhood continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving.

The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike.

He told the pastor how the Nazis came, how he forced his wife to flee for her safety and he was supposed to follow her, but he was arrested and put in a prison. He never saw his wife or his home again all the 35 years in between.

The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier.

He helped the man climb the three flights of stairs to the woman’s apartment, knocked on the door and he saw the greatest Christmas reunion he could ever imagine.

Who says God does not work in mysterious ways?

I have long since quit believing in circumstance. All things happen for a reason and when we take a closer look, we will generally a higher power that is working all things for our good.

True Story - submitted by Pastor Rob Reid.
Colds

Colds are a virus. A cold gets in your nose and your sinuses and starts to duplicate there, producing a lot of mucus. Many will experience postnasal drip – mucus dripping down the back of the sinuses into the throat when they go to bed. The mucus contains a virus or bacteria. When it reaches the back of the throat, it causes swelling and inflammation and can even spread into the ears.

Taking one tablespoon of Ionic Silver three times daily, and spraying intranasally four or five times daily, will help reduce congestions and inflammation. Using Ionic Silver as a mouth rinse, eardrops, eye drops, nose drops, and throat spray can also be helpful as well.

Fulvia and Affinity have antiviral properties as well as supplying nutrients that support a strong immune system. If you are prone to frequent colds, you should also cleanse the colon using Neutra Cleanse.

Cold Sores / Herpes

When the herpes virus infects the skin, we call it a canker sore or cold sore. If you use Ionic Silver within the first four hours of feeling the sore, it will not even erupt. However, if you don’t get it in the early phases, viral infection will duplicate and become much more difficult to control. This is why regular, preventative use is so important. (See Viruses)

Colitis / Irritable Bowel Syndrome / Diverticulitis

Colitis is an inflamed colon. Irritated and swollen bowels, and alternating constipation and diarrhea characterize irritable bowel syndrome. Diverticulitis results from overstretched intestines that collect toxins – the toxins that should be passing out of the body start being absorbed and get into the bloodstream.

By taking two teaspoons twice daily, Ionic Silver will kill the yeast and bacteria that causes Colitis. You should expect to see some benefits within the first two days.

Fulvia, Neutra-Cleanse, Affinity and herbs like catsclaw and digestive enzymes can also help support a normal, healthy bowel.

Colon Cleansing

The Key to Excellent Health: Cleansing the Colon ~ Dr. Anderson

It has always been an axiom of natural medicine that the digestive system is the foundation for good or bad health. Nothing has changed since the great natural healer Dr. John Harvey Kellogg, founder of the Battle Creek Sanitarium in Michigan, declared nearly a century ago that “90% of the diseases of civilization are due to improper functioning of the colon.”
In 1987, I developed a four-phase, four-week colon cleansing protocol using herbs, electrolytes, probiotics, and nutrients. Since then, an estimated 70,000 people have done the self-care colon cleanse.

The benefits of cleansing are numerous. One user stated: “The main improvements I have noticed are energy levels, vision, hair, skin, mental attitude, and ability to cope with stress situations—generally I’m a much happier and healthier person.”

Other benefits typically cited by users are cessation of menstrual pain, migraines, and joint pain, fewer colds, resolution of lifelong sinus congestion, skin problems, and breast cysts, weight loss, and improved concentration, among many others.

Consider the following cases from our patient files:

Lisa, 55, had suffered from a skin rash for 35 years. She had consulted numerous physicians but nothing had reversed this problem. When the intestines are clogged and toxic, and the liver, too, is overburdened, toxins start backing up into the skin for elimination from the body.

By the time Lisa completed the colon cleanse, 95% of her skin symptoms had disappeared. We find Lisa’s experience replicated often; cleansing the colon frequently yields softer, more beautiful skin, with long-standing blemishes removed permanently in many cases.

Traces of an earlier illness often remain in the intestines as potential seeds for a recurrence. While cleansing, it is not unusual to “retrace” or re-experience the symptoms of the former illness as these traces are purged from the body.

Lil, 42, who suffered from chronic bronchitis, could not exercise or even walk up stairs without wheezing. While cleansing, she had a ten-day fit of coughing and wheezing, then it abruptly stopped and never returned. By emptying her intestines of old, putrefied matter, Lil had purged her body of the seeds of her recurrent bronchitis.

Margot, 47, had been beset by intense hip pain for seven years, such that she needed a cane to walk. X rays showed that the cartilage was worn off the head of the femur (thigh bone connecting to the hip bone) and the nerves in that area were pinched. Margot had tried numerous alternative therapies but was still relatively crippled.

Margot reported that on the second day of the cleanse, 50% of her pain disappeared and she no longer needed her cane; on the third day, she was able to perform gentle stretching exercises; and over the next several months, Margot’s pain continued to diminish leading her to declare: “For the first time in seven years, I’m seeing the reversal of the downward spiral.”

What happens in a colon cleanse to produce these benefits?

Merely consider three facts about the intestines. First, if stretched out to their full length, the large and small intestines together would measure 25 feet long. Second, the total surface area in the intestines (made larger by myriad folds) capable of absorbing nutrients is the size of a tennis court.

Third, the intestines can store a vast amount of partially digested, putrefying matter, as well as drugs and other toxic chemicals for decades. Some intestines, when autopsied, have weighed up to 60 pounds and were distended to a diameter of 12 inches with only a pencil-thin channel through which the feces could move.
The size and weight was due to caked layers of encrusted mucus mixed with fecal matter, bizarrely resembling hardened blackish-green truck tire rubber or an old piece of dried rawhide. I call this mucoid plaque. This mucoid plaque, when it is removed during an intensive colon cleanse, often shows ropelike twists, striations, overlaps, folds and creases, the shape and appearance of the intestinal wall.

Mucoid plaque may vary considerably, depending on the chemical conditions in a person’s intestines. It may be hard and brittle; it may be firm and thick; tough, wet, and rubbery; soft, thick, and mucoid; or soft, transparent, and thin; it can range in color from light brown, black, or greenish-black to yellow or grey, and sometimes emits an intensely foul odor.

One person during the course of a month-long colon cleanse, passed a single length of mucoid plaque 15 feet long; another client excreted a total of 11 pounds of mucoid plaque during a cleanse. It is not unusual to pass a total of 35 to 45 feet of plaque, often in the last week. In our clinical experience of monitoring thousands of intensive colon cleansing programs over the last 14 years, most people pass a staggering amount of this strange substance.

I coined the term mucoid plaque, meaning a film of mucus, to describe the unhealthy accumulation of abnormal mucous matter on the walls of the intestines. Conventional medicine knows this as a layering of mucin or glycoproteins (made up of 20 amino acids and 50% carbohydrates) which are naturally and appropriately secreted by intestines as protection from acids and toxins.

Mucoid plaque however, is different from the mucosal lining (mucosa) of the gastrointestinal tract. The latter is a necessary buffer to the gastrointestinal wall, and acts as a lubricant for peristalsis. It is also responsible for the secretion of mucins which comprise mucoid plaque. The cells of the outermost layer of the mucosa (the epithelium) stay fresh and vital, renewing themselves every four to seven days.

It sounds paradoxical, but medical research indicates that mucoid plaque is a normal self-defense measure; natural protection from unnatural toxins.

Evidence indicates that mucoid plaque, with the possible exception of that found in the stomach, is unnatural to the healthy body and is found only after the body has moved away from perfect health and into a diseased state. The theory goes that if you were completely healthy, your system would produce no mucoid plaque because it wouldn’t need to.

When the body has been chronically subjected to, or put under attack, by drugs (such as aspirin or alcohol), unnatural refined salt, heavy metals (including dental mercury), toxic chemicals, parasites, harmful microbes and their toxins, and circulating immune complexes (immune cells locked onto undigested particles or foreign substances in the bloodstream), it produces mucoid plaque to protect itself.

The trouble is once the mucoid plaque is created, for whatever biologically important reason; it is not routinely excreted from the intestines. Instead it lodges in the numerous folds and crevices of this large organ and can remain there for a lifetime. Over time, the mucoid plaque grows thicker, firmer, and more widespread, colonizing as it were, the tennis court sized interior of the intestines. Old feces adhere to the plaque and are not removed during a normal bowel movement.
The plaque slows down intestinal action, both waste excretion and nutrient absorption. It can harbor pathogens, including bacteria and parasites, which actually hide underneath the plaque; it may block the normal outflow of lymph and mucin drainage. It binds toxins to itself and contributes to bowel toxicity, slowly emitting toxins into the bloodstream.

Finally, plaque creates a friendly environment for disease, in some cases for colon cancer and gastric carcinomas.

Gradually your immune system is weakened as the chronically toxic bowel environment destroys useful bacteria. Your liver becomes overburdened by the unprocessed intestinal toxins, and nerve meridian points in the intestines related to hundreds of other parts of the body are compromised.

A toxic bowel results in toxic blood and lymph, toxic organs and cells, and toxic function. The bowel “feeds” every organ, tissue, and cell in our bodies, so when the quality of feeding from the digestive system is contaminated and of poor quality, the cells and organs elsewhere in the body will be compromised and grow sluggish and inefficient.

So while mucoid plaque is “natural” in that the intestines produce it, it is unnatural in that the presence of a large amount of it indicates a high degree of intestinal ill health and when the intestines are ill, you will be ill.

Here is a concise review of the essential elements you need:

Assess your pH: This is a chemical measurement of your body’s acidity or alkalinity and, to a certain degree, your level of toxicity. The most accurate H test comes by testing first morning urine with pH test strips found at a health food store, chemical store or purchased online. When moistened, the paper will change color which correlates to a pH chart that comes with the litmus paper.

Reduce Your Eating: Generally, as you move further into the program you should eat less. This enables your body to focus on clearing out the toxins and old fecal matter without the distraction and energy output of digesting new foods. Each successive stage in the program involves stricter dietary controls and a higher intake of supplements and fresh juices with a correspondingly deeper cleansing.

Herbal Laxative: You need a formula to soften and break up toxic waste material while detoxifying cells. An herbal combination that works well for this (when mixed in the proper way) includes plantain, cascara sagrada, barberry, peppermint, sheep sorrel, fennel seed, ginger root, myrrh gum, red raspberry, rhubarb root, goldenseal, and lobelia. This herbal formula prepares the mucoid plaque for removal and neutralizes stored intestinal toxins such as pesticides, drugs, and heavy metals. It also helps cleanse the liver and other body tissues.

Herbal Nutrition: At the same time, you need to bolster your system’s ability to detoxify.

Fulvia and Neutra-Cleanse should be part of every detox program.

An effective herbal formula for cleansing and which is highly nutritive includes alfalfa, dandelion, shavegrass, chickweed, marshmallow root, yellowdock, rosehips, hawthorn, licorice root, Irish moss, kelp, and two digestive enzymes, amylase (digests carbohydrates) and cellulase (digests plant fiber).
Bentonite: Liquid clay derived from volcanic ash, bentonite taken orally is highly effective in absorbing toxins from the intestines and removing them from the body.

Psyllium Husk Powder: This fibrous bulking agent forms a gel when mixed with water. While the herbal laxative and nutritional formulas loosen the mucoid plaque, and bentonite pulls out and absorbs toxic debris, psyllium helps push the toxins and waste materials out of your body.

Probiotics: Your intestines need certain “friendly” bacteria (probiotics found in Neutra-Cleanse) to perform all of their functions, including the suppression and elimination of pathogenic microorganisms. Probiotics can also help restore alkalinity to an acidified intestinal tract thereby assuring that electrolytes will not be lost because of intestines overrun with acidic bacteria. A particularly helpful probiotic is Bifidobacterium infantis.

Electrolytes: Your body depends on the essential alkaline minerals potassium, sodium, calcium, and magnesium to remove toxic acids, maintain fluid balance in cells and the bloodstream, and control pH, hormone secretion, nerve conduction, and other functions. An effective way to deliver alkalinizing electrolytes is taking Fulvia daily and via dehydrated juice of beets, celery, and carrots, combined with goat milk whey concentrate, fig powder, and lecithin.

Antioxidants: As the intestines begin to purge themselves of old matter and mucoid plaque, large amounts of toxins and free radicals are released. It is prudent to take an antioxidant formula while doing the colon cleanse to help your system clean up these released toxins. The best antioxidant is Fulvia. Other good antioxidants include milk thistle, curcumin (from turmeric), Ginkgo biloba, grape seed extract, pine bark extract, vitamins C, E, and B6, bioflavonoids, lipoic acid, coenzyme Q10, zinc, and chromium; almost all of which are found in Fulvia, Elixir Blast and Affinity.

Dietary Changes: First, I generally encourage people to not eat meat in order to reduce acid-forming dietary input. Second, I suggest reducing grains, potatoes, yams, and sweet potatoes for 30 days after completing the colon cleanse. Third, I recommend a raw foods diet maintained whenever possible; ideally based on home-grown organic fruits and vegetables. A raw foods diet is rich in digestive enzymes and encourages the body to continue detoxifying.

Is there a connection between old emotions and colon cleansing?

Yes. You will find that in many cases, colon cleansing will purge old emotions and attitudes stored in the intestines.

Consider this case: Jessie, 20, was a vegan yet was bothered by digestive problems and candidiasis. Candidiasis, or the overgrowth of Candida albicans in the intestines is a condition often reversed by an intense colon cleanse. During the first two weeks of cleansing, Jessie began feeling better, but the turnaround came in week three. Jessie passed what looked like three white cotton balls (presumably Candida masses lodged in her colon), and thereafter had no more candidiasis symptoms.

In addition to her physical improvements, Jessie had an emotional benefit as well. She felt an increase in will power, clarity in her feelings, a new desire to be of service to others, and a release of long-held resentments.
These points highlight an important aspect of colon cleansing. Many people upon completion, feel energized, uplifted, and freed from old patterns, thoughts, feelings, and memories that have held them back. When a person is on a course of personal growth and wants to change their consciousness, but is stuck in old negative patterns of thinking and feeling, there is nothing that will get them unstuck and change them faster than a colon cleanse.

In my observation of many individuals doing the colon cleanse, a negative state of consciousness is often at the root of whatever physical problem they suffer from. Every thought or feeling we have has the potential of moving from the mind into the physical structure of the body where it can provoke illness. I estimate that about 70% of those doing the intensive colon cleanse will experience long-forgotten memories and buried emotions.

Often the memories and emotions surface into awareness with all their original charge and soon afterwards you pass a large section of mucoid plaque. As it passes out of your body, so go the emotions. In most cases, you won’t re-experience those particular emotional memories.

Here is what I think happens. It is as though you can magnetize proteins or undigested food left in the intestines with certain thoughts and feelings, like the hard drive of your computer. These proteins hold onto the feelings for as long as the proteins remain in the intestines, and the old emotions and thoughts continually radiate through the body and mind.

They remain, quite literally and tangibly, stuck in your body; somehow bound up with the mucoid plaque and contributing negatively to the personality and to the physical condition of the body. Both the individual’s biochemistry and psyche are continuously negatively affected by these residues of emotionally magnetized matter.

Let’s say you were 12 and had a traumatic or deeply embarrassing experience. At some level, every cell in your body was affected by the emotions of that event. It is conceivable that some intestinal matter imprinted by that experience remains in your intestines, wrapped inside mucoid plaque and bearing the memory of the original pain, even though you are now 48 and barely remember the episode.

The personality and one’s operating belief system are controlled mainly by a massive accumulation of past thoughts and feelings. To a large extent, intestinal matter helps hold these feelings in place. The colon cleanse, by purging the intestines of the mucoid plaque, flushes out this accumulation of old negative thoughts and feelings.

Reprinted from Dr. Anderson, founder of Arise & Shine Herbal Products, a company that produces the Cleanse Thyself Program a colon cleanse and full body detoxification system. Dr. Anderson is also the author of Cleanse and Purify Thyself , Books One and Two (Christobe Publishing, 1998). More information can be found on his website at www.cleanse.net

(See also Salt Flush and Enema)
Communication

Importance of Saying What You Mean:

Wife texts husband on a cold winter’s morning:

“Windows frozen.”

Husband texts back:

“Pour some luke warm water over it.”

Wife texts back:

“Computer completely dead now.”

Congestion

Congestion – including nasal, lung, and upper respiratory – can stop you from breathing properly. Congestion leads to high production of mucus and can clog the nose, throat, sinuses, and lungs. If bacteria cause the congestion, it can last for months if the bacteria are not destroyed.

To remove congestion, spray Ionic Silver into your nose 1-4 times daily and drink two teaspoons of the liquid twice daily. Inhaling silver 30 minutes daily will help lung congestion.

Congestions can create a poor sleep pattern and lead to decreased immune function. A hot, steamy shower will help you clean out your sinuses; once the sinuses are clean, spray Ionic Silver high into the nostrils. Rinse your mouth with Ionic Silver as well, swallowing the solution when finished.

Constipation

Constipation and Migraine headache or pain going down the neck can often be relieved by deep massage on the same side as the pain, about 4 inches above the ankle, right below the calf on the inside of the leg. When you find the right spot there will pain like a boil. Massage deeply for 9 minutes even though the patient will want to go through the roof. When the pain is gone in the leg, the headache will be gone also.

I performed this massage on my wife who was severely constipated. She wanted to kill me before it was done and a few minutes later, she filled the toilet bowl above the water line. She then thanked me for putting her in pain as the relief was more than the few minutes of agony she endured.
You may also find extremely sore points on the ankles, sides or bottom of the feet. These all relate to some blocked nerves in the body and even if you don’t have reflexology charts, by massaging these points, you will do your body a world of good.

Edgar Cayce says migraines are caused by toxic bowel. Many people have totally eliminated migraines and constipation by cleansing the bowel. See Colon Cleansing and Bentonite Clay.

A healthy bowel should move once for each meal that is consumed.

To understand constipation, it helps to know how the colon, or large intestine, works. As food moves through the colon, the colon absorbs water from the food while it forms waste products, or stool. Muscle contractions in the colon then push the stool toward the rectum. By the time stool reaches the rectum it is solid, because most of the water has been absorbed.

Constipation occurs when the colon absorbs too much water or if the colon's muscle contractions are slow or sluggish, causing the stool to move through the colon too slowly. As a result, stools can become hard and dry. Common causes of constipation are:

- Not enough fiber in the diet
- Dehydration - not enough liquids
- Lack of physical activity (especially in the elderly)
- Medications
- Milk and dairy products
- Changes in life or routine such as pregnancy, aging, and travel
- Abuse of laxatives
- Ignoring the urge to have a bowel movement
- Not enough salt in the diet
- Specific diseases or conditions, such as stroke (most common)
- Problems with the colon and rectum
- Problems with intestinal function (chronic idiopathic constipation)
- Irritable bowel syndrome
- Yeast and Bacteria
- Not Enough Fiber in the Diet:

People who eat a high-fiber diet are less likely to become constipated. The most common causes of constipation are a diet low in fiber or a diet high in fats, such as cheese, eggs, and meats.
Fiber—both soluble and insoluble—is the part of fruits, vegetables, and grains that the body cannot digest. Soluble fiber dissolves easily in water and takes on a soft, gel-like texture in the intestines. Insoluble fiber passes through the intestines almost unchanged. The bulk and soft texture of fiber help prevent hard, dry stools that are difficult to pass.

Americans eat an average of 5 to 14 grams of fiber daily, which is short of the 20 to 35 grams recommended by the American Dietetic Association. Most people today eat too many refined and processed foods from which the natural fiber has been removed.

For sake of convenience people often choose foods that are quick to make or buy, such as fast foods, or prepared foods, both of which are usually low in fiber. High fiber foods are more difficult to chew causing many older people to eat soft foods that are processed and low in fiber.

Dehydration - Not Enough Liquids:

Many people report some relief from their constipation if they drink less soda drinks and drink more water and juices to help avoid dehydration. Liquids add fluid to the colon and bulk to stools, making bowel movements softer and easier to pass. People who have problems with constipation should drink no less that 8-12 glasses of pure water every day.

Drinks that contain caffeine, such as coffee and cola drinks will worsen one's symptoms by causing dehydration. Alcohol is another beverage that causes dehydration. It is important to drink fluids that hydrate the body, especially when consuming caffeine containing drinks or alcoholic beverages.

Studies show that in order to fully neutralize the effects of one glass of soda, you need to drink 32 glasses of water.

Lack of Physical Activity:

A lack of physical activity can lead to constipation. For example, constipation often occurs after an accident or during an illness when one must stay in bed and cannot exercise. Lack of physical activity is thought to be one of the reasons constipation is common in older people.

Medications: Many medications can cause constipation.

Pain medications (especially narcotics)
Antacids that contain aluminum and calcium
Blood pressure medications (calcium channel blockers)
Anti-Parkinson drugs
Antispasmodics
Antidepressants
Iron supplements

Diuretics

Anticonvulsants

Eating dried prunes is one of the best “natural” remedies for constipation. As my children were growing up, we kept a bag of prunes in the cupboard to remedy this problem any time it might arise, as prunes are safe for even babies.

Good diet and regularly using all of the Joy To Live products can help most people eliminate constipation and the need for laxatives. (See Diet)

Changes in Life or Routine:

During pregnancy, women may be constipated because of hormonal changes or because the uterus compresses the intestine. Aging may also affect bowel regularity, because a slower metabolism results in less intestinal activity and muscle tone. In addition, people often become constipated when traveling, because their normal diet and daily routine are disrupted.

Abuse of Laxatives:

Although people may feel relief when they use laxatives, typically they must increase the dose over time because the body grows dependent upon laxatives in order to have a bowel movement. As a result, laxatives may become habit-forming.

Ignoring the Urge to Have a Bowel Movement:

People who ignore the urge to have a bowel movement may eventually stop feeling the need to have one, which can lead to constipation. Some people delay having a bowel movement because they do not want to use toilets outside the home. Others ignore the urge because of emotional stress or because they are too busy. Children may postpone having a bowel movement because of stressful toilet training or because they do not want to interrupt their play.

Not enough salt in the diet:

Contrary to popular opinion, salt is necessary to health. Salt is Sodium Chloride and sodium is the water-regulating mineral. Because the human body is 70% or more water, it needs considerable sodium to help regulate all of the bodily fluids. One quick fix for constipation is to drink a rounded tsp. of salt in warm water first thing in the morning every day until you are back to having normal bowel movements. Don’t use regular table salt however. (See Salt)

Specific Diseases:

Diseases that cause constipation include neurological disorders, metabolic and endocrine disorders, and systemic conditions that affect organ systems. The following disorders can slow the movement of stool through the colon, rectum, or anus.
Neurological disorders

Multiple sclerosis

Parkinson's disease

Chronic idiopathic intestinal pseudo-obstruction

Stroke

Spinal cord injuries

Diabetes

Uremia

Hypocalcaemia

Hypothyroidism

Amyloidosis

Lupus

Scleroderma

Problems with the colon and rectum:

Intestinal obstruction, adhesions (scar tissue), diverticulitis, tumors, colorectal stricture, or cancer can compress, squeeze, or narrow the intestine and rectum and cause constipation.

Problems with Intestinal Function: The three types of constipation are idiopathic constipation, functional constipation and irritable bowel syndrome.

Idiopathic has an unknown origin and does not respond to standard treatment.

Functional constipation means that the bowel is healthy but not working properly. It is often the result of poor dietary habits and lifestyle. It occurs in both children and adults and is most common in women. Colonic inertia, delayed transit, and pelvic floor dysfunction are three types of functional constipation. Colonic inertia and delayed transit are caused by a decrease in muscle activity in the colon. These syndromes may affect the entire colon or may be confined to the lower, or sigmoid, colon.

Pelvic floor dysfunction is caused by a weakness of the muscles in the pelvis surrounding the anus and rectum. However, because this group of muscles is voluntarily controlled to some extent, biofeedback training is somewhat successful in retraining the muscles to function normally and improving the ability to have a bowel movement.

Functional constipation that stems from problems in the structure of the anus and rectum is known as anorectal dysfunction, or anismus. These abnormalities result in an inability to relax the rectal and anal muscles that allow stool to exit.
People with IBS having predominantly constipation also have pain and bloating as part of their symptoms.

The doctor may ask a patient to describe his or her constipation, including duration of symptoms, frequency of bowel movements, and consistency of stools, presence of blood in the stool, toilet habits and how often and where one has bowel movements. A record of eating habits, medication, and level of physical activity will also help the doctor determine the cause of constipation.

The clinical definition of constipation is having any two of the following symptoms for at least 12 weeks in the previous 12 months:

- Straining during bowel movements
- Lumpy or hard stool
- Sensation of incomplete evacuation
- Sensation of anorectal blockage/obstruction
- Fewer than three bowel movements per week
- Missing just one day without having a bowel movement however, is constipation. It is just a lesser degree than someone who may go three days or even a week without having one.

Yeast and Bacteria:

Crohn’s disease is an inflamed irritable bowel syndrome. One of the main symptoms is constipation. Bacteria, a virus, a parasite, or all three may cause it. By drinking four ounces of Ionic Silver the first day and two teaspoons of Ionic Silver per day thereafter, you can destroy all three potential causes of the symptoms. Silver is very good at destroying pathogens without further inflaming the bowel.

Underactive thyroid is another cause of constipation. Even though blood tests may indicate that the thyroid is normal, eighty percent of Americans suffer from an underactive thyroid.

Ionic Silver can help because often the thyroid is damaged by a viral or bacterial infection. Drinking two teaspoons twice daily and applying Ionic Silver topically to the throat will result in significant thyroid benefit.

Fulvia and Affinity also help turn on the thyroid gland nutritionally, which could then in turn relieve the symptoms of constipation.

Milk and dairy products:

Milk and dairy products and especially cheese are very constipating. Furthermore, everyone is allergic to them to one degree or another and if you suffer from constipation, they should be avoided altogether.

Bowels can have a lot of problems – from constipation and colitis to yeast and other infections and diarrhea. By taking two teaspoons twice daily, Ionic Silver can help destroy the bacteria
and yeast that cause many of these problems. You should expect to see benefits within the first two days.

Neutra Cleanse has some of the best herbs that have been used successful to aid with constipation. It also has acidophilus which helps cleanse, heal and balance the growth of bacteria in the bowel.

Fulvia, Affinity and Neutra-Cleanse also help support a healthy intestinal tract, and normal and regular bowel movements.

Aerobia may aid in several gastrointestinal problems like ulcers and irregularity and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of constipation. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Elixir Blast can help with digestion, which may also help with constipation.

See also Colon Cleansing, Enema, Salt Flush, and Bentonite Clay.

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**COPD**

Special breathing exercises have completely eradicated black lung and COPD in some people. (See Breathing Exercises)

The major cause of COPD is cigarette smoking. (See Smoking)

Also: (See Allergies / Asthma / Respiratory Conditions)

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**Coughs**

How to stop cough in 5 minutes:

I have used this method and it does seem to help. No side effects were found, but it does not get at the root of the problem.

ANYTHING is better than antibiotics. Even babies can benefit from this and the parents don't have to worry about the safety of their child.

Even persistent, heavy, deep coughing will stop in about five minutes and stay stopped for hours of relief. This is more effective in children than strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep more soundly.

Treatment:

Put Vicks Vapor Rub generously on the bottom of the feet at bedtime and then cover with socks.
Colds are a virus. A cold gets in your nose and your sinuses and starts to duplicate there, producing a lot of mucus. Many will experience postnasal drip – mucus dripping down the back of the sinuses into the throat when they go to bed. The mucus contains a virus or bacteria. When it reaches the back of the throat, it causes swelling and inflammation and can even spread into the ears.

Taking one tablespoon of Ionic Silver three times daily, and spraying intranasally four or five times daily, will help reduce congestions and inflammation. Using Ionic Silver as a mouth rinse, eardrops, eye drops, nose drops, and throat spray can also be helpful as well.

Fulvia and Affinity have antiviral properties as well as supplying nutrients that support a strong immune system. If you are prone to frequent colds, you should also cleanse the colon using Neutra Cleanse.

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**Crohn’s Disease**

Crohn’s disease is an inflamed irritable bowel syndrome. The main symptoms are abdominal pain, diarrhea (which may be bloody, although this may not be visible to the naked eye), constipation, vomiting, weight loss, or weight gain.

Although it is an infection, it is not clear if bacteria, a virus, a parasite, or all three cause it. By drinking four ounces of Ionic Silver the first day and two teaspoons of Ionic Silver per day thereafter, you can destroy all three potential causes of the symptoms. Crohn’s disease is considered to be an autoimmune disease in which the body attacks itself. I disagree, but either way, silver is very good at destroying pathogens without inflaming the immune system.

In addition to Ionic Silver liquid on a daily basis, you may want to consider adding acidophilus found in Neutra Cleanse and coenzyme Q10 found in Elixir Blast. Nutrients found in Fulvia and Affinity, are also noted for helping relieve crohn’s disease.

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**Customer Service – True Story ~ Barbara Glanz**

A few years ago, I was hired by a large supermarket chain to lead a customer service program to build customer loyalty.

During my speech I said, “Every one of you can make a difference and create memories for your customers that will motivate them to come back. Put your personal signature on the job. Think about something you can do for your customer to make them feel special; memories that will make them come back.”

About a month after I had spoken, I received a call from a nineteen-year-old bagger named Johnny. He proudly informed me he was a Down Syndrome individual and told me his story.

"I liked what you talked about!" he said, "but at first I didn't think I could do anything special for our customers. After all, I'm just a bagger."

"Then I had an idea!" Johnny said. "Every night after work, I'd come home and find a thought for the day. If I can't find a saying I like, I just think one up" he added.
When Johnny had a good Thought for the Day, his dad helped him set it up on the computer and print multiple copies. Johnny cut out each quote and signed his name on the back. Then he’d bring them to work the next day.

"When I finish bagging someone's groceries, I put my thought for the day in their bag and say 'Thanks for shopping with us.'"

It touched me to think that this young man with a job most people would say is not important had made it important by creating precious memories for all of his customers.

A month later the store manager called me. "You won’t believe what happened. When I was making my rounds today, I found Johnny's checkout line was three times longer than anyone else's! It went all the way down the frozen food aisle. So I quickly announced, 'We need more cashiers; get more lanes open!' As I tried to get people to change lanes, no one would move. They each said, 'No, it's okay; we want to be in Johnny's lane - we want his 'Thought for the Day.'"

The store manager continued, "It was a joy to watch Johnny delight the customers. I got a lump in my throat when one woman said 'I used to shop at your store once a week, but now I come in every time I go by, because I want to get Johnny's 'Thought for the Day.'"

A few months later, the manager called me again. "Johnny has transformed our store. Now when the floral department has a broken flower or unused corsage, they find an elderly woman or a little girl and pin it on them. Everyone is having a lot of fun creating memories. Our customers are talking about us - they're coming back, and bringing their friends."

A wonderful spirit of service spread throughout the entire store; all because Johnny chose to make a difference!

Johnny's idea wasn't nearly as innovative as it was loving. It came from the heart - it was genuine. That's what touched his customers, his peers and those who read this story.

When it comes to customer service, one person can make a difference and that person can be you. When we truly focus on our customer’s needs and show them that we care and do something a little extra to surprise them and delight them, they will be loyal customers for life. Great customer service comes from the inside out; from the heart. It's your choice.

It doesn’t matter what your job is, how much change is going on around you, what your boss is doing, what your co-workers are doing, you can make a difference in every interaction you have. If Johnny can do it, there is no reason why each one of us can’t do it too.

Great service comes from the heart and so does joy to live!

Will you be a Johnny today?
Cysts

Cysts are usually the result of bacteria that collects under the skin. It grows and produces puss or other kinds of toxins. Take two teaspoons of Ionic Silver twice daily and apply the Ionic Silver topically four or more times daily.

Dementia

It's very rare that anyone in the medical mainstream is ever mad enough to break ranks and tell the world that pharmaceutical drugs are next to useless for treating disease.

After all, they’d risk losing their funding from the government and Big Pharma. They’d be dismissed as crackpots. Their professional reputations would be in tatters. It would be professional suicide!

Professor David Smith, emeritus professor of pharmacology at Oxford University and founding director of the Oxford Project, which studies the causes of dementia, confessed that the “billions” spent developing dementia drugs like Aricept is a waste of money, because they are ineffective and can even make the symptoms of dementia worse.

"A simple vitamin B tablet works better than Aricept in that it slows the progression of dementia rather than just treating the symptoms", said Professor Smith.

Affinity, Elixer Blast and Aerobia provide a complex of B vitamins along with a number of herbs and phytonutrients that are known to boost brain power, memory and help prevent the symptoms of dementia, and taking Fulvia at the same time will make certain that these vitamins and other nutrients are bioavailable and used by the body.

While we applaud Professor Smith for speaking out now, researchers at the Health sciences Institute reported two years ago that high dosage vitamin B; folic acid, vitamin B12 and vitamin B6 had been shown to slow the shrinkage of the brain by an average of 30 per cent a year in people with high serum levels of homocysteine (the amino acid which has been shown to increase the risk of developing Alzheimer’s by three to four-fold). Also See Alzheimer’s.

Dengue Fever

Dengue fever is an acute febrile disease found in the tropics and Africa. Four closely related viruses cause it. Ionic Silver can help when inhaled from a nebulizer 30 minutes daily and by drinking two teaspoons twice daily.

Unfortunately, Dengue fever can often get into parts of the body the silver has difficulty reaching. If this happens, increase the dosage to one teaspoon six times daily. If this doesn’t work after two days, drink one full ounce and then return to the original dosage.

Taking Fulvia and Affinity many also prove helpful.
**Depression**

Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" or "blue" for a few days. If you are one of the more than 20 million people in the United States who have depression, the feelings do not go away. They persist and interfere with your everyday life.

Symptoms can include sadness, loss of interest or pleasure in activities you used to enjoy, change in weight, difficulty sleeping or oversleeping, energy loss, feelings of worthlessness, thoughts of death or suicide.

Depression is a disorder of the brain. There are a variety of causes, including genetic, environmental, psychological, and biochemical factors. Depression usually starts between the ages of 15 and 30, and is much more common in women. Women can also get postpartum depression after the birth of a baby. Some people get seasonal affective disorder in the winter from lack of sunlight and depression is one part of bipolar disorder.

Affinity and Fulvia are noted for their ability to help decrease anxiety and depression, uplift moods and give a happy feeling of well-being, and they work better when used together. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of depression. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

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**Diabetes**

We do not have to die from cancer nor do we have to wait to go blind or amputate our feet because of diabetic conditions. With cancer and diabetic rates going through the roof the time to start treating oneself for both conditions is right now. Prevention of cancer and diabetes could also be called life extension treatments for they go hand in hand; they are really one and the same so why wait till one receives the diagnosis?

Insulin is a hormone produced by the pancreas to control blood sugar. Too little insulin or resistance to insulin can cause diabetes.

To understand diabetes, it is important to first understand the normal process by which food is broken down and used by the body for energy. Several things happen when food is digested:

A sugar called glucose enters the bloodstream. Glucose is a source of fuel for the body. Insulin is needed to move glucose from the bloodstream into muscle, fat, and liver cells, where it can be used as fuel. An organ called the pancreas makes the necessary insulin.

People with diabetes have high blood sugar. This is because:

Their pancreas does not make enough insulin. Or

Their muscle, fat, and liver cells do not respond to insulin normally.

There are three major types of diabetes:
Type I diabetes is usually diagnosed in childhood. In this disease, the body makes little or no insulin. Daily injections of insulin are needed.

Failure of the pancreas to create insulin is usually two-fold. The pancreas is full of toxins, which prevents the pancreas from doing its job, or it lacks the necessary minerals required for insulin production.

Like a cut finger that gets infected, it cannot heal and a pancreas cannot do its job of making insulin when full of toxins. Like the same cut finger; once it is disinfected can heal with no problem, in like manner, a pancreas that is properly detoxified will normally start producing insulin once again. Fulvia is the most powerful natural detoxifier as well as the best source of the minerals that are necessary for healthy pancreas function.

If the pancreas is damaged beyond normal repair, as long as there is still one living pancreas cell, Fulvia may help repair the DNA of that cell, giving it the perfect blueprint, with which to create a new pancreas one cell at a time. As cells divide, each new pancreas cell will then produce insulin according to its blueprint, gradually allowing the dysfunctional pancreas to then produce enough insulin so that injections will no longer needed.

Type II diabetes is far more common and makes up most of the diabetes cases. It usually occurs in adulthood, but young people are increasingly being diagnosed with this disease. The pancreas makes insulin, but the body does not respond well to it (insulin resistance).

Insulin Resistance can be from:

1) Receptor sites of the cells being blocked with petrochemicals (Receptoblockers) from pesticides, herbicides, soaps, shampoos, household chemicals, etc:

Fulvia is the best detoxifier of the receptor sites in the cells allowing insulin to now get inside of the once blocked cells in order to convert glucose to energy.

2) Lack of minerals:

Chromium and Vanadium are required in order for insulin to do its job inside of the cell. These two minerals however must be thousands of times smaller than the cell opening, they must be negatively charged and they must be from a plant source. Fulvia is the best source of Chromium and Vanadium that match these requirements.

If the receptor sites are clean, allowing insulin into the cell and the cell has the right source of Chromium and Vanadium, you can say goodbye to Type II Diabetes. Not only does Fulvia clean out the receptor sites, it is also the best source of Chromium and Vanadium in their proper form to catalyze insulin inside of the cell and produce energy.

Gestational diabetes is high blood glucose that develops during pregnancy in a woman who normally does not have diabetes. Women who have gestational diabetes are at high risk of Type II Diabetes and cardiovascular disease later in life.

The same thing holds true for Gestational Diabetes as for Type II Diabetes.

For adolescent diabetics, Fulvia can’t be beat. Affinity also supports normal blood sugar. Adults will want to take Affinity along with the Fulvia for faster results.
The Importance of Controlling Blood Sugar:

Controlling your blood sugar is increasingly recognized as a key element in overall health. It not only helps avoid the onset of diabetes and hypoglycemia, but limiting your blood sugar spikes can have other benefits such as improved immune response, lowering your cholesterol and helping to fight off cancer.

Changes in your blood sugar cause your body to release insulin, which is used to properly transport and metabolize the sugar. Since insulin is longer lived than blood sugar, food that causes rapid increases / decreases in blood sugar tends to leave excess insulin. Excess insulin leads to poor health and the onset of serious ailments and diseases.

Rapid changes in blood sugar spikes Foods such as simple sugars that rapidly raise your blood sugar are said to have a high glycemic index. Foods such as complex carbohydrates that take longer to digest, and thus do not as quickly affect your blood sugar level, are called low glycemic foods.

A new study found that low-salt diets increase insulin resistance. (See Salt)

Underactive thyroid is another major cause of diabetes. (See Thyroid)

There is also evidence that the frequency of radiation created in microwave ovens causes blood sugar to spike in susceptible individuals and may actually be the cause of one type of diabetes. (See Microwaves)

People who sleep fewer hours also seem to prefer eating foods that are higher in calories and carbohydrates, which can lead to overeating, weight gain, and obesity over time. Hormones that are released during sleep control appetite and the body’s use of energy. For example, insulin controls the rise and fall of blood sugar levels during sleep. People who don’t get enough sleep have insulin and blood sugar levels that are similar to those in people who are likely to have diabetes.

People who are inactive are more likely to gain weight because they don’t burn up the calories that they take in from food and drinks. An inactive lifestyle also raises your risk for diabetes, heart disease, high blood pressure, colon cancer, and other health problems.

A new study found that low-salt diets increase the risk of death from heart attacks and strokes and do not prevent high blood pressure.

“If the goal is to prevent hypertension with lower sodium consumption, this study shows it does not work” said the lead author, Dr. Jan A. Staessen, a professor of medicine at the University of Leuven, in Belgium.

Dr. Alderman said the new study is not the only one to find adverse effects of low-sodium diets. He studied people who had “high blood pressure” and found that those who ate the least salt were most likely to die.

He also said “lowering salt consumption has consequences beyond blood pressure. It also, for example, increases insulin resistance (diabetes), which can increase the risk of heart disease.” (See Salt)
The most widely accepted idea for life extension is the free-radical theory. According to this theory, we begin to self-destruct” as we age. Our DNA becomes damaged beyond our body’s ability to repair and we eventually accumulate enough damage that can’t support life, and we die.

The main agents of this destruction are oxygen free radicals; aggressive chemical compounds in the environment as well as those created as a byproduct of your natural metabolism. Over a lifetime, this progressive damage accumulates to the point where your body’s basic biochemical processes fail.

One of the most destructive processes is protein carbonylation, in which oxygen radicals attack the carbon-hydrogen bonds in proteins. This process has been implicated as a cause for many age-related diseases, such as Parkinson’s, Alzheimer’s, chronic renal failure, adult-onset Diabetes and also Cancer.

Fulvia is the single most powerful antioxidant. Affinity, Elixer Blast and Aerobia also contain powerful antioxidants can all reduce the likelihood of diabetes.

Affinity is known to help with stabilizing blood sugar and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of diabetes. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

For other topics directly related to Diabetes see Sugar / Aspartame / Salt and Thyroid.

Diarrhea / Dysentery

Diarrhea can be caused by a bacteria or virus and dysentery is caused by a bacterial infection. By taking a teaspoon of Ionic Silver in the morning and at night, you can prevent these infections.

If you already have diarrhea or dysentery, you should swallow two teaspoons every hour for the first eight hours. The Ionic Silver will help in as little as four hours. Complete improvement may take up to two days. Acidophilus can also be used.

Diarrhea is most often the other side of the coin called constipation. Diarrhea is often the body’s way of getting the bowel to move when you are constipated. In other words, work on the constipation to get rid of the diarrhea. See Constipation, and Bentonite Clay.

Diaper Rash

When babies wear diapers their skin can be in contact with urine for long periods of time. This warm, moist area of the skin will allow bacteria and fungus to grow very quickly. The skin becomes red and can even crack or bleed. By applying Ionic Silver to the diaper rash you will be able to kill the cause of the diaper rash in the first two hours. The redness and pain can be remedied in as little as five minutes in mild cases.
To prevent diaper rash, you can spray a thin layer of Ionic Silver on the inside of the diaper and then allow it to stand for about two minutes. The approach can also be used in children’s socks to prevent athlete’s foot.

Diet

Matt Monarch is a leading expert and voice in the raw food world. He said, “What you do not eat is more important than what you eat.” He gave a few good examples of this where people on both raw and cooked food diets reduced greatly their intake of food and the variety they were eating and discovered that they got younger, healed and got better permanently. This is especially important to cancer patients as cancer cells starve a good deal easier than healthy cells.

Earthworms and rats lived up to twice as long when rations were decreased and they were forced to fast a certain number of days each week. This tells us that many people are eating their way into an early grave.

David Wolfe said, “Health, wealth, success and all of that ain’t about what you get, it is about what you let go of.”

We are all familiar with the adage, “Less is more.” This can have many meanings and one meaning is that anything we have to grope for makes that part of our life unfulfilling. Enjoyment of the simple leads to happiness and stays with us a lot longer.

This can be applied to all areas of life and enjoyment of less in dietary indulgence truly is a richer life. By and large, those who have succeeded in healing themselves from cancer and other major diseases have succeeded by removing poisons from their systems, improving body chemistry and improving spiritual and emotional health.

It is the things you eliminate that allows your body to rest and tips the balance in your favor. There are supplements that help with cancer and when combined with a whole lifestyle change that is inconsistent with cancer, that is when people see the real results.

Any discussion of any healing system would be very deficient without a discussion of diet as it relates to the prevention of disease and future maintenance of the body. I will give the most fundamental dietary program I can:

If you cannot recognize it, do not eat it. If you cannot pronounce it, do not eat it. If you do not know what the word in the ingredient list is…I mean really know, do not eat it.

Avoid all dairy and wheat products unless sprouted. This includes white and wheat flour, pastas, breads, rolls, wraps, etc.

Eat lots of raw vegetables. If you are not used to it or if you lack teeth, learn to make green smoothies or juice your vegetables. It is best to have fresh vegetable juice for your evening meal. This will totally change your world. Go as far toward totally raw as you possibly can. Traci’s books (www.bestfoodist.com) will give you healthy recipes and really help with your transition to a healthier lifestyle if you need help. With this information you can develop an informed decision about what is the best for you right now and you will have the recipes to make it taste great.
Reduce the intake of animal products. More than one serving of meat per week will certainly cause liver congestion/stone build up in most people.

Avoid refined sugars and starches.

Eat way less than you think you need. No one in our culture has any idea of what they really need. Eating less always leads to better health if the food that is consumed is high quality and consumed with gratitude. Find an improved dietary standard you can follow consistently and stick to it.

Eat lots of fresh, organic, ripe, raw fruit. Have plenty of it. The only thing about fruit is, you have to eat it alone on an empty stomach or in totally green salads or it will backfire, ferment, create disease and cause weakness. It will certainly make your liver worse if you abuse it. Eat plenty of it, but eat it according to the rules.

Go to bed on an empty stomach, or very near empty. Never sedate yourself to sleep with food or drink of any kind.

When you consume mostly raw foods and fresh juices along with body cleansing, the body has its best chance to heal and renew itself.

When cooking a certain recipe or mixing strong cement, you need precise ingredients in reasonably exact amounts. Building healthy cells is no different and when lack necessary minerals and you add junk foods and chemicals, you end up with disease.

Therefore, we need to avoid all processed foods, especially starches and sugars, and we need to increase organic potassium intake and reduce protein intake to a minimum. We need to consume comfrey green smoothies and potassium broth and do Liver Cleanses. We need to do Breathing Exercises, drink pure water, Love More and Forgive Everyone and Everything. We need to get rid of clutter that represents stagnation, toxicity; loss or pain and we need to stimulate the Immune System.

We take this as a given that it must be done to thrive and survive. We are not looking for a miracle cure, we are looking for where the work must be done and we get going and do that work, however hard it may appear at first.

Supplementation is more important today than ever before. With the advent of Genetically Modified foods, commercial farming practices that kill the soils, herbicides and pesticides that are carried up into the roots of the plants and become a part of the foods we consume; care must be given to take supplements that not only supply the building blocks of health, but which also help to detoxify the cells of all the toxic chemicals we are being bombarded with.

The following excerpts concerning Senate Document 264 of the 74th Congress, 2nd Session 1936, were found in the March 1936 issue of Cosmopolitan:

“... 99 percent of the American people are deficient in ... minerals, and ... a marked deficiency in any one of the more important minerals actually results in disease.”

“Do you know that most of us today (1936) are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought into proper mineral balance? The alarming fact is that foods—fruits and vegetables and
grains—now being raised on millions of acres of land that no longer contains enough of certain
needed minerals, are starving us—no matter how much of them we eat!"

“We know that vitamins are complex chemical substances which are indispensable to nutrition,
and that each of them is important for the normal function of some special structure of the
body. Disorder and disease result from any vitamin deficiency. It is not commonly realized,
however, that vitamins control the body’s appropriation of minerals, and that in the absence of
minerals they have no function to perform. Lacking vitamins, the system can make some use
of minerals, but lacking minerals, vitamins are useless.”

“Laboratory tests prove that the fruits, vegetables, grains, eggs and even the milk and meats of
today are not what they were a few generations ago. No man of today can eat enough fruits
and vegetables to supply his system with the mineral salts he requires for perfect health...."

“It is bad news to learn from our leading authorities that 99 percent of the American people are
deficient in these minerals, and that a marked deficiency in any one of the more important
minerals actually results in disease. Any upset of the balance, any considerable lack of one or
another element, however microscopic the body requirement may be, and we sicken, suffer,
shorten our lives.”

Folks, this was in 1936, just think about the farming practices we employ today. Now we use
herbicides, pesticides, fungicides, insecticides, and any other cides we can think of. Cide
means “being killed” by the way, other examples include genocide, fratricide, homicide; you get
the point...

So where does that leave us? If even living foods like raw carrots or cabbages can no longer
fully supply us with the nutrients we need, where can we turn?

Today, we are faced with even a bigger concern than lack of nutrition in the foods we eat.
Genetically modified crops are, without a doubt, the biggest threat to mankind's survival, which
has ever existed. This is not the place to go into great detail. Suffice it to say, there is no
evidence to support the claim that GM foods are safe for human consumption and there is a
great deal of evidence that they are not. Many have already died and cattle will rather go
hungry than eat GM maize!

The claims of greater yields are also fictitious; to the contrary, the soil will often become
completely infertile within 7 years.

Furthermore, the human digestive and metabolic systems were designed to process specific
proteins, carbohydrates etc. having very specific genetic structures and the digestive enzymes
do not break down the genes in GM foods!

When the genes of maize are changed for example, the result looks like maize, but genetically
it is not maize, which leads inevitably to foods, which cannot be digested. This has already
happened and the evidence that GM "foods" are poisonous to humans and animals mounts
daily.

In addition to all genetically modified fruits, grains and vegetables, there are many other
poisons in the guise of food, which can have similar effects. These include vegetables that are
not organically grown, any processed foods, microwaved foods and flesh cut from the
carcasses of other mammals.
Foodstuffs such as a double cheeseburger with MSG and who knows what else... and similar junk foods not only glue up your body, but also your feelings and make it difficult to achieve any quality of focus. Additionally, the dying feelings of animals are stored in the tissues and will be taken up by your body, vibrating as fear and death without you even noticing it.

If you eat free-range chicken once per week, the disturbance is going to be minimal. However, if you eat factory farm produced beef every day, the effect is going to be huge. Incidentally, this can also make you impotent!

Aspartame is a chemical that was created to kill ants. It turned out being sweeter than sugar and a lot cheaper, so in spite of the fact that it causes upwards of 99 diseases (including most of the real bad ones) food manufacturers add it to their foods and beverages as a way to cut costs and increase profits. All artificial sweeteners and of course, our good friend refined cane and beet sugar provide the perfect medium for the growth of fungus.

Fungus and mold grow in warm, moist, and sugared areas such as the intestines or vagina. Taking sugar out of your diet and using silver both topically and internally can take care of the fungus problem. Take two teaspoons of silver three times daily and apply it topically 1-4 times daily, if needed. This dosage should be continued for at least two weeks after the symptoms are no longer present.

Other things that all people are allergic to (some more than others) are grains and flour products made from grains of almost all types. (Grains that are sprouted however are full of enzymes and other life-giving nutrients.) Dairy products should be avoided and all hydrogenated fats and oils. The healthiest oils are coconut and extra virgin olive oil.

Eggs are filled with nutrition and organic eggs from free-range chickens are by far superior to eggs from chickens that are cooped up and eat processed foods. Don’t worry about cholesterol if you are using nothing but coconut or olive oil.

Generally, fruits and vegetables that are vine ripened in the season where you live are good to eat. Never cook fruit and never eat fruit with any cooked food. Eat fruit on an empty stomach at least half hour before eating any other food.

Fruit was designed to leave the stomach in 30 minutes and if it doesn’t it putrefies and turns to acid-forming gas. Mixing it with any cooked food will keep it in the stomach for many hours.

You will get plenty of Calcium and protein from deep green vegetables, but only if you eat them. Look at the big bones and muscle structures of animals that only eat grass and herbs.

Raw nuts generally are very nutritious, but avoid peanuts, as they are high in mold content. Try to find organic nuts that have not been irradiated, because they will be sterile and will not have any enzymes. Almonds are the most alkaline of the nut family and soaking raw almonds for 12 hours before eating increases the enzymes and nutrition many times over.

Clean, high quality food as you see, is essential to your physical health, and if absent will deny you the ability to create your life the way that you want it.

A new study found that low-salt diets increase the risk of death from heart attacks and strokes and do not prevent high blood pressure.
The investigators found that the less salt people ate, the more likely they were to die of heart disease — 50 people in the lowest third of salt consumption (2.5 grams of sodium per day) died during the study as compared with 24 in the medium group (3.9 grams of sodium per day) and 10 in the highest salt consumption group (6.0 grams of sodium per day). And while those eating the most salt, had on average a slight increase in systolic blood pressure — a 1.71-millimeter increase in pressure for each 2.5-gram increase in sodium per day — they were no more likely to develop hypertension.

To survive and thrive, the body needs salt. That’s a medical fact. Consider that persons in critical condition are often given intravenous injections (IV). IV’s are nothing more than purified water and salt. It has been said, “IV is the only cure that doctors have in his or her bag of tricks.”

I recommend at least ½ tsp. of salt daily, but it should be from a good source like Redmond Salt or Himalayan Salt is available at most health food stores or can be purchased at www.realsalt.com Typical table salt is highly processed and has Aluminum added to prevent clumping. (See Salt)

Eating most of your food raw is ideal, but most people are not going to be able to accomplish a completely raw diet, and will end up cooking some percentage of their food. When you do cook however, avoid food cooked in a microwave. (See Microwaves)

Proper diet and nutritional support can help most people heal naturally and stop their medications. However, when reducing medications (especially those for blood pressure) consult with your physician.

Over the past century, the quality of fresh food has declined due to soil depletion, unsustainable farming practices, overproduction of crops, and the use of pesticides and herbicides. You can no longer assume you’re getting all of the vitamins, minerals, enzymes, and phytonutrients you need by eating a multiplicity of fresh produce, even if you’re eating organically. Joy To Live has high quality supplements that can help you offset these deficiencies.

Following a healthy lifestyle is one of the best ways to promote and maintain circulatory health. Eating a high fiber and low fat diet will help keep blood flowing. Getting regular exercise, maintaining a healthy weight, and quitting smoking will also be helpful.

People who sleep fewer hours also seem to prefer eating foods that are higher in calories and carbohydrates, which can lead to overeating, weight gain, and obesity over time. Hormones that are released during sleep control appetite and the body’s use of energy. For example, insulin controls the rise and fall of blood sugar levels during sleep. People who don’t get enough sleep have insulin and blood sugar levels that are similar to those in people who are likely to have diabetes.

It is virtually impossible today to get all of the nutrition you need unless perhaps you have an organic garden. Supplementation then is critical to good health and longevity and Joy To Live has the best supplements at the most reasonable prices. Fulvia, Affinity, Elixer Blast, Optimum and Neutra Cleanse with provide you with nutrients your body is craving and by stopping the food cravings, you might even end up eating less, lose weight (if you need to) and save money in the process.
Drugs / Surgery

Realize that people have an agenda to sell many harmful products and will often go to great length to disseminate false information to do so. Drug companies hire doctors and scientists big money to write reports and reviews about drugs that they know to be completely false.

Every so often when a drug has destroyed the lives of countless thousands of people and enough evidence is established, the drug companies are forced to pay back a few million of the billions of dollars they have milked out innocent and trusting people.

The drug companies write all of the modern textbooks used in the medical universities today. The majority of doctors today are little more than legal drug pushers and many of them receive huge bonuses based upon the amount of certain drugs that they prescribe.

Some doctors may be naïve, but I am certain that a majority of them realize they are playing a role in a huge moneymaking racket.

A friend of mine has a brother who is a heart surgeon. I won’t mention any names, but she told me that her brother, who worked at a very large hospital confided in her that the directors of the hospital called a private meeting with all of the heart surgeons and told them that if they wanted to keep all of the nice operating equipment that they had, they would have to increase the number of surgeries performed.

He told my friend that the doctors began recommending heart surgeries to people who did not need them based upon the fact that these patients each had good medical insurance. He said that a number of these patients died from complications in surgery.

Misdiagnosis, malpractice, unnecessary surgeries and prescription drugs kill upwards of one million people annually.

According to the groundbreaking 2003 medical report Death by Medicine, by Drs. Gary Null, Carolyn Dean, Martin Feldman, Debora Rasio and Dorothy Smith, 783,936 people in the United States die every year from conventional medicine mistakes. That's the equivalent of six jumbo jet crashes a day for an entire year. But where is the media attention for this tragedy? Where is the government support for stopping these medical mistakes before they happen?

According to a 1995 U.S. iatrogenic report, "Over a million patients are injured in U.S. hospitals each year, and approximately 280,000 die annually as a result of these injuries. Therefore, the iatrogenic death rate dwarfs the annual automobile accident mortality rate of 45,000 and accounts for more deaths than all other accidents combined." This report was issued 17 years ago, when America had 58 million fewer citizens and drug company scandals like the Vioxx recall were yet to occur.

The deaths listed in these reports are only the ones that the medical establishment admits to. The actual number may be several times more as most deaths are listed as “natural causes”. Consider also that these statistics are “ancient” in a world where thousands of new and more dangerous drugs have been developed. Today, health care comprises roughly 20 percent of the United States' gross national product.

The Hippocratic Oath is an oath that historically has been taken by physicians and other healthcare professionals swearing to practice medicine ethically.
One of the clauses in that oath states: “I will not give a lethal drug to anyone, nor will I advise such a plan; and similarly I will not give a woman a pessary to cause an abortion.”

Hippocrates (460 BC – 370 BC) was an ancient Greek physician and is considered one of the most outstanding figures in the history of medicine. He is referred to as the father of Western medicine in recognition of his lasting contributions to that field.

Hippocrates said, “Let thy food be thy medicine.” That is excellent advice and is why the Joy To Live products are so beneficial.

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**Ear Infections**

Ear infections are a serious problem. In fact, Centers for Disease Control has requested that physicians no longer prescribe antibiotics for ear infections. The antibiotics make the problem worse by making the bacteria more resistant. We now have bacteria that we can’t kill with antibiotics. An ear infection can be a result of bacteria that gets in the inner ear and duplicates itself, destroying healthy tissue along the way. This could possibly leave a person deaf. These bacteria can be destroyed by Ionic Silver liquid after just five minutes of contact. Use a dropper to place five drops into the ear canal while the ear is pointed towards the roof. Keep the ear tilted up for 12 minutes. This will allow the Ionic Silver liquid to get as far down behind the ear as possible. Repeat the process in each ear every 12 hours. You will also want to drink two teaspoons of Ionic Silver twice daily, take Fulvia, Elixir Blast, along with extra Magnesium and Vitamin C.

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**Edema**

Edema is an observable swelling from fluid accumulation in body tissues. Edema most commonly occurs in the feet and legs, where it is referred to as peripheral edema. The swelling is the result of the accumulation of excess fluid under the skin in the spaces within the tissues.

An accumulation of fluid in the air spaces (alveoli) in the lungs is called pulmonary edema. Excess fluid sometimes collects in cavities in the abdomen called "ascites") or in the chest called "pleural effusion"). Anasarca refers to the severe, widespread accumulation of fluid in the all of the tissues and cavities of the body at the same time.

“Pitting” edema is by far the most common form of edema and can be demonstrated by applying pressure to the swollen area by depressing the skin with a finger. If the pressure causes an indentation that persists after the release of the pressure, the edema is referred to as pitting edema. Any form of pressure, such as from the elastic in socks, can induce pitting with this type of edema.

In “non-pitting” edema, which usually affects the legs or arms, pressure that is applied to the skin does not result in a persistent indentation. Non-pitting edema can occur in certain disorders of the lymphatic system that may occur after a mastectomy, lymph node surgery, or congenitally. Another cause of non-pitting edema of the legs is called pretibial myxedema, which is a swelling over the shin that occurs in some patients with hyperthyroidism. Non-pitting edema of the legs is difficult to treat. Diuretic medications are generally not effective, although
elevation of the legs periodically during the day and compressive devices may reduce the swelling.

Edema is caused by either systemic diseases that affect the various systems of the body, or by local conditions involving just the affected extremities. The most common systemic diseases associated with edema involve the heart, liver, and kidneys. In these diseases, edema occurs primarily because of the body's retention of too much salt.

Table salt (sodium chloride) is thought to be the problem. Sodium however is the water-regulating mineral and too little sodium may actually cause edema. The body will normally store whatever is in short supply (in this case salt) and the excess salt causes the body to retain water, appearing as edema.

Normal table salt is highly refined and heated to extreme temperatures in processing and then aluminum is added to keep the salt from clumping. This type of salt is harmful to the body. Natural forms of salt however are available and which are necessary to maintain health of the body, including the prevention of edema. (See Salt)

Varicose veins and thrombophlebitis (inflammation of the deep veins of the legs) can cause edema. These conditions are a result of inadequate pumping of the blood by the veins (venous insufficiency). The increased backpressure in the veins forces fluid to stay in the extremities (especially the ankles and feet). The excess fluid then leaks into the interstitial tissue spaces, causing edema. (See Blood Circulation)

How does salt intake affect edema?

The body's balance of salt is usually well regulated. A normal person can consume small or large quantities of salt in the diet without concern for developing salt depletion or retention. The intake of salt is determined by dietary patterns and the kidneys remove excess salt from the body. The kidneys have a great capacity to excrete salt in the urine and the amount of salt excreted is regulated by hormonal and physical factors that signal whether retention or removal of salt by the kidneys is necessary.

If the blood flow to the kidneys is decreased by an underlying condition such as heart failure, the kidneys react by retaining salt. (See Blood Circulation) Salt retention occurs because the kidneys perceive that the body needs more fluid to compensate for the decreased blood flow. If kidney function is impaired due to a kidney disease, the ability to excrete salt in the urine is limited. In both conditions, the amount of salt in the body increases, which causes the patient to retain water and develop edema.

In the past, patients with diseases associated with edema were placed on diets very restricted in salt intake. With the development of new and very potent diuretic agents, this marked restriction in dietary salt intake is generally no longer necessary. These diuretics work by blocking the reabsorption and retention of salt by the kidneys, thereby increasing the amount of salt and water that is eliminated in the urine.

Diuretics do not cure the problem and in case of impaired kidney function the patient should focus on strengthening the kidneys. (See Kidney Disease)

Heart Disease Can Cause Retention of Fluids:
Heart failure is the result of poor cardiac function and is reflected by a decreased volume of blood pumped out by the heart, called cardiac output. Heart failure can be caused by weakness of the heart muscle, which pumps blood out through the arteries to the entire body, or by dysfunction of the heart valves, which regulate the flow of blood between the chambers of the heart. The diminished volume of blood pumped out by the heart (decreased cardiac output) is responsible for a decreased flow of blood to the kidneys. As a result, the kidneys sense that there is a reduction of the blood volume in the body. To counter the seeming loss of fluid, the kidneys retain salt and water. In this instance, the kidneys are fooled into thinking that the body needs to retain more fluid volume when, in fact, the body is already storing too much fluid.

This fluid increase ultimately results in the buildup of fluid within the lungs, which causes shortness of breath, because the excess fluid in the blood vessels of the lungs leaks into the airspaces in the lungs. This accumulation of fluid in the lung is called pulmonary edema. At the same time, accumulation of fluid in the legs causes pitting edema. This edema occurs because the build-up of blood in the veins of the legs causes leakage of fluid from the capillaries (tiny blood vessels) into the interstitial spaces.

An understanding of how the heart and lungs interact will help you to better comprehend how fluid retention works in heart failure. The heart has four chambers - an auricle and a ventricle on the left side of the heart and an auricle and ventricle on the right. The left auricle receives oxygenated blood from the lungs and transfers it to the left ventricle, which then pumps it through the arteries to the entire body. The blood then is transported back to the heart by veins into the right auricle and transferred to the right ventricle, which then pumps it to the lungs for re-oxygenation.

Left-sided heart failure, which is due primarily to a weak left ventricle, usually is caused by coronary artery disease, hypertension, or disease of the heart valves. Typically, when these patients initially come to the doctor they are troubled by shortness of breath with exertion and when lying down at night. These symptoms are due to pulmonary edema that is caused by pooling of the blood in the vessels of the lungs.

In contrast, right-sided heart failure, which often is due to chronic lung diseases such as emphysema, initially causes salt retention and edema. Persistent salt retention in these patients may lead to an expanded blood volume in the blood vessels, thereby causing fluid accumulation in the lungs (pulmonary congestion) and shortness of breath.

In patients with heart failure due to weak heart muscle, both the right and left ventricles of the heart are usually affected. These patients, therefore, can initially suffer from swelling both in the lungs and in the legs and feet. Common symptoms include:

- Pitting edema of the legs and feet.
- Moist crackle sounds from the excess fluid that can be heard with a stethoscope.
- A gallop heart rhythm (three heart sounds instead of the normal two.
- Distended neck veins that reflect the accumulation of blood in the veins that are returning blood to the heart.

In cases of impaired heart function the patient should focus on strengthening the heart. (See Heart Disease)
Liver Disease Can Cause Edema:

In patients with chronic diseases of the liver, fibrosis (scarring) of the liver often occurs. When the scarring becomes advanced, the condition is called cirrhosis of the liver.

Ascites is excessive fluid that accumulates in the abdominal (peritoneal) cavity. It is a complication of cirrhosis and appears as an abdominal bulge. The peritoneum is the inner lining of the abdominal cavity, which also folds over to cover the organs inside the abdomen such as the liver, gallbladder, spleen, pancreas, and intestines. Ascites develops because of a combination of two factors:

Increased pressure in the venous system that carries blood from the stomach, intestines, and spleen to the liver (portal hypertension); and

Decreased level of the protein albumin in the blood, which is the predominant protein in the blood and helps maintain blood volume. Albumin is reduced in cirrhosis primarily because the damaged liver is not able to produce enough of it.

Other consequences of portal hypertension include dilated veins in the esophagus, prominent veins on the abdomen, and an enlarged spleen. Each of these conditions is due primarily to the increased pressure and accumulation of blood and excess fluid in the abdominal blood vessels. Sometimes, when ascites does not respond to treatment with diuretics, the excess fluid can be removed from the abdominal cavity by using a syringe and a long needle. Analysis of the fluid can help differentiate ascites that is caused by cirrhosis from other causes such as cancer, tuberculosis, congestive heart failure, and nephrosis.

Peripheral edema, which is usually seen as pitting edema of the legs and feet, also occurs in cirrhosis. This edema is a consequence of hypoalbuminemia and the kidneys retaining salt and water.

Edema may occur in patients with kidney disease for two reasons:

A heavy loss of protein in the urine, or

Impaired kidney (renal) function.

In the case of heavy loss of protein in the urine, patients have fairly normal kidney function. The heavy loss of protein in the urine (over 3.0 grams per day) with its accompanying edema is termed nephrotic syndrome and results in a reduction in the concentration of albumin in the blood. Since albumin helps to maintain blood volume in the blood vessels, a reduction of fluid in the blood vessels occurs. The kidneys then register that there is depletion of blood volume and therefore attempt to retain salt. Consequently, fluid moves into the interstitial spaces, thereby causing pitting edema.

Patients who have kidney diseases that impair renal function develop edema because of a limitation in the kidneys’ ability to excrete sodium into the urine. Thus, patients with kidney failure from whatever cause will develop edema if their intake of sodium exceeds the ability of their kidneys to excrete the sodium. The more advanced the kidney failure, the greater the problem of salt retention is likely to become. The most severe situation is the patient with end-stage kidney failure who requires dialysis therapy.
In cases of impaired kidney function the patient should focus on strengthening the kidneys. (See Kidney Disease)

Idiopathic edema is a pitting edema that occurs at time of menstruation sometimes called "cyclical" edema. Lack of minerals and toxins may lead to hormone imbalance that may be an underlying factor. Affinity and Fulvia can help to balance the hormones and strengthen the body’s ability to get rid of excess toxins.

Anti-cholesterol medications may be one causes of this type of edema and should be avoided.

Patients with idiopathic edema appear to have a leak in the capillaries (tiny peripheral blood vessels that connect the arteries with the veins) so that fluid passes from the blood vessels into the surrounding interstitial space. Use of diuretics to lessen the discomfort of bloating and swelling can become more of a problem. The patient can develop fluid retention as a rebound phenomenon each time they discontinue diuretics. It is important to talk to your doctor before using any diuretics.

Those with idiopathic edema often become dependent on diuretics, and this dependence is often difficult to interrupt. A period as long as three weeks off diuretics may be required to break the dependency cycle. The withdrawal from diuretics may lead to fluid retention that produces major discomfort and swelling. Furthermore, there are definite risks associated with the prolonged use of diuretics in these individuals, which are compounded by the tendency to increase the doses of the diuretics.

As a result of chronic diuretic use patients may develop:

A deficiency of potassium
Decrease in blood volume
Kidney insufficiency or failure
Other side effects of diuretics include:
High blood sugar (diabetes)
High uric acid (gout)
Muscle cramps
Tender and enlarged breasts
Pancreatitis (inflammation of the pancreas)

Leg swelling in these patients is exaggerated in the standing position, since edema tends to accumulate in the lower extremities.

These patients also frequently have edema around the eyes in the morning because the edema fluid accumulates during the night around their eyes as they lay sleeping flat.

Detoxification, change of diet, supplementation and withdrawal from diuretics are the most important factor in treating these patients.
The veins in the legs are responsible for transporting blood up to the veins of the torso, where it is then returned to the heart. The veins of the legs have valves that prevent the backward flow of blood. Venous insufficiency is incompetence of the veins that occurs because of dilation, or enlargement, of the veins and dysfunction of their valves. This happens, for example, in patients with varicose veins.

Venous insufficiency leads to a backup of blood and increased pressure in the veins, thereby resulting in edema of the legs and feet. Edema of the legs can also be caused as the result of a blood clot. In this situation, the clot in the deep vein blocks the return of blood and consequently causes increased backpressure in the leg veins.

Venous insufficiency is a problem that is localized to the legs, ankles, and feet. One leg may be more affected than the other. The response to therapy with diuretic drugs in patients with venous insufficiency tends to be unsatisfactory. This is because the continued pooling of fluid in the lower extremities makes it difficult for the diuretics to mobilize the edema fluid. Elevation of the legs periodically during the day and the use of compression stockings may alleviate the edema.

Some patients may require surgical treatment to relieve chronic edema that is caused by venous insufficiency; however, cleaning the blood and improving circulation are the long-term answer to this problem. (See Blood Circulation and Cleaning The Blood)

Which diuretics are used to treat edema?

Some diuretics frequently cause an excessive loss of potassium in the urine, leading to the depletion of body potassium. These drugs include the loop diuretics, the thiazide diuretics, and metolazone. Patients on these diuretics are commonly advised to take potassium found in Elixir Blast and/or to eat foods high in potassium.

Home Remedy: Cream of tartar is potassium salt derived from grapes during the making of wine. It is commonly used in baking and is available from the local grocer.

Fill a glass with warm water.

Cut a lemon or lime and squeeze the juice into your glass of water.

Add 2 tsp. cream of tartar to your juice/water mixture and stir well.

Drink this mixture once a day for three days. Rest for two days, then repeat again for three days if symptoms continue.

Affinity can help with removal of excess fluids from the body and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of edema. Regular use of Fulvia will also strengthen the immune system, helping to ward off every known disease-causing organism.
Elixir Blast

Elixir Blast has 146 healthy nutrients including vitamins, minerals and natural herbs. It contains lycopene, lutein, omegas 3,6 and 9, CoQ10 and is more complete than a lot of multivitamin supplements. It may help reduce asthma, osteoporosis, cholesterol, blood pressure, and hardening of arteries. It also reduces risk of cancer, macular degeneration, cataracts and improves digestion; immune system and energy.

EMF / Electromagnetic Frequencies

An increasingly alarmed army of international scientists has reached a controversial conclusion:

The "electro smog" that first began developing with the rollout of the electrical grid a century ago and now envelops every inhabitant of Earth is responsible for many of the diseases that impair or kill them.

During the past 100 years, we have methodically filled in the electromagnetic spectrum far beyond what occurs in nature.

Recently, several developments have highlighted the growing hazards of EMF pollution and the crucial need to address them.

In 2007, the Bioinitiative Working Group released a 650-page report citing more than 2,000 studies (many very recent) that detail the toxic effects of EMFs from all sources. Chronic exposure to even low-level radiation (like that from cell phones), can cause a variety of cancers, impair immunity, and contribute to Alzheimer's disease and dementia, heart disease, and many other ailments.

Additionally, every single study of brain tumors that looks at 10 or more years of cell phone use shows an increased risk of brain cancer.

A recent study from Sweden is particularly frightening, suggesting that if you started using a cell phone as a teen, you have a 5 times greater risk of brain cancer than those who started as an adult.

A recent study showed that exposure to very-low-frequency voltage signals (1-100kHz), or "dirty electricity," can greatly increase your risk of melanoma, thyroid cancer, and uterine cancer. These signals are largely by-products of electronics, such as modern energy-efficient appliances, televisions, stereos and other entertainment devices.

These electronic devices use a lower voltage than other appliances, and this manipulation of current creates a complex electromagnetic field. This field not only radiates into the immediate environment but also can travel along home or office wiring throughout the neighborhood.

Michael Persinger, PhD, a neuroscientist at Laurentian University who has studied the effects of EMFs on cancer cells says, "For the first time in our evolutionary history, we have generated an entire secondary, virtual, densely complex environment — an electromagnetic soup — that essentially overlaps the human nervous system".
And it appears that, more than a century after Thomas Edison switched on his first light bulb, the health consequences of that continual overlap are just now beginning to be documented.

New scientific evidence is saying that nearly all the twentieth century human plagues can be tied to some aspect of our use of electricity, including:

- Acute lymphoblastic leukemia in children
- Brain tumors
- Malignant melanoma
- Asthma
- Cardiovascular disease
- Immune system dysfunction
- Hormone disturbance
- Brittle diabetes
- Sleep disorders, headaches, Alzheimer’s disease and ADHD

And this is just a partial list.

Cells in your body can react to EMFs as a harmful invader, just like they do to other environmental toxins. Remember that you are an electrical being. Your body is a complex communication device where cells “talk,” tissues “talk,” organs “talk,” and organisms talk.” At each of these levels, the communication is like finely tuned bioelectrical transmitters and receivers much like a two-way radio set. What happens when you expose a radio antenna to a significant amount of external noise? You get static from the noise – and that is what is happening to your body in today’s electro smog environment.

Two of the more well-known biological impacts from electro smog are the interruption of the brain wave pattern leading to behavior issues and the interference to your body’s entire communication system (cytoskeleton) leading to abnormal neurological function, such as dementia, chronic fatigue syndrome, and fibromyalgia.

I never heard it explained this way, but a comparison just came to mind that may make this easier to understand. The military uses sonic and ultrasonic sound weapons (USW) to injuring incapacitate, and under certain conditions kill an opponent. Bombarding enemy troops with continuous noise at certain frequencies can literally drive them insane and take away their will to fight or resist.

Another example: Many people today have equipped their cars with woofers. Woofer is the term commonly used for a loudspeaker driver designed to produce low frequency sounds, typically from around 40 hertz up to about a kilohertz or higher. The deep bass vibrations from these speakers penetrate outside of such an equipped vehicle and can be felt and heard for great distances. When I am in proximity of this type of vibration it nearly sends me through the roof.
A similar thing is going on at the cellular level in your body. Your cell membrane receptors (the brain of the cell) recognize electromagnetic fields at very low levels of exposure producing a stress response similar to what a woofer does to me or what happens to enemy troops when being bombarded with sound cannons.

This can cause the cell membrane to go from an “active” or permeable state where it allows nutrients in and toxins out, to an “inactive” state where the cell membrane is impermeable. During a normal day, your cells will change states thousands of times, but when under constant environmental stress, the membranes can be locked in the inactive state. This is often referred to as oxidative stress, a condition where nutrients are able to enter into the cell, but toxins cannot get out.

There is also real evidence that this inactive state can even have geno-toxic effects, meaning electro smog is both damaging DNA and preventing your body from repairing DNA, which can be the first step to cancer.

We now know that electro smog is definitely a contributing factor to disease. To be in good health, your body must be able to communicate within itself, that is, to be in harmony with the natural rhythm of the earth and all living things.

The chaotic and unpredictable patterns from electro smog can create noise in your body and force your body out of harmony. These damaging biological effects have been found at levels far below the so-called industrial and governmental safety limits—1,000,000 times lower than those limits, in some cases.

Why do things such as MTT, acupuncture, TENS units, pacemakers, and many other bioelectrical treatments work? Most likely a major reason why they work is because they focus on getting your body back into its natural rhythm or resonance. Just as you breathe in oxygen from an atmosphere you can’t see, your cells are suspended in a sea of vibrational energy that you can’t see or feel—that is, until it makes you sick.

As the MSNBC article states:

“Remember, these positive-negative shifts are occurring many thousands of times per second, so the electrons in your body are oscillating to that tune. Your body becomes charged up because you're basically coupled to the transient's electric field.”

Keep in mind that all the cells in your body, whether islets in the pancreas awaiting a signal to manufacture insulin or white blood cells speeding to the site of an injury, use electricity or "electron change" to communicate with each other.

By overlapping the body's signaling mechanisms, could transient electro smog interfere with the secretion of insulin, drown out the call-and-response of the immune system, and cause other physical havoc?” Absolutely!

The really frightening aspect about electro smog is how little control you have over it.

How You Can Protect Yourself?
Fortunately, you are not completely helpless. There are strategies that can help reduce your exposure and protect you from the constant onslaught of radiation.

For over 20 years, Building Biologists (www.buildingbiology.net) have been studying and educating the general public regarding the negative impact of electromagnetic fields (EMF). On their website are multiple videos and information on the why, what and how for dealing with EMFs.

First and foremost, you’ll want to reduce your exposure to as many sources as you can.

Intestinal care: The Paracelsus Clinic in Switzerland discovered that symptoms of electrosensitivity can be reduced by providing gut barrier support. Make sure you are getting plenty of healthy probiotics. Joy To Live Neutra-Cleanse is a good source.

Regular detoxification programs: In a course for physicians on this subject, taught by Dr. Dietrich Klinghardt, MD he says, “Not only are you dealing with increasing amounts of toxic chemicals in your environment, your body is full of microorganisms that respond to EMFs by generating increased levels of their own toxins.”

Ionic Silver kills the microorganisms that are generating increased levels of toxins due to EMF exposure. Fulvia and Neutra-Cleanse are also important for cleaning the cells, blood and bowels of toxic chemicals, metals and decayed and putrefying foodstuffs.

Beware of mold: Mold, just like other microorganisms, can also react in high EMF environments. One study showed 600 times more neurotoxins generated from mold in a high EMF environment. According to Rees, there are also mold legal cases being reviewed, questioning whether problems in buildings infested with mold may have actually been related to nearby antenna infrastructure.

Silver is the only known substance that will kill all types of mold.

Controlling the environment in which you sleep is especially important, given you spend a third of your life there. Here are five steps to help you sleep better.

Use battery clocks near bed. Research has shown that exposure to high magnetic fields while sleeping can cause severe long-term illness. Many electric clocks produce high magnetic fields.

Turn off bedroom circuit breakers. A restful sleep is necessary for health and a strong immune system. Electric fields affect the bio-communication system, keeping you from sleeping soundly.

Eliminate or shield from RF. Radio frequency (RF) signals from portable phones, cell phones, and wireless devices have been shown to interfere with the body’s immune system.

Use beds without metal. Metal frames and metal box springs can amplify and distort the earth’s natural magnetic field, which can lead to a non-restful sleep. Use natural materials.

Make sure there are no elevated magnetic fields. Magnetic fields from appliances and building wiring can penetrate walls into a bedroom and disrupt the body’s communication system.
Electrical Pollution Solution has an extensive list of steps you can take to combat electro smog in your home and work environments. Their suggestions include the following:

Remove your microwave oven. Besides dangerous EMF radiation, microwave ovens have other negatives impacts on your health. (See Microwaves)

Avoid using electric blankets and electric heating pads.

Use rubber gloves when washing dishes or working at the sink, and stand on a non-conductive mat. Both increase the resistance of the path through your body.

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Enema

Salt and Soda Enema:

1 Tbs. sea salt (I recommend Himalayan or Real Salt)
1 Tbs. baking soda
2 quarts water

Directions for Standard Enema:

Fill enema bag
Hang about 4 feet above the floor (on towel rack)
Knee-chest position with chest against floor and rectum higher than head
Insert nozzle tip into rectum, using lubricant (olive oil) if needed
Empty water into rectum, and hold inside rectum as much as possible
Massage abdomen in counter-clockwise direction
When bag is empty or no more fluid can be held, remove tip
Lie on each side for 5 minutes, while massaging abdomen
Discard contents of rectum into toilet
Repeat until bag is empty

I personally prefer taking an enema in the bathtub.

Fill the tub with hot water and add Epsom salts and/or Miracle Soap. I also at times use baking soda.

Hang the enema bag from a string or wire connected to the shower head at the desired height.
Fill the enema bag with warm water and desired ingredients.

While lying on your back or left side, insert the tube and take in water. The descending colon is on the left side and you want to get the water into the ascending colon on the right side. Raise up your buttocks the best you can while rolling to your right side. Then massage up the left side of your abdomen and across the top to the right side to encourage the water to move to that side. Then jiggle the right side of your stomach to cause the water to swish back and forth like a washing machine. Hold as long as you can, then step out on a towel to the toilet and evacuate your bowel.
Doing this three or more times in a session will begin to soften up and remove a lot of hardened fecal material. Without getting the water over to the ascending colon, an enema is somewhat superficial. If done correctly, you can irrigate the colon quite thoroughly.

The Coffee Enema for Liver Detoxification

The use of coffee in enemas for detoxification purposes is well known. It is a common herbal remedy that has been used by holistic and alternative medicine professionals for many years.

Recipe 1

The Coffee Enema for Liver Detoxification

The coffee enema has been used for many years to detoxify the liver. It is a low-volume enema that remains only in the sigmoid colon. There is a duct between the sigmoid colon and the liver called the entero-hepatic circulation system. When the stool reaches this point, it contains many toxins, which are sent to the liver for detoxification. The coffee enema will increase the transit time in the bowel. The caffeine that is absorbed into the entero-hepatic system causes the liver ducts, including the bile ducts, to empty into the sigmoid colon and be eliminated. Releasing the toxins in the liver ducts makes room for toxins from the body to enter the liver for detoxification. The alkaloids in the caffeine stimulate the production of glutathione-S-transferase, which is an enzyme that facilitates the liver detoxification pathways.

Coffee enemas will not waste minerals and electrolytes because they have already been absorbed in the previous sections of the intestines. The coffee enema is safe even for people who are sensitive to caffeine because the coffee remains in the sigmoid colon, where it will not be absorbed, provided the proper amount is used and the enema bag is not place too high.

Boil 1 quart of water in a non-aluminum pot. Add 2 tablespoons or more of organic coffee and continue to boil for 5 minutes. Remove pot from the heat and add 1 tablespoon of unsulfured molasses (optional). Cool to 90 degrees F. or less. Pour the coffee mixture through a fine mesh strainer or coffee filter into two 1 cup measuring cups. Clamp the end of the enema bag. Pour 1 cup of filtered coffee mixture into the enema bag. Release the clamp until the coffee begins to flow out, and then clamp the bag again immediately.

Hang the enema bag at a height of about 3 feet, not higher. Lie on the floor and gently insert the nozzle. Use olive oil on the nozzle if needed. Release the clamp and let the coffee mixture flow into the sigmoid colon. Clamp the tubing as soon as there is a sensation of “fullness” or when the enema bag is empty and remove the nozzle. If possible, without forcing yourself, retain the enema for 10 minutes, and then empty your bowel.

After emptying your bowel, repeat the process with the remaining (1 cup) of coffee mixture. If you cannot hold 1 cup of coffee mixture enema, take several smaller enemas.

When the bile duct empties, you will hear or feel a squirting sensation in the area of your right rib cage. After feeling the bile emptying, you can stop taking enemas for that day.

If you do not feel the bile duct emptying after one week of daily enemas, increase the strength of the coffee or take slightly larger volume enemas.
You should not feel nervous or jittery after the enema because the coffee does not get absorbed systemically. If you do feel nervous, jittery, have palpitations, or irregular heartbeats, after a coffee enema; reduce the amount of coffee by half or more.

Repeat enemas as needed to detoxify chemical toxins and/or allergic reactions.

Recipe 2

Supplies:

You will need to buy a re-usable enema kit, available at most pharmacies.
Distilled or purified water.
Organic coffee, any roasting level will do.
French Press pot.

Preparing the Coffee:

Bring 8 cups of water to a boil.
Pour the water over the coffee grounds and let it steep then cool for one hour.
After this amount of time, the liquid should be about body temperature. If you stick your finger in the water it should be lukewarm, but not hot.
Filter the coffee grounds and then pour the coffee liquid into the enema bag.

Directions:

Follow the directions that accompany the enema kit. Lie on your right side, inject and retain the coffee for 10-20 minutes.
I recommend lightly massaging your abdomen from left to right (up the left side, and then left to right just below the navel).
Additionally, I recommend changing positions while retaining the coffee. After a few minutes turn over onto your back, a few minutes later switch to your left side before evacuating your bowels.

The effects of a coffee enema are different than a saline enema. The most important difference between a saline enema and a coffee enema is the presence of caffeine in the coffee. Caffeine, theophylline and theobromine, combine to stimulate the relaxation of smooth muscles causing dilatation of blood vessels and bile ducts. The effects of having a coffee enema are not the same as drinking coffee. The veins of the anus are very close to the surface of the tissue. The caffeine is therefore absorbed more quickly (and in higher concentration) than it is in when drinking coffee.

Coffee has a chemical makeup that is stimulative. The enzymes in coffee, known as palmitates, help the liver carry away the toxins in bile acid. The coffee is absorbed into the hemorrhoidal vein, then taken up to the liver by the portal vein. With the bile ducts dilated, bile carries toxins away to the gastro-intestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon. Thus, when the colon is evacuated, the toxins and bile are carried out of the body.
Recipe 3

Pour 4 cups of filtered or distilled water into a non-metal pot or saucepan. Stir in 3/4 cup of finely ground organic coffee from a health store and make sure it is mixed well in the water. Then, bring to a boil and boil for 3 to 5 minutes while stirring occasionally.

Reduce from heat and cover pot or saucepan with lid and let simmer for 15 to 20 minutes. Remove from stove element and let coffee enema cool down to room temperature. Strain coffee through fine sieve or coffee filter to remove as many coffee grinds as possible.

Because of the boiling process, some of the water evaporated, so add plain filtered or distilled water to the coffee to bring it up to 4 full cups.

Store the coffee in a sealed container and keep refrigerated.

Coffee enema will normally stay good for 4 to 5 days and should be used within that time for optimum benefits.

Coffee Enema Setup:

In a large measuring container (at least 4 cup size):
Pour 1 cup of the concentrated organic coffee from the container in the fridge.
Add 3 cups of filtered or distilled water to make 4 cups total.
Pour diluted coffee into a saucepan and heat it until it is lukewarm.

Immediately pour it into the bucket or bag and infuse right away so it doesn´t get too cool. In whichever way is most comfortable (kneeling, squatting or laying down) gently insert tube tip into the rectum for at least 4 inches if possible.

You can lubricate it with olive oil for easier insertion.

If there is rectal bleeding or severe pain or swelling, it is risky to force the tube, as this may aggravate the problem or even perforate the bowel wall. So, it is best to wait until any bleeding or severe discomfort passes before doing an enema.

It is best to place the bag bucket about 18 inches to 2 feet above floor level so gravity will send the coffee downward to your colon. Any higher may result in too fast a flow and cause abdominal cramping and gas. If the bucket is too low then the flow will be too slow. Each person has a different preference. Just make sure the level of the bag bucket is best for your particular comfort and needs.

After the tube is inserted as far as is comfortable, lay down on your Left Side and allow the lukewarm coffee to enter your colon.

Reprinted from: http://www.sawilsons.com
Energy

It has long been recognized that nutrition plays a role in cell vibration, energy production and in good health.

Aerobia is a natural energy booster. Most energy drinks on the market today burn out the adrenal glands and lead to chronic fatigue. Aerobia contains oxygen; vitamin b12 and Coq10, all of which help the body produce its own natural energy without negative side effects. Most people are seriously deficient in vitamin b-12 and may immediately feel the benefits of taking this product.

Fulvia is the best detoxifier of the receptor sites in the cells allowing insulin to now get inside of the once blocked cells in order to convert glucose to energy. It also provides the necessary minerals in their proper form to convert the glucose to energy.

Elixir Blast has 146 healthy nutrients including vitamins, minerals and natural herbs. It contains lycopene, lutein, omegas 3,6 and 9, CoQ10 and is more complete than a lot of multivitamin supplements. It may help reduce asthma, osteoporosis, cholesterol, blood pressure, and hardening of arteries. It also reduces risk of cancer, macular degeneration, cataracts and improves digestion; immune system and energy.

Affinity has 32 ingredients that each has many vitamins, minerals and other natural nutrients. These nutrients are noted for reducing chronic fatigue and increasing metabolism, Oxygen levels in the blood, vitality, mental alertness, longevity and energy, just to name a few.

People who sleep fewer hours seem to prefer eating foods that are higher in calories and carbohydrates, which can lead to overeating, weight gain, and obesity over time. Hormones that are released during sleep control appetite and the body’s use of energy. For example, insulin controls the rise and fall of blood sugar levels during sleep. People who don’t get enough sleep have insulin and blood sugar levels that are similar to those in people who are likely to have diabetes. Getting more sleep may be a factor in having plenty of energy.

Endometriosis

Endometriosis can be a very nasty inflammatory response in and around the uterus, through the fallopian tubes, and even on the ovaries. It causes very painful menstruation and stabbing pains that come and go on an irregular basis.

Ionic Silver can be taken orally, two teaspoons daily. It can also be used as a douche by pumping two ounces of liquid silver intravaginally with buttocks elevated and rolling from side to side, holding it for 12 minutes, and then releasing. This will kill bacteria and viruses in and around the cervix.
**Epilepsy**

People who have Epilepsy are probably lacking Magnesium and vitamin B12 found in Elixir Blast and Aerobia. Fulvia should also be taken for its minerals and also for helping with absorption of other vital nutrients.

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**Epstein-Barr Virus**

Epstein-Barr virus causes mononucleosis and chronic fatigue syndrome. Ionic Silver has the ability to destroy viruses. Drink four ounces for two days, sipping every hour. Drink two ounces daily for the next five days. For maintenance, drink two tablespoons in the morning and at night. Use topically as needed.

If you have a uterine yeast infection at the same time, you can use Ionic Silver as a douche, holding it for twelve minutes before releasing. You can spray the silver topically for sore muscles, apply it topically and recognize that Fulvia, acidophilus, vitamins, minerals, and essential fatty acids with coenzyme Q10 may help.

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**Erectile Dysfunction**

Erectile Dysfunction (ED) has the same root as virtually every other disease. Petrochemicals mimic estrogen and in almost every case, someone suffering from ED has high levels of estrogen and low levels of testosterone. See BPS's Affinity was designed to provide the nutrition that is found to be lacking in people suffering from ED. It may help to balance the hormones in both men and women, often increasing sexual desire and stamina.

LeJoyva Coffee contains the superfood Yarshagumba, which has long-time been referred to as Himalayan Viagra. Among its many other health benefits, LeJoyva Coffee in many cases improves erectile function and I highly recommend it to anyone suffering from this problem.

Zinc is an important mineral to consider when suffering from ED. Zinc is the main mineral that is lost through ejaculation and taking extra Zinc may help.

I have been experimenting with a formulation that appears to show great benefits and if my research shows promise, there is a strong possibility that Joy To Live will eventually make this product available.

More to come on this subject...
Eye Health

Lutein found in Elixir Blast supports healthy eye function. Elixir Blast can also help reduce risk of macular degeneration and cataracts and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of eye diseases. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Elixir Blast and Neutra Cleanse help improve digestion, and Elixer Blast contains vitamin A, which also leads to eye health.

Orange and yellow vegetables like carrots and squash have important eye nutrients and should be a regular part of a healthy diet.

Aspartame is a major cause of eye diseases. We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame. (See Aspartame)

Eyes – Home Remedy

For scars, film, glaucoma, cataracts and spots – 2 drops 1x a day – will burn at first

5 parts distilled water

2 parts best grade raw honey

1 part apple cider vinegar – sterling or braggs

Also do eye exercises

To clear up whites of eyes – drink red clover tea twice a day

Eyes – Reduce Eyestrain

How to Reduce Eyestrain and Promote Optimal Vision - Dr. Ben Kim on Nov 12, 2009

This article outlines simple eye exercises and acupressure points that you can use to reduce eyestrain and support optimal vision.

To reduce eyestrain and experience optimal vision, two major requirements are as follows:

The six muscles that move each of your eyes need to be strong and relaxed.

You must have healthy blood flow to your eyes and to the muscles that control your eyes.

The six muscles that control all of your eye movements are as follows:
Lateral rectus - Primarily moves the eye outward, away from your nose.

Medial rectus - Primarily moves the eye inward, toward your nose.

Superior rectus - Primarily moves the eye upward.

Inferior rectus - Primarily moves the eye downward.

Superior oblique - Primarily rotates the top of the eye toward your nose.

Inferior oblique - Primarily rotates the top of the eye away from your nose.

Perhaps the single greatest reason why people in today's society suffer from chronic eyestrain and deteriorating vision is the amount of time that is spent staring at computer monitors and television screens.

Your eyes are designed to move regularly, and regular movement of your eyes is what promotes optimal blood flow and nerve function to your eyes and the six muscles that control your eye movements.

What follows are several simple eye exercises that you can do on a regular basis to keep your eyes and vision as healthy as possible:

Look as far to your right as possible for 3-5 seconds, then as far to your left as possible for 3-5 seconds. Rest for a few seconds, and then repeat this sequence several times.

Look as far up as possible for 3-5 seconds, then look as far down as possible for 3-5 seconds. Rest for a few seconds, and then repeat this sequence several times.

Slowly roll your eyes in a circle, first clockwise, then counter-clockwise. Rest for a few seconds, and then repeat this sequence several times. Be sure to roll slowly - it should take at least 3 seconds for you to roll your eyes in a full circle.

Hold a pen in front of you, about an arm's length away. Focus your vision on the tip of your pen for 3-5 seconds, and then shift the focus of your vision to an object that is farther away for 3-5 seconds; the greater the distance between your pen and the distant object, the better. If you are indoors, look out a window to find a distant object to focus your vision on. Repeat this sequence of going back and forth between your pen and a distant object several times.

Just for interest's sake, this exercise is used by some professional baseball players to optimize visual acuity, which is essential for the hand-eye coordination that is needed to play pro ball.

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**Eyes – Restore Eyesight**

Restoring Your I-sight. How the Soul Unites the Senses in Healthy Seeing

Doug Marsh July 10, 2009

Much of medical science deals strictly with the body, while denying – or at least largely relegating to the background – our inner soul essence. This view is particularly prevalent in
conventional vision treatment where eyesight is considered to be a camera-like process which creates an image that’s either in or out of focus. Such a one-tiered approach results in a lopsided notion of what is normal. Eyeglasses are so commonplace in our culture, they’re considered virtually natural extensions of the human anatomy. People seeing clearly with their own eyes are becoming a rare breed.

In more recent years, the quest for a novel approach to vision treatment took a technological leap with the advent of refractive eye surgery, also known as laser eye surgery, or by the acronym of LASIK, a popular procedure. In a way, this technology is turning full circle back to Mother Nature’s design, touting 20/20 vision (or very close to it) with a natural appearance and no fuss. According to the industry, these purported outcomes involve minimal risk and have high patient satisfaction rates.

However, more cases of patients with negative outcomes – ranging in scale from continual annoying symptoms to disabling complications and worsening eyesight – are coming to the forefront in the media and on the Internet. Tragically, a few cases have ended in suicides. The furor prompted the US Federal Drug Administration (FDA) last year to publicly hear statements from affected patients. The FDA panel reiterated that refractive eye surgery, like any surgery, has its risks but has an excellent overall track record. Nevertheless, to bolster the safeguards, they recommended enhanced patient screening methods and further post-operative studies by the industry. (Interestingly, the eye doctor who chaired the FDA panel wears glasses. Although she regularly performs refractive eye surgery, she chooses not to undergo the procedure herself, citing one of the reasons as an aversion to any level of risk.)

Lost amid the allure and debates over technological treatments is an obscure alternative called natural vision improvement (NVI). As the name implies, it’s a more nature-centered approach, a holistic mind-body method that seeks to reverse an imbalance induced by a response to stress. It introduces a psychological component, counter to most prevailing notions that the physical eyes somehow just “go bad” with no hope of improving. For those attuned to esoteric traditions – or the “Perennial Philosophy” as writer Aldous Huxley put it – the psyche is simply a secular name for the soul.

Figure 1 – The sense of color in vision. The spectrum in the rainbow.

To understand how NVI succeeds on the personal soul level, the work of spiritual scientist Rudolf Steiner offers some insights. While embodied within a physical form, our soul is said to be a link between the “lower” physical world and the “higher” world of the spirit in which we simultaneously participate. Steiner further suggested that a portion called the sentient soul is responsible for our experience of sensation. He also distinguished between the terms perception and sensation; perception comes first and is fleeting, but the sensation which follows lasts.

When external light reaches us, the eyes initially register a myriad of perceptions from our environment. Then something lights up in the sentient soul when certain perceptions are filtered and sensations come alive with personal vividness and quality. For example, when you behold a red object with your eyes, you initially perceive the color. However, this color perception ceases once you look away, but the sensation that it makes upon you continues to linger in your soul. It’s a lasting impression that may be later recalled, whether to ponder its meaning and significance or to rekindle nostalgic sentiments and feelings.
Because our sensations illuminate internally in a unique and private way, Steiner contended that this soul activity is not a mere brain process. Science can describe the various light, chemical and nerve stimuli along the chain from the eye retina to the brain, but he noted that nowhere can our actual sensations be found in this chain. The sentient soul is said to also partake in the intrinsically private activities of feelings, emotions, drives and instincts, as well as willing, where our soul flows outward through actions.

Such a perspective of soul activity aligns with other researchers’ distinctions of mind and brain. Neurophysiologist Wilder Penfield once determined that no amount of electronic probing in the various areas of the brain would elicit a person to believe or decide. He concluded that the mind seems to work independently of the brain, analogous to a computer programmer acting independently of the firings within the computer. Penfield suggested that the mind has its own energy that is different from the neurons that travel the pathways within the brain.

Michael Polanyi, philosopher of science and social science, arrived at the same conclusion when he stated that thoughts and neural processes are two completely different things.

Religious author Huston Smith concurs, suggesting “the brain breathes mind like the lungs breathe air.”

We typically think of having five senses – sight, hearing, smell, taste and touch – with sight generally considered to be the most important in its ability to perceive shades of lightness and different colors. However, Steiner recognized that we have at least seven more than these basic senses. By the term sense, he meant a perception which provides us with immediate information without the involvement of a thought process. One of the additional senses he noted was what he called movement, what is nowadays termed proprioception. Movement is that special sense which indicates whether we’re still or moving, providing direct feedback where our joints, tendons and muscles are in space.

Steiner also recognized how the various senses work together, not in isolation. Although each sense may be categorized for the sake of definitions, our soul reunites the separate perceptions into a unified whole that provides coherent inner meaning. Of particular note, he was well aware that vision encompasses more than the sense of sight. In 1919, he knew the important role that the sense of movement plays in visual sensation.

We nearly always see things so that when they give the colors to us, they also show us the boundaries of colors, namely, lines and forms. We are not normally aware of how we perceive when we perceive color and form at the same time. At first you see only the color through the specific activity of the eye (sense of sight). You see the circular form when you subconsciously use the sense of movement and unconsciously make a circular movement. When the circle you have apprehended through your sense of movement rises to cognition, it is then joined with the perceived color.

You take the form out of your entire body when you appeal to the sense of movement spread out over your entire body. Today, official science is not at all interested in such a refined way of observation, so it does not distinguish between seeing color and perceiving form with the help of the sense of movement. In the future however, we will not be able to educate with such confusion. How will it be possible to educate human seeing if we do not know that the whole human being participates in seeing through the sense of movement?
Decades later, Steiner’s comments appear to have been validated by Alfred Yarbus, a psychologist who studied the eye movements of people looking at natural objects and scenes. In the 1950s and 1960s, he recorded the rapid saccadic eye movements that occur within milliseconds and demonstrated with remarkable images how the eyes subconsciously scan forms and outlines with incredible speed.

Steiner’s observations are also quite extraordinary when related to NVI fundamentals of proper vision. William Bates was an eye doctor who broke from the mold of orthodox teachings and single-handedly established the field of NVI back in the early 1900s. Two of Bates’ guiding fundamentals are what he called shifting and apparent movement (also called the swing), both which involve our sense of movement.

The eyes, which move by different sets of surrounding muscles, must continually shift from point to point to prevent the strain of fixation. Otherwise, the subconscious saccadic movements become sluggish and vision begins to blur within seconds. It’s analogous to grasping a heavy object in your hand and holding it tightly in an extended arm position. The muscle strain cannot be held long before you lose your hold and drop the object. If we fixate for too long in an attempt to “hold” a point in our sight with intense concentration, the effort backfires and we lose the clarity of sight.

As for oppositional movement, stationary objects in our peripheral field of vision must have the appearance of moving in an opposing direction. This swing is a natural consequence of the first fundamental, the shift.

Bates explains the illusion of the swing: “Your head and eyes are moving all day long. Imagine that stationary objects are moving in the direction opposite to the movement of your head and eyes. When you walk about the room or on the street, notice that the floor or pavement seems to come toward you, while objects on either side appear to move in the direction opposite to the movement of your body.”

If one attempts to stop this illusion of oppositional movement, Bates claimed it caused vertigo or dizziness. That’s because our sense of balance also comes into play for effective vision. Coordinated body movements and eye movements depend on good balance, controlled by the organs in the inner ears.

In more recent years, the role of movement and balance in visual perception has been recognized in a specialty field called developmental or behavioral optometry. They have made the connection between visual difficulties, mental development, and emotional behavior, with such problems as dyslexia, slow reading and poor comprehension, ADHD and juvenile delinquency. Some children have difficulty reuniting the individual senses as a unified whole, causing a jumbled imbalance of sensations, thoughts and emotions.

The importance of training which integrates the senses with whole-body movements is a hallmark of this specialized field of optometry. The training typically incorporates bouncing on the trampoline with rhythmic arm and hand movements and visual interaction with special wall charts. Or the child could be instructed to call out answers to rapid-fire mental tasks – like mathematics or spelling – while jumping on the trampoline. Balance beams are also used in combination with sensory, physical and mental tasks.

In a separate field of study, psychiatrist Harold Levinson treated thousands of cases of learning disabilities and phobias and discovered a common physical correlation. Over 90 percent of his patients who were dyslexic or phobic had a malfunction of the inner-ear system.
These more recent findings validate what Steiner suggested back in his day: mental disorders are linked to physiological disorders.

“But one will find over and again,” he wrote, “that especially in so-called mental illness – which actually has been, as such, incorrectly named – physical processes of illness are present in a hidden way somewhere. Before one wants to meddle with mental illness, one ought actually, with the proper diagnosis, to determine which physical organ is involved in the illness.”

Thinking, feeling, and willing – soul activities which follow from our senses – are all interrelated and interdependent.

In our highly technological era, we are intently centered on the physical realm, bombarded with sense data from the external environment. Such sensory overload may induce responses in an individual’s soul, such as fear and anxiety, while causing overconcentration and staring. The net result can lead to a habitual strain pattern that restricts movement and negatively impacts the healthy functioning of the eye-focusing muscles. School age children are especially prone to such problems and begin to develop vision problems early as a result.

One of the most fascinating aspects of improving eyesight naturally is a “flash” of near perfect vision that spontaneously occurs from time to time. I experienced flashes several times prior to having any knowledge of the phenomenon. They appear very early in the vision improvement process for many people, even for those with a high degree of initial blur. I liken the experience to a flash of inspiration or intuition from the spiritual realm, a Divine Perfection pouring into the soul, reminding the eyes how to see clearly again without strain. It’s also a reminder to step back from the stressful demands of a society fixated on material ends and become more in touch with our higher spiritual nature.

Quantum physicist Arthur Zajonc chronicled the scientific study of light and visual optics from the time of the early Greek philosophers to our current age and laments at the gradual demise of artistic and spiritual insights in the endeavor. Throughout the centuries, Plato’s light of the soul in visual perception was eventually excised by science to the point we are today – a pure neurophysical model – even though the nature of light is as enigmatic as ever.

We’ve become so steeped in material pursuits that we’ve “lost sight” of the spiritual side. If physical light is the counterpart of spiritual light, perhaps the visual blur that’s endemic to modern culture is a manifestation of spiritual myopia?

Observe the symmetry in the word “eye” itself. I view it as a symbol of our threefold nature. One “e” represents the exoteric or physical realm, while the other “e” represents the esoteric or spiritual realm. The “y” in between is the soul with three branches, two linking body and spirit, while the third points to the “I” (pronounced the same as “eye”) that is the center of our soul. Window of the soul, indeed!

Bibliography


William H. Bates, “Perfect Sight,” Better Eyesight, September 1927

**Example**

**THE SERMONS WE SEE ~ Jack Suttles**

I’d rather see a sermon than hear one any day

I’d rather one should walk with me than merely tell the way

The eye is a better pupil and more willing than the ear
Fine counsel is confusing but examples are always clear
And the best of all the preachers are the men who live their creeds
For to see good put in action is what everybody needs
I soon can learn to do it if you'll let me see it done
I can watch yours hands and actions but your tongue too fast may run
The lecture you deliver may be very wise and true
But I'd rather get my lessons by observing what you do
There's no misunderstanding how you act and how you live
One good man teaches many - men believe what others do
One deed of kindness noticed is worth fifty that are told
Who stands with men of honor, holds his honor dear
For right living speaks a language which to everyone is clear
Though an able speaker charms me with his eloquence I say
I'd rather see a sermon than hear one any day

True Story:

His name is Bill. He had wild hair, wore a T-shirt with holes in it, jeans, and no shoes. This was literally his wardrobe for his entire four years of college.

He was brilliant, quite profound and very, very bright. He became a Christian while attending college.

Across the street from the campus is a well-dressed, very conservative church. They want to develop a ministry to the students but are not sure how to go about it.

One day Bill decides to go there. He walks in with no shoes, jeans, his T-shirt, and wild hair. The service has already started and so Bill starts down the aisle looking for a seat. The church is completely packed and he can't find a seat. By now people are really looking a bit uncomfortable, but no one says anything.

Bill gets closer and closer and closer to the pulpit, and when he realizes there are no seats, he just squats down right on the carpet. By now the people are really uptight, and the tension in the air is thick.

About this time, the minister realizes that from way at the back of the church, a Deacon is slowly making his way toward Bill.
Now the Deacon is in his eighties, silver-gray hair and a three-piece suit; a godly man, very
elegant, very dignified, very courtly. He walks with a cane, and as he starts walking toward this
boy, everyone is saying to themselves, you can’t blame him for what he’s going to do. How can
you expect a man of his age and of his background to understand some college kid on the
floor?

It takes a long time for the man to reach the boy. The church is utterly silent except for the
clacking of the man’s cane. All eyes are focused on him. You can’t even hear anyone breathing.
The minister can’t even preach the sermon until the deacon does what he has to do.

And now they see this elderly man drop his cane on the floor. With great difficulty, he lowers
himself and sits down next to Bill and worships with him so he won’t be alone. Everyone
chokes up with emotion.

When the minister gains control, he says, "What I’m about to preach, you will never remember.
What you have just seen, you will never forget."

"Be careful how you act. You may be the only Bible that many people will ever read!"

I asked the Lord to bless you as I prayed for you today.

To guide you and protect you as you go along your way....

His love is always with you, His promises are true,

And when we give Him all our cares, we know He’ll see us through.

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Failure - Inspirational Quotes

Confucius:
Our greatest glory is not in never falling, but in rising every time we fall.

Norman Vincent Peale:
Never talk defeat. Use words like hope, belief, faith, victory.

Earl Nightingale:
Success is simply a matter of luck. Ask any failure.

Dale Carnegie:
Develop success from failures. Discouragement and failure are two of the surest stepping
stones to success.

Napoleon Hill:
Before success comes in any man’s life he is sure to meet with much temporary defeat and,
perhaps, some failures. When defeat overtakes a man, the easiest and most logical thing to do
is to quit. That is exactly what the majority of men do.

Napoleon Hill:
Failure is nature’s plan to prepare you for great responsibilities.
Napoleon Hill:
Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.

Napoleon Hill:
Persistence is to the character of man as carbon is to steel.

Napoleon Hill:
The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail.

Napoleon Hill:
When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.

Napoleon Hill:
Opportunity often comes disguised in the form of misfortune, or temporary defeat.

Charley “Tremendous” Jones:
Everyone has a success mechanism and a failure mechanism. The failure mechanism goes off by itself. The success mechanism only goes off with a goal. Every time we write down and talk about a goal we push the button to start the success mechanism.

Robert Schuler:
Failure doesn't mean that you're a failure... it just means that you haven't succeeded yet.

Brian Tracy:
Failure is a prerequisite for great success. If you want to succeed faster, double your rate of failure.

Brian Tracy:
Remember, you only have to succeed the last time.

Brian Tracy:
Most people achieved their greatest success one step beyond what looked like their greatest failure.

Brian Tracy:
Never consider the possibility of failure; as long as you persist, you will be successful.

Brian Tracy:
Incorrect assumptions lie at the root of every failure. Have the courage to test your assumption.

Brian Tracy:
It is not failure itself that holds you back; it is the fear of failure that paralyzes you.

Zig Ziglar:
Failure is an event, never a person; an attitude, not an outcome.

Zig Ziglar:
Success doesn't make you and failure doesn't break you.
Louis E. Boone:
Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have.

Robert C. Gallagher:
Even if you fall on your face, you're still moving forward.

Samuel Beckett:

Robert Silliman Hillyer:
Perfectionism is a dangerous state of mind in an imperfect world. The best way is to forget doubts and set about the task at hand... If you are doing your best, you will not have time to worry about failure.

Michael Eisner:
Recovering from failure is often easier than building from success.

Roger Von Oech:
Remember the two benefits of failure. First, if you do fail, you learn what doesn't work; and second, the failure gives you the opportunity to try a new approach.

Thomas Edison:
Show me a thoroughly satisfied man, and I will show you a failure.

Thomas Edison:
Many of life's failures are men who did not realize how close they were to success when they gave up.

Johnetta Cole:
Show me someone content with mediocrity and I'll show you someone destined for failure.

Dowden:
Sometimes a noble failure serves the world as faithfully as a distinguished success.

Quentin Crisp:
If at first you don't succeed, failure may be your style.

Henry David Thoreau:
If we will be quiet and ready enough, we shall find compensation in every disappointment.

Mary Pickford:
If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down but the staying down.

Derek Bok:
If you think education is expensive, try ignorance.

Vince Lombardi:
In great attempts it is glorious even to fail.
Vincent Lombardi:
Once you agree upon the price you and your family must pay for success, it enables you to ignore the minor hurts the opponent's pressure, and the temporary failures.

Vince Lombardi:
The real glory is being knocked to your knees and then coming back. That's real glory. That's the essence of it.

Anthony J. D'Angelo:
In order to succeed you must fail, so that you know what not to do the next time.

Anonymous:
In order to succeed, you must first be willing to fail.

Tony Robbins:
I've come to believe that all my past failures and frustrations were actually laying the foundation for the understandings that have created the new level of living I now enjoy.

Ella Fitzgerald:
Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.

Stephen Covey:
Many people seem to think that success in one area can compensate for failure in other areas. But can it really? True effectiveness requires balance.

Struther Burt:
Men are failures, not because they are stupid, but because they are not sufficiently impassioned.

Abraham Lincoln:
My great concern is not whether you have failed, but whether you are content with your failure.

Abraham Lincoln:
Success is going from failure to failure without losing your enthusiasm.

Abraham Lincoln:
The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.

Elbert Hubbard:
A failure is a man who has blundered, but is not able to cash in on the experience.

Bob Dylan:
A man is a success if he gets up in the morning and gets to bed at night, and in between he does what he wants to do.

John Burroughs:
A man may fail many times, but he isn't a failure until he begins to blame somebody else.
Robert Browning:
A minute’s success pays the failure for years.

Kahlil Gibran:
A shy failure is nobler than an immodest success.

English proverb:
A stumble may prevent a fall.

Helen Keller:
All the world is full of suffering. It is also full of overcoming.

Charles Franklin Kettering:
An inventor fails 999 times, and if he succeeds once, he’s in. He treats his failures simply as practice shots.

Charles Franklin Kettering:
Failures are finger posts on the road to achievement.

Charles Franklin Kettering:
One fails forward toward success.

Darrell Royal:
As long as a person doesn’t admit he is defeated, he is not defeated - he's just a little behind and isn't through fighting.

George Horace Lorimer:
Because a fellow has failed once or twice, or a dozen times, you don’t want to set him down as a failure till he's dead or loses his courage - and that's the same thing.

Og Mandino:
Failure will never overtake me if my determination to succeed is strong enough.

John Charles Salak:
Failures are divided into two classes - those who thought and never did, and those who did and never thought.

H. Ross Perot:
Failures are like skinned knees, painful but superficial.

Japanese Proverb:
Fall seven times, stand up eight.

Frederick Smith:
Fear of failure must never be a reason not to try something.

Denis Waitley:
Forget about the consequences of failure. Failure is only a temporary change in direction to set you straight for your next success.
Denis Waitley:  
To establish true self-esteem we must concentrate on our successes and forget about the failures and the negatives in our lives.

Denis Waitley:  
When you make a mistake or get ridiculed or rejected, look at mistakes as learning experiences, and ridicule as ignorance. Look at rejection as part of one performance, not as a turn down of the performer.

William Durant, founder of General Motors:  
Forget past mistakes. Forget failures. Forget about everything except what you’re going to do now - and do it.

Duke Ellington:  
Gray skies are just clouds passing over.

B. C. Forbes:  
History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.

Thomas Watson:  
The way to succeed is to double your failure rate.

Michel de Montaigne:  
There are some defeats more triumphant than victories.

Frank McKinney:  
There is no failure except in no longer trying. There is no defeat except from within, no really insurmountable barrier save our own inherent weakness of purpose.

Author unknown:  
There is no failure. Only feedback.

Eric Hoffer:  
There is no loneliness greater than the loneliness of a failure. The failure is a stranger in his own house.

George Eliot:  
There is only one failure in life possible, and that is not to be true to the best one knows.

George Eliot:  
The only failure one should fear, is not hugging to the purpose they see as best.

George Elliot:  
I'm proof against that word failure. I've seen behind it. The only failure a man ought to fear is failure of cleaving to the purpose he sees to be best.

George Gordon, Lord Byron:  
They never fail who die in a great cause.
Doug Larson:
To err is human; to admit it, superhuman.

Edward Simmons:
The difference between failure and success is doing a thing nearly right and doing it exactly right.

B. R. Hayden:
The first proof of a person's incapacity to achieve is their endeavoring to fix the stigma of failure on others.

Franklin Field:
The great dividing line between success and failure can be expressed in five words: "I did not have time".

Robert Green Ingersoll:
The greatest test of courage on earth is to bear defeat without losing heart.

Anonymous:
The harder you fall, the higher you bounce.

William Faulkner:
The man who removes a mountain begins by carrying away small stones.

Franklin D. Roosevelt:
It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something.

Theodore Roosevelt:
The only man who never makes mistakes is the man who never does anything.

Anthony J. D'Angelo:
The only real failure in life is one not learned from.

Charles Austin Beard.:
When it is dark enough, you can see the stars.

Elbert Green Hubbard:
When on the brink of complete discouragement, success is discerning that... the line between failure and success is so fine that often a single extra effort is all that is needed to bring victory out of defeat.

Alexander Graham Bell:
When one door closes another door opens; but we often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.

Orson Welles:
When you are down and out something always turns up - and it's usually the noses of your friends.

Les Brown:
When you are down on your back, if you can look up, you can get up.
Ward Cleaver:
When you make a mistake, admit it. If you don't, you only make matters worse.

P. J. O'Rourke:
Never fight an inanimate object.

Richard H. Nelson:
Never let yesterday use up today.

Unknown Author:
Never make the same mistake twice or you'll never get around to all of them.

Longinus:
In some attempts, it is glorious even to fail.

Nikki Giovanni:
It is the response to error that counts.

Anonymous:
It is wise to keep in mind that no success or failure is necessarily final.

Robert H. Schuller:
It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts.

David Feherty:
It's how you deal with failure that determines how you achieve success.

Portuguese Proverb:
Stumbling is not falling.

George S. Patton:
Success is how high you bounce when you hit bottom.

George S. Patton:
You're never beaten until you admit it.

Douglas Macarthur:
It is fatal to enter any war without the will to win it.

Dwight Eisenhower:
No one can defeat us unless we first defeat ourselves.

Mike Ditka:
Success is never permanent, and failure is never final.

Dell Crossword:
Success is not permanent. The same is also true of failure.

T. S. Eliot:
Success is relative. It is what we can make of the mess we have made of things.
Conrad Hilton:
Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit.

Dr. Marcus Bach:
Success, or failure, very often arrives on wings that seem mysterious to us.

John Keats:
Failure is in a sense the highway to success, as each discovery of what is false leads us to seek earnestly after what is true.

Jim Rohn:
Failure is not a single, cataclysmic event. You don't fail overnight. Instead, failure is a few errors in judgment, repeated every day.

John C. Maxwell:
Failure is not fatal. Only failure to get back up is.

Malcom S. Forbes:
Failure is success if we learn from it.

Truman Capote:
Failure is the condiment that gives success its flavor.

Lao Tzu:
Failure is the foundation of success, and the means by which it is achieved.

Henry Ford:
Failure is the opportunity to begin again more intelligently.

Sir James Matthew Barrie:
Failure is the path of least resistance.

Roger Crawford:
Being challenged in life is inevitable, being defeated is optional.

Ernest Hemingway:
But man is not made for defeat. A man can be destroyed but not defeated.

James A. Michener:
Character consists of what you do on the third and fourth tries.

George E. Woodberry:
Defeat is not the worst of failures. Not to have tried is the true failure.

Josephus Daniels:
Defeat never comes to any man until he admits it.

Robert Galvin:
Do not fear mistakes. You will know failure. Continue to reach out.
John Wooden:
Do not let what you cannot do interfere with what you can do.

H. Stanley Judd:
Don't be afraid to fail. Don't waste energy trying to cover up failure. Learn from your failures and go on to the next challenge. It's OK to fail. If you're not failing, you're not growing.

Sir Lewis Morris:
How far high failure overleaps the bounds of low success.

Thomas A. Edison:
I am not discouraged, because every wrong attempt discarded is another step forward.

Bill Cosby:
I don't know the key to success but the key to failure is to try to please everyone.

Reggie Jackson:
I feel that the most important requirement in success is learning to overcome failure. You must learn to tolerate it, but never accept it.

Katherine Mansfield:
I have made it a rule of my life never to regret and never to look back. Regret is an appalling waste of energy... you can't build on it; it's only good for wallowing in.

Michael Jordan:
If it turns out that my best wasn't good enough, at least I won't look back and say that I was afraid to try; failure makes me work even harder.

Michael Jordan:
I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot... and missed. And I have failed over and over and over again in my life. And that is why... I succeed.

Lou Holtz:
I think everyone should experience defeat at least once during their career. You learn a lot from it.

George Burns:
I'd rather be a failure in something that I love than a success in something that I hate.

H. Duane Black:
If at first you don't succeed, think how many people you've made happy.

John Maxwell:
To move forward today, you must learn to say good-bye to yesterday's hurts, tragedies and baggage.

Samuel McChord Crothers:
Try as hard as we may for perfection, the net result of our labors is an amazing variety of imperfectness. We are surprised at our own versatility in being able to fail in so many different ways.
Henry Van Dyke:
Use what talent you possess: the woods would be very silent if no birds sang except those that sang best.

F. Scott Fitzgerald:
Vitality shows in not only the ability to persist but the ability to start over.

J. M. Barrie:
We are all failures - at least, all the best of us are.

John Burdone Sanderson Haldane:
We do not know, in most cases, how far social failure and success are due to heredity, and how far to environment. But environment is the easier of the two to improve.

James E. Burke:
We don't grow unless we take risks. Any successful company is riddled with failures.

Henry David Thoreau:
We were born to succeed, not to fail.

Benjamin Disraeli:
What we anticipate seldom occurs, what we least expected generally happens.

Anonymous:
The only real failure in life is the failure to try.

Dr. Joyce Brothers:
The person interested in success has to learn to view failure as a healthy, inevitable part of the process of getting to the top.

John Dewey:
The person who really thinks learns quite as much from his failures as from his successes.

Thomas Paine:
The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.

Edwin Percy Welles:
The saddest failures in life are those that come from not putting forth the power and will to succeed.

Benjamin Disraeli:
The secret of success is constancy to purpose.

Edgar A. Guest:
The timid and fearful first failures dismay
But the stout heart stays trying by night and by day
He values his failures as lessons that teach
The one way to get to the goal he would reach.

Anonymous:
The two hardest things to handle in life are failure and success.

James Dale Davidson:
When you subsidize poverty and failure, you get more of both.

Red Sanders:
Winning isn’t everything, it’s the only thing.

Mickey Rooney:
You always pass failure on the way to success.

Colin Powell:
There are no secrets to success. It is the result of preparation, hard work, learning from failure.

Robert Kennedy:
Only those who dare to fail greatly can ever achieve greatly.

Napoleon:
You become strong by defying defeat and by turning loss into gain and failure to success.

Beverly Sills:
You may be disappointed if you fail, but you are doomed if you don’t try.

Mary Pickford:
You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down.

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Faith

You haven’t been told the whole truth about what it takes to be successful in life and today I am going to share with you how to have everything in life that you want, and for those of you who are members of Joy To Live, how to build a successful and profitable business.

Believing in the power of faith and wanting to receive the supernatural favor of God in my life, I began reading the Bible to learn more about faith and how to make it work. What I found are four simple steps that will guarantee financial abundance, perfect health and loving relationships for anyone who gets serious about using them.

I wondered why so few people had really unlocked the power of faith, then I read where most people have their spiritual ears closed and Christ said that he spoke in parables so that those who don’t have spiritual ears wouldn’t hear and wouldn’t understand.

This sounds a bit contradictory, but the truth is that God has some things that are so important, so valuable and so powerful, that he has reserved them for those who have their spiritual ears open to hearing the truth.
One day a young man approached the Greek philosopher Socrates and said, I come to you for knowledge. Socrates took the young man down to the sea and dunked him under the water. When he let the young man up for air, Socrates asked him to repeat what he wanted. ‘Knowledge, O great one,’ he sputtered. Socrates put him under the water again and after repeated dunkings the philosopher asked, ‘What do you want?’ The young man finally gasped, ‘Air. I want air!’ ‘Good,’ answered Socrates. ‘Now, when you want knowledge as much as you wanted air, you shall have it.’

Faith does not come like a lightning bolt from heaven. It does not come by dancing, shouting or waving your arms and it does not come from feeling sorry for yourself. You must first desire faith, and you must ask God to open your spiritual ears so that you can understand what you are about to hear.

You may have asked, ‘what is faith?’ You may have even prayed to better understand faith and somebody told you about this website. That’s often how prayers are answered.

Faith comes by hearing the word and if you keep an open mind, it is planted like a seed in your heart and the same way that seeds must be watered in order to germinate, faith has to be exercised daily if you want it to grow strong like a tree.

Luke 13:19 says, The kingdom of God is like a grain of mustard seed, which a man took, and cast into his garden; and it grew, and waxed a great tree; and the fowls of the air lodged in the branches of it. And Matt 17:20 says, if ye have faith as a grain of mustard seed, ye shall say unto this mountain, remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

We are going to do some simple Algebra here so we can better understand what the scripture really says and if you haven’t already figured it out, we are talking about the same mustard seed in both verses.

So if the kingdom of God is likened to a mustard seed and faith is also likened to a mustard seed in the verses above, it is very possible that faith is equal to the kingdom of God.

Let’s look a little deeper. In Matthew chapter 6: 31-33 we read, “Therefore take no thought saying, What shall we eat? Or, What shall we drink? Or, Wherewithal shall we be clothed? But seek ye first the kingdom of God, and his righteousness; (which means right way of thinking) and all these things shall be added unto you.” How many things shall be added?

Then in Matthew 21:22 it says, And all things ye shall ask in prayer believing, ye shall receive. How many things? All things ye shall ask in prayer believing.

According to these verses, you can either seek the kingdom or you can ask in prayer believing to have all of the good things of life, so we have a second witness that the kingdom of God is the same thing as praying with faith.

During part of my life I lacked the necessary money to enjoy life to its fullest and I was tired of working around the clock and not being able to spend quality time with my family. So believing that there is a supernatural source of supply where all good things would flow unto me, I wanted to learn how to turn it on and tap into it.

“WHATEVER MAY BE SAID IN PRAISE OF POVERTY, the fact remains that it is not possible to live a really complete life unless one is rich.”

“No one can rise to his greatest possible height in talent or soul development unless he has plenty of money, for to unfold the soul and to develop talent, he must have many things to use and these require money to buy them with.”

“The purpose of nature is the advancement and unfoldment of life and everyone should have all that can contribute to the power, elegance, beauty and richness of life. To be content with less is sinful.”

“The person who owns all he wants for the living of all the life he is capable of living is rich and no person can have all he wants without plenty of money.”

“To understand the science of getting rich is therefore the most essential of all knowledge on the physical plane.”

“There are three motives for which we live: We live for the body, we live for the mind and we live for the soul. No one of these is better or holier than the others; all alike are desirable and no one of the three – body, mind or soul – can live fully if one of the others is cut short of its full life and expression.”

“It is not right or noble to live only for the soul and deny mind or body and it is wrong to live for the intellect and deny body or soul.”

No one can be truly happy or satisfied unless his body is living fully in its every function and unless the same is true of his mind and his soul.”

“A person cannot live fully in body without good nutrition, comfortable clothing, warm shelter and without freedom from excessive toil. Rest and recreation are also necessary to his physical life.”

“One cannot live fully in mind without books and time to study them, without opportunity for travel and observation or without intellectual companionship, objects of art and things of beauty he is capable of using and appreciating.”

“To achieve fullness in soul a person must have love, and love is denied fullest expression by poverty. A person’s highest happiness is found in the bestowal of benefits on those he loves. The person who has nothing to give cannot fully fill his space as a spouse, as a parent, as a citizen or as a human being.”

“It is perfectly right that you should desire to be rich, for you can render to God and humanity no greater service than to become the most you can be.”

I believe that God wants us to reach our fullest potential. We have just learned that it is impossible to experience a fullness of joy and develop fully without plenty of time and money. The good news is that we can have everything in life, that we ask for in faith believing. Faith is available to everyone and it grows strong through daily practice, the same as muscles that are regularly exercised.
However, if you believe that God doesn’t want you to be rich, you must shed yourself of this false idea and most of those false ideas were ingrained in us since childhood.

For example, you’ve probably heard that it is hard for a rich man to get into heaven. What they didn’t tell you is that it is harder for a poor man, because without faith it is impossible to get into heaven and rich people tend to have more faith than poor people.

So let’s explore the principles of faith, because with faith, you can build yourself a thriving Joy To Live business and in doing so you can help lift up a lot of people that are struggling with their faith, their health and their finances. With strong faith, you might even find your way into the pearly gates if that is what you seek.

The four steps are first learning the art of gratitude, then creating a clear vision of what you want, training the heart to think correctly and training the tongue to speak correctly without doubting.

So let’s take these one at a time so we can see how each step is important toward helping you acquire the kind of faith that will bring you everything you want in life. Attitude determines altitude. Once you fully understand how faith works, you will begin to realize that you created 100% of the situation you are currently experiencing. You will also know that if you don’t like what you have created, you now have the power to change it.

It is impossible to have faith when you are feeling ungrateful about anything, so I suggest that you make a list of things for which you are grateful. This list should eventually include all of the things that you currently are not grateful for.

God commanded us to be grateful in all things; but it is not because he is egotistical or selfish. God does not need our gratitude. He gave this commandment for our benefit, not ours. Gratitude is the “power” that turns your wishes into reality. Gratitude is the “power” of creation. The same as you might tell a son or daughter to do something they don’t see the benefit of doing, because you can see the end result; God knows what is our best good and he wants us to be grateful because it is the attitude of gratitude that puts us in the driver’s seat of the “create anything you want machine.”

I also rest in the fact that all things work for good to those who love the Lord, including those things that may cause me to struggle emotionally, physically and spiritually. For this reason I am thankful for those experiences, because I know that everything I am experiencing at every moment in my life is working for my best good.

Problems are opportunities to do the right thing. I am thankful for the opportunity to overcome and I can overcome all things, and do all things through Christ Jesus who strengthens me, and to God be all the glory, for He has made me more than an overcomer.

God has commanded that I be thankful in all things. It is easy to be grateful for the roses in life, but only people who are spiritually mature can appreciate the thorns.

“He who is thankful in all things shall be made glorious and the things of this earth shall be added a hundred fold yea more.”

Thank You Lord for every challenge that causes me to reach out and look up and ask, “How can I more fully partake of thy supernatural favor and all of the good things that You have prepared for me?”
I am thankful to be in the place where all good things flow unto me easily, quickly and abundantly. I am thankful for the supernatural favor of God in every area of my life and in all that I do. I am thankful – I am thankful – I am thankful – Thank You Lord!

We should be thankful in all things including those things we do not yet have. Instead of saying, “Lord, heal me” you might say, “Thank you Lord that I am healed.” Words of gratitude are a greater demonstration of faith.

Gratitude puts a person into a frame of mind where faith can exist. A person who whines or complains about his or her circumstances cannot be filled with faith and Psalms 100:4 tells us that only through thanksgiving and praise can we enter into the “gates” of the kingdom.

Step number two is vision – getting clear on what you really want. Where you are today, you were headed there yesterday. If you are not happy with where you are right now, then your vision of where you were going was not clear enough. Most people however are wondering “how they arrived” at the circumstances they are now experiencing.

MANY PEOPLE fail to get what they want, only because they themselves have only a vague and misty concept of the things they want to have or do. You must form a clear and definite mental picture of what you want.

Faith is the “substance” of things hoped for and in order to impress your wants upon this living, thinking substance, it MUST be done by a coherent vision statement. You must be SPECIFIC and definite. The more clear and definite you make your picture and the more you dwell upon it, bringing out all its delightful details, the faster it will be manifested.

The scripture says that before God begins anything, he always finishes it first. In other words he has a vision of the completed project before he begins it. You too can create a vision of what you want. That way, before you even begin a project, you will know what the end result is going to be and you will not get discouraged when you’ve had a bad day, because you will realize that what you are going through today is only temporary and you will know through faith what is coming to you because you have seen a vision of the end result.

Some people have made vision boards as a reminder of what they want. They post pictures of the house, car and other things they want. They test-drive the new car, they attend an open house, and they memorize the feel and odor of car as they drive it. The clearer that you make your vision the faster you will realize it.

Before finding Joy To Live, I had a vision of a business opportunity that I could be passionate about; a company owner that is honest and fair and who is also knowledgeable and experienced in network marketing and in growing and managing a large company; a compensation plan that is level and fair to everyone; which greatly incentivizes recruiting and makes it possible for the part-time person to earn a decent income and which also fosters teamwork; of products that are truly necessary for every human being and which benefit everyone who uses them and which are fairly priced, of Policies and Procedures that protect the associate from unjust termination, from changes in the compensation plan, from the company selling out and from the company switching from a network marketing company to a retail company.
The result of my vision was the Joy To Live opportunity coming into my life.

I now have a vision of attracting people into my business who are both leaders and who want to become leaders; people who also have a vision of building a passive retirement income and helping others do the same; people who have the heart to serve others and who desire to help others find solutions to their health and money problems; people who are seeking a fullness of life with optimum health and plenty of money to enjoy life. I also see people coming into my business who don’t yet have a vision, but who will use these steps of faith as a vehicle to create a clear vision of being successful here at Joy To Live. I see many people who are business builders coming into my organization and I also see a whole new wave of people who have never known about network marketing.

When your vision is clear, the method will appear. You don’t need to concern yourself with how to attract the right people into your business. People will call you and you will be inspired to talk to the right people at the right time. I have found that whatever I focus on begins to appear supernaturally as long as I follow these simple steps.

Wallace D. Wattles had a profound insight into the elements of faith and I would like to quote again from the Science of Getting Rich to help us better understand the next step.

“Nature is an inexhaustible storehouse of riches. Everything you see on earth is made from one original substance, out of which all things proceed. The universe was made out of it and ten thousand times more might still be made from it. A thought in this substance produces the thing that is imaged by the thought.”

“Original substance is alive with creative energy and it is constantly producing more forms. A person can form things in his thought, and by impressing his thought upon formless substance, can cause the thing he thinks about to be created. In order to do this; a person must pass from the competitive to the creative mind. He must form a clear mental picture of the things he wants. He must then do, with faith and purpose all that can be done each day, doing each separate thing in an efficient manner.”

Step number three is evidence. Hebrews 11:1 tells us that Faith is the substance of things hoped for and the “evidence” of things not seen.

How is it possible to have evidence of things not yet seen or experienced?

In Proverbs 23:7, we learn that as a man thinketh in his heart, so is he. So the trick to getting everything that you want is to get the thoughts of those things from your head to your heart. The heart is the “feeling” center of the body, so in step number three, we are really trying to cultivate the right feelings. (See Love and Joy)

Faith is the opposite of fear and carries the feeling of helplessness. Faith is a peaceful, grateful feeling of knowing where you are going and a confidence and expectancy that the things you want are on their way to you. So how can you create the “evidence” or feeling of faith?

You started out with a statement of gratitude. Gratitude IS the creative power that will bring you everything you wish for, like the genie in Aladdin’s lamp. Being grateful puts you in a frame of mind that opens the faucet to the flow of all good things toward you.
Then you made a vision statement, clearly describing the things that you want to see show up in your life. This is like a blueprint for a new home. If the carpenters follow through with the plans, the house will materialize. Daily “praying” your vision statement is compared to the carpenters working daily on the house and if you don’t quit along the way, your vision will surely come to pass.

Now you need to cultivate the feeling of having the things that you desire. The way you do that is by asking how would I feel if I now had the things that I want; if they were immediately laid at my feet?

Here is an example. “How does it feel to have quality, mature people who are serious about improving their own lives and who love to help others, joining my joy To Live business?” Or, if you have debts to pay, “How does it feel to have all of my debts paid and have plenty of money to do all the things that I want?” Or, “How does it feel to have a faithful wife that loves, honors and respects me and who also seeks to serve God?”

You may also consider using these steps for spiritual things. For example, the Bible says, “This is life eternal to know God.” And it also says, “Not everyone who says Lord, Lord will enter in.” Therefore, there is “a particular manner” in which you need to “know” God in order to inherit eternal life.

You might then make a vision statement saying, “I know God in the manner required to obtain eternal life.” Then continue to ask, “How does it feel to know God in the manner that is required for eternal life.”

The more you ask “how does it feel” and the more you practice experiencing the feelings you would have if your wish was granted today, the faster you will realize your desires.

You can use these steps of faith to have everything in life that brings you joy.

If your heart is heavy and filled with pain, it may be difficult to find the good feeling you are looking for by asking “how does it feel”. In such a case you may have to ask “How would it feel to have the thing or situation that I want?”

I found myself in such a situation. Something happened that caused me considerable grief and I couldn’t find the feeling of what I wanted, so I began asking how would it feel to have the thing I was wanting in my life? Gradually I began to find the feeling I was looking for and with continued practice the feeling grew stronger each day, until I was able to have the feeling of what I wanted by asking “how does it feel” and by continuing to practice this, I now have the situation in my life that was so important to me.

This simple exercise will change the heart, and remember that as a man thinketh in his heart, so is he. When you succeed in changing the heart, everything else will change also. It has no choice. It is Eternal law.

Romans 4:17 says, “God calleth those things, which are not as though they were.”

The next step is affirmation or prayer. The word affirmation means to make firm, solid or make manifest from the unmanifest. Affirmation (Prayer) is an important part of the four steps of faith, but the feelings that you have in your heart at the time you affirm is what is going to be created. If you are saying I have plenty of money but in your heart you are thinking about all of the bills you can’t pay today, you are creating more bills instead of more money. The first three
steps put your heart into a “feeling of faith” and it is from this vantage point that you must make a statement of already having what it is that you want.

At the time of your prayer, you must bring the thoughts or statement you are going to make from your head, and put them into your heart. Feel in your abdomen the feelings that come from imagining your desire being fulfilled. Now take those feelings and move them to your heart center along with your words. Now see in your mind’s eye, imagine seeing your desire being fulfilled. Now audibly speak the words from your heart center (not your voice box) in one simple, concise statement of your desire being completed.

Here are some sample affirmations. God said, “Let there be light.” You might say, “I now have many quality, mature people coming into my Joy To Live business daily.” Or, “My debts are all paid; I now have plenty of money.”

The affirmation must proceed out of the heart center in order for it to have power.

In Luke chapter 6 it says: A good man out of the good treasure of his heart bringeth forth that which is good; for out of the abundance of the heart his mouth speaketh. Gratitude and clearly defining your vision or desire, puts good treasure into your heart. After many days of practicing the attitude of gratitude and putting good vibrations into your heart, like those of Joy and Love, there will be an abundance of good treasure to draw from.

Then in praying or affirming, we call forth those things, which are not as though they were. We are purposely bringing forth good with the words we speak out of the abundance of good feelings we have put into the heart. The circumstances you create with the words that come out of your mouth are a result of the feelings you are experiencing in your heart when you speak them.

Matthew 12:33-37 says, Either make the tree good and the fruit good; or else make the tree and the fruit corrupt. For out of the abundance of the heart, the mouth speaketh. A good man out of the good treasure of the heart bringeth forth good things, and the evil man evil things. But I say unto you, that every idle word that men shall speak, they shall give account thereof in the Day of Judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

Is this a bit of a wakeup call; every word you speak is bringing forth either good or bad, sickness or health, abundance or poverty. By your own words you are either receiving blessings or condemnation. And you shall give account for every negative word you speak in the Day of Judgment and every day is judgment day. Every day you are eating the fruit, either good or bad, from the words that came out of your heart in days gone by.

Matthew 6:33 says, “But seek ye first the kingdom of God and his righteousness (which means his right way of thinking) and all these things shall be added unto you.” Matthew 12:30 says, “Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand.”

You can’t speak death and life, sickness and health, lack and abundance. When you do, you are dividing your house against itself and you will be brought to sickness and poverty. No man can serve two masters and all you have to do is look at the fruit you have been producing to know what kind of tree you have been and which master you have been serving.
Not to worry. God is quick to forgive and as soon as you cut the bad wood out of your tree, you will begin producing the kind of fruit you have been looking for. Your business and your bank accounts will thrive, your health will spring forth and your relationships will blossom. “No matter how bad it has been, it is never too late to be great in the kingdom of God!”

During his ministry Christ frequently used a phrase. “Be it done unto you according to your faith.” This phrase is a daily decree to each of us and everything that happens to us in life is according to our faith. We each get to choose how to live our lives.

There is no other path than faith for whenever you fail to exercise faith you are working outside of the kingdom of God and living in sin. It is sin to think and speak of negative things. Furthermore without faith it is impossible to please God.

When you get rid of all that is negative in your life, your heart can no longer condemn you, for it is out of the abundance of the heart that your mouth speaks and it is your negative words that condemn you.

So get rid of unforgiveness; no longer render evil for evil. Rejoice in knowing that you now have the power to change every situation. Pray without ceasing and in everything give thanks. Prove the four steps of faith by exercising them daily and hold fast to all that is good.

If you are not already a member of Joy To Live, I would like to invite you to look at our Joy To Live products and opportunity. I don’t believe you can find a better company or a better group of people to work with, who are positive and who committed to living by faith and the Golden Rule.

May God bless you richly as you endeavor to start using these four steps of faith in everything you do.

Fevers

Bacteria, viruses, mold, foreign pathogens, and even sunburns cause fevers. To break a fever, drink one teaspoon every hour (up to eight hours) until the fever breaks. Ionic Silver can also be refrigerated and then applied topically to the forehead, temples, or anywhere else the fever is found.

The body’s defense mechanisms seem to work more efficiently at a higher temperature and artificially bringing the fever down before it reaches a critical point can actually aid the responsible micro-organisms in multiplying millions of times faster. Taking the fever down too soon is equally as dangerous as allowing it to get too high. Wrapping the body up in a wool blanket can prove helpful as it helps the body to reach a high enough temperature to help kill the cause of the fever and it also causes the body to sweat and release toxins through the sweat glands.

Anything above normal but below 100.4 F (38 C) is considered a low-grade fever. Fever serves as one of the body’s natural defenses against bacteria and viruses, which cannot live at a higher temperature. For that reason, low fevers should normally go untreated, unless accompanied by troubling symptoms.
If a fever does not break before it reaches 104 degrees, seek the care of a health care professional.

Affinity can help in the case of fever and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, food poisoning and other pathogens that may be the cause of a fever. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

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**Fibromyalgia**

Fibromyalgia is thought to be an autoimmune disorder with multiple symptoms. It actually results from acidic toxins that settle in the muscle tissues. These acids dissolve muscle tissue causing extreme pain and the inability for muscles to heal quickly. Yeast is a common factor, mostly because yeast thrives in acidic environment.

Yeast and fungus inside your intestines can cause muscle pain and symptoms of depression and attention deficit disorder. It can also result in symptoms of fibromyalgia, headaches, lymph problems and autoimmune disorders, including lupus.

Yeast can also cause fruits and sugars to ferment in the intestines creating a neurotoxin and low dose alcohol toxicity. Yeast can move from the intestines and go into the brain.

By cleansing yeast out of the system, most fibromyalgia patients can control some of their symptoms. Drinking two tablespoons of Ionic Silver daily can destroy yeast. Ionic Silver can be injected into the rectum or vagina using a syringe or douche bottle.

When large numbers of yeast colonies are killed rapidly, the cleanse may be accompanied by one to three weeks of flu-like symptoms until the dead yeast is washed out of the body. Drinking plenty of purified water can help remove toxins that are being released as a result of any kind of detoxification program.

Silver spray can be applied to sore muscles once or twice daily as needed for pain or aches. Fulvia and Affinity both help remove the toxins that cause fibromyalgia and supply lacking nutrition including vitamins, minerals and freeform amino acids, all known to help. Liver cleansing is also very helpful. (See Liver Cleanse)

Acidophilus found in Neutra-Cleanse supports a healthy intestinal flora, which is an important part of the body’s defense against the overgrowth of yeast and fungus.

Fulvia also has anti-fungal properties and the ability to help support proper pH in the body, a healthy balance of good bacteria and intestinal flora, all of which are a major factor in preventing an onslaught of yeast and fungus.

Affinity is also recommended for anyone suffering from fibromyalgia.
Folk Remedy:

Put raisins in a glass jar, cover with Gin to about an inch above the raisins.

Eat 1 tsp. raisins morning and evening.

Fleas

Apple Cider Vinegar diluted with pure water on the back of a dog or cat's neck to ward off fleas and can be added in very small doses to their water.

Flu

Flu is a virus. As the virus begins to multiply rapidly the body make produce a fever, which slows the growth of the virus and giving the immune system a better chance of combating the invaders. (See Fevers)

Taking one tablespoon of Ionic Silver three times daily, and spraying intranasally four or five times daily, will help reduce congestions and inflammation. Using Ionic Silver as a mouth rinse, eardrops, eye drops, nose drops, and throat spray can also be helpful as well.

Gargling for several minutes with silver three times daily can help with the onset of the flu. Once the flu has set in, it is harder to combat, but taking silver at the first sign of illness, it can reduce symptoms to one to three days. Like treatment of the common cold, silver may best be a preventive treatment when dealing with the flu. Consider regular consumption during the flu season.

Fulvia and Affinity have antiviral properties as well as supplying nutrients that support a strong immune system. You should also cleanse the colon using Neutra Cleanse.

Fluoride

Years ago I wrote a college thesis on fluoride. My research was very shocking. What I learned was that fluoride is a waste product of aluminum manufacturing.

Aluminum companies piled huge mountains of this toxic waste around the aluminum plants. The fluoride began seeping into the ground water and was killing farm crops and animals within a 15-mile radius around the manufacturing plants.

When it was proven that fluoride dumps were the problem, government regulators stepped in and forced these companies to find a safe method of storing this toxic waste.

This was a costly endeavor, so the companies put their scientists to work to find a “profitable” method of getting rid of the fluoride.
It is a scientific fact that “fluorine” (a naturally occurring mineral) is necessary for strong bones and teeth, so they pulled a “bait and switch” on the public by hiring doctors to write reports saying that “fluoride” does the same thing as fluorine in small amounts.

They began selling this poison to toothpaste manufacturers, dentists and water districts. Now instead of paying a lot of money to store this material in drums, they have created another stream of income by poisoning an unsuspecting populace.

Fluoride actually unravels the genes in the bones and teeth and makes them weaker and more brittle. Fluoride affects the brain and makes people lethargic. It slows down the mental processes and can lead to symptoms of Alzheimer’s. It also causes thyroid diseases just to name a few.

According to a 1988 article in the prestigious Chemical and Engineering News, “Scientific voices opposing fluoridation have been suppressed, since 1950 when the U.S. Public Health Service first endorsed fluoridation. Power tactics including threats, ridicule and frank censorship aimed at scientists and clinicians knowledgeable about fluoridation have prevented the truth about fluoride to be disseminated to the science world as well as to the public. Whenever a public agency is charged with objectively evaluating the safety of a procedure while at the same time endorsing and recommending it, a serious conflict of interest is set up. This is exactly the position of the U.S. Public Health Service for the past 60 years.”

According to the handbook, Clinical Toxicology of Commercial Products, fluoride is more poisonous than lead and just slightly less poisonous than arsenic. It is a cumulative poison that accumulates in bone over the years. According to the Physicians’ Desk Reference, "in hypersensitive individuals, fluorides occasionally cause skin eruptions such as atopic dermatitis, eczema, or urticaria. Gastric distress, headache, and weakness have also been reported. These hypersensitive reactions usually disappear promptly after discontinuation of the fluoride."

From 1990 to 1992, the Journal of the American Medical Association published three separate articles linking increased hip fracture rates to fluoride in the water. In the March 22, 1990 issue of the New England Journal of Medicine, Mayo Clinic researchers reported that fluoride treatment of osteoporosis increased hip fracture rate and bone fragility.

A study by Procter and Gamble showed that as little as half the amount of fluoride used to fluoridate public water supplies resulted in a sizable and significant increase in genetic damage. Epidemiology research in mid-1970 by the late Dr. Dean Burk, head of the cytochemistry division of the National Cancer Institute, indicated that 10,000 or more fluoridation-linked cancer deaths occur yearly in the United States. In 1989, the ability of fluoride to transform normal cells into cancer cells was confirmed by Argonne National Laboratories. Results released in 1989 of studies carried out at the prestigious Batelle Research Institute showed that fluoride was linked to a rare form of liver cancer in mice, oral tumors and cancers in rats, and bone cancer in male rats. Since 1991, the New Jersey Department of Health found that the incidence of osteosarcoma, a type of bone cancer, was far higher in young men exposed to fluoridated water as compared to those who were not.

In addition to the well documented toxic effects of fluoride even at dosages of 1 part per million, found in artificially fluoridated water, can inhibit enzyme systems, damage the immune system, contribute to calcification of soft tissues, worsen arthritis and, of course, cause dental fluorosis in children. These are unsightly white, yellow or brown spots that are found in teeth exposed to fluoride during childhood. In 1993, the Subcommittee on Health Effects of Ingested
Fluoride of the National Research Council admitted that 8% to 51% and sometimes up to 80% of the children living in fluoridated areas have dental fluorosis. Malnourished people, particularly children, usually targeted for fluoridation, are at greater risks to experience fluoride's harmful effects.

Surprisingly, the most recent studies show that water fluoridation is NOT effective in reducing tooth decay. In the largest U.S. study of fluoridation and tooth decay, United States Public Health Service dental records of over 39,000 school children, ages 5-17, from 84 areas around the United States showed that the number of decayed, missing, and filled teeth per child was virtually the same in fluoridated and non-fluoridated areas. Dr. John Colquhoun, former Chief Dental Officer of the Department of Health for Auckland, New Zealand, investigated tooth decay statistics from about 60,000 12 to 13 year old children and showed that fluoridation had no effect on preventing tooth decay.

Given all of this scientific information, what is behind this push for universal fluoridation? Prior to 1945, fluoride was properly regarded as an environmental pollutant. It was responsible for many lawsuits against industries, such as the aluminum industry and the phosphate fertilizer industry, whose waste products contain large quantities of fluoride. This fluoride destroyed crops and animals, leading to the lawsuits. The limited public view was that fluoride was an environmental pollutant that needed to be eliminated from the environment.

As a result of clever public relations campaigns, fluoride was transformed from an environmental pollutant to an essential nutrient necessary for producing healthy teeth. The science was non-existent, but the P.R. campaign was great. Being against fluoride was like being against baseball or apple pie. Industries not only made millions from selling this environmental pollutant to water companies and toothpaste companies, but more importantly, it saved them billions of dollars that would have been required to clean up this environmental pollutant.

So, what can you do to protect yourself from fluoride? First, avoid fluoridated water. Much of the world’s water supply is artificially fluoridated. Boiling water removes chlorine, but concentrates fluoride. Most water filters do not remove fluoride, unless there is a reverse osmosis component. Children should avoid fluoridated vitamins and fluoride treatments at the dentist. Everyone should avoid fluoridated toothpaste. The concentration of fluoride in water is 1 ppm, in toothpaste 1,000 ppm and in fluoride dental rinses 10,000 ppm. (See Water Purification)

Food / Soils

By now, you probably know that what you eat has a profound impact on your health. The mantra, "You are what you eat" is really true.

Sad State of Our Soils:

Over the past century, the quality of fresh food has declined due to soil depletion, unsustainable farming practices, overproduction of crops, and the use of pesticides and herbicides. You can no longer assume you're getting all of the vitamins, minerals, enzymes, and phytonutrients you need by eating a multiplicity of fresh produce, even if you're eating organically.
In 1936, the US Senate was presented with the results of a scientific study it had commissioned on the mineral content of our food. The results demonstrated that many human ills could be attributed to the fact that American soil no longer provides the plants with the mineral elements, which are so essential to human nourishment and nutritional health.

Today the problem is even worse, because chemicals used in modern farming methods have killed all of the microorganisms that break up the inorganic minerals making them bioavailable to the plants.

The following excerpts concerning Senate Document 264 of the 74th Congress, 2nd Session 1936, were found in the March 1936 issue of Cosmopolitan:

“… 99 percent of the American people are deficient in … minerals, and … a marked deficiency in any one of the more important minerals actually results in disease.”

“Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought into proper mineral balance? The alarming fact is that foods–fruits and vegetables and grains–now being raised on millions of acres of land that no longer contains enough of certain needed minerals, are starving us–no matter how much of them we eat!”

“We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is important for the normal function of some special structure of the body. Disorder and disease result from any vitamin deficiency. It is not commonly realized, however, that vitamins control the body’s appropriation of minerals, and that in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless.”

“Laboratory tests prove that the fruits, vegetables, grains, eggs and even the milk and meats of today are not what they were a few generations ago. No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health....”

“It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in these minerals, and that a marked deficiency in any one of the more important minerals actually results in disease. Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, shorten our lives.”

Folks, this was in 1936, just think about the farming practices we employ today. Now we use herbicides, pesticides, fungicides, insecticides, and any other cides we can think of. Cide means “being killed” by the way, other examples include genocide, fratricide, homicide; you get the point...

So where does that leave us? If even living foods like raw carrots or cabbages can no longer fully supply us with the nutrients we need, where can we turn?

Not surprisingly, a calorie today will provide you less nutrition than a calorie from 100, or even 50 years ago.

So now, more than ever, you must be careful to maximize the "bang for your buck" when it comes to the foods you eat and the supplements you take.
Along with being more careful about WHAT foods you buy, you must also be concerned with how you cook it.

Eating most of your food raw is ideal, but most of us are not going to be able to accomplish a completely raw diet, and we'll end up cooking some percentage of our food.

Smart food preparation starts with high quality foods and food preparation and that means saying goodbye to your microwave oven. Need to sterilize a dishcloth? Use your microwave. But zapping your casserole is a BAD idea if you are interested in preparing healthy food. (See Microwave Ovens)

Also, you can hopefully see why the Joy To Live products are the best value in exchange for your hard earned dollars and why they are so essential today!

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**Food Poisoning**

Food poisoning typically includes symptoms such as nausea, vomiting, abdominal cramping, and diarrhea. It occurs suddenly (within 48 hours) after consuming a contaminated food or drink. It is usually caused by bacteria and viruses.

To fight food poisoning requires aggressive Ionic Silver use, drinking about one ounce immediately, followed by two tablespoons every hour for the next eight hours. For prevention, drink one to three teaspoons daily. This can be especially helpful when traveling to a foreign country.

You can actually spray Ionic Silver on food to kill the pathogens that cause food poisoning. After spraying, let it stand for two minutes before eating. Taking Ionic Silver can also kill E.Coli and salmonella.

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**Foods To Avoid**

Most of us know that food itself cannot be considered poisonous. Very few of us know that pleomorphic bacteria, yeast, and fungus and their toxins, which are characteristically present in stored and fermented food, are using our food chain as a Trojan Horse.

The following list of foods are high in pleomorphic bacteria, yeast, fungus and mold and produce mycotoxins that have been documented to cause specific diseases and very specific organ lesions in both animals and in humans and should never be ingested and if eaten, only in small amounts AND never cold. Most of the foods listed if cooked thoroughly will kill most of the fungus. However, refrigerating them or using them cold, you are literally putting fungus into your body.

1) Pig meat including sausage, bacon, salami, and ham are full of colonized fungal and contain the fungi Aspergillus ochraceus which produces the mycotoxin Ochratoxin A which is associated with many different documented cancers.
2) Tobacco contains yeasts and sugars which ferment the tobacco into the form which reaches the human blood and tissues causing disbiosis of the blood and tissues leading to every degenerative disease known including cancer, diabetes, arthritis, etc.

3) Mushrooms are not a vegetable but rather the fruiting body of a fungus whose major form of existence, the root-like mycelium, is hidden in the soil. This fruiting body is the means to disperse the seed-like spores of the fungus throughout the blood and tissues. For example edible mushrooms induce bladder cancer.

4) Corn and all associated products contain over 25 different strains of disease causing fungus.

5) Peanuts, peanut butter & cashews contain over 27 different strains of fungus. People who eat a lot of peanuts frequently end up with cancer.

6) Barley contains the Aspergillus ochraceus fungi, which produces the mycotoxin Ochratoxin A. This mycotoxin is associated with many different documented cancers.

7) Animal meat and poultry including beef, lamb, chicken, and turkey also contain Aspergillus ochraceus. You should only eat about 2 oz. of meat once a week that has been thoroughly cooked so that there is no "pink" meat showing. Cooking kills most of the fungi and the body can deal with this small amount. Using Italian dressing to marinate meat is not wise.

8) Alcohol including wine and especially beer contain the same fungus Aspergillus ochraceus which produces the mycotoxin Ochratoxin A. Wine, beer, or alcohol create toxins in the body that can cause serious problems for anyone who has cancer. It also depresses the immune system, causing more colds and other illnesses.

9) Dairy products including milk, cheese, yogurt, cottage cheese, ice-cream, butter, etc. are fully colonized with fungi and contain the fungus Aspergillus ochraceus which produces the mycotoxin Ochratoxin A. These foods are also high in sugar which promotes the production of pleomorphic bacteria, yeast, and fungus. Yogurt as long as it is made from "live" cultures is fine to eat. As a matter of fact, it is "good" bacteria that actually kill the "bad" bacteria such as yeast in the body. However, eating too much can also have negative effects. Up to 6 ounces a day is fine.

10) Eggs are fully colonized with fungus and contaminated with mycotoxins. Cooking them kills most of the bacteria and boiling eggs for salads is fine if used at one meal, but when cooked eggs are refrigerated, the fungus begins to multiply again.

11) Stored grains and cereals are fully colonized with fungus and mycotoxins. When someone has cancer, grains should be avoided and be sure to never eat cold pasta salads.

12) Stored potatoes are fully colonized with fungus and contaminated with mycotoxins. Baking kills most of the fungus and a baked potato is actually healthy to eat, low in fat and the glycemic index. However, if you pile up the butter and sour cream on a baked potato you are defeating the purpose. Sweet potatoes and yams are even better, but again, cook them, boiled or baked, but do not eat them raw or store them after cooking for this will begin the fungus breeding process.
13) Sugar including honey, maple syrup, corn syrup, high fructose corn syrup, sucrose, rice syrup, barley malt etc. promotes the growth of pleomorphic bacteria, yeast, fungus, and mold, and suppresses the immune system response for up to five hours. You should avoid all fruit juices containing corn syrup as the sweetener.

14) Vinegar or apple cider vinegar acidifies the blood and tissues which promotes the production of bacteria, yeast, fungus, and mold. Mixing apple cider with baking soda will neutralize the acid and may be beneficial. Apple cider vinegar used in very small amounts, 2-3 teaspoons on salads will kill any type of bacteria on the lettuce will not be harmful and will actually be healthful to the body. Avoid using vinegar to flavor meats or soups. (There are two arguments to apple cider vinegar; especially if it is organic like Braggs brand. Thousands swear by its health benefits and others say that it helps to alkalinize the blood, not acidify it. Some things, like lemon and lime for example start out acid but actually convert to alkaline ash and they end up alkalinizing the body.)

15) Yeast in any form including Brewer’s Yeast. Cancer is an overgrowth of yeast colonies and yeast should therefore be avoided.

16) Caffeine in any form acidifies the blood and tissues which promotes the production of pleomorphic bacteria, fungus and mold. However, small amounts of caffeine in tea or coffee is good for the body and the immune system can deal with this. When you drink more than 2 cups of coffee a day, you are exposing yourself to large amounts of the fungus and the coffee should be black, without sugar or other sweeteners.

17) High fructose fruits acidify the blood and tissues and feed the production of pleomorphic bacteria, yeast, fungus, and mold. For example, apple juice is contaminated with the carcinogenic mycotoxin Patulin, which is derived from the fungus and is associated with stomach cancer. I strongly suggest not drinking apple juice. Even though juices are pasteurized, heated to kill bacteria and most fungus, apple juice has the highest capability of breeding more of the fungus as it sits on the shelf. The juices that contain the least amount of fungus after sitting are cranberry, (very good for keeping urinary tract and kidneys infections down) papaya, white or red grape and pineapple. Orange juice is fine if freshly squeezed. Avoid juices made from concentrate.

18) Dried fish contains the Aspergillus fungus and the extracts from the dried fish contains large amounts of aflatoxin. Eating raw fish such as in sushi is dangerous. There have been deaths caused from eating raw fish. Never eat cold or refrigerated fish. Anchovies are loaded with the fungus as well as most canned fish meats. Tuna is fine because it has low fungus which the body can deal with in small amounts. Eating tuna packed in water is the best; however limit the amount to less than 4 ounces a day and be aware that tuna and other types of fishes are known to carry mercury, PCB’s and other contaminants. Never eat farm raised fish like salmon or trout. Farm raised fish are loaded with bacteria due to the small areas they are raised in and are often fed hormones to make them grow faster.

19) Devitalized salt (processed white store bought salt) changes the negative charge on the blood cells causing them to stack or combine into symplasts, which can lead to oxygen deprivation, congestion, poor circulation, stroke, and/or heart attack. Natural, mined salt like Himalayan or Real Salt is necessary for good health and does not raise blood pressure. (See Salt)

20) Hydrogenated or partially hydrogenated oils as in margarine, shortenings and vegetable oils are altered fat substances which are known to be detrimental to health because they
interfere with normal biochemical processes. These oils have been shown to increase cholesterol, decrease beneficial high-density lipoprotein (HDL) interfere with the liver's detoxification system, and interfere with essential fatty acid function. Dr. Willett at Harvard has shown that these oils cause a 53% increase in coronary heart disease. In September, 1998, The American Heart Association issued a health warning to avoid foods containing these oils. Diabetes type II, cell inflammation and autoimmune problems have been linked to these oils. There are more than 125 research studies showing the negative health effects of these oils. Overall, the best diet is 80% raw, small amounts of meat proteins, steam vegetables when cooking, use only good fats for frying and never eat fruits after a meal. Fruits should always be eaten fresh and in season on an empty stomach. No canned fruits or juices.

Foot Odor

A very aggressive way to treat the feet is to soak them in warm water for 15 minutes. This will soften the dead skin on the surface, which can be scraped off with a loofah. Now the skin is ready and open for the Ionic Silver to be applied to the entire foot. There are some sea salt scrubs that seem to help scrape the dead skin off with much more aggression. The EPA has approved the following claim for silver: “Silver kills the bacteria that causes foot odor.”

Forgiveness

The Gift of Forgiveness - for“give”ness is a gift we give ourselves.

"To forgive is to set a prisoner free and discover that the prisoner was you."

~ Lewis B. Smedes

“In order to increase, you must release.” ~ Dr. J.A. Salaam

Most of us carry around anger, resentment, jealousy or some other negative emotion directed toward others. Some of these emotions have been around for years and may even be directed toward someone who is no longer in your life.

All those negative emotions hang around your neck and weigh you down. Unless dealt with, they will eventually affect the quality of your life and your health. Not only does negativity affect you, but all those around you, especially those who are closest to you like family and co-workers.

The baser emotions like anger, hatred and unforgiveness block love, joy, compassion and the other higher emotions. That simply means you cannot rise to higher levels of vibration when you are chained down by unforgiveness.

"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and set yourself free." ~ Catherine Ponder
Sometimes it is possible to recognize the stronger chains that were forged around you from major emotional traumas in your life. What is less easy to see is how the fine threads of everyday frustrations join together and become a powerful rope that holds you captive and separates you from a richer, healthier and more joyful life.

Forgiveness is the act of unchaining yourself from thoughts and feelings that bind you to an offense, imagined or real that was committed against you.

Forgiveness is a commitment to a process of growth and change. Forgiveness is a creative act. Forgiveness lets the prisoners of the past go free. Not only does it bless him or her that hurt you, more importantly it liberates you and leaves you at peace with your memories.

There is no future in the past; in fact there is no past, there are only memories of the past. The first step to forgiveness is to recognize the positive impact it can have on your life.

When you forgive, you stop playing the victim and you release all of the power and the control, which the offending person has had over you. You no longer define your life by how you have been hurt, but instead define yourself by how much you have grown.

"Anger makes you smaller, while forgiveness forces you to grow beyond what you were." ~ Cherie Carter-Scott

Life never remains static - it either expands or contracts in direct proportion to your courage to forgive. Forgiveness is the most important single process that brings peace into your life.

Forgiveness has two parts: The lesser part is to forgive others. The greater part is to forgive you for allowing yourself to be bound to negative emotions. Only when you unchain yourself can you fly to greater heights and reach your greater potential.

“I now forgive myself for the times I allowed myself to be chained down by “judgment” and “unforgiveness”. I now release all judgment and I forgive all persons who have offended me throughout my life.”

To err is human, to forgive is divine."

~ William Shakespeare

For"give"ness is not only a gift you give to others. Forgiveness is a gift you give to yourself.

All of us receive offenses and I believe that everyone struggles with forgiveness - I know that I do, and I have to make a conscious effort to forgive.

Consider the fact that those who mercilessly whipped and crucified Christ knew what they were doing from a physical perspective, but from an eternal perspective they really didn’t understand, and neither do those who hold onto “unforgiveness” understand from and “eternal perspective” what they are doing.

The “act” of unforgiveness is equal to the “act” or offense that was committed against you. If you were robbed and fail to forgive, it is as if you were the robber. If you were abused and fail to forgive, it is as if you were the abuser.
And as Christ was able to say, “forgive them for they know not what they do” let us also forgive those who have offended in the past, or who now daily offend us.

The natural reaction is to think or say, “But you don’t understand how much it hurt me.” No buts… your situation is not unique! Decide this day to be strong! Forgive and set yourself free!

"The weak can never forgive. Forgiveness is an attribute of the strong."

~ Mahatma Gandhi

Forgive – let go – and let God into your life!

“I now forgive all persons who have offended me throughout my life and I now forgive myself for allowing myself to be chained down by unforgiveness.”

Free Radicals

(See Antioxidant)

Fragrances

Take a sniff around your home. Are you proud of your pine-fresh floors, the floral scent of your bathroom, or the cinnamon candle in your bedroom? Advertisements remind us of the necessity of a "fresh smelling home," making us feel self-conscious about the everyday smells in our lives.

Fragrances are designed to make you, your car, your home and offices smell good, but are there serious side effects? In a recently released study of 17 name-brand fragrances co-authored by EWG and the Campaign for Safe Cosmetics, fragrances were found to contain secret ingredients, chemicals not listed on the label, with troubling hazardous properties.

Tests found 38 unlisted chemicals. The average fragrance tested contained 14 secret chemicals. Among them are chemicals associated with hormone disruption and allergic reactions, and many substances that have not been assessed for safety in personal care products by the US Food and Drug Administration (FDA) or the industry's own safety panel.

In 1973 Congress passed the federal Fair Packaging and Labeling Act. The law, which requires companies to list cosmetics ingredients on the product labels, specifically exempts fragrances. Since then, the vague word "fragrance" is all you'll find on the label. If there's anything to be grateful for in this, "fragrance" is a recognizable word that is easily avoided by label readers.

The FDA has not assessed the vast majority of these secret fragrance chemicals for safety when used in spray-on personal care products and of the chemicals that have been tested, there isn't a lot of good news. The vague term "fragrance" covers chemicals that can be linked to reproductive damage, hormone disruption, can trigger allergic reactions and even cause birth defects.
In a world of anti-bacterial and squeaky clean, we've become afraid to embrace our natural scents. We perfume ourselves silly, and it's costing us more than the cost of these products.

In fear of body odor, pet smells, foot stench and bad breath, some feel we've lost control of our senses.

Perfumes are so pervasive that we've stopped even noticing their presence. Have you ever tried to buy shampoo without a fruit or floral scent? How about laundry detergent? Now they're being injected into floor and bathroom cleaners, placed in our shoes, on fabric softeners, and sprayed onto our home's "soft surfaces."

According to the National Academy of Sciences, 95 per cent of chemicals now used in fragrance are synthetic compounds, often petroleum based. (Medical News Today, 19 Jun 2004).

Research suggests these chemicals may act as hormone disrupters (possibly causing birth defects in boys and early puberty in girls), carcinogens (causing cancer), and neural damage to those who apply them.

The use of some phthalates has been questioned, and indeed banned from products in the European Union.

Paul Fox, a spokesperson from Proctor and Gamble, assures that his company has rigorous safety protocols, which ensure that all their household items and packaging are safe for both consumers and the environment. He confirms that all requirements are met for each country in which their goods are marketed and sold.

Stacy Malkan, Communications Director for the Campaign for Safe Cosmetics, is less confident. She's been fighting for increased awareness and government regulation surrounding the personal care products industry. She says that no level of exposure is safe, and that the political climate of deregulation has fostered the growth of cheap ingredients, to the extent that we've lost control over our own exposure.

"Now we're in a mess where all these chemicals are everywhere and there's not a good safety net that requires companies to be responsible for the chemicals they use and choose the safest alternatives."

Most consumers are unaware that their products could be unsafe, and Malkan challenges that most chemicals have not been tested for health effects. This is in contrast to the European Market, which Malkan reports is making drastic changes to the way chemicals and household products are regulated. "Europe has passed REACH, which will require companies to safety test chemicals that have been used for decades. This will result in changes in the market globally, as awareness increases about the toxic nature of chemicals."

REACH stands for "Regulation on Registration, Evaluation, Authorization and Restriction of Chemicals." The European Commission reports that the system, which was adopted in June, 2007, strives to improve human health by minimizing exposure to dangerous chemicals. Europe has also banned toxic substances from electronics, personal care products and other consumer goods.
Malkan worries what will happen in the North American market is that all the products that don't pass European safety standards will be sold in North America. "We'll become a dumping ground."

In the meantime, for the sake of personal health she recommends avoiding unnecessary exposure to synthetic chemicals by choosing products with simpler ingredient lists, avoiding synthetic fragrances, and avoiding unnecessary products like scented soaps, bubble bath and air fresheners, which provide "gratuitous exposure to chemicals."

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**Friendship**

Sometimes in life, you find a special friend;

Someone who changes your life, just by part of it

Someone who makes you laugh until you can't stop;

Someone who makes you believe that there really is good in the world.

Someone who convinces you that there really is an unlocked door…

Just waiting for you to open it. This is Forever Friendship. Be that special friend!

A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" the mouse wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed the warning, "There is a mousetrap in the house! There is a mousetrap in the house!" The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone. That very night a sound was heard throughout the house like the sound of a mousetrap catching its prey.

The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever. Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.
But his wife’s sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer’s wife did not get well and she died. So many people came to her funeral that the farmer had to kill the cow to feed them. The mouse, with great sadness watched it all from his crack in the wall.

So the next time you see someone facing a problem, and you think it doesn’t concern you, remember, when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

If you know someone that is suffering from discouragement, financial setback or health challenges, perhaps you should be so kind as to share the Joy To Live products and opportunity, along with this website to help them find more joy for living.

Whatever good they may experience with your help, will return to you multiplied, pressed down and running over; increasing your own joy to live.

Fulvia

The nutrients in Fulvia turn on 52 youth hormones. It helps repair all of the cells in the body including bone, cartilage, muscles, skin, organs, nerves and even DNA. DNA contains the blueprint for the entire organ, which means when DNA is repaired, organs can be replaced as long as there is one living cell.

Experts say it is impossible to get sick when you have a clean, healthy liver. A healthy liver can immediately wipe out any disease organism, but only when it has adequate minerals.

When you start taking Fulvia, your liver and gall bladder will start cleansing. When I increased my dosage of Fulvia up to 2-3 capsules 3x a day, I had a lot of lime colored cholesterol in my stool, which could prevent a lot of gall bladder operations.

Underactive thyroid is another major cause of all disease. Even though blood tests may indicate that the thyroid is normal, eighty percent of Americans suffer from an underactive thyroid. Symptoms include loss of hair, puffy face, swollen tongue, weight gain, fatigue, brain fog, dry skin, eczema, candida, diabetes, arthritis and cancer. Fulvia helps turn on the thyroid gland, which can then cause other related symptoms to disappear.

Slow circulation is another common problem. This is often due to blood cells clumping together like a logjam in a river. You may have a dozen or more blood cells trying to pass through blood vessels where only one cell was designed to fit.

Fulvia causes blood cells to separate and start flowing normally within just minutes, allowing the blood to circulate more efficiently and carry more oxygen and nutrition to the cells. When you were born, your blood cells were plump like big juicy grapes. Notice how the cells at the bottom look like a deflated ball from being dehydrated. The 74 trace minerals in Fulvia create water right inside the cells like a miniature fountain of youth, causing them to swell up and return to their normal, youthful condition.
The amino acids in Fulvia contain carbon, hydrogen, oxygen, nitrogen and other important elements, which are critical to life. They play a major role in metabolism, helping the body get rid of excess fat and prevent obesity. They are also the building blocks of protein and are required for strong, healthy muscles.

Fulvia is antibacterial, antifungal, anti-inflammatory, antioxidant and anti-aging. The trace minerals in Fulvia are the very sparks of life and virtually everybody is lacking these minerals.

They play an active role in the production of stem cells, human growth hormone, endorphins and glutathione, which in turn prevents disease and premature aging, promotes healing and a happy feeling of well-being. Lacking any one essential mineral can cause the body to function sluggishly and if not corrected, the body will end up sick and diseased.

Fulvia contains 85+ minerals in ionic form, plus Vitamins and many other very important phytonutrients. It is unlike any nutritional product in its ability to facilitate a healthy metabolism and healing throughout the entire body. It is as necessary to good health as water and Oxygen and nobody should be without Fulvia.

Gall Bladder / Gallstones

Fulvia supports cleansing of the liver and the gall bladder. A popular gall bladder cleanse consists of drinking olive oil and grapefruit or lemon juice to dislodge gallstones, causing them to travel to the colon for elimination. I have personally used this method and shared it with many people who have successfully done such a cleansing. Although it is somewhat uncomfortable, the results are well worth the effort. (See Liver Cleanse)

A typical gall bladder cleanse is accompanied by lime green pellets. I have seen them range in size from 2 inches long; many being the size of a rabbit pellet or pea out of your garden, down to the size of a small Beebe or smaller coming out in the stool. They are soft and waxy in nature and are made up of mostly cholesterol and bile. They float on top of the water because of their high content of fats and a good gall bladder cleanse can produce up to 6,000 gallstones.

Gallstones inhibit normal function of the liver and gall bladder and if not removed can result in a surgical removal of the gall bladder. Contrary to popular opinion, the gall bladder is not a “spare” part. It plays a very important role in keeping the body alkaline and when the gall bladder is removed, extra measures must be taken to keep the body alkaline.

When I increased my dosage of Fulvia up to 2-3 capsules 3x a day, I had the best gall bladder cleanse that I have ever experienced. I eliminated a lot of lime colored cholesterol in my stool and because Fulvia is such a powerful solvent, the cholesterol was actually turned to liquid, rather than coming out in pellet form. Although this cleanse caused me to have temporary diarrhea, there was no cramping or discomfort and overall was a very pleasant experience.

Cleansing the gallbladder periodically could prevent a lot of gall bladder operations.

Ionic Silver can also destroy the bacteria and viruses that can harm the gall bladder and liver. By restoring proper liver function, all systems of the body are benefited, and overall wellness is increased. For these results, drink two tablespoons of Ionic Silver twice daily for 8-14 days.
Affinity supports healthy liver and gall bladder function and when taken in conjunction with Fulvia has synergistic benefits. Omegas 3, 6 and 9 found in Elixer Blast are also important to maintaining a healthy gall bladder.

Garlic

Garlic can be taken many ways. It is well known that garlic helps the liver, helps blood pressure, improves oxygen saturation, disinfects the body, destroys parasites and generally creates conditions that would be favorable to healing just about anything.

Garlic is a good absorbent of toxins. Normally, we take garlic oil, eat pressed garlic or roasted garlic or take it dried and powdered in a supplement. These are all fine, and work well as many of us know. In these cases, the garlic is absorbed rather quickly from the GI tract and goes throughout the body and does its work in the next few hours. After that, just the sulfur remains and that also has a medicinal value because it helps with detoxification and provides the body dietary sulfur.

There is a way however, to get the garlic to absorb toxins at the same time it disinfects and promotes liver detoxification and healing of the colon; the largest organ of detox next to the skin. This is done by keeping the garlic more or less intact and swallowing it like a pill. If the garlic cloves are large, they can be sliced into fairly large chunks, but small enough to swallow. If they are small, they can be nicked with a knife so that there can be exchange from inside to outside when they are in the stomach and GI tract.

Swallow enough garlic chunks to equal about 6-8 garlic capsules.

These pieces of garlic have a few advantages over their pressed or ground counter parts:

First, the garlic will be time-released, meaning that it will release fresh medicinal garlic the whole way through the GI tract so that even the lower colon gets the good stuff. This means that the full strength of garlic will be right up against the lower colon where so many pathogens typically live. It is also near the prostate for men and will benefit that area as well.

Secondly, the garlic will appear with a new medicinal power in absorbing toxins, poisons and heavy metals as it goes through. This heavy metal aspect is what first interested me. Garlic does a great job of absorbing and removing mercury and relieving the symptoms of mercury poisoning.

Because of this absorptive action, garlic also pulls poisons out of the liver. These poisons that appear when the liver is overloaded or toxic are one of the fundamental causes of cancer. The liver will detoxify and remove cancer cells them from the body fairly quickly when it is clean, but if it is already too toxic, it has to spend all of its energy just to detoxify itself, which allows the cancer to grow.

Thirdly, garlic will not overheat the body when taken in this form, while in any other form, garlic can overheat the body and cause exhaustion.
Now that we understand the function of garlic, let us talk about the poison factory. The liver is normally a poison processing plant. It cleans out all the worst stuff and neutralizes it for safe elimination. When it is dysfunctional and overloaded, however, the liver can become a metabolic poison factory. It can result in body-wide metabolic toxicity. Neurological and immune dysfunction, cancer and cysts, obesity and inflammation are just a few of the serious problems that can result. Cardiovascular problems and cholesterol abnormalities are certain.

With whole garlic chunks, we can absorb poisons that an overloaded liver otherwise could not process well. Meanwhile, we can also treat the liver. There are many approaches to this which we will discuss in other chapters.

Fulvia is extremely good for the liver and upon increasing my intake of Fulvia up to 9 capsules a day for a few days, I had one of the best liver cleanses I have ever experienced.

Gastritis and Gas

Always eat fresh fruit in season on an empty stomach. Wait at least 2 hours before eating any other food. Never eat canned fruit and never mix fruit with other foods.

Gas can be produced from yeast and sugar mixing with fruits and vegetables in your intestines. It can also be produced directly from certain fruits, vegetables, and bacteria. Most people think that eating beans produces gas. In reality, a bacterium on the surface of the bean produces gas.

Ionic Silver can help because it destroys bacteria that cause gas. If you have a gas outbreak – including painful air pressure in the intestines – take two teaspoons every hour for the first few hours.

In addition, you might want to try acidophilus found in Neutra Cleanse. Digestive enzymes can also be of assistance.

Gingivitis

(See Mouth)

Glands / Hormones

Affinity and Fulvia are noted for their ability to help activate the glands and normalize hormones. Too many toxins in addition to a lack of minerals and other essential nutrients throw the glands and hormones out of balance. For best results in reactivating the glands and balancing the hormones, take Affinity and Fulvia at the same time.
GMO Foods (Genetically Modified)

Today, we are faced with even a bigger concern than lack of nutrition in the foods we eat. Genetically modified crops are, without a doubt, the biggest threat to mankind's survival, which has ever existed. Suffice it to say, there is no evidence to support the claim that GM foods are safe for human consumption and there is a great deal of evidence that they are not. Many have already died and cattle will rather go hungry than eat GM maize! The claims of greater yields are also fictitious; to the contrary, the soil will often become completely infertile within 7 years.

Furthermore, the human digestive and metabolic systems were designed to process specific proteins, carbohydrates etc. having very specific genetic structures and the human digestive enzymes do not break down the genes in GM foods! When the genes of maize are changed for example, the result looks like maize, but genetically it is not maize, which leads inevitably to foods, which cannot be digested. This has already happened and the evidence that GM "foods" are poisonous to humans and animals mounts daily.

Almost 20 years ago, companies like Monsanto began genetically altering the plants that make up our source of food. This is really a sinister plot to control the world's food supply. This takeover is almost complete, although thankfully there are now groups of people who are recognizing the dangers of GMO foods and are starting to fight back.

Stunning" Difference of GM from non-GM Corn

A comparison of US Midwest non-GM with GM corn shows shockingly high levels of glyphosate as well as formaldehyde, and severely depleted of mineral nutrients in the GM corn. The results of a comparison of GM and non-GM corn from adjacent Midwest fields in the US are reproduced in Table 1.
Table 1 Comparison between GM and non-GM corn grown side by side*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>GM Corn</th>
<th>Non-GM Corn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glyphosate</td>
<td>13</td>
<td>0</td>
</tr>
<tr>
<td>Formaldehyde</td>
<td>200</td>
<td>0</td>
</tr>
<tr>
<td>Nitrogen</td>
<td>7</td>
<td>46</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>3</td>
<td>44</td>
</tr>
<tr>
<td>Potassium</td>
<td>7</td>
<td>113</td>
</tr>
<tr>
<td>Calcium</td>
<td>14</td>
<td>6,130</td>
</tr>
<tr>
<td>Magnesium</td>
<td>2</td>
<td>113</td>
</tr>
<tr>
<td>Sulphur</td>
<td>3</td>
<td>42</td>
</tr>
<tr>
<td>Manganese</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Iron</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Zinc</td>
<td>2.3</td>
<td>14.3</td>
</tr>
<tr>
<td>Copper</td>
<td>2.6</td>
<td>16</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>0.2</td>
<td>1.5</td>
</tr>
<tr>
<td>Boron</td>
<td>0.2</td>
<td>1.5</td>
</tr>
<tr>
<td>Selenium</td>
<td>0.6</td>
<td>0.3</td>
</tr>
<tr>
<td>Cobalt</td>
<td>0.2</td>
<td>1.5</td>
</tr>
</tbody>
</table>

*The GM corn was grown in a field that has been no-till, continuous GM corn (Roundup Ready) for 5-10 years and with a glyphosate herbicide weed control regime for all of the 10 years. The Non-GM corn has not had glyphosate (or Roundup) applied to the field for at least five years. The GM corn test weight was 57.5 lb; and non-GM corn test weight 61.5 lb.

As Zen Honeycutt, who posted the report commented, glyphosate, shown to be toxic at 1 ppm, is present at 13 ppm in the GM corn. Similarly, formaldehyde at 200 ppm is 200 times the level known to be toxic in animals.

The GM corn was also severely depleted in essential minerals: 14 ppm vs 6,130 ppm calcium; 2 ppm vs 113 ppm of magnesium; 2 ppm vs 14 ppm of manganese 3 ppm vs 44 ppm of phosphate, 3 ppm vs 42 ppm of sulphur, and so on.

It is not surprising that this analysis has been carried out independently; i.e., not by biotech companies. It was done by farmers themselves. The high level of glyphosate is bad enough. Scientific evidence on glyphosate accumulated over three decades documents miscarriages, birth defects, carcinogenesis, endocrine disruption, DNA damage, neurotoxicity, and toxicity to liver and kidney at levels well below recommended agricultural use (see our recent review [2] Why Glyphosate Should Be Banned, SiS 56). The presence of formaldehyde – a genotoxic and neurotoxic poison at such enormous concentration – is totally unexpected.
Analysis obtained by Midwest farmers

Howard Vlieger, a crop nutrition advisor working with family farmers in 10 states across the US, who has been involved in the study and research of GMOs since 1996, explained in an interview [3] that people want “a side by side comparison” of the corn in the same soil conditions with the only difference being the application of glyphosate based herbicide on the GM Roundup Ready (RR) corn and a conventional herbicide on the non-GM corn. “This has not been done and cannot be done according to the technology agreement signed by a farmer planting GM seed without being at risk of being sued by the patent holder of the GM RR corn,” he said.

In this case, however, ears of corn from two adjacent cornfields in the Midwest, separated only by a fence, were sampled two weeks before harvest. The corn fields were selected by a third party and the samples collected in exactly the same manner. The separately bagged ears of corn were shelled from the cob and the grain samples sent to the lab for glyphosate testing. The non-GM corn field has not been sprayed with glyphosate for at least five years (see Table 1).

The samples were sent to a certified laboratory where it was prepared for testing on gas chromatography-mass spectrometry, an analytical method in which chemical compounds are first separated on a chromatographic column according to their size and charge and other chemical properties, and then ionized and identified based on mass to charge ratios. The RR corn tested contained 13 ppm glyphosate – coincidentally the EPA’s newly set legal limit of glyphosate in corn – while the other non-GM corn sample tested free of any glyphosate. The RR corn sample that tested positive for the glyphosate residue also tested positive for formaldehyde at a level of 200 ppm.

Where does the highly toxic formaldehyde come from?

Plant pathologist and retired Purdue University professor Don Huber, who has been sounding dire warnings on glyphosate poisoning crops, soil, livestock, and people (see [4] USDA Scientist Reveals All – Glyphosate Hazards to Crops, Soils, Animals, and Consumers, SiS 53), commented that formaldehyde can come from degradation of glyphosate [5]. But it can also come from normal plant 1-C metabolism, as for example, de-methylation of serine to glycine plus formaldehyde.

Formaldehyde does not exist in the free-state in a healthy normal plant. It is toxic compound that reacts with proteins, nucleic acids and lipids, and has been classified as a mutagen and suspected carcinogen [6]. Formaldehyde is also neurotoxic, and at ~100 ppm induced amyloid-like misfolding of tau protein, leading to the formation of protein aggregates similar to those found in Alzheimer’s disease; followed by programmed cell death of the neurons [7]. In normal cells and organisms, formaldehyde is detoxified by glutathione-dependent formaldehyde dehydrogenase (GDFDase) to formic acid [8]. GDFDase is dependent on zinc [9], and it is likely that the chelating action of glyphosate [4] may be responsible for inhibiting the enzyme’s activity by depriving it of zinc.

“Of course the scariest part of this is that any RR plant (corn, soybean, canola, cotton, sugar beet or alfalfa) that is sprayed with glyphosate could potentially produce formaldehyde … and then the formaldehyde would unknowingly end up in the feed and food supply.” Vlieger said [3]. The accumulation of formaldehyde was not due to any unusual environmental stress experienced by the GM corn. “This corn was not raised in an area that was affected by the extreme drought conditions of 2012.”
He also told UK group GMWatch [10] that the glyphosate and formaldehyde could “explain the continuing problems we are witnessing in livestock operations with poor animal health when GMO feed stuffs are in the diet.”

Obviously, the analysis should be repeated on more samples of GM and non-GM corn grown side by side to see if these remarkable differences could be replicated. If so, we can only conclude that previous data submitted by and for the companies that found GM corn “substantially equivalent” to non-GM corn must have been fraudulent, and the perpetrators need to be brought to justice.

GMO corn is about 200 times more toxic and has about 20 times less nutrition than Non-GMO corn. So we have this food that bugs won’t eat, that bacteria won’t eat, that fungus won’t eat, the only species that will eat this food are humans.

References


10. GMWatch Comment on 2012 corn comparison report. 19 April 2013, www.GMWatch.org
God vs. Science

Albert Einstein wrote a book titled God vs. Science in 1921.

In a College classroom with a professor teaching a philosophy lesson........

An atheist professor of philosophy pauses before his class and then says, 'Let me explain the problem science has with religion.'

He then asks one of his new students to stand. 'You're a Christian, aren't you, son?'

'Yes sir,' the student says. 'So you believe in God?' 'Absolutely.'

'Is God good?' 'Sure! God's good.'

'Is God all-powerful? Can God do anything?' 'Yes'

'Are you good or evil?' 'The Bible says I'm evil.'

The professor grins knowingly. 'Aha! The Bible! He considers for a moment. 'Here's one for you. Let's say there's a sick person over here and you can cure him. Would you do it?'

'Yes sir, I would.'

'So you're good!' 'I wouldn't say that.' 'But why not say that? You'd help a sick and maimed person if you could. Most of us would if we could. But God doesn't.'

The student does not answer, so the professor continues. 'He doesn't, does he? My brother was a Christian who died of cancer, even though he prayed to Jesus to heal him. How is this Jesus good? Can you answer that one?' The student remains silent.

'No, you can't, can you?' the professor says. He takes a sip of water from a glass on his desk to give the student time to relax. 'Let's start again, young fella. Is God good?'

'Er..yes,' the student says.

'Is Satan good?' The student doesn't hesitate on this one. 'No.'

'Then where does Satan come from?' The student falters. 'From God' 'That's right. God made Satan, didn't he? Tell me, son. Is there evil in this world?' 'Yes, sir.'

'Evil's everywhere, isn't it? And God did make everything, correct?' 'Yes' 'So who created evil?' The professor continued, 'If God created everything, then God created evil, since evil exists, and according to the principle that our works define who we are, then God is evil.' Again, the student has no answer.

'Is there sickness? Immorality? Hatred? Ugliness? All these terrible things, do they exist in this world?' The student squirms on his feet. 'Yes.' 'So who created them?'

The student does not answer again, so the professor repeats his question. 'Who created them?' There is still no answer. Suddenly the lecturer breaks away to pace in front of the classroom. The class is mesmerized. 'Tell me,' he continues onto another student. 'Do you
believe in Jesus Christ, son?' The student's voice betrays him and cracks. 'Yes, professor, I do.'

The old man stops pacing. 'Science says you have five senses you use to identify and observe the world around you. Have you ever seen Jesus?' 'No sir. I've never seen Him.' 'Then tell us if you've ever heard your Jesus?' 'No, sir, I have not.'

'Have you ever felt your Jesus, tasted your Jesus or smelled your Jesus? Have you ever had any sensory perception of Jesus Christ, or God for that matter?' 'No, sir, I'm afraid I haven't.' 'Yet you still believe in him?' 'Yes'

'According to the rules of empirical, testable, demonstrable protocol, science says your God doesn't exist. What do you say to that, son?' 'Nothing,' the student replies. 'I only have my faith.' 'Yes, faith,' the professor repeats. 'And that is the problem science has with God. There is no evidence, only faith.'

The student stands quietly for a moment, before asking a question of His own.

'Professor, is there such thing as heat?' 'Yes.' 'And is there such a thing as cold?'

'Yes, son, there's cold too.' 'No sir, there isn't.'

The professor turns to face the student, obviously interested. The room suddenly becomes very quiet.

The student begins to explain. 'You can have lots of heat, even more heat, super-heat, mega-heat, unlimited heat, white heat, a little heat or no heat, but we don't have anything called 'cold'. We can hit down to 458 degrees below zero, which is no heat, but we can't go any further after that. There is no such thing as cold; otherwise we would be able to go colder than the lowest -458 degrees. Every object or body is susceptible to study when it has or transmits energy, and heat is what makes a body or matter have or transmit energy. Absolute zero (-458 F) is the total absence of heat.

You see, sir, cold is only a word we use to describe the absence of heat. We cannot measure cold. Heat we can measure in thermal units because heat is energy. Cold is not the opposite of heat sir, just the absence of it.'

Silence across the room. A pen drops somewhere in the classroom, sounding like a hammer.

'What about darkness professor; is there such a thing as darkness?' 'Yes,' the professor replies without hesitation. 'What is night if it isn't darkness?' 'You're wrong again, sir. Darkness is not something; it is the absence of something. You can have low light, normal light, bright light, flashing light, but if you have no light, you have nothing, but we call it darkness, don't we? That's the word we use to define the absence of light. In reality, darkness isn't. If it were, you would be able to make darkness darker, wouldn't you?'

The professor begins to smile at the student in front of him. This will be a good semester.

'So what point are you making, young man?' 'Yes, professor, my point is, your philosophical premise is flawed to start with, and so your conclusion must also be flawed.'
The professor's face cannot hide his surprise this time. 'Flawed? Can you explain how?'

'You are working on the premise of duality,' the student explains. 'You argue that there is life and then there's death; a good God and a bad God. You are viewing the concept of God as something finite, something we can measure. Sir, science can't even explain a thought.' "It uses electricity and magnetism, which neither have ever been seen, much less fully understood. To view death as the opposite of life is to be ignorant of the fact that death cannot exist as a substantive thing. Death is not the opposite of life, just the absence of it." 'Now tell me, professor, do you teach your students that they evolved from a monkey?'

'If you are referring to the natural evolutionary process, young man, yes, of course I do.' "Have you ever observed evolution with your own eyes, sir?" The professor begins to shake his head, still smiling, as he realizes where the argument is going; a very good semester, indeed.

'Since no one has ever observed the process of evolution at work and cannot even prove that this process is an on-going endeavor, are you not teaching your opinion, sir? Are you now not a scientist, but a preacher?'

The class is in uproar. The student remains silent until the commotion has subsided.

'To continue the point you were making earlier to the other student, let me give you an example of what I mean.' The student looks around the room. 'Is there anyone in the class who has ever seen the professor's brain?' The class breaks out into laughter. 'Is there anyone here who has ever heard the professor's brain, felt the professor's brain, touched or smelt the professor's brain? No one appears to have done so. So, according to the established rules of empirical, stable, demonstrable protocol, science says that you have no brain, with all due respect, sir.' "So if science says you have no brain, how can we trust your lectures, sir?"

Now the room is silent. The professor just stares at the student, his face unreadable. Finally, after what seems an eternity, the old man answers. 'I guess you'll have to take them on faith.'

'Now, you accept that there is faith, and in fact, faith exists with life,' the student continues. 'Now, sir, is there such a thing as evil?'

Now uncertain, the professor responds, 'Of course, there is. We see it every day. It is in the daily example of man's inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil.'

To this the student replied, 'Evil does not exist sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness and cold, a word that man has created to describe the absence of God. God did not create evil. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat or the darkness that comes when there is no light.'

The professor sat down.

PS: the student was Albert Einstein
Good vs. Evil

TWO WOLVES – Cherokee Legend

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

Gossip

GOSSIP TOWN ~ Jack Sutlles

Have you ever heard of Gossip Town

On the shores of Falsehood Bay

Where old dame Rumor with rustling gown

Is found the livelong day

It isn’t far to Gossip Town

For people who want to go

The Idlest Trail will take you down

In just a minute or so

Thoughtless Road is the most famous route

And most folks start that way

But it’s a slippery slope and if you don’t watch out

You’ll land in Falsehood Bay

You’ll glide through the alley of Vicious Town

And into the tunnel of Hate

Then crossing the bridges of Scorn and Frown
You'll enter the city gate
The principal street is called They Say
And I've Heard is the public well
The breezes that blow from Falsehood Bay
Are laden with “don’t you tell”
In the midst of the town is Telltale Park
You’re never safe while there
For its owner is madam Cutting Remark
Who lives on the street Don’t Care
Just back of the park is Slander Road
Twas there that Good Name died
Pierced by the shaft from Jealousy’s bow
In the hands of Envious Pride
From Gossip Town, Peace long since fled
To escape, Trouble, Cares and Woe
And Sorrow and Grief you’ll find instead
If ever you chance to go

Gout

Gout is a complex form of arthritis characterized by sudden, severe attacks of pain, redness and tenderness in joints, often the joint at the base of the big toe. These attacks can happen over and over unless gout is treated. In time they can damage joints, tendons, and other tissues. Men are more likely to get gout, but women become increasingly susceptible to gout after menopause.

Symptoms of gout are almost always acute, occurring suddenly; often at night and without warning.

Gout commonly affects the large joint of your big toe, but it can occur in your feet, ankles, knees, hands and wrists. The affected joint or joints become swollen, tender and red.
The pain is likely to be most severe within the first 12 to 24 hours after it begins. After the most severe pain subsides, some joint discomfort may last from a few days to a few weeks. Later attacks are likely to last longer and affect more joints.

Gout is caused by too much uric acid in the blood. When uric acid concentrations are too high, urate crystals accumulate around your joints, causing the inflammation and intense pain of a gout attack. Gout is one of over one hundred forms of arthritis. Fortunately it is highly treatable. In recent years natural remedies for gout have become very popular. The primarily reason for this is that most gout medications have severe side effects and are not safe long term. Natural remedies are safe to take and have no side effects. As an added benefit, most natural treatments contain ingredients that will help improve the bodies overall health.

Gout occurs when levels of uric acid are elevated causing severe attacks of pain, swelling, redness, and inflammation. Needle shaped uric acid crystals stab their way into joints rendering lightning bolts of pain and leading to joint damage.

Obesity and improper diet increase the risk of developing gout. It has been called the rich man`s disease because of its association with overindulgence of rich food and alcohol. Due to a deluge of chemicals that are now in foods and beverages, it now affects people of all ages and from all walks of life. It may be brought on by crash dieting, certain medications, overeating, stress, surgery or injury to a joint.

The best way to get a diagnosis of gout is for a physician to insert a needle into the affected joint, remove some fluid and examine it for uric acid crystals.

It is recommended that when an attack occurs; eat only raw vegetables for two weeks. It is a good idea to eat more of these anyway. Even the sugars in fresh fruits can aggravate the symptoms, so if you do eat some fresh fruit, keep total sugar level below 15-25 grams daily. (See Sugar)

Celery juice is very alkaline, which helps neutralize the uric acid; diluted with Purified Water, not tap, water. Some claim that eating a cupful of fresh cherries will help stave off painful episodes. Strawberries and blueberries may do the same. Other safe foods during an episode are millet, green vegetables, seeds and sprouted grains.

Foods to avoid and discourage another gout flare-up are: meat of any kind, sardines, scallops, shellfish, mushrooms, mussels, peanuts, mackerel, asparagus, alcohol beverages, and diet soda. Limit your intake of caffeine, cauliflower, dried beans and lentils, oatmeal, peas, spinach and yeast products.

Helpful herbs are: bilberry extract, turmeric, celery seed, chamomile, lady`s mantle (yarrow), peppermint or skullcap. Prescription for Nutritional Healing recommends 2,000 to 3,000 milligrams daily of alfalfa, a good source of minerals that reduces uric acid. Devil`s claw and yucca can aid in relieving pain. Other herbs to try are birch, burdock, colchicum tincture, hyssop and juniper.

Vitamin B12, vitamin E, folate, and the B family of vitamins found in Elixir Blast and Affinity are a part of good nutritional program for gout treatment and as always, Fulvia is the foundation of all other nutritional products. Breathing Exercises combined with stretching, dancing, yoga, Tai Chi, and aerobics improves oxygenation and circulation which is an essential part of overcoming gout.
Drink as much water as you can to flush uric acid from the system.

Apply an activated charcoal poultice to draw out toxins. Combine 1/2 cup powdered charcoal with 1/4 cup ground flaxseed. Mix in warm water until it becomes a thick paste, apply to the joint, and then wrap securely. Caution, this will stain clothing.

Soak the affected joint for thirty to sixty minutes in a mix of hot water and activated charcoal.

Avoid taking high doses of niacin (over 50 milligrams daily.) Large doses of niacin can cause a buildup of uric acid, triggering gout.

Your body produces uric acid when it breaks down purines that are found naturally in your body, as well as in certain foods, such as anchovies, herring, asparagus and mushrooms.

People who suffer from gout should avoid pork at all costs. Pigs do not have sweat glands and large amounts of uric acid are stored in their muscles. A person with gout struggles to eliminate the uric acid their own body produces, without consuming it directly by eating pork. Also avoid shrimp and lobster as they are likely to produce gout as well.

Normally, uric acid dissolves in your blood and passes through your kidneys into your urine. But sometimes your body either produces too much, or your kidneys excrete too little uric acid.

Patent medicines do not cure gout and lead to other health problems. The best thing to do is eliminate all acid forming foods, drinks, sugars, dairy, and flour products, and eat a minimal amount of meat. The body only needs about two ounces of meat once a week to give you what you need in the way of nutrition from meat.

Aspartame and Sugar are major causes of gout and everyone should avoid these deadly poisons. Drink plenty of water and try to make 80% of your diet raw, organic fruits and vegetables.

Fulvia, Affinity and Elixir Blast support the removal of uric acid which causes gout and keeping your colon clean and regular with the help of Neutra Cleanse is also important in preventing gout.

(See Arthritis)

Grandma’s Hands

Grandma, some ninety plus years, sat feebly on the patio bench. She didn't move, just sat with her head down staring at her hands. When I sat down beside her she didn't acknowledge my presence and the longer I sat I wondered if she was OK. Finally, not really wanting to disturb her but wanting to check on her at the same time, I asked her if she was OK.

She raised her head and looked at me and smiled. "Yes, I'm fine, thank you for asking," she said in a clear strong voice.

"I didn’t mean to disturb you, Grandma, but you were just sitting here staring at your hands and I wanted to make sure you were OK," I explained to her.
"Have you ever looked at your hands?" she asked. "I mean really looked at your hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point she was making.

Grandma smiled and related the following story: "Stop and think for a moment about the hands you have, how they have served you well throughout your years.

"These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life. They braced and caught my fall when as a toddler I crashed upon the floor. They put food in my mouth and clothes on my back. As a child my mother taught me to fold them in prayer.

They tied my shoes and pulled on my boots. "They held my husband and wiped my tears when he went off to war. They have been dirty, scraped and raw, swollen and bent! "They were uneasy and clumsy when I tried to hold my newborn son.

Decorated with my wedding band they showed the world that I was married and loved someone special. "They wrote my letters to him and trembled and shook when I buried my parents and spouse.

They have held my children and grandchildren, consoled neighbors, and shook in fists of anger when I didn’t understand. They have covered my face, combed my hair, and washed and cleansed the rest of my body.

"They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works real well these hands hold me up, lay me down, and again continue to fold in prayer.

"These hands are the mark of where I've been and the ruggedness of life. But more importantly it will be these hands that God will reach out and take when he leads me home. And with my hands He will lift me to His side and there I will use these hands to touch the face of Christ."

I will never look at my hands the same again. God reached out and took my grandma's hands and led her home. When my hands are hurt or sore or when I stroke the face of my children and husband I think of Grandma. I know she has been held by the hands of God. And I, too, want to touch the face of God and feel His hands upon my face.

Hair and Nails

Vinegar is a great hair softener. Just pour some in a bowl of plain water and rinse. Your hair has never been softer!

Affinity can help stimulate hair and nail growth and when combined with Fulvia, will always do its job more efficiently. Fulvia also has minerals that are necessary to healthy hair and nails. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause itchy scalp or fungus in the nails. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.
Hair Color

Take nettle herb and Fulvia to return hair to its natural color.

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Handbags

Have you ever noticed gals who drop their handbags on public toilet floors then go directly to their dining tables and lay it on the table? Happens a lot! It's not always the 'restaurant food' that causes stomach distress. Sometimes "what you don't know 'will' hurt you"!

Mom got so upset when guests came in the door and plopped their handbags down on the counter where she was cooking or setting up food. She always said that handbags are really dirty, because of where they have been. Smart Mom!

It's something just about every woman carries with them. While we may know what's inside our handbags, do you have any idea what's on the outside?

Women carry handbags everywhere; from the office to public toilets to the floor of the car. Most women won't be caught without their handbags, but did you ever stop to think about where your handbag goes during the day.

One woman said, "I drive a school bus, so my handbag has been on the floor of the bus a lot, on the floor of my car and bathrooms." "I put my hand bag in grocery shopping carts, on the floor of the toilet and of course in my home, which should be clean" says another woman.

Nelson Laboratories in Salt Lake City set out to test the average woman's handbag to find out if handbags harbor a lot of bacteria. Most women told us they didn't stop to think about what was on the bottom of their handbag. Most said at home they usually set their handbags on top of kitchen tables and counters where food is prepared. Most of the ladies we talked to told us they wouldn't be surprised if their handbags were at least a little bit dirty. It turns out handbags are so surprisingly dirty, even the micro-biologist who tested them was shocked.

Nelson Labs says nearly all of the handbags tested were not only high in bacteria, but high in harmful kinds of bacteria. Pseudomonas can cause eye infections, blindness and even death. Staphylococcus aurous can cause serious skin infections, and salmonella and e-coli found on the handbags could make people very sick.

In one sampling, four of five handbags tested positive for salmonella, and that's not the worst of it. "There is fecal contamination on the handbags," says Amy at Nelson Laboratories.

Leather or vinyl handbags tended to be cleaner than cloth handbags and lifestyle seemed to play a role. People with kids tended to have dirtier handbags than those without, with one exception.

The handbag of one single woman who frequented nightclubs had one of the worst contaminations of all. "Some type of feces, or possibly vomit" says Amy.
So the moral of this story - your handbag won’t kill you, but it does have the potential to make you very sick if you keep it on places where you eat. Use hooks to hang your handbag at home and in toilets, and don’t put it on your desk, a restaurant table, or on your kitchen countertop.

Experts say you should think of your handbag the same way you would a pair of shoes. "If you think about putting a pair of shoes onto your counter tops, that's the same thing you're doing when you put your handbag on the counter tops" - your handbag has gone where individuals before you have sneezed, coughed, spat, urinated, emptied bowels, etc!

Do you really want to bring that home with you? The microbiologists at Nelson also said cleaning a handbag will help. Wash cloth handbags and use leather cleaner to clean the bottom of leather handbags.

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**Headaches**

Breathing Therapy: The nose has a left and a right nostril. Although we use both to inhale and exhale, they each have a different function. Some cultures have long recognized this fact and have used the symbol of the sun to represent the right nostril and the moon to represent the left nostril.

During a headache, close your right nostril and use your left nostril to breathe.

In about 5 minutes, your headache will be gone. If you feel tired, just reverse, close your left nostril and breathe through your right nostril. After a few minutes you will feel your mind will feel refreshed.

Right side belongs to 'hot', so it gets heated up easily and left side belongs to 'cold'.

Most females breathe with their left nostrils, so they get "cooled off" faster.

Most of the guys breathe with their right nostrils, they get worked up.

You may begin to pay attention the moment you wake up to see which nostril is more open and thus takes in air faster. If the left is faster, you will feel tired. So, close your left nostril and use your right nostril for breathing, you will feel refreshed quickly.

This can be taught to children, but it is more effective when practiced by adults.

A college student suffered with headaches literally every night and she took prescription pain killers from her doctor, but they didn’t really help. Her studies and grades suffered as a result of the headaches.

She then heard about this breathing therapy and decided to try it. She closed her right nostril and breathed through her left nostril for five minutes. In less than a week, her headaches were gone!

Headaches have an underlying problem with toxins in the body. The exercise above no doubt helps to burn toxins out of the brain by providing more oxygen. However, to speed up the
process of burning toxins and also to provide a whirlwind of oxygen to all of the cells of the body. See Breathing Exercises.

Headaches are also usually associated with stomach problems. Ginger spice is one of the best things to calm an upset stomach and take care of a headache. When I was growing up, my mother would make ginger tea for me whenever I had an upset stomach or headache, which almost always took care of the problem.

Instructions: mix ¼ - ½ tsp. of powered ginger in a cup of warm water.

Heart Disease

(See Blood Circulation / Hypertension). For other topics directly related to Heart Disease See Sugar / Aspartame.

Heartburn

People often have heartburn (a burning sensation deep in the chest) along with indigestion. Stomach acids rising into the esophagus cause heartburn.

Heartburn, associated with stress and spicy foods, can be very painful. Prescriptions and over-the-counter drugs may relieve the symptoms temporarily, but they in turn create more acid in the body, which then becomes a vicious cycle.

An immediate remedy is to mix a half-teaspoon of cream of tartar with a half-teaspoon of baking soda. Blend into in a warm or lukewarm cup of water and sip slowly if taken when there is food in the stomach, because gas will be released as the acid is neutralized and can cause bloating pain if taken too quickly. Relief should occur within minutes of drinking the solution.

In the event that cream of tartar is not available, drink 1 tsp. of baking soda in a glass of warm water.

Fulvia Affinity, Elixir Blast and Neutra Cleanse all support healthy digestion and can therefore help prevent acidity and heartburn. If problems persist, a digestive aid from the health food store should be taken with meals.

Hepatitis

Hepatitis is an inflammation of the liver that destroys its function and can be caused by viruses or bacteria. It is very difficult to treat but Ionic Silver can be used in high doses to be beneficial. Ionic Silver liquid can be swallowed 4 ounces daily for the first two weeks, and then swallowed two tablespoons twice daily for the next 3.5 months. This is a four-month attack on hepatitis. Silver can be used anywhere there might be contamination or transfer of germs.

Several successful subjects have used the drugs interferon and ribavirin at their lowest prescribed doses in combination with this protocol of Ionic Silver. The liver numbers were
reduced to near normal in one month and back to normal in two months and symptom-free in four months.

Liver cleansing is vital to any disease, but more especially when the liver itself is affected by diseases like hepatitis. Fulvia and Affinity support a healthy liver and several people have noted that when they increased their intake of Fulvia that they experienced a wonderful liver cleanse.

I have done liver cleansing which removed thousands of stones, but when I increased my dosage of Fulvia up to 9 capsules daily for a few days, I experience a very pleasant liver cleanse. Fulvia is such a powerful solvent that the stones were actually reduced to liquid instead of pellets before coming out. This was evidenced by a lot of lime-green cholesterol floating on top of the water after bowel movements. (See Liver Cleansing)

Herpes - Genital

Genital herpes is a virus affecting the genital area. Applying Ionic Silver topically can improve the situation more quickly. It should be placed on the genitals as soon as the outbreak occurs. In addition, drink two teaspoons of Ionic Silver liquid twice daily. Daily use of silver will also help prevent future outbreaks.

HIV

In HIV patients, liquid silver was used 1 oz. twice daily for four months with improved immune function an average of 40%. This means in an autoimmune and virus induced compromise, the Ionic Silver liquid can improve the cellular number and reduce all symptoms of AIDS patients.

Aerobia Affinity, Elixer Blast and Fulvia also support a healthy immune system.

(See Immune Modulator)

Honesty Lesson

A successful business man was growing old and knew it was time to choose a successor to take over the business.

Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together.

He said, 'It is time for me to step down and choose the next CEO. I have decided to choose one of you. The young executives were shocked, but the boss continued. 'I am going to give each one of you a SEED today - one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO.'
One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly, told his wife the story. She helped him get a pot, soil and compost and he planted the seed.

Every day, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow.

Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure. Six months went by -- still nothing in Jim's pot.

He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn't say anything to his colleagues, however. He just kept watering and fertilizing the soil; he so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection. Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened.

Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room. When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful; in all shapes and sizes.

Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him!

When the CEO arrived, he surveyed the room and greeted his young executives. Jim just tried to hide in the back. 'My, what great plants, trees, and flowers you have grown,' said the CEO. 'Today one of you will be appointed the next CEO!'

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, 'The CEO knows I'm a failure! Maybe he will have me fired!'

When Jim got to the front, the CEO asked him what had happened to his seed. Jim told him the story.

The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, 'Behold your next Chief Executive Officer!

His name is Jim!' Jim couldn't believe it. Jim couldn't even grow his seed. 'How could he be the new CEO?' the others said.

Then the CEO said, 'One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead - it was not possible for them to grow. All of you, except Jim, have brought me trees and plants and flowers.

When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!'
If you plant honesty, you will reap trust
If you plant goodness, you will reap friends
If you plant humility, you will reap greatness
If you plant perseverance, you will reap contentment
If you plant consideration, you will reap perspective
If you plant hard work, you will reap success
If you plant forgiveness, you will reap reconciliation
So, be careful what you plant today; it will determine what you will reap later.

'Whatever You Give To Life, Life Gives You Back'

Honey and Cinnamon

Honey is the only food on the planet that will not spoil or rot, however, when left in a cool dark place for a long time it will crystallize. When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. Doing so will kill the enzymes in the honey.

Honey can be used without any side effects for any kind of diseases, but you need to know the source of the honey and make sure it is raw and not pasteurized. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

I personally make no claims, however Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES:
Drinking Honey and Cinnamon tea daily reduces cholesterol in the arteries and saves the patient from heart attack, even those who have already had an attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully. As you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS:
Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so
treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS:
Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL:
Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient were found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured.

COLDS:
Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic coughs, colds, and clear the sinuses.

UPSET STOMACH:
Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS:
According to the studies done in India and Japan, it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM:
Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION:
Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

INFLUENZA:
A scientist in Spain has proven that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

LONGEVITY:
Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups place in boiling hot water (removed from burner) and make like a tea.

Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100-year-old, starts performing the chores of a 20-year-old.
PIMPLES:
Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on
the pimples before sleeping and wash it next morning with warm water. If done daily for two
weeks, it removes pimples from the root.

SKIN INFECTIONS:
Applying honey and cinnamon powder in equal parts on the affected parts cures eczema,
ringworm and all types of skin infections.

WEIGHT LOSS:
Daily in the morning one half hour before breakfast on an empty stomach, and at night before
sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it
reduces the weight of even the most obese person. Also, drinking this mixture regularly does
not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER:
Research in Japan and Australia has revealed that advanced cancer of the stomach and
bones has been cured successfully. Patients suffering from these kinds of cancer should take
one tablespoon of honey with one teaspoon of cinnamon powder 3 times daily for one month.

FATIGUE:
Recent studies have shown that the sugar content of honey is more helpful rather than being
detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder
in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half-
tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily
after brushing and in the afternoon at about 3:00 P.M. when the vitality of the body starts to
decrease, increases the vitality of the body within a week.

BAD BREATH:
People of South America, first thing in the morning, gargle with one teaspoon of honey and
cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS:
Daily morning and night honey and cinnamon powder, taken in equal parts will restore hearing.

For the best results you need to use Real Cinnamon and raw, unpasteurized Honey.

How To Hear God’s Voice

By Andrew Wommack

One of the greatest blessings of life has to be that of hearing God speak to us personally.
There can be no intimate relationship with our heavenly Father without it. But, as easy as it is
for us to speak to Him, the average Christian has a hard time hearing His voice. This is not the
way the Lord intended it to be.

Learning to clearly distinguish God's voice is invaluable. Instead of going through life blindly,
we can have the wisdom of God guide and protect us. There isn't a single person receiving this
message who couldn't have their life radically transformed by hearing the voice of the Lord better. The worst marital problem is one word from the Lord away from a total turnaround. If you have sickness or disease, one living word from the Lord will instantly heal you. If you are in financial crisis, the Lord knows exactly how to turn your situation around. It's just a matter of hearing His voice.

The Lord constantly speaks to us and gives us His direction. It's never the Lord who is not speaking, but it's us who are not hearing. Jesus made some radical statements about hearing His voice in John 10:3-5. He was speaking about Himself as the Shepherd of the sheep and the only way to enter the sheepfold.

"To him the porter openeth; and the sheep hear his voice; and he calleth his own sheep by name, and leadeth them out. And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice. And a stranger will they not follow, but will flee from him: for they know not the voice of strangers."

Notice that He said in verse 3, His sheep hear His voice. He didn't say His sheep CAN hear His voice or SHOULD hear His voice. He made the emphatic statement that His sheep DO hear His voice. Most Christians would question the accuracy of that statement since their experiences don't line up. But it's not what Jesus said that is wrong; all true believers can and do hear the voice of God; they just don't recognize what they are hearing as being God's voice.

Radio and television stations transmit twenty-four hours a day, seven days a week; but we only hear them when we turn the receiver on and tune it in. Failure to hear the signal doesn't mean the station isn't transmitting. Likewise, God is constantly transmitting His voice to His sheep, but few are turned on and tuned in. Most Christians are too busy pleading with God in prayer to realize that the problem is with their receivers.

The first thing we need to do is fix our receiver, believe that God is already speaking and start listening. However, that takes time, effort, and focus. The average Christian's lifestyle is so busy; it isn't conducive to hearing God's voice. For instance, what is your typical answer to the question, "How are you?" Many of you probably answer something about being very busy. I often say, "I'm busier than a one-arm paper hanger." All of us seem to be busier than ever, and that's one of the BIG reasons we don't hear the voice of the Lord better. We're just too busy.

Psalm 46:10 says, "Be still, and know that I am God."

It's in stillness, not busyness, that we tune our spiritual ears to hear the voice of God. The Lord always speaks to us in that "STILL, small voice" (1 Kings 19:12, emphasis mine), but often it's drowned out amid all the turmoil of our daily lives.

Secondly, and this is very important, most often we mistake the voice of the Lord for our own thoughts. That's right. I said the voice of the Lord comes to us in our own thoughts. John 4:24 says, "God is a Spirit: and they that worship him must worship him in spirit and in truth."

This is saying that communication with God is Spirit to spirit, not brain to brain or mouth to ear, the way we communicate in the physical realm. The Lord speaks to our spirits, not in words, but in thoughts and impressions. Then our spirits speak to us in words like, "I think the Lord wants me to do this or that." The Lord doesn't typically say "You do this or that," but He will
impress your spirit to do something, and then your spirit says, "I think I should do . . ." Therefore, we often miss the leading of the Lord, thinking it's our own thoughts.

Every one of us has done something stupid and afterwards said, "I knew that was the wrong thing to do." We didn't feel right about our decision, but we followed logic or pressure only to find that our impression was actually the Lord speaking to us. I learned this the hard way while pastoring in Pritchet, Colorado.

All the elders of the church were custom combiners. Six months of the year, they were gone following the wheat harvest. They insisted that we ordain another elder who would always be there. Their choice for eldership, I had nothing against, but as I prayed about this man and his wife, I didn't feel right ordaining him as an elder. However, being a man, I went with logic instead of my heart.

Within two weeks of the others leaving for wheat harvest, this new elder turned into the devil himself. In his reports to the elders, he accused me of stealing money from the church, committing adultery, drinking, smoking, and everything else you can imagine. It was a terrible experience. As soon as this man showed his true colors, I knew in my heart that the feelings and thoughts I had were the Lord speaking to me, and I had dismissed them as my own. I made a decision right then and there that I would never ignore my heart again.

Psalm 37:4 says, "Delight thyself also in the LORD; and he shall give thee the desires of thine heart."

This verse has often been interpreted to mean that the Lord will give you whatever you want and has been used to justify selfishness, greed, and even adultery. But it doesn't mean that the Lord will give you whatever you want; it means that when you are seeking the Lord, He will put His wants or desires into your heart. He will make His desires become your desires. The Lord changes your "want to."

I once was planning a trip to Costa Rica, a place I had been before, and was excited to be returning to. Yet, as I prayed about it, I lost my desire to go. Instead, I actually felt dread about going. The first thing I did when that happened was make sure I was really seeking the Lord with my whole heart. While on a road trip, I spent seventeen hours praying in tongues, and the more I got my mind stayed on the Lord, the less I wanted to go back to Costa Rica. On the strength of that alone, I canceled the trip.

When the people of Costa Rica asked why, all I could tell them was I didn't want to go. That was hard to do, and I'm not sure they understood. The plane I had booked my flight on crashed on take-off from Mexico City, killing all 169 persons onboard. The Lord warned me of that and saved my life, not by saying, "Don't go to Costa Rica," but, by communicating to my spirit and taking away my desire to go. That is the dominate way the Lord speaks to us, and we often miss that kind of communication.

One of the most important decisions of my life came in 1968. I was in college when the Lord radically touched my life, and all my desires changed. I didn't want to be in college anymore, and following those new desires, I made the decision to quit school. Then all hell broke loose. My mother didn't understand, and she quit talking to me for a time. Leaders in my church told me I was hearing from the devil. I stood to lose $350 per month in government support from my father's social security, and I would lose my student deferment from the draft. Without the deferment, I stood a good chance of ending up in Vietnam.
Because of these adverse reactions to my decision, I backed off for a while and was absolutely miserable. This continued for two months until I couldn't take it anymore, and one night the Lord finally spoke to me through Romans 14:23, which says,

"Whatsoever is not of faith is sin."

I realized I was in sin because of indecision. I determined to make a faith decision that night and stick with it. As I prayed and studied the Word for guidance, I found Colossians 3:15, which says,

"And let the peace of God rule in your hearts."

The Lord spoke to me that I was to head in the direction that gave me the most peace. To be truthful, I didn't have total peace in any direction, but just as an umpire has to make a decision and stick with it, I needed to make the call. I had the most peace about quitting school, so I made the call and stepped out of indecision into faith, to the best of my understanding. Within twenty-four hours the Lord gave me such confirmation and joy that I have never doubted the wisdom of that decision since. That one decision, possibly more than any other, set my life on a course that has brought me to where I am today.

I am convinced that our gracious heavenly Father speaks to every one of His children constantly; giving us all the information and guidance we need to be total overcomers. There isn't a problem with His transmitter; it's our receiver that needs help.

I have a three-part teaching album called How To Hear God's Voice that expounds on this in greater detail. I teach this every year to our second-year CBC students and see powerful results.

Most people are imploring God to speak, when it's our hearing that needs to be adjusted.

Taking this faith-stance that God is speaking and then learning to listen and obey will transform your relationship with the Lord. It could save your life just as it did mine.

Footnote: I definitely concur and whenever I have stepped out in faith to do what God has told me to do, there have generally been a few who have taken exception and have spoken out against me, like Andrew Wommack's family did with him. Well-intentioned advice usually comes from family members and those who are close to you, because they fear for your spiritual wellbeing.

But my experience has always been that when I follow the promptings of the Holy Spirit, a calmness and peace sweeps over me that “surpasses understanding.” God has promised such a peace to those who obey Him and He is the only one that has the “keys” to such an indescribable peace.

_______________________________________________________________________

Hugs

If you hug someone and tell them you love them, kinesthetically they become strong.

_______________________________________________________________________
Human Papilloma Virus

The human papilloma virus is usually what causes cervical cancer in women. To reach the cervix, wet a tampon with Ionic Silver and insert it for at least 90 minutes. Another way to affect HPV is to pump two ounces of Ionic Silver as a douche intravaginally. Hold it for 10 to 12 minutes before releasing. This will allow the liquid to have access to the cervix for a long enough time to destroy the virus.

Hydrogen

Hydrogen is a very important element in human health and almost nobody is getting in their diets.

The only way you get hydrogen in your food is to pick it fresh from your garden or orchard and eat it within a couple of hours. To explain this in layman’s terms, fruit and vegetables are basically plugged into an electrical current when attached to a plant or a tree.

Hydrogen has one single electron that is negatively charged. The plants receive this charge from the earth, which is also negatively charged. The moment a fruit or vegetable is picked, it is like unplugging an appliance from the electrical outlet.

Hydrogen is a very unstable element and being lighter than air, it starts evaporating from the food source and within a few hours is totally gone.

PH stands for potential of hydrogen and hydrogen is necessary for maintaining proper pH (acid/alkaline) balance.

Hydrogen is also a powerful free radical scavenger among other things. Since most free radicals are positively charged and they are seeking to steal a negative electron wherever they can find one. If we don’t have plenty of antioxidants like hydrogen and Fulvia, they attack our cells and destroy the DNA. Whenever a positively charged free radical comes into contact with hydrogen, it is immediately neutralized and can cause no further damage to your cells.

You may want to consider using your green thumb to plant a garden. Many people are starting to allocate a room in their house or use part of their garage to create a hydroponic garden. A surprisingly small space can supply you with all of the fresh vegetables that your family can possibly eat.

There are also water filtration systems that put free hydrogen into the water. Water from an alkalizing machine is actually alive, until the hydrogen evaporates from it, the same as it does from food sources. The hydrogen from one of these machines does exactly the same thing as the hydrogen you would receive from “live” foods.

The amino acids in Fulvia contain carbon, hydrogen, oxygen, nitrogen and other important elements, which are critical to life. They play a major role in metabolism, helping the body get rid of excess fat and prevent obesity. They are also the building blocks of protein and are required for strong, healthy muscles.
Fulvia is one of those “rare” foods that has the ability to store hydrogen and it should be your foundational nutritional supplement no matter what other supplements you choose to take. (See Water Purification)

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**Hypertension / High Blood Pressure**

Hypertension is the term used to describe high blood pressure. Blood pressure is a measurement of the force against the walls of your arteries as your heart pumps blood through your body.

Blood pressure readings are usually given as two numbers -- for example, 120 over 80 (written as 120/80 mmHg). One or both of these numbers can be too high.

The top number is called the systolic blood pressure, and the bottom number is called the diastolic blood pressure.

Normal blood pressure is when your blood pressure is lower than 120/80 mmHg most of the time.

High blood pressure (hypertension) is when your blood pressure is 140/90 mmHg or above most of the time.

Many factors can affect blood pressure, including:

- How much water and salt you have in your body
- The condition of your kidneys, nervous system, or blood vessels
- The levels of different body hormones

Hypertension can be caused by impaired kidney function, resulting in high levels of toxins and bacteria in your blood.

If you have heart or kidney problems, or if you’ve had a stroke, your doctor may want your blood pressure to be even lower than that of people who do not have these conditions.

You are more likely to have high blood pressure, as you get older. This is because your blood vessels lose flexibility due to a continual bombardment of free radicals and from a buildup of plaque inside of the blood vessels. When that happens, less blood can pass through the blood vessels and your heart pumps harder to increase blood flow to the organs. Although high blood pressure increases your chance of having a stroke, heart attack, heart failure, kidney disease, and early death, reduced blood flow may pose even more problems.

The safest and most reliable answer to restricted blood flow is change of diet and supplements. Fulvia is the most powerful natural solvent that I know of and it may help dissolve unwanted Calcium and plaque from inside your veins and arteries allowing your blood to flow properly at normal pressures. The minerals in Fulvia can also help separate blood cells that are clumped together in large numbers, preventing normal blood flow. Fulvia neutralizes every known form of free radical, eliminating their destructive effect upon the blood vessels.
Your doctor may put you on blood thinners to help blood flow easier through the blood vessels. This is merely a Band-Aid and is no cure at all. In fact, Coumadin is rat poison that causes mice to die from hemorrhage when eaten.

You have a higher risk of high blood pressure if you:

Are African American

Are obese

Are often stressed or anxious

Drink too much alcohol (more than one drink per day for women and more than two drinks per day for men)

Have a family history of high blood pressure

Have diabetes

Smoke

It is commonly thought that too much salt in your diet causes hypertension, but it may be that too little salt could be the problem. Using the right kind of salt however is very important.

A new study found that low-salt diets increase the risk of death from heart attacks and strokes and do not prevent high blood pressure.

The investigators found that the less salt people consumed, the more likely they were to die of heart disease — 50 people in the lowest third of salt consumption (2.5 grams of sodium per day) died during the study as compared with 24 in the medium group (3.9 grams of sodium per day) and 10 in the highest salt consumption group (6.0 grams of sodium per day). And while those eating the most salt, had on average a slight increase in systolic blood pressure — a 1.71-millimeter increase in pressure for each 2.5-gram increase in sodium per day — they were no more likely to develop hypertension.

“If the goal is to prevent hypertension with lower sodium consumption, this study shows it does not work” said the lead author, Dr. Jan A. Staessen, a professor of medicine at the University of Leuven, in Belgium.

Dr. Alderman said the new study is not the only one to find adverse effects of low-sodium diets. He studied people who had high blood pressure and found that those who ate the least salt were most likely to die.

I recommend at least ½ tsp. of salt daily, but it should be from a good source like Redmond Salt or Himalayan Salt available at most health food stores or can be purchased at www.realsalt.com. Typical table salt is highly processed and has Aluminum added to prevent clumping. (See Index on Salt)

Certain cultures make a practice of mixing 1 tsp. of salt in a glass of water and drinking the solution first thing every morning on an empty stomach. Those who subscribe to this practice are among the healthiest people on the planet.
People who are inactive are more likely to gain weight because they don't burn up the calories that they take in from food and drinks. An inactive lifestyle also raises your risk for high blood pressure, diabetes, heart disease, cancer, and other health problems.

Home Remedy to reduce blood pressure: Cream of tartar is potassium salt derived from grapes during the wine making process.

Fill a glass with warm water.

Cut a lemon or lime and squeeze the juice into your glass of water.

Add 2 tsp. cream of tartar to your juice/water mixture and stir well.

Drink this mixture once a day for three days. Rest for two days, then repeat again for three days if symptoms continue.

Taking Fulvia, Affinity and Elixer Blast may help stabilize a normal blood pressure. If you are currently taking a blood pressure medication be sure to consult with your physician frequently when making lifestyle changes, as he or she may need to reduce your prescription from time to time.

Niacin will often help with high blood pressure. Gradually work up to taking 500 mg. If you are low on niacin, this may help.

For other topics directly related to Hypertension see Heart Disease / Kidney Disease / Sugar / Aspartame.

_______________________________________________________________________

I AM

I was regretting the past and fearing the future. Suddenly my Lord was speaking, “My name is I AM.”

“When you live in the past with its mistakes and regrets, it is hard. I am not there. My name is not I WAS.”

“When you live in the future, with its problems and fears, it is hard. I am not there. My name is not I WILL BE.”

“When you live in this moment it is not hard. I am here. My name is I AM.”

~ Helen Mallicoat

_______________________________________________________________________
**Immune Modulator**

In HIV patients, liquid silver was used 1 oz. twice daily for four months with improved immune function an average of 40%. This means in an autoimmune and virus induced compromise, the Ionic Silver liquid can improve the cellular number and reduce all symptoms of AIDS patients.

Aerobia Affinity, Elixer Blast and Fulvia also support a healthy immune system.

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**Impetigo**

Impetigo is a bacterial infection of the skin that shows up as blisters usually around the mouth. For prevention, drink one teaspoon of Ionic Silver twice daily. If you already are suffering from impetigo, drink two teaspoons twice daily and, more importantly apply the silver topically 4 or more times daily. By keeping impetigo moist with Ionic Silver, it will spread less and improve much more quickly. Since impetigo is contagious you will want to apply the Ionic Silver to your hands as well in order to prevent contaminating yourself or others.

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**Indigestion**

Also called dyspepsia, indigestion is a term used to describe a feeling of fullness or discomfort during or after a meal. Burning or pain in the upper stomach can accompany indigestion.

Symptoms of indigestion may include:

- Bloating (full feeling)
- Belching and gas
- Nausea and vomiting
- Acidic taste
- Growling stomach
- Burning in the stomach or upper abdomen
- Abdominal pain

These symptoms may increase in times of stress.

Indigestion is believed to be “too much” acid, but in reality there is too little acid to digest the food properly and therefore the food cannot break down sufficiently to leave the stomach normally and may try to come up into the esophagus causing acid reflux.
The primary reason there is too little acid is for lack of sodium. The stomach is the sodium bank of the body and when sodium levels have been depleted in the stomach, the body stops producing sufficient acid to digest your food completely.

Increasing salt in the diet can be helpful with indigestion, but not just any kind of salt. (See Salt)

An immediate remedy for acid reflux is to mix a half-teaspoon of cream of tartar with a half-teaspoon of baking soda. Blend into in a warm or lukewarm cup of water and sip slowly if taken when there is food in the stomach, because gas will be released as the acid is neutralized and can cause bloating pain if taken too quickly. Relief should occur within minutes of drinking the solution.

In the event that cream of tartar is not available, drink 1 tsp. of baking soda in a glass of warm water.

Fulvia Affinity, Elixir Blast and Neutra Cleanse all support healthy digestion and can therefore help prevent acidity and heartburn. If problems persist, a digestive aid from the health food store should be taken with meals.

Whenever there is indigestion there is a problem with nutrient absorption, which can lead to many other health problems. Fulvia is a powerful solvent, breaking down nutrients found in foods and other supplements and putting them into a bioavailable form that greatly enhances the body’s ability to absorb available nutrients.

Inflammation and Swelling

Bacteria, viruses, parasites, or mold are almost always the cause of inflammation. Ionic Silver can fight these causes. Drink two teaspoons twice daily and apply the silver topically to inflamed areas as needed. Sometimes an inflammatory response is found around an open wound like an MRSA, staph infection or ringworm. In this case, spray the silver on the affected area four or more times daily.

Affinity can help relieve inflammation and when combined with Fulvia, will always do its job more efficiently. Fulvia also helps eliminates bacteria, viruses, free radicals, toxins and other pathogens that may be the cause of inflammation. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Itching and Scaling

Itching and scaling can occur for a lot of reasons – bacteria, viruses, fungi, and allergies are just some. Regardless of the cause, dry skin is always a factor. Ionic Silver will reduce pain, inflammation, itching, and scaling. The liquid silver can be applied to children and adults of any age. Ionic Silver can also be used to remedy poison ivy.
Jock Itch

Many men suffer from jock itch, or red, inflamed skin. If you live in a warm, humid, or tropical climate, you may have a fungal or bacterial infection that grows in the warm, moist folds of the skin, including the groin. Simple application of the Ionic Silver twice daily should keep it under control. For more aggressive cases, it can be used five times daily. In addition, one teaspoon of Ionic Silver liquid should be taken twice daily.

Joints

During some of my research I was introduced to a brilliant scientist. A childhood disease caused him to walk on what he described as a wooden leg for over 50 years. Poor health prevented him from getting a formal education, but because of his Einstein like intellect he breezed through high school and went on to become a Nuclear Quantum Physicist.

Then at age 59 he took an early retirement because he was dying and he applied his scientific genius to learning what causes the body to age and get sick.

He discovered the atoms that make up each human cell get electrically imbalanced, so he began looking for a way to re-energize them. His research led him to trace minerals thousands of times smaller than the human cell and which have a strong negative electrical charge and the ability to produce water right inside the cell like a tiny “Fountain of Youth.”

In using these minerals, he regained mobility and now walks on a normal leg. At the time I met him he was in his 70s. His eyes - which had degenerated quite early in life returned to 20-20 vision, and he told me that he now has abundant energy and his joints are flexible like those of a teenager.

He then shared these minerals with a number of sick people who within a period of six months each got over of their health problems and appeared to be growing younger.

These minerals are found in large deposits in the Himalayan Mountains and they come from an ancient plant source. The people in this area frequently produce offspring beyond a hundred years of age and live to raise their children and enjoy their grandchildren.

British Explorer Sir Edward Stanley traveled to the Himalayas during the 1870s and he noticed that the monkeys in the lower plains of Northern India turned gray and went bald as they got older, but the monkeys in the higher altitude of the Himalayas appeared youthful up until their death. He subsequently observed that the monkeys in the high country regularly ate a blackish mineral pitch that oozed up from earth near the rocks, which was an odd behavior, as monkeys never eat anything from the ground. He also observed that the Indian Yogis, who lived to extremely old ages, gathered and ate this same mineral substance. They called it Amrita, which translates to The Elixir Of Life and has also been called the Fountain of Youth and the destroyer of weakness.

Our product Fulvia is mostly Amrita mixed with a little bit of Resveratrol. This ancient plant source of minerals is required for every metabolic function in the body including enzyme and hormone production and Fulvia is the best known source of these ionic, plant-based trace minerals, that are perfectly charged by nature in such a way, that they are able to electrically repair and restructure the DNA and strengthen the atoms that make up the cells in our bodies.
Omegas 3, 6 and 9 found in Elixir blast also support healthy joints.

Affinity can help with joint pain and stiffness and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of joint pain and stiffness. Regular use of Fulvia can strengthen the immune system, helping to ward off every known disease-causing organism.

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Joy – The Message Behind Joy To Live

Real joy is not about accomplishment. It is not about what mountain you've gone to. The real joy is about discovering peace in your own self.

What is it that people everywhere desire? What are we looking for? What does this heart of ours want?

It wants joy, but not the kind that is temporary in nature. It wants peace, but not the kind of peace that is temporary in nature.

As long as people have been fighting on this planet, there might not be an absence of war anytime soon, but that should not preclude the absence of peace.

The absence of war is not necessarily peace and there exists a peace that transcends any war and that is the peace we are all looking for.

The day you recognize your true hunger, your true thirst, then everything will change for you. Because what you’re looking for you will find within you. You will find your joy inside of you.

And when you find out “what” you are, you will find it to be incredibly beautiful.

Joy is the alchemical emotion. It has been said that one drop of joy transforms oceans of anger, fear and jealousy. Joy is the ability to feel the essence of your own divinity. When you are in your joy, not only are you experiencing the divine, you truly are divine.

Joy transforms the lower expressions of anger, fear and jealousy into their higher expressions of concern, courage and obsession. I use “obsession” in the positive sense of the word. It refers to the ability to be focused on your goal.

Joy is based in the heart center. Locate your joy and bring it to all aspects of your life. When you are in the midst of a joyous act, such as a walk in nature, the company of your friends or a beautiful meal, experience the joy fully. Allow the joy to fill your soul. Once your mind, body and spirit are filled with this joyous act, let the event fall away and what you are left with is a heart filled with pure joy.

Take that joy to every aspect of your life. In a moment of fear, draw upon your joy and allow your concerns to be expressed. In a moment of anger or jealousy, draw on your joy and become filled with courage to take effective action.
When you understand joy, you won't have to look at every single little detail in order to know what to do. At every given moment and on every subject, act upon your joy to the best of your ability.

What does this mean? If you look at all the options of things you could do, choose the one that invokes the most joy. Just because it invokes the most joy - that is the one you should do - you don't need a reason why. It's the joy that tells you the next thing you should do.

Read – write - work – watch a movie – go to the park – take a nap, it is the joy in the simple things that tell you whether or not they are connected to the bigger things that will bring you joy. Following the joy will actually get you to the bigger things that excite you on the shortest, fastest and straightest path.

Simply look at the options available and choose the option, which invokes the most joy at that moment. The choice however, needs to be something that you have the best ability to take action upon. If the choice invokes joy and is within your ability - do it.

When you reach a point that you can no longer take action on that thing, look for the next thing that invokes the most joy, and which you have the greatest ability to take action on, even if it doesn't seem connected to anything else, do it because the joy tells you that it is connected.

With that bit of understanding, reading about joy should be on your daily things to do list, because each time you read this article, not only will your “joy” increase, but also your “understanding” of joy and how to maintain the “state” of joy.

By practicing this, you will become more sensitive to and better able to choose what brings you joy. Joy is found within itself and is its own driving engine. Joy brings with itself more joy, along with everything you need to consider, in the process of continuing and expanding your joy.

Whatever doesn't come with joy has no business taking up time in your life. If you want the passion, the vibration and the love that is your true natural self, then every time you take a step toward joy, you are taking a step toward your true natural self.

The more you trust life and work within this realm, the more you will see an ecstatic explosion of realizing the things in life that you want. Believing is seeing and the more you are willing to demonstrate that you are all about joy, the more that the universe will reflect that back to you.

Joy and happiness both can be defined as gladness, delight, and pleasure in something. The difference is happiness has an external cause. When circumstances are favorable and delightful, people are naturally happy, but when events take a downward turn, so often do their spirits.

Joy, on the other hand, has an internal cause and is not dependent upon outside conditions. It is a reflection of God within and is a fruit of the Spirit.

It has been said that in the 3rd dimension we are beings of emotion. In the 3rd dimension, we use emotions to attract the things that we want and need. This requires a tremendous amount of focus, as the higher emotions must first be drummed up. Perhaps even more difficult, the higher emotions must be maintained, because the moment something happens that allows the lower emotions to enter in, the creative process is broken.
Emotion is a vibration of the heart. Joy is a high vibration that creates more joy. The opposite vibration of joy is sadness and anger, which also creates more of the same. From a Biblical perspective, we would say, "As a man thinketh in his heart, so is he."

There are higher dimensions and in the 5th dimension we learn to be masters of frequency. In this dimension we do “not” use emotions to create frequencies; instead we use frequencies to create emotions.

Frequencies exist all around us. In much the same way that you can tune a radio to tap into existing frequencies, you can tune your heart receiver to the frequency of joy and you can start working in the 5th dimension today.

Here is a simple exercise and as you do it, rather than thinking about the frequency of joy, take a breath and simply feel the vibration of joy as it enters your heart. If you find your mind trying to get involved with feeling the frequency, say the word “clear”.

If thoughts and colors come into your mind that is okay; what is important is feeling the frequencies first. So as you inhale, receive the frequency of joy. Then as you exhale, move the frequency of joy throughout your entire being. This is where you must also trust and believe that the frequency of joy exists outside of you and is available to you any time you want to tap into it.

You may go through a clearing process in which the remaining lower emotions try to surface. They may begin to vibrate, which will draw your attention to them. If this happens, your frequency will begin to dip and you will have to remember to tune your heart to receiving the frequency of joy and inhale that frequency from the external ether. Move this frequency to the extremities of your body as you exhale. Each time you do this, you will notice that your joy grows stronger and stays longer.

By changing your frequency, you don't need to change your thinking because your thoughts will automatically change and your mind will take care of itself. This is what it means to “work from the inside out”.

You may have been concerned about what you can do to experience joy. It's not about doing any longer; it's about holding states of being and in doing so you must be very clear with your language, your thoughts, your emotions, and your frequencies.

Never say, "I'm not going below the level of joy," because in using the power of creation, negatives are not recognized and such a statement will actually put you below the state of joy. You can however say, "I now have the frequency of Joy."

Ask those in your circle of influence to help you out by reminding you whenever you say something negative. They can even make a game of it by chiding you whenever they catch you being negative. The point is, the more you stay on track - the faster you will achieve and remain at your desired vibration.

The Bible says, “Man is that he might have joy.” If you took a moment to practice the foregoing exercise, you will already feel the joy that is now vibrating in your heart. Come back often and share this website with others so they too can find their own Joy To Live!
Keratosis

Many people have pre-cancerous lesions from sun damage on their shoulders, chest, and face. It presents itself as dry, flaky skin spots or small, reddened, inflamed areas on the skin for years before it becomes a skin cancer.

Ionic Silver can be applied topically once or twice daily, and one teaspoon of liquid silver can also be taken twice daily. Cases of Keratosis have been remedied in as little as two weeks. Treatment should generally be followed for at least two months.

Kidney Cleanse

Excerpted from the book "The Cure for All Diseases" by Hulda Regahr Clark

It takes a lot of liquid to "wash" the inside of your body. Taking it in the form of herbal teas gives you extra benefits. And extra enjoyment if you learn to make them with variations - especially if you need to produce a gallon of urine a day! Any edema or "water holding", whether in lungs, arms, or abdomen, also requires strengthening of the kidneys with this recipe.

When kidneys or bladder are actually involved in the cancer, gradually increase the dose to double the regular amounts. Be sure to start just as slowly though to avoid feeling pressure in the bladder.

You will need:

Half a cup dried Hydrangea Root (Hydrangea arborescens)
Half a cup Gravel Root (Eupatorium purpureum)
Half a cup Marshmallow Root (Althea officinallis)
Black Cherry Concentrate, 8 oz. [twice]
Pinch of vitamin B2 powder
4 bunches of fresh parsley [a bunch at stems is about 2 inches]
Goldenrod tincture (leave out of the recipe if you are allergic to it)
Ginger root
Uva Ursi
Vitamin B6 (250mg caps)
Magnesium oxide, 300mg caps
HCl drops (Hydrochloric Acid)
Honey for sweetening (optional)

Previous versions of this recipe included vegetable glycerine. Recently I have been unable to find a source free from asbestos and silicone. Omit it.

Measure 1/4 (one fourth) cup of each root [half of the roots] and set them to soak, together in 10 cups of cold purified water, using a non-metal container and a non-metal lid (a dinner plate will do). Add vitamin B2 powder. After four hours (or overnight), heat to boiling and simmer for 20 minutes. Add black cherry concentrate [8oz.] and bring back to boiling. Pour through a bamboo or plastic strainer into glass jar. Drink 3/4 (three fourths) cup by sipping slowly throughout the day (stir in two drops HCl first). Refrigerate half to use this week, and freeze the other half for next week.

Other versions of this recipe allowed reboiling the roots when you have finished your first batch. Although this saves a few dollars, advanced cancer sufferers should use new roots each time. You need to do the kidney cleanse for six weeks to get good results, longer for severe problems.

Find fresh parsley at a grocery store. Soak it in HCl-water (1 drop per cup) with a pinch of vitamin B2 in it for 2 minutes. Drain. Cover with [2 pints of] water and boil for 1 minute. Drain into glass jars. When cool enough, pour yourself 1/2 (half) cup. Add 2 drops HCl. Sip slowly or add to your root potion. Refrigerate a pint and freeze 1 pint. Throw away the parsley. Always add HCl at point of consuming even after pre-sterilizing.

Dose: Each morning, pour together 3/4 (three fourths) cup of the root mixture and 1/2 (half) cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, etc. Then add a pinch of B2 and 4 drops HCl to sterilize. Drink this mixture in divided doses throughout the day. Keep it cold. Do not drink it all at once or you will get a stomach ache and feel pressure in your bladder. If your stomach is very sensitive, start on half the dose.

Also take:

Ginger capsules: one with each meal (3/day) (3 per day).

Uva Ursi: one capsule in the morning and 2 capsules in the evening.

Vitamin B6 (250mg): one a day.

Magnesium oxide (300mg): one a day.

Take these supplements just before your meal to avoid burping. You do not need to duplicate the B6 and magnesium doses if you are already on them.

Some notes on this recipe: This herbal tea, as well as the parsley, can easily spoil. Reheat to boiling every third day if it is being stored in the refrigerator. Add HCl drops just before drinking. If you sterilize it in the morning you may take it to work without refrigerating it (use a glass container).

When you order your herbs, be careful! Herb companies are not all the same! These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier. Fresh roots can be used.
If you don’t already have an herb source, you can shop online at: http://www.mountainroseherbs.com and click on the link for bulk herbs and spices.

Note: Fulvia is the most powerful solvent in the plant kingdom. Adding a few capsules of Fulvia to the water containing the herbs, may extract the excipients from the herbs without the necessity of cooking them. Taking a Fulvia capsule at the same time you drink the herbs will also make them more bioavailable to your body.

Kidney Disease

Kidney disease includes conditions that damage your kidneys and decrease their ability to remove toxins and keep you healthy. Wastes can build up to high levels in your blood, causing overgrowth of bacteria, which can make you sick. If not treated, you may develop complications like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. Also, kidney disease increases your risk of having heart and blood vessel disease. These problems may happen slowly over a long period of time. Chronic kidney disease may be caused by diabetes, high blood pressure and other disorders. Early detection and treatment can often keep prevent kidney disease from getting worse. If kidney disease progresses, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

Kidney health is important as a hormone called erythropoietin made in your kidneys, signals your bone marrow to make more red blood cells. Without plenty of red blood cells, the health of the entire body will suffer.

Kidney infections can result from a bladder infection. Urine remains in the bladder for about six hours before it is drained. If bacteria get into the bladder, they will duplicate every 20 minutes – a bladder infection can become serious very quickly. The infection will degrade the lining of the bladder and possibly travel up the tubes from the bladder to the kidneys, causing a kidney infection.

To kill the bacteria associated with bladder infections, two tablespoons of Ionic Silver should be taken hourly for the first two days. For the next two weeks, take two tablespoons twice daily. You should expect to destroy the bladder infection within the first 12 to 24 hours.

Along with eliminating excess water and toxins from the body, the kidneys balance the sodium levels in the body. A person with healthy kidneys can consume small or large quantities of salt in the diet without concern for developing salt depletion or retention.

The intake of salt is determined by dietary patterns and the kidneys have a great capacity to excrete salt in the urine and the amount of salt excreted is regulated by hormonal and physical factors that signal whether retention or removal of salt by the kidneys is necessary.

If the blood flow to the kidneys is decreased by an underlying condition such as heart failure, the kidneys react by retaining salt. (See Blood Circulation)

Patients who have kidney diseases that impair renal function develop edema because of a limitation in the kidneys’ ability to excrete sodium into the urine. Thus, patients with kidney failure from whatever cause will develop edema if their intake of sodium exceeds the ability of
their kidneys to excrete the sodium. The more advanced the kidney failure, the greater the problem of salt retention is likely to become. The most severe situation is the patient with end-stage kidney failure who requires dialysis therapy.

In cases of impaired kidney function the patient should focus on cleansing and strengthening the kidneys.

Ionic Silver passes through the body totally unchanged and does not produce harmful metabolites. It will pass through the intestines, bloodstream, kidneys and urine, producing antibacterial and anti-viral benefits.

To help kidney disease, drink two teaspoons four times daily. (A smaller person will use one teaspoon four times daily.) This high dosage is necessary because it needs to pass through the kidney on a regular basis. As it passes through, it will disinfect and help bring the kidney infection under control in as little as 12 hours.

Ionic Silver liquid can also be taken with cranberry juice or juniper berries, both of which support kidney function.

Minerals in Fulvia will help detoxify and strengthen kidney cells. Fulvia also improves the absorption of other nutrients in food and supplements many times over.

Affinity is also known to strengthen the kidneys and should be taken in combination with Fulvia.

Omegas 3, 6 and 9 found in Elixir Blast also support healthy kidneys.

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**Kindness**

As a Christian Pastor, I have learned that I can find goodness in practically anyone or anything if I look hard enough. Likewise, I have never met a person that can’t teach me something, if I am open to learn. The scripture says, “There needs be opposition in all things.” Simply put, there are two sides of every coin; there is good and bad in every person, faith and creed and since “truth is independent” from its source, I have learned to accept truth no matter where I find it.

Kindness involves “accepting” others for whatever goodness they may have and realizing that all humanity is the offspring of one loving God and that each of us is on the same path.

Charity does not seek her own and kindness does not gloat over the fact that you may believe you are farther down the universal path than one of your brothers or sisters.

Paul of Tarsus defines love as being "patient and kind..."

Kindness blooms from the souls of mature souls. Kindness is a "fruit" of the spirit and is a spark of divinity; a sign that God is living in you.

What does it mean to be kind? To be kind is to understand that we are all offspring of the same loving God and that he loves each of his children equally. Kindness manifests itself though the
awareness of human similarities in feelings and needs. Like compassion, kindness is a profound human feeling often prompted by the pain of others.

"There is no they, only us. We are part of a large fellowship called the human race. We all hurt the same. We all love the same. We all bleed the same. We all need understanding and care. We can't separate ourselves from one another. We are all part of the same vast sea of love, one indivisible divine mind." ~Marianne Williamson

Kindness is like a fresh breeze that relieves the aching muscles of tired souls after a hard day's labor. Kindness can restore hope to a struggling heart though a single act.

“Kindness is one of the jewels that adorn one’s soul. Kindness is more than a deed. It is an attitude, an expression, a look, and a touch. It is anything that lifts another person.” ~C. Neil Strait

Kindness is a catalytic factor that awakens dormant souls and activates a "higher" heart vibration and vibrating at higher frequencies can open doors of your soul that you never knew existed. One act of kindness raises the vibration of the entire planet and is an essential element in the process of collective ascension.

"Kind words can be short and easy to speak but their echoes are truly endless." ~Mother Teresa

"What wisdom can you find that is greater than kindness? ~Jean Jacques Rousseau

"Blessed is he who speaks a kindness; thrice blessed is he who repeats it." ~Arabian Proverb

Aristotle defines kindness as an act of "helpfulness towards someone in need, expecting nothing in return." Kindness is considered to be one of the seven Spiritually Divine Virtues. Kindness holds the Divine power to heal on many levels.

"Wherever there is a human being, there is an opportunity for kindness." ~Seneca

"One kind word can warm three winter months." ~ Japanese Proverb

“Always be kind, for everyone is fighting a hard battle.” ~ Plato

Giving connects two people, the giver and the receiver, and this connection gives birth to a new sense of belonging." ~ Deepak Chopra

"Our task must be to free ourselves from our prison by widening our circle of compassion to embrace all of humanity and the whole of nature in its beauty." ~ Albert Einstein

"You are here to serve others, to be a light for them, to participate in their lessons and to help heal humanity. You are also here to serve yourself, to heal your soul, to enable your soul's growth and reconnect to the Source. Your challenge is to find a balance between serving others and yourself so that you can accomplish the tasks that you established for yourself in this lifetime and even go beyond that. How you view your role in serving others is an important part of this process." ~ Jennifer Hoffman

"People will forget what you said; People will forget what you did. But people will never forget how you made them feel." ~ Milt Belnap
Only through kindness can we find our path back home. Kindness is the key to uniting hearts and souls. We are all one - being kind to another is only being kind to yourself.

Law of Return

Many different cultures and belief systems teach that we are responsible for our actions and we ultimately reap what we sow.

The Bible teaches that we are responsible for every event that happens in our lives. There is no coincidence - there is no random event - there is no victim. We attract all of the events in our lives, through the choices we make daily. Many of these circumstances ripple through the sands of time and have no limitations in the Space-Time Continuum.

The explanation for all of the challenging events we face, resides in the way we perceive and treat other beings in our lives. To treat others as unequal and not recognizing our state of oneness, can be the cause of many of the spiritual illnesses, personal chaos and loneliness in our lives.

"You are responsible, forever, for what you have tamed." ~ Antoine de Saint-Exupery

Our thoughts and actions are the source of the entire cycle of cause and effect. Negative emotions like anger, pride, greed and deceit cause the bondage that exists between our actions and our consciousness.

Reaping what you sow is the universal principle of cause and effect - The Universal Law of Return or The Law of the Wheel.

The Law of The Harvest does not reflect punishment or retribution, but is simply an extended expression or consequence of natural acts. The Karmic Return is not fate, for humans act with free will, creating their own destiny.

Our experiences - past, present and future are actively shaped by the effects of our deeds. The only way that lasting change can come into you physical world is through a Spiritual Transformation of the soul - from the realization that you are One with all aspects of Creation.

This life is likened to a field in which our deeds are seeds. We harvest exactly what we sow. No less, and no more. The more we better ourselves on life's pathways, the more we connect with the Divine Source of Creation, Abundance and Universal Healing.

What you do for another, you do for self, and what you fail to do for another; you fail to do for your Self. You get what you give, so therefore seek to express yourself in the highest order of things by giving what you want in return – treat others with love and kindness.

“Do unto others as you would have it done unto you, because it IS being done unto you! That is the Golden Rule. And now you understand it completely.”

~ Neale Donald Walsch

You Reap What You Sow:
The man slowly looked up. This was a woman clearly accustomed to the finer things of life. Her coat was new. She looked like she had never missed a meal in her life. His first thought was that she wanted to make fun of him, like so many others had done before.

"Leave me alone," he growled... To his amazement, the woman continued standing. She was smiling -- her even white teeth displayed in dazzling rows.

"Are you hungry?" she asked. "No," he answered sarcastically. "I've just come from dining with the president. Now go away."

The woman's smile became even broader. Suddenly the man felt a gentle hand under his arm. "What are you doing, lady?" the man asked angrily. "I said to leave me alone.

Just then a policeman came up. "Is there any problem, ma'am?" he asked. "No problem here, officer," the woman answered. "I'm just trying to get this man to his feet. Will you help me?"

The officer scratched his head. "That's old Jack. He's been a fixture around here for a couple of years. What do you want with him?"

"See that cafeteria over there?" she asked. "I'm going to get him something to eat and get him out of the cold for a while." "Are you crazy, lady?"

The homeless man resisted. "I don't want to go in there!" Then he felt strong hands grab his other arm and lift him up. "Let me go, officer. I didn't do anything."

"This is a good deal for you, Jack," the officer answered. "Don't blow it." Finally, and with some difficulty, the woman and the police officer got Jack into the cafeteria and sat him at a table in a remote corner. It was the middle of the morning, so most of the breakfast crowd had already left and the lunch bunch had not yet arrived.

The manager strode across the cafeteria and stood by his table. "What's going on here, officer?" he asked. "What is all this, is this man in trouble?" "This lady brought this man in here to be fed," the policeman answered. "Not in here!" the manager replied angrily. "Having a person like that here is bad for business."

Old Jack smiled a toothless grin. "See, lady. I told you so. Now if you'll let me go. I didn't want to come here in the first place."

The woman turned to the cafeteria manager and smiled. "Sir, are you familiar with Eddy and Associates, the banking firm down the street?" "Of course I am," the manager answered impatiently. "They hold their weekly meetings in one of my banquet rooms."

"And do you make a goodly amount of money providing food at these weekly meetings?" "What business is that of yours?" I, sir, am Penelope Eddy, president and CEO of the company."

"Oh..."

The woman smiled again. "I thought that might make a difference." She glanced at the cop who was busy stifling a laugh. "Would you like to join us in a cup of coffee and a meal, officer?"
"No thanks, ma'am," the officer replied. "I'm on duty." "Then, perhaps a cup of coffee to go?" she asked. "Yes, ma'am, that would be very nice."

The cafeteria manager turned on his heel. "I'll get your coffee for you right away, officer." The officer watched him walk away. "You certainly put him in his place," he said. "That was not my intent. Believe it or not, I have a reason for all this."

She sat down at the table across from her amazed dinner guest. She stared at him intently. "Jack, do you remember me?" Old Jack searched her face with his old, rheumy eyes. "I think so; I mean you do look familiar."

"I'm a little older perhaps," she said. "Maybe I've even filled out more than in my younger days when you worked here and I came through that very door, cold and hungry." "Ma'am?" the officer said questioningly. He couldn't believe that such a magnificently turned out woman could ever have been hungry.

"I was just out of college," the woman began. "I had come to the city looking for a job, but I couldn't find anything. Finally I was down to my last few cents and had been kicked out of my apartment. I walked the streets for days. It was February and I was cold and nearly starving. I saw this place and walked in on the off chance that I could get something to eat."

Jack lit up with a smile. "Now I remember," he said. "I was behind the serving counter. You came up and asked me if you could work for something to eat. I said that it was against company policy."

"I know," the woman continued. "Then you made me the biggest roast beef sandwich that I had ever seen, gave me a cup of coffee and told me to go over to a corner table and enjoy it. I was afraid that you would get into trouble. Then, when I looked over and saw you put the price of my food in the cash register, I knew then that everything would be all right."

"So you started your own business?" Old Jack said.

"I got a job that very afternoon. I worked my way up. Eventually I started my own business, which with the help of God, prospered." She opened her purse and pulled out a business card. "When you are finished here, I want you to pay a visit to a Mr. Lyons. He's the personnel director of my company. I'll go talk to him now and I'm certain he'll find something for you to do around the office."

She smiled. "I think he might even find the funds to give you a little advance so that you can buy some clothes and get a place to live until you get on your feet. If you ever need anything, my door is always open to you."

There were tears in the old man's eyes. "How can I ever thank you?" he asked. "Don't thank me," the woman answered. "To God goes the glory. He led me to you."

Outside the cafeteria, the officer and the woman paused at the entrance before going their separate ways. "Thank you for all your help, officer," she said. "On the contrary, Ms. Eddy," he answered. "Thank you. I saw a miracle today, something that I will never forget. And - and thank you for the coffee."
Have a Wonderful Day. May God bless you always and don't forget that when you "cast your bread upon the waters," you never know how it will be returned to you. God is so big, He can cover the whole world with his Love and so small He can curl up inside of your heart.

When God leads you to the edge of the cliff, trust Him fully and let go. Only 1 of 2 things will happen, either He'll catch you when you fall, or He'll teach you how to fly!

The power of one sentence! Cast your bread upon the water and watch God begin to shift things your favor starting today.

What you sow is what you reap.

God closes doors no man can open & God opens doors no man can close. Share this with others and God just might open some doors for you.

Have a blessed day and remember to be a blessing to others.

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Leadership

In the words of Harry Truman, "Men make history and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better."

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Leg Cramps

Usually people associate leg cramps with the term "charley-horse," which are painful sensations of tightness and tension in the muscles of the leg. There are three primary areas where uncomfortable cramping may occur. These are the calf, the foot, and the thigh.

Nocturnal leg cramps are muscle pains that occur during the night, disturbing normal sleep.

Nocturnal leg cramps predominantly affect the elderly and pregnant women, two groups that tend to have relatively poor blood circulation in the limbs, although they can afflict individuals of any age group.

Dehydration from not drinking enough water may be the cause of nocturnal leg cramps. Water is important for transporting vitamins, minerals, and other substances throughout the body. Drinking soda, coffee or alcohol does not hydrate, since they are diuretics and end up dehydrating a person even further. Muscles need hydration to function properly; without it cramping is more likely to occur. That is why athletes who do not replenish water lost from sports and exercise end up with a charley-horse. Likewise, low water intake in an otherwise sedentary person can cause muscle twitches during sleep.

Another reason for nocturnal leg cramps is mineral deficiencies. Low levels of calcium, potassium, and magnesium are cited as causal factors of nocturnal leg cramps. While they can all be found in things we eat, some foods lose mineral levels when processed or refined. For example, nearly 85% of magnesium in grains is lost when finely milled.
Calcium deficiency is also responsible for muscle tremors and twitching at night and may lead to nocturnal leg cramps. Milk and other dairy products do not make effective calcium replacement sources because of their phosphorus levels. A non-phosphorus containing calcium supplement is possibly the best alternative. Another mineral easily depleted is potassium, which is the most important mineral regarding muscle activity, serving as an electrolyte in the body and helping to balance body fluids. It also plays an essential role in muscle control and acts as a co-factor in muscle building.

To combat nocturnal leg cramps, there are several criteria to check. Make sure that your intake of calcium, potassium, and magnesium are at sufficient levels. Potassium-rich foods in your diet should include bananas, tomatoes, potatoes, broccoli, cantaloupe, and citrus fruits. Also, try to eliminate or reduce caffeine and sugar from your daily regimen. Check that you are properly hydrated by drinking up to the recommended eight glasses of water a day.

Nocturnal leg cramps can be associated with lack of electrolytes. Regularly taking Fulvia may supply the lacking electrolytes and drinking Gatorade, or preferably an electrolyte replacement solution at the time of cramping may bring immediate results.

Finally, relieving any current discomfort with local massage, movement, or heat may help you avoid nocturnal leg cramps. For massage, rub the site of the tension in a circular rhythm to loosen the muscle tension beneath the skin. Stretch the calf muscles by holding your toes, pulling them up toward your knee and extending the leg straight out. This will exhaust the stretch reflex before you go to bed. If pain persists, apply a heat compress for about 10 minutes or take a warm bath or shower.

Artificial sweeteners like Aspartame and Sugar are a major cause of muscle cramps. Poor Circulation is also a major cause of leg cramps. Dehydration and lack of Salt may also cause muscle cramps. Magnesium may also be helpful for leg cramps.

Toxins in the body are an underlying cause of all health problems. Fulvia, Affinity, Elixir Blast and Neutra Cleanse can help combat toxins as well as supply missing minerals like Potassium, vitamins and phytonutrients that may prevent leg cramps.

Epsom salt bath or ¼ tsp in mouth has also been known to help with leg cramps.

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**Lemonade Diet**

The Master Cleanse

“The Lemonade diet has successfully and consistently demonstrated its eliminating and building ability.”

” The following program has been tested and approved since 1940 in all sections of the world as the most successful of any diet of its type. As an originator of this superior diet, I humbly and yet proudly offer it to you, confidant that you will receive vigorous good health from its use.

This diet will prove that no one needs to live with his diseases. Lifetime freedom from disease can become a reality.” Stanley Burroughs - Author of The Master Cleanser.

There are three phases to The Master Cleanse:
1. Ease-In

2. The Lemonade Diet

3. Ease-Out

Each of these will be explained in detail, and it is very important to follow these directions carefully. If you read closely you shouldn’t have many questions.

There are often questions regarding the precise ingredients for the Master Cleanser Recipe, as they can vary somewhat, depending on your experience and requirements. Be sure to choose which is right for you and learn how to best be prepared for The Master Cleanser Side Effects. Everyone goes through different, very individual healing processes and this may prepare you for any ups and downs.

Ease-In – Starting The Master Cleanse:

The Ease-In step of The Master Cleanse (Pre-Diet Routine) is not as important as the Ease-Out (Post-Diet Routine). In fact, you could skip the Ease-In completely and begin directly with The Lemonade Diet at any time. Some prefer beginning The Lemonade Diet with the Ease-In routine because it prepares your stomach for less food, and also your mind.

The purpose of Easing-into the Cleanse:

I find by doing the Ease-In, the first two days of the Diet are not as shocking, and the impulse to eat is therefore more manageable. It allows you to prepare your body for the dramatic change in diet as you cleanse but it will also prepare you for the next 10 days; mentally and emotionally, which can prevent you from ending the Master Cleanse too soon. Use the 3 days of the Ease-In to gather your ingredients for the Master Cleanser Recipe.

Regardless of whether you choose to Ease-In or go right to The Lemonade Diet, your Master Cleanse Kit will contain all of your ingredients, tools, equipment, and appliances that you will need during the Master Cleanse and The Lemonade Diet. The tools and equipment of The Master Cleanse Kit are used to prepare and make the Lemonade, as well as to produce your Daily Detox Bowel Movements. The Lemonade Diet Ingredients are discussed in detail further down this page (and on The Lemonade Diet page).

Below are some other items you might consider for inclusion in your Master Cleanse Kit.

Laxatives (to create Daily Detox Bowel Movements)

Sea Salt (for The Salt Water Flush)

Hand Juicers or Electric Juicers

Teaspoon and Tablespoon Measures

Naturally Non-caffeinated Herbal Teas (the only cheating allowed)

Bio-Metric Measures (scales, pH-testers, body fat measures, and other devices to measure the results of your cleanse)
Notebook (to document the process, emotions, challenges and triumphs during the Master Cleanse)

Why should you choose to Ease in?

Starting The Master Cleanse with the Ease-in is also a good time to build your confidence and exposure to a Living Food Diet, Raw Food Diet, Green Diet, Vegetarian Diet or whatever you call your ideal post-cleanse food lifestyle. I don’t see these diets as “Diets” in a strict sense. To me they are lifestyle choices regarding the foods you eat. If the style of life you want is healthy, energetic, and long lasting then you must eliminate toxins, de-vitalized foods, processed foods, and otherwise dead-foods from your diet. Detox Diet Recipes such as these (and others), are great templates to base your daily food decisions on. We all know this deep down. The Master Cleanse, for most, is about a transition to a healthier lifestyle.

Ease-In Day 1 – Living Food Diet:

To do the Living Food Diet, you only need to eat live foods. Simply remove processed foods, meat, grain and dairy from your diet. Enjoy shopping for, and eating interesting fruits and vegetables. Savor the rich flavors and textures. Be sure that you don’t go too heavy on fruits as they are high in sugar. A 60/40 balance of vegetables to fruits is a good guideline.

Ease-In Day 2 – Juicing, Blending, Soups and Broths:

This step preps your body for a liquid diet and delivers macro nutrients more quickly to your bloodstream. By breaking down the foods to liquids we can more readily take in the nutrients from the food.

Fruit and Vegetable Juicing is very enjoyable. There are endless combinations of tasty juicing recipes. Blending is equally enjoyable. Green smoothies are like drinking a glass of healing. If you do not have a juicer, you can make soups or broths.

Ease-In Day 3 – Orange Juice:

Manually or electrically juice enough oranges to make 2 liters of Orange Juice, mixed with water (to taste). If you find it hard to get the calories you need through the day, add some Pure Organic Maple Syrup to increase my caloric intake.

The Lemonade Diet:

Whether you begin The Lemonade Diet immediately or Ease-In, the process of the Lemonade Diet is the same. You will however, need to make two decisions to suit your personal preferences and/or your daily work and family routines. The first Master Cleanse Variation revolves around timing your daily flush. Perhaps equally important as ending The Master Cleanse is the Daily Detox Bowel Movement. It is crucial to flush out the toxins your body is eliminating, and since you are not consuming digestible food (fiber) to create a bowel movement, you will have to make that happen.

This is why I call this process “The Daily Detox Bowel Movement”. It is this process that cleanses your body of the waste, and toxins. There are two accepted methods to produce Daily Detox Bowel Movements:
1. Nightly Laxatives (Joy To Live Neutra-Cleanse).

2. And the Salt Water Flush.

Prior to your first day on The Lemonade Diet you should have taken your Nightly Laxative. (I recommend 4 Neutra-Cleanse. Some people may get by with less. If you don’t have a bowel movement first thing in the morning, increase 1 capsule daily until you do.)

On your first full day you do not need to do the Salt Water Flush (SWF) so you can start drinking your Lemonade immediately upon waking.

Lemonade Diet ingredients – Step 1:

Awake, and prepare your Lemonade – this is your nourishment and energy source for the day.

Soon after arising you will prepare your daily intake of Fresh Lemon Juice, Certified Organic Maple Syrup, Cayenne Pepper and Pure Water.

Lemonade Diet Recipe:

Mix each of the following lemonade diet ingredients into a large glass:

- 2 Tablespoons or more Fresh Lemon Juice
- 2 Tablespoons Rich Maple Syrup
- 1/10 Teaspoon of Cayenne Pepper Powder – or to taste (as much as you can stand)
- 8 ounces (250 milliliters of Pure Water)

Little tip: Roll each lemon firmly between your palm and the counter. Put sufficient downward pressure as you rock the lemon back and forth under your hand. You are softening the lemon to make the extraction of juice more efficient.

Tips on how to make the Master Cleanse Lemonade

1. Store your lemons on the counter to ripen, NOT in the fridge. Enzymes are dormant in the fridge. You want those enzymes. If you buy 50 lemons in advance, as most people do, store 40 in the fridge at a time and take the 10 ripest lemons out for your first day or two.

2. Next, cut the lemon and juice and add to glass.

3. Add the rest of the lemonade ingredients into the glass, mix immediately, and drink. I like to drink the glass quickly because it seems to hit my hunger spot quickly. I usually only drink when I need to, and when enough time has passed to allow for a nice spread over the day as I try to manage my daily quota.

4. Drink your lemonade as soon as you can after you made it. If you allow the lemonade to sit with the Cayenne pepper in it too long as it will steep. The lemonade will get too spicy and that may prevent you from drinking enough lemonade during the day.
Note: You might enjoy licking the tablespoon measure after adding your maple syrup. Just don’t “eat” the syrup in quantity.

If you are doing The Salt Water Flush, you should drink your first glass of lemonade after your first bowel movement to allow the process of elimination to begin.

The Lemonade Diet Concentrate – the most common mistake:

Do not pre-mix your lemonade. The longer your Lemonade sits, the more enzymes die. If you need to pre-mix your lemonade, then you should only mix a concentrate of just 2 ingredients:

1. The Fresh Lemon Juice.
2. and the Rich Maple Syrup.

The maple syrup acts as a preservative. This mixture will keep the enzymes alive longer, but make fresh whenever you can. If you have to premix, store the concentrated mixture in a cool, dark, glass container. Do not add the cayenne or water to the concentrate! The cayenne will “Steep” like tea, and make the concentrate very hot.

Variation from this procedure is the leading cause of problems of the Master Cleanse not working.

How much Lemonade should you drink during the day?

You will drink between 6 and 12 glasses of Lemonade each day (some people drink as much as 26 glasses per day). This will depend on how big or small you currently are (caloric needs), your tolerance to physical and psychological urges to eat, and your desire to lose weight. The more you can drink the better.

How much weight will I loose during the Master Cleanse?

Master Cleanse Weight Loss results vary according to your pre-cleanse weight, and can be managed, to a degree, by how much lemonade you drink. Obviously you can Drink more, for less weight loss, and drink less to lose more weight. It is not a wise choice to drink less than 6 glasses in an effort to lose “extra” weight. Weight loss (if any), should occur naturally. It is wise to drink whenever you’re hungry, or when you feel a lack of energy (commonly felt as a weakness or mild shakiness), which is quickly corrected by drinking a glass of Fresh Lemonade. 12 glasses per day should be your starting point from which you will make adjustments.

You can drink as much water as you do Lemonade. All the water you consume from (including the water in the lemonade), is a key factor in why this cleanse is so successful. Avoid chlorinated and fluorinated water.

Drink Pure Water Throughout the Day:

Most of us are chronically dehydrated. And most of us eat when we are thirsty. Our bodies don’t understand the difference between the cravings for water and food very well. The two signals – hunger and thirst are often misunderstood. I drink as much as I can, but like anything, one shouldn’t overdo it. Every time I feel a hunger craving, I take a nice big chug of water. If
your hunger signal is triggered by thirst, this will turn off the hunger switch telling you that you are hungry. If you feel very hungry or weak, drink a glass of Lemonade.

What kind of water should I use during the cleanse?

The quality of your water during the Master Cleanse is the key to great results. You probably know that your body uses water to flush and transport toxins to the organs of elimination (The colon, bladder, lungs, skin and so on...) to discharge them. Latest scientific research shows that many health problems can be significantly improved, or completely eliminated, with just an adequate consumption of good water. (See Water Purification)

Three recommend ways to ensure your water is pure and appropriate for the Cleanse:

1. You can use Water Ionizer.
2. Install good Water Filter for your tap water.
3. Or check your local health-food store for Purified Bottled Water.

What about distilled water?

Stanley Burroughs – The Master Cleanse founder, did not recommend using distilled water. He called it “cooked” - completely stripped of natural minerals found in water. It is also slightly acidic.

Step 3 – Master Cleanse Detox – Induce Daily Bowel Movements:

The Master Cleanse is a Detox Diet. The Detox of The Master Cleanse Diet occurs largely through Bowel Movements. The Daily Detox Bowel Movement is the result from the Nightly Laxative, and The Salt Water Flush. The Salt Water Flush is optional but the Bedtime Laxative is not. Some choose to do a Morning Laxative as well.

Master Cleanse Detox with Herbal Laxatives:

There are several herbal laxatives that work well. Most people find that by using tablets or capsules they are able to better manage the dosage. Often the suggested dosage is not enough to produce the movement in the morning. Four capsules of Neutra-Cleanse is a good starting point. If you cramp or wake up early with a movement, scale back to 3 capsules. If your movement doesn’t happen in the morning, scale up to 5 capsules.

I choose to do the Salt Water Flush in the evening. The SWF process is a commitment in itself. Once you take the solution, you will have to be on guard, a bowel movement WILL be coming shortly; usually in 30-60 minutes after taking the salt water, you will have your first movement. The last movements will begin to wind down an hour or so after they begin. This is ahem… a crappy process, and there is really no way to sugar-coat it. Just know that the benefits you receive from doing it will be worth it.

Post Cleanse – After The Master Cleanse – Adopt a Healthy Lifestyle:

When you are done with The Master Cleanse, the next and maybe most important step is to begin to Eat Wisely. This sounds so simple, yet so many people go right back to eating emotionally to sooth their daily worries. Choose to Eat Wisely and you will not put the weight
back on. If you go back to eating poorly, you will gain back all the weight you just lost — and maybe more!

Make sure to take probiotics (Neutra-Cleanse) after you finish the Cleanse. It is very important to replenish the good bacteria in your body that has been flushed out during the Cleansing process. The word "probiotic" means "for life." Probiotics are good bacteria that provide many health benefits and are essential for many vital body functions, including healthy digestion.

Anyone suffering from Candida, should kill the yeast first as candida thrives on sugars, including maple syrup. (See Yeast)

Leprosy

Leprosy is bacteria that have become resistant to antibiotics. In biblical times, it was the worst contagious disease in existence. Those suffering from it were quarantined to leper colonies. It may surprise you to know that there are still leper colonies today in Hawaii.

Ionic Silver can destroy leprosy. By drinking two teaspoons two to three times daily and applying Ionic Silver topically three or more times daily, you can fight even the most serious leprosy wounds. Lepers have been able to bring their disease under control within two days using liquid silver.

Leichmaniasis

Leichmaniasis is a parasitic infection. It shows up just under the skin as a purple rash and raises welts and boil-like symptoms all over the body. Soldiers in Afghanistan have been suffering from this infection and it has been very difficult to remedy.

The army hospital at William Beaumont Army Medical Hospital conducted a study on Leichmaniasis, using silver. They found that drinking two teaspoons two to three times daily could destroy the parasite. The silver liquid should also be applied topically 2-4 times as needed. You can expect to see a benefit over the course of eight weeks.

Liberty

Speak the truth, even if your voice shakes. "We must pity the poor wretched, timid soul who is too faint-hearted to resist his oppressors. He sings the song of the dammed: "I can't fight back; I have too much to lose; I own too much property; I have worked too hard to get what I have; they will put me out of business if I resist; I might go to jail; I have my family to think about." Such poor miserable creatures have misplaced values and are hiding their cowardice behind pretended family responsibility -- blindly refusing to see that the most glorious legacy that one can bequeath to posterity is liberty; and that the only true security is liberty." ~ Marvin Cooley
Lissome

Lissome is an anti-aging skin serum. We have a Lissome for men and for women. Lissome will increase the flexibility and elasticity of the skin leaving you looking years younger and you will see a change in your skin within 60-90 days.

Liver Cleanse

Some of the material you are about to read is quoted from Dr. Hulda’s book, “The Cure for All Diseases ”.

Excerpt from the book:

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear too, amore more with each cleanse you do. Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of wellbeing.

It is the job of the liver to make bile, 1 to 1.5 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most stones are too small and not calcified; a prerequisite for visibility on an X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Notice in the picture (pg. 545) how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites- made of many smaller ones- showing that they have regrouped in the bile ducts sometime after the last cleanse.

At the very center of each stone is found a clump of bacteria, suggesting to scientists a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way “nests” of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.
Doing a Kidney Cleanse and Parasite Cleanse prior to doing the liver cleanse will improve the effectiveness.

Do any dental work first, if possible. Your mouth should be metal free and bacteria free (cavitations are cleaned). A toxic mouth can put a heavy load on the liver, burdening it immediately after cleansing. Eliminate that problem first for best results.

Liver cleanse and gallbladder cleanse flush NO surgery.

Ingredients:

4 oz. (1/2 Cup) Olive Oil Extra Virgin

1 Big grapefruit (2 small) (Or 3 lemons)

4 Tablespoons EPSOM salts = (MgSO4 + 7H2O) = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate)

24 oz. (3 cups) water

(1 cup = 250 ml = 2.5 dl = 0.25 l)

Juice your grapefruit, to be mixed later this evening.

Instructions:

Drink a minimum of 24 ounces of apple juice per day for 6 days in a row. The apple juice has special concentrations of acids that soften the liver and gallstones. Make sure to avoid the following types of foods: protein rich (peanut butter, most meats), sugar (as much as possible), and alcohol. You also need to avoid drinking cold, icy drinks, which tend to chill the liver and negate any progress the apple juice has made so far.

While adhering to the above instruction, it will be helpful to have a colonic or enema. In order to pass the stones which are being loosened and flushed out of your body, the colon must be as uninhibited as possible. This may sound a little bizarre for most people, but I assure you that it is well worth the effort. Your doctor will likely be able to recommend a facility where this can be done.

Choose a day like Saturday for the actual cleanse, since you will be able to rest the next day. Get ready for day six. There are several things that occur on this day, and instructions must be followed precisely.

Take no medicines, vitamins or pills that you can do without; they may reduce the success of the cleanse. If you are doing a parasite or kidney cleanse, stop both the day before.

Eat a no-fat breakfast, preferably fresh fruit or vegetables, no oils, butter or milk. At around 1pm, have a light lunch; baked potato or other vegetables with salt only. Also, finish your apple juice early this day. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.
2:00 PM.
Do not eat or drink after 2 o’clock. If you break this rule you could feel quite ill later.

6:45 PM.
Mix 4 Tbsp. Epsom salt with 24 ounces of water. This is then divided into 4 servings. (¾ cup each)

7 PM.
Drink one serving of the Epsom solution.

9 PM.
Drink one serving of the Epsom solution. (always only 2 hours apart)

10:45 PM.
Pour 1/2 cup (measured) olive oil into a pint jar. Squeeze grapefruit juice by hand into a measuring cup. You should have at least 1/2 cup (up to 3/4 cup) is best. You may top it up with lemon and water if you like. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit does this).

Now visit the bathroom one or more time, even it makes you late for your eleven o’clock drink. Don’t be more than 15 minutes late.

11:00 PM.
Be ready for bed ahead of time. Drink this mixture and lie down in bed immediately, keeping your head elevated. Stay completely still for about 20 minutes, in order to allow your liver and gallbladder to loosen the stones. You may feel sick at this point. This is simply the toxins being released, and it should be seen as a sign of progress in this procedure. Try to think about what is happening in the liver. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep. The better you sleep, the more stones you will get rid of.

7:00 AM.
Get up. (It should be 8 hours after your drank the olive oil/grapefruit juice). Drink another ¾ cup of the Epsom salt solution. If you have indigestion or nausea wait unit it is gone before drinking the Epsom salts. You may go back to bed. Don’t take this potion before 7:00 AM. (8 hrs.)

Note: Some people prefer doing “one” Salt Flush at 7:00 AM in place of the “two” Epsom salt solutions at 7:00 AM and at 9:00 AM. You may want to try it both ways to see which works best for you. One person had this to say, “By the way, I have found it much better to finish the liver cleanse with salt water flush instead of the 3rd and 4th Epsom Salts ....much better flushing/elimination of stones, and none of that painful intestinal cramping.”

9:00 AM.
Drink your last ¾ cup of the Epsom salt solution. Prepare to spend a good amount of the day on the toilet as you will be releasing many stones from the liver and the gallbladder. You may also need to perform another Enema at some point in order to make sure that your colon is stone free. (A Salt Flush is basically an enema from the top down and will wash out a lot of stones.)

After 2 more hours you may eat. Start with fresh fruit juice. Half an hour later eat fresh fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

Note: You can adjust the schedule if you prefer to start an hour earlier. Just be sure to get up 8 hours after your last dose to drink more of the Epsom salt solution.

In order to reap the full benefits of the liver flush, you need to follow up by performing the same procedure once a month for several months. Over time, you will notice that the stones become fewer and fewer, until you are totally clean. Also, a teaspoon of olive oil a day will keep the bile ducts clean and prevent new stones from forming.

This process is perfectly natural and there are no known cases with side effects other than a little bit of discomfort of numerous trips to the toilet.

Another Note:

Some people substitute the 3 cups of water used in this recipe to dissolve the Epsom salt with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice to hide the taste of the Epsom salt.

You may also add 1/8 tsp. powdered vitamin C to the Epsom salt and water to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth if you are annoyed by the taste.

Also lemon juice can be substituted for mixing with the olive oil instead of grapefruit if it is more convenient, although grapefruit juice seems to mix better with the oil.

How well did you do?

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to dump a total of about 2,000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are ill.

Sometimes, the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as “chaff” floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every
one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney rinse program first.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

Every chronic or degenerative disease defined or undefined by conventional medicine, is directly connected to a weakened liver.

It is entirely possible to heal every disease, regrow hair, correct scoliosis, heal MS, regrow teeth, regenerate every organ, heal every infection, regenerate bone, heal shattered bones completely like new, dissolve cysts and tumors, regenerate eyes and vision. The block to these processes could very well be the liver.

Much has been said and done about self-sabotaging patterns, but at the physiological level, the inability to convert what one wants into actual reality is a blockage in the liver that stops the completion of energy down certain pathways.

The Chinese understood this chemical physiology very well and practiced medicine around it for thousands of years. Anger, inability to understand, hear, see, connect, complete, etc. are all functions of the liver. A person who is constantly unfulfilled is actually blocked somehow. This discussion could go into psychosomatic problems and blocked emotions, but at a physiological level, this is a liver problem.

Skin problems and chronic infections are liver problems. The liver manages all such things and when it is blocked in any way, various parts of the body suffer.

Cancer is a natural process that happens several hundred times per day. Cells that are damaged but still young are “switched” into a self-destructive mode where growth occurs abnormally until there is enough blood supply to the area for the white blood cells to come in, clean it up, remove it and take it, via the blood and lymph, to the liver for processing and elimination. This is a natural process that does not threaten a healthy person.

Some modern fear-based medicine philosophers have postulated that the body just fails somehow, is out of control or is confused. Let me go on record: “The body is never confused and absolutely never fails to do the very best thing to preserve itself right up until the moment of death!”

Dr. Christopher once made this statement: “No one was ever a cancer patient who was not first a liver patient.”
When cancer appears, it is because the liver is so stopped (due to toxins, stress, fear or loss) that it cannot process safely the cancer cells. The liver becomes so involved in "self-preservation" that has no reserves left to destroy and carry off cancer cells. When this happens, the cancer actually takes over part of the liver's function of cleaning toxins out of the blood as toxins are "food" to cancer cells.

When the liver is healthy and is capable of removing all of the toxins from the body, cancer cells are literally starved to death for lack of food. It is a blocked, weakened, plugged liver that allows cancer to get out of control.

It has also been said, "There was never a cancer without a sense of loss." Emotions are stored in the liver and there is always an underlying emotion associated with cancer. Sometimes it is a "death" wish, anger, or unforgiveness. I have talked with many cancer patients and some admit not being able to forgive, or have some other emotional hang up. Others refuse to admit underlying emotions, perhaps due to fear of what others might think or because of pride. However, if they are completely honest with themselves, they will find some thoughts and emotions that need to be changed and forgiven; otherwise the liver may never be able to function fully and that person will probably die.

The liver is responsible for literally thousands of functions, which are done trillions of times every day! The management of every cell, every process, every chemical, every communication, every aspect of elimination, healing and repair, every aspect of digestion and assimilation, every aspect of immune performance, fat deposition, metabolism, etc, is either directly or indirectly managed by the liver. The liver is to the chemical systems and physical tissues of the body as the brain is to the nervous system. The heart is important, but it is really mostly a pump. The liver actually manages everything.

There is no varicose vein, no cyst, no scar tissue, no emotional pattern, no chemical or hormonal imbalance, and no metabolism or elimination issue, which cannot be directly traced to the involvement of the liver. Even in places where operations seem to work independent of the liver (renal function, for example) the liver is very much involved.

We can trace hormone regulation to the liver, including those that affect the kidneys. We can also see that many items to be eliminated by the kidneys are first converted in the liver to manageable wastes. Further, if we look into Chinese medicine, we discover that the heat for every operation in the human body has its source in the liver. It represents the element called wood (representing growing plant life) and is involved with growth and fuel for heat. It picks up excess water in the system and converts it to healthy growth. It is the culmination of the five elements into the source of life for all animals on earth; plants.

So we see that no behavior and no cellular activity can be separated from the liver. We could say this of other systems too, but the liver is really the hub of all the other systems. It is the manager of everything and the source of life energy for everything.

One other system that relates to all other systems intensely is the bowel. The bowel works differently, though, as it works like a relay or breaker system for all the other systems and organs. During early fetal development, every organ and system is connected to and develops from the bowel. So the bowel is as intensively integrated as the liver, but in a very different way. The liver in turn manages the cells of the bowel.

Still, the liver dumps into the bowel and the importance of this relationship cannot be overstated when doing liver cleansing. The bowel must be kept open the whole time. By this, it
usually means that the individual takes colon hydrotherapy, cathartic herbs or both; sufficient to produce copious bowel movements; hopefully 3-5 easy ones every day.

In other words, you get the bowel moving with bowel herbs and/or colonics and then you start your liver herbs or liver program. In this chapter, I will give you a formula that will effectively keep the liver and the bowel moving.

In order to keep the liver healthy, both diet and cleansing must be considered. In addition to this, some people will need liver strength, liver heat, liver cooling agents, liver stimulation and perhaps other liver aids to be used with cleansing. We have seen a number of times that liver cleansing will sometimes be ineffective if the liver is too weak or too out of balance to cleanse properly. In these cases, we use herbal formulas that will help in the specified way. These will be taken for several weeks before intensive liver cleansing is undertaken again. Cleansing must be done, but sometimes help is needed for stability first.

So, in the following lines I will provide several formula options and the activities they are designed to support.

Liver Strength: There are a number of different formulas. This variation is simplified.

Use 3 parts of Dr. Christopher’s Original Formula Vitalerbs (It is best to purchase these items in one pound packages of the powdered herbs. www.drchristophersherbshop.com)

Milk thistle seed powder—2 parts
Ginger root powder—2 parts
Turmeric root powder—2 parts
Ashwaganda powder—1 part
Licorice root—1/2-1 part (use one if there is known adrenal fatigue, stress or chronic fatigue)

This formula works a little better for raw strength for the liver than some of the other formulas. The ginger helps the turmeric work and the ashwaganda is great for those whose condition is very weak.

This formula should be taken two times daily in water. I recommend 1-3 tablespoons based on your size and metabolism (if you eat more, take more). Just stir it into water and drink it down.

Liver Cleanser: This formula is a replacement for Dr. Christopher’s Liver Gall Bladder Formula, which also works well, but is not designed for bowel and stones also. It is made up as tea. Unless otherwise specified, all teas are made with one teaspoon of herb to one cup of water, either distilled or Alkalized Water.

3 parts Senna leaf/pods
2 parts buckthorn root
1 part comfrey root
1 part ginger root
3 parts peppermint
2 parts catnip
2 parts sarsaparilla or yucca stalk or root
2 parts Oregon grape root
1 part cloves
1 part cardamom pods
1 part licorice root

Use whole stevia leaf powder to taste

This formula is very carminative, increases digestive secretions and you should drink one cupful (warm) before each meal. Increase dosage until a very strong bowel action results. If this does not result, then look for a much stronger formula, such as Dr. Richard Schulze’s Intestinal Formula #1 (1-800-herb-doc to order his formula).

Liver Cooler: for people with “hot” conditions of sweating or anger or any other overly hot condition, this formula will give some relief. However, a hot liver is a constipated liver and the stone cleanse is even more important than this formula.

Dandelion root—1 part
Oregon Grape root—1 part
Ginger root—2 parts (yeah, I know it is warming, but it is also diffusive, so that it actually helps to diffuse excess heat from the core)
Burdock root—1 part
Comfrey root—1 part
Peppermint—2 parts

Purchase powdered and stir into warm water or make tea, or you can encapsulate the herb as is your preference. Drink 2 cups of tea per day (night and morning) or take 4 capsules 2x daily.

To wrap it up, let me just say that every complaint has a chance of being helped by a liver flush. Many symptoms will not go away until the overwhelming majority of stones are purged out. It may take 8-10 flushes to get all of the stones out, but no one should stop until after they do the flush correctly two consecutive times with no stones whatsoever.

Many experts agree that if you want to overcome allergies or multiple chemical sensitivity disorder or cancer or arthritis or any serious disease, you have to get upwards of 2500 stones. This really will happen and people really do have this many or more stones blocking the liver up. It is a shock to see how bad it really is in most Americans, even children! You may not
count every stone, but try to get a pretty good idea about every toilet bowl full so that you have an idea of how you are doing.

You may also want to consider a coffee enema for liver detoxification. (See Enema)

Any discussion of any healing system would be very deficient without a discussion of diet as it relates to prevention of disease and healing. (See Diet)

Liver Disease

Experts say it is impossible to get sick when you have a clean, healthy liver. A healthy liver can immediately wipe out any disease organism, but only when it has adequate minerals. Fulvia supports the natural health and cleansing of the liver and the gall bladder.

A typical gall bladder cleanse is accompanied by lime green pellets ranging in size of a rabbit pellet down to the size of a small Beebe or smaller coming out in the stool. They are soft and waxy in nature and are made up of mostly cholesterol. They float on top of the water because of their high content of fats and a good gall bladder cleanse can produce up to 6,000 gallstones.

Gallstones inhibit normal function of the liver and gall bladder and if not removed can result in a surgical removal of the gall bladder. Contrary to popular opinion, the gall bladder is not a "spare" part. It plays a very important role in keeping the body alkaline. When the gall bladder is removed, extra measures must be taken to keep the body alkaline.

When I increased my dosage of Fulvia up to 2-3 capsules 3x a day, I had a lot of lime colored cholesterol in my stool. Fulvia is such a powerful solvent that the cholesterol was actually turned to liquid, rather than coming out in pellet form. Although this cleanse caused temporary diarrhea, there was no cramping or discomfort and overall was a very pleasant experience.

Cleansing the gallbladder periodically could prevent a lot of gall bladder operations.

The liver is one of the most important organs of the body. It detoxifies the blood and secretes over 4,000 enzymes. When the liver is inflamed, like in the case of hepatitis, it won’t secrete as many enzymes and the blood will not be purified quickly.

Ionic Silver can destroy the bacteria and viruses that harm the liver. By restoring proper liver function, all systems of the body are benefited, and overall wellness is increased. For these results, drink two tablespoons of Ionic Silver twice daily. For severe cases of hepatitis, this amount should be doubled.

Affinity supports healthy liver function and when taken in conjunction with Fulvia has synergistic benefits. Omegas 3, 6 and 9 found in Elixer Blast are also important to maintaining a healthy liver. (See also Liver Cleanse)
Living on Light

Two years ago I read a book entitled Living On Light by Jasmuheen.

She started what she refers to “the 21 day transition to living on light” in 1993 and since that time does not receive her nutrition from physical food; although occasionally she will eat a soup broth or consume a small amount of food for enjoyment.

After reading her book, I decided to give it a try as many people have. Most return to eating food after going through this process; not because they have to, but they do it as a matter of preference.

I personally went 53 days after which I began eating again. During the 53 days I lost 40 pounds in body weight, but to my amazement, I gained back 10 of those pounds while “living on light” before returning to solid food.

The rest of this chapter has been moved to another server. It is rather long and quite deep for someone who is not well exercised in the Spirit. However, if you feel like the Spirit is telling you to read it, I will be happy to send you that link. Please send your name and contact information to info@joytolive.info.

_______________________________________________________________________

Love

God is love – to love is to be like God. Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way.

Love is not irritable, and it keeps no record of when it has been wronged. It is never glad about injustice, but rejoices when the truth wins out.

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance, for love never fails!

The Healing Power of Love:

A businessman was hospitalized with a very high fever, which medical remedies could not reduce. He also had a chronic heart condition that had actively reappeared. A friend who knew of the healing power of love visited him in the hospital. He soon realized that this man felt greatly unloved because of some tangled relationships in his life.

The friend dared to say to this patient: “God loves you – God is guiding you – God is showing you the way. You are greatly loved by God and man.” Together they affirmed that God’s love was doing its perfect work in this man’s mind, body and affairs.

Suddenly an intense feeling of heat passed through the sick man’s body and immediately the high fever was gone. Later, his physician also declared that his heart seemed fine again, and the ointment of love soothed his previously tangled family relationships as well.

A nurse was assigned to a case in which the patient had been suffering from a chronic mental illness. Traditional therapies had failed to clear up her condition. Finally the patient was taken to her summer home on the coast.
The private nurse assigned to her case had learned about generating love to others. Immediately she began daily meditating upon her patient as loving, kind, whole, well and completely happy again. When she accompanied the patient to the beach and into the water, she would think of her as being immersed in God’s healing love. As the patient played in the water, the nurse would go off a distance on the beach and silently and mentally surround the patient with the thought of love and its healing power.

Often the patient pathetically asked, “Do you think I really can get well? Is there any hope for my condition?” Always the nurse, who knew the power of speaking words of love declared, “My dear, you are getting well. God’s love is doing its perfect work in your mind, body and circumstances now, and you are being healed.” Daily she reassured her patient in this way. Within six weeks the nurse was dismissed from the case because the patient had responded so beautifully to the healing power of love.

It is easy to meditate lovingly upon and speak words of love to those you are in harmony with, but it is those who are most difficult and may even seem hostile, which need your radiation of love most. Their hostility is their soul’s cry for loving recognition. When you generate sufficient love to them, the discord will fade away.

You can deliberately produce divine love by thinking loving thoughts about yourself and others and by affirming divine love. It is also a wonderful “success secret” to speak appreciative, kind, understanding words to people. Kind words produce results after their own kind; the kind of results that mean new life, increase, and real happiness for you!

How do you produce and generate love? First, by realizing that love is both personal and impersonal. On the personal level, you can generate love as the expression of devotion, tenderness, kindness, approval and appreciation of those in your family and circle of close friends.

Love on the impersonal level is the ability to get along with other people; in other words giving goodwill toward all others, without personal attachment. For this purpose you can say, “I love all people and all people love me.”

“Love never fails.” I Corinthians 13:38

In Matthew 22:40 Jesus pointed out to the lawyer that love fulfills the whole law, meaning the whole law of being healthy, happy, harmonious and successful in life. Love is the power that unifies the whole world and everything in it, and it is unequaled by any other power.

At Harvard University, world-renowned sociologists conducted research studies on the power of love. Their findings were that human beings could deliberately produce feelings of love! According to their findings, there is no reason why we can’t learn to generate love the same as we do other natural forces.

Here is a simple exercise and as you do it, rather than thinking about the frequency of love, take a breath and simply feel the vibration of love as it enters your heart. If you find your mind trying to get involved with feeling the frequency, say the word “clear”.

If thoughts and colors come into your mind that is okay; what is important is feeling the frequencies first. So as you inhale, receive the frequency of love. Then as you exhale, move
the love throughout your entire being. This is where you must also trust and believe that the frequency of love exists outside of you and is available to you any time you want to tap into it.

You may go through a clearing process in which the remaining lower emotions try to surface. They may begin to vibrate, which will draw your attention to them. If this happens, your frequency will begin to dip and you will have to remember to tune your heart to receiving the frequency of love and inhale that frequency from the external ether. Move this frequency to the extremities of your body as you exhale. Each time you do this, you will notice that your love grows stronger and stays longer.

By changing your frequency, you don't need to change your thinking because your thoughts will automatically change and your mind will take care of itself. This is what it means to “work from the inside out”.

You may have been concerned about what you can do to experience love. It's not about doing any longer; it’s about holding states of being and in doing so you must be very clear with your language, your thoughts, your emotions, and your frequencies.

If you analyze this thing called love, you will discover that life is a process of giving and receiving love in its many phases. It is those individuals who are not living in the stream of love that feel its lack, as a difficulty in mind, body or circumstances. Through the deliberate development of love, you can get into the stream of life’s goodness, as well as help others to experience it.

You no longer have to look outside yourself, waiting and hoping that somehow perhaps love will find you. You can begin right now deliberately generating love for God, for yourself and for mankind, from within your own being. By doing so, you will unfailingly draw the perfect expressions of love into your own life. As you deliberately express love, it comes back to you multiplied.

This is the quickest way to solve your own problems, as well as a powerful way of helping mankind. You can do this in a very simple way:

Begin spending a few minutes each day deliberately generating love. In those times you can affirm: “With God’s help, I am now deliberately and joyously radiating divine love to myself and to all mankind.” Form the mental picture of yourself as healthy, prosperous, illuminated, harmonious, blessed, unfettered and unbound. Quietly love that mental picture by affirming, “God’s Divine Love now lives in me.”

Think of love as being a radiant light that enfolds, lightens, brightens and uplifts you. Think of love as permeating, penetrating, and saturating your whole being. If there are dark and troublesome areas in your life, deliberately think of them as being divinely adjusted and coming to light and life with the power of divine love. No matter what your problem or concern may be, mentally surround that picture with the white light of divine love.

Dare to consciously love yourself, love your life and your circumstances. In your time of generating love, particularly dare to love any part of your body that is crying out for healing.

“All things work together for good to those who love God.” If you love God and you have manifested a tumor or other health challenge, it is working for your good! Boldly declare to it, “I LOVE YOU.” Dare to direct love to any situation in your life that seems difficult.
Never say “my tumor – my cancer – my arthritis – my diabetes, etc. By doing so you are affirming that you are sick. Instead mentally send love to the area of concern and say, “Let Divine Love be made alive in thee now.”

Not only is it good to meditate upon love, but also as you go about daily living, it is good to affirm silently to everything in your world: “Let Divine Love be made alive in thee now.” Say this to the food you eat, the clothes you wear, the car you drive, the inanimate objects in your home or office, the bills you pay and the income you receive. Everything in existence is made up of “living” atoms and responds to your thoughts of love. To everything affirm divine love.

Affirm love to the people you meet during the day, strangers, employers, coworkers, friends, as well as your family members. Silently declare, “Let Divine Love be made alive in thee now.”

Whenever you do this, you have released the greatest power on earth into every phase of your mind, body and affairs. The light of love shall shine forth as new energy, new peace of mind, new power and dominion, new poise, new beauty, new prosperity, and New Harmony.

The Bible says, “Man is that he might have joy.” By affirming love to everyone and everything, you will indeed breathe newness, goodness and joy into every facet of your life.

_______________________________________________________________________

Love Story

It was a busy morning, approximately 8:30 am, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He stated that he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures.

While taking care of his wound, we began to engage in conversation. I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife.

I then inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's disease. As we talked, I asked if she would be upset if he was a bit late.

He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?" He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is."
I had to hold back tears as he left, I had goose bumps on my arm, and thought, "That is the kind of love I want in my life."

True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be and will not be.

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**Lungs**

Mullen herb is calming to the lungs. Ginger and cayenne help strengthen the lungs. Chaparral is perhaps the best expectorant.

Any kind of lung problems can be helped with Breathing Exercises. Silver can kill disease microbes in the lungs and Bronchial Tubes. Fulvia and Affinity can help the lungs detoxify as well as increase the uptake and distribution of oxygen to the cells.

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**Lupus**

Lupus is believed to be an autoimmune disease that can affect various parts of the body, including the skin, joints, heart, lungs, blood, kidneys, and brain.

Because it is an autoimmune disease, you can’t use major immune stimulation products. Ionic Silver can be used to kill the bacteria, viruses, mold, and parasites that may be the cause of the lupus. It will do this without making the lupus symptoms worse.

Ionic Silver can be of benefit when you drink one teaspoon three times daily. It can also be applied topically to facial rashes commonly caused by lupus. In addition, you can use acidophilus found in Neutra Cleanse, antioxidants found in Fulvia, coenzyme Q10 found in Elixir Blast.

Lupus has the same cause as all other diseases. The body is overloaded with chemicals and toxins, microorganisms and parasites, and is lacking proper nutrition. The reason that one disease manifests itself differently than another is that each person has a different concentration of toxins and microorganisms; a different genetic makeup and has a different diet than someone else. Even in the same family, there can be a wide variation of these factors.

Aspartame however is showing up as the major cause of toxicity leading to lupus and should be avoided at all costs. (See Aspartame)

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**Lyme Disease**

Lyme disease was named after the East Coast town of Lyme, Connecticut, where the disease was first identified in 1975.
The disease was first referred to as "Lyme arthritis" due to the presentation of atypical arthritic symptoms in children that lived in that city. By 1977, the black-legged tick (Ixodes scapularis, also known as the deer tick) was linked to transmission of the infection.

Then in 1982, Willy Burgdorfer, PhD, discovered the bacterium responsible for the infection: the spirochete, named after him, Borrelia burgdorferi, is a cousin to the spirochete bacterium that causes syphilis.

In fact, the two look almost identical under a microscope. B. burgdorferi’s corkscrew-shaped form allows it to burrow into and hide in a variety of your body’s tissues, which is why it causes such wide-ranging multisystem involvement.

Borrelia burgdorferi does not just exist as a spirochete; it has the ability to live intracellularly (inside your cells) as an “L-form” and also encoated as a “cyst” form. These different morphologies explain why treatment is so difficult and recurrence of symptoms occurs after standard antibiotic protocols.

Adding to the difficulty in treating Lyme, the organisms may live in biofilm communities, which are basically a colony of germs surrounded by a slimy glue-like substance that is hard to unravel. For these reasons you will often see Lyme referred to as “stealth.” No doubt about it, this clever maneuvering and the pleomorphism of the germ helps it hide and survive despite the most aggressive antibiotics of our time.

The Lyme bacterium can exist without iron, which most other organisms require to make proteins and enzymes. Instead of iron, this bacterium uses manganese, thus eluding immune system defenses that destroy pathogens by starving them of iron.

When the tick, which feeds off deer, birds, animals (including your pet), then gets on you. It numbs your skin so you won’t feel it. It prefers dark, crevices such as your armpit or behind your ear, or your scalp. Depending on the season, the tick may be a baby, termed a nymph. That is why you may never see the tick that bites you.

It attaches to you and you may not see it since nymphs are no bigger than a poppy seed. Once it attaches, it then sucks your blood. In as little as an hour or up to a couple of days, it will ‘spit’ its bacterial load into you. The bacteria are released into your blood from the infected tick via saliva. We now know there are five subspecies of Borrelia burgdorferi, more than 100 strains in the U.S. and 300 worldwide, many of which have developed resistance to our various antibiotics.

It’s worth noting that while many still attribute Lyme transmission exclusively to ticks, Dr. Deitrich Klinghardt, one of the leading authorities on Lyme disease, warns that the bacteria can also be spread by other insects, including mosquitoes, spiders, fleas, and mites. This may be the reason so few Lyme sufferers recall being bitten by a tick. The other reason of course, is that you don’t feel the bite, and usually don’t see the tick!

In fact, fewer than half of Lyme patients recall ever getting a tick bite. Many Lyme patients don’t remember such an event because the tick numbs your skin before biting so it is never felt. In some studies, this number is as low as 15 percent. So, if you don’t recall seeing a tick on your body, that doesn’t rule out the possibility of Lyme disease. There’s even some evidence pointing to Lyme disease being capable of sexual and congenital transmission...
To add confusion to Lyme disease, ticks usually transmit more than the Borrelia organism. They could simultaneously infect you with Bartonella, Rickettsia, Ehrlichia and Babesia. Any or all of these organisms can travel with Borrelia burgdorferi (the causative agent of Lyme) and each causes a different set of symptoms. When a person has Lyme, they often have some co-infections. Simply put, you can have one tick bite, and wind up with five different infections. Each patient with “Lyme disease” reacts differently based upon their co-infections, making a standard treatment plan impossible. Treatment is based upon presentation of symptoms.

Because Lyme and all of its co-infections cause so many constant symptoms, it easily mimics disorders, such as multiple sclerosis (MS), arthritis, Parkinson’s, chronic fatigue syndrome, fibromyalgia, ALS, ADHD and Alzheimer’s disease.

Many Lyme patients who battle this disease appear healthy, which is why Lyme disease has been called "the invisible illness." They often "look good," and their routine blood work appears normal, but their internal experiences are a different story.

Lyme disease is caused by at least three species of bacteria belonging to the genus Borrelia. Bacteria are single cell organisms that actually grow within or outside your body. Left uninhibited, bacteria can cause disease or death. Many types of bacteria have developed a resistance to, and will not be killed by modern antibiotics. However, Joy To Live Ionic Silver kills every known type of bacteria, including Lyme borreliosis.

Attached ticks should be removed promptly after being bitten, as removal within 36 hours can reduce transmission rates. The following method of removal was written by a School Nurse:

One pediatrician said that she believes the best way to remove a tick is to apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and let it stay on the repulsive insect for 15-20 seconds, after which the tick will come out on its own and be stuck to the cotton ball when you lift it away. This technique has worked every time she has used it (and that was frequently), and it's much less traumatic for the patient and easier for her. Unless someone is allergic to soap, this would not be damaging in any way.

This is great, because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc.

After removal of the tick apply Joy To Live Liquid Silver to a cotton ball and tape it over the bite area to kill any topical bacteria at that location. Liquid Silver should also be taken internally as a preventative measure.

For a suspected Lyme infection, two tablespoons of Joy To Live Ionic Silver should be taken hourly for the first two days. If symptoms are present, you will feel the effects within the first two hours of use and the benefits will continue as long as you use the product. The infecting bacteria should be dead within the first 12 to 24 hours. To make certain the bacteria is completely eradicated; take two tablespoons twice daily for the next two weeks.

Lyme disease is the most common tick-borne disease in the Northern Hemisphere. Borrelia bacteria is not only transmitted to humans by the bite of infected ticks, but now we know it could be from mosquitos and other insects. When bitten by a mosquito, the infection could be immediate, but in the case of a tick, the risk of infection increases with the time the tick is attached, and if a tick is attached for less than 24 hours, infection is unlikely. However, since these ticks are very small, especially in the nymph stage, prompt detection is quite difficult.
Early symptoms may include fever, headache, fatigue, depression, and a characteristic circular skin rash. Left untreated, later symptoms may involve the joints, heart, and central nervous system. If treated early, the infection and its symptoms may be eliminated by antibiotics, but not in all cases. Delayed or inadequate treatment can lead to the more serious symptoms, which can be disabling and difficult to treat.

The incubation period from infection to the onset of symptoms is usually one to two weeks, but can be much shorter (days), or much longer (months to years). Symptoms most often occur from May through September, because the nymphal stage of the tick is responsible for most cases. Infection can occur without symptoms, but occurs in less than 7% of infected individuals in the United States.

The classic early sign of local infection with Lyme disease is a circular, outwardly expanding skin rash called erythema chronicum migrans, which occurs at the site of the tick bite three to thirty days after the tick bite. The rash is red, and may be warm, but is generally painless. Classically, the innermost portion remains dark red and becomes thicker and firmer; the outer edge remains red and the portion in between clears, giving the appearance of a bullseye. However, partial clearing is uncommon, and the bullseye pattern more often involves central redness.

Patients can also experience flu-like symptoms, such as headache, muscle soreness, fever, and malaise. Lyme disease can progress to later stages even in patients who do not develop a rash.

Within days to weeks after the onset of local infection, the Borrelia bacteria may begin to spread through the bloodstream. Symptoms may develop at sites across the body that bears no relation to the original tick bite. Another skin condition that is apparently absent in North American patients, but occurs in Europe, is borrelial lymphocytoma, a purplish lump that develops on the ear lobe, nipple, or scrotum. Other discrete symptoms include migrating pain in muscles, joints, and tendons, and heart palpitations and dizziness caused by changes in heartbeat.

Various acute logical problems, termed neuroborreliosis, appear in 10–15% of untreated patients. These include facial palsy, which is the loss of muscle tone on one or both sides of the face, as well as meningitis, which involves severe headaches, neck stiffness, and sensitivity to light. Radiculoneuritis causes shooting pains that may interfere with sleep, as well as abnormal skin sensations. Mild encephalitis may lead to memory loss, sleep disturbances, or mood changes. In addition, some case reports have described altered mental status as the only symptom seen in a few cases of early neuroborreliosis. The disease may also have cardiac manifestations such as AV block.

After several months, untreated or inadequately treated patients may go on to develop severe and chronic symptoms that affect many parts of the body, including the brain, nerves, eyes, joints and heart. Many disabling symptoms can occur, including permanent paraplegia in the most extreme cases.

Chronic neurologic symptoms occur in up to 5% of untreated patients. A polyneuropathy that involves shooting pains, numbness, and tingling in the hands or feet may develop. A neurologic syndrome called Lyme encephalopathy is associated with subtle cognitive problems, such as difficulties with concentration and short-term memory. These patients may also experience profound fatigue.
Other problems, such as depression and fibromyalgia, are no more common in people who have been infected with Lyme than in the general population. Chronic encephalomyelitis, which may be progressive, can involve cognitive impairment, weakness in the legs, awkward gait, facial palsy, bladder problems, vertigo, and back pain. In rare cases untreated Lyme disease may cause frank psychosis, which has been misdiagnosed as schizophrenia or bipolar disorder. Panic attacks and anxiety can occur; there may also be delusional behavior, including somatoform delusions, sometimes accompanied by a depersonalization or derealization syndrome, where the patients begin to feel detached from themselves or from reality.

Lyme arthritis usually affects the knees. In a minority of patients, arthritis can occur in other joints, including the ankles, elbows, wrist, hips, and shoulders. Pain is often mild or moderate, usually with swelling at the involved joint. Baker's cysts may form and rupture. In some cases, joint erosion occurs.

Acrodermatitis chronica atrophicans (ACA) is a chronic skin disorder observed primarily in Europe among the elderly. ACA begins as a reddish-blue patch of discolored skin, often on the backs of the hands or feet. The lesion slowly atrophies over several weeks or months, with the skin becoming first thin and wrinkled and then, if untreated, completely dry and hairless.

Lyme disease is classified as a zoonosis, as it is transmitted to humans by ticks that feed on rodents. Most infections are caused by hard-bodied ticks of the genus Ixodes in the nymphal stage, as they are very small and may feed for long periods of time undetected.

While Lyme spirochetes have been found in insects as well as ticks, reports of actual infectious transmission appear to be rare. Lyme spirochetes have been found in semen and breast milk. Although not proven to pass from one person to another through sexual contact, we cannot rule out this possibility. Neither has transmission across the placenta during pregnancy been demonstrated, and no consistent pattern of teratogenicity or specific "congenital Lyme borreliosis" has been identified. As with a number of other spirochetal diseases, adverse pregnancy outcomes are possible with untreated infection; prompt treatment with Ionic Silver reduces or eliminates this risk.

Pregnant Lyme-disease patients cannot be treated with the antibiotic, doxycycline, as it is potentially harmful for the fetus, however Ionic Silver is completely safe for the pregnant mother and the unborn fetus.

Ticks that transmit B. burgdorferi to humans can also carry and transmit several other parasites, such as Theileria microti and Anaplasma phagocytophilum, which cause the diseases babesiosis and human granulocytic anaplasmosis (HGA), respectively. Among early Lyme disease patients, depending on their location, 2–12% will also have HGA and 2–40% will have babesiosis. Ticks in certain regions, including the landscapes along the eastern Baltic Sea, also transmit tick-borne encephalitis.

Co-infections complicate Lyme symptoms, especially diagnosis and treatment. It is possible for a tick to carry and transmit one of the co-infections and not Borrelia, making diagnosis difficult and often elusive. The Centers for Disease Control studied 100 ticks in rural New Jersey, and found 55% of the ticks were infected with at least one of the pathogens.

Borrelia burgdorferi can spread throughout the body during the course of the disease, and has been found in the skin, heart, joint, peripheral nervous system, and central nervous system.
Many of the signs and symptoms of Lyme disease are a consequence of the immune response to the spirochete in those tissues.

*B. burgdorferi* is injected into the skin by the bite of an infected *Ixodes* tick. Tick saliva, which accompanies the spirochete into the skin during the feeding process, contains substances that disrupt the immune response at the site of the bite. This provides a protective environment where the spirochete can establish infection. The spirochetes multiply and migrate outward within the dermis. The host inflammatory response to the bacteria in the skin causes the characteristic circular lesion. Neutrophils, however, which are necessary to eliminate the spirochetes from the skin, fail to appear in the developing lesion. This allows the bacteria to survive and eventually spread throughout the body.

Days to weeks following the tick bite, the spirochetes spread via the bloodstream to joints, heart, nervous system, and distant skin sites, where their presence gives rise to the variety of symptoms of disseminated disease. The spread of *B. burgdorferi* is aided by the attachment of the host protease plasmin to the surface of the spirochete. If untreated, the bacteria may persist in the body for months or even years, despite the production of *B. burgdorferi* antibodies by the immune system. The spirochetes may avoid the immune response by decreasing expression of surface proteins that are targeted by antibodies, antigenic variation of the VlsE surface protein, inactivating key immune components such as complement, and hiding in the extracellular matrix, which may interfere with the function of immune factors.

In the brain, *B. burgdorferi* may induce astrocytes to undergo proliferation followed by apoptosis, which may contribute to neurodysfunction. The spirochetes may also induce host cells to secrete products toxic to nerve cells, including quinolinic acid and the cytokines IL-6 and TNF-alpha, which can produce fatigue and malaise. Both microglia and astrocytes secrete IL-6 and TNF-alpha in the presence of the spirochete. This cytokine response may contribute to cognitive impairment.

A developing hypothesis is that the chronic secretion of stress hormones as a result of Borrelia infection may reduce the effect of neurotransmitters, or other receptors in the brain by cell-mediated proinflammatory pathways, thereby leading to the dysregulation of neurohormones, specifically glucocorticoids and catecholamines, the major stress hormones. This process is mediated via the hypothalamic-pituitary-adrenal axis. Additionally tryptophan, a precursor to serotonin, appears to be reduced within the central nervous system in a number of infectious diseases that affect the brain, including Lyme.

Exposure to the Borrelia bacterium during Lyme disease possibly causes a long-lived and damaging inflammatory response; a form of pathogen-induced autoimmune disease. The production of this reaction might be due to a form of molecular mimicry, where Borrelia avoids being killed by the immune system by resembling normal parts of the body's tissues. It is therefore possible that if some chronic symptoms come from an autoimmune reaction, this could explain why some symptoms persist even after the spirochetes have been eliminated from the body. This hypothesis may explain chronic arthritis that persists after antibiotic therapy, similar to rheumatic fever.

Lyme disease is diagnosed clinically based on symptoms, objective physical findings such as skin rash, facial palsy or arthritis, or a history of possible exposure to infected ticks, as well as serological blood tests. The rash does not always appear as a bull’s-eye; it can be red all the way across. When making a diagnosis of Lyme disease, health care providers should consider other diseases that may cause similar illness. Not all patients infected with Lyme disease will develop the characteristic bull’s-eye rash and many may not recall a tick bite.
Because of the difficulty in culturing Borrelia bacteria in the laboratory, diagnosis of Lyme disease can easily be misdiagnosed and is typically based on the clinical exam findings and a history of exposure to tick areas.

Diagnosis of late-stage Lyme disease is often complicated. Lyme disease may be misdiagnosed as multiple sclerosis, rheumatoid arthritis, fibromyalgia, chronic fatigue syndrome, lupus, Crohn's disease or other autoimmune and neurodegenerative diseases.

Several forms of laboratory testing for Lyme disease are available, some of which have not been adequately validated. The most widely used tests are serologies, which measure levels of specific antibodies in a patient's blood. These tests may be negative in early infection, as the body may not have produced a significant quantity of antibodies, but they are considered a reliable aid in the diagnosis of later stages of Lyme disease. Serologic tests for Lyme disease are of limited use in people lacking objective signs of Lyme disease because of false positive results and cost.

Erroneous test results have been widely reported in both early and late stages of the disease, and can be caused by several factors, including antibody cross-reactions from other infections, including Epstein-Barr virus and cytomegalovirus, as well as herpes simplex virus.

Polymerase chain reaction (PCR) tests for Lyme disease have also been developed to detect the genetic material (DNA) of the Lyme disease spirochete. PCR tests are susceptible to false positive results from poor laboratory technique. Even when properly performed, PCR often shows false negative results with blood and cerebrospinal fluid specimens. Hence, PCR is not widely performed for diagnosis of Lyme disease. With the exception of PCR, there is currently no practical means for detecting the presence of the organism, as serologic studies only test for antibodies of Borrelia.

New techniques for clinical testing of Borrelia infection have been developed although the results of studies are contradictory and there is no study assessing the diagnostic sensitivity and specificity of the tests.

In addition to laboratory testing on patients, ticks can be tested after removal from the host. Several laboratories perform PCR testing on live or dead ticks for a panel of tick-borne diseases, including Borrelia, Babesia, and Ehrlichia.

Antibiotics are the standard treatment for Lyme disease. Antibiotics however pose some problems of their own. Antibiotics kill the natural intestinal flora in the intestines that are necessary for digestion and absorption of nutrients. Once killed, they will not regrow on their own. They must be reestablished through supplementation and may never return to their pristine nature.

Antibiotics have become increasingly less effective over the past several decades. Even if you were to take antibiotics there is no guarantee that they are going to kill the bacteria that is causing the disease. Ionic Silver is the only known substance that will eradicate every known bacteria and should therefore be the first line of defense.

Should you decide to opt for antibiotics, the most appropriate antibiotic treatment depends upon the patient and the stage of the disease. According to the Infectious Diseases Society of America (IDSA) guidelines, the antibiotics of choice are doxycycline (in adults), amoxicillin (in children), erythromycin (for pregnant women) and ceftriaxone, with treatment lasting 10 to 28
days. Alternative choices are cefuroxime and cefotaxime. Treatment of pregnant women is similar, but doxycycline should not be used.

A double blind, randomized, placebo-controlled multicenter clinical study indicated three weeks of treatment with intravenous ceftriaxone, followed by 100 days of treatment with oral amoxicillin did not improve symptoms any more than just three weeks of treatment with ceftriaxone. The researchers noted the outcome should not be evaluated after the initial antibiotic treatment, but rather 6–12 months afterwards. In patients with chronic post treatment symptoms, persistent positive levels of antibodies did not seem to provide any useful information for further care of the patient.

In later stages, the bacteria disseminate throughout the body and may cross the blood-brain barrier, making the infection more difficult to treat. Late diagnosed Lyme is treated with oral or intravenous antibiotics, frequently ceftriaxone for a minimum of four weeks. Minocycline is also indicated for neuroborreliosis for its ability to cross the blood-brain barrier.

According to preliminary statistics just released by the Centers for Disease Control and Prevention (CDC), approximately 300,000 new cases of Lyme disease are diagnosed in the US each year. This is about 10 times higher than the officially reported number of cases, indicating that the disease is being vastly underreported.

Because of the uncertainty of diagnosing Lyme disease correctly, together with the ineffectiveness and inherent dangers of taking antibiotics, the safest and most effective method of killing the Lyme bacteria in my opinion is bombarding it with safe Ionic Silver.

For a suspected Lyme infection or actual diagnosis, two tablespoons of Joy To Live Ionic Silver should be taken hourly for the first two days. If symptoms are present, you will feel the effects within the first two hours of use and the benefits will continue as long as you use the product. You should expect to destroy the bacteria infection within the first 12 to 24 hours, however to make certain the bacteria is completely eradicated; take two tablespoons twice daily for the next two weeks.

Although this bacteria has the ability to trick the immune response, a healthy immune system can help prevent symptoms of Lyme disease from developing even after being bitten by an infected tick. Fulvia is one of the most powerful immune system boosters and should be part of a daily regimen for anyone living in high tick infested areas. Fulvia is also antibacterial and antiviral and anyone who is experiencing symptoms of Lyme disease may benefit from taking Fulvia.

Alternative therapies:

A number of other alternative therapies have been suggested, though clinical trials have not been conducted, so the therapies are not known to be scientifically sound. For example, the use of hyperbaric oxygen therapy has been discussed by CAM enthusiasts as an adjunct to antibiotics for Lyme. Though there are no published data from clinical trials to support its use, preliminary results using a mouse model suggest its effectiveness against B. burgdorferi both in vitro and in vivo.

This makes good sense as bacteria are anaerobic and die in the presence of high oxygen levels. The good news is that studies done at the University of Utah show that certain
Breathing Exercises will put more oxygen in your bloodstream than a treatment in a hyperbaric chamber and it’s FREE! (See Breathing Exercises)

Alternative medicine approaches include bee venom, because it contains the peptide melittin, which has been shown to exert inhibitory effects on Lyme bacteria in vitro; however, no clinical trials of this treatment have been carried out.

In dogs, a serious long-term prognosis may result in glomerular disease, which is a category of kidney damage that may cause chronic kidney disease. Dogs may also experience chronic joint disease if the disease is left untreated. However, the majority of cases of Lyme disease in dogs result in a complete recovery with, and sometimes without, treatment with antibiotics. In rare cases, Lyme disease can be fatal to both humans and dogs.

Prevention in dogs:

Prevention of Lyme disease is an important step in keeping dogs safe in endemic areas. Prevention education and a number of preventative measures are available. Vaccinations against Lyme is available for dogs whose owners live near or often frequent areas of tick-infested grounds. Another crucial preventative measure is the use of persistent acaricides, such as topical repellents or pesticides that contain triazapentadienes (Amitraz), phenylpyrazoles (Fipronil), or permethrin (Pyrethroids). These acaricides primarily target the adult stages of Lyme-carrying ticks and reduce the number or reproductively active ticks in the environment. Formulations of these ingredients are available in a variety of topical forms, including spot-ons, sprays, powders, impregnated collars, solutions, and shampoos. Examination of a dog for ticks after being in a tick-infested area is also an important precautionary measure to take in the prevention of Lyme disease. Some key spots to examine are the head, neck, and ears.

An unusual, organic approach to control of ticks and prevention of Lyme disease involves the use of domesticated guineafowl. Guineafowl are voracious consumers of insects and arachnids, and have a particular fondness for ticks. Localized use of domesticated guineafowl may reduce dependence on chemical pest-control methods.

The book, “Lab 257,” suggests that Bb, the Lyme bacteria, is an escaped man-made US military bio-warfare organism (just like myoplasma incognitus and HHV 6).

Lyme disease was originally called that when there suddenly appeared an large group of teens in Lyme and Old Lyme Connecticut with very unusual arthritic symptoms.

What was observed in Lyme, CT, was something so unusual and unique that they gave it the name, Lyme disease, not knowing what organism caused it or whether it was a virus or a bacterium, or if, in fact, it was an organism at all. That was in 1975.

In 1981, Dr. Willy Burgdorfer finally isolated the spirochete that caused the disease, hence the name, Burrelia burgdorferi sensu stricto (or Bb), which is a unique strain with many differences from the two common North American Burrelias, and again from the European strains.

All strains of Burrelia cause health problems in humans, but the one that has spread out from Lyme, Connecticut, is particularly virulent, and appears to be rapidly mutating into other strains.
What is very intriguing about Bb is where it was first found and named, Old Lyme, Connecticut. That particular town is right across Long Island Sound from Plum Island, an "agricultural research facility," run by (BIG SHOCK!!) the US military.

What is the US military doing running an agricultural research facility? Why was the first scientist there when it was founded at the end of the second world war a Nazi scientist whose work was in vector borne diseases used in biological warfare? Is it just a coincidence that one of the vectors he was very interested in for delivering biological payloads was the lowly tick?

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**Magnesium**

Magnesium deficiency can include muscle cramps, muscle twitching, facial tics, poor sleep, and chronic pain.

Studies show that foods today contain less magnesium and the majority of people are deficient in this important mineral.

Less than 30% of adults in the U.S. consume the Recommended Daily Allowance (RDA) of magnesium and nearly 20% get only half of the magnesium they need to remain healthy.

Testing for magnesium levels is typically done using blood serum, and these tests can be misleading. Only 1% of magnesium in the body is actually found in blood, and only .3% is found in blood serum, so clinical blood serum testing may not successfully identify magnesium deficiency.

Asking yourself a few questions about your lifestyle, and watching for certain signs and signals can give you a pretty good sense of low magnesium levels. If you answer yes to any of the following questions, you may be at risk for low magnesium intake.

Do you drink carbonated beverages on a regular basis? Most dark colored sodas contain phosphates. These substances actually bind with magnesium inside the digestive tract, rendering it unavailable to the body. So even if you are eating a balanced diet, by drinking soda you are flushing magnesium out of your system. Increase is soda consumption is responsible for much of the reduced magnesium and calcium availability in the body.

Do you regularly eat pastries, cakes, desserts, candies or other sweet foods? The process of producing refined sugar from sugar cane removes molasses, stripping the magnesium content entirely. Refined sugar has no magnesium and it also causes the body to excrete magnesium through the kidneys.

Sweet foods often replace whole nutritious foods in the diet, yet actually consume nutrients when digested, resulting in a net loss. Because all foods require vitamins and minerals to be consumed in order to power the process of digestion, it’s important to choose foods that “replace” vital nutrients, and then some. The more sweet foods and processed baked goods you have in your diet, the more likely you are deficient in magnesium and other vital nutrients.

Do you experience a lot of stress in your life? Stress can be a cause of magnesium deficiency, and a lack of magnesium tends to magnify the stress reaction, worsening the problem. In studies, adrenaline and cortisol, byproducts of the “fight or flight” reaction associated with stress and anxiety, were associated with decreased magnesium. Because stressful conditions
require more magnesium use by the body, all such conditions may lead to deficiency, including both psychological and physical forms of stress such as surgery, burns, and chronic disease.

Do you drink coffee, tea, or other caffeinated drinks daily? Magnesium levels are controlled in the body in large part by the kidneys, which filter and excrete excess magnesium and other minerals. A little caffeine is actually healthy, but excess caffeine causes the kidneys to release extra magnesium regardless of body status. If you drink caffeinated beverages such as coffee, tea and soda regularly, your risk for magnesium deficiency is increased.

Do you take a diuretic, heart medication, asthma medication, birth control pills or estrogen replacement therapy? These and other drugs have been shown to reduce magnesium levels in the body by increasing magnesium loss through excretion by the kidneys.

Do you drink alcoholic beverages? The effect of alcohol on magnesium levels is similar to the effect of diuretics: it lowers magnesium available to the cells by increasing the excretion of magnesium by the kidneys. Increased alcohol intake also contributes to decreased efficiency of the digestive system, as well as Vitamin D deficiency, both of which can contribute to low magnesium levels.

Do you take calcium supplements without magnesium or calcium supplements with magnesium in less than a 1:1 ratio? Studies have shown that when magnesium intake is low, calcium supplementation may reduce magnesium absorption and retention. Supplementing calcium can have negative effects on magnesium levels, whereas magnesium supplementation actually improves the body’s use of calcium.

Though many reports suggest taking calcium to magnesium in a 2:1 ratio, this figure is largely arbitrary. The ideal ratio for any individual will vary depending on current diet as well as risk factors for deficiency. People on an average are more deficient in magnesium than they are in calcium; I therefore recommend 1 part calcium to 3 parts magnesium for most people.

Some researchers now support 1:1 calcium to magnesium ratio for improved bone support and reduced risk of disease. This is due not only to the increased evidence pointing to widespread magnesium deficiency, but also concerns over the risk of arterial calcification when low magnesium stores are coupled with high calcium intake.

The body tends to retain calcium when magnesium is deficient. Extra calcium intake at such a time could cause an abnormal rise of calcium levels inside the cells, including the cells of the heart and blood vessels and given the delicate balance necessary between calcium and magnesium in the cells, it is best to be sure magnesium is adequate if you are taking calcium supplements.

Do you experience any of the following?

Anxiety
Hyperactivity
Difficulty getting to sleep
Difficulty staying asleep
Painful muscle spasms
Muscle cramping
Fibromyalgia
Facial tics
Eye twitches, or involuntary eye movements
These may be signs of magnesium deficiency. Adequate magnesium is necessary for nerve conduction and is also associated with electrolyte imbalances that affect the nervous system. Low magnesium is also associated with personality changes and sometimes depression.

Magnesium is a required for muscle relaxation and without it our muscles would be in a constant state of contraction. Calcium, on the other hand, signals muscles to contract. As noted in the book The Magnesium Factor, the two minerals are “two sides of a physiological coin; they have actions that oppose one another, yet they function as a team.

Tests showing calcium deficiency may actually be magnesium deficiency and one of the first recommendations upon receiving low calcium test results is magnesium supplementation.

Are you age 55 or older? Older adults are particularly vulnerable to low magnesium status. It has been shown that aging, stress and disease all contribute to increasing magnesium needs, yet older adults may actually take in less magnesium from food sources than when they were younger.

In addition, magnesium metabolism may be less efficient as we grow older, as changes in the GI tract and kidneys contribute to older adults absorbing less and also retaining less magnesium.

If you are above 55 and also showing lifestyle signs or symptoms related to low magnesium, it’s particularly important that you work to improve your magnesium intake. Magnesium’s impact is so crucial and far reaching that symptoms of its absence reverberate throughout the body’s systems.

Among researchers, magnesium deficiency is known as the silent epidemic of our times and while the identification of magnesium deficiency may be unclear, its importance is undeniable.

Magnesium activates over 300 enzyme reactions in the body, translating to thousands of biochemical reactions happening on a constant basis daily. Magnesium is crucial to nerve transmission, muscle contraction, blood coagulation, energy production, nutrient metabolism and bone and cell formation.

Considering these varied and all-encompassing effects, not to mention the cascading effect magnesium levels have on other important minerals such as calcium and potassium. One thing is clear, long term low magnesium intake is something to be avoided.

Magnesium researcher Mildred Seelig has called magnesium “the silent guardian of our hearts and arteries” and “necessary for life”. And Dr. Carolyn Dean calls it “the missing link to total health”.

If you answered no to all of the above questions, you may be able to rely on high food sources of magnesium. Magnesium is found primarily in green leafy vegetables.

In her book, The Magnesium Miracle, Dr. Dean says that achieving adequate magnesium through foods is notoriously difficult, stating: “I’m convinced that to get enough magnesium today, you need to take supplements.”

Transdermal magnesium does not have the side effects of oral supplements. One of the most effective ways to improve your magnesium levels is to combine a healthy diet with transdermal
magnesium. Magnesium chloride can be added to a bath or foot bath, or mixed in water and sprayed on the skin.

Doctors who have used intravenous magnesium treatments know the benefits of peaking magnesium levels, even if only temporarily. For the cancer patient the transdermal approach combined with oral use offers the opportunity to take magnesium levels up strongly and quickly. For emergency situations three applications a day - for urgent two treatments would be indicated, though one strong treatment with an ounce of a natural magnesium chloride solution spread all over the body like a sun screen is a powerful systemic treatment.

A deficiency of the GI tract contributes to low absorption of magnesium. By delivering magnesium topically through the skin, magnesium passes directly into the bloodstream.

In older adults, reduced gastric acid levels in the digestive system may be a factor in reduced mineral availability. Hydrochloric acid supplements may be combined with magnesium to combat this dilemma; however a simpler and less expensive option is the use of magnesium chloride applied to the skin. Magnesium chloride has been proven to have a high bioavailability, while simultaneously providing the chloride necessary for healthy digestion and vitamin and mineral absorption.

Some Benefits of Magnesium:

- Increases energy by greater production of ATP (Adenosine Triphosphate) in cells
- Relaxes muscles and reduces muscle tension
- Boosts vitality, endurance and strength
- Improves cardiovascular / heart health
- Relaxes heart muscle
- Relieves pain, including chronic pain
- Relieves arthritis, fibromyalgia, joint pain
- Improves health of skin and mucous membranes
- Use orally for strong teeth and gums
- Eases headaches and migraines
- Combats fatigue, soothes pain and sore muscles
- Total body tonic
- Improves cell physiology and function
- Improves moods and reduces stress
- Increases memory and cognitive functions
- Boosts immune system
- Improves assimilation of calcium
- Builds stronger bones
- Balances calcium levels in the cells
- Antimicrobial and antiseptic
- Raises DHEA levels naturally
- Eases menopause and PMS Syndrome
- Supports libido and endocrine system
- Anti-aging, rejuvenating, revitalizing
- Keeps cell membranes flexible
- Regulates cholesterol and prevents overproduction of cholesterol
- Supports production of glutathione
- Helps defend against free radicals
Malaria

Malaria is probably the world's most significant disease. According to the World Health Organization, over a million children under five years old die from it every year – the majority in Africa. As the earth becomes warmer and more humid, the mosquitoes that transfer malaria will start to invade all areas of the earth, not just the warm and tropical areas.

To fight malaria, drink a total of one ounce of Ionic Silver each day. On average, the disease will be neutralized within five days. The dosage should be continued for two weeks. To prevent malaria from infecting the ears, eyes, or causing diarrhea, put Ionic Silver on your hands, mouth, and nose. Liquid silver can also be sprayed on these areas.

Mercury Poison

Mercury used in dental fillings comes in containers marked with the symbol of death; the poisonous cross and bones symbol on the product information insert. When mercury is taken out of someone’s mouth it is legally considered a toxic waste that needs to be disposed of in a very specific way. Thus we should consider mercury fillings as toxic waste dumps.

But nothing about the toxicity of mercury seems to penetrate the craniums of dental profession. The federal government and the major dental organizations pretend this neurological poison is “safe” once it is put in the mouth by a trusted dentist. The official position is: Silver fillings used to patch cavities aren’t dangerous even though they expose dental patients to toxic mercury, said federal health researchers August of 2006.

The Food and Drug Administration reviewed 34 recent research studies and found “no significant new information” that would change its determination that mercury-based fillings don’t harm patients, except in cases where they have allergic reactions. This statement comes despite the fact that mercury is a powerful toxin that does have serious neurological effects in varying degrees on everyone who has amalgam fillings. Mercury directly affects the nervous systems and it causes birth defects and other maladies in babies born to mothers who have mercury fillings.

However, many dentists and all of the associations that back the dental profession say that mercury fillings are safe. There are some medical practitioners, holistic adherents and even the World Health Organization that say mercury shouldn’t be considered totally safe under any conditions. Exposure to mercury is known to cause brain and kidney disorders. Women of childbearing age are particularly at risk because mercury exposure during pregnancy can cause neurological birth defects.

The greatest health danger from elemental mercury is breathing mercury vapor. Mercury is unique in that, at room temperature, it is liquid and can vaporize like water. Mercury vapors are invisible and odorless to humans. With amalgam fillings, mercury vapor is released through tooth-brushing and chewing.

Although subtle, the dangers of mercury are so great that I recommend everyone who has amalgam fillings to have them removed. I had mine removed some three years ago and the
difference in how I feel is remarkable. In having this procedure done it is important to find a dentist who is aware of the dangers and will take every precaution not to send mercury poison throughout your bloodstream.

Even when the most care is taken, some mercury will be released and you will want to take plenty of Fulvia and eat about 2 oz. of cilantro daily for a couple of weeks to remove the mercury that has been liberated into your system.

Sylvia remembers getting her teeth filled when she was 7 years old. Now, decades later, she still remembers the health problems she suffered for years. She says, “I was 43 when my symptoms were finally diagnosed as being caused from the mercury fillings in my mouth. Along with other problems, I was having severe neurological symptoms and was going into seizures.” Finally she had the five mercury fillings removed and replaced with composite materials. Later she said, “If those had not been taken out, I would be dead now.”

Although there are tens of thousands of similar cases, the medical profession is not interested and either ignores them or calls them anecdotal evidence. Most medical evidence actually does not meet the scientific standard of proof; and, as in law, it should be judged by a standard of proof appropriate to the point in question.

Consumers should be aware that governmental officials at the FDA or CDC, the drug companies and the medical professions do not have their best interest at heart. By and large they are chasing the money that comes when people get sick and when they use “science” to shore up their medical positions, more often than not they are spouting manipulated statistics from epidemiologic studies.

An anecdotal case report can provide evidence of probative value, just like an eyewitness testimony in a murder trial. And it can be similarly tested, by second opinions, re-examination, laboratory tests, and follow-up. A single case report can prove that a drug causes an adverse reaction.

Three things related to administration of any drug prove specific causation:

1. The reaction occurs after the drug is given.
2. It resolves when the drug is discontinued; and
3. The adverse event recurs when the drug is given a second time. Causation is judged to be certain owing to this reoccurrence.

The medical profession does not support the hypothesis that potent neurological poisons like mercury injected into children through vaccines, or implanted in their mouths will cause any harm although the weight of currently available scientific evidence clearly shows that it does.

Similarly, there are no warnings given to families who live near coal fired energy plants, chlorine plants or medical and municipal incinerators.

It really does not matter to these officials what the truth actually is. For the sake of money, they go by the weight of currently available evidence even if that evidence is biased by the financial interests that pay for such research.
According to these officials, only epidemiologic evidence is sufficiently scientific. But epidemiologic evidence is open to manipulation and bias and since it does not meet the scientific standard of irrefutability, it is not per se really scientific.

The FDA says and thinks and applies the same attitude about many poisonous substances including fluoride, aspartame, MSG, mercury in vaccines, and thousands of other “safe” chemicals and drugs that provoke disease, instantaneous autism and quick death at doses much lower than the government will ever admit.

“If substantial scientific evidence showed that dental amalgam posed a threat to the health of dental patients, we would advise dentists to stop using it. But the best and latest available scientific evidence indicates that dental amalgam is safe” said Dr. Ronald Zentz, senior director of the American Dental Association’s council on scientific affairs.

Microwave Ovens

There has been a lot of misinformation printed on the subject of microwaves, cell phones and other things that are potentially dangerous. Realize that people have an agenda to sell many harmful products and will often go to great lengths to disseminate false information to do so.

This may surprise you:

For the past few years http://www.snopes.com has positioned itself as the ‘tell-all, final authority’ on any comment, claim or e-mail. For several years people tried to find out exactly, Who was behind snopes.com? Wikipedia finally got to the bottom of it.

David Mikkelson and Barbara Hamel in the San Fernando Valley of California started the website in 1995. Snopes.com is run by a husband and wife team - that's right, no big office of investigators and researchers, just a mom-and-pop operation that began as a hobby.

The Mikkelson's have no formal background or experience in investigative research and although they have postured themselves as an honest and credible authority on virtually every subject, Wikipedia says that David Mikkelson was a “prominent Internet troll” prior to the beginning of snopes.com. A “troll” is a person that plays nasty pranks on other people. This could be anything from starting rumors, to creating email traps that interfere with the normal flow of business and is costly to business owners, to creating viruses that crash and destroy people’s files, programs and computers.

The Mikkelson’s are reportedly extremely liberal and reportedly receive funding from powerful organizations to in many cases distort the truth. I did some personal research some years back that led me to this same conclusion, but that is not the purpose of this article.

What I want to say is that many sources have disseminated false information about microwaves. The reason I mention snopes.com is because they gained popularity over the years, receiving over 300,000 visits per day, primarily because the general public came to believe the information found there to be unbiased and factual, however over the years, snopes.com has been proven wrong on many important issues and one of the subjects they have clearly whitewashed is the danger of microwave cooking.
Why the no nukes policy?

When it comes to microwave ovens, the price for convenience is to compromise your health. In this article, I will review what we know about the effects microwaves have on your food and on your body.

Research shows that your microwave oven will NOT help you in your efforts to improve your health—and in fact it will threaten your health by violently ripping the molecules in your food apart, rendering some nutrients inert at best, and carcinogenic at worst.

Convenience Comes at Significant Toxic Threat to You and Your Family

Microwaves heat food by causing water molecules inside to resonate at very high frequencies and eventually turn to steam which heats your food. While this can rapidly heat your food, what most people fail to realize is that it also causes a change in your food's chemical structure.

There are numerous issues that have emerged since microwave ovens were first introduced to consumers more than 40 years ago, including depleting the nutritional value of your food, which will be addressed later.

The first thing you probably noticed when you began microwaving food was how unevenly the food is heated.

"Hot spots" in microwaved food can be hot enough to cause burns—or build up to a "steam explosion." This has resulted in admonitions to new mothers about NOT using the microwave to heat up baby bottles, since babies have been burned by super-heated formula that went undetected.

Another problem with microwave ovens is that carcinogenic toxins frequently leach out of the plastic and paper containers and covers into your food.

The January/February 1990 issue of Nutrition Action Newsletter reported the leakage of numerous toxic chemicals from the packaging into common microwavable foods, including pizzas, chips and popcorn. Chemicals included polyethylene terephthalate (PET), benzene, toluene, and xylene. Microwaving fatty foods in plastic containers leads to the release of dioxins (known carcinogens) and other toxins into your food.

One of the worst contaminants is BPA, or bisphenol A, an estrogen-like compound used widely in plastic products. In fact, dishes made specifically for the microwave often contain BPA, but many other plastic products contain it as well.

Microwaving distorts and deforms the molecules of whatever food or other substance you subject to it. An example of this is blood products.

Blood is normally warmed before being transfused into a person. Now we know that microwaving blood products damages the blood components. In fact, one woman died after receiving a transfusion of microwaved blood in 1991, which resulted in a well-publicized lawsuit.
Microwave Radiation Leakage

You may have heard that there is some danger of microwaves escaping from your microwave while it's operating. This is still true, but was more of a risk with earlier models than with recent ones, which undergo more rigorous testing.

Theoretically, there are very small amounts of radiation leakage through the viewing glass, but the FDA reports these levels are "insignificant" and "well below the level known to harm people."

The FDA has been regulating microwave ovens since 1971 through its electronic product radiation control program, which is mandated by the Electronic Product Radiation Control provisions of the Food Drug and Cosmetic Act.

The FDA limits the amount of microwaves that can leak from an oven throughout its lifetime to 5 milliwatts (mW) per square centimeter at approximately 2 inches from the oven surface. Because microwave energy decreases dramatically as you move away from the source of the radiation, a measurement made 20 inches from your oven would be approximately one-hundredth of the value measured at 2 inches.

The federal standard also requires all ovens to have "two independent interlock systems that stop the production of microwaves the moment the latch is released or the door is opened."

And a monitoring system is also required, which stops the operation if one or both interlock systems fail.

You would think, with all these tests and regulations, that you'd be safe. However, according to Powerwatch, a non-profit independent organization with a central role in the microwave radiation debate:

"Even when the microwave oven is working correctly, the microwave levels within the kitchen are likely to be significantly higher than those from any nearby cellular phone base-stations. Remember also that microwaves will travel through walls if the microwave oven is against an inside wall."

Powerwatch also states that we don't really know if the current regulations about leakage are truly safe and recommends ovens be checked at least annually, since microwave emissions can change with normal use.

You might also consider purchasing a $20 testing device that allows you to check the radiation in your home.

Make sure that, if you are going to use your microwave for cleaning sponges or for any use at all, regularly examine the door and hinges to make sure they are sealing properly. If the door doesn't close correctly, or if it's warped, bent, or otherwise damaged, don't use it at all!

But even if there's nothing wrong with your microwave, keep in mind that standing a foot away from it while it's running can expose you to upwards of 400 milliGauss, and a mere 4 milliGauss has been firmly linked to leukemia. It would certainly be wise to avoid letting your children stand near the microwave when it's running, and avoid it yourself as much as possible—especially if you're pregnant. Also, since your eyes are known to be particularly
susceptible to microwave radiation (high microwave exposures are known to cause cataracts), I recommend stepping away from your microwave while it’s in use.

New Study Confirms Microwaves Affect Your Heart:

A recent study examining the effects 2.4 GHz radiation (which is the frequency of radiation emitted by Wifi routers and microwave ovens) on the heart was just completed. The study found "unequivocal evidence" that microwave frequency radiation affects the heart at non-thermal levels that are well below federal safety guidelines, according to Dr. Magda Havas of Trent University.

Dr. Havas says, "This is the first study that documents immediate and dramatic changes in both heart rate and heart rate variability caused by an approved device that generates microwaves at levels well below (0.3 percent) federal guidelines in both Canada and the United States."

No longer can skeptics claim that microwaves produce no immediate biological effects at ordinary household levels! The study will be appearing in a peer-reviewed journal sometime during the summer of 2010.

There is also evidence that this same frequency of radiation causes blood sugar to spike in susceptible individuals and may actually be the cause of one type of diabetes.

Microwaving Also Zaps the Nutrients Right Out of Your Food. There has been surprisingly little research on how microwaves affect organic molecules, or how the human body responds to consuming microwaved food.

Wouldn't you expect that a product that sits in more than 90 percent of kitchens, as well as practically every break room in the country, would have been thoroughly investigated for safety?

The handful of studies that have been done generally agree, for the most part, that microwaving food damages its nutritional value. Your microwave turns your beautiful, organic veggies, for which you've paid such a premium in money or labor, into "dead" food that can cause disease!

Heating food, in and of itself, can result in some nutrient loss, but using microwaves to heat food introduces the additional problem of the "microwave effect," a phenomenon that will be discussed in detail later.

The majority of studies on microwaves and nutrition were conducted prior to 2000, I suspect because the focus of radiation research of late has shifted toward a more ominous threat: environmental radiation from electromagnetic devices, such as cell phones and computers, which has mushroomed into a gigantic cloud of electro smog worldwide over the past decade.

Nevertheless, some excellent scientific data has been gathered regarding the detrimental effects of microwaves on the nutrients in your food:

A study published in the November 2003 issue of The Journal of the Science of Food and Agriculture found that broccoli "zapped" in the microwave with a little water lost up to 97 percent of its beneficial antioxidants. By comparison, steamed broccoli lost 11 percent or fewer
of its antioxidants. There were also reductions in phenolic compounds and glucosinolates, but mineral levels remained intact.

A 1999 Scandinavian study of the cooking of asparagus spears found that microwaving caused a reduction in vitamin C.

In a study of garlic, as little as 60 seconds of microwave heating was enough to inactivate its allinase, garlic's principle active ingredient against cancer.

A Japanese study by Watanabe showed that just 6 minutes of microwave heating turned 30-40 percent of the B12 in milk into an inert (dead) form. This study has been cited by Dr. Andrew Weil as evidence supporting his concerns about the effects of microwaving. Dr. Weil wrote:

"There may be dangers associated with microwaving food... there is a question as to whether microwaving alters protein chemistry in ways that might be harmful."

An Australian study showed that microwaves cause a higher degree of "protein unfolding" than conventional heating.

Microwaving can destroy the essential disease-fighting agents in breast milk that offer protection for your baby. In 1992, Quan found that microwaved breast milk lost lysozyme activity, antibodies, and fostered the growth of more potentially pathogenic bacteria.

Quan stated that more damage was done to the milk by microwaving than by other methods of heating, concluding: "Microwaving appears to be contraindicated at high-temperatures, and questions regarding its safety exist even at low temperatures."

Another study about breast milk/infant formula by Lee in 1989 found microwaving depletes vitamin content, and certain amino acids are converted into other substances that are biologically inactive. Some altered amino acids are poisons to the nervous system and kidneys. (Numerous authors mention this study, yet I was unable to find the original article/study, so I cannot personally validate it.)

Although many of the above studies are not new, there is certainly ample evidence that microwaving is NOT good for your food.

How Your Microwave Actually Heats Your Food:

Microwaves are a form of electromagnetic radiation—waves of electrical and magnetic energy moving together through space. EM radiation ranges from very high energy (gamma rays and x-rays) on one end of the spectrum to very low energy (radio waves) on the other end of the spectrum.

Microwaves are on the low energy end of the spectrum, second only to radio waves. They have a wavelength of about 4.8 inches—about the width of your head.

Microwaves are generated by something called a magnetron (a term derived from the words "magnet" and "electron"), which is also what enabled airborne radar use during WWII. Hence the early name for microwave ovens: radar ranges.
A magnetron is a tube in which electrons are subjected to both magnetic and electrical fields, producing an electromagnetic field with a microwave frequency of about 2,450 megaHertz (MHz), which is 2.4 gigaHertz (GHz).

Microwaves cause dielectric heating. They bounce around the inside of your oven and are absorbed by the food you put in it. Since water molecules are bipolar, having a positive end and negative end, they rotate rapidly in the alternating electric field. The water molecules in the food vibrate violently at extremely high frequencies—like millions of times per second—creating molecular friction, which heats up the food.

If the food or object place in the microwave had no water it would not be able to have this resonance heating type effect and would remain cool. Or, as investigative journalist William Thomas calls it, "electrical whiplash."

Structures of the water molecules are torn apart and forcefully deformed. This is different than conventional heating of food, whereby heat is transferred convectionally from the outside, inward. Microwave cooking begins within the molecules where water is present.

Contrary to popular belief, microwaved foods don't cook "from the inside out." When thicker foods are cooked, microwaves heat the outer layers, and the inner layers are cooked mostly by the conduction of heat from the hot outer layers, inward.

Since not all areas contain the same amount of water, the heating is uneven.

Additionally, microwaving creates new compounds that are not found in humans or in nature, called radiolytic compounds. We don't yet know what these compounds are doing to your body.

In addition to the violent frictional heat effects, called thermic effects, there are also athermic effects, which are poorly understood because they are not as easily measured. It is these athermic effects that are suspected to be responsible for much of the deformation and degradation of cells and molecules.

As an example, microwaves are used in the field of gene altering technology to weaken cell membranes. Scientists use microwaves to actually break cells apart. Impaired cells then become easy prey for viruses, fungi and other microorganisms.

Another word for these athermic effects is the "microwave effect," a subject of controversy that I'll get into a bit later.

Microwave Sickness:

When your tissues are directly exposed to microwaves, the same violent deformations occur and can cause "microwave sickness."

People who have been exposed to high levels of microwave radiation experience a variety of symptoms, including:

Insomnia, night sweats, and various sleep disturbances

Headaches and dizziness
Swollen lymph nodes and a weakened immune system

Impaired cognition

Depression and irritability

Nausea and appetite loss

Vision and eye problems

Frequent urination and extreme thirst

There is a good amount of data emerging that people are suffering, to various degrees, these kinds of symptoms from living next to cell phone towers and other high-frequency radiation emitting antennas, which emit microwaves around the clock.

According to Professor Franz Adelkofer, a leading scientist in the area of biological effects of EMF fields:

"There is real evidence that hyperfrequency electromagnetic fields can have geno-toxic effects. And this damaged DNA is always the cause of cancer.

We've found these damaging effects on the genes at levels well below the safety limits. That's why we think it's urgent to base our safety limits on the biological effects, not the thermic ones.

They should be based on biology, not on physics." Twenty Years of Russian Research Supports Microwave Concerns.

The Nazis are credited with inventing the first microwave-cooking device to provide mobile food support to their troops during their invasion of the Soviet Union in World War II. These first microwave ovens were experimental. After the war, the US War Department was assigned the task of researching the safety of microwave ovens, but it was the Russians who really took the bull by the horns.

After the war, the Russians had retrieved some of these microwave ovens and conducted thorough research on their biological effects. Alarmed by what they learned, the Russians banned microwave ovens in 1976, later lifting the ban during Perestroika.

Twenty years of Russian research (and German studies as far back as 1942 Berlin) make a strong argument against the safety of microwave cooking.

Their findings led the Russian government to issue an international warning about possible biological and environmental damage associated with the use of microwave ovens and other similar frequency electronic devices (e.g. mobile phones).

I was not able to personally evaluate any of these older bodies of research, since those documents are now difficult to track down, so I can't attest to their methodology or conclusions. All you can do is weigh their findings appropriately, as best you can.

The Powerwatch article cited above summarizes the Russian research quite well, which I will duplicate below.
Russian investigators found that carcinogens were formed from the microwaving of nearly all foods tested. The microwaving of milk and grains converted some of the amino acids into carcinogenic substances. Microwaving prepared meats caused the formation of the cancer-causing agents d-Nitrosodienthanolamines.

Thawing frozen fruits by microwave converted their glucoside and galactoside fractions into carcinogenic substances. Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens. Carcinogenic free radicals were formed in microwaved plants—especially root vegetables.

Structural degradation leading to decreased food value was found to be 60 to 90 percent overall for all foods tested, with significant decreases in bioavailability of B complex vitamins, vitamins C and E, essential minerals, and lipotropics (substances that prevent abnormal accumulation of fat).

I might add that this finding is supported by the 1998 Japanese study by Watanabe7 about vitamin B12 in milk, cited above.

The Swiss Clinical Study - Hans Hertel:

Some fairly compelling evidence supporting the destructive effects of microwaves comes from a highly cited study by a Swiss food scientist named Hans Hertel. Dr. Hertel was the first scientist to study the effects of microwaved foods on the blood and physiology of human beings.

His small study, coauthored by Dr. Bernard Blanc of the Swiss Federal Institute of Technology and the University Institute for Biochemistry, revealed the degenerative forces produced by microwave ovens on the foods they cooked.

Dr. Hertel concluded that microwave cooking changed the nutrients in the food, and that changes took place in the blood that could cause negative health effects. Hertel's conclusions were that microwaving food resulted in:

Increased cholesterol levels
Decreased numbers of leukocytes (white blood cells), which can suggest poisoning
Decreased numbers of red blood cells
Production of radiolytic compounds
Decreased hemoglobin levels, which could indicate anemia

Not surprisingly, Dr. Hertel's study was met with great resistance from those with much to lose. A gag order was issued against him by a Swiss trade organization in 1992, which was later removed in 1998. But an American journalist, Tom Valentine, published the results of Hertel's study in Search for Health in the spring of 1992.

The study was not without its shortcomings. It involved only eight participants, of which Hertel was one. As compelling as his findings were, his methodology did not stand up to the scientific rigors of the field.
In spite of Hertel's methodological shortcomings, his findings do raise concerns about what this form of radiation is doing to your food and should be taken as a launching point to larger, more robust studies in the future.

Hertel wrote, "There are no atoms, molecules, or cells of any organic system able to withstand such a violent, destructive power for any period of time. This will happen even given the microwave oven's low power range of milliwatts."

And then there is the issue of The Possible Microwave Effects on Your Biophotons:

Biophotonics is the study, research, and applications of photons in their interactions within and on biological systems. Much of the work in the area of biophotons was done in Germany. Dr. Dietrich Klinghardt discusses biophotons in our 2008 interview.

Biophotons are the smallest physical units of light that are stored in and used by all biological organisms—including you. Vital sun energy finds its way into your cells via the food you eat, in the form of these biophotons.

Biophotons contain important bio-information and are very important to many vital processes in your body. They are partly responsible for your feeling of vitality and well-being. You gain biophotons by eating foods rich in them, such as naturally grown fresh vegetables and sun-ripened fruits, which are rich in light energy.

The more light energy a food is able to store, the more nutritious it is.

If the "microwave effect" exists (and as you shall see, there is a huge amount of evidence that it does), then microwaves can potentially destroy biophotons in the same way that it alters other structures, rendering your food dead and lifeless.

It seems quite plausible that microwaves could disrupt or destroy biophotons, since they are capable of breaking apart DNA bonds!

As far as I can find, there haven't been any studies of the direct effects of microwave radiation on biophotons, but it seems like an important angle of investigation for the future.

One of the basic controversies about the effects of microwaves centers on whether or not microwaves exert some sort of force beyond heat, commonly called "microwave effect" or "athermic effect."

There are two basic forms of radiation: ionizing and non-ionizing. It is first necessary that you understand the difference between the two of them.

Ionizing Radiation: Creates charged ions by displacing electrons in atoms, even without heat. Examples are radiation emitted from radioactive substances in rocks and soil, cosmic rays of the sun, and radiation from man-made technology such as x-rays machines, power stations, and nuclear reactors.

Non-ionizing Radiation: Can change the position of atoms but not alter their structure, composition, and properties. Examples are visible light, ultraviolet and infrared waves, waves from radio or television, cellular phones, microwaves, and electric blankets.
Although not able to break atoms apart, non-ionizing radiation (such as microwaves) CAN cause physical alterations.

For example, sunlight can damage your skin and eyes. Overexposure to radiation can affect tissues by causing molecular damage, DNA mutations, and other changes that can lead to cancer.

The serious concern is, with all of this radiation surrounding us from cell and cordless phones, radio towers, satellites, broadcast antennas, military and aviation radar, home electronic devices, computers and Internet, we are all part of an involuntary mass epidemiological experiment, on a scale never before seen in the history of the human race.

And the truth is that we don't really KNOW what long term, low-level (but persistent) radiation does to us—even the non-ionizing type. What we do know is that diseases of all types are accelerating at an alarming rate!

Effects at low levels can be more noticeable than at higher levels:

There is something called a "window effect," meaning an effect occurring only at specific frequencies or power densities, but not occurring just above or below them. A number of studies demonstrate effects of microwave radiation on blood cells via this phenomenon.

For a complete discussion of this, you can read Microwaving Our Planet, written by Arthur Firstenberg, president of the Cellular Phone Taskforce.

Cindy Sage of Sage Associates, an environmental consulting firm, has compiled a comprehensive list of studies showing biological effects at radiofrequency exposure levels far below what would be explainable as "thermic effects" and well within the range you are commonly exposed to every day.

Resonance intensifies biological effect. Resonance occurs when a form of radiation has a similar frequency as a body part. For example, microwave frequencies are similar to the frequencies of your brain!

Studies are typically done for short exposure periods, at higher intensities. Scientists claim that duration of exposure is equally important to intensity of exposure, but is often NOT studied, and that long-term, low-level exposure can have effects equivalent to short-term, more intense exposure and the effects of radiation are cumulative. Your body becomes more sensitive to it over time.

There are no longer any control groups, since human beings are all now exposed to such pervasive radiation. Lack of a control group makes it even more challenging to conduct meaningful studies.

The point is, standing in your kitchen while your microwave is zapping your dinner, night after night, will not make you glow in the dark. But over the months and years, what is the cumulative effect on your body and health? Why expose yourself to these potential dangers when there are safer alternatives for cooking available?
Is Microwaving Food Any More Dangerous than Heating it with a Convention Oven?

Some experts claim that the effects microwaves have on molecules can all be explained simply as the "thermic effect" of heating—in other words, microwave cooking is no more detrimental to food than conventional heating.

They argue that, since microwaves are non-ionizing radiation, then it's impossible for them to damage your blood cells, or eradicate the folic acid found in spinach.

Others have proposed there is some sort of "microwave effect" that causes changes in the molecules in a way that conventional heating does not. For many years, the flow of information was that "microwave effect" is a myth.

However, study after study has resulted in evidence to the contrary, showing effects that cannot be explained away as simple thermal effects.

In a letter entitled "DNA and the Microwave Effect" (sourced as Penn State University, 2001), the author reviews the history of the controversy surrounding the microwave effect and the research findings to date. He explains that, although fundamentals of thermodynamics and physics would tell you the microwave effect is impossible, studies keep turning up evidence of its existence.

Some of the main points made in the letter are the following:

Microwave heating and conventional heating may appear identical on a "macro" level, but the two appear very different on a molecular level.

Microwaves are effective for sterilization, which has been studied for several decades. There is controversy, however, is about whether it's the heat they generate or if it's something else altogether.

One scientist (Kakita 1995 was successful in demonstrating that microwaves are capable of extensively fragmenting and destroying viral DNA, something that cannot be accomplished by heating alone.

Multiple studies offer evidence that there are multiple mechanisms for breaking apart DNA without ionizing radiation, but no theory currently exists to explain this phenomenon.

Some scientists are taking advantage of the microwave effect and using microwaves in the laboratory to greatly accelerate chemical reactions, sometimes by a factor of a thousand, resulting in the completion of reactions in minutes that formerly took days or months and a lot of new toxic chemicals.

This newly found interest in "microwave chemistry" has spurred skeptic scientists into taking another look at what microwaves actually do and how they do it.

Sometimes common sense is better than empirical evidence. If there is a health risk from using microwaves, and I believe there is, the small sacrifice in convenience is well worth the peace of mind you may enjoy and the health benefits you may realize from not subjecting yourself to this technology.
A Penn State article says this:

“The possibility that electromagnetic radiation in the non-ionizing frequency range can cause genetic damage may have profound implications on the current controversy involving EM antennae, power lines, and cell phones.”

Am I asking you to toss your microwave oven into the nearest dumpster? Not necessarily. It can be a useful tool for sterilizing. But if real estate in your kitchen is at a premium, it should probably be the first thing to go.

A Few Basic Tips For Breaking Free of Your Microwave:

You really CAN survive without a microwave. People have learned how to live quite happily without one, believe it or not. You just have to make a few small lifestyle adjustments, such as:

Plan ahead. Take your dinner out of the freezer that morning or the night before so you don’t end up having to scramble to defrost a 5-pound chunk of beef two hours before dinnertime.  

Make soups and stews in bulk, and then freeze them in gallon-sized freezer bags or other containers. An hour before meal time, just take one out and defrost it in a sink of water until it's thawed enough to slip into a pot, then reheat it on the stove.

A toaster oven makes a GREAT faux-microwave for heating up leftovers! Keep it at a low temperature — like 200-250 degrees F — and gently warm a plate of food over the course of 20-30 minutes. Another great alternative is a convection oven. They can be built in or purchased as a relatively inexpensive and quick safe way to heat foods

Prepare your meals in advance so that you always have a good meal available on those days when you’re too busy or too tired to cook.

Eating more organic raw foods is best way to improve your health over the long run.

Migraines

Constipation and Migraine headache or pain going down the neck can often be relieved by deep massage on the same side as the pain, about 4 inches above the ankle, right below the calf on the inside of the leg. When you find the right spot there will pain like a boil. Massage deeply for 9 minutes even though the patient will want to go through the roof. When the pain is gone in the leg, the headache will be gone also.

I performed this massage on my wife who was severely constipated. She wanted to kill me before it was done and a few minutes later, she filled the toilet bowl above the water line. She then thanked me for putting her in pain as the relief was more than the few minutes of agony she endured.

You may also find extremely sore points on the ankles, sides or bottom of the feet. These all relate to some blocked nerves in the body and even if you don’t have reflexology charts, by massaging these points, you will do your body a world of good.
Edgar Cayce says migraines are caused by toxic bowel. Many people have totally eliminated migraines and constipation by cleansing the bowel. See Colon Cleansing and Bentonite Clay.

Fulvia, Affinity and Neutra-Cleanse also help support a healthy intestinal tract, and normal and regular bowel movements. I recommend these as part of your daily health regimen. Feverfew herb has also stopped migraines.

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**Mold / Fungus**

Fungus and mold grow in warm, moist, and sugared areas such as the intestines or vagina. Taking sugar out of your diet and using silver both topically and internally can treat these. Take two teaspoons of silver three times daily and apply it topically 1-4 times daily, if needed. This dosage should be continued for at least two weeks longer than symptoms are present.

You can expect to see a benefit within the first 30 minutes. It will take at least 10 minutes for the liquid to kill a fungal infection on the skin. Silver will work best when taken with complementary products such as Neutra-Cleanse, Elixir Blast, Fulvia and anti-yeast diets.

Silver can also be sprayed on household items. In about 10 minutes it will kill the fungus, bacteria, or viruses on your table, food, clothes, phone, refrigerator, or toilet.

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**Morgellon’s Disease**

(See Psoriasis)

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**Morning**

Getting your morning off to a good start is very important. The most important half hour of your day is when you first wake and if you use this time wisely, it will soon take most of the struggle out of the remainder of your day. This however means waking up a half hour earlier than usual.

If you already don’t wake up refreshed because of going to bed late or eating late, it is affecting how you feel and therefore how you look at life and ultimately what you create. You probably should consider going to bed earlier and eating at least 2-4 hours before retiring to your bed in order to sleep better and to be physically rested and mentally fresh in the morning.

When you wake up in the morning, do you sit up on the edge of your bed and rest your head in your hands while thinking about your bills and the worries of the day that face you?

Perhaps you say to yourself, “Boy, I feel tired today.” By focusing on how you “think” you feel and about the worrisome things in front of you, you are creating a future filled with more problems, aches and pains.

In order to change what you are now experiencing, you must take mental control of the situation. You must realize that everything that causes you to think about and focus on circumstances that you don’t like and want is creating more of the same.
When you wake up in the morning, swing your feet over the side of the bed, stand up and do five breathing exercises. (See Breathing Exercises) This is the best way to get your “motor” running while reducing pain and fatigue at the same time, so do this instead of focusing on anything negative.

Then take another deep breath and say, “I am alive and I get to choose exactly how I want to live – everything I say is the beginning of a new creation.”

The next part of this exercise is best done sitting erect with your back straight. This can be done by sitting on the edge of the bed, in straight backed chair or on a pillow on the floor.

Vibrating at the frequency of joy creates circumstances that in turn bring you more joy.

What you focus upon expands. So in this exercise, ask yourself what is it that you really want that would bring you a lot of joy. This is about your joy and not about somebody else’s; this is about what floats your boat – money – health – new house, etc.

It doesn’t matter how big or how costly it is; what does matter is how you feel about what it is that you want.

What you are going to do is sit up straight and focus first on your breathing. Take deep slow breaths into your abdomen. Your stomach should rise and fall as you breathe, but not your chest. You can put one hand on your chest and the other on your stomach initially to see if you are breathing correctly.

At the same think about the thing you want the most. It could be “being pain-free” if you are in a lot of pain. It could be having a million dollars in savings, or any number of things. Now you ask yourself, “How would I feel right now if my wish were delivered to me today?”

Tune your heart “receiver” to the frequency of joy and with each breath that you take, breathe in more joy. Then each time you exhale, send the frequency of joy throughout your entire body. Continue to mentally connect the feeling you are experiencing, with having the thing you want most.

The question is not “Will the thing I want eventually show up?” The answer is “yes” if you continue this exercise long enough, but our focus here is really on practicing the “feeling and frequency” of joy.

Even if you have a lot of worries, don’t focus on them. This exercise will take care of your problems faster than worrying about them could ever do. Don’t fight back the thoughts that come into your mind. Let them come and let them go again and as you let worrisome thoughts go, just know that every problem is supernaturally working itself out.

Just fixate your mind on what it would feel like to have your wish delivered at your feet today. By consistently doing this for a half hour each morning, you will soon start to notice that you accomplish more in less time each day. That is because you are starting to tap into the god power, which is the source of all good things.

By the time you finish this half hour exercise in the morning you will be vibrating at a frequency that will allow you to pray effectively. So, now that you are fully awake and vibrating at the right frequency, you may want to take a few minutes at this time for prayer. (See Prayer)
As often as you remember during the day, tune your heart receiver to the frequency of joy. (See Joy) Take in a deep breath and feel the frequency of joy as it fills your heart. When you exhale, push the frequency of joy throughout your entire body. The more you practice this, the more you're your entire being will be vibrating at the frequency of joy.

Then when you go to bed at night, you can again practice this exercise while lying in bed, which may actually help you drift off to sleep while vibrating at your highest “creative” frequency.

Now tune your heart receiver to the frequency of love and take in several deep breaths. Each time you breathe in; fill your lungs with love. Then, each time you exhale, move the frequency of love throughout the extremities of your body. (See Love)

Now, direct love to any situation in your life that is painful or seems difficult by thinking of that area and saying, “Let divine love be made alive in thee now.”

Everyone with whom you associate, as well as all inanimate objects in your experience are made up of “living” atoms. These atoms will respond to love and will reflect love back to you. Say, “Let divine love be made alive in thee now” to the food you eat, the clothes you wear, the car you drive, the inanimate objects in your home or office, to the bills you pay, to the income you receive and to everyone around you.

When you bless the bills that you pay, you are blessing the lives of other people who earn their living and buy their food with the money you are paying and in doing so, the money will “lovingly” return to you multiplied.

Throughout the day, you can do more breathing exercises and tune into the higher frequencies of love and joy, which will manifest as health and abundance in every facet of your life.

Until this becomes a habit, you may want to write some notes on a card that you can keep under your pillow or near your bed to refer to when you awake each morning.

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**Mouth**

Bacteria residing in the mouth, gums and between the teeth can cause bad breath and tooth decay. Teeth are susceptible to cavities. Even though the enamel on the teeth is very hard, sugar and bacteria have the ability to eat away the enamel and cause cavities.

Using Ionic Silver to rinse the mouth can destroy these bacteria. By rinsing the mouth for six minutes with one half ounce in the morning and at night, you will get rid of the bad breath and also prevent cavities.

Bad breath can also be caused by strep throat or a staph infection. In these cases, bacteria destroy the healthy tissue, causing red blisters and white pus to form in the back of the throat. The odor comes as a result of the degenerating tissue. Ionic Silver is the fastest way to remedy the problem.
Spraying Ionic Silver into the nose four times daily can treat odor caused by a sinus infection.

Gingivitis, also generally called gum disease or periodontal disease, describes the events that begin with bacterial growth in your mouth and if not properly treated may end with tooth loss due to destruction of the tissue that surrounds your teeth.

Gingivitis (gum inflammation) usually precedes periodontitis (gum disease), however, it is important to know that not all gingivitis progresses to periodontitis.

In the early stage of gingivitis, bacteria build up in the form of plaque and cause the gums to become inflamed (red and swollen). Gums often bleed easily while brushing teeth. Although the gums may be irritated, the teeth are still firmly planted in their sockets. No irreversible bone or other tissue damage has occurred at this stage.

When gingivitis is left untreated, it can advance to periodontitis. In a person with periodontitis, the inner layer of the gum and bone pull away from the teeth and form pockets. These small spaces between teeth and gums collect debris and can become infected. The body’s immune system attempts to fight the bacteria as the plaque spreads and grows below the gum line.

Toxins or poisons produced by the bacteria start to break down the bone and connective tissue that hold teeth in place. The body produces enzymes to help fight the infections, but these enzymes are also destructive to the bone and connective tissue.

As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. When this happens, teeth are no longer anchored in place, they become loose and tooth loss often occurs. Gum disease, in fact, is the leading cause of tooth loss in adults.

Other factors can contribute to periodontal disease may include:

Hormonal changes, such as those occurring during pregnancy, puberty, menopause, and monthly menstruation, make gums more sensitive, which makes it easier for gingivitis to develop.

Illnesses may affect the condition of your gums, including cancer or HIV that interfere with the immune system. Because diabetes affects the body’s ability to use blood sugar, patients with this disease are at higher risk of developing infections, including periodontal disease.

Medications can affect oral health because some lessen the flow of saliva, which has a protective effect on teeth and gums. Some drugs, such as the anticonvulsant medication Dilantin and the anti-angina drug Procardia and Adalat, can cause abnormal growth of gum tissue.

Smoking makes it harder for gum tissue to repair itself and may lead to gum disease.

Poor oral hygiene, such as not brushing and flossing on a daily basis, make it easier for gingivitis to develop.

Diet and a family history of dental disease can be contributing factors for the development of gingivitis.
Gum disease may progress painlessly, producing few obvious signs, even in the later stages. Although the symptoms of periodontal disease often are subtle, the condition is not entirely without warning signs. Certain symptoms may point to some form of the disease, including:

- Gums that bleed during and after brushing
- Red, swollen, or tender gums
- Persistent bad breath or bad taste in the mouth
- Receding gums
- Formation of deep pockets between teeth and gums
- Loose or shifting teeth
- Changes in the way teeth fit together upon biting down
- Changes in the fit of partial dentures

Even if you don't notice any symptoms, you may still have some degree of gum disease. In some people, gum disease may affect only certain teeth, such as the molars. Your dentist or a periodontist can recognize and determine the progression of gum disease.

Rinsing your mouth with Ionic Silver regularly will kill bacteria that cause plaque and gum disease. Rinse your mouth for six minutes with one half ounce of liquid silver two times daily. Then swallow to benefit your entire body.

Ionic Silver can be placed into the dental floss container to disinfect the floss that carves food off the teeth and gums. Floss often cuts into the gums and can cause infections, so pour two tablespoons of Ionic Silver into the dental floss container and use this disinfected floss between your teeth.

Coenzyme Q10 found in Joy To Live Elixir Blast and Aerobia will also help improve gum health.

Affinity can help strengthen the teeth and gums and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of gum disease. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Oil Swishing has also been shown to tighten loose teeth and heal gum problems.

MRSA / Methicillin Resistant Staph Aureus

On any given day in America there are 30,000 new cases of MRSA. This is a bacterial staph infection that has become resistant to our antibiotics. It can affect the skin, eyes, or any other part of the body. It can be fatal. Silver has been tested and documented to destroy MRSA and
staph infections. To prevent these infections, drink one teaspoon of Ionic Silver twice daily and apply silver liquid to the hands at least twice daily.

MRSA can enter any wound and all of us have some form of staph bacteria on our skin at any given time. By using public restrooms, shaking hands, hugging, kissing, or any other skin-to-skin contact, you may be at risk of getting or sharing staph MRSA infections.

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**MSG Poison**

Monosodium Glutamate is bad for humans. It causes obesity, inflammation, migraines, and even memory loss. It is an ingredient in all "fast foods" and packaged "convenience" foods and even Starbucks coffee!

The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as "Natural Flavoring." MSG is even in your favorite coffee from Tim Hortons and Starbucks coffee shops!

John Erb, research assistant at the University of Waterloo in Ontario, Canada spent years working for the government. He made an amazing discovery while going through scientific journals for a book he was writing called The Slow Poisoning of America. John concluded that MSG is the “actual” chemical causing the massive obesity epidemic.

In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so scientists have to create them. They make these creatures morbidly obese by injecting them with MSG when they are first born.

The MSG triples the amount of insulin the pancreas creates, causing rats (and perhaps humans) to become obese. They even have a name for the fat rodents they create: "MSG-Treated Rats."

When I heard this, I was shocked. I went into my kitchen and checked the cup-boards and the refrigerator. MSG was in everything; Campbell’s soups, Hostess Doritos, Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals and Kraft salad dressings, especially the "healthy low-fat" ones.

The items that didn't have MSG marked on the product label had something called "Hydrolyzed Vegetable Protein," which is just another name for MSG.

It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. MSG is hidden under many different names in order to fool those who read the ingredient list, so that they don't catch on. (Other names for MSG are "Accent," "Aginomoto," "Natural Meat Tenderizer," etc.)

But it didn’t stop there.

When our family went out to eat, we started asking at the restaurants what menu items contained MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough, MSG and Hydrolyzed Vegetable Protein were everywhere.
Burger King, McDonald's, Wendy's, Taco Bell, every restaurant; even the sit-down eateries like TGIF, Chili's, Applebee's and Denny's use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender; MSG was in every chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin - their “secret” spice is MSG!

So why is MSG in so many of the foods we eat? John Erb, in his book, The Slow Poisoning of America, he said that MSG is added to food for the addictive effect it has on the human body.

Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG explains that the reason they add it to food is to make people eat more.

A study of the elderly showed that older people eat more of the foods that MSG is added to. The Glutamate Association lobbying group says eating more is a benefit to the elderly, but what does it do to the rest of us?

"Betcha can't eat just one," takes on a whole new meaning where MSG is concerned! And people wonder why they are overweight!

MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more than they would if MSG wasn't added.

Not only is MSG scientifically proven to cause obesity, it is an addictive substance. Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the pre-packaged meals, soups, snacks and fast foods we are tempted to eat every day.

The FDA has set no limits on how much of it can be added to food. Look who is sitting on the FDA and you will understand why. They individually receive big bucks to play “traitor” to their fellow human beings. They claim MSG is safe to eat in any amount. But look at the hundreds of scientific studies with titles like these:


No, the date of that last study was not a typo; it was published in 1978. Both the "medical research community" and "food manufacturers" have known about the side effects of MSG for decades.

Many more of the studies mentioned in John Erb's book link MSG to diabetes, migraines and headaches, autism, ADHD and even Alzheimer's.

So what can we do to stop the food manufactures from dumping this fattening and addictive MSG into our food supply and causing the obesity epidemic we now see?
John Erb took his book and his concerns to one of the highest government health officials in Canada. While he was sitting in the government office, the official told him, "Sure, I know how bad MSG is. I wouldn't touch the stuff." But this top-level government official refuses to tell the public what he knows.

The big media doesn't want to tell the public either, fearing issues with their advertisers. It seems that the fallout on the fast food industry may hurt their profit margin. The food producers and restaurants have been addicting us to their products for years, and now we are paying the price for it. Our children should not be cursed with obesity caused by an addictive food additive.

What can we do to stop the poisoning of our children, while our governments are insuring financial protection for the industry that is poisoning us?

The best way you can help to save yourself and your children from this drug-induced epidemic is first become educated on MSG and its many "new" names that are constantly being created to trick those who are becoming informed. Stop buying products that contain MSG. Tell the owners of restaurants and stores why you are no longer buying their products and tell your friends to do the same.

If you are one of the few who still believes that MSG is good for you and you don’t believe what John Erb has to say, go to the National Library of Medicine at www.pubmed.com. Type in the words "MSG Obese" and read a few of the 115+ medical studies that appear there.

I for one refuse to be one of the obese, lethargic, addicted sheep, feeding the food industry's bottom line while waiting for the heart transplant, the diabetic-induced amputation, blindness or other obesity-induced, life-threatening disorders.

Only by uniting against this global conspiracy can we put an end to this poison. Do your part in getting this message out by word of mouth, e-mail or by distribution of this website to your friends all over the world. Together, let's stop this "Slow Poisoning of Mankind" by the packaged food industry.

Muscle Cramps / Spasms

Extra Calcium can be an effective nutritional and natural remedy for muscle spasms or muscle cramps during sleep, provided there are no neurological or neurodegenerative causes such as cerebral palsy, spinal cord injury, multiple sclerosis, or stroke. (See Calcium)

Initially an acidifying treatment may be tried such as taking very large amounts of Vitamin C for a few days. If the muscle spasms or cramps get worse, you can assume that calcium was likely on the low side, and you need to either increase its dietary intake, or use calcium supplementation.

If, on the other hand, the muscle cramps or spasms improve, then calcium is likely too high and requires extra co-factors like Fulvia and magnesium to make it more bioavailable.

Remedies then could include a higher daily intake of vitamin C, a phosphorus source such as Lecithin, supplementing extra magnesium, or one could increase protein intake.
Increasing stomach acid (if low) with supplements, or using lemon or limewater with meals are other options.

Conditions that interfere with calcium absorption:

Very high protein intake

High phosphate levels (kidney disease, poor diet)

Hormonal imbalances

Nutritional imbalances (low magnesium / low vitamin B5),

Celiac or other intestinal diseases

Blood-thinning drugs or medications may deplete calcium.

One-sided leg cramps or spasms can help with the decision of what to supplement is needed. Left side is usually indicative of extra calcium requirements, while the right side is generally an indication of magnesium being needed, although a combination of calcium and magnesium may be necessary to get relief as a result of both being low. If right-sided muscle cramps respond to calcium rather than to magnesium, then dehydration is suspect, and extra sodium or potassium may be required instead.

While electrolyte or other nutritional imbalances can be a cause or contributing factor for toe spasms or cramping of one's toes also, if one never experiences spasms or cramps in other parts of the body, then they may occur as a result of poor circulation, wearing tight shoes, or sitting in a particular position for long periods of time. Briefly exercising one's toes, or taking a short walk usually provides relief and resolves the problem.

Fulvia, Affinity and vitamin E found in Elixir Blast can help improve circulation. (See Circulation)

In cases where calcium is quite low in ratio to magnesium, supplementing 500mg of elemental calcium per day may quickly resolve the problem - but only symptomatically!

The right strategy would be to raise Sodium, since continuing to supplement calcium would only lead to a greater increase in cellular magnesium over time (unless potassium is high also), which in turn would lower sodium even more and result in all sorts of additional medical problems.

Using extra salt will work for many individuals, but to prevent muscle cramps with low-aldosterone types (chronically low sodium levels), supplements such as Choline Bitartrate are indicated instead to raise sodium levels, which in time will lower magnesium and thus correct an individual's calcium / magnesium ratio also.

In the above case, a silica supplement is another important complementary remedy.

Sodium bicarbonate (baking soda) or sodium citrate can be helpful for low sodium-related muscle cramps and spasms as well. They are frequently used by some athletes to combat muscle fatigue and to increase performance by raising muscle and plasma pH, however when
increasing amounts from a recommended 0.15 g per lb. of body mass to what some trainers consider to be an optimal intake of 0.3 g per lb., there is a risk to induce muscle spasms.

Once it is established that calcium and/or magnesium are needed, the mineral type should be matched to stomach acid levels. If acid levels are high, then calcium or magnesium "carbonate" is preferable, and when stomach acid levels are low, then "citrate" is better. Carbonate is also generally better with a tendency for soft stools, and citrate is generally better with a tendency for constipation.

Since low calcium and/or low magnesium-induced muscle cramps go hand in hand with disturbances of bone mineral metabolism, it may be worthwhile to be evaluated for other, possibly more serious medical problems such as osteoporosis, whereby additional preventive supplements like vitamin D and K, or other dietary adjustments may be indicated. Those suffering from leg cramps that are due to insufficient potassium intake should be aware that ongoing low potassium levels increase the risk for cardiovascular disease and/or stroke.

Some sources recommend 10+ mg of Biotin (vitamin B7) a day for various types of muscle cramping, and also for "restless leg syndrome". Other sources attribute the symptoms associated with restless leg syndrome to iron or folate deficiency, resulting in lower dopamine production.

Acute back spasms are often triggered as a result of injuries, while chronic back spasms can result from a curvature of the spine (scoliosis), age-related degenerative disk disease, and/or spinal alignment problems.

Mineral imbalance is also capable of affecting spinal alignment and can lead to scoliosis and subsequent muscle cramps and spasms. However, once a nutritional balance is established, the spine is less likely to go out of alignment and trigger muscle spasms, cramps, and/or other health problems.

"Sleep Starts" (myoclonic or hypnagogic jerks) describes a type of involuntary muscle jerking that takes place just before drifting off to sleep. While felt by most people at some point in their lives, these sudden muscle twitches or jolts don't generally interfere with someone's sleep unless they occur on a regular, nightly basis. When they start to take place seconds apart, they will seriously affect a patient's ability to fall, or remain asleep. Some individuals experience shorter bouts that only last a few weeks; however other people are less fortunate and may suffer "sleep starts" for several months, or on an ongoing basis.

The medical profession does not know what causes “sleep starts” and they have no medical remedies. There are however some known medical conditions associated with myoclonus, including brain or spinal cord injury, Parkinson’s disease, Tourette syndrome, multiple sclerosis, stroke, epilepsy, drug or chemical poisoning and organ damage. Females are affected more than males, partly due to hormonal fluctuations that seem to aggravate this condition around the time of their menstrual cycle.

Magnesium deficiency may be the cause as symptoms include muscle cramps, muscle twitching, facial tics, poor sleep, menstrual symptoms and chronic pain. Fulvia combined with magnesium chloride applied transdermally is the best solution for these other problems and may also help with myoclonus. (See Magnesium)
In addition to Fulvia and magnesium chloride, Taurine in the 1,500 mg to 6,000 mg a day range has been shown be somewhat helpful for "sleep starts," provided reasonable care is taken at the same time to avoid stimulants known to worsen the symptoms, such as alcohol, caffeine, and excessive intake of white sugar.

Affinity can help prevent muscle cramps and spasms and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may also cause muscle cramps and spasms.

Spraying the silver topically may also provide relief for sore muscles.

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**Muscle Strength**

The breakdown of glucose or glycogen produces lactate and hydrogen ions - for each lactate molecule, one hydrogen ion is formed. The presence of hydrogen ions, not lactate, makes the muscle acidic that will eventually halt muscle function. As hydrogen ion concentrations increase the blood and muscle become acidic. This acidic environment will slow down enzyme activity and ultimately the breakdown of glucose itself. Acidic muscles will aggravate associated nerve endings causing pain and increase irritation of the central nervous system. The athlete may become disorientated and feel nauseous.

By buffering acidity in the blood, bicarbonate draws more of the acid produced within the muscle cells out into the blood and thus reduce the level of acidity within the muscle cells themselves.

Affinity can help sports performance and muscle strength and when combined with Fulvia, will always do its job more efficiently. Taking Affinity daily in conjunction with workouts can help increase muscle mass.

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**Nails**

(See Hair and Nails)

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**Negativity**

One day, a lady who was highly educated and a partner in a successful law firm got badly hurt in a car accident. As a result of an operation she received an infection that traveled to her spine. She was paralyzed from the waist down and reached a point where she had only a few weeks to live.

This lady believed in God and had prayed for deliverance many times. The only apparent result was that she had accumulated ten million dollars in medical expenses, her health had continued to decline and she was at the point of dying. Her husband bought a motor home so they could travel and be together the last days of her life and she was able to view the countryside from her bed.
One night when they pulled into a town along the way, her husband found someone to give his wife a massage as a special present for her 41st birthday. During the massage the masseuse said out of the blue, you don’t have to die. This was God’s answer to her prayers, but she didn’t immediately recognize it.

Many times we expect a supernatural deliverance like the man who is floating down the river on the top of his house after the dam broke upstream. He prayed for help and God sent someone in a boat, but the man said no, I am waiting for God to deliver me and he ended up drowning as the house finally submerged under the water.

So when the masseuse in our story tells the woman that she can live and get well by getting all negativity out of her life, her response was, “but I am a positive person.” She had tried everything else however and her husband encouraged her to give it a try, so she began making note of every possible source of negativity in her life.

She discovered some anger and bitterness that she had not forgiven. She discovered that newspapers and television were sources of much negativity. She thought of family members and friends that were negative.

After making a detailed evaluation of all negativity, she began to remove the sources of negativity from her life. She switched off Yahoo, television, and even the radio. She called friends and relatives she thought were negative and told them she was going through a special therapy and told them she might not be able to contact them for a while if ever again.

She said this was the hardest thing she had ever done. The most challenging thing is she couldn’t talk about anything negative or talk with anyone that was negative, including family members.

Whenever you have a hard time forgiving someone, remember that Christ called out from the cross, forgive them for they know not what they do. Those who have offended you truly didn’t understand from an eternal perspective what they were doing. So stop considering the attitude of others and start considering your own attitude. Let go of the offenses of others. Let go and let God and when you do God can fix everything. When you get rid of all negativity in your life, everything will turn positive. (See Forgiveness)

So this lady began to mentally forgive everyone who had ever offended her. Gradually she could move her legs and after about a year she threw away her wheel chair. She then began public speaking and was back to working 20 hours a day at the things she loves doing.

The contrast to this story is I know of a pastor who is in a wheelchair with some incurable back problem. He is a very negative person and is not willing to give up his negativity. He doesn’t understand the word of God and is trying to teach it to others.

Christ’s message was not how to get us into heaven, but how to get the kingdom of God into us. The way to get heaven into you is through correct thinking. When you let go of hatred, bitterness, unforgiveness and all negativity, you will let God into your life and you will become a citizen of the kingdom of God, where your health will return, money will flow to you easily and abundantly and your relationships will blossom.
You might be thinking it is hard to give up negativity and that thought is even negative. I challenge you to try it and you can do it through a daily practice of faith. Bottom line, it is a lot easier to give up negativity than it is to live outside of the kingdom of God.

Werner Erhard said, what you let be, will let you be, but what you possess will possess you. And Charlie Tremendous Jones said, you will be the same tomorrow as you are today except for the books you read and the people you associate with.

Whenever you watch television or listen to the radio, you are associating with negative people, hearing negative words and you can’t help but be negative.

There is no other path than faith for whenever you fail to exercise faith you are working outside of the kingdom of God and living in sin. It is sin to think and speak of negative things. Furthermore without faith it is impossible to please God.

When you get rid of all that is negative in your life, your heart can no longer condemn you, for it is out of the abundance of the heart that your mouth speaks and it is your negative words that condemn you.

So get rid of unforgiveness; no longer render evil for evil. Rejoice in knowing that you now have the power to change every situation. Pray without ceasing and in everything give thanks.

You might also consider associating with the positive folks at Joy To Live because when you get rid of the negative, you create a vacuum and if you don’t replace it with something positive, the negative will find its way back in.

**Nervous System / Nerves**

Kidney disease includes conditions that decrease their ability to remove toxins and keep you healthy. Wastes can build to high levels in your blood, causing the overgrowth of bacteria, which can make you sick and if not treated, can cause nerve damage. (See Kidneys)

Fulvia helps remove toxins and repair all of the cells in the body including bone, cartilage, muscles, skin, organs, nerves and even DNA. Nothing is more helpful in cell regeneration than Fulvia.

Scientists have found that information-carrying radio waves transmitted by cell phones and other wireless devices can also cause nerve-cell damage.

Fulvia can help remove radiation from the body and folic acid found in Elixir Blast supports healthy nerves and proper brain functioning.

Affinity can help strengthen the nervous system and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of nerve disorders. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.
**Neutra-Cleanse**

Neutra-Cleanse can help support healthy digestion and elimination. Most people today suffer from chronic indigestion and constipation. Neutra-Cleanse has a variety of plant fibers, fruits and herbs that have long proven effective in helping to keep a clean colon and healthy intestinal tract. All disease begins in the colon, so taking Neutra-Cleanse can be important to your overall health. The acidophilus blend is a group of probiotic friendly bacteria that curbs the growth of pathogens in the bowel and aids in absorption of nutrients. Everyone should frequently use Neutra-Cleanse to improve digestion and elimination.

**Non-Judgment**

Some of us grew up in homes, cultures and religions that taught us to “Judge not that ye be not judged,” but out of the same mouth these same people taught us to be judgmental of and look down on others who believe differently than they do.

This is the same terrible game that school children play when they start a rumor about one of the students saying they have fleas. This causes a division amongst the children in which the one that is accused is ostracized and avoided by the other children.

God’s plan is unification of mankind, but Satan’s plan is to “divide” and conquer. Only through division of people can Satan win. If you are judgmental of others, this may be a wake-up call for you personally.

People can only make judgments upon the available evidence; that, which they see, hear, smell, taste or feel. If vital evidence is withheld in a murder trial for example, one might be found guilty though innocent, or found innocent though guilty.

Therefore, without knowledge of the soul and the cycle of lives, we make judgments based upon what we know or more accurately, upon what we think we know and often miss the truth entirely.

*Blind Men and the Elephant ~ John Godfrey Saxe, American poet (1816-1887)*

It was six men of Indostan
To learning much inclined,
Who went to see the Elephant
(Though all of them were blind),
That each by observation
Might satisfy his mind
The First approached the Elephant,
And happening to fall
Against his broad and sturdy side, 
At once began to bawl:

“God bless me! but the Elephant 
Is very like a wall!”

The Second, feeling of the tusk, 
Cried, “Ho! what have we here 
So very round and smooth and sharp? 
To me ’tis mighty clear 
This wonder of an Elephant 
Is very like a spear!”

The Third approached the animal, 
And happening to take 
The squirming trunk within his hands, 
Thus boldly up and spake: 
“I see,” quoth he, “the Elephant 
Is very like a snake!”

The Fourth reached out an eager hand, 
And felt about the knee. 
“What most this wondrous beast is like 
Is mighty plain,” quoth he; 
“Tis clear enough the Elephant 
Is very like a tree!”

The Fifth, who chanced to touch the ear, 
Said: “E’en the blindest man 
Can tell what this resembles most; 
Deny the fact who can
This marvel of an Elephant
Is very like a fan!"
The Sixth no sooner had begun
About the beast to grope,
Than seizing on the swinging tail
That fell within his scope,
"I see," quoth he, "the Elephant
Is very like a rope!"
And so these men of Indostan
Disputed loud and long,
Each in his own opinion
Exceeding stiff and strong,
Though each was partly in the right,
And all were in the wrong!
Moral:
So oft in theologic wars,
The disputants, I ween,
Rail on in utter ignorance
Of what each other mean,
And prate about an Elephant
Not one of them has seen!

This poem, “The Blind Men and the Elephant” was based upon a fable that was told in India many years ago. It is a good warning about how our sensory perceptions can lead to misinterpretations.

Anything less than 100% true is false and humans tend to make judgments depending upon what part of the elephant they touch. This is why we see so many religions. People grab onto a scripture or scriptures and based upon their interpretation, create their own “philosophy” of what they think is true and preach loud and long about how wrong the other religions are.
This ultimately translates into “my God is bigger than yours” and leads to “holy” wars where more people have been killed in the name of God than all other wars put together.

“And truth is knowledge of things as they are, and as they were, and as they are to come. And whatsoever is more or less than this is the spirit of that wicked one who was a liar from the beginning. The Spirit of truth is of God.”

Truth “sets us free” from judgment. Judgment always comes from an accumulation of facts, or more truthfully, what we consider to be the facts. It is impossible to make judgment when you know the truth. Truth is knowledge of what is and what isn’t and therefore when you know the truth no judgment can be made.

I have a friend who had a wife that in his opinion was irrational. She did things that bothered him to the point that he went for psychiatric help. His psychiatrist told him a story.

There was a man who was going to buy a new suit and he invited his best friend along to help him pick out a tie. It was a beautiful blue suit and after much deliberation, his friend brings him a very loud orange tie. The man with the blue suit says to his friend, “Are you kidding?” Pick me out a tie that matches.

The second tie his friend picks out is green and yellow and the owner of the suit is now getting perturbed. This time he tells his friend to quit playing games. The third tie is even worse and the man says cuttingly to his friend, “What, are you blind?”

His friend responds back, “As a matter of fact, I am; I’m color blind.”

The psychologist went on to tell my friend that his wife was also blind, but just in a different way. What one person sees clearly can be completely not understood by another. This can be true in matters pertaining to business, marketing, social skills, science, math, relationships, etc., etc.

For example, we often see people who are genius inventors, who can’t get to first base in bringing their inventions to market. I have known some of these people personally. They are simply blind in that area, even though many of them think they know how.

Most believers, including religious leaders are spiritually blind, if we believe what Christ and his apostles had to say. But like the blind men of Indostan, they prate loud and long about things they really don’t understand.

Understanding that ever person has “blind spots” in one area of life or another, can help us to be less judgmental. If the man knew that his friend was color blind, he would have reacted differently. And if each of us could begin to understand that we have blind spots of one kind or another, we would perhaps be more opened minded to hearing the truth.

As an example, I was raised in a Christian home and was basically taught that “karma” is a dirty word. In fact, many Pastors teach their congregations to run away from anyone who even mentions it. But as a Christian Pastor, I can show you where this and other “Eastern” words exist in the Bible. Karma simply means “sin” that becomes a yoke around your neck until you make restitution for it.

The truth sets us free and knowing the truth about the meaning of karma can set us free from be judgmental of those who believe in karma. In fact, such a person is less likely to take
advantage of you than someone who doesn’t, because they know they will have to “pay” if they hurt you.

When a person lacks knowledge, it is not possible for that person to understand the significance or the meaning of the events of this life, nor understand the effects of their reaction or responses to them. For this reason, they often fall into the trap of being judgmental of things they know nothing about.

In Jude 1:10 it says that many people “speak evil of those things which they know not” and by doing so corrupt themselves. And for this reason, Michael the archangel (chief of all the angels) “durst not speak evil against the devil.” Yet we see almost every modern minister rail against the devil, “corrupting themselves” in the process and teaching their parishioners to do the same.

This is perhaps how far we should take the subject of non-judgment. Apparently God was serious when he said, “Judge not that ye be not judged.” However, most of us read the Bible with rose-colored glasses and an air of self-righteousness and we pray, “Thank God that we have the truth and are not like… those other folks.” Christ rebuked those who prayed in such a fashion and called them hypocrites!

No less than 14 Bible verses speak of restitution and explain that anything we do or allow to be done that hurts another individual, must be restored. There is no time limit and death does not cancel the debt.

For example, a personality that takes advantage of others creates an imbalance of energy that must be righted by the experience of being taken advantage of by others. In the absence of repentance, “justice” will require that person to be taken advantage of by others and payback is hell.

A person, who does not understand that the experience of being taken advantage of is the effect of a previous cause, will usually react from a personal point of view, rather than from an eternal perspective. He or she may become angry, vengeful or depressed for example. He or she may lash out, grow cynical or withdraw into sorrow. Each of these responses demonstrates that he or she has not completed “that lesson” and in order for the soul to progress, all lessons must be “passed” before moving onto the next grade or level of development.

When a person learns to be non-judgmental in the face of trials, he or she demonstrates that no future lessons are necessary in that area of his or her life. He or she can now graduate from kindergarten so to speak and move onto the first grade, or whatever the next level of advancement may be.

If a child dies early in its life, we do not know what agreement was made between that child’s soul his Creator, or what healing was served by that experience. Although we are sympathetic to the anguish of the parents, we cannot judge this event. If we or the parents of this child do not understand the impersonal nature of the dynamics in motion, we may react with anger towards God or towards each other, or we may have feelings of guilt if we feel that our actions were inadequate. All of these reactions create more lessons to be learned.

In order to become whole, the soul must balance its energy. It must experience the effects that it has caused. The energy imbalances in the soul are the incomplete parts of the soul that form the personality. Personalities in interaction are souls that are seeking to heal. Whether an
interaction between souls is healing or not, depends upon whether the personality involved can see beyond itself and that of the other personalities they are interacting with.

Perception of this fact automatically draws forth compassion. Every experience and every interaction with other people provides you with an opportunity to either look at your circumstances from a physical or from an eternal perspective. What does this mean in practical terms? How does a person begin to look beyond himself to see things from a spiritual point of view?

Since we don’t know what is being healed through each interaction and what lessons are coming to conclusion, we cannot judge what we see. For example, when we see a person sleeping in the gutter in the winter, we don’t know what is being completed for that soul. We don’t know if that soul was at one time uncharitable and is now experiencing the same dynamic from an entirely different point of view. It is appropriate that we respond to his or her circumstances with compassion, but it is not appropriate that we perceive it as unfair, or judge it to be so!

There are personalities that are selfish and hostile and negative, but even in these cases we cannot fully know the reasons why. These are hidden from our view. That doesn’t mean that we can’t recognize negativity when we see it, only that we cannot judge it. To judge is not our place. “Judge not that ye be not judged.”

If we intervene in an argument, or break up a fight, it is not appropriate that we judge the participants. Of one thing we can be certain: a person that is engaging in violence is hurting deeply, because a healthy and balanced soul is incapable of harming another.

Judgment is a function of the personality and when we judge, we create more lessons to learn. When we say of another soul, “She is worthy,” or, “He is not worthy,” we create more lessons for ourselves. When we say of an action, “This is right,” or “That is wrong,” we create more lessons. This doesn’t mean that we should not act appropriately to the circumstances in which we find ourselves.

It is not however appropriate that we allow our actions to be motivated by feelings of indignation, righteousness or victimization. These feelings are the result of judgments about ourselves and other people; assessments through which we see ourselves as superior to another being.

If we act upon these feelings, not only do we increase the lessons for our soul, but also, we are not able to enter into these feelings and learn from them. Feelings are the means through which we can discern the parts of the soul that are seeking to be healed, and through which we come to see the action of the soul in physical matter.

The path to your soul is through your heart and to engage the viewpoint of the soul, we must cease from judging, even those events that appear to be unfathomable, such as the cruelty of an inquisition or a holocaust, the death of an infant, the prolonged agony of a death by cancer, or a life confined to a bed. We do not know what is being healed in these sufferings, or the details of the energetic circumstance that is coming into balance.

It is appropriate that we allow ourselves to feel the compassion that such circumstances call forth in us and to act upon it, but if we allow ourselves to judge these events and those who participate in them, we create more life lessons that we go through in order to learn not to
judge and only by being non-judgmental, can we can possibly participate in the circumstances that are necessary to bring that soul into balance.

You may ask, “If we do not judge, how can there be justice?” Gandhi was beaten several times during his lifetime and on two occasions he nearly died. He refused to prosecute his attackers because he saw that they were doing “what they thought was right.” This position of non-judgment and acceptance were central in Gandhi’s life. Christ did not judge even those who spit in His face and subjected Him without mercy to pain and humiliation. He asked forgiveness, not vengeance, for those who tortured Him. Did neither Christ nor Gandhi know the meaning of justice?

What they knew was non-judgmental justice. Non-judgmental justice is a perception that allows you to see everything in life, but does not engage your negative emotions. Non-judgmental justice relieves you of the self-appointed job of judge and jury because you know that everything is being seen. Nothing escapes God and his justice, and this knowledge brings forth understanding and compassion.

Non-judgmental justice is the freedom of seeing what you see and experience without responding negatively. It allows you to experience directly the unobstructed flow of the Universal intelligence, radiance and love of which our physical reality is only a part.

Non-judgmental justice flows naturally from understanding the soul and how it evolves. This, then, is the framework of our evolutionary process; life in the physical realm for the purposes of learning God’s will for us and for healing and balancing the negative energies we have created through our thoughts and deeds and judgments in accordance with the law of “restoration” (as ye sow, so shall ye reap). Within this framework, we evolve as individuals and as a species, through the cycle of being unempowered to becoming empowered.

Whatever experiences you may have encountered in this process up to this point need not remain the same. Once you pay for your misdeeds and quit making those same mistakes, everything will change. Christ paid for the misdeeds of all who believe in Him and accept of His atoning sacrifice, but in order to be forgiven, you must learn not to judge and also to forgive. (See Forgiveness)

True Story: Sometimes We Entertain Angels Unaware

We were the only family with children in the restaurant. I sat Erik in a high chair and noticed everyone was quietly sitting and talking. Suddenly, Erik squealed with glee and said, 'Hi!' He pounded his fat baby hands on the high chair tray. His eyes were crinkled in laughter and his mouth was bared in a toothless grin, as he wriggled and giggled with merriment.

I looked around and saw the source of his merriment. It was a man whose pants were baggy with a zipper at half-mast and his toes poked out of would-be shoes. His shirt was dirty and his hair was uncombed and unwashed. His whiskers were too short to be called a beard and his nose was so varicose it looked like a road map.

We were too far from him to smell, but I was sure he smelled. His hands waved and flapped on loose wrists. 'Hi there, baby; hi there, big boy. I see ya, buster,' the man said to Erik.

My husband and I exchanged looks, 'What do we do?'

Erik continued to laugh and answer, 'Hi!'
Everyone in the restaurant noticed and looked at us and then at the man. The old geezer was creating a nuisance with my beautiful baby. Our meal came and the man began shouting from across the room, 'Do ya patty cake? Do you know peek-a-boo? Hey, look, he knows peek-a-boo.'

Nobody thought the old man was cute. He was obviously drunk.

My husband and I were embarrassed. We ate in silence; all except for Erik, who was running through his repertoire for the admiring skid-row bum, who in turn, reciprocated with his cute comments.

We finally got through the meal and headed for the door. My husband went to pay the check and told me to meet him in the parking lot. The old man sat poised between me and the door. 'Lord, just let me out of here before he speaks to me or Erik,' I prayed. As I drew closer to the man, I turned my back trying to sidestep him and avoid any air he might be breathing. As I did, Erik leaned over my arm, reaching with both arms in a baby's 'pick-me-up' position. Before I could stop him, Erik had propelled himself from my arms into the man.

Suddenly a very old smelly man and a very young baby consummated their love and kinship. Erik in an act of total trust, love, and submission laid his tiny head upon the man's ragged shoulder. The man's eyes closed, and I saw tears hover beneath his lashes. His aged hands full of grime, pain, and hard labor, cradled my baby's bottom and stroked his back. No two beings have ever loved so deeply for so short a time.

I stood awestruck. The old man rocked and cradled Erik in his arms and his eyes opened and set squarely on mine. He said in a firm commanding voice, 'You take care of this baby.' Somehow I managed, 'I will,' from a throat that contained a stone.

He lovingly pried Erik from his chest as though he were in pain. I received my baby, and the man said, 'God bless you, ma'am, you've given me my Christmas gift.'

I said nothing more than a muttered thanks. With Erik in my arms, I ran for the car. My husband was wondering why I was crying and holding Erik so tightly, and why I was saying, 'God, forgive me.'

I had just witnessed Christ's love shown through the innocence of a tiny child who saw no sin, who made no judgment; a child who saw a soul, and a mother who saw a suit of clothes. I was a Christian who was blind, holding a child who was not. I felt it was God asking, 'Are you willing to share your son for a moment?' when He shared His Son for all of humanity.

The ragged old man, unwittingly, had reminded me, 'To enter the Kingdom of God, we must become as little children.' Little children are non-judgmental!

Obesity

In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so scientists have to create them. They make these creatures morbidly obese by injecting them with MSG when they are first born.
The MSG triples the amount of insulin the pancreas creates, causing rats (and perhaps humans) to become obese. They even have a name for the fat rodents they create: "MSG-Treated Rats." (See MSG and Weight Loss)

Oil Swishing

Dr. F. Karach, M.D., presented a paper before the All-Ukrainian Association. The meeting was attended by oncologists and bacteriologists belonging to the Academy of Science of the USSR. Dr. Karach explained an unusual but simple healing process using cold-pressed oils.

The results of this therapy invoked astonishment and doubt concerning the contents of his report. However, after further examining the workings of the oil therapy, one has but to then test it on oneself to prove its validity and effectiveness. It is most astonishing that such results can be achieved with this absolutely harmless biological healing method.

This simple method makes it possible to effectively treat the most varied diseases, in some cases enabling one to avoid surgical intervention and the taking of medications that can have harmful side effects. The exciting factor of this healing method is its simplicity.

It consists of swishing cold-pressed Sunflower or Sesame oil in the mouth. The healing process is accomplished by getting rid of toxic waste without disturbing the healthy micro flora. In this way it is possible to heal cells, tissue and all organs simultaneously. Dr. Karach says human beings are living only half their life span. “They could potentially live healthy to be 140 to 150 years old.”

The method:

In the morning before breakfast on an empty stomach you take one tablespoon of cold-pressed Sunflower or Sesame oil in the mouth but do not swallow it. Move the oil “slowly” in the mouth as in rinsing or swishing and as Dr. Karach puts it, “sip, suck and pull through the teeth” for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva.

Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil should not be swallowed as it has become toxic. As the process continues, the oil gets thinner and turns white. If the oil is still yellow, it has not been pulled long enough. It is then spit from the mouth. The oral cavity must be thoroughly rinsed and the mouth must be washed thoroughly. Don’t brush with toothpaste. Just use normal tap water and good old fingers to clean.

If one were to see one drop of this “swishing” liquid magnified 600 times under a microscope, one would see microbes in their first stage of development. Therefore clean the sink properly; you can spray a little bit of silver to disinfect the sink because the spittle contains harmful bacteria and toxic bodily waste. Anti-bacterial soap has some bad side effects and therefore I do not recommend using it.

It is important to understand that during the oil-pulling/swishing process one’s metabolism is intensified. This leads to improved health. One of the most striking results of this process is the fastening of loose teeth, the elimination of bleeding gums and the visible whitening of the teeth.
The oil pulling /swishing is done best before breakfast. To accelerate the healing process, it can be repeated three times a day, but always before meals on an empty stomach.

Precautions:

(a) Do not swallow. The oil should be spat out. But inadvertently if you swallow there is nothing to be done or worry about. It will go out through feces.

(b) If you are allergic to a particular brand of oil, change the brand or type of oil.

(c) Sunflower and Sesame oil have been found to be equally effective in curing diseases. Other oils were not found to be as good. Do not blame oil pulling by practicing with other oils. Use cold-pressed oils when available.

Results of Oil Pulling:

The result of this healing research has attracted amazement and resulted in further research. This additional research concerning Oil Therapy has now been thoroughly documented, especially with regard to physiological similarities between individuals. It is surprising that through this biological healing method a wide variety of symptoms have unquestionably disappeared without any side-effects. This simple method makes it possible to completely heal a wide variety of diseases which would normally be treated by an operation or by powerful or potent Drugs, usually with significant side-effects.

The simplicity of this healing system in which Oil is swirled backwards and forwards in the mouth, is due to the stimulating effect which it has on the body’s elimination system.

Through this method it is possible to heal individual cells, cell conglomerates such as lymph nodes and more complex tissues such as internal organs simultaneously. This occurs because the beneficial micro flora throughout the body is provided with a healthy continuum.

Dr. Karach anticipates that regular application of this treatment will create a condition whereby wellness is the dominant state of the human body. He believes that daily swishing can likely increase the average human lifespan to approximately 150 years, double the present life expectancy.

Dr. Karach is supported in this view by other colleagues in the world.

Oil swishing invariably results in diseases like migraine headaches, bronchitis, diseased teeth, arteriothrombosis, chronic blood disorders such as leukemia, arthritis and related illnesses, neurophysiological paralysis, eczema, gastro enteritis, peritonitis, heart disease, kidney disease, meningitis, and women’s hormonal disorders being completely eliminated from the organism. The benefit of Dr. Karach's method is that the oil therapy heals the whole body in perpetuity.

In terminal diseases such as cancer, Aids and chronic infections, this treatment method has been shown to successfully replace all others. Dr. Karach successfully healed a chronic leukemia patient with 15 years of harsh treatment methods behind him. Acute arthritis in one patient who was totally bedridden was removed from his body in 3 days with no inflammation apparent.
Note: This oil does not have to be organic. Preferably, it should be cold pressed, but if that is not available, normal refined sunflower oil bought from any supermarket has proven to be effective in many people. We have observed however that any oil other than SUNFLOWER or SESAME may not be effective.

Optimum

Optimum was designed for those who want to lose weight. It is a blend of three herbs that curb appetite and increase energy and it is also thermogenic, which translates to fat burn. These herbs can also have other beneficial effects and have been used to treat aches, pains, headaches and minor gastrointestinal disorders. They have also been used for general detoxification and immune enhancement.

Obesity is a nutritional deficiency disease and at least 60% of Americans are overweight. A lack of micronutrients causes a raging hunger message to be sent out causing you to eat anything in sight, but it is impossible to satisfy food cravings with food that lacks the missing nutrition. A healthy body is naturally lean and muscular. Joy To Live has the safest and healthiest answer to permanent weight loss. Taking Optimum, combined with Fulvia, Affinity and Neutra-cleanse will help satisfy food craving and help you lose weight because it is providing the missing nutrients that keep you thin and healthy.

Organic

Once found only in health food stores, organic food is now a regular feature at most supermarkets because a number of people are becoming educated on the value of eating “organic” and that is what they are demanding.

In the produce aisle you may find a conventionally grown apple and close to it, you have one that's organic. Both apples are firm, shiny and red. Which should you choose? Conventionally grown produce generally costs less, but you get what you pay for.

Conventional vs. Organic:

The word "organic" refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic farming practices are designed to encourage soil and water conservation and reduce pollution. Farmers who grow organic produce and meat don't use conventional methods to fertilize, control weeds or prevent livestock disease. For example, rather than using chemical weed killers, organic farmers may conduct more sophisticated crop rotations and spread mulch or manure to keep weeds at bay.

Here are some key differences between conventional and organic farming.

Conventional:

Apply chemical fertilizers to promote plant growth.

Spray insecticides to reduce pests and disease.
Use herbicides to manage weeds.

Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.

Organic:

Apply natural fertilizers, such as manure or compost, to feed soil and plants.

Use beneficial insects and birds, mating disruption or traps to reduce pests and disease.

Rotate crops, till, hand weed or mulch to manage weeds.

Give animals organic feed and allow them access to forage or free range outdoors. Use preventive measures such as rotational grazing, a balanced diet and clean housing to help minimize disease.

Check the label:

The U.S. Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled and processed. Corrupt organizations and politicians however are trying hard to get these laws changed.

If a food bears a USDA Organic label, it means it's produced and processed according to the USDA standards. The seal is voluntary, but many organic producers use it.

Products that are completely organic, such as fruits, vegetables, eggs or other single-ingredient foods are labeled 100 percent organic and can carry the USDA seal.

Foods that have more than one ingredient, such as breakfast cereal, can use the USDA organic seal plus the following wording, “100 percent organic” depending on the number of organic ingredients. Products with mixed ingredients must be at least 95 percent organic to use this term.

Do “organic” and “natural” mean the same thing? No, "natural" and "organic" are not interchangeable terms. You may see "natural" and other terms such as "all natural," "free-range" or "hormone-free" on food labels. These descriptions must be truthful, but don't confuse them with the term "organic." Only foods that are grown and processed according to USDA organic standards can be labeled organic.

You Are What You Eat:

A natural and organic food diet should be at the center of a proper nutrition program. Have you ever heard the phrase, “you are what you eat?” By eating natural and organic foods, and consuming lots of fruits and vegetables and through juicing, you can eat your way to good health.

A natural and organic food diet is not a temporary fad; it is a lifestyle change that promotes good health and long life. Because the natural and organic food diet is more likely to provide the nutrition your body needs and also has a cleansing effect on your body, it will allow your
body to heal itself. By eliminating the foods that introduce or create toxins in your body, and by eating foods that are natural and organic, you will achieve better health.

Avoid foods that contain artificial sweeteners and other additives. Since these food additives do not naturally occur in nature and are created by man, the human body does not process them correctly. It causes the body to build up toxins and generally leads to bad health. Similarly, use of non-naturally occurring fats and oils can also lead to compromised health. Research now shows that ultra-low fat diets may actually be hurting you and why “good” fats are essential to your health.

Farmers feed growth hormones and antibiotics to animals that are raised for meats and dairy products, in order to increase the output of the farm. Additionally, farmers treat vegetables and fruit they grow with pesticides and chemical fertilizers, which get absorbed into the food. Therefore, eating natural and organic meats and dairy products and organic produce relieves your body of the added burden of processing these chemicals present in the food you eat.

Unless you are consuming 7 - 9 servings of organic fruits and vegetables per day, plus eating a variety of other nutrient rich foods, it is likely that you will need to take a vitamin and mineral supplement to get your daily requirement of these essential nutrients. Although such supplements are not a substitute for eating fruits and vegetables, selecting the right mineral and vitamin supplement can provide much of what your body needs each day. Additionally, unless your vitamin and mineral supplements contain natural fruit and vegetable extracts, you will likely need to take a phytonutrients supplements.

By going “organic” and taking the Joy To Live nutritional supplements you can enjoy a better quality of life and expect to live a lot healthier as well as a lot longer.

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**Osteoporosis**

Osteoporosis is a condition that affects the bones, causing them to become weak and fragile and more likely to break (fracture). These fractures most commonly occur in the spine, wrist and hips but can affect other bones such as the arm or pelvis.

Bone is made of a hard outer shell with a mesh of collagen (tough elastic fibers), minerals (including calcium), blood vessels and bone marrow inside. This mesh looks a bit like a honeycomb, with spaces between the different parts. Healthy bones are very dense, and the spaces inside the bones are small. In bone affected by osteoporosis, the spaces are larger, and this makes the bones weaker, less elastic and more likely to break.

Bone is a living tissue that is constantly repairing itself. There are cells which break down old bone (osteoclasts) and cells which build new bone (osteoblasts). This process requires a range of proteins and minerals, which are absorbed from the bloodstream.

Lifestyle factors such as diet and exercise can influence how healthy your bones are. Following a healthy lifestyle throughout your life is the best way to delay the onset of osteoporosis and slow the rate at which your bones become fragile.

Regular exercise is essential. Adults should do at least 2 hours and one half hours of moderate-intensity aerobic activity (cycling or fast walking) every week. Regular exercise is particularly important in improving bone density and preventing osteoporosis.
If you have been diagnosed with osteoporosis, you should begin with less rigorous exercises like brisk walking, swimming, cycling or a game of tennis.

Exercises, such as running, skipping, dancing, and aerobics, and even jumping up and down in place, are all useful ways to strengthen your muscles, ligaments and joints. When exercising, wear footwear that provides your ankles and feet with adequate support.

Resistance exercises are especially good for building bone density, where the action of the tendons pulling on the bones boosts bone strength. Examples include push-ups, weight lifting or using weight equipment at a gym. If you have recently joined a gym make sure that the gym instructor shows you how to use all the equipment and gives you some recommended exercises.

Eating a healthy, balanced diet is recommended for everyone. Good diet can prevent many diseases, including osteoporosis.

Calcium is very important for maintaining strong bones. The recommended intake of calcium is at least 700mg a day. Calcium can also be found in a number of different foods, especially green leafy vegetables.

Vitamin D found in Elixir Blast is also important for bones and teeth as it helps your body to absorb calcium. Vitamin D can be found in eggs and oily fish. However, most vitamin D is made in the skin in response to sunlight. A short exposure to sunlight, without sunscreen (10 minutes twice a day) throughout the summer should provide you with enough vitamin D for the whole year.

Certain groups of people may be at risk of not getting enough vitamin D. These include people who may be housebound or particularly frail, people with a poor diet, people who keep covered up in the sunshine because they wear total sun block or adhere to a certain dress code, and women who are pregnant or breastfeeding. If you are at risk of not getting enough vitamin D through your diet or lifestyle, you can take a vitamin D supplement. For adults, 10 micrograms a day of vitamin D is recommended. The recommended amount for children is, 7 micrograms for babies under six months, and 8.5 micrograms for children aged six months to three years.

Other lifestyle factors that can help prevent osteoporosis include:

- Quitting smoking: cigarette smoking is associated with an increased risk of osteoporosis
- Limiting your alcohol intake: no more than three drinks for men and two for women
- Proper breathing exercises are a major factor in increasing bone density and preventing osteoporosis. (See Breathing Exercises)
- Taking Fulvia, Affinity and Elixir Blast can greatly reduce the likelihood of osteoporosis.
Oxygen

The air we breathe contains oxygen. Oxygen is the spark of life. Just as a fire can’t burn without oxygen our cells can’t produce heat and energy without oxygen. Oxygen is extracted from the air we breathe by the lungs. It passes into the blood vessels that surround the lungs and is carried to all the cells of the body by the blood. Most of the oxygen is carried by the red blood cells, though the water in the blood carries some of it and a deficiency of water means reduced oxygen delivery by the blood. So important is oxygen that even where optimum water, protein, vitamin and mineral intake exists, ill health will still exist if there’s an oxygen deficiency.

Oxygen levels in the atmosphere are believed to have been as high as 50% at one time. Today the oxygen level is about 20% and will continue to drop as major rain forests are being cut down. Reduced Oxygen levels are a major cause of disease.

Unfortunately most people breathe shallowly and under-breathing is epidemic among adults, which is another major cause of Oxygen deficiency in adults.

Shallow breathing is often related to stress, and tight clothing coupled with a lifetime spent rushing to and fro, sitting hunched over desks and working or playing on computers produces stress.

The mechanics of breathing determine oxygen supply. Shallow chest breathing gives rise to oxygen deficiencies, as there are very few blood vessels surrounding the upper lobes of the lungs. Most of the blood vessels surround the lower lobes of the lung. Deep, abdominal breathing is the answer to optimum oxygen levels.

Babies and drunks don’t chest breathe. They’re both so relaxed that they breathe easily and deeply and their tummies rise and fall to the rhythm of this breathing. Shallow chest breathing is a bad habit we develop as we move towards adulthood. It’s a habit that can be easily unlearned by practicing deep breathing exercises and by slowing down.

These exercises are an integral part of regaining and maintaining perfect health and should be practiced daily accompanied by proper diet, supplements and increased fluid intake in the form of pure water.

The amino acids in Fulvia contain carbon, hydrogen, oxygen, nitrogen and other important elements, which are critical to life. They play a major role in metabolism, helping the body get rid of excess fat and prevent obesity. They are also the building blocks of protein and are required for strong, healthy muscles.

Fulvia and Affinity also promote Oxygenation of the blood and vitality, and they increase availability of nutrients to the cells, which is the foundation of all healing.

Aerobia is a natural energy booster. Most energy drinks on the market today burn out the adrenal glands and lead to chronic fatigue. Aerobia contains oxygen; vitamin b12 and coq10, all of which help the body produce its own natural energy without negative side effects.

(See Breathing Exercises)
Pain

Wherever there is pain, there is acid. Clean out the toxins and neutralize the acids and the pain will be gone.

Years ago, my five-year-old daughter was trying to remove a pan of boiling water from the stove and spilled it across her shoulder and down her chest. Almost immediately a large patch of skin about 9 inches in diameter sloughed off from her chest. She was in a lot of pain and the normal thing to do would be to take her to the emergency room.

Instead we applied an alkaline mineral gel to neutralize the acid causing pain. Immediately the pain subsided and by the following day, she was pain free as long as she didn’t touch it. Within two weeks she was completely healed with new skin and absolutely no scarring.

Burns occur from the sun, radiation, x-rays, fire, heat, and from other chemicals in our environment. Ionic Silver is at its very best when it’s used to treat a burn. It reduces pain and inflammation and improves wound healing. Ionic Silver liquid can be frequently sprayed on the burn or used to soak the burn. A significant reduction in pain, inflammation and tissue damage will be visible in the first hour.

Muscle pain including fibromyalgia is caused by an accumulation of acid in the muscle tissues. The acid slowly eats the muscle tissue, which is painful, much like acid in a stomach ulcer. Yeast and fungus grow rapidly in an acid environment, compounding the problem, especially in the intestinal tract.

Many people have successfully killed the yeast and fungus in their intestines by taking two teaspoons of Ionic Silver daily. When large numbers of yeast colonies are killed rapidly, the cleanse may be accompanied by one to three weeks of flu-like symptoms until the dead yeast is washed out of the body. Drinking plenty of purified water can help remove toxins that are being released as a result of any kind of detoxification program. Ionic Silver can also be injected into the rectum or vagina using a syringe or douche bottle.

Acidophilus found in Neutra-Cleanse supports a healthy intestinal flora, which is an important part of the body’s defense against the overgrowth of yeast and fungus. Fulvia has anti-fungal properties, which in turn helps control the growth of yeast. Fulvia also supports proper pH by neutralizing acid in the body and should be a daily regimen for anyone suffering from pain.

The physical effects of anxiety may include chest pain or headaches. When toxins overload the body, undue stress is put on the organs of elimination and stress burns up the body’s reserves of nutrition at an alarming rate. The protocol for anxiety then is to kill harmful microorganisms by taking 1-2 teaspoons of Ionic Silver twice daily and eliminate toxins that are causing stress.

It is then important to move those dead microorganisms out of the body and Neutra-Cleanse is a great cleanser.

Poor Circulation can also cause pain symptoms. (See Blood Circulation)

Crohn’s disease is an inflamed irritable bowel syndrome. One of the main symptoms is pain. Bacteria, a virus, a parasite, or all three may cause it. By drinking four ounces of Ionic Silver the first day and two teaspoons of Ionic Silver per day thereafter, you can destroy all three
potential causes of the symptoms. Silver is very good at destroying pathogens without further inflaming the bowel. (See Gastritis)

Chafing is a painful condition that occurs when skin rubs against skin or when another piece of clothing rubs against skin. The skin becomes reddened, a rash forms, and bleeding may occur. When applied to affected areas, Ionic Silver will speed improvement and reduce pain.

Itching and scaling can occur for a lot of reasons – bacteria, viruses, fungi, and allergies are just some. Regardless of the cause, dry skin is always a factor. Ionic Silver will reduce pain, inflammation, itching, and scaling. The liquid silver can be applied to children and adults of any age. Ionic Silver can also be used to remedy the pain associated with poison ivy.

Wherever there is pain, there is acid. Wherever there is acid – there are also disease causing yeast, mold, fungus, bacteria, viruses, and cancer will thrive and grow rapidly. Taking Ionic Silver liquid on a daily basis is you first line of defense against the bad microorganisms. In addition to taking silver, you may also want to consider adding acidophilus found in Neutra Cleanse and coenzyme Q10 found in Elixir Blast. Fulvia is a great detoxifier of toxins and acids and Affinity has herbs that are also known to help with pain.

Something else you can try for pain, put the palm of your right hand over the pain. You don’t even have to touch the area; just rotate the palm counterclockwise over the painful area until the pain leaves.

Pancreas

The pancreas is a gland organ in the digestive and endocrine system of vertebrates. The pancreas is in direct contact with the stomach, duodenum, spleen, and major vessels of the abdomen. It is both an endocrine gland producing several important hormones, including insulin, glucagon, and somatostatin, as well as an exocrine gland, secreting pancreatic juice containing digestive enzymes that pass to the small intestine. These enzymes help in the further breakdown of carbohydrates, protein, and fat in the chyme.

The part of the pancreas that makes up the endocrine function is made up of approximately a million cell clusters called islets of Langerhans. There are four main cell types in the islets, which can be classified by their secretion: α cells secrete glucagon, β cells secrete insulin, δ cells secrete somatostatin, and PP cells secrete pancreatic polypeptide.

In contrast to the endocrine pancreas, which secretes hormones into the blood, the exocrine pancreas produces digestive enzymes and an alkaline fluid (referred to as pancreatic juice), and secretes them into the small intestine through a system of exocrine ducts in response to the small intestine hormones secretin and cholecystokinin. Digestive enzymes include trypsin, chymotrypsin, pancreatic lipase, and pancreatic amylase, and are produced and secreted by acinar cells of the exocrine pancreas. Specific cells that line the pancreatic ducts, called centroacinar cells, secrete a bicarbonate- and salt-rich solution into the small intestine.

Insulin is a hormone produced by the endocrine part of the pancreas to control blood sugar. Too little insulin or resistance to insulin can cause diabetes. (See Diabetes)
Failure of the pancreas to create insulin is usually two-fold. The pancreas is full of toxins, which prevents the pancreas from doing its job, or it lacks the necessary minerals required for insulin production.

Like a cut finger that gets infected, it cannot heal and a pancreas cannot do its job of making insulin when full of toxins. Like the cut finger; once it is disinfected can heal with no problem, in like manner, a pancreas that is properly detoxified will normally start producing insulin once again. Fulvia is the most powerful natural detoxifier as well as the best source of the minerals that are necessary for healthy pancreas function.

If the pancreas is damaged beyond normal repair, as long as there is still one living pancreas cell, Fulvia may repair the DNA of that cell, giving it the perfect blueprint, with which to create a new pancreas one cell at a time. As cells divide, each new pancreas cell will then produce insulin according to its blueprint, gradually allowing the dysfunctional pancreas to then produce enough insulin so that injections will no longer needed.

Pancreatitis is an inflammation of the pancreas. Bacteria, viruses, parasites, or mold are almost always the cause of inflammation. Ionic Silver can fight these causes. Drink two teaspoons twice daily and apply the silver topically to inflamed areas as needed.

Bacteria, viruses, yeast, parasites, and other toxins also get inside the blood. Ionic Silver is one of the best tools for blood cleansing. It will enter a single red blood cell and cleanse at the cell level. To cleanse your blood each day, take one to two teaspoons, one to three times daily.

For acute blood cleansing, take one ounce every hour for four hours. For some serious conditions, you will need to take one four ounce dose every day for the first three days, followed by a maintenance dose of two tablespoons twice daily.

Vitamin E and Omegas 3,6 and 9 found in Elixir Blast also support blood cleansing and a healthy pancreas.

Affinity can help with strengthening the pancreas and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of pancreatitis. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Parable of The Three Servants

During my 11 year quest to know God, he gave me a parable about three servants.

The first servant sat under the shade of the oak tree waiting for the Master to tell him what to do. In speaking of this servant, the Lord said:

“For, behold, it is not meet that I should command in all things, for he that is compelled in all things, the same is a slothful and not a wise servant; wherefore he receiveth no reward.”

The second servant was eager to be about the Master’s errand and he hitched up the plow early in the morning and went out and plowed all day long. As it turns out, this servant had “zeal without knowledge.” In other words, he was anxious to be about the Master’s business, but did not know the Master’s will.
When the second servant reported to his Master about what a fine job he had done that day, the Master informed the servant that the field he had just plowed was already planted and the seeds were just getting ready to germinate and pop their heads up through the ground, and the servant in his zeal had just destroyed 40 acres of spring wheat.

In speaking of this servant, the Lord said:

"Ye are commanded in 'all things' to ask of God, who giveth liberally, and that which the Spirit testifies unto you, even so I would that you should do in all holiness of heart, walking uprightly before me, considering the end of your salvation, doing all things with prayer and thanksgiving, that ye may not be seduced by evil spirits, or doctrines of devils, or commandments of men: for some are of men and others of devils."

The third servant goes to the Master and says, "Lord, what wilt thou have me to do?" He then waits upon the Master for his answer and then promptly does exactly as he is told.

In speaking of this servant, the Lord said:

"Well done, my good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things; enter thou into the joy of thy lord."

It is easy to get involved in doing what we think is the Lord’s will, or do what some well-intentioned person or religious leader tells us the Lord wants us to do.

I spent a good deal of my life employed in what religious leaders told me was the Lord’s will, but when I began asking God what He wanted me to do, I gradually began to understand more of what really is his will and as I became more diligent in seeking the Lord’s will in my own personal life, I also came to “know” more about him.

Many who are zealously doing what they think God wants them to do are going to find themselves in the following boat:

"Not everyone that saith unto me, Lord, Lord, shall enter into the kingdom of heaven…” Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? And in thy name have cast out devils? And in thy name done many wonderful works? And then will I profess unto them, you never knew me: depart from me.” Matthew 7:21-23

As I pointed out in another chapter, the foregoing scripture was mistranslated. Obviously Christ knows us all and it would be a lie for him to say “he never knew us” and we see from the parable above that the “wise and faithful” servant came to know the Lord and the Lord’s will, by asking “Master, what wilt thou have me to do?”

We should take special note that the people who will say “Lord, Lord” were zealous servants. They had a lot of faith and they truly did work miracles and cast out devils in the name of Jesus. The problem is, “they didn’t know” the Lord and they failed to ask his will in the “works” they performed.

Unless you “truly” know the Lord’s will in “every” thing you do, you will end up busily plowing fields and thinking that you are doing a great job. In fact, I personally know many people who run about with a great deal of “zeal” teaching about a God that they do not know.
Blind Men and the Elephant ~ John Godfrey Saxe, American poet (1816-1887)

It was six men of Indostan
To learning much inclined,
Who went to see the Elephant
(Though all of them were blind),
That each by observation
Might satisfy his mind
The First approached the Elephant,
And happening to fall
Against his broad and sturdy side,
At once began to bawl:
"God bless me! but the Elephant
Is very like a wall!"
The Second, feeling of the tusk,
Cried, "Ho! what have we here
So very round and smooth and sharp?
To me 'tis mighty clear
This wonder of an Elephant
Is very like a spear!"
The Third approached the animal,
And happening to take
The squirming trunk within his hands,
Thus boldly up and spake:
"I see," quoth he, "the Elephant
Is very like a snake!"
The Fourth reached out an eager hand,
And felt about the knee.

“What most this wondrous beast is like
Is mighty plain,” quoth he;

“Tis clear enough the Elephant
Is very like a tree!”

The Fifth, who chanced to touch the ear,
Said: “E’en the blindest man
Can tell what this resembles most;
Deny the fact who can
This marvel of an Elephant
Is very like a fan!”

The Sixth no sooner had begun
About the beast to grope,
Than seizing on the swinging tail
That fell within his scope,

“I see,” quoth he, “the Elephant
Is very like a rope!”

And so these men of Indostan
Disputed loud and long,
Each in his own opinion
Exceeding stiff and strong,
Though each was partly in the right,
And all were in the wrong!

Moral:
So oft in theologic wars,
The disputants, I ween,
Rail on in utter ignorance
Of what each other mean,
And prate about an Elephant
Not one of them has seen!

It is easy to see the blindness in other people, but virtually impossible to recognize the blindness in oneself.

Although a bit humorous, it is also sad that this poem hits so close to home with virtually the entire human race. There are those who are so zealous in serving their God that they want to kill all others who don’t believe the same. In fact, more people have been killed in the name of God and religion than all other wars put together.

This morning I saw a tiny ant dragging a dead fly straight up the wall in my office. I thought to myself, “that little ant has a lot of zeal, but he doesn’t have the foggiest idea about what he is doing or where he is going.”

Actually, it was the ant that prompted me to write this chapter, or perhaps it was God that prompted the ant to drag the fly up the wall. I was after all asking God what he would have me do, which also makes me believe that God will be prompting someone to read what I have just written. Perhaps that someone is you, and “to God be the glory for all of the great things he has done.”

“This is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.” John 17:3

We should ask God’s will in all that we do and then do our best to listen for the answer, because when we do, we are “wise” and “faithful” servants, and perhaps one of the fastest steps to “knowing” God is to know his will for us each day.

It is okay to listen to the opinions of religious leaders, but ONLY when there words are “confirmed to you by the Holy Spirit” should you do what they suggest you do! Only in this manner will you one day hear the Lord say:

“Well done, my good and faithful servant; thou hast been faithful over a few things, I will now make thee ruler over many things; enter thou into the joy of thy lord.”

Parasites

The World Health Organization estimates that one in four people have a chronic parasitic infection of some kind. It may be in the intestines, under the skin, or in the lungs. Parasites can come from the food we eat, including pork and fish. Once they are inside our bodies, they lay eggs. The eggs hatch and take up residence in the body, and then the process is repeated. It is important to get rid of parasites permanently.

Ionic Silver can help. It does not kill all parasites, but it does help in the intestines, in the blood, and with leishmaniasis. Ionic Silver will need to be used for three months, as the lifecycles of
each generation of parasites is about 45 days. During this time, drink two teaspoons twice daily. Black walnut hulls, digestive cleansing with Neutra Cleanse, and milk thistle found in Elixir Blast will also help the process.

Bacteria, viruses, yeast, parasites, and other toxins can get inside our blood. Ionic Silver is one of the best tools for blood cleansing. It will enter a single red blood cell and cleanse at the cell level. To cleanse your blood each day, take one to two teaspoons, one to three times daily. Vitamin E found in Elixir Blast may also help.

For acute blood cleansing, take one ounce every hour for four hours. For some serious conditions, you will need to take one four ounce dose every day for the first three days, followed by a maintenance dose of two tablespoons twice daily.

Bacteria, viruses, parasites, or mold are almost always the cause of inflammation. Ionic Silver can fight these causes. Drink two teaspoons twice daily and apply the silver topically to inflamed areas as needed. Sometimes an inflammatory response is found around an open wound like an MRSA, staph infection or ringworm. In this case, spray the silver on the affected area four or more times daily.

Because Lupus may be an autoimmune disease, you can’t use major immune stimulation products. Ionic Silver can be used to kill the bacteria, viruses, mold, and some of the parasites that may be the cause of the lupus. It will do this without making the lupus symptoms worse.

In addition, you can use acidophilus found in Neutra Cleanse, antioxidants found in Fulvia, coenzyme Q10 found in Elixir Blast.

Affinity may also help reduce parasites, germs and bacteria.

Maintenance Parasite Program from Dr. Hulda Clark's book "The Cure for All Diseases."

You are always picking up parasites! Parasites are everywhere around you! You get them from other people, your family, yourself, your home, especially your pets, undercooked meat and undercooked dairy products.

I believe the main source of the intestinal fluke is under cooked meat. After we are infected with it this way, we can give it to others through blood, saliva, semen, and breast milk, which means kissing on the mouth, sex, nursing, and child bearing.

Family members nearly always have the same parasites. If one person develops cancer or HIV, the others probably have the intestinal fluke also. These diseases are caused by the same parasite. They should give themselves the same de-parasitizing program.

Do this once a week. You may take these at different times in the day or together:

1. Black Walnut Hull Tincture Extra Strength: 2 tsp. on an empty stomach, like before a meal.

2. Wormwood capsules: 7 capsules (with 200-300 mg wormwood each) at once on an empty stomach.

3. Cloves: 3 capsules (about 500 mg. each, or fill size 00 capsules yourself) at once on an empty stomach.
4. Take ornithine as needed for sleep.

Black Walnut Hull Tincture Extra Strength Dose

Wormwood Capsule Dose (200-300mg)

Clove Capsule Dose (500mg)

Day

2 tsp. 1 time per day, on empty stomach

7 capsules 1 time per day, on empty stomach (before meal)

3 capsules 3 times a per day, like at mealtime

The only after-effects you may feel are due to bacteria and viruses escaping from dead parasites! Be sure to take Silver after taking your maintenance parasite treatment to kill the Bacteria and Viruses that can make you ill. After-effects also let you know that you did indeed kill something. Try to discover how you might have picked up parasites and avoid them next time.

Perfection

I was sitting in my office this morning before starting my daily activities asking, “Lord, what will thou have me to do?” The answer came to me that I should write about the subject of perfection.

Matthew 5:48 says, “Be ye therefore perfect, even as your Father which is in heaven is perfect.”

Most people say that this is impossible, but one wise man said, “I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.”

Not understanding how it is possible to be perfect in this life, I asked God, “How is it possible that one can be perfect as thou hast commanded?”

God showed me the example of Saul in the Bible. Saul was a Roman citizen who was born around the turn of the century 2000 years ago in Tarsus, who wielded great importance in Jerusalem as a servant to the High Priests. Saul hated the Christians and was very zealous in persecuting them and was responsible for the deaths of many.
One day Saul was traveling on the road to Damascus with the intent of hunting down more Christians. The Lord there appeared to him in a blinding light.

In recounting this event Saul says in Acts 22:7-8, “And I fell unto the ground, and heard a voice saying unto me, Saul, Saul, why persecutest thou me?

And I answered, Who art thou, Lord? And he said unto me, I am Jesus of Nazareth, whom thou persecutest.”

Saul was physically blinded by the appearance of the Lord and could no longer see anything. It was very obvious to him that he had been doing wrong.

Then in Acts 9:6, “And he (Saul) trembling and astonished said, Lord, what wilt thou have me to do? And the Lord said unto him, Arise, and go into the city, and it shall be told thee what thou must do.

The men who were with Saul were speechless as they heard the voice, but did not see Jesus. They then led Saul by the hand into the city, where he stayed three day without sight and without eating or drinking.

Jesus then appeared in vision to one of the disciples named Ananias and told him where to find Saul and told him to go lay hands on him and restore his vision.

Saul, whose name was changed to Paul then became one of the most zealous servants of Jesus and spent the remainder of his life leading others to Christ.

God then explained to me the path to perfection. It begins with the same question that Saul asked of Jesus; “Lord what wilt thou have me to do?”

God’s definition of perfection is simply this; finding out what is God’s will for you at any given moment and then doing that which he wants you to do. Every time you are found doing exactly what God wants you to do, you are at that moment walking in perfection.

The more that you ask this question and listen for the answer, the more able you will be to do what the Lord wants you to do and the more perfect you will become.

The Bible says, when we walk in the spirit we do not sin. When the day arrives that you are always found doing God’s will, you will have achieved perfection.

Teaching this principle to children is a great way for them to grow up and will prevent a lot of problems if they practice it. I have found on numerous occasions that if one of them comes to me and wants to do something I don’t feel good about, all I have to do is ask them if they asked God what they should do before asking me. Most of the time, right at that moment, I have watched as they turned inward to listen to the Spirit while they asked the question and almost immediately, they have told me “no” they shouldn’t go.

Recently one of my boys was making fun of his sister who just started her first period. His mother corrected him, but he continued making fun. She got frustrated and sent him to talk with me. I told him that by making fun of his sister that he was making fun of God because that is how God made females. I asked him what he thought God would have him do. He turned
inward for a moment and told me he should apologize to his sister. I asked him if there was anything else and he quickly told me that he owed his mother an apology as well. Shortly thereafter his mother informed me that he had indeed apologized.

Periodontitis

(See Mouth)

Pets

You can also use Ionic Silver for your pets. If a pet weighs 20 pounds, it should receive one fourth of the human dosage. In most cases, pets take one fourth to one sixth of the normal human dose, but they can safely take up to quadruple doses when they have a problem.

Fulvia can be dissolved in water or mixed with food for pet health. You will notice overall improvement and fur will take on a glossy sheen.

Pink Eye

Bacterial conjunctivitis is a common type of pink eye, caused by bacteria that infect the eye through various sources of contamination. The bacteria can be spread through contact with an infected individual, exposure to contaminated surfaces or through other means such as sinus or ear infections.

The most common types of bacteria that cause bacterial conjunctivitis include Staphylococcus aureus, Haemophilus influenzae, Streptococcus pneumoniae and Pseudomonas aeruginosa. Bacterial conjunctivitis usually produces a thick discharge or pus and can affect one or both eyes.

Standard treatment is with antibiotic eye drops or ointments and usually takes from one to two weeks, depending on the severity of the infection.

Viral conjunctivitis is another common type of pink eye that is highly contagious. Airborne viruses can be spread through sneezing and coughing. Viral conjunctivitis also can accompany common viral upper respiratory infections such as measles, the flu or the common cold.

Viral conjunctivitis usually produces a watery discharge. Typically the infection starts in one eye and quickly spreads to the other eye.

Unlike with bacterial infections, antibiotics will not work against viruses. No eye drops or ointments are effective against the common viruses that cause viral conjunctivitis.

If the inflammation is not reduced, the eyesight can be permanently damaged.

Ionic Silver reduces the inflammation, killing the bacteria and virus that cause conjunctivitis. If caught in time it can prevent the normal symptoms. Spray or put two or three drops of Ionic...
Silver directly into the eyes 4 or more times daily. Drink two teaspoons twice daily for one week or until the problem is remedied. This will usually remedy the problem within the first two to three days. Additional products that help are Fulvia and Elixer Blast.

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**PMS / Menstrual / Hot Flashes**

We know that women have hot flashes in the decade before menopause. They certainly are not as frequent as during the menopause but if you are still having normal, regular menses, then asking the doctor to request blood studies for menopause is not likely to yield results. The doctor could check the TSH level for hyperthyroidism, although 80% of women this age are actually hypothyroid. If your menses are irregular, you should ask your doctor to check for possible menopause or low estrogen state. Remember that smoking can lower blood estrogens; thus women who smoke will have more hot flashes in the perimenopausal period.

In the mind of many women, hot flashes are only associated with low estrogens but that is not true. It may surprise you that men have hot flashes too. They can get them if undergoing treatment for prostate cancer using anti-testosterone therapy, using thermal blankets and from alcohol, hot liquids, spicy foods and other substances.

Both estrogen and testosterone seem to protect against frequent hot flashes. If either of those hormones is dramatically reduced, a rapid increase in skin temperature due to dilatation of the skin blood vessels can frequently occur. While these hormones protect from frequent hot flashes, other events and ingested substances can cause the skin vessels to rapidly dilate and release heat.

Characteristically, a hot flash (also called hot flush) is a sudden feeling of warmth and often a breakout of sweating usually confined to the upper half of the body. There is an intense feeling of heat and the face, head and neck can even turn red. When they occur at night, they are called "night sweats". They can be mistaken for a low-grade fever. Fevers usually cause the sweating to last longer than the typical few seconds or few minutes that hot flashes last. Non-fever caused hot flashes can occur rarely or as often as every few minutes.

It is believed that the trigger is probably increased heat (or blood flow) in the heat regulatory area of the brain. The brain, sensing an increased body temperature, releases chemicals that cause the skin blood vessels to dilate so the heat can be released.

Apparently estrogens and testosterone allow the body to have a higher tolerance for changes in core body temperature. In other words, normally a body might tolerate a change in 1.5 degrees C. before dilating the blood vessels whereas in the absence of the sex hormones, the blood vessels are triggered to dilate at a change of only 0.8 degrees C. This means that anything increasing core body heat or even just the heat of increased blood flow at the brain's heat regulatory center will cause a hot flash. The hot flash will last or keep repeating as long as needed to dissipate the increased heat. Even women who are menopausal can reduce by almost 50% the number of night sweats by dropping the evening bedroom temperature a few degrees cooler.

Foods or drinks cause a hot flash. Almost everyone should be familiar with how a meal containing hot pepper (capsaicin) can cause a rapid outbreak of a hot sweat. In this case, the capsaicin directly stimulates nerve endings that affect and dilate the brain blood vessels. Alcohol, other food additives and just eating a large meal itself can cause hot flashes.
Many prescription drugs such as anti-hypertensive and mood altering drugs such as anti-depressants or anti-anxiety medications can also cause hot flashes. Each prescription drug you are taking should be checked to see if hot flashes or night sweats are a known side effect. Over-the-counter medications and supplements should also be examined for possible side effects.

Many systemic conditions can also produce flushing such as carcinoid syndrome, systemic mast cell disease, and pheochromocytoma, medullary carcinoma of the thyroid, pancreatic islet-cell tumors, renal cell carcinoma, hyperthyroidism, neurological flushing, emotional flushing, and spinal cord injury. These conditions are thought to secrete chemicals into the blood stream that can stimulate the nerves or blood vessels of the brain.

By far, the most common cause of hot flashes is a stress reaction that causes epinephrine and norepinephrine release into the blood stream. This in turn causes increased blood flow and thus increased heat. A hot flash may ensue to get rid of the heat. The trigger can even occur during deep REM sleep (presumably from dreaming).

The next most common cause of a hot flash is just simply that the body is too warm. This can happen at night with thermal blankets or by just sitting with a portable computer on your lap. Radiant heat panels that overshoot the thermostat can cause night sweats.

How to lessen or stop hot flashes or night sweats that are not due to low estrogens?

Avoid any foods, alcohol or caffeine within 3 hours of going to bed.

Avoid exercise, hot liquids or smoking within 3 hours of going to bed.

Drop the evening thermostat by about two or three degrees without adding more covers.

Wear light bed clothing.

If you feel stressed out from daily work or family events, take at least an hour before bedtime for some relaxation activity (if you cannot "afford" an hour before bedtime to do this, there's your problem).

Examine and try to avoid strong emotions, caffeine, alcohol, cayenne, occlusive clothing and heat.

Use fans during the day.

Wear clothing made of natural materials like pure cotton.

Practice deep, slow abdominal breathing, taking six to eight breaths per minute. Practice 15 minutes in the morning and evening and use this technique in conjunction with "premonitions" of hot flashes. This can produce a 50% decrease in hot flash frequency. (See Breathing Exercises)

Exercise or walk, swim, dance or bicycle every day for 30+ minutes but not within 3 hours of bedtime.
If the above measures are not successful to stop night sweats and hot flashes almost entirely, then you should see your doctor to be evaluated for menopause or thyroid disease as well as other possible conditions.

Endometriosis can be a very nasty inflammatory response in and around the uterus, through the fallopian tubes, and even on the ovaries. It causes very painful menstruation and stabbing pains that come and go on an irregular basis.

Ionic Silver can be taken orally, two teaspoons daily. It can also be used as a douche by pumping two ounces of liquid silver intravaginally with buttocks elevated and rolling from side to side, holding it for 12 minutes, and then releasing. This will kill bacteria and viruses in and around the cervix.

In short, a mind and body that is completely balanced will not be bothered with menstrual and PMS symptoms. Good diet, good supplements, regular exercise, good thoughts and getting rid of excess toxins are the answers.

The health of the mind affects the body and the health of the body affects the mind. Learning to vibrate at the frequencies of joy and love will cure a myriad of problems. (See Joy and Love)

Toxins and lack of minerals are a major cause of stress both physically and mentally. Improving your diet and taking Fulvia, Affinity, Elixer Blast and Neutra Cleanse, will help to cleanse toxins and provide lacking nutrients that are at the core of these problems.

(See Diet)

Proper breathing exercises combined with moderate physical exercise will have a major impact on reducing PMS and menstrual symptoms. (See Breathing Exercises)

Fulvia and Affinity help balance the hormones and may relieve menstrual symptoms, hot flashes and PMS.

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**Pneumonia**

Pneumonia is an inflammatory illness of the lung and is caused by both viruses and bacteria. The lungs can become so filled with fluid that asphyxiation occurs. Ionic Silver can destroy the bacteria or the viral infection that causes pneumonia. The recommended dosage is two teaspoons, 2-4 times daily; 15 minutes of inhalation from a nebulizer; and intranasal spray twice daily to reduce congestion. You should expect to see benefits in the first 12 hours. In severe cases an IV protocol is an option (See Cancer).

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**Policy Guide – What To Look For**

When joining a network marketing company, you are effectively signing a contract and if you don’t know what to look for in the policies and procedures that you are agreeing to, you don’t really know how to do your due diligence on any company. Only by becoming educated in that process can you know what kind of “phrases and gotchas” to look for.
A good policy guide will protect both the company and the associate. The problem with most policy guides is that they are one-sided and only favor the company; therefore, associates from countless network marketing companies have summarily been dismissed, and have lost their organizations and incomes for no justifiable reason, other than the company got in a financial pinch or the company owner simply got greedy.

This is not a small problem. I have been cheated by a number of company owners to the tune of millions of dollars. I built up an income of $100,000 a month in one company, only to see the company go down because of poor management. I discovered a glitch in their software and advised the company owner, but he told me I was wrong. After a couple of months the problem became unmanageable and could not be fixed before the company imploded.

I was the number two money earner in another young company and was earning $18,000.00 a month. The owner turned off my website along with those of several other associates, effectively stealing our incomes. The owner simply wanted the money for himself. There was nothing any of us could do because we all agreed to the policies and procedures.

Jerry Ricks, owner of Joy To Live had his website turned off and lost $20,000 a month from a network marketing company he was involved with.

My point is, in each of the examples above; the company owner had the “right” to do what he did, because of unfair clauses in the policy guides. We were dismissed at the “sole discretion” of the owner and I will quote some of the clauses you need to look out for when checking out any network marketing company. Reading and understanding the policy guide (contract) is the most important thing you can do before deciding to join any company.

During my 47 years in this industry, out of the hundreds of policy guides I have read, there are only two (2) that I have found that are fair to the associate and at the same time protects the company. One of those companies is Joy To Live. Having a fair policy guide is so important, that I went into retirement for 3 years, because I couldn’t find a company that met all of my standards for a good network marketing opportunity.

The risk factor is too high in choosing a company with an unfair policy guide and not only do I want to protect my own interests, I feel obligated to look out for those who will eventually be part of my downline organization. You can’t blame someone who doesn’t know what to look for in a policy guide, but after reading this, you will know.

By choosing the “right” company, not only are you protecting yourself, but also your downline associates and also your children and grandchildren who can receive the fruits of your labors for generations to come.

Mlm lawyers generally write policy guides and they are designed to protect the company. After reading enough of them, you begin to see how most of them were written by the same 3-5 attorneys. In fact many policy guides are word for word, except for minor changes like the name of the company.
There are really five categories to look for when analyzing a policy guide:

- Length or number of pages and the readability of the policies and procedures
- Clauses that mention termination or non-renewal
- Ongoing responsibilities
- Unusual responsibilities
- Miscellaneous red flags and warnings

Length of Policy Guide:

Most people don’t even read the policy guide. They are so excited to get their business started that they just put a check mark saying they agree to the company policies, not realizing that they are agreeing to a contract that is going to affect them for the remainder of their network marketing career.

As a general rule, steer clear of policies that are more than six pages long, because if they are too long, there are many places to hide the “gotchas”. Mlm watchdog, a website to help educate people about the pitfalls of mlm companies, says that policy guides should be no more than 15 pages. I have seen policy guides up to 65 pages long.

The first few pages are usually pretty harmless and most people don’t have the tenacity to read far enough to find the things that will affect them later on. For this reason, some of the top experts on policy guides, recommend reading them from the back to the front. “You will waste less time in finding out “why” you shouldn’t join that company.”

For example, a common clause in many policies guides says, “We can terminate the associate for any reason without due cause.” Unfortunately, you won’t find this clause until you are about 30 pages into the contract.

One couple actually took a policy guide to their lawyer for him to read before joining that company. When they met with him for consultation, he laughed and said by the time he had read it half way through, he didn’t even understand it. So if a lawyer can’t understand it, how can we expect the lay associate to understand?

After reading hundreds of policy guides, it becomes readily apparent that most owners of network marketing companies don’t trust their associates; and how can you build a business relationship where there is no trust? I have personally found that any person, who does not trust other people, is usually not trustworthy and should be avoided as a partner in business.

Some policy guides are 50 pages long, without paragraphs or spacing. This makes them unreadable. By the time you labored through such a document, you would be mentally exhausted and still would not have understood what you had read.

And if the policy guide is written in legalese, which most are, don’t sign it because you won’t understand it, and I can guarantee, it is written in that manner to take advantage of the unsuspecting associates.

Every word and every paragraph is either going to be used for you or against you and when you get into court, it is going to be used against you. I went through a lawsuit with a network marketing company and I learned that from experience!
So read your policy guide as if you were standing in court and you were trying to get the company to pay you money that they owe you. Ask yourself, “Am I signing something that can be used against me in the future?”

One policy guide we looked at from a large and well-established company had 40 red flags in their policy guide and some companies won’t actually let you see the policies and procedures until you “join” the company.

Many people falsely believe that the company is never going to enforce their policy guide, but if they are not going to enforce them, why are they there? And as a network-marketing consultant for 10 years and an associate for 47 years, let me go on record and say, “They will enforce it anytime they want your money!” You signed the contract and they can do it legally.

It doesn’t matter how good your product, service or compensation plan is, one bad phrase or term in the policy guide negates all of the good you may find in a company, so let’s take a look at some of the clauses that show up in almost all of the company policy guides:

**Termination or Non-renewal:**

“The company reserves the right to reject any application for a new distributor or application for renewal.” (If they want your money, they will not renew your contract.)

“The company reserves the right to terminate or suspend any distributor at any time. Such termination or suspension shall be made by the company at its sole discretion.” (If you are making money and they want it, they will terminate you!)

“The company may elect to not renew any distributorship for any reason it deems to be in the best interest of the company, its customers and other distributors. (If they want your money it will be in the best interest of the company.)

These reasons may include, but are not limited to the following:

1. Failure to use best efforts to promote the company’s products and services.
2. Violations of the company’s rules or policies and procedures.
3. Actions that bring dishonor to or impute the reputation of the company.”

“Once an associate is terminated, the company shall have no obligation to maintain any content in his or her account.” (So if you decide they have wrongfully dismissed you and you want to take them to court, you cannot subpoena any records from the company because they have “legally” purged your records.)

“Should an associate bring a suit against the company, he or she forfeits the right to trial by jury.” (A judge has to follow rules and case law; a jury has the right to think about what is fair and even decide against the policy guide if they think it is in the best interest of justice. This happened to me personally. I was prevented from having a jury and I feel certain, based upon the facts that I would have won my case in front of a jury!)
Ongoing Responsibilities:

First you need to ask yourself, “Can I ever retire from this company? Can I take a vacation from this company?” There are clauses that state if you take a vacation for two months and don’t talk to your downline, you can be terminated, much less being able to retire!

“All associate must demonstrate regular leadership and guidance.” (This phrase is totally open-ended and all the company has to do is say that in their opinion or according to their definition of “regular leadership and guidance” you failed their requirements. This phrase has been used to terminate many associates.)

“Associates must have ongoing contact and communication with the associates in their downline organization. Examples of such contact and communication may include but are not limited to: newsletters, written correspondence, personal meetings, telephone contact, voice mail, electronic mail and the accompaniment of downline associates to company meetings, training sessions and other functions. Upline associates are also responsible to motivate and train new distributors regarding company product knowledge, effective sales techniques, company marketing and compensation plan and compliance with company policies and procedures.”

In reality, very few people can fulfill this requirement because they don’t have the knowledge, the training or the skills. Most network marketers do not come from sales trainer or executive backgrounds. To further explain the matter, if you signed up with a company today and you were lucky enough to sign up a new associate tomorrow, how could you motivate and train that person in sales training, compensation plan, policies and procedures, when you are only one-day old in the business? Especially when the company doesn’t give you the training and guidelines you are supposed to follow!

Here is a real life example: There was a couple that worked together for a number of years for a “well-known” company. They were quite successful, but the wife got sick with cancer and could no longer work, and the husband took off six months to be with his wife until she died. When he returned to resume working his business, it was not there.

He had been terminated because he had not maintained his ongoing contact with the company. The company was not interested in his explanation. He could however, “start again from scratch if he wanted to.” (Even if this didn’t happen to you personally, is this the kind of company owner you want to be in business with?)

When companies have these kinds of polices, they are putting associates into a position that they cannot possibly fulfill and it can, and often will be used against you. This is a tragedy and it does affect people’s lives!

There are a number of well-known companies that require you to bring in new business each month. We all know that life sometimes gets in the way, like the forgoing example. Just remember, if you sign such a contract and for some reason fail to bring in new business one month and you lose your check, whose fault is it? You signed the contract.

One well-known company we know has a clause that will finally let you retire after ten years of bringing in new business every single month.

The object of network marketing is to have your own business and achieve the American Dream. You want to build it once, build it right and build it to provide a financial future for your
children’s children. If you are in a company that doesn’t allow that, then you are in the wrong place. Furthermore, most of the policy guides don’t really allow you to own your own business; the company virtually owns you!

Unusual Responsibilities:

“While you are with this company you are free to pursue any other network marketing company that you like, but you may not recruit people in your downline and this restriction remains in effect for six months after you leave this company for any reason.” (First of all, you wouldn’t leave that company if you were making money and what kind of company would restrict you from building your business for six months after you left them? You do after all have to feed your family!)

“Event Participation: The associate agrees to participate in up to 20 company meetings and events annually at his or her expense at the direction of the company.” (The company can tell you where to go, even across country to a company convention, and how many times. Failure to do so is a “legal reason” for termination.)

“Associates must monitor the associates in their downline organization to be sure that downline associates do not make improper product or business claims or engage in any illegal or inappropriate conduct.” (This clause turns you into a compliance officer and when you are first starting your business this might be possible to a degree, but when you have thousands in your organization, it will be virtually impossible. Just another way to “legally” steal your hard earned income.)

“The associate is responsible to pay the bill on their customers if they are delinquent or default on their payment.” (If the customer realizes that he or she doesn’t have to pay, what kind of a position does that put you into?)

Unusual Red Flags:

“Promotions are approved at the discretion of the upline leader.” (Your advancement will normally give you more money and at the same time give “less” money to your upline leader. What happens if your upline leader doesn’t want to lose that money and says no to your advancement?)

“If an associate has a high percentage of customers with defaults, the money owed will be taken out of the associate’s commissions.”

Also, watch out for publicly traded companies. The sole motivation for going public is to borrow a lot of money by selling paper stock. Publicly traded companies must post their financial statements, but most people don’t read them. One company we looked at was over $20,000,000 in debt at the end of 2007. By the end of the first quarter of 2008, they were over $30,000,000 in debt.

Companies that get in financial trouble will almost always dismiss top money earners in order to recoup their losses. We have also seen a lot of companies change method of doing business after gaining tens of thousands of customers through the efforts of Associates who end up getting shafted. A “good” policy guide will prevent this from happening.
Honesty and Integrity:

Now that we have looked at some of the things to avoid, let’s look at some of the things you want to look for in a network marking company. These are referred to by a number of experts as the Five Pillars of Network Marketing.

1) The first pillar is a company owner that is honest and who has a working knowledge of network marketing and also has experience as an executive of a company.

It is often difficult to judge the honesty of a company owner except by reading the policy guide. If the policy guide has any loopholes that arbitrarily allow the owner to dismiss you, take your income, dilute products, change compensation plan or method of doing business, don’t look any further. Run as fast as you can!

I have a personal vantage point, having been a close personal friend with Jerry Ricks for many years prior to the inception of Joy To Live. I would put my own reputation on the line to vouch for Jerry’s integrity and generosity and Jerry is the only company owner I can say that about. And having been a consultant to the industry for 10 years, I know many company owners.

When I was making some PowerPoint presentations for Joy To Live, Jerry gave me his credit card and told me to pay for the pictures saying, “I don’t want to cheat anybody out of any money, not even a nickel.”

How many company owners would trust somebody with their credit card and how many are really looking out for others, so as not to take advantage of anyone for even a lowly nickel?

Jerry is also a seasoned network marketer; having been a Master Distributor of one company as well as the owner of his own telecom company, having 350 employees and earning revenues of up to $1,000,000 a day. He has a lot of experience in the right areas, along with being very talented and successful in these ventures.

2) The second pillar is product and prices.

Many companies have good products, but they fail miserably in the area of pricing. Along with having exceptional products, prices should be competitive and affordable so that customers can see and feel the value of purchasing them, even if they weren’t making money through the marketing plan.

Joy To Live has taken this idea to a whole new level. Our goal is to become the Wal-Mart of network marketing and this concept is really catching on! An associate can remain commission qualified with the purchase of just one $22.00 product each month. And for those who like to retail, we have volume discounts as low as $12.50 each.

The average monthly product purchase at Joy To Live is well over $100, because we have many associates who are purchasing the larger packages and selling products to their friends. I have never before seen such a large percentage of associates retailing products in my 47 years in this industry, which is also driving a lot more money through the compensation plan and creating walk-away income for a lot of people.
3) Pillar number 3 is compensation.

Most compensation plans are designed so that the company owner gets filthy rich and makes it so only 5% of the associates at the top make any significant money. This is driven by greed, but in the end comes back to bite the company owner. What they fail to realize is that network marketing is driven by the masses of people at the bottom and when the average person can’t make a respectable living, he or she will eventually drop out, which hurts the company and all associates in between.

New business is what causes a company to grow and associates and customers that remain loyal are what create “true” residual income. Great products at discount prices help to fuel both of these situations, but without an “honest” compensation plan the majority won’t make money and people today need money more than ever before.

The Joy To Live compensation plan rewards recruiting of new customers and associates better than any other compensation plan I have seen. First of all, an associate can earn 100% matching income from the matrices of each personally enrolled associate.

Each associate he or she enrolls has the potential to earn up to $100,000 each month in matrix income, so by enrolling the one right person and matching his or her income, could set you financially free for life. That alone is a great incentive to tell as many people as you can about the Joy To Live products and opportunity.

The other incentive is that Joy To Live will pay you 50% of the Bonus Volume (BV) of the first order of each newly enrolled associate. You will receive between $15 and $450, depending on the entry level of your new associate. This allows someone who goes to work to virtually earn a full-time income right out the gate if that is what he or she needs to do. With so many people out of work today, this could be a lifesaver for many.

The Joy To Live compensation plan was specifically designed with the part-timer in mind, but there are some serious networkers who are now seeing Joy To Live as an opportunity to earn a million dollars or more each month once they build a sizeable organization.

Joy To Live has created the most “honest” and fair compensation plan to date and we believe that we have the “strongest” pillar of any company in the area of compensation.

4) Pillar number four is policy guide.

The best policy guide will protect both the company and the associate, but not at the expense of each other. It will honor the associate and protect their interests, while at the same time requiring the associate not to misrepresent the company and do things that will jeopardize the business for everyone.

It protects against unjust termination, dilution of products, change of compensation and method of doing business. When you read the Joy To Live policy guide, you will see that it does all of this and if you are a policy guide expert, I think you will agree that Joy To Live has set itself apart from all other companies in the area of policies and procedures!
5) Pillar number five is timing in the marketplace.

Most experts advise not to join a company that is under five-years old. That is because the first five years for any company are the most difficult and by then you can look at their track record and get a pretty good idea of how stable they are. You are looking for a company with a track record of stability and a likelihood of remaining in business for years to come.

This is only a general rule, because a lot of companies fail after reaching five-years in business, and there are brand new companies that will succeed. I believe that if the first four pillars of a company are exceptionally strong, then a younger company can be a good choice, especially if they have the right leadership and a good policy guide.

Obviously the sooner you enter a company, the more growing room you have because all of your friends haven’t joined before you.

I personally have looked for more than ten years to find what Joy To Live has to offer. I don’t have a crystal ball, but I did have a very vivid, colorful dream in which I saw Joy To Live rise to the top of the industry. This dream actually continued for several minutes after I awoke and because of everything I have shared with you here, I am hitching my wagon to the Joy To Live Star!

I hope that you will do your due diligence and should you decide to join us, I look forward to welcoming you aboard on one of our live conference calls or at one of our company events.

Joyful, John Austin

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Post-Surgery

Surgery opens the possibility of infection in wounds, stitches, and incisions. Hospital-acquired methicillin-resistant staph aureus infections (MRSA) are one of the most dangerous infections you can get. Ionic Silver should be applied to the wound, stitches, and the surrounding area immediately after surgery. This will prevent infection, help wound healing, and reduce scarring.

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Poultice

Gauze can be wet with Ionic Silver and placed on a body part and then wrapped in place as a poultice. This allows the wound to remain uncontaminated and to heal more quickly. Mixing liquid silver with Aloe Vera gel might also prove helpful. It can also be mixed with any desired herbs. Silver poultice has also been used in horses for years to treat infections.

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Prayer

All of us have desires that we cannot meet with our physical strength; for example finding a good parking place in a crowded parking lot.

Recently on a Saturday morning my wife told me that she wanted to go out of town to visit her sister. My dentist lives in the same town about 1½ hours from our home. I had wanted to visit
him and didn’t want to make two trips, so I called his office about 8:30 in the morning and the message said he was open from 9am to 4 pm Saturdays. I then called his home and asked if he could see me. He told me that he was booked solid that day.

Using the following outline for prayer, I prayed “My dentist takes care of my teeth today.”

After praying that the dentist could see you, the normal thing to do would be to rush to the dentist office and sit in line hoping for a “no show” but I did not hurry. We left our home about 11am. I actually drove more slowly than usual. There were times when cars pulled in front of me and forced me to drive even more slowly than I wanted to. I did not get upset or anxious. I just accepted that everything was working in my favor for me to arrive at exactly the right moment.

Our arrival time was totally unplanned and we drove into the parking lot about 12:45 in the afternoon. There was only one car in the parking lot and when we went inside, only the dental assistant was there. She called the dentist on his cell phone and he said he would be right over.

In just a few minutes, I was in the dental chair and the dentist took care of me and by the time we left, the dentist office was full of people.

Learning to pray correctly will not only bend time and events in your favor, it will allow you to create things exactly as you want them and at the same time remove a lot unnecessary stress and worry from your life.

The rest of this chapter has been moved to another server. It is rather long and quite deep for someone who is not well exercised in the Spirit. However, if you feel like the Spirit is telling you to read it, I will be happy to send you that link. Please send your name and contact information to info@joytolive.info.

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**Pregnancy**

"In the United States, African-American women deliver preterm and low-birth-weight infants two to three times more frequently than their white counterparts." So wrote researchers at Beth Israel Deaconess Medical Center at Harvard.

That statement was the jumping-off point for a new study examining the benefits of multivitamins for pregnant women. Researchers found that daily supplements of multivitamins may improve the growth of the baby in the womb.

Women who were taking daily multivitamins in and around the time of conception gave birth to babies who weighed on average about 540 grams (1.19 pounds) more than babies from women not taking the supplements, reports Heather Burris from Harvard University and Allen Mitchell and Martha Werier from Boston University in the Annals of Epidemiology.

Low birth weight has been linked to higher risks of negative health outcomes, including neonatal and infant mortality, poor growth and cognitive development, and higher risks of chronic diseases later in life, like diabetes and heart disease.
"If our findings were confirmed and subsequently shown to be causal, then increasing peri-conceptional multivitamin use among pregnant women could help to eliminate longstanding disparities in birth weight, gestational age and fetal growth," they added.

Burris and her co-workers analyzed data from 2,331 non-Hispanic white and 133 non-Hispanic black mothers and their infants participating in the Stone Epidemiology Center Birth Defects Study.

While no link was associated between multivitamin use in white women and the birth weight or gestational age of their infants, a significant increase in birth weight was observed in babies from African-American women. Indeed, multivitamin use in African-American women was associated with an increase in birth weight of their infants of 536 grams (1.18 pounds). Furthermore, there was a trend toward increased gestation periods in these women, added the researchers.

Being an epidemiological study, the results do not prove causality and the researchers note that it is possible that multivitamin use is merely indicative of a healthy lifestyle, which would produce healthier pregnancies.

Despite this limitation, Burris and her co-workers note that the findings are "consistent with a plausible role played by micronutrients in fetal growth. It is not known which nutrient or combination of nutrients in multivitamins might affect fetal growth, and our data do not contribute to this question," they added.


It is also important to make sure vitamin D levels are optimized during pregnancy, as infants whose mothers are vitamin D deficient have a higher risk of developing asthma.

One 2007 study published in the Journal of Allergy and Clinical Immunology, states:

“Vitamin D has been linked to immune system and lung development in utero, and our epidemiologic studies show that higher vitamin D intake by pregnant mothers reduces asthma risk by as much as 40 percent in children 3 to 5 years old.

... Providing adequate vitamin D supplementation in pregnancy may lead to significant decreases in asthma incidence in young children.”

And, said Dr. Celedón in the article above, "This study also provides epidemiological support for a growing body of in vitro evidence that vitamin D insufficiency may worsen asthma severity, and we suspect that giving vitamin D supplements to asthma patients who are deficient may help with their asthma control."

So not only can your vitamin D status during pregnancy influence the development of asthma in your child in the first place, but if your child is deficient as well, it may aggravate his or her asthma symptoms.

In fact, the children with higher vitamin D levels had a lower risk of being hospitalized for any cause, and needed fewer anti-inflammatory medications. This too correlates to another recent meta-analysis that showed higher vitamin D levels significantly reduce mortality from all causes.
There is no time during pregnancy when nutrition is unimportant. Of the nine months of gestation, however, the first three are the most important. During this first trimester the baby grows to about three inches in length and weighs about one ounce. Its sex is determined. It can open and close its mouth and kick and squirm - but as yet is too small for 'mom' to feel it carrying on.

This is the time for mom and dad to visit the doctor and/or midwives to discuss birthing options. (Don't just 'go along' with whatever the doctor does 'routinely'. Do some research now on labor positions, drugs, fetal heart monitoring, episiotomy, labor and delivery place, birth attendants, breast feeding, rooming in, vitamin K, erythromycin or silver nitrate, etc., etc..) A visit to an herbalist is also a good idea - just to make sure all of the nutrients are being supplied in the most easily assimilated form. I generally caution pregnant women away from synthetic prenatal vitamins and iron. Often these vitamins are candy coated and so hard that very few people can digest them. They tend to pass right through - whole. Synthetic iron usually causes bowel movements to turn black. It also causes constipation and/or diarrhea. (A dose to three mg. has been documented as causing death in young children.)

During pregnancy there are some herbs which should not be used at all and several others that may be used very carefully. Most herbs are totally safe when used in moderation and with wisdom. Herbs to avoid are rue and pennyroyal. Both of these herbs can cause miscarriages and many other severe complications of pregnancy. Herbs that need to be used with caution include black cohosh, blessed thistle, blue cohosh, cramp bark, damiana, dong quai, false unicorn, ginseng, licorice, sarsaparilla, saw palmetto, squaw vine and yarrow. These herbs all contain steroid-like constituents which could possibly affect the secondary sex characteristics of the baby.

Another herb to be careful with is golden seal as it contains hydrastine, which contracts the uterus when taken in large quantities. Don't take more than 1/4 tsp. or one 00 capsule per day.

The first trimester is the period during which most miscarriages occur. Early warning symptoms of miscarriage are cramping and bleeding. Most doctors will say they can do nothing to prevent the inevitable, and while herbs don't always result in a live birth after a threatened miscarriage, the benefits are usually pretty good anyway.

The herbalist’s rule of thumb is "Herbs will stop it if it can be stopped. If not, then the herbs will speed it along and help mom recover faster".

There are many causes of miscarriage including malnutrition, hormone imbalance, and emotional factors. More than one cause is often involved.

Nutritional requirements of pregnant women are very high. To get the amount of nutrients required the diet must be loaded with healthy, whole, live foods. Herbs and other nutritional supplements may be used to enhance the diet. Fresh organic vegetables, fresh fruits, whole grains, sprouts, butter (not margarine), limited amount of organic dairy products (if they are tolerated), nuts, seeds, organically raised animal protein (to avoid the hormones and antibiotics used in producing commercial animals) and organic yogurt are the types of foods to be eaten.

This is definitely a time to avoid smoking and smoke/exhaust filled areas, refined and lifeless non-foods, coffee, tea, alcohol, artificial sweeteners, deep fried foods, products made with white flour, white sugar and artificial colors. All of these items deplete vitamins and mineral reserves and weaken the whole body. Good nutrition can help prevent miscarriage.
The following chart is adapted from Earl Mindell’s Vitamin Bible showing the R.D.A. for pregnant women.

Nutrient Recommended Daily Allowance

Vitamin A 1000 IU
Vitamin D 400-500 IU
Vitamin E 80-100 IU
Vitamin C 80-100 mg.
Vitamin B1 1.5 mg.
Vitamin B2 1.5 mg.
Vitamin B6 2.6 mg.
Vitamin B12 8-10 mg.
Folic Acid 16 mg.
Niacin 16 mg.
Calcium 1200 mg.
Magnesium 450 mg.
Phosphorus 1200 mg.
Supplemental Iron 30-60 mg.
Iodine 175 mcg.
Zinc 20 mg.

Remember that these amounts are only to maintain, not to improve health.

Elixir Blast supplies most of these requirements. The pregnant mom will however want to get extra Folic Acid, Calcium, Magnesium, Phosphorus, Iron, Iodine and Zinc.

Taking Folic Acid before and during pregnancy can help prevent birth defects like down’s syndrome and spina bifida. Good food sources of folate are romaine lettuce, spinach, asparagus and turnips. (If you eat spinach, it must be organic and you must eat it raw. Spinach contains oxalate which binds with iron and calcium, removing them from your body)

A majority of your Calcium should come from natural sources. Dairy products, though rich in Calcium are not the best source unless the milk comes from goats. Organic raw spinach, kale, okra, mustard greens, romaine lettuce, celery, broccoli, sesame seeds, fennel, cabbage, summer squash, green beans, garlic, brussel sprouts, oranges, asparagus, leeks and collards are good food sources of Calcium. Most greens contain calcium and that is how cows and
other large animals grow strong bones. Most people are not deficient in Calcium; they just need other factors in their diet like Fulvia and vitamin D to help the body use it properly.

Most dietary Magnesium comes from dark green, leafy vegetables. Other sources are fruits like bananas, dried apricots and avocados; nuts such as almonds and cashews, peas, beans, seeds, brown rice and millet.

Very few people are deficient in Phosphorus as it is found in most foods. Good sources for Phosphorus are raw pumpkin seeds, raw sunflower seeds, flax seeds and wheat germ.

Food sources for iron include liver and lean beef. Especially during pregnancy you should seek organic meat and dairy to prevent supplying the fetus with unwanted hormones. Wheat and oat bran, wheat germ and sesame seeds are sources of iron. Herbs and spices rich in iron include thyme, curry powder, ground cinnamon, garam masala, rosemary and paprika. If you do need to supplement with iron, check with your local health food store to find an “natural organic source” as inorganic iron generally has side effects.

Raw organic seeds including pumpkin, chia, hemp, sesame, sunflower, and poppy, help to supply the body with the essential zinc that it needs. Pumpkin seeds in particular have one of the highest concentrations of zinc. Organic, raw “fresh” rolled oats also provide a good source of dietary zinc. Organic, raw nuts, such as cashews, almonds, and Brazil nuts, also contain significant amounts of zinc.

Most fresh fruits contain zinc, with avocados, raspberries, apricots, blackberries, dates, loganberries, and pomegranates being especially good sources. Organic dried fruits, such as dried peaches, plums, currants, bananas, and figs are also good sources of zinc. Many vegetables also contain zinc including asparagus, brussel sprouts, peas, pumpkin, and chard.

Spirulina, maca, raw cocoa powder, and bee pollen are also good sources of zinc.

The best natural source of iodine is found in sea vegetables such as kelp and dulse. If you can’t find another source, check with your local health food store.

Herbs that can help fill the nutritional gap during pregnancy are:

Red Raspberry acts as a uterine tonic and contains many vitamins and minerals including calcium, magnesium, iron and B-Complex.

Yellow Dock is a blood purifier and glandular tonic. It contains many nutrients, a few of which are organic iron, vitamins A & C, calcium and magnesium.

Liquid Chlorophyll is a general tonic for the whole body, but especially the blood.

Combination of Alfalfa, Kelp and Dandelion acts as a glandular balancer, general tonic, provides all vitamins and minerals including iron, calcium, magnesium, iodine, B-complex vitamins, eight essential amino acids and vitamin C.

Combination of Kelp, Dulse, Watercress, Wild Cabbage, Horseradish and Horsetail - Good for the heart, bowels, fluid retention (keeps sodium and potassium balanced which is necessary for proper nerve impulse transmission), rich source of potassium and other trace minerals.
Rosehips is good for blood, nerves, heart and capillary integrity, excellent source of vitamins A, B-complex and C, also Rutin (for tissue elasticity), calcium and iron. It can be used like a "one-a-day" vitamin for children.

A common cause of miscarriage is hormone imbalance. Your best bet for preventing miscarriage is taking Fulvia combined with preventative herbs. Once the miscarriage is threatening, frequent doses of feverfew, lobelia, red raspberry, catnip and an herbal combination of golden seal, capsicum, false unicorn, ginger, uva ursi, cramp bark, squawvine, blessed thistle, and red raspberry will often prevent it. Many of these herbs are not recommended for long term use during pregnancy because of their effect on hormones. In miscarriages however, the natural hormones are deficient, unbalanced or ineffective.

Doctor Christopher reflects on lobelia in these words: "Lobelia is a selective herb. When a fetus is dead, or in an extremely weakened condition, lobelia will cause it to abort. However, if the fetus is well and healthy, and the mother is weak, it will cause the mother to heal and strengthen, enabling her to carry the child until the proper time for delivery. Lobelia accurately and intelligently selects which way to go. It is truly a 'thinking' herb."

False unicorn and cramp bark act to stop cramping.

I encourage mom to go to bed and rely on inspiration for recommend dosages. When a miscarriage is active (bleeding and/or cramping) herbs should be taken every two hours around the clock. When symptoms have ceased, the herbs should be taken four times a day during waking hours for one to two weeks. If the miscarriage does happen, continue the herbs four times a day for three to seven days to help mom get her strength back. Rest and relaxation are vital in the event of miscarriage or threatened miscarriage.

Emotions can also cause miscarriages. A mom in a high stress situation; perhaps unmarried, financial problems, health problems, unstable marriage, unwanted pregnancy, etc. is more likely to miscarry. Dr. Thomas Verny indicates that a very young fetus is aware of stress outside the womb. He theorizes that some fetuses may choose to die rather than inflict further stress and pain on their mothers or themselves.

When a pregnant woman is under stress, she not only depletes her own vitamin and mineral reserves and her own adrenal and glandular strength, but she drains these things off her baby.

Possible therapies for stress in pregnancy and threatened miscarriage include Fulvia, Bach Flower Remedies, herbs and vitamins, nutrition, massage, and introspection.

Bach Flower Remedies - Flower petal extracts that help to heal the emotional hurts of life. I like to use Rescue Remedy along with any other flowers that seem to fit the individual situation. Many books are available on Bach Flower Remedies.

Herbs and Vitamins - I have discussed specific herbs and vitamins for these purposes already. They are vitally important.

Nutrition - During stressful times, and especially miscarriage, the diet should be as simple, natural and easy to digest and assimilate as possible. Organic raw fruit and gently steamed vegetables, sprouted grains, organic cultured dairy products and broths or light soups should
make up the bulk of the diet. I recommend avoiding animal flesh, cheese (except yogurt cheese and crumbly cheeses), milk, breads and such during such situations.

Massage - Any mild form of massage can be beneficial at this time. The key is to keep it gentle and relaxing.

Introspection - (Self talk and baby talk) - This amounts to digging deep into yourself. Do you really want this baby? Why or why not? Share your answers with your partner and the baby.

Using these methods, pregnancies that doctors said wouldn't last the night often go to term and produce beautiful children. In the event of miscarriage, the event is sped up and ends quickly without medical intervention required, resulting in a very healthy mom.

The rule of thumb; herbs will stop it if it can be stopped. If not, then the herbs will speed it along and help mom to recover faster.

Childbirth.org claims cream of tartar and lemon juice or water will lower blood pressure during pregnancy. Bladder infections may also be helped with this same remedy. (See Bladder Infection)

Home Remedy: Cream of tartar is used in baking and can be purchased from your local grocery store. It is potassium salt that is derived from grapes while making wine.

Fill a glass with warm water.

Cut a lemon or lime and squeeze the juice into your glass of water.

Add 1-2 tsp. cream of tartar to your juice/water mixture and stir well.

Drink this mixture once a day for three days. Rest for two days, then repeat again for three days if symptoms continue.

You can also drink more water to make your urine less alkaline and take liquid silver to kill any bacteria.

For a healthier pregnancy and easier delivery drink at least one quart of tea using 1 part comfrey, 1 part alfalfa and 2 parts red raspberry.

For bleeding during pregnancy, drink as much as possible of catnip and red raspberry tea.

Cayenne and lobelia together will relax the uterus.

Morning sickness is caused by acidity and a pregnant woman who has a pH of 7.2 (first morning urine) will rarely experience morning sickness and if proper pH is maintained throughout pregnancy, delivery will be short, easy and practically painless.

Taking temperature first thing in morning before moving – if 98.6 or above the fetus is usually alive. When going into labor the body temp drops.
**Prostate Disease**

A prostate is the gland that closes off the flow of urine from the bladder. When the prostate relaxes, urine will flow out of the bladder and into the toilet. The prostate gland then tightens back up on the ureter and stops the urine flow. Over time, the prostate muscle becomes bigger. If it becomes infected with bacteria, it will swell and become too large and shut off the flow of urine, making you unable to urinate.

Ionic Silver can destroy the bacteria that causes the prostatitis. By drinking two teaspoons twice daily you will have enough circulating in your system to go through your urine and kill the bacteria in your bladder and prostate. Some people have felt a benefit by placing a cloth soaked with silver between the rectum and scrotum.

For those who have access to a catheter, 2 oz. of Ionic Silver can be pumped directly into the catheter and into the bladder for ten minutes where it will kill pathogens.

Affinity can help with strengthening the prostate. It contains saw palmetto, which is known to reduce inflammation in the prostate and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause prostate disease. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

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**Psoriasis**

Psoriasis is a disorder that affects the skin and joints. It commonly causes red scaly patches to appear on the skin. This condition makes you very susceptible to secondary bacterial infection getting into the cracked areas of the skin.

To fight the bacteria, apply Ionic Silver 4 or more times daily, keeping skin, wounds, or rashes very moist. Drink one teaspoon of Ionic Silver liquid twice daily. For very dry, scaly skin, Ionic Silver can be mixed with Vaseline (one part liquid, and Vaseline). This will keep the affected areas moisturized for a much longer period of time. Aloe Vera can also be used as a mixing agent with the liquid silver. This will help with the most difficult situations, including Morgellon’s disease.

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**Pus**

Pus is produced when bacteria break down and destroy healthy cells. Apply Ionic Silver topically to affected areas 1-4 times daily and drink two teaspoons of Ionic Silver twice daily. If pus is being produced in your throat, e.g. sore throat or strep throat, gargle with one ounce of Ionic Silver. Try to keep in place for 6 minutes then swallow the silver.

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**Pyorrhea (Gum Disease)**
In addition to causing bad breath, gum disease erodes the gums and bones around the teeth, causing the teeth to fall out. Gum disease can be prevented by rinsing your mouth with one ounce of Ionic Silver six minutes each day – the remaining rinse should be swallowed. You may also brush your teeth with Ionic Silver. If you prefer to make a gel, you can mix the liquid silver with Aloe Vera. Co-enzyme Q10 found in Elixir Blast will also be of benefit.

You can expect to see improvement after the first brushing of your teeth. After three days you will have noticeable improvement.

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**Radiation**

Most of the world today is being bombarded with radiation. The frequencies emitted by cell phone towers have killed vast populations of bees and are affecting humanity in similar fashion. Cell phones, television, microwave ovens and computers all emit dangerous radiation, causing death and damage to cells and in many cases cause cells to mutate and become cancerous. (See Microwave Ovens). When I became educated on this subject, I threw away my microwave although it was nearly new.

Doctors often prescribe chemotherapy or radiation for cancer patients that in turn cause immune suppression and return in the future in the form of more difficult cancers.

Since the days of Hiroshima, untold numbers of atomic bombs have been set off around the world creating radioactive fallout and suffering around the globe. Recently, failing nuclear reactors have become a major problem not to mention the tons of deuterium that has been used in recent wars that is causing indescribable deformities in Iraqi babies and babies fathered by American soldiers that were exposed to the same radiation.

Downwind charts have been published showing areas of the country that have been most affected by fallout and increased incidents of cancer and other major diseases correspond with the amount of radiation that has dropped on certain populations.

If you live in a high radiation area, you might consider relocating. Also limit your contact with other known sources of radiation. (See Cell Phones and EMF)

Fulvia is the best product I know of to help remove harmful radiation from the body. Eating lots of fresh organic green vegetables that are rich in chlorophyll will also help remove radiation.

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**Rashes**

Rashes can occur on any part of the body. They can come from irritation or chemicals that irritate. By putting Ionic Silver right on the rash, you will moisturize, detoxify, and quicken healing. Apply 4 or more times daily and swallow one teaspoon of Ionic Silver liquid twice daily.

Affinity and Fulvia support healthy skin nutritionally and washing the skin with salt instead of soap may also prove helpful.
Repentance

Some of us grew up in homes, cultures and religions that teach us to “Judge not that ye be not judged,” but out of the same mouth these same people teach us to be judgmental of and look down on others who believe differently than they do. If you have fallen into the pit of being judgmental of others, this may be a wake-up call for you and you may want to think about repentance.

Judgment is the same terrible game that school children play when they start a rumor about one of the students saying they have fleas. This causes a division amongst the children in which the one that is accused is ostracized and avoided by the other children.

God’s plan is unification of mankind, but Satan’s plan is to “divide” and conquer. Only through division of people can Satan win.

A double-minded man receives nothing from the Lord, so get real honest with God. Repentance is an everyday evaluation.

“Search my heart oh Lord and show me the areas in my life that are not pleasing to you.”

Am I angry? Did I ever threaten anybody? Have I ever been sexually impure? Are my thoughts sexually pure today? Am I honest in all my dealings? Am I taking care of my financial obligations? What motivates me to think the thoughts I am thinking or take the actions I am taking? Am I judgmental of others who believe differently than I do? Am I motivated by love, by pride or by lust?”

We fall into the trap of justifying our actions – “I can make this compromise here because I have good intentions over there.” “I can judge this group of people, religion, etc. because I have the truth and they don't.” Frequently we have spiritual blind spots. The number one sin is pride, where a man thinks more highly of himself than he is, saying it was somebody else’s fault; I did so and so because somebody did so and so to me. From God’s perspective there is no justification for negative thoughts and actions.

If we sow corruption, we reap corruption. Begin to sow good seeds. We receive kindness for kindness, grace for grace, purity for purity, loyalty for loyalty, love for love, and forgiveness for forgiveness.

The offenses you receive may be “just” compensation in God’s eyes, for seeds you have sown in the past. When you fully realize this, it will be easier to forgive and help heal those who have sinned against you.

Repentance pays for your misdeeds, and for those who confess and repent of their sins, there is no condemnation.

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Respiratory Conditions

(See Asthma and Allergies)
**Retinopathy**

We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame. (See Eye Health)

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**Rheumatism**

(See Arthritis)

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**Rosacea**

Rosacea is a form of bacteria that grows on the nose, making it red and swollen with pimples. This can leave very large scars. Because it is difficult to treat, doctors generally prescribe antibiotics.

Rather than use antibiotics, you can drink two teaspoons Ionic Silver liquid twice daily and apply silver topically 4 or more times daily. Wash the nose lightly between each application. Some have found it helpful to wash the skin with nothing more than pure salt as most soaps and cleansers actually damage the skin. You should see a reduction of redness within the first two hours and a reduction of pimples in the first day.

Affinity can help in the case of pimples and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, food poisoning and other pathogens that may be the cause of a Rosacea. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

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**Salt**

A new study found that low-salt diets increase the risk of death from heart attacks and strokes and do not prevent high blood pressure.

The investigators found that the less salt people ate, the more likely they were to die of heart disease - 50 people in the lowest third of salt consumption (2.5 grams of sodium per day) died during the study as compared with 24 in the medium group (3.9 grams of sodium per day) and 10 in the highest salt consumption group (6.0 grams of sodium per day). And while those eating the most salt, had on average a slight increase in systolic blood pressure - a 1.71-millimeter increase in pressure for each 2.5-gram increase in sodium per day; they were no more likely to develop hypertension.

“If the goal is to prevent hypertension with lower sodium consumption, this study shows it does not work” said the lead author, Dr. Jan A. Staessen, a professor of medicine at the University of Leuven, in Belgium.

Dr. Alderman said the new study is not the only one to find adverse effects of low-sodium diets. He studied people who had “high blood pressure” and found that those who ate the least salt were most likely to die.
He also said “lowering salt consumption has consequences beyond blood pressure. It also, for example, increases insulin resistance, which can increase the risk of heart disease.”

To survive and thrive, the body needs salt. That’s a medical fact. Consider the fact that persons in critical condition are often given intravenous injections (IV). IV’s are nothing more than purified water and salt. It has been said, “IV is the only cure that the doctor has in his bag of tricks.”

I once heard a story about a very rich man who had a lot of health problems. He supposedly tired of many surgeries and drugs and checked himself into the hospital and paid the doctors well to give him nothing more than an IV until he died. After his death an autopsy was performed and to the doctors’ amazement, every organ had completely healed.

It does make a person wonder when most people who receive an IV end up recovering, “Why do the doctors want to restrict salt in our diets?” Is it so you will eventually need an IV and they can charge your insurance company $600 or more for a pint of salt water?

The official food policy of our federal government aims to radically reduce salt levels, although medical evidence is mounting that a low-sodium diet risks diabetes, other diseases and premature death.

“If the object is to reduce blood pressure then do it by increasing exercise or eating more salads and vegetables, as these have no negative consequences. Unfortunately, the salt reduction strategy being promoted at the UN Summit will have negative health outcomes,” said Morton Satin, Vice President of Science and Research at the Salt Institute.

Scientific American, the most authoritative publication explaining science for a broad audience, has analyzed recent medical studies on salt and reviewed more than a century of previous research to conclude, “It’s time to end the war on salt.”

“The zealous drive by politicians to limit our salt intake has little basis in science.

Contrary to popular opinion, reducing salt intake does not improve the health of the heart or the circulatory system. A new study found that low-salt diets increase the risk of death from heart attacks and strokes and do not prevent high blood pressure.”

Benjamin Franklin states in his biography that when struck with a cold, he would go to the sea and drink the water. Because of the antiviral properties of sea salt, he was cured the next day.

My father and grandfather would both stir a heaping Tsp. of salt into a quart of warm water and drink it down at the beginning of the flu or a cold or any kind of food poisoning. That was normally the end of the problem. I have since carried on the practice with great results.

Certain cultures make a practice of drinking 1 tsp. of salt stirred into a glass of warm water first thing every morning on an empty stomach. Those who subscribe to this practice are among the healthiest people on the planet.

Frequently, I stir a tsp. of salt into 20 oz. of water the first thing in the morning and drink it down on an empty stomach. I may do this for days or weeks at a time. I have found it to be a very healthy practice.
I recommend a minimum intake of at least ½ tsp. salt daily, but it should be from a good source like Redmond Salt or Himalayan Salt available at most health food stores, or can be purchased at www.realsalt.com. Typical table salt is highly processed, overheated and has Aluminum added to prevent clumping.

Hippocrates (460 BC) the father of medicine discovered the therapeutic qualities of seawater by noticing the healing effects it had on the injured hands of fishermen. He then employed salt therapy by applying the age-old method of inhaling the steam from boiled salt water and also recommended that his understudies bathe in the ocean to reap all the benefits.

Greek medicine had already discovered topical use of salt for skin lesions 2000 years ago along with drinking salty or mineralized waters for digestive troubles and inhaling salt for respiratory diseases.

Documentation from Ocean Plasma, an organization whose mission is to reeducate the public about the importance of salt states:

The therapeutic importance of Sodium Chloride is well known. It was already employed with success by Amédé Latour (1830-1857) with pulmonary tuberculosis, by Martin Solon (1842) and by Bouchardat (1851) with diabetes, by Plouvier (1847) with toxemia, iron deficiency and anemia etc., by Piorry (1850), Gintrac (1850), Brugs (1851), Larière (1851), Villerain (1854), Hutchinson (1854), Moroschkin (1856), Piogh (1870) with intermittent fever, and was, and still is, heavily used by all modern [medical] facilities with a quotable quote intra-venous or subcutaneous injections for the most varied afflictions.

Salt Therapy for Respiratory Conditions: (See Allergies / Asthma / Respiratory Conditions)
(See also Salt Flush)

Salt – Many Uses For

Although you should use “natural” salt for seasoning food (See Salt) regular table salt that contains Aluminum has many good uses. For any of the following things that involve food preparation or preservation, it is recommended that you use Himalayan or Real Salt.

1. If you drop a whole egg on the floor, pour salt all over the egg, let it sit for a while, then use dustpan, the egg will come right up, without all that mess.

2. Soak stained hankies in salt water before washing.

3. Sprinkle salt on your shelves to keep ants away.

4. Soak fish in salt water before descaling; the scales will come off easier.

5. Put a few grains of rice in your saltshaker to absorb moisture for easier pouring.

6. Add salt to green salads to prevent wilting.

7. Test the freshness of eggs in a cup of salt water; fresh eggs sink; bad ones float.

8. Add a little salt to your water when boiling eggs; a cracked egg will stay in its shell this way.
9. A tiny pinch of salt with egg whites makes them beat up fluffier.
10. Soak wrinkled apples in a mildly salted water solution to perk them up.
11. Rub salt on your pancake griddle and your flapjacks won't stick.
12. Soak toothbrushes in salt water before you first use them; they will last longer.
13. Use salt to clean your discolored coffee pot.
14. Mix salt with turpentine to whiten you bathtub and toilet bowl.
15. Soak your nuts in salt brine overnight and they will crack out of their shells whole. Just tap the end of the shell with a hammer to break it open easily.
16. Boil clothes pins in salt water before using them and they will last longer.
17. Clean brass, copper and pewter with paste made of salt and vinegar, thickened with flour.
18. Add a little salt to the water; your cut flowers will last longer.
19. Pour a mound of salt on an ink spot on your carpet; let the salt soak up the stain.
20. Clean your iron by rubbing some salt on the damp cloth.
21. Adding a little salt to the water when cooking foods in a double boiler will make the food cook faster.
22. Use a mixture of salt and lemon juice to clean piano keys.
23. To fill plaster holes in your walls, use equal parts of salt and starch, with just enough water to make a stiff putty.
24. Rinse a sore eye with a little salt water.
25. Mildly salted water makes an effective mouthwash. Use it hot for a sore throat gargle.
26. Dry salt sprinkled on your toothbrush makes a good tooth polisher.
27. Use salt for killing weeds in your lawn.
28. Eliminate excess suds with a sprinkle of salt.
29. A dash of salt in warm milk makes a more relaxing beverage.
30. Before using new glasses, soak them in warm salty water for a while.
31. A dash of salt enhances the taste of tea.
32. Salt improves the taste of cooking apples.
33. Soak your clothesline in salt water to prevent your clothes from freezing to the line; likewise, use salt in your final rinse to prevent the clothes from freezing.

34. Rub any wicker furniture you may have with salt water to prevent yellowing.

35. Freshen sponges by soaking them in salt water.

36. Add raw potatoes to stews and soups that are too salty.

37. Soak enamel pans in salt water overnight and boil salt water in them the next day to remove burned-on stains.

38. Clean your greens in salt water for easier removal of dirt.

39. Gelatin sets more quickly when a dash of salt is added.

40. Fruits put in mildly salted water after peeling will not discolor.

41. Fabric colors hold fast in salty water wash.

42. Milk stays fresh longer when a little salt is added.

43. Use equal parts of salt and soda for brushing your teeth.

44. Sprinkle salt in your oven before scrubbing clean.

45. Soaked discolored glass in a salt and vinegar solution to remove stains.

46. Clean greasy pans with a paper towel and salt.

47. Salty water boils faster when cooking eggs.

48. Add a pinch of salt to whipping cream to make it whip more quickly.

49. Sprinkle salt in milk-scorched pans to remove odor.

50. A dash of salt improves the taste of coffee.

51. Boil mismatched hose in salty water and they will come out matched.

52. Salt and soda will sweeten the odor of your refrigerator.

53. Cover wine-stained fabric with salt; rinse in cool water later.

54. Remove offensive odors from stove with salt and cinnamon.

55. A pinch of salt improves the flavor of cocoa.

56. To remove grease stains in clothing, mix one part salt to four parts alcohol.

57. Salt and lemon juice removes mildew.
58. Sprinkle salt between sidewalk bricks where you don't want grass growing.

59. Polish your old kerosene lamp with salt for a brighter look.

60. Remove odors from sink drainpipes with a strong, hot solution of salt water.

61. If a pie bubbles over in your oven, put a handful of salt on top of the spilled juice. The mess won't smell and will bake into a dry, light crust which will wipe off easily when the oven has cooled.

62. Salt makes a good body wash in place of soap. It kills the bacteria that causes odor and can help relieve symptoms of candida and other skin irritations. Almost all soaps are harmful to the skin and health. I keep a jar of salt in the shower for body washing.

Salt Water Flush

Described by some as the top-down enema, the Salt Water Flush is another important component for anyone going through the Master Cleanse process. As it works through your digestive system, it helps your body with waste removal. Salt has been used for thousands of years as a way of cleansing germs—people used to rub salt in wounds to prevent infection, for instance.

The Salt Water Flush is much the same. Salt also helps to draw out poisonous substances that have accumulated in the body. In effect, it has a sterilization effect on the body. Your body is not meant to digest the salt water mixture you'll drink. The mixture is approximately the same specific density as blood, so the water will not be absorbed by the kidneys and the salt will not be taken in by the blood. Instead, the salt water solution will just move through your body without interruption, taking toxins with it as it goes.

Basics of the salt water flush - There are a few basic steps in the salt water flush process, including:

Be sure to take your laxative tea or Neutra-Cleanse the night before.

Get up early the next morning and be sure not to eat or drink anything.

Drink your Salt Water Flush solution.

Lie down on your right side for half an hour to ensure that the solution moves into the small intestine.

Stick near the bathroom for the next several hours.

But why do you need to lie down and stick close to the bathroom? This is because as the Salt Water Flush makes its way through the body it will break up fecal matter which is then moved out of the body with the water. When the Salt Water Flush is combined with the laxative tea, it really gets the bowels moving. You should expect, therefore, to have several bowel movements after you drink the Salt Water Flush. In fact, you may experience anywhere between two and six eliminations over the next three to four hours.
For these reasons, it is recommended that you do the Salt Water Flush during a period of the day when you'll have unrestricted access to a bathroom. Freedom to go as often as you need is also required. As a result, many people choose to get up early in the morning to do their Salt Water Flush. Alternatively, you could take it as soon as you get home in the evening if you'll have adequate time.

It is best to do the salt water flush on an empty stomach. Avoid drinking water or anything else for at least 30 to 40 minutes before and after your drink the salt water flush.

To get you ready to do the Salt Water Flush, you'll need to gather a few simple ingredients and tools together. Here are the basic ingredients you'll require.

Ingredients needed for the Salt Water Flush:

Uniodized sea salt: Whatever you do, don't use regular iodized table salt as this will not produce the same effect. Instead, be sure that you use only sea salt. (See Salt)

Lemons: You may wish to slightly flavor your Salt Water Flush with lemon to make it easier to swallow.

Filtered or spring water: As with the Lemonade, you'll want to have the purest water you can get your hands on to ensure you're not introducing new toxins into your body.

In addition to these basic ingredients, you'll require some tools to prepare your Salt.

Tools needed for the Salt Water Flush:

A pot - for heating the water and mixing the Salt Water Flush. Glass isn't recommended as the heat from the water can crack the glass.

A spoon - for mixing the Salt Water Flush until the salt dissolves.

A big glass - from which to drink the Salt Water Flush solution.

So you've got everything out and ready to go. Let's start making the salt water solution.

Salt water flush recipe and process:

2 teaspoons of sea salt (I recommend Himalayan or Redmond Salt)

1 quart of water

Lemon juice to taste

Make the Salt Water Flush by warming the water in the pot until it is lukewarm—about the same temperature that you eat soup at. Add the salt and stir until it is completely dissolved in the water. Add lemon if you wish to mask the salt flavor.

You're now ready to drink it! Be prepared—this solution will taste salty!

Note: Do not take enemas or colonics during the Salt Water Flush (or at any time during the Master Cleanse, for that matter). Enemas and colonics cleanse only a portion of the colon,
whereas the Salt Water Flush cleans out the entire digestive tract and is therefore much more effective.

Tips for making the Salt Water Flush easier:

Many find that swallowing the salt water is difficult because of the strong salt flavor and the large volume of liquid. In fact, it’s not uncommon to hear that people feel this is the hardest aspect of doing the Master Cleanse. Nevertheless, it is an important part of the process, so you should try to make it work if at all possible.

Over the years, people have suggested many tips and tricks for making this stage of the Master Cleanse Diet easier. Here are some possible tricks for getting the salt water down with minimal amounts of stress:

Put the salt in the measured water the night before to allow it to dissolve more completely overnight. Gently heat the mixture the next morning. This should make the salt water much more palatable.

Some have found that drinking the entire Salt Water Flush in one long gulp makes it much easier to get it down without gagging.

Others have recommended that you drink your Salt Water Flush in front of a mirror. Watching yourself drink the solution may distract you enough to get the entire drink down quickly.

If you’re not able to drink the entire Salt Water Flush within one or two gulps, sip it more slowly, but be sure to have consumed the entire amount within 15 minutes.

Regardless of which method you choose, just keep two things in mind. First, drinking the salt water too quickly can result in feelings of nausea, so see what works for you. Second, drinking the salt water too slowly will reduce the effectiveness of the flush significantly. For that reason, a good balance is usually recommended.

Effect on kidneys:

Salt water mixed at this concentration has basically the same specific gravity as your blood and therefore will be directed to the colon instead of the kidneys. This is a very healthy practice and there are cultures that drink a tsp. or more of salt in a tall glass of water every morning when they wake up. They are among the healthiest people on the planet.

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Scars

Castor oil is worth two chapters by itself, but it will purge tissue, improve electrical activity in the tissues, drain lymph, and carry out poisons, cathart otherwise stagnant tissue and more. It is “a wonder oil” that dissolves all cysts, tumors and scar tissues. Furthermore, it is very inexpensive, easy to get and safe to use. Every household should have some and every condition should be considered as a candidate for castor oil treatments of some kind.
Searching For God – True Story

Rev. John Powell, a professor at Loyola University in Chicago writes about Tommy, a student in his Theology of Faith class.

Some twelve years ago, I stood watching my university students file into the classroom for our first session in the Theology of Faith.

That was the day I first saw Tommy. My eyes and my mind both blinked. He was combing his long flaxen hair, which hung six inches below his shoulders.

I know that it isn't what's on your head but what's in it that counts; but on that day, I was unprepared and my emotions flipped; I immediately filed Tommy under "S" for strange... very strange.

Tommy turned out to be the "atheist in residence" in my Theology of Faith course. He constantly objected to, smirked at, or whined about the possibility of an unconditionally loving God.

We lived with each other in relative peace for one semester, although I admit he was for me at times a serious pain in the back pew.

When he came up at the end of the course to turn in his final exam, he asked in a cynical tone, "Do you think I'll ever find God?"

I decided instantly on a little shock therapy. "No!" I said very emphatically. "Why not?" he responded, "I thought that was the product you were pushing."

I let him get five steps from the classroom door and then called out, "Tommy! I don't think you'll ever find Him, but I am absolutely certain that He will find you!" He shrugged a little and left my class and my life.

Later, I heard that Tommy had graduated and I was duly grateful. Then a sad report came. I heard that Tommy had terminal cancer. Before I could search him out, he came to see me.

When he walked into my office, his body was very badly wasted and the long hair had all fallen out as a result of chemotherapy. But his eyes were bright and his voice was firm.

"Tommy, I've thought about you so often - I heard you are sick," I blurted out. "Oh yes, very sick; I have cancer in both lungs. It's a matter of weeks." "Can you talk about it, Tom?" I asked. "Sure, what would you like to know?" he replied.

"What's it like to be only twenty-four and dying?" I asked. "Well, it could be worse." he replied. "Like what?" I asked.

"Well, like being fifty and having no values or ideals; like being fifty and thinking that booze, seducing women, and making money are the biggies' in life." he replied.

"But what I really came to see you about", Tom said "is something you said to me on the last day of class." (He remembered!)
He continued, "I asked you if you thought I would ever find God and you said, 'No!' which surprised me. Then you said, 'But He will find you.' I thought about that a lot, even though my search for God was hardly intense at that time."

"But when the doctors removed a lump from my groin and told me that it was malignant, that's when I got serious about locating God. And when the malignancy spread into my vital organs, I really began banging bloody fists against the bronze doors of heaven."

"But God did not come out. In fact, nothing happened. Did you ever try anything for a long time with great effort and with no success? You get psychologically gutted, fed up with trying. And then you quit."

"Well, one day I woke up, and instead of throwing a few more futile appeals over that high brick wall to a God who may be or may not be there, I just quit. I decided that I didn't really care about God, about an afterlife, or anything like that. I decided to spend what time I had left doing something more profitable."

"I thought about you and your class and I remembered something else you had said: "The essential sadness is to go through life without loving. But it would be almost equally sad to go through life and leave this world without ever telling those you loved that you had loved them."

"So, I began with the hardest one, my Dad. He was reading the newspaper when I approached him. "Dad." "Yes, what?" he asked without lowering the newspaper. "Dad, I would like to talk with you." "Well, talk." "I mean. It's really important". The newspaper came down three slow inches. "What is it?" "Dad, I love you. I just wanted you to know that."

Tom smiled at me and said it with obvious satisfaction, as though he felt a warm and secret joy flowing inside of him.

"The newspaper fluttered to the floor. Then my father did two things I could never remember him ever doing before. He cried and he hugged me. We talked all night, even though he had to go to work the next morning. It felt so good to be close to my father, to see his tears, to feel his hug, to hear him say that he loved me."

"It was easier with my mother and little brother. They cried with me, too, and we hugged each other, and started saying real nice things to each other. We shared the things we had been keeping secret for so many years. I was only sorry about one thing; that I had waited so long. Here I was, just beginning to open up to all the people I had actually been close to."

"Then, one day I turned around and God was there. He didn't come to me when I pleaded with Him. I guess I was like an animal trainer holding out a hoop: C'mon, jump through. C'mon, I'll give you three days, three weeks."

"Apparently God does things in His own way and at His own hour. But the important thing is that He was there. He found me! You were right. He found me even after I stopped looking for Him."

"Tommy", I practically gasped: "I think you are saying something very important and much more universal than you realize. To me, at least, you are saying that the surest way to find God is not to make Him a private possession, a problem solver, or an instant consolation in time of need, but rather by opening to love. You know, the Apostle John said, "God is love, and anyone who lives in love is living with God and God is living in him."
"Tom, could I ask you a favor? You know, when I had you in class you were a real pain. But (laughingly) you can make it all up to me now. Would you come into my present Theology of Faith course and tell them what you have just told me? If I told them the same thing it wouldn't be half as effective as if you were to tell it."

"Ooh I was ready for you, but I don't know if I'm ready for your class." "Tom, think about it. If and when you are ready, give me a call."

In a few days, Tom called, said he was ready for the class; that he wanted to do that for God and for me. So we scheduled a date. However, he never made it.

He had another appointment, far more important than the one with my class and me. Of course, his life was not really ended by his death, only changed. He made the great step from faith into vision. He found a life far more beautiful than the eye of man has ever seen or the ear of man has ever heard or the mind of man has ever imagined.

Before he died, we talked one last time. "I'm not going to make it to your class", he said. "I know, Tom." "Will you tell them for me? Will you tell the whole world for me?" "I will, Tom. I'll tell them. I'll do my best."

So, to all of you who have been kind enough to read this simple story about God's love, thank you for listening. And to you, Tommy, somewhere in the sunlit, verdant hills of heaven - I told them, Tommy as best I could.

(This is a true story and is not enhanced for publicity purposes.)

With thanks,

Rev. John Powell, Professor Loyola University in Chicago

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Sexual Dysfunction

Sexual dysfunction includes desire, arousal, orgasmic and sex pain disorders (dyspareunia and vaginismus).

Sexual dysfunction is a nutritional deficiency disease and Affinity was designed specifically to provide the missing nutrition that causes sexual dysfunction. The affinity capsule has 32 ingredients that each has many vitamins, minerals and other natural nutrients.

Gynecologic maladies and cancers (including breast cancer) are also frequent sources of sexual dysfunction, but they too are caused by having too many toxins in the body and not enough minerals and other nutrients.

While research suggests that sexual dysfunction is common (43% of women and 31% of men report some degree of difficulty), it is a topic that many people are hesitant to talk about. Fortunately, most cases of sexual dysfunction are treatable.
The Viagra Company capitalizes on sexual dysfunction to the tune of billions of dollars annually, however the Viagra pill is merely a stimulant and has the same effect as whipping a tired horse to get it to run faster.

Affinity helps activate the glands and balance the hormones that govern healthy sexual function. Affinity provides nutritional support for sexual adequacy, normal libido, sex drive, stamina, vitality, energy, Oxygen levels and circulation of the blood.

Affinity can also help with strengthening the reproductive system and restoring fertility and when combined with Fulvia, will always do its job more efficiently. Fulvia helps eliminate free radicals, toxins and other pathogens that may be the cause of infertility. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Affinity has vitamins A, complete B complexes, C, K, and essential amino acids. It is rich in beta-carotene, iron, magnesium, B-12, phosphorus, potassium, copper, zinc and manganese.

Fulvia is has long been acclaimed for its ability to improve and maintain healthy libido. The minerals, vitamins and phytonutrients found in Fulvia are second to none in helping the body to heal and maintain its health and youthfulness.

Elixir Blast is a great multi-vitamin mineral complex and should also be considered by anyone wanting to maintain vitality and a healthy sexual function.

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**Sinus**

Congestion – including nasal, lung, and upper respiratory – can stop you from breathing properly. Congestion leads to high production of mucus and can clog the nose, throat, sinuses, and lungs. Congestion caused by bacteria can last for months if the bacteria are not destroyed.

To remove congestion, spray Ionic Silver into your nose 1-4 times daily and drink two teaspoons of the liquid twice daily. Inhaling silver 30 minutes daily will help lung congestion.

Congestions can create a poor sleep pattern and lead to decreased immune function. A hot, steamy shower will help you clean out your sinuses and then spray Ionic Silver high into the nostrils once the sinuses are clean. Rinse your mouth with Ionic Silver as well, swallowing the solution when finished.

To fight viruses, Ionic Silver can be taken internally as a liquid, topically as a spray, or inhaled to combat sinus problems. You can expect a noticeable benefit to be felt within the first two hours and significant benefits within the first two days.

A sore throat is generally caused by bacteria, but may also be a result of a virus. To kill the bacteria that cause pus, swollen tonsils, and red spots in the back of your throat, rinse your mouth with one ounce of Ionic Silver for six minutes. Allow a small amount of the solution to trickle down the back of your throat and swallow every 30 seconds. Swallow the remainder when you’re done. Pump Ionic Silver into your nasal cavity as needed for sore throat, congestion, or postnasal drip. Sinuses and throat need to be treated simultaneously so one does not infect the other.
By drinking two tablespoons of Ionic Silver in the morning and night, you can potentially defeat an existing viral infection. Inhaling liquid silver through a nebulizer works best for a viral infection in the lungs or sinuses. Drops can also be placed in your ears, eyes, nose, or throat twice daily.

Skin

Lissome is an anti-aging skin serum. We have a Lissome for men and for women. Lissome will increase the flexibility and elasticity of the skin leaving you looking years younger and you will see a change in your skin within 60-90 days.

Smiles

Smiles are contagious. Have a mirror on your desk. Your smile will be reflected over the phone line.

Smoking

Smoking is on the decline, but some people are still lighting up. Why? The answer is addiction.

When your parents were young, people could buy cigarettes and smoke pretty much anywhere — even in hospitals! Ads for cigarettes were all over the place. Today people are more aware about how bad smoking is for your health. Smoking is now restricted or banned in almost all public places and cigarette companies are no longer allowed to advertise on TV, radio, and in many magazines.

Almost everyone knows that smoking causes cancer, emphysema, and heart disease that can shorten your life by 10 years or more and smoking is a habit that can needlessly cost a smoker thousands of dollars a year.

Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal.

Cigarettes contain more than 4000 chemical compounds and at least 400 toxic substances. Cigarettes burn at 700°C at the tip and around 60°C in the core. This heat breaks down the tobacco to produce various toxins, which are then concentrated towards the butt.

The toxins that are most damaging are:

Tar, a carcinogen (substance that causes cancer)

Nicotine is addictive and increases cholesterol levels in your body

Carbon monoxide reduces oxygen in the body
Components of the gas and particulates cause many diseases including chronic obstructive pulmonary disorder (COPD).

The damage caused by smoking is influenced by:

The number of cigarettes smoked

Whether the cigarette has a filter

How the tobacco has been prepared

The tobacco in many brands of cigarettes is sprayed with embalming fluid (formaldehyde), which turns the harmful substances in the tobacco into a “free base” making them far more addictive and harmful. There are a lot of chemicals at play and it is extremely hazardous to your health. Smoking dried embalming fluid may lead to extra intoxication and addiction, and that is why manufacturers add this substance to the. Embalming fluid is a strong carcinogen and can lead to cancers of the lungs, nose, throat and mouth, and is strong enough that even smelling open formaldehyde can lead to headaches and nausea. Smoking formaldehyde will also damage the tissues of the lungs and throat, and with chronic use will lead to decreased lung function, emphysema and bronchitis like conditions.

Research has shown that smoking reduces life expectancy. On average, each cigarette shortens a smoker's life by around 11 minutes.

Many who die as a result of smoking are comparatively young smokers. The number of people under the age of 70 who die from smoking-related diseases exceeds the total deaths caused by breast cancer, AIDS, traffic accidents and drug addiction.

Cardiovascular disease is the main cause of death due to smoking. Hardening of the arteries is a process that develops over years, when cholesterol and other fats deposit in the arteries, leaving them narrow, blocked or rigid. When the arteries narrow (atherosclerosis), blood clots are likely to form.

Smoking bombards the cells with oxygen radicals that accelerate the hardening and narrowing process in your arteries.

Cardiovascular disease can take many forms depending on which blood vessels are involved. This condition starts earlier and blood clots are two to four times more likely in people who smoke.

Blood clots in the heart and brain are the most common causes of sudden death.

Coronary thrombosis: a blood clot in the arteries supplying the heart, which can lead to a heart attack. (Smoking causes around 30 per cent.)

Cerebral thrombosis: the vessels to the brain can become blocked, which can lead to collapse, stroke and paralysis. Damage to the brain's blood supply is also an important cause of dementia.

If the kidney arteries are affected, the result may be high blood pressure or kidney failure.
Blockage to the vascular supply to the legs may lead to gangrene and amputation.

Smokers tend to develop coronary thrombosis 10 years earlier than non-smokers, and make up 9 out of 10 heart bypass patients.

Smokers are more likely to get cancer than non-smokers. This is particularly true of lung cancer, throat cancer and mouth cancer, which hardly ever affect non-smokers.

Ninety percent of lung cancer cases are due to smoking. If no one smoked, lung cancer would be a rare – only 0.5 per cent who has never smoked a cigarette develops lung cancer.

One in ten moderate smokers and almost one in five heavy smokers (more than 15 cigarettes a day) will die of lung cancer.

The more cigarettes you smoke in a day, and the longer you've smoked, the higher your risk of lung cancer. Similarly, the earlier in life you started smoking and the deeper you inhale, increases the risk.

For ex-smokers, it takes approximately 15 years before the risk of lung cancer drops to the same as that of a non-smoker. Non-smokers and ex-smokers can look forward to a healthier old age than smokers.

If you smoke, the risk of contracting mouth cancer is four times higher than for a non-smoker. Cancer can start in many areas of the mouth, with the most common being on or underneath the tongue, or on the lips.

Other types of cancer that are more common in smokers are:

Bladder cancer

Cancer of the esophagus

Cancer of the kidneys

Cancer of the pancreas

Cervical cancer

Chronic obstructive pulmonary disease (COPD) is a collective term for a group of conditions that block airflow and make breathing more difficult. (Chronic means long term, not severe.) Examples are:

Emphysema – breathlessness caused by damage to the air sacs (alveoli)

Chronic bronchitis – coughing with a lot of mucus that continues for at least three months.

Smoking is the most common cause of COPD and is responsible for 80 per cent of cases.

It's estimated that 94% of “20-a-day” smokers have some emphysema when the lungs are examined after death, while more than 90 per cent of non-smokers have little or none.
COPD typically starts between the ages of 35 and 45 when lung function starts to decline anyway.

Lung damage from COPD is normally permanent, but some people have completely reversed COPD and Black Lung with proper breathing exercises and good nutrition. (See Breathing Exercises)

In smokers, the rate of decline in lung function can be three times the usual rate. As lung function declines, breathlessness begins. Giving up smoking at any stage reduces the rate of decline in lung capacity.

As the condition progresses, severe breathing problems can require hospital care. The final stage is death from slow and progressive breathlessness.

Did you know that a single cigarette can reduce the blood supply to your skin for over an hour? Smoking also makes it harder for gum tissue to repair itself and may lead to gum disease.

Smoking raises blood pressure, which can cause hypertension (high blood pressure) – a risk factor for heart attacks and stroke.

Couples who smoke are more likely to have fertility problems than couples who are non-smokers.

Smoking worsens asthma and counteracts asthma medication by worsening the inflammation of the airways that the medicine tries to ease. (See Allergies / Asthma)

The blood vessels in the eye are sensitive and can be easily damaged by smoke, causing a bloodshot appearance and itchiness. Heavy smokers are twice as likely to get macular degeneration, resulting in the gradual loss of eyesight and smokers run an increased risk of cataracts.

Smokers take 25 per cent more days in sick leave than non-smokers.

Smoking stains your teeth and gums and increases your risk of periodontal disease, which causes swollen gums, bad breath and teeth to fall out.

Smoking causes an acid taste in the mouth and contributes to the development of ulcers.

Smoking also affects your looks: smokers have paler skin and more wrinkles. This is because smoking reduces the blood supply to the skin and lowers levels of B vitamins and vitamin A.

Smoking increases the risk of erectile dysfunction (ED) in men over 30 by about 50%. Erection can't occur unless blood can flow freely into the penis, so these blood vessels have to be in good condition. Smoking can damage the blood vessels and cause them to degenerate. Nicotine narrows the arteries that lead to the penis, reducing blood flow and the pressure of blood in the penis. This narrowing effect increases over time, so if you haven't got problems now, things could change later.
Erection problems in smokers may be an early warning signal that cigarettes are already damaging other areas of the body, such as the blood vessels that supply the heart.

There are many health-related reasons to give up cigarettes – not just for smokers, but to protect those around you. Babies born to mothers who smoke during pregnancy are twice as likely to be born prematurely and with a low birth weight.

The “second-hand” smoke that comes from cigarettes carries a higher risk than directly inhaled smoke. Children who grow up in a home where one or both of their parents smoke have twice the risk of getting asthma and asthmatic bronchitis. They also have a higher risk of developing allergies. Infants under two years old are also more prone to severe respiratory infections and cot death.

As well as reducing your risk of getting a smoking-related illness, there are other benefits to quitting smoking.

General health improves – tiredness and headaches can be linked to smoking

Your sense of taste and smell improve

Your heart will be less strained and work more efficiently

Stopping smoking is the single biggest thing you can do to improve your health, but it's a difficult task. Smokers who are trying to kick their habit may be disappointed to find there's no single quit method that guarantees success.

Smoking is a powerful addiction, and each year people use thousands of methods, from prescription drugs to hypnotherapy, to help them quit. Although weaning the body off of nicotine through the use of patches and gum has become increasingly popular, a number of home remedies favor immediate cessation and then a cleansing of the body. One recipe calls for mixing a teaspoon of cream of tartar into a glass of orange juice once a day. The orange juice helps the body fight the withdrawal, while the cream of tartar starts the nicotine detoxification process.

Fulvia is also a powerful detoxifier and can help remove nicotine residues from the body along with providing minerals that reduce craving. Affinity will provide B vitamins, which will also help remove the desire and Elixer Blast provides vitamin A, which can also be helpful in losing the desire to smoke. Eating a handful of “raw” nuts (with the exception of peanuts) whenever you feel the craving to smoke can also prove helpful.

Prayers to Stop Smoking:

You want to be careful not to say something negative like, “I no longer desire to smoke.” The result will be an increased desire to smoke.

You many say, “My desire to smoke is now gone” or “I now stop smoking” or I am now cigarette free”. Choose the one that resonates with your heart.

First, very clearly visualize refusing a cigarette when offered, or not buying cigarettes when you go to the store - see this with your mind’s eye as if you no longer desire to smoke.
Focus on the feelings of joy, happiness and thankfulness in your abdomen that you have now quit smoking.

Bring the picture from your head and the feelings from your abdomen together in your heart.

Speaking from the center in your heart, say the words you have chosen, clearly and audibly, three or seven times. Maintain your feelings and the picture of receiving your desire throughout the prayer.

End the prayer with “so be it” or “amen” and let the prayer go. You no longer need to think about it throughout the day. Nothing more is required at this point. It is helpful however to focus on the feelings of joy, happiness and thankfulness throughout the day. (See Prayer)

Some people gain weight when they stop smoking. One reason is that food often tastes and smells better. Another reason is because nicotine raises the rate at which your body burns calories, so you burn fewer calories when you stop smoking. However, smoking is a serious health risk, and quitting is more important than possible weight gain. Tobacco quickly burns up many minerals and B vitamins and vitamin A in the body. The minerals in Fulvia and the B Vitamins found in Affinity, Elixir Blast and Aerobia may help reduce the desire for tobacco, as well as increase metabolism and reduce the craving for food, thereby preventing weight gain. Eating raw nuts, with the exception of peanuts, may also help reduce the desire to smoke and the craving for food.

Sore Throat

A sore throat is generally caused by bacteria, but may also be a result of a virus. To kill the bacteria that cause pus, swollen tonsils, and red spots in the back of your throat, rinse your mouth with one ounce of Ionic Silver for six minutes. Allow a small amount of the solution to trickle down the back of your throat and swallow every 30 seconds. Swallow the remainder when you’re done. Pump Ionic Silver into your nasal cavity as needed for sore throat, congestion, or postnasal drip. Sinuses and throat need to be treated simultaneously so one does not infect the other.

Spleen

Your spleen is an organ above your stomach and under your ribs on your left side. It is about as big as your fist.

The spleen is part of your lymphatic system and has some important functions involving blood cells within the body.

It controls the amount of blood in your body and helps keep your bodily fluids in balance.

It filters blood and removes old and damaged red blood cells, bacteria, and other particles as they pass through the maze of blood vessels within the spleen.

It produces lymphocytes, a type of white blood cell that produces antibodies, fights germs and assists immune system.
Certain diseases might cause your spleen to swell. You can also damage or rupture your spleen in an injury, especially if it is already swollen. If your spleen is too damaged, you might need surgery to remove it. You can live without a spleen, however, your body will lose some of its ability to fight infections.

Affinity supports a healthy spleen and when combined with Fulvia, will always do its job more efficiently. Fulvia also eliminates free radicals, toxins and other pathogens that may be the cause of inflammation and swelling of the spleen. Regular use of Fulvia can also strengthen the immune system, helping to ward off every known disease-causing organism.

Sports Performance

Regularly taking Fulvia, Affinity, Elixir Blast and Aerobia can greatly enhance workouts and increase sports performance.

(Also See Breathing Exercises)

Stress

Are too many pressures and demands on you? Are you losing sleep worrying about work, school or overdue bills? Eating on the run because your schedule is just too busy? You're not alone. Everyone experiences stress at times — adults, teens, and even kids. But there are ways to minimize stress and manage the stress that's unavoidable.

Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time.

But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse.

If you don't know how to control the stress, you will likely become moody, tense, or depressed. Your relationships may suffer and your performance at important activities may suffer.

Stress is created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

Stress can be caused from a variety of situations including outright physical danger to making a class presentation or taking a semester's worth of your toughest subject.

The human body responds to stressors by activating the nervous system and specific hormones. The hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortisol and release them into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism.
Blood vessels open wider to let more blood flow to large muscle groups, putting our muscles on alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy. And sweat is produced to cool the body. All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment.

When working properly, the body's stress response enhances a person's ability to perform well under pressure. But the stress response can also cause problems when it overreacts or fails to turn off and reset itself properly. Stress can burn out the adrenal glands leading to chronic fatigue and other health problems.

The stress response (also called the fight or flight response) is critical during emergency situations, such as when a driver has to slam on the brakes to avoid an accident. It can also be activated in a milder form at a time when the "pressure" is on but there's no actual danger, like stepping up to take a foul shot that could win the basketball game, getting ready for a business presentation, or sitting down for a final exam. A little of this stress can help keep you on your toes, ready to rise to a challenge and the nervous system quickly returns to its normal state, standing by to respond again when needed.

But stress doesn't always happen in response to things that are immediate or that are taken care of quickly. Ongoing or long-term events, like coping with a divorce or moving to a new neighborhood or school, and money worries can cause stress, too.

Long-term stressful situations can produce a lasting, low-level stress that's hard on people. The nervous system senses continued pressure and may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leaving a person feeling exhausted or overwhelmed, weakening the body's immune system, and causing other problems.

When toxins overload the body, disease causing microorganisms grow at an alarming rate. The protocol for anxiety then is to kill harmful microorganisms by taking 1-2 teaspoons of Ionic Silver twice daily.

Toxins also put undue stress on the organs of elimination. It is then important to eliminate toxins that are causing stress. Neutra-Cleanse helps clean the intestinal tract, which is very important. Fulvia, Affinity and Elixir Blast also provide important nutrients that can help eliminate toxins while getting at the root of underlying the nutritional deficiency of Anxiety as well.

Shallow breathing is often related to stress, and tight clothing coupled with a lifetime spent rushing to and fro, sitting hunched over desks and working or playing on computers produces stress. Proper breathing plays an important part in reducing stress. (See Breathing Exercises)

The mechanics of breathing determine oxygen supply. Shallow chest breathing gives rise to oxygen deficiencies, as there are very few blood vessels surrounding the upper lobes of the lungs. Most of the blood vessels surround the lower lobes of the lung. Deep, abdominal breathing is the answer to optimum oxygen levels.

Finally, stress burns up minerals and other nutrients in the body, much the same way that a car burns gasoline when you continually have the gas pedal to the metal.
If you are running faster than you can without catching up, like a dog chasing its own tail, then you need to take a close look at your diet and increase the supplements that you are taking. Fast food, typical caffeinated energy drinks, soda pop, chip and candy bars only serve to increase physical stress, which increases the mental stress you are dealing with. (See Diet)

B Vitamins are extremely important when dealing with Stress. Affinity, Elixer Blast and Aerobia all contain B Vitamins and if you drink those “dangerous” energy drinks, you might consider switching to Aerobia.

Neither can the body handle stress without plenty of minerals. Fruits and vegetables today only have 15-20 minerals. Fulvia provides 85 + minerals from an ancient plant source. There is no other mineral supplement to equal Fulvia and in my opinion should be the foundation of all “supplement” programs.

Reaction to stress creates a “feeling” that you are sinking or losing. You can learn not to react to stress and at the same time tune your heart to higher frequencies, which will begin to attract to you more money, better relationships and a more relaxed lifestyle.

I have written chapters on Joy, Faith and Prayer to name a few, that can give you an entirely new outlook on life and by practicing these principles you will become a different person and will begin to look at things from the inside out and not from the outside in.

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**Stroke**

How to Identify a Stroke - Written by a Nurse:

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die.... they end up in a helpless, hopeless condition instead.

It only takes a minute...

A neurologist says that if he can get to a stroke victim within 3 hours he can “totally” reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Remember the first three letters of stroke - STR.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.
Now doctors say a bystander can recognize a stroke by asking three simple questions:

Smile - Ask the individual to SMILE.

Talk - Ask the person to TALK (COHERENTLY SPEAK A SIMPLE SENTENCE) like “It is sunny out today.”

Raise - Ask him or her to RAISE BOTH ARMS.

Out – Ask him or her to STICK OUT HIS OR HER TONGUE

If he or she has trouble with ANY ONE of the first three tasks, call 999/911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke -- Stick out Your Tongue

NOTE: Ask the person to ‘stick’ out his tongue. If the tongue is ‘crooked’, if it goes to one side or the other, that is also an indication of a stroke.

A Needle Can Save The Life Of A Stroke Victim – Chinese Professor Irene Liu

Keep a syringe or needle in your home to do this. Although perhaps unconventional, this is an amazing way of helping someone recover from stroke.

When stroke strikes, the capillaries in the brain will gradually burst. When a stroke occurs, stay calm. No matter where the victim is, do not move him/her. Because, if moved, the capillaries will burst. Help the victim to sit up where he/she is to prevent him/her from falling over again and then the bloodletting can begin.

If you have in your home an injection syringe that would be the best. Otherwise, a sewing needle or a straight pin will do.

1. Place the needle or pin over a flame to sterilize it and then use it to prick the tip of all 10 fingers.

2. There are no specific acupuncture points, just prick about an mm from the fingernail.

3. Prick till blood comes out.

4. If blood does not start to drip, then squeeze with your fingers.

5. When all 10 digits are bleeding, wait a few minutes then the victim will regain consciousness.

6. If the victim’s mouth is crooked, then pull on his ears until they are red.

7. Then prick each earlobe twice until two drops of blood come from each earlobe.

After a few minutes the victim should regain consciousness.
Wait till the victim regains his normal state without any abnormal symptoms then take him to the hospital. Otherwise, if he was taken in the ambulance in a hurry to the hospital, the bumpy trip will cause all the capillaries in his brain to burst.

If he could save his life, barely managing to walk, then it is by the grace of his ancestors.

'I learned about letting blood to save life from Chinese traditional doctor, Ha Bu Ting, who lives in Sun Juke.

Furthermore, I have had practical experience with it. Therefore, I can say this method is 100% effective.

In 1979, I was teaching in Fung Gaap College in Tai Chung. One afternoon, I was teaching a class when another teacher came running to my classroom and said in panting,

'Ms Liu, come quick, our supervisor has had a stroke!' I immediately went to the 3rd floor. When I saw our supervisor, Mr. Chen Fu Tien, his color was off, his speech was slurred, his mouth was crooked - all the symptoms of a stroke. I immediately asked one of the students to go to the pharmacy to buy a syringe, which I used to prick Mr. Chen's 10 fingers tips. When all 10 fingers were bleeding (each with a pea-sized drop of blood), after a few minutes, Mr. Chen's face regained its color and the life returned to his eyes, but his mouth was still crooked, so I pulled on his ears to fill them with blood.

When his ears became red, I pricked his right earlobe twice to let out two drops of blood. When both earlobes each had two drops of blood, a miracle happened. Within 3-5 minutes the shape of his mouth returned to normal and his speech became clear.

We let him rest for a while and have a cup of hot tea, then we helped him go down the stairs, drove him to Wei Wah Hospital. He rested one night and was released the next day to return to school to teach. Everything worked fine.

There were no ill after effects. On the other hand, the usual stroke victim usually suffers irreparable bursting of the brain capillaries on the way to the hospital.

As a result, these victims never recover. Therefore, stroke is the second cause of death. The lucky ones will stay alive but can remain paralyzed for life. It is such a horrible thing to happen.

If we can all remember this bloodletting method and start the lifesaving process immediately, in a short time, the victim will be revived to 100% normality.

If you get stroke victims in hyperbaric oxygen within 5 hours, there will be no permanent effects. Breathing Exercises can actually put more oxygen into the blood faster than a hyperbaric treatment. Doing these exercises would prevent most strokes and if done immediately after having a stroke, may prevent any permanent damage.
Stuttering

A common mineral deficiency among people who stutter is manganese in which case Elixer Blast and Fulvia may help.

Sugar

Sugar Kills:

Evidence is mounting that sugar is the primary factor causing not just obesity, but also chronic and lethal disease. There's really no doubt anymore that sugar is indeed toxic to your body, and it's only a matter of time before it will be commonly accepted as a causative factor of most cancer, in the same way as we accept that smoking and alcohol abuse are direct causes of lung cancer and cirrhosis of the liver.

Dr. Robert Lustig, Professor of Pediatrics in the Division of Endocrinology at the University of California, San Francisco, is one of the leading experts on childhood obesity, and has been a pioneer in decoding sugar metabolism. His work has highlighted the major differences in how different sugars are broken down and used by the human body.

For the first time in history, "lifestyle" diseases; diabetes, heart disease, and some cancers are killing more people than communicable diseases and treating these entirely preventable illnesses costs more than one-seventh of the U.S. GDP.

So it stands to reason that simply preventing these diseases could save the US health care system around one trillion dollars a year!

How do we prevent them? By putting an end to the “insane” over-consumption of sugar.

A New York Times article discussed the dramatic health care savings promised by healthier lifestyle habits and diet:

"The many numbers all point in the same direction. Look at heart disease: The INTERHEART study of 30,000 men and women in 52 countries showed that at least 90 percent of heart disease is lifestyle related; a European study of more than 23,000 Germans showed that people with healthier lifestyles had an 81 percent lower risk.

And yes, we definitely know that people will buy anything that's marketed well. Unfortunately, our current food industry doesn't support a switch to whole, healthy foods. The food industry simply will not change without a fierce fight. Processed foods are HUGE business with great profit margins.

They have NO incentive whatsoever to switch to selling and marketing whole foods unless the market absolutely demands it. I believe the current situation can change, but only if enough people understand the simple truths of healthy eating and refuse to buy sugar-laden processed foods. Dr. David Ludwig, a Harvard-affiliated pediatrician, wrote a commentary in JAMA, offering concrete suggestions to turn this disease-producing diet trend around, such as:
Restructuring subsidies

Regulating the marketing of food to children

Adequately funding school lunch programs

Using existing and future technologies to allow the food industry to retain profits while producing more healthful products

Those are all good suggestions, but while politicians debate and search for their moral compasses, I suggest you do your own homework and change your own diet. At least that way you won't be part of these sad disease statistics.

The Primary Reason Why Sugar is Such a Pernicious Toxin:

Many conventional diet "experts" have strongly disagreed with Dr. Lustig. They contend that sugar in fruits and table sugar in moderation are just fine and part of a normal "healthy" diet.

What they completely fail to appreciate is the obvious fact that should be hitting “every” expert square between the eyes. Fructose is the “number one” source of calories in the US. It is shocking that these supposedly “intelligent experts” fail to understand that, especially in light of the carefully elucidated biochemistry that Dr. Lustig reviews.

The central issue is that fructose is so cheap; it is used in virtually all processed foods. If one were able to keep their total fructose to below 25 grams per day, then it would not be an issue. But although it is theoretically possible, precious few people are doing that.

Remember the average person is consuming 1/3 of a pound of sugar EVERY DAY which is five ounces or 150 grams, half of which is fructose or 300% more than the amount that will trigger biochemical havoc. Remember that is the average; many consume more than twice that amount.

The moment I first saw Dr. Lustig’s presentation nearly two years ago, I knew he was right. It has given me the foundation and courage to come out even stronger on this issue.

People must be made aware that they can change their eating habit and avoid this toxin.

Sugar Consumption Fuels Disease Rates:

It's important to realize that when we talk about "sugar," ALL sugars are included. So when you're evaluating your sugar consumption, you can't stop counting once you've accounted for the number of spoons of table sugar you've added to foods and beverages. You must also include all other types of sweeteners, such as corn-based sweeteners like high fructose corn syrup (HFCS), honey, and agave.

As you probably know, obesity and diabetes rates have dramatically increased in the past 30 years. These increases dovetail nicely with a profound increase in sugar/fructose consumption with the advent of inexpensive HFCS, which is now found in virtually ALL processed foods. The prevalence of added HFCS in foods and beverages is now so great that the single largest source of calories for Americans comes from fructose.
It's loaded into your soft drinks, fruit juices, sports drinks, and hidden in most processed foods; from bologna to pretzels to Worcestershire sauce to cheese spread. Even most infant formulas contain the sugar equivalent of one 16 oz. Coca-Cola!

To put the US sugar consumption into further perspective, based on USDA estimates, the average American consumes 12 teaspoons of sugar a day, which equates to about TWO TONS of sugar during their lifetime!

Is it any wonder that the United States is the fattest of 33 countries, with a whopping 70 percent of Americans crowding into the overweight category, according to a report by the Organization for Economic Co-Operation and Development? (OECD)

There can be no doubt whatsoever that this is a direct result of excessive sugar consumption, and the fact that this sugar-rich diet fuels a number of deadly diseases is obvious, yet conventional medicine keeps ignoring the basics, seeking to find magic solutions in the form of a pill.

Do yourself and your family a huge favor, and educate yourself on the health effects of sugar, because the truth is, simply making this ONE lifestyle change of drastically reducing sugar consumption is the "miracle cure" everyone is looking for!

Do you have any idea how much sugar you consume every day?

The Western diet is associated with increased rates of obesity, diabetes, heart disease, hypertension, and cancer, yet the conventional paradigm is extremely reluctant to accept that it is the sugar content of this diet that is the primary culprit! Doctors and health officials alike are still trying to make you think that you can have your cake and eat it too, as long as it's in moderation.

The point is, it is impossible to eat a diet consisting primarily of processed foods and stay within the bounds of moderation!

Cutting out a few desserts will barely make a dent if you're eating a "standard American diet." In fact, various foods and beverages contain far more sugar than a glazed doughnut. Take Vitamin Water, for example. One 20 oz. bottle contains 33 grams of sugar, which equates to THREE Krispy Kreme glazed doughnuts! Another common lunch staple for many kids is Oscar Mayer Lunchables, but just one box of crackers with processed turkey and American cheese contains 36 grams of sugar. It's like sending them off to school with three-and-a-half doughnuts.

Unfortunately, the Institute of Medicine (IOM) still has not been able to come up with any sort of guidelines on sugar consumption. They acknowledge that there's plenty of research incriminating sugar in increasing disease rates, but they have yet to nail down any recommendations for upper limits.

If you look at historical data, back in the 1700's, the average person consumed a mere 4 pounds of sugar per year. By the 1800's it had increased to about 18 pounds a year. The primary difference is that they didn't have processed foods back then, so you didn't get 36 grams of added HFCS in your cracker and cheese lunch.
Hence, the answer the sugar over-consumption dilemma should be obvious, but I'll spell it out anyway: Return to a diet of natural, whole foods and avoid all processed foods and sweetened beverages!

Sugar Turns to Fat and Destroys Your Health:

We now know that fructose elevates uric acid, which decreases nitric oxide, raises angiotensin, and causes your smooth muscle cells to contract, thereby raising your blood pressure and potentially damaging your kidneys. Increased uric acid also leads to chronic, low-level inflammation, which has far-reaching consequences for your health.

For example, chronically inflamed blood vessels lead to heart attacks and strokes, and a good deal of evidence exists that many cancers are caused by chronic inflammation.

There are more than 3,500 articles showing a strong relationship between uric acid and obesity, heart disease, hypertension, stroke, kidney disease, and other conditions. In fact, a number of studies have confirmed that people with elevated serum uric acid are at risk for high blood pressure, even if they otherwise appear to be perfectly healthy.

Uric acid levels among Americans have risen significantly since the early half of the 20th Century. In the 1920s, average uric acid levels were about 3.5 ml/dl. By 1980, average uric acid levels had climbed into the range of 6.0 to 6.5 ml/dl and are probably much higher now. When your uric acid level exceeds about 5.5 mg per dl, you have an increased risk for a host of diseases, including:

Hypertension
Kidney disease
Insulin resistance, obesity, and diabetes
Fatty liver
Elevated triglycerides, elevated LDL, and cardiovascular disease
For pregnant women, even preeclampsia

This is why I am so passionate about educating you about the dangers of sugar, particularly fructose! I am thoroughly convinced it’s one of the leading causes of disease and needless suffering from poor health and premature death.

Sugar and especially fructose, leads to insulin resistance, which is not only an underlying factor of type 2 diabetes and heart disease, but also many cancers. Researchers from the World Health Organization's International Agency for Research on Cancer have reported that those who are obese and/or diabetic are at greater risk of cancer.

They trick your body into gaining weight by fooling your metabolism, as it turns off your body's appetite-control system. Fructose does not appropriately stimulate insulin, which in turn does not suppress ghrelin (the "hunger hormone") and doesn't stimulate leptin (the "satiety hormone"), which together result in your eating more and developing insulin resistance.
Fructose rapidly leads to weight gain and abdominal obesity ("beer belly"), decreased HDL, increased LDL, elevated triglycerides, elevated blood sugar, and high blood pressure or classic metabolic syndrome.

Fructose metabolism is very similar to ethanol metabolism, which has a multitude of toxic effects, including NAFLD (non-alcoholic fatty liver disease). It's alcohol without the buzz.

Sugar is linked to Cancer:

The factor that links obesity, diabetes, and cancer is insulin resistance.

According to Lewis Cantley, director of the Cancer Center at Beth Israel Deaconess Medical Center at Harvard Medical School, as much as 80 percent of all cancers are "driven by either mutations or environmental factors that work to enhance or mimic the effect of insulin on the incipient tumor cells," Gary Taubes reports:

"As it was explained to me by Craig Thompson, who has done much of this research and is now president of Memorial Sloan-Kettering Cancer Center in New York, the cells of many human cancers come to depend on insulin to provide the fuel (blood sugar) and materials they need to grow and multiply. Insulin and insulin-like growth factor (and related growth factors) also provide the signal, in effect, to do it.

Some cancers develop mutations that serve the purpose of increasing the influence of insulin on the cell; others take advantage of the elevated insulin levels that are common to metabolic syndrome, obesity and type 2 diabetes. The more insulin, the better cancers thrive.

Thompson believes that many pre-cancerous cells would never acquire the mutations that turn them into malignant tumors if they weren't being driven by insulin to take up more blood sugar and metabolize it."

Some cancer centers, such as the Cancer Centers of America, have fully embraced this knowledge and place their patients on strict low-sugar, low-grain diets. But conventional medicine in general has been woefully lax when it comes to highlighting the health dangers of this additive.

It's quite clear that if you want to avoid cancer, or are currently undergoing cancer treatment, you absolutely MUST avoid all forms of sugar!

Not All Calories are Created Equal:

As described in Taube's brilliant New York Times article, a calorie from glucose, such a potato or bread, is vastly different from a calorie from sugar (which is a 50/50 mix of glucose and fructose, or in the case of high fructose corn syrup, a 45/55 mix.) This is because they are metabolized differently and affect your body in different ways.

Fructose (whether from regular sugar of HFCS) is metabolized primarily by your liver; where glucose is metabolized in every cell of your body. Making matters worse, when you consume fructose in liquid form, such as soda, the effect is faster and also magnified.

Your liver converts the majority of this fructose into FAT.
Additionally, since all sugars raise your insulin levels, you eventually end up with insulin resistance. In response, your pancreas starts releasing higher amounts of insulin in an effort to curb your rising blood sugar levels. Eventually, your pancreas loses the battle; your blood sugar levels keep rising, and you end up with full-blown diabetes.

You've now also laid the groundwork for hypertension, heart disease, and cancer, just to name a few.

What about Healthy Fruit? As a standard recommendation, I strongly advise keeping your TOTAL fructose consumption below 25 grams per day, which means for most people it would also be wise to limit your fructose from fruit to 15 grams or less, as you're virtually guaranteed to consume "hidden" sources of fructose if you drink beverages other than water and eat any processed food. Remember, the average 12-ounce can of soda contains 40 grams of sugar, at least half of which is fructose, so one can of soda ALONE would exceed your daily allotment.

Fifteen grams of fructose is not much. It represents two bananas, one-third cup of raisins, or two dates. In his book, The Sugar Fix, Dr. Johnson includes detailed tables showing the content of fructose in different foods; an information base that isn't readily available when you're trying to find out exactly how much fructose is in various foods. I encourage you to pick up a copy of this excellent resource.

Here's a quick reference list of some of the most common fruits that you can use to help you count your fructose grams: (Sorted by Grams of Fructose)

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Serving Size</th>
<th>Grams of Fructose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limes</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>Lemons</td>
<td>1 medium</td>
<td>0.6</td>
</tr>
<tr>
<td>Cranberries</td>
<td>1 cup</td>
<td>0.7</td>
</tr>
<tr>
<td>Passion fruit</td>
<td>1 medium</td>
<td>0.9</td>
</tr>
<tr>
<td>Prune</td>
<td>1 medium</td>
<td>1.2</td>
</tr>
<tr>
<td>Apricot</td>
<td>1 medium</td>
<td>1.3</td>
</tr>
<tr>
<td>Guava</td>
<td>2 medium</td>
<td>2.2</td>
</tr>
<tr>
<td>Date (Deglet Noor style)</td>
<td>1 medium</td>
<td>2.6</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>1/8 of med. melon</td>
<td>2.8</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
<td>3</td>
</tr>
<tr>
<td>Clementine</td>
<td>1 medium</td>
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</tr>
<tr>
<td>Kiwifruit</td>
<td>1 medium</td>
<td>3.4</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 cup</td>
<td>3.5</td>
</tr>
<tr>
<td>Star fruit</td>
<td>1 medium</td>
<td>3.6</td>
</tr>
<tr>
<td>Cherries, sweet</td>
<td>10</td>
<td>3.8</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>3.8</td>
</tr>
<tr>
<td>Fruit</td>
<td>Serving Size</td>
<td>Calories</td>
</tr>
<tr>
<td>------------------------------</td>
<td>--------------</td>
<td>----------</td>
</tr>
<tr>
<td>Cherries, sour</td>
<td>1 cup</td>
<td>4</td>
</tr>
<tr>
<td>Pineapple</td>
<td>1 slice (3.5&quot; x .75&quot;)</td>
<td>4</td>
</tr>
<tr>
<td>Grapefruit, pink or red</td>
<td>1/2 medium</td>
<td>4.3</td>
</tr>
<tr>
<td>Boysenberries</td>
<td>1 cup</td>
<td>4.6</td>
</tr>
<tr>
<td>Tangerine/mandarin orange</td>
<td>1 medium</td>
<td>4.8</td>
</tr>
<tr>
<td>Nectarine</td>
<td>1 medium</td>
<td>5.4</td>
</tr>
<tr>
<td>Peach</td>
<td>1 medium</td>
<td>5.9</td>
</tr>
<tr>
<td>Orange (navel)</td>
<td>1 medium</td>
<td>6.1</td>
</tr>
<tr>
<td>Papaya</td>
<td>1/2 medium</td>
<td>6.3</td>
</tr>
<tr>
<td>Honeydew</td>
<td>1/8 of med. melon</td>
<td>6.7</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>7.1</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
<td>7.4</td>
</tr>
<tr>
<td>Date (Medjool)</td>
<td>1 medium</td>
<td>7.7</td>
</tr>
<tr>
<td>Apple (composite)</td>
<td>1 medium</td>
<td>9.5</td>
</tr>
<tr>
<td>Persimmon</td>
<td>1 medium</td>
<td>10.6</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1/16 med. melon</td>
<td>11.3</td>
</tr>
<tr>
<td>Pear</td>
<td>1 medium</td>
<td>11.8</td>
</tr>
<tr>
<td>Raisins</td>
<td>1/4 cup</td>
<td>12.3</td>
</tr>
<tr>
<td>Grapes, seedless (green or red)</td>
<td>1 cup</td>
<td>12.4</td>
</tr>
<tr>
<td>Mango</td>
<td>1/2 medium</td>
<td>16.2</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>1 cup</td>
<td>16.4</td>
</tr>
<tr>
<td>Figs, dried</td>
<td>1 cup</td>
<td>23</td>
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What About Xylitol? Xylitol is a sweetener of a type known as a sugar alcohol, or polyol. Sugar alcohols are not as sweet as sugar and they contain fewer calories. One reason that sugar alcohols provide fewer calories than sugar is because they are not completely absorbed into your body. Because of this, eating many foods containing sugar alcohols can lead to abdominal gas and diarrhea.

Sugar alcohols including xylitol, do not make “sugar free” foods calorie free. If foods containing sugar alcohols are eaten in large enough quantities, the calories can be comparable to sugar-containing foods. As with all foods, you need to carefully read the food labels for calorie and carbohydrate content, regardless of any claims that the food is sugar-free or low-sugar.

Maltitol, a commonly used sugar alcohol, spikes blood sugar almost as much as a starchy new potato. Xylitol, in comparison, does not spike blood sugar much at all. Pure xylitol also does not usually produce the gas or bloating associated with other sugar alcohols.
In moderation, some sugar alcohols can be a better choice than highly refined sugar or high fructose corn syrup. Of the various sugar alcohols, xylitol is one of the best. When it is pure, the potential side effects are minimal, and it actually comes with some benefits such as fighting tooth decay. All in all, I would say that xylitol is reasonably safe, and potentially even a mildly beneficial sweetener.

Protect Your Health and Avoid Cancer, Starting Today:

It should be abundantly clear that preventing chronic disease such as diabetes, heart disease and cancer requires lifestyle changes, and cutting out sugar in all its forms is an essential element.

The good news is that this is something YOU can do right now; no doctor's visit or prescription required.

Ideally, I recommend that you keep your fructose consumption below 25 grams a day. This includes ALL sources, from beverages to condiments, including the fructose you get from whole fruits. This is especially important if you are overweight or have diabetes, high cholesterol, or high blood pressure.

The easiest way to dramatically reduce your fructose consumption is to avoid sweetened drinks, including fruit juices, and processed foods of all kinds. This will require you to spend a little more time in the kitchen preparing and cooking your meals from scratch, using whole ingredients, but it will be one of the best investments you could possibly make!

If you’re in the habit of adding sugar to your coffee or tea, try using stevia instead. Many complain about a bitter aftertaste with stevia, but this is typically related to the processing. I find that most people enjoy the liquid stevias like French Vanilla or English Toffee that only require a few drops to sweeten a drink. Alternatively, you could use Lo Han or pure glucose (dextrose) as a sweetener. It costs about $1 a pound and does not cause the adverse biochemical disasters that fructose does.

It is only 70 percent as sweet as sucrose though, so you'll end up using a bit more of it for the same amount of sweetness, making it slightly more expensive than sucrose, but still well worth it for your health as it has ZERO grams of fructose. Glucose can be used directly by every cell in your body and as such is far safer than the metabolic poison fructose.

Switching to cane sugar, honey, date sugar, coconut sugar, brown rice syrup, fruit juice, molasses, maple syrup, sucanat, sorghum, turbinado or agave syrup will NOT ameliorate any of the risks as they all contain HIGH amounts of fructose. Agave is probably the worst of the bunch as it can be as high as 90% fructose. Commercial fruit juices come a close second as they are high in methanol that can contribute to MS, just like aspartame. Also, do not make the mistake of switching to artificial sweeteners as they can damage your health even more quickly than fructose.

Bottom line, if you want to RADICALLY reduce, and in many cases virtually eliminate your risk of Cancer, Heart Disease, Obesity, Diabetes and Alzheimer's, then start getting VERY serious about restricting the level of fructose to no more than 25 grams per day. If you already have any of these diseases or are at high risk of any of them, then you are probably better off by cutting that to 10-15 grams per day.
Remember, I am a fanatic about exercise, especially Breathing Exercises, but exercise will NOT compensate for fructose use.

So, if you haven’t done so already PLEASE get VERY serious about restricting fructose as there is no doubt in my mind when it is consumed in quantities over 25 grams per day it will rapidly accelerate your path towards chronic degenerative disease.

Teeth

(See Mouth)

The Race – A Poem

Attributed to Dr. D.H. "Dee" Groberg

Whenever I start to hang my head in front of failure’s face,  
my downward fall is broken by the memory of a race.  
A children’s race, young boys, young men; how I remember well,  
excitement sure, but also fear, it wasn’t hard to tell.  
They all lined up so full of hope, each thought to win that race  
or tie for first, or if not that, at least take second place.  
Their parents watched from off the side, each cheering for their son,  
and each boy hoped to show his folks that he would be the one.  
The whistle blew and off they flew, like chariots of fire,  
to win, to be the hero there, was each young boy’s desire.  
One boy in particular, whose dad was in the crowd,  
was running in the lead and thought, “My dad will be so proud.”  
But as he speeded down the field and crossed a shallow dip,  
the little boy who thought he’d win, lost his step and slipped.  
Trying hard to catch himself his arms flew everyplace,  
and midst the laughter of the crowd he fell flat on his face.  
As he fell, his hope fell too; he couldn’t win it now.  
Humiliated, he just wished to disappear somehow.  
But as he fell his dad stood up and showed his anxious face,  
which to the boy so clearly said, “Get up and win that race!”

He quickly rose, no damage done, behind a bit that’s all,  
and ran with all his mind and might to make up for his fall.  
So anxious to restore himself, to catch up and to win,  
his mind went faster than his legs. He slipped and fell again.  
He wished that he had quit before with only one disgrace.  
“I’m hopeless as a runner now, I shouldn’t try to race.”

But through the laughing crowd he searched and found his father’s face  
with a steady look that said again, “Get up and win that race!”

So he jumped up to try again, ten yards behind the last.  
“If I’m to gain those yards,” he thought, “I’ve got to run real fast!”

Exceeding everything he had, he regained eight, then ten...  
but trying hard to catch the lead, he slipped and fell again.  
Defeat! He lay there silently. A tear dropped from his eye.
“There’s no sense running anymore! Three strikes I’m out! Why try? I’ve lost, so what’s the use?” he thought. “I’ll live with my disgrace.”
But then he thought about his dad, who soon he’d have to face.
“Get up,” an echo sounded low, “you haven’t lost at all, for all you have to do to win is rise each time you fall.
Get up!” the echo urged him on, “Get up and take your place! You were not meant for failure here! Get up and win that race!”
So, up he rose to run once more, refusing to forfeit, and he resolved that win or lose, at least he wouldn’t quit.
So far behind the others now, the most he’d ever been, still he gave it all he had and ran like he could win.
Three times he’d fallen stumbling, three times he rose again.
Too far behind to hope to win, he still ran to the end.
They cheered another boy who crossed the line and won first place, head high and proud and happy -- no falling, no disgrace.
But, when the fallen youngster crossed the line, in last place, the crowd gave him a greater cheer for finishing the race.
And even though he came in last with head bowed low, un-proud, you would have thought he’d won the race, to listen to the crowd.
And to his dad he sadly said, “I didn’t do so well.”
“To me, you won,” his father said. “You rose each time you fell.”
And now when things seem dark and bleak and difficult to face, the memory of that little boy helps me in my own race.
For all of life is like that race, with ups and downs and all.
And all you have to do to win is rise each time you fall.
And when depression and despair shout loudly in my face, another voice within me says, “Get up and win that race!”

Thoughts

I hold it true that thoughts are things
They’re endowed with bodies, breath and wings
And that we send them forth to fill
The world with good results, or ill
That which we call our secret thought
Speeds forth to earth’s remotest spot
Leaving its blessings or its woes
Like tracks behind it as it goes.
We build our future thought by thought
For good or ill, yet know it not
Yet, so the universe was wrought
Thought is another name for fate
Choose, then, thy destiny and wait
For love brings love and hate brings hate

~ Henry Van Dyke

I Believe... That it isn’t always enough, to be forgiven by others; sometimes you have to learn to forgive yourself.
I Believe... That no matter how good a friend is, they're going to hurt you every once in a while and you must learn to forgive them too.

I Believe... That two people can look at the exact same thing and see something totally different.

I Believe... That just because two people argue, it doesn't mean they don't love each other.

I Believe... That no matter how badly your heart is broken, it is still possible to forgive and make up.

I Believe... That true friendship continues to grow, even over the longest distance.

I Believe... That you don't have to change friends, if you understand that you can change yourself.

I believe... That the people you love the most will sometimes hurt you the most.

I Believe... That your life can be changed forever by how you react to that hurt.

I Believe.... That sometimes when you're angry you have the right to be angry, but that you should not choose to be angry, but instead show kindness and forgiveness.

I Believe... That maturity has more to do with how you react to experiences you've had and what you've learned from them and less with how many birthdays you've celebrated.

I Believe... That your background and circumstances may have influenced who you are; you are however responsible for what you have become and also for what you do, no matter how you feel.

I Believe.... That what you think of yourself doesn't make you a decent human being.

I Believe... That either you control your attitude or it controls you.

I believe... That happiness is not found in trying to control others, but in learning to control oneself.

I Believe... That you shouldn't be so eager to find fault in another; you will see more clearly and be more forgiving as you achieve perfection yourself.

I Believe... That no matter how much you believe that another person is to blame, if you look closely enough, you can always find some faults in yourself.

I Believe... That no matter how minuscule you believe your sins to be, that you are still not worthy to throw the first stone.

I Believe... That even when you have achieved perfection, you shouldn't throw stones at others.

I Believe... That you can do something in an instant that will give you heartache for the rest of your life.
I Believe... That the people you care about most in life are taken from you too soon.

I Believe... That you should always leave loved ones with kind words. It may be the last time you see them.

_______________________________________________________________________

**Thyroid**

Underactive thyroid is a major cause of all disease. Even though blood tests may indicate that the thyroid is normal, eighty percent of Americans suffer from an underactive thyroid.

Symptoms include loss of hair, puffy face, swollen tongue, weight gain, fatigue, brain fog, dry skin, eczema, candida, diabetes, constipation arthritis and cancer.

The thyroid gland is the major gland for the hormone system of the body. Damage to this gland can result in lack of energy, too much energy, weight gain, or weight loss. Ionic Silver can help because often the thyroid is damaged by a viral or bacterial infection.

Drinking two teaspoons twice daily and applying Ionic Silver topically to the throat will result in significant thyroid benefit.

Fulvia and Affinity help turn on the thyroid gland, which can then cause other related symptoms to disappear.

For chronic thyroid problems you might also consider taking some extra iodine from naturally occurring sources and perhaps a “small” amount of desiccated thyroid in supplement form.

You may also want to search for a reliable professional who specializes in tough cases of thyroid problems. (Not all who claim to be experts know what they are talking about.)

Home Test:

Take temperature under the arm for 10 minutes while still in bed in morning. If below 98.4 then think about the thyroid.

_______________________________________________________________________

**Tick Removal**

This is some good information since most of us encounter ticks now and then and especially in summer weather.

The following was written by a School Nurse:

I had a pediatrician tell me what she believes is the best way to remove a tick. This is great, because it works in those places where it’s sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc.
Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and let it stay on the repulsive insect for 15-20 seconds, after which the tick will come out on its own and be stuck to the cotton ball when you lift it away. This technique has worked every time I've used it (and that was frequently), and it's much less traumatic for the patient and easier for me. Unless someone is allergic to soap, I can't see that this would be damaging in any way.

I even had my doctor's wife call me for advice because she had one stuck to her back and she couldn't reach it with tweezers. She used this method and immediately called me back to say, 'It worked!'

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**Time**

A young man learns what's most important in life from the guy next door.

It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?" "Oh, sorry Mom; yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said.

"Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it" Mom told him. "I loved that old house he lived in," Jack said.

"You know Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry. I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important. Mom, I'll be there for the funeral" Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

Jack and his Mom stopped by to see the old house next door one more time the night before he had to return home. Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered it. Every step held memories; every picture, every piece of furniture. Jack stopped suddenly.
"What's wrong, Jack?" his Mom asked. "The box is gone," he said. "What box?" Mom asked. "There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was ‘the thing I value most’ Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it. "Now I'll never know what was so valuable to him," Jack said. "Mom, I better get some sleep. I have an early flight home."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read.

Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read.

Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands trembled as he read the note inside. "Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filled his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved: "Jack, Thanks for your time! - Harold Belser."

"The thing he valued most was my time!"

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days.

"Why?" Janet, his assistant asked. "I need some time to spend with my son," he said.

"Oh, by the way Janet thanks for your time!"

"Life is not measured by the number of breaths we take but by the moments that take our breath away!"

Think about this. You may not realize it, but it's 100% true.

1. At least 2 people in this world love you so much they would die for you.
2. At least 15 people in this world love you in some way.
3. A smile from you can bring happiness to anyone, even if they don't like you.
4. Every night, SOMEONE thinks about you before they go to sleep.
5. You mean the world to someone.
6. If not for you, someone may not be living.
7. You are special and unique.
8. When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait on His time, sooner or later, you will get it or something better.

9. When you make the biggest mistake ever, something good can still come from it.

10. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.

11. Someone that you don't even know exists loves you.

12. Always remember the compliments you received. Forget about the rude remarks.

13. Always tell someone how you feel about them; you will feel much better when they know and you'll both be happy for doing it.

14. If you have a great friend, take the time to let them know that they are great.

To everyone who reads this…

“Thank you for your time.”

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**Toenail Fungus**

When Ionic Silver comes in contact with toenail fungus, it will kill it within minutes. The problem is getting underneath the nail. If possible, get through the nail and clear out as much fungus as possible with a blunt instrument. Soaking the toe in Ionic Silver for 30 minutes every other day can then treat the toenail fungus.

If you can't get the Ionic Silver through the nail, file down the top layer of the nail until it becomes water-soluble. This will allow the silver to reach the fungus and kill it. It will take several months for the nail to grow out completely.

______________________________

**Tonsillitis**

Tonsillitis is the inflammation of the tonsils. Bacteria almost always cause it and once it begins, the tonsils are often removed. This is unfortunate because they are a key organ in the immune system.

By rinsing with one ounce of Ionic Silver for six minutes each day, you will kill the bacteria. This process can be repeated daily for a very serious tonsillitis flare up. Spraying silver into the nostrils will also help. The more contact the silver has with the back of the throat, the faster it will work.
**Tongue**

The tongue can suffer from a number of maladies, including canker sores and bacterial and viral infections. Whatever the cause of the problem, you should rinse with one ounce of Ionic Silver for six minutes twice daily.

If you have a white pasty substance on your tongue, it’s likely a yeast infection. You may want to brush your tongue with Ionic Silver in addition to the rinse. For cankers, you can take one-half ounce of Ionic Silver and swish inside the mouth for up to six minutes. After swishing, then swallow the silver.

**Tuberculosis**

Tuberculosis is a common and often deadly infectious disease caused by mycobacterium. Ionic Silver has destroyed tuberculosis in laboratory studies. By drinking two teaspoons twice daily and inhaling from a nebulizer 30 minutes each day, you will affect the tuberculosis in both the lungs and the bloodstream.

Tuberculosis is not easy to beat. This dosage of Ionic Silver may need to be followed for weeks or months. You should see benefits after the first dose and each repeated use.

**Ulcers**

Ulcers are caused by a bacterium called H. pylori. It destroys the lining of the stomach and intestines, sometimes causing a bleeding ulcer. By drinking one teaspoon of Ionic Silver three to five times daily, it can enter the stomach and destroy the bacteria causing the ulcer.

It should take two weeks to get the H. pylori under control, but treatment should be continued for at least a month. H. pylori can return just by having poor hygiene, eating out at restaurants, or not washing your hands. Disinfecting the hands with Ionic Silver can prevent the bacteria from spreading.

Neutra Cleanse may help with ulcers by cleansing the bowel and supplying important intestinal flora that helps maintain a healthy bacteria balance.

Fulvia, Aerobia and Affinity also contain nutrients known to help relieve symptoms of ulcers.

**Urinary Tract Infections**

A urinary tract infection (UTI) is an infection that begins in your urinary system. Your urinary system is composed of the kidneys, ureters, bladder and urethra. Any part of your urinary system can become infected, but most infections involve the lower urinary tract; the bladder and the urethra.
Women are at greater risk of developing a UTI than are men. An infection limited to your bladder can be painful and annoying; however, serious consequences can occur if a urinary tract infection spreads to your kidneys.

E. Coli bacteria cause the majority of UTIs, but many other bacteria, fungi, and parasites may also be the cause.

UTIs include any condition that may impede urine flow (enlarged prostate, congenital urinary tract abnormalities, and inflammation). Patients with catheters or those who undergo urinary surgery and men with enlarged prostates are at higher risk for UTIs.

There can be many complications of urinary tract infections, including dehydration, sepsis, kidney failure, and even death.

Urine remains in the bladder for up to six hours before it is drained. If bacteria get into the bladder, they will duplicate every 20 minutes – a bladder infection can become serious very quickly. The infection will degrade the lining of the bladder and possibly travel up the tubes from the bladder to the kidneys, causing a kidney infection.

To treat a bladder infection, two tablespoons of Ionic Silver should be taken hourly for the first two days. For the next two weeks, take two tablespoons twice daily. You should expect to destroy the bladder infection within the first 12 to 24 hours.

Ionic Silver liquid can also be taken with cranberry juice or juniper berries.

Fulvia and Affinity are anti-bacterial and may also help to increase flow of urine in cases of suppressed urine flow.

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**Vaccines**

If we don't learn from history, we are bound to repeat the mistakes.

Which Vaccine Killed 20 Million People?

"The 1918 Influenza Epidemic Was a Vaccine - Caused Disease."

Very few people realize that the worst epidemic ever to hit America, the Spanish Influenza of 1918 was caused by a massive nation-wide vaccine campaign. The doctors told the people that the disease was caused by germs. Viruses were not known at that time or they would have been blamed.

Germs, bacteria and viruses, along with bacilli and a few other invisible organisms are the scapegoats which the doctors like to blame for things they do not understand. If a doctor makes a wrong diagnosis and kills the patient, he can always blame it on the germs, and say the patient didn’t come to him in time.

If we check back in history to that 1918 flu, we will see that it suddenly struck just after the end of World War I when our soldiers were returning home from overseas. That was the first war in which all the known vaccines were forced on all the servicemen. This mixture of poison drugs and putrid protein of which the vaccines were composed, caused such widespread disease...
and death among the soldiers that it was commonly said that more of our men were being killed by medical shots than by enemy shots from guns.

Thousands were sent home or to military hospitals, as invalids and hopeless wrecks before they ever saw a day of battle. The death and disease rate among the vaccinated soldiers was four times higher than among the unvaccinated civilians. But this did not stop the vaccine promoters. Vaccine has become “big” business, and thus for the sake of profits to the drug companies has continued.

The war was a shorter than the vaccine-makers expected and they had a lot of unused, spoiling vaccines left over which they wanted to sell at a good profit. So they called a meeting behind closed doors, and plotted the whole sordid program, a nationwide (worldwide) vaccination drive using all their vaccines, and telling the people that the soldiers were coming home with many dread diseases contracted in foreign countries and that it was the patriotic duty of every man, woman and child to get "protected" by having all their shots.

Most people believed their doctors and government officials, and like sheep to the slaughter, did as they were told. Almost the entire population submitted to the shots without question, and it was only a matter of hours until people began dropping dead in agony, while others collapsed with a disease of such virulence, no one had ever seen anything like it before. They had all the characteristics of the diseases they had been vaccinated against; high fever, chills, pain, cramps and diarrhea, representative of typhoid, and the pneumonia like lung and throat congestion of diphtheria, and the vomiting, headache, weakness and misery of hepatitis from the jungle fever shots, and the outbreak of sores on the skin from the smallpox shots, along with paralysis from a combination of them all.

The doctors were baffled and claimed they didn't know what caused the strange and deadly disease, and they certainly had no cure.

Even the reasoning of a child could figure out that the underlying cause was the vaccines, because the same thing happened to the soldiers after they had their shots at camp. The typhoid fever shots caused a worse form of the disease which they called para-typhoid.

Doctors tried to suppress the symptoms of the first outbreak with even a stronger vaccine which caused a still more serious disease which killed and disabled a great many men. The combination of all the poison vaccines fermenting together in the body, caused such violent reactions that they could not cope with the situation. Disaster ran rampant in the camps. Some of the military hospitals were filled with nothing but paralyzed soldiers, and they were called war casualties, even before they left American soil. I talked to some of the survivors of that vaccine onslaught when they returned home after the war, and they told of the horrors, not of the war and battles, but of the sickness at camp.

The drug companies conspired with the doctors, who didn't want this massive vaccine disease to reflect on them, so they agreed among themselves to call it Spanish Influenza. Spain was a faraway place and some of the soldiers had been there, so the idea of calling it Spanish Influenza seemed to be a good way to lay the blame on someone else. The Spanish resented having us name the world scourge on them. They knew the flu didn't originate in their country.

20,000,000 died of that flu epidemic, worldwide, and it only existed as far away as the vaccinations reached. Greece and a few other countries which did not accept the vaccines were the only ones which were not hit by the flu. Doesn't that prove something?
At home (in the U.S.) the situation was the same; the only ones who escaped the influenza were those who had refused the vaccinations. My family and I were among the few who persisted in refusing the high pressure sales propaganda, and none of us had the flu not even a sniffle, in spite of the fact that it was all around us in the bitter cold of winter.

Everyone seemed to have it. The whole town was down sick and dying. The hospitals were closed because the doctors and nurses were down with the flu. Everything was closed, schools, businesses, post office everything. The streets were empty. It was like a ghost town. Since there were no doctors to care for the sick, my parents went from house to house doing what they could to help the stricken in any way they could. They spent all day and part of the night for weeks in the sick rooms and came home only to eat and sleep. If germs or viruses, bacteria, or any other little organisms were the cause of that disease, they had plenty of opportunity to latch onto my parents and "lay them low" with the disease, which had prostrated the world.

I have talked to a few other people since that time, who said they escaped the 1918 flu, so I asked if they had the shots, and in every case they said they said no. Common sense tells us that all those toxic vaccines mixed up together in people would obviously cause extreme poisoning together with some form of disease or another.

The 1918 flu was the most devastating disease we ever had, and it brought forth all the medical bag of tricks to quell it, but those added drugs, all of which are poisons, only intensified the over-poisoned condition of the people, so the treatments actually killed more than the vaccines did.

Many deadly diseases like HIV have purposely been distributed throughout the world in the guise of vaccines. Large volumes of HIV laced vaccines were shipped to Africa, resulting in an AIDS epidemic in that country. In the United States, HIV live virus was added to some Hepatitis vaccines, which resulted in many from the drug and gay cultures contacting AIDS.

Vaccines should be avoided if at all possible. They all lead to needless diseases and none of them cure anything. Vaccines are the major cause, (if not the only) cause of Autism in children. Recently my wife was at the medical center. A young girl age between 8-10 years old, entered with her mother to be vaccinated. Immediately upon being injected, she went into convulsions. A little while later, she was wheeled out of the building in a wheelchair with all of the physical appearances of “extreme” autism.

The “new” vaccine that is supposed to help young women prevent cervical cancer, does not prevent cancer at all. It may in fact increase the risk of cancer as almost all vaccines do.

This vaccine was designed as a “sterilization” drug, which will render a large number of its recipients sterile. The real goal is “population” prevention.

Dr. Diane Harper was the lead researcher in the development of the human papilloma virus vaccines, Gardasil and Cervarix. She made a surprising public announcement at the 4th International Public Conference on Vaccination, which took place in Reston, Virginia on Oct. 2nd through 4th, 2009.
Her speech was supposed to promote the Gardasil and Cervarix vaccines, but she instead turned on her corporate bosses in a very public way. When questioned about the presentation, audience members remarked that they came away feeling that the vaccines should not be used.

“I came away from the talk with the perception that the risk of adverse side effects is so much greater than the risk of cervical cancer, I couldn’t help but question why we need the vaccine at all.” – Joan Robinson

Dr. Harper explained in her presentation that the cervical cancer risk in the U.S. is already extremely low, and that vaccinations are unlikely to have any effect upon the rate of cervical cancer in the United States. In fact, 70% of all H.P.V. infections resolve themselves without treatment in a year, and the number rises to well over 90% in two years. Harper also mentioned the safety angle.

All trials of the vaccines were done on children aged 15 and above, despite them currently being marketed for 9-year-olds. So far, 15,037 girls have reported adverse side effects from Gardasil alone to the Vaccine Adverse Event Reporting System (V.A.E.R.S.), and this number only reflects parents who underwent the hurdles required for reporting adverse reactions.

At the time of writing, 44 girls are officially known to have died from these vaccines. The reported side effects include Guillain Barré Syndrome (paralysis lasting for years, or permanently — sometimes eventually causing suffocation), lupus, seizures, blood clots, and brain inflammation. Parents are usually not made aware of these risks.

Dr. Harper, the vaccine developer, claimed that she was speaking out, so that she might finally be able to sleep at night.
## LIST OF VACCINE INGREDIENTS

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Culture media</th>
<th>Excipients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adenovirus vaccine</td>
<td>Dulbecco’s Modified Eagle Medium, human diploid fibroblast cell culture (WI-38)</td>
<td>Acetone, alcohol, anhydrous lactose, castor oil, cellulose acetate phthalate, dextrose, D-fructose, D-mannose, FD&amp;C Yellow #6, aluminum lake dye, fetal bovine serum, human serum albumin, magnesium stearate, micro crystalline cellulose, plasdone C, polacrilin potassium, potassium phosphate, sodium bicarbonate, sucrose</td>
</tr>
<tr>
<td>Vaccine</td>
<td>Medium Description</td>
<td>Ingredients</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Anthrax vaccine (BioThrax)</td>
<td>Puziss-Wright medium 1095, synthetic or semisynthetic</td>
<td>Aluminum hydroxide, amino acids, benzethonium chloride, formaldehyde, inorganic salts and sugars, vitamins</td>
</tr>
<tr>
<td>BCG (Bacillus Calmette-Guérin) (Tice)</td>
<td>Synthetic or semisynthetic</td>
<td>Asparagine, citric acid, lactose, glycerin, iron ammonium citrate, magnesium sulfate, potassium phosphate</td>
</tr>
<tr>
<td>DTaP (Daptacel)</td>
<td>Cohen-Wheeler or Stainer-Scholte media, synthetic or semisynthetic</td>
<td>Aluminum phosphate, formaldehyde, glutaraldehyde, 2-phenoxyethanol</td>
</tr>
<tr>
<td>DTaP (Infanrix)</td>
<td>Cohen-Wheeler or Stainer-Scholte media, Lathan medium derived from bovine casein, Linggoud-Fenton medium derived from bovine extract, synthetic or semisynthetic</td>
<td>Aluminum hydroxide, bovine extract, formaldehyde, glutaraldehyde, polysorbate 80</td>
</tr>
<tr>
<td>DTaP (Tripedia)</td>
<td>Cohen-Wheeler or Stainer-Scholte media, synthetic or semisynthetic</td>
<td>Aluminum potassium sulfate, ammonium sulfate, bovine extract, formaldehyde, gelatin, peptone, polysorbate 80, sodium phosphate, thimerosal[2]</td>
</tr>
<tr>
<td>DTaP/Hib (TriHIBit)</td>
<td>Synthetic or semisynthetic</td>
<td>Aluminum potassium sulfate, ammonium sulfate, bovine extract, formaldehyde or formalin, gelatin, polysorbate 80, sucrose, thimerosal[2]</td>
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<tr>
<td>DTaP-IPV (Kinrix)</td>
<td>Vero (monkey kidney) cell culture, synthetic or semisynthetic</td>
<td>Aluminum hydroxide, calf serum, formaldehyde, glutaraldehyde, lactalbumin hydrolysate, neomycin sulfate, polymyxin B, polysorbate 80</td>
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<tr>
<td>DTaP-HepB-IPV (Pediari)</td>
<td>Bovine protein, Lathan medium derived from bovine casein, Linggoud-Fenton medium derived from bovine extract, Vero (monkey kidney) cell culture, synthetic or semisynthetic</td>
<td>Aluminum hydroxide, aluminum phosphate, calf serum, lactalbumin hydrolysate, formaldehyde, glutaraldehyde, neomycin sulfate, polymyxin B, polysorbate 80, yeast protein</td>
</tr>
<tr>
<td>DtaP-IPV/Hib (Pentacel)</td>
<td>Synthetic or semisynthetic</td>
<td>Aluminum phosphate, bovine serum albumin, formaldehyde, glutaraldehyde, MRC-5 cellular protein, neomycin, polymyxin B sulfate, polysorbate 80, 2-phenoxyethanol</td>
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<tr>
<td>DT (diphtheria)</td>
<td>Synthetic or semisynthetic</td>
<td>Aluminum potassium sulfate, bovine extract, formaldehyde, glutaraldehyde, thimerosal[2]</td>
</tr>
<tr>
<td>Vaccine Type</td>
<td>Production Method</td>
<td>Adjuvants/Other Ingredients</td>
</tr>
<tr>
<td>------------------------------------------</td>
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<td>----------------------------------------------------------------------------------------------------------------------------------------------------------</td>
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<td>Vaccine plus tetanus vaccine</td>
<td>Semisynthetic</td>
<td>Formaldehyde, thimerosal (multi-dose) or thimerosal[2] (single-dose)</td>
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<tr>
<td>DT (Massachusetts)</td>
<td>Synthetic or semisynthetic</td>
<td>Aluminum hydroxide, formaldehyde or formalin</td>
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<tr>
<td>Hib vaccine (ACTHib)</td>
<td>Synthetic or semisynthetic</td>
<td>Ammonium sulfate, formaldehyde, sucrose</td>
</tr>
<tr>
<td>Hib (PedvaxHib)</td>
<td>Synthetic or semisynthetic</td>
<td>Aluminum hydroxyphosphate sulfate</td>
</tr>
<tr>
<td>Hib/Hep B (Comvax)</td>
<td>Synthetic or semisynthetic, yeast or yeast extract</td>
<td>Amorphous aluminum hydroxyphosphate sulfate, amino acids, dextrose, formaldehyde, hemin chloride, mineral salts, nicotinamide adenine dinucleotide, potassium aluminum sulfate, sodium borate, soy peptone, yeast protein</td>
</tr>
<tr>
<td>Hepatitis A vaccine (Havrix)</td>
<td>Human diploid tissue culture (MRC-5)</td>
<td>Aluminum hydroxide, amino acid supplement, formalin, MRC-5 cellular protein, neomycin sulfate, phosphate buffers, polysorbate 20</td>
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<tr>
<td>Hepatitis A vaccine (Vaqta)</td>
<td>Human diploid tissue culture (MRC-5)</td>
<td>Amorphous aluminum hydroxyphosphate sulfate, bovine albumin or serum, formaldehyde, MRC-5 cellular protein, sodium borate</td>
</tr>
<tr>
<td>Hepatitis B vaccine (Engerix-B)</td>
<td>Yeast or yeast extract</td>
<td>Aluminum hydroxide, phosphate buffers, yeast protein</td>
</tr>
<tr>
<td>Hepatitis B vaccine (Recombivax)</td>
<td>Yeast or yeast extract</td>
<td>Amorphous aluminum hydroxyphosphate sulfate, amino acids, dextrose, formaldehyde, mineral salts, potassium aluminum sulfate, soy peptone, yeast protein</td>
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<tr>
<td>HepA/HepB vaccine (Twinrix)</td>
<td>Human diploid tissue culture (MRC-5), yeast or yeast extract</td>
<td>Aluminum hydroxide, aluminum phosphate, amino acids, formalin, MRC-5 cells, neomycin sulfate, phosphate buffers, polysorbate 20, yeast protein</td>
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<tr>
<td>Human papillomavirus (HPV) (Cervarix)</td>
<td>Trichoplusia ni cells</td>
<td>Aluminum hydroxide, amino acids, lipids, mineral salts, sodium dihydrogen phosphate dehydrate, type 16 viral protein L1, type 18 viral protein L1, vitamins</td>
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<tr>
<td>Human papillomavirus</td>
<td>Yeast or yeast extract</td>
<td>Amino acids, amorphous aluminum hydroxyphosphate sulfate, carbohydrates, 1 -</td>
</tr>
<tr>
<td>Vaccine</td>
<td>Source</td>
<td>Ingredients/Components</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>-------------------------</td>
<td>----------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>(HPV) (Gardasil)</td>
<td></td>
<td>histidine, mineral salts, polysorbate 80, sodium borate, vitamins, yeast protein</td>
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<tr>
<td>Influenza vaccine (Afluria)</td>
<td>Chicken embryo</td>
<td>Beta-propiolactone, calcium chloride, dibasic sodium phosphate, egg protein, monobasic</td>
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<td></td>
<td></td>
<td>potassium phosphate, monobasic sodium phosphate, neomycin sulfate, polymyxin B,</td>
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<tr>
<td></td>
<td></td>
<td>potassium chloride, sodium taurodeoxycholate, thimerosal (multi-dose vials only)</td>
</tr>
<tr>
<td>Influenza vaccine (Fluarix)</td>
<td>Chicken embryo</td>
<td>Formaldehyde, gentamicin sulfate, hydrocortisone, octoxynol-10, a-tocopheryl hydrogen</td>
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<tr>
<td></td>
<td></td>
<td>succinate, polysorbate 80, sodium deoxycholate, ovalbumin</td>
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<tr>
<td>Influenza vaccine (Flulaval)</td>
<td>Chicken embryo</td>
<td>Formaldehyde, a-tocopheryl hydrogen succinate, polysorbate 80, sodium deoxycholate,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>thimerosal, ovalbumin</td>
</tr>
<tr>
<td>Influenza vaccine (Fluvirin)</td>
<td>Chicken embryo</td>
<td>Beta-propiolactone, egg protein, neomycin, nonylphenol ethoxylate, polymyxin, thimerosal</td>
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<tr>
<td></td>
<td></td>
<td>(multi-dose containers), thimerosal[2] (single-dose syringes)</td>
</tr>
<tr>
<td>Influenza vaccine (Fluzone)</td>
<td>Chicken embryo</td>
<td>Egg protein, formaldehyde, gelatin (standard formulation only), octylphenol ethoxylate</td>
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<tr>
<td></td>
<td></td>
<td>(Triton X-100), sodium phosphate, thimerosal (multi-dose containers only)</td>
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<tr>
<td>Influenza vaccine (FluMist)</td>
<td>Chicken kidney cells,</td>
<td>Arginine, dibasic potassium phosphate, egg protein, ethylene diamine tetraacetic acid</td>
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<tr>
<td></td>
<td>chicken embryo</td>
<td>, gentamicin sulfate, hydrolyzed porcine gelatin, monobasic potassium phosphate</td>
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<td></td>
<td></td>
<td>monosodium glutamate, sucrose</td>
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<tr>
<td>Japanese encephalitis vaccine (JE-Vax)</td>
<td>Mouse brain culture</td>
<td>Formaldehyde or formalin, gelatin, mouse serum protein, polysorbate 80, thimerosal</td>
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<tr>
<td>Japanese encephalitis vaccine (Ixiaro)</td>
<td>Vero (monkey kidney)</td>
<td>Aluminum hydroxide, bovine serum albumin, formaldehyde, protamine sulfate, sodium</td>
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<tr>
<td></td>
<td>cell culture</td>
<td>metabisulphite</td>
</tr>
<tr>
<td>Meningococcal vaccine (Menactra)</td>
<td>Modified Mueller-Miller medium, Mueller Hinton agar, Watson Scherp medium</td>
<td>Formaldehyde, phosphate buffers</td>
</tr>
<tr>
<td>Vaccine Type</td>
<td>Medium/Component</td>
<td>Preservatives/Other Ingredients</td>
</tr>
<tr>
<td>---------------------------------------</td>
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</tr>
<tr>
<td>Meningococcal vaccine (Menomune)</td>
<td>Watson Scherp media, Mueller Hinton agar</td>
<td>Lactose, thimerosal (multi-dose vial only)</td>
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<tr>
<td>Meningococcal vaccine (Menveo)</td>
<td>Franz complete medium</td>
<td>Amino acids, formaldehyde, yeast extract</td>
</tr>
<tr>
<td>MMR vaccine (MMR-II)</td>
<td>Human diploid tissue culture (WI-38), Medium 199</td>
<td>Amino acids, fetal bovine serum, glutamate, hydrolyzed gelatin, neomycin, recombinant human serum albumin, sodium phosphate, sorbitol, sucrose, vitamins</td>
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<tr>
<td>MMRV vaccine (ProQuad)</td>
<td>Human diploid tissue cultures (MRC-5, WI-38), Medium 199</td>
<td>Bovine calf serum, dibasic potassium phosphate, dibasic sodium phosphate, human albumin, human serum albumin, hydrolyzed gelatin, monobasic potassium phosphate, monosodium L-glutamate, MRC-5 cellular protein, neomycin, sodium bicarbonate, sorbitol, sucrose, potassium chloride</td>
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<tr>
<td>Pneumococcal vaccine (Pneumovax)</td>
<td>Bovine protein</td>
<td>Phenol</td>
</tr>
<tr>
<td>Pneumococcal vaccine (Prevnar)</td>
<td>Soy peptone broth</td>
<td>Aluminum phosphate, ammonium sulfate, casamino acid, polysorbate 80, succinate buffer, yeast</td>
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<tr>
<td>Polio vaccine (IPV - Ipol)</td>
<td>Vero (monkey kidney) cell culture</td>
<td>Calf serum protein, formaldehyde, neomycin, 2-phenoxyethanol, polymyxin B, streptomycin</td>
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<tr>
<td>Polio vaccine (IPV - Poliovax)</td>
<td>Human diploid tissue culture (MRC-5)</td>
<td>?</td>
</tr>
<tr>
<td>Rabies vaccine (Imovax)</td>
<td>Human diploid tissue culture (MRC-5)</td>
<td>Albumin, MRC-5 cells, neomycin sulfate, phenol</td>
</tr>
<tr>
<td>Rabies vaccine (RabAvert)</td>
<td>Rhesus fetal lung tissue culture, chicken embryo</td>
<td>Amphotericin B, beta-propiolactone, chicken protein, chlortetracycline, human serum albumin, neomycin, ovalbumin, polygeline (processed bovine 14 gelatin), potassium glutamate</td>
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<tr>
<td>Rotavirus vaccine (RotaTeq)</td>
<td>Vero (monkey kidney) cell culture</td>
<td>fetal bovine serum, sodium citrate, sodium phosphate monobasic monohydrate, sodium hydroxide, sucrose, polysorbate 80</td>
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<td>Rotavirus vaccine (Rotarix)</td>
<td>Dulbecco's Modified Eagle Medium (DMEM)</td>
<td>Amino acids, calcium carbonate, dextran, sorbitol, sucrose, vitamins, xanthan</td>
</tr>
<tr>
<td>Vaccine Type</td>
<td>Media Description</td>
<td>Preservatives and Other Ingredients</td>
</tr>
<tr>
<td>----------------------</td>
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<td>-------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Td vaccine (Decavac)</td>
<td>Mueller &amp; Miller medium, synthetic or semisynthetic</td>
<td>Aluminum potassium sulfate, bovine muscle tissue, formaldehyde, peptone, thimerosal[^2]</td>
</tr>
<tr>
<td>Td vaccine (Mass)</td>
<td>Modified Mueller's medium, synthetic or semisynthetic</td>
<td>Aluminum phosphate, ammonium phosphate, bovine extracts, formaldehyde, thimerosal (some multi-dose vials)</td>
</tr>
<tr>
<td>Tdap vaccine (Adacel)</td>
<td>Mueller’s growth medium, Mueller-Miller casamino acid medium(without beef heart infusion), synthetic or semisynthetic</td>
<td>Aluminum phosphate, ammonium sulfate, formaldehyde, glutaraldehyde, 2-phenoxyethanol</td>
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<td>Tdap vaccine (Boostrix)</td>
<td>Fenton media with bovine casein, Lathan medium derived from bovine casein, Linggoud-Fenton medium derived from bovine extract, Stainer-Scholte liquid medium, synthetic or semisynthetic</td>
<td>Aluminum hydroxide, bovine extract, formaldehyde, glutaraldehyde, polysorbate 80</td>
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<tr>
<td>Typhoid vaccine (inactivated – Typhim Vi)</td>
<td>Synthetic or semisynthetic</td>
<td>Disodium phosphate, monosodium phosphate, phenol, polydimethylsiloxane, hexadecyltrimethylammonium bromide</td>
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<tr>
<td>Typhoid vaccine (oral – Ty21a/Vivotif)</td>
<td>*</td>
<td>Amino acids, ascorbic acid, casein, dextrose, galactose, lactose, sucrose, yeast extract</td>
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<tr>
<td>Vaccinia (ACAM2000)</td>
<td>Vero (monkey kidney) cell culture</td>
<td>Glycerin, human serum albumin, mannitol, neomycin, phenol, polymyxin B</td>
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<tr>
<td>Varicella vaccine (Varivax)</td>
<td>Human diploid tissue cultures (MRC-5 and WI-38)</td>
<td>Dibasic sodium phosphate, ethylenediamine tetraacetic acid sodium (EDTA), fetal bovine serum, gelatin, glutamate, monobasic potassium phosphate, monobasic sodium phosphate, monosodium L-glutamate, MRC-5 DNA and cellular protein, neomycin, phosphate, potassium chloride, sucrose</td>
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<td>Yellow fever vaccine (YF-Vax)</td>
<td>Chicken embryo</td>
<td>Egg protein, gelatin, sorbitol</td>
</tr>
<tr>
<td>Zoster vaccine (Zostavax)</td>
<td>Human diploid tissue cultures (MRC-5 and WI-38)</td>
<td>Bovine calf serum, dibasic sodium phosphate, hydrolyzed porcine gelatin, monosodium L-glutamate, MRC-5 DNA and cellular protein, monobasic potassium phosphate, neomycin, potassium chloride, sucrose</td>
</tr>
</tbody>
</table>
The numbers of microbes, antibiotics, chemicals, heavy metals and animal byproducts is staggering. Would you knowingly inject these materials into your children?

For more information about GMO Foods please watch this video. http://www.youtube.com/watch?v=6RhhQcbNsQM

_________________________________________________________

Vaginal Odor

Vaginal odor can often be caused by a yeast or bacterial infection. Ionic Silver can be used as a douche by pumping two ounces of Ionic Silver liquid intravaginally, holding it for twelve minutes, and then rinsing. Apply Ionic Silver to a tampon and insert into the vagina.

For continued problems, Ionic Silver can be applied to the outer areas of the vaginal opening or sprayed on a panty liner.

_________________________________________________________

Vibrations


It has been said that you are constantly shifting your vibrations from one reality to another. Learning to shift is not something that you have to do. You are already doing it. The question then is not can you shift, but what will you shift to?

There already exist an infinite number of vibratory levels. Your job is to first decide what vibratory level that you want to shift to. It is never about forcing anyone else to change. It is about you changing and taking yourself to whatever vibrational level that you want in order to change the external physical reality that you have created in the past and are now experiencing.

It is all a matter of simple physics. As scientists today are beginning to realize, everything exists now – all at once and in a sense all here, but you create different physical experiences through different vibrations.

Television technology is a perfect example of what we are talking about. The idea is that you understand that at any given moment there are an infinite number of television programs available at any given moment that all coexist simultaneously, but you will only get the program that you tune your channel to.

This is exactly how physical reality is holographically constructed. Whatever vibrational being you choose to be is the physical reality you will get. What you put out is what you get back. It is
the law of physics – for every action there is an equal and opposite reaction – simple physics. It’s about creating the appropriate state you prefer in your own being, allowing reality to reflect back to you the shift you have made in yourself.

The truth is, you cannot perceive what you are not the vibration of. If you tune your television to channel four, you will not receive the program on channel two.

Based on the reality you say you prefer; if you do not allow yourself to exemplify the vibratory reality that you say that you prefer to live in, you will not actually be capable of perceiving any opportunity that will allow you to synchronistically get you to that reality. Remember, what you are not the vibration of remains invisible to you.

Many times individuals wonder, why can’t I do this – why can’t I get there – why doesn’t this happen? It may simply be that they are living in a frequency that makes certain things invisible to them – unknowable to them – unimaginable to them – they will never even conceive of those ideas and they would not ever recognize them even if they were right in front of their face, because they are not operating on that level. You have to be in the state or frequency in order to be able to see the opportunity or doorway that actually leads to that reality.

We are talking about belief systems – how you define your reality. Perhaps because of the simplicity of this reality a lot of people seem to have difficulty with this concept. All experiences in life are based upon the strongest personal definition you have about that reality.

You have many probable futures because nothing it set in stone or made of steel. Whatever vibrational state you choose to exist in will define what your future will be and every person who believes differently than you do, will also experience his or her own reality based upon the frequency in which they choose to exist.

The idea again is that you don’t need to change your world; you merely need to shift your vibration to equal a world that is already in existence in order to experience the change you are seeking and at the same time allow all others to stay tuned to and watch the vibrational channel they choose to watch.

To further expand the analogy – it all comes down to Transformational Vibration – TV.

When you are vibrating at a different frequency than the things you desire, it will be impossible to obtain them until you match their frequency. It could be compared to trying to get on a busy highway during rush hour. The cars are passing by so fast that they are practically a blur. So you get into the entrance lane and you start accelerating until you match the speed of the cars on the highway. Now you can easily ease your way into traffic, because you have matched the speed of the other cars.

Everything you want already exists. All you have to do match the frequency of what you are trying to connect to.

Therefore, if your goal is to become successful, you must align yourself with the frequencies of success. To get to the things you like, you often have to pass through some things that you don’t like. For example, learning to play the piano requires considerable practice, but once you become an accomplished pianist, nothing is more enjoyable than playing the piano.
In his book Power vs. Force, Dr. David R. Hawkins created a chart called The Chart of Human Consciousness. In this chart, Dr. Hawkins assigned a vibrational frequency to many of the human emotions.

The frequency values he assigned to different emotions range from 0-1000:

Ultimate Consciousness 1000  
Enlightenment - 700  
Peace - 600  
Joy - 540  
Love - 500  
Reason - 400  
Acceptance - 350  
Willingness - 310  
Neutrality - 250  
Courage - 200  
Pride - 175  
Anger - 150  
Desire - 125  
Fear - 100  
Grief - 75  
Apathy - 50  
Guilt - 30  
Shame – 20

It is not my purpose to judge the accuracy of these values, but only to show as we raise our frequencies we then live at a higher state of existence and we can then enjoy the fruits and experience the physical reality of that vibrational plane.

Everything in life vibrates somewhere on this vibrational scale. The food you eat, the things you drink and supplements you take greatly affect the level at which you vibrate.

As you can see, shame has a vibration of 20. How often have you been shamed and how often have you shamed others. Children that are frequently shamed by parents and their peers often grow up to be dysfunctional.

Love has a vibration of 500 and children, who grow up in a family where there is a lot of love, usually are high achievers in whatever they choose to do.

Faith and peace have a frequency of 600. People who are filled with faith are able to realize all of their desires very quickly. Fear is the opposite of faith and has a frequency of only 100. Someone who is fearful will fail at almost everything he or she tries.

The average vibrational frequency of people everywhere on planet earth is believed to be around 200. If raising the frequency will raise the lifestyle for individual human beings, then there is obviously a great need to educate the world about this simple truth.

Acceptance and forgiveness vibrate at 350 so you can see the importance of being quick to forgive. (See Forgiveness) The act of forgiveness can no doubt move you more quickly up the vibrational scale than any other single thing.

Reason and science have a vibrational frequency of 400-450.
Love has a vibration of 500 and when you reach this level of vibration for an extended period of time, all good things begin to manifest easily and effortlessly. Words and acts of kindness are a demonstration of love and you should make a conscious effort to demonstrate love daily. When going to sleep and upon waking, meditate upon the word love and try to feel the emotion of love both in your heart center and your abdomen. (See Love)

Joy has a frequency of 540 and this is where healing occurs. If you are trying to heal someone energetically, this is the frequency that you need to focus on and project to the person you want to heal. If the person who you are directing energy to is also mentally focusing upon this same frequency, he or she will be a much better conduit to receive the energy you are sending their way. (See Joy)

Gandhi’s motivation to create peace in the world was measured at a frequency of 700, which is the level of enlightenment.

Studies performed by Dr. Emoto in Japan show that energetic frequencies of love and gratitude directed at water change the frequency of the water and when flash frozen produced beautiful crystals where the same water that received no such frequency did not.

Dr. William Braud proved that you can increase the life of blood cells in a petri dish by directing similar thought energy into the blood cells.

All thoughts, beliefs and ideas have frequencies that can be measured and whatever you focus on begins to take root and grow.

While growing up we all have experiences that can cause energy blocks later in life. Many of these things may be long since forgotten; nevertheless they can block your progression as you attempt to raise your vibrations to a higher level.

These may include abuses and offenses of many kinds. You may feel responsible for something that happened which you can’t change. You may have done something for which you think you cannot repent. Such blockages also often come from misguided religious training.

If there are things in your memory that are blocking your spiritual progression, you must first accept that these things are in the past and no amount of thinking or talking about them is going to change them. They have no place in the present.

If you have done something that you cannot make right, you need to accept the fact that a loving God has already paid the price for what you have done. Now let it go.

Next you have to forgive others who have offended you in any way, and then you must forgive yourself for allowing these things to hold you captive and get in the way of your progression.

If you feel stuck, but you don’t remember why, still forgive everyone who may have at any time offended you and forgive yourself for allowing the blockages that are now holding you back. (See Forgiveness)

All of the beliefs, thoughts and ideas that you received from your family and from society as you were growing up created a mental computer program in your brain that may still be affecting the way you think and act today.
As the Bible clearly teaches, only the truth will set you free and once you are free from negative thoughts and beliefs, your vibrations will begin to change and then your entire physical experience will dramatically improve.

Charlie Tremendous Jones said, “You will be the same tomorrow as you are to day except for the people you meet and the books you read.” Remember the saying “garbage in = garbage out?” You need to filter everything that goes into your mind and body. Eat and drink wholesome organic foods, supplement with good nutrition, stop watching negative garbage programs, listening to garbage music and associating with negative people.

When you watch TV, you are associating with people. Do you really want to be like Archie Bunker? I think you get the meaning and that gives you an idea of how long it’s been since I watched TV. The same is true of music. Everything in life has a vibration and the only way to increase your own vibration is to search out music, programs, food and people that vibrate at the frequency you want to achieve.

If getting everything you want in life is worth the effort of raising your vibrations to match the things that you want, then now is the time to get started. You will be glad that you did!

Vinegar

Apple Cider Vinegar, that wonderful old-timers home remedy, cures more ailments than perhaps any other folk remedy! Reported cures from drinking Apple Cider Vinegar are numerous. They include cures for allergies (including pet, food and environmental), sinus infections, acne, high cholesterol, flu, chronic fatigue, candida, acid reflux, sore throats, contact dermatitis, arthritis, and gout. Apple Cider Vinegar also breaks down fat and is widely used to lose weight. It has also been reported that a daily dose of apple cider vinegar in water has high blood pressure under control in two weeks!

Apple Cider Vinegar is also wonderful for pets, including dogs, cats, and horses. It helps them with arthritic conditions, controls fleas & barn flies, and gives a beautiful shine to their coats!

If you can get over the taste of apple cider vinegar, you will find it one of the most important natural remedies in healing the body. As a wonderful side effect of drinking apple cider vinegar every day, we've discovered that it brings a healthy, rosy glow to one's complexion! This is great news if you suffer from a pale countenance.

Vinegar is also a great hair softener. Just pour some in a bowl of plain water and rinse. Your hair has never been softer!

Note: A lot of vinegars that are supposedly apple cider are actually made from sawdust. Be sure to get a certified organic brand like Braggs Apple Cider Vinegar found at most health stores.

Recipes:

Standard Dosage: 2 teaspoons of ACV in 8 oz. of water 3x a day. Add honey to taste.

Acute Conditions: 2 tablespoons of ACV in 8 oz. of water 3x a day. No honey.
Note: 2 Tablespoons of Apple Cider Vinegar may be too much apple cider vinegar for some people. We suggest you start with the standard dosage and see how your body responds to a teaspoon or two of acv. If all goes well, you can up the dosage over time if you feel a need arise.

For daily maintenance, weight loss and pH balancing, we now suggest the following:

Two (2) teaspoons of apple cider vinegar in 16 ounces of water that you'll sip throughout the day, rather than drinking the whole concoction at once 3 times a day. You will be keeping your pH in a constant, alkalized state by sipping this highly diluted dosage. Usually 1-2 tall glasses of the concoction are all you'll need each day.

If you drink a lot of water throughout the day, consider adding just a splash of apple cider vinegar to your glass/container each time you fill it up, rather than drinking the one, 16 oz glass of acv and water mentioned above.

For the record, if you are taking both baking soda and acv, I recommend taking them separately with a small time lapse in between, and I don’t recommend adding any kind of sweetener to the acv/water solution. Some people like mixing baking soda and acv together, but it doesn’t seem to work well for others.

Also, we know the Bragg brand is the most popular apple cider vinegar on the market, but several people have said that they get good results using ‘Whole Foods’ organic and ‘Trader Joe’s’ organic apple cider vinegars.

In summer months: Add 1/4 cup of ACV to a quart of water. Add ice cubes. Drink this on a hot summer day, especially before working out. Your body will feel cleansed.

In winter months: 2 TBLS of ACV in a mug filled with hot water 3x day. If you are used to drinking tea or coffee during your long commute to work, try this instead. You will feel energized but not adrenalized. Add a few shakes of cayenne pepper if you REALLY want an energy lift!

Detoxification:

2 TBLS of organic ACV in 1 or 2 Liters of filtered water (ie Smart Water, Evian, etc).

2 TBLS = 1/8th cup. You can add more vinegar than this amount, however make sure you dilute it with plenty of water. Do not add a sweetener. Drink this solution throughout the day. The solution will be cleansing your system and kidneys all day long. That's the point.

There are several things you will notice within a day or two of drinking Apple Cider Vinegar: your allergies will disappear, your face will have a healthy & youthful glow, you will look & feel more VITAL, you will have consistent energy, and you will more easily digest your food.

Apple cider vinegar is one of the best (and cheapest) detoxifiers for the body. As such, it is should be considered a critical component to the fountain of youth!

Vinegar and baking soda are also great cleaning products and since most products are poisonous and dangerous to the environment, why would you want to have them in your house?
Viruses

A virus is a sub-microscopic infectious agent that is unable to grow or reproduce outside a host cell. We generally fight viruses with antibiotics. However, antibiotics do not actually destroy the virus. For many viruses, such as influenza or the bird flu, there are virtually no beneficial drugs or treatment.

Ionic Silver resonates at a frequency that can actually suppress and contain viral infections by interfering with their duplication and replication. If you can stop a virus from duplicating in the first four hours of infection, you have a good chance of stopping symptoms entirely.

Viruses cause many diseases that we don’t have pharmaceutical drugs to cure. For this reason, the human race is at a high risk for virus activity. We have viruses that are being treated incorrectly with antibiotics. Antibiotics do nothing to destroy or cure viral infections. Ionic Silver is very powerful and patented against both reverse transcriptase and DNA polymerase viruses, interfering with the replication process.

When the herpes virus infects the skin, we call it a canker sore or cold sore. If you use Ionic Silver within the first four hours of feeling the sore, it will not even erupt. However, if you don’t get it in the early phases, viral infection will duplicate and become much more difficult to control. This is why regular, preventative use is so important.

Boils occur when bacteria or viruses duplicate under the skin, destroying the healthy tissue.

Bronchitis can be bacterial or a virus that causes the inflammation of the bronchioles – the tubes that pass air from the throat down into the lungs.

Viruses can also cause tumors and cancer, including the human papilloma virus that can result in cervical cancer in women.

Ionic Silver is a broad-spectrum preventative agent. It destroys yeast and bacteria in as little as 15 seconds and kills the viruses and mold that may also cause cancer. To fight viruses, Ionic Silver can be taken internally as a liquid, used topically as a spray, or inhaled to combat sinus problems. You can expect a noticeable benefit to be felt within the first two hours and significant benefits within the first two days.

By drinking two tablespoons of Ionic Silver in the morning and night, you can potentially defeat an existing viral infection. Inhaling liquid silver through a nebulizer works best for a viral infection in the lungs or sinuses. Drops can also be placed in your ears, eyes, nose, or throat twice daily.

To prevent a cold or flu, drink one teaspoon twice daily. If you are exposed to a lot of coughing and sneezing, the dose can be doubled.

Fulvia is antibacterial, antifungal, anti-inflammatory, antioxidant and anti-aging. The minerals in Fulvia play an active role in the production of stem cells, human growth hormone, endorphins and glutathione, which in turn supports a strong immune system and disease prevention. Affinity is also known for its antiviral benefits and ability to support a strong immune system, which is important for preventing and fighting off viral infections.
Warts

Warts are usually viral infections that have gotten under the skin and reproduced in a way that makes thickened, callused tissue around it. If you can get the Ionic Silver down inside the wart it will actually kill the virus and it will die. By drinking two teaspoons of Ionic Silver twice daily, it will circulate in your blood stream. Combined with topical application of the silver, you should see significant benefit.

For quicker, more complete results, pare down the ware with a sharp instrument. (Warts do not have pain receptors. When you feel pain, you’ve reached the skin.) Put the Ionic Silver on the exposed portion of the wart. You may also tape a moistened bandage over the wart in some cases.

Water

The Benefit of Drinking Water:

The obvious benefit of drinking water is that it replenishes an ingredient that is essential to your body. Almost 60% of your body is comprised of water and in the course of a day, your body depletes itself of water through urine, sweat, and normal cellular activity. Lack of adequate water slows down metabolism and interferes with healing, removal of toxins and old cells and rebuilding of new tissue. Therefore, drinking plenty of water is very important.

How much water should you drink? To prevent dehydration, you should drink a minimum, the number of pounds of your body weight divided by two, in ounces of water. Or in other words drink one ounce for each 2 pounds of body weight. To calculate the number of 8 ounce glasses you should drink per day, divide your body weight in pounds by 16 and round up. For example, if you weigh 160 pounds, you should be drinking ten, 8-ounce glasses of water.

If you are dehydrated, you should see an immediate benefit from drinking water. First, your bowel movements should become more regular. Next, if you are prone to pimples, these should clear up. You should notice that your skin is more moist. And these are only a few of the visible benefits of drinking water.

Remember, the calculation above is the minimum amount of water you need to prevent dehydration; not to cleanse your body of toxins. When you are on a cleansing program, you should be drinking at least twice that amount.

For example, if you are doing a Liver Cleanse, your liver will be flushing its stored toxins into your bloodstream. Your urinary system is one of the key methods of eliminating these toxins. Lack of water will make you feel sick; sort of like you would feel from a hangover. Therefore, regardless of which cleansing program you are on, you should be drinking twice the amount of water recommended in the paragraph above.

So if you weigh 160 pounds, then you should be drinking 20 glasses of water. You may find this difficult. In fact, you may find that you will have to urinate quite frequently when you first
start drinking water at this rate. However, as your body gets used to it, the capacity of your bladder will increase and you may start to think of drinking this much water as natural.

Does coffee and sodas take the place of water? The above guideline is for how much water to drink; not soda, not coffee. They are not the same thing. Since soda or coffee have toxins and contaminants already mixed into them, their ability to cleanse your body are substantially diminished. Moreover, coffee is diuretic, which means you may have to urinate more frequently, thus negating the benefit of drinking water.

Furthermore soda drinks are very acidic. One coke for example will take the pH of ten gallons of water from 7.0 down to 4.5. In fact, to neutralize the negative effects of just one soda, you must drink 32 glasses of water. (See also Water Purification)

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Water Purification

Water can be purified from bacteria and disease causing organisms using Ionic Silver liquid. By applying four drops of Ionic Silver liquid into an eight-ounce glass of water, and letting it stand for about two minutes, it will purify even raw river water. Add 32 ounces of Ionic Silver to a 55-gallon drum of water to keep your water storage purified for years.

Although silver will make water potable and safe to drink, it does not remove chlorine, fluoride and other contaminants. Where possible, use a water purifier to remove herbicides, pesticides and poisons, which are added by your water company.

Distilled and reverse osmosis waters are dead. Although safe to drink, these processes remove all of the alkalizing minerals and therefore are acidic. If you drink either of these forms of water, you will need to take extra minerals to help alkalize your body.

If you have access to an alkalizing water purifier, that is perhaps the best way to control water quality. These machines work by running water past two electrical poles, which separate the acid and alkaline minerals from each other. Purified alkaline water runs out of one tube and acid water runs out of the other.

Note: I have tested a number of these machines and there is a vast difference in the quality of water they produce as well as the “ease” of maintenance. In purchasing one of these machines, make sure that the electrodes that separate the minerals is made of platinum. Also be sure to select one that is self-cleaning by automatically switching polarity while it is working.

Those that have to be cleaned manually tend to build up calcium on the electrodes and will need to be sent back to the manufacturer periodically to be disassembled and cleaned. This is a costly procedure and leaves you for a time without pure water. I have experienced this and it is not fun.

The other benefit of the alkalizing machines, is they add hydrogen to the water as it is being purified and alkalized. Hydrogen is a very important element to human health and almost nobody is getting in their diets.

The only way you get hydrogen in your food is to pick it fresh from your garden or orchard and eat it within a couple of hours. To explain this in layman’s terms, fruit and vegetables are basically plugged into an electrical current when attached to the plant or tree.
Hydrogen has one single electron that is negatively charged. The plants receive this charge from the earth, which is also negatively charged. The moment a fruit or vegetable is picked, it is like unplugging an appliance from the electrical outlet.

Hydrogen is a very unstable element and being lighter than air, it starts evaporating from the food source and within a few hours is totally gone.

Hydrogen is a powerful free radical scavenger among other things. Since most free radicals are positively charged and they are seeking to steal a negative electron wherever they can find one. If we don’t have plenty of antioxidants like hydrogen and Fulvia, they attack our cells and destroy the DNA. Whenever a positively charged free radical comes into contact with hydrogen, it is immediately neutralized and can cause no further damage to your cells.

Water from an alkalizing machine is actually alive, until the hydrogen evaporates from it, the same as it does from food sources. The hydrogen from one of these machines does exactly the same thing as the hydrogen you would receive from “live” foods.

Therefore, it is best to make your own alkalized water fresh each time you drink it, in order to get the most benefit. If you purchase alkalized water from a health food store or from a friend who has a machine, make sure that it is made fresh and don’t purchase more than one gallon at a time, and make sure to consume it all the same day.

If you already own an alkalizing machine or you should decide to purchase one, I highly recommend purchasing a “pre-filter” that removes hardness from the water. This filter filters out excess minerals that can eventually plug up any filtering system. And if you live in an area where the water supply is fluoridated, you also need to purchase a fluoride pre-filter to remove this dangers poison. (See Fluoride)

Do your own research, but I personally use the “Athena” machine that is self-cleaning and gives the best water I have tested, on demand. You can learn more about it at http://ionways.com/abc. You can also purchase filters to remove hardness and fluoride from the water from this company.

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**Weight Loss**

Optimum was designed for those who want to lose weight. It is a blend of three herbs that curb appetite and increase energy and it is thermogenic, which translates to fat burn. These herbs can also have other beneficial effects and have been used to treat aches, pains, headaches and minor gastrointestinal disorders. They have also been used for general detoxification and immune enhancement.

Obesity is a nutritional deficiency disease and at least 60% of Americans are overweight. A lack of micronutrients causes a raging hunger message to be sent out causing you to eat anything in sight, but it is impossible to satisfy food cravings with food that lacks the missing nutrition. A healthy body is naturally lean and muscular.

Joy To Live has the safest and healthiest answer to permanent weight loss. Taking Optimum, combined with Fulvia, Affinity and Neutra-cleanse will help satisfy food cravings and help you lose weight by providing the missing nutrients that keep you thin and healthy.
Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

Worldwide obesity has more than doubled since 1980. In 2008, 1.5 billion adults, 20 and older, were overweight. Of these over 200 million men and nearly 300 million women were obese.

Nearly 43 million children under the age of five were overweight in 2010.

65% of the world's population lives in countries where overweight and obesity kills more people than underweight.

For most people, overweight and obesity are caused by not having energy balance. Weight is balanced by the amount of energy or calories you get from food and drinks (this is called energy IN) equaling the energy your body uses for things like breathing, digesting, and being physically active (this is called energy OUT).

Sometimes hormone problems cause overweight and obesity. These problems include:

It is estimated that conservatively 80% of the population suffers from an Underactive Thyroid (hypothyroidism): This is a condition in which the thyroid gland doesn't make enough thyroid hormone. Lack of thyroid hormone will slow down your metabolism and cause weight gain. You'll also feel tired and weak. Fulvia and Affinity support a healthy thyroid, which can result in increased metabolism and weight loss.

Cushing's syndrome: This is a condition in which the body's adrenal glands make too much of the hormone cortisol. Cushing's syndrome also can happen when people take high levels of medicines such as prednisone for long periods of time. People with Cushing's syndrome gain weight, have upper-body obesity, a rounded face, fat around the neck, and thin arms and legs. The nutrients in Fulvia and Affinity may help to balance all of the hormones including cortisol.

Polycystic ovarian syndrome (PCOS): This is a condition that affects about 5 to 10 percent of women of childbearing age. Women with PCOS often are obese, have excess hair growth, and have reproductive and other health problems due to high levels of hormones called androgens. Again, the nutrients in Fulvia and Affinity may help to balance all of the hormones.

Medicines: Certain medicines such as corticosteroids (for example, prednisone), antidepressants (for example, Elavil®), and medicines for seizures (for example, Neurontin®) may cause you to gain weight. These medicines can slow the rate at which your body burns calories, increase your appetite, or cause your body to hold on to extra water—all of which can lead to weight gain. Proper diet and nutritional support can help most people come off of their medications and allow the body to heal itself.

Emotional Factors: Some people eat more than usual when they are bored, angry, or stressed. Over time, overeating will lead to weight gain and may cause overweight or obesity. Optimum, Fulvia, Affinity and Elixir Blast may help with stress and stop the food cravings that cause people to overeat.

Smoking: Some people gain weight when they stop smoking. One reason is that food often tastes and smells better. Another reason is because nicotine raises the rate at which your body burns calories, so you burn fewer calories when you stop smoking. However, smoking is a serious health risk, and quitting is more important than possible weight gain. Tobacco quickly
burns up many minerals and B Vitamins in the body. The minerals in Fulvia and the B Vitamins found in Affinity, Elixir Blast and Aerobia may help reduce the desire for tobacco. Eating raw nuts, with the exception of peanuts, may also help reduce the desire to smoke.

As you get older, you tend to lose muscle, especially if you're less active. Muscle loss can slow down the rate at which your body burns calories. If you don’t reduce your calorie intake, as you get older you may gain weight. Middle age weight gain in women is mainly due to aging and lifestyle, but menopause also plays a role. Many women gain around 5 pounds during menopause and have more fat around the waist than they did before. Fulvia and Affinity accompanied by exercise can help increase muscle mass, which will greatly increase metabolism and weight loss.

Studies show that the less people sleep, the more likely they are to be overweight or obese. People who report sleeping 5 hours a night, for example, are much more likely to become obese compared to people who sleep 7–8 hours a night.

People who sleep fewer hours also seem to prefer eating foods that are higher in calories and carbohydrates, which can lead to overeating, weight gain, and obesity over time. Hormones that are released during sleep control appetite and the body’s use of energy. For example, insulin controls the rise and fall of blood sugar levels during sleep. People who don’t get enough sleep have insulin and blood sugar levels that are similar to those in people who are likely to have diabetes.

Also, people who don’t get enough sleep on a regular have higher levels of a hormone called ghrelin (which causes hunger) and low levels of a hormone called leptin, which helps to curb hunger.

People who are inactive are more likely to gain weight because they don’t burn up the calories that they take in from food and drinks. An inactive lifestyle also raises your risk for heart disease, high blood pressure, diabetes, colon cancer, and other health problems.

Americans are surrounded by huge food portions in restaurants, fast food places, gas stations, movie theaters, supermarkets, and even at home. Some of these meals and snacks can feed two or more people. Eating large portions means too much energy IN. Over time, this will cause weight gain if it isn’t balanced with physical activity.

Lack of access to healthy foods: Some people don’t live in neighborhoods that have supermarkets that sell healthy foods such as fresh fruits and vegetables and if they do, these items are often too costly.

Food advertising: Americans are surrounded by ads from food companies. Often children are the targets of advertising for high-calorie, high-fat snacks and sugary drinks. The goal of these ads is to sway people to buy these high-calorie foods, and often they do.

Incorrect breathing: You can burn more calories sitting on the couch with 5 minutes of correct breathing exercises than you can in a 5-mile run or half hour workout at the gym. Studies done at the University of Utah proved that up to 7,000 calories could be burned over a 24-hour period resulting from one 5-minute workout combined with a particular breathing method. I will be teaching Joy To Live members how to breathe correctly in order to lose weight quickly and safely. (See Breathing Exercises)
Undernourished: When the body is lacking minerals, it sends out a hunger signal, hoping that you will eat something containing the minerals that are lacking. The craving for food will never go away until you supply the missing minerals, no matter how much you eat. This is the biggest factor in weight gain.

Taking Joy To Live Optimum, Fulvia, Affinity and Elixir Blast can supply the missing nutrition that is causing food cravings. These products provide nutrients known to strengthen the thyroid and balance your hormones, which is a major factor in weight loss.

Eat more greens and raw foods. Get rid of sugar, artificial sweeteners, all flour and grain products, dairy products and hydrogenated fats. Then do one to three, 5-minute workouts combined with the right breathing exercises daily and watch the weight fly off of you!

Note: You are more likely to contract Cancer, Heart Disease, Diabetes and virtually every other disease if you are Overweight. And here is something you probably didn't know: Overweight and obesity are linked to more deaths worldwide than underweight.

The amino acids in Fulvia contain carbon, hydrogen, oxygen, nitrogen and other important elements, which are critical to life. They play a major role in metabolism, helping the body get rid of excess fat and prevent obesity. They are also the building blocks of protein and are required for strong, healthy muscles.

Joy To Live Optimum curbs appetite and increases metabolism, which translates to fat burn. Affinity also improves fat burn, helps with weight loss and helps prevent obesity. Fulvia provides minerals that will prevent craving and will increase assimilation of all other foods and supplements.

Obesity is preventable!

Do a soft massage under the arms, in the creases of the elbows and the creases of the knees. Thirty seconds daily causes some people to lose a pound a week.

Who is God?

Following my own 11-year quest to know God, I wrote a rather large book on the things I learned. I am going to share what I feel are the most important points as I believe that a truly balanced life includes bringing the body, mind and spirit into homeostasis as well as having plenty of money to enjoy life and having the means to reach your highest potential in each of these areas.

Matthew 25:46 says that the wicked shall receive eternal punishment and the righteous shall receive eternal life.

In my younger years, I read this scripture and although, I didn’t really know what “eternal life” meant, but I came to the conclusion that it must be better than eternal punishment.

I also read:
“You study the scriptures diligently because you “THINK” that in them you have eternal life.”
John 5:39. This is NOT an admonition to study the scriptures; it is saying that many “think” that eternal life is found in the scriptures, when actually, eternal life is found in “knowing” God!

“Not everyone that saith unto me, Lord, Lord, shall enter into the kingdom of heaven…” Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? And in thy name have cast out devils? And in thy name done many wonderful works? And then will I profess unto them, (you never knew me): depart from me.” Matthew 7:21-23

I inserted the corrected translation in the scripture verse above. Obviously, Christ “knows” each of us and it would be a lie for him to say “I never knew you.”

In the original text it says, “You never knew me.” This makes perfect sense and coincides with the scripture that says, “This is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.” John 17:3

I didn’t want to spend my life reading the Bible just to “think” that I had eternal life, nor spend my life having enough faith in Christ to work mighty miracles in his name, and upon reaching the “pearly gates” be told to depart. So I began asking God to show me personally what I needed to do to inherit eternal life.

I don’t really know why, but my single greatest desire was to have eternal life and I was determined to find out how to obtain it.

I reasoned that if “many” who had strong enough faith to work mighty miracles in Christ’s name would not obtain eternal life, that there must be a particular manner in which we need to know God and I began telling God that I wanted to know him in whatever “manner” that was required in order for me to obtain eternal life.

The rest of this chapter has been moved to another server. It is rather long and quite deep for someone who is not well exercised in the Spirit. However, if you feel like the Spirit is telling you to read it, I will be happy to send you that link. Please send your name and contact information to info@joytolive.info.

Wound Healing

Wounds come in many forms – burns, cuts, lacerations, bruises, broken bones. Ionic Silver has been documented to help improve wound healing. In a study done at the University of Utah, pigs healed substantially faster and had less bacteria, viruses, and mold when treated with liquid silver.

Ionic Silver can be applied topically to any wound 4 or more times daily. By keeping the wound moist, it will improve more quickly and with less scarring. Drinking two teaspoons of Ionic Silver twice daily will help improve wounds in the nose, ears, eyes, nose, throat, or any part of the body.

Fulvia and Affinity are also noted for helping repair wounds because of the powerful building blocks of nutrition they each contain.
Yeast

Yeast grows in the skin, vagina, and digestive system. It can be very damaging because it feeds off the very cells that are healthy and normal inside our intestines. Yeast lives in warm, moist areas and feeds off sugars.

Ionic Silver has been documented to kill yeast both inside and outside of the body. It will even kill stachybotrys, the black mold or yeast that grows in showers and on walls.

To fight intestinal or vaginal yeast, drink two tablespoons of Ionic Silver in the morning and at night. Half that dosage can be taken for prevention. Acidophilus, dietary fiber and digestive cleansing can help if you have an intestinal problem.

If yeast is in the intestines, it is important to remove sugars from the diet, as it feeds on sugars. Ionic Silver can be inserted in the vagina or on a tampon or panty liner for about 90 minutes to fight a vaginal infection.

You should expect to realize a benefit in the first two hours after use. Systemic problems however may take months to resolve.

Adding Neutra Cleanse to your daily regimen will support a clean and healthy intestinal tract and taking Fulvia and Affinity daily will support a healthy immune system and they also have antifungal properties as well.

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