

BRAVE NEW CURES

**At long last – the amazing new and simple treatments of disease
you've been hoping and praying for – along with a system of analysis
that uses the body's electrical system to reveal the causes and not
just the symptoms of disease.**

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Brave New Cures

A presentation of an alternate view of health care that simplifies the determination of proper treatment. It presents an illustrative list of typical illnesses that have been treated successfully by these methods.

It is not intended to be an exhaustive study nor a proof of the effectiveness of these treatments.

Disclaimer

The Authors for legal reasons are hereby stating that though they believe in the efficacy of the treatments and philosophies contained herein are disclaiming any validity of their effect on any individual reading the book. All individuals having different medical history would require a thorough examination before any of the treatments could be applied to any individual. The authors take no responsibility for the individual's use of this information.

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Introduction

We want to begin this book with a special thank-you to those who have tested and developed these brave new cures. These cures are not a fly-by-night development of a charlatan, but the work of over 40 years of research by a number of physicians, chiropractors, and naturopathic physicians. They have risked ridicule and loss of licenses to develop and test these cures.

We often are stymied by the futility of going to the doctor again, only to find out that we have spent our money and taken our time, and gone through a long period of recovery, only to find that the plague has not only returned, but we find out that it has never been destroyed and has hung around like a hungry leach waiting for our body to grow weak enough to risk showing its murderous face again.

Some have found that while following the advice of physicians, health counselors, and following the advice of health food store marketers, while they have been supposedly happy, healthy, and secure; they have surprisingly developed cancer or some other dread disease and the doctor is telling them and their family that their loved one has but a short time to live.

“There are who feel that the diet based on raw fruits and vegetables – given to us by the divine providence of our Creator – is radical and outlandish. These same people feel it is perfectly normal to eat a meal oozing with fat and cholesterol to clog up their arteries, and dozens of manmade chemicals that can drastically alter their body chemistry, adulterated foods from a tin can, cardboard box, or frozen dinner with man-made chemical ingredients that can’t even be pronounced by most people . . . but that someone who insists on eating food exactly as it was created by our Creator is radical!” – Dr. George Malkmus, *God’s Way to Ultimate Health*, page iii

This is a time when all around us, we find individuals falling ill. But at the same time we are faced with news on CNN or in our major news magazines that the effectiveness of modern medicine is declining. Please consider the following news item that his the streets a few years ago:

Front page headline:

ANTIOTBIOTICS

The end of Miracle drugs?

Warning, No longer effective against killer bugs.

Lead article:

The End of Antibiotics

By Sharon Begley

“The perception [in the 1980s] was that we had conquered almost every infectious disease,” says Dr. Sherwin Muland in his best-selling “How We Die.”

“Indeed it looks like medicine declared victory and went home too soon. Every disease-causing bacterium has versions that resist at least one of medicine’s 100-plus antibiotics. Some resist all but one. . . . ‘in 1992, 13300 hospital patients died of bacterial infection that resisted all antibiotics doctors fired at them,’ says the CDC.

“The threat could be even greater to those who down a milkshake with their burger. Milk is allowed to contain 80 different antibiotics – all used on dairy cows to prevent udder infections. With every glassful, people swallow a minute amount of several antibiotics. . . . They could produce resistant germs in the milk drinkers. That may be underestimating the case. . . . Some 40 percent of staph in hospitals are resistant of every antibiotic but one, vancomycin. ‘We know at some point vancomycin will succumb and the bacteria will grow and proliferate unrestrained,’ worries the VA’s Beam. . . . ‘It will be like in the 1950s and 1960s. . . and the mortality rates were as high as 80%.’” *Time Magazine*, March 28, 1994

We continue to hope that modern science will deliver us form this dilemma. But we must recognize that one of the problems that confounds the medical industry is the profit motive. Products that are not able to be patented are hidden form knowledge to others, and form the public. These products are sometimes effective and economical to use but are not worth the effort to certify , or they compete with proprietary products of a higher price.

Another problem is the fact that some products are abandoned in the rush to market the new miracle drugs and finally are lost from the knowledge base of medical practitioners, and the public.

One must admit that there have been enormous efforts made by some individuals and companies to entice the public into buying worthless or in fact dangerous products or methods. These quacks are detestable and deserve the ridicule and rejection they receive. The result is that repressive laws that prevent honest individuals from introducing new effective procedures or materials for the public good are enacted. There are also individuals and companies, for their own personal gain, who seek the continuance of these repressive measures. They are using the power of the law for their own advantage. This also is repulsive.

The purpose of this book is to bring to the forefront the procedures and products that are either cutting-edge materials and procedures, or those that have been lost during the antibacterial age, that is so rapidly coming to its demise. We trust that you, the reader, will not only read this material, but will put this knowledge to a practical application in your life, and also in the lives of your loved ones.

There is hope. We have not been placed here without hope. There are many good herbal remedies, and properly prepared food is not only nutritious but is pleasant to eat and not exceedingly difficult to prepare. Though, obviously a change is necessary if we are to live healthfully and economically. One needs to make changes in how we perceive a good life. We need to find activities that will encourage health and fitness.

Healthful living provides time to enjoy life, time to sit down and contemplate who we are, why we are here, where am I going when it's all over, and what is the meaning of life. We need to find time to help others. We need to share time, ideas, and love with our friends and family. When time is thus balanced with the exercise of making a living and creative activity, the spirit is enlivened and the spark of life glows more brightly. It glows longer, more health enhancing, and with more peace and joy throughout our limited existence as we reach out to bless and help others. Thus we all will also be blessed.

As you read this book, think of the things that make your life meaningful. Think of the beauties around you. Nature can be seen through the eyes of one enjoying the handiwork of the Creator, or through the eyes of one who sees the world in its struggle of the fittest. I choose to dwell upon the beauties and intricacies of nature and how they are placed here for our enjoyment, the beauty of the bird songs, the glory of sunrise and sunset, the play and counterplay of the weather. I enjoy observing the beauty of vegetation, the brilliance of the colorful sweet-smelling flowers, the majesty of the mountains with their snow-capped heights, as well as the creatures of the sea. The eternal distance and brilliance of the skies remind us of his power, love, and majesty. I believe that by beholding we become changed. So, I choose the beautiful to contemplate. This all has an effect on our being, to build or weaken our health.

“We can exercise, breathe fresh air, rest when needed, dress properly, work moderately, and do that which no physician can do for us, and that is to regulate our diet.”

E.G. White.

Counsels on Diet and Foods, page 124

Health

What is health? Some individuals that come in to the clinic say that they are in good health. They only seek help for some particular symptom that is bothering them, like an aching back, or stomach pain. They do not visualize themselves as sick. But the trained eye of a health practitioner sees several indicators that they are not as well as they claim.

They do not realize that the body is the most wonderful machine on the planet. It is complex beyond comprehension. It is able to exist to some degree with the incorrect food, inadequate rest, polluted air, and in an environment filled with disease-causing organisms that seek to parasitize it as a means of existence. The body can adapt, to some degree and without pain, to a variety of malfunctioning units in the body and still continue. But, sooner or later it will start to let the owner know something is not right. That symptom is all they see wrong. They have adapted to the gradual loss of vigor, strength, stamina, or sexual decline.

The body can more or less adapt to a malfunctioning organ by assigning additional duties to other organs which then carry a double load. This extra work is exhausting to the whole body and eventually causes a second or third organ to begin failing. At this point, the individual senses that he has some trouble or pain, and that he is seriously ill. But, up till then, he/she thought that they were normal. In reality, they may have been normal, in the society they were in. But they were experiencing ill health, thinking they were well. So what is good health?

Good health is a condition of being, where the entire body, organ by organ, is doing the duty assigned to it by the Creator. This is a state of emotional vigor, physical strength and peace with God and man. This state requires the following aspects of life.

- ◆ **Nutrition** which includes all aspects of the needed food elements. We are what we eat. One should eat plenty of fruits, vegetables, nuts, and whole grains. Excess food is detrimental to health, as is too little. Raw food provides many enzymes that are essential to our well being. Processed food is inadequate in many

ways. Americans are overfed but undernourished. We tend to have more fat than muscles. We are eating largely of processed foods loaded with additives to facilitate mass marketing.

- ◆ **Exercise** enough to keep the system in top shape. It provides the stimulation necessary for bone, muscle, and cell strength. It stimulates and improves the circulation of blood and pumps the otherwise static lymph. This facilitates and speeds the distribution of nutritive elements and provides a means for cleansing the system of impurities and enemies. We build muscle when we exercise them beyond being tired. Among the best exercises are walking, rebounding, swimming, and practical physical work. In addition, the exercise of practical work can improve the mind as well as the body.

- ◆ **Water** is the internal and external cleansing and cooling agent. The many chemical activities take place in the water in the body. When athletes get adequate water, they perform better. We need enough water to keep the urine clear and colorless. Lack of water causes tiredness, kidney stones, headaches, constipation, and many other ailments. The water needs to be pure clean water. Where chlorine is used, there are 44% more cancer than otherwise.

- ◆ **Sunshine** is necessary for good health. Sunlight purifies the environment and provides the energy required for the creation of Vitamin D in the skin, which is necessary for the formation of bone and calcium metabolism. It regulates sleep and hormone development. It can affect our moods. Sunlight cheers sick people and brightens their outlook. Excess sunlight causes

“The people need to learn that the natural condition of human beings is one of health, and that every instance of sickness and suffering, unless caused by accident, is caused by some wrong doing on the part of the suffered.”

Dr. Harriet Austin,
God's Way to Ultimate Health, p. 57

cancer, destroys collagen fibers in and under skin, and lets skin wrinkle and become old-looking.

- ◆ **Temperance** is the moderate us of all that is good and none of the bad.
- ◆ **Air**, uncontaminated air, is essential to run our engines. It contains moisture, oxygen, nitrogen, as well as trace amounts of other gases. Deep breathing is essential for good health, and is the natural result of adequate exercise. It stimulates the cells of the body and helps to eliminate waste products, and keeps the lungs in good effective working order.
- ◆ **Rest** is required to rebuild the system. This repair occurs during sleep. One should awaken refreshed after 8-10 hours of sleep. We also need to counteract the stresses and worries of daily life.
- ◆ **Trust** in the divine Creator is a necessary ingredient to health. We also need to have a merry heart and cheerful disposition. This positive attitude is a promoter of health as promised in the Scriptures. This life is a testing time, to see if it would be safe to allow us to enter heaven.

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” (1 Corinthians 10:31)

“Know ye not that ye are the temple of God . . . If any man defile the temple of God, him shall God destroy; for the temple of God is holy.” (1 Corinthians 3:16, 17)

Health is wealth. Without this, we have nothing; no enjoyment in life, no comfort, and eventually no money. In New York, a millionaire offered any physician one million dollars for every year that he could be kept alive. He died six months later because of digestive problems. His money could not buy health.

Healing

We usually think of health, only from a sick bed. But what we really want and need is healing. Healing is the restoration of the health we once had but due to neglect or ignorance has been squandered.

There are many approaches to healing, among which are the following:

- ◆ **Drugs** or medicines, which the physician uses to oppose the progress of disease.

“Generally, the allopathic doctors do not try to determine the cause of the illness, nor seek to remove the cause of the illness. What they do is treat the symptoms. Allopathy is not an effective way to restore health. But it has become the dominant means of health care today, because it is the most profitable approach for doctors, hospitals, and pharmaceutical companies.” Dr. George Malkmus, *God’s Way to Ultimate Health*, page 62.

- ◆ **Herbs** are a milder and more natural approach to healing than allopathic drugs. They are better than the drugs because they contain the natural balance of nutrients that prevent many of the problems and side effects of the allopathic drugs. They also have side effects and must be used with skill and caution.
- ◆ **Surgery** is the practice of restoring health by cutting out the diseased tissue. When this tissue is removed, there is no hope of restoring the original health to the system; though, through therapy, many functions can be restored. Surgery may be justified if there are no alternatives to preserve life, but even some of those (such as the heart bypass) have shown no statistical advantage over other systems of treatment. Surgery is valuable and indicated when we are the victim of some traumatic event which has destroyed vital functions and immediate death would occur if no repairs were made.
- ◆ **Spiritualistic healing and mind cures** fall into a category of healing that are of especial danger. We can be led into activities

and beliefs that can destroy our health, or at least put us in a position where we are in direct violation of the word of God.

- ◆ **Water Fating** is the quickest way to detoxify the body, but it can be dangerous if not carefully supervised. When supplemented with some fruit and vegetable juice, it is even a better approach.
- ◆ **Macrobiotic Diet** is a diet that cuts out fats and cholesterol. Many people have experienced initial benefit. Some later experience serious health problems from this diet, due to its highly acidic content and large amount of cooked food.
- ◆ **Pritikin Diet** removes meat products as well as fat and cholesterol. Followers have developed arthritis, osteoporosis, and cancer, due to its high use of grain products.
- ◆ **Gerson Diet** is a successful program due to its low fat, low cholesterol, low grain, low protein regimen, which includes large amounts of raw fresh fruits and vegetable juice. Their results are spectacular.
- ◆ **Raw Food Diet** is the recommendation of Dr. George Malkmus. This diet has also had good results. They do not recommend the consumption of fruit juice, but rather raw fresh fruit. They have found that with today's depleted soils, chemicals in the environment and pesticides in the dust that it takes more than the eating of raw food to restore wellness.

In the chapter entitled "Health," we have listed elements of the lifestyle we recommend. If one follows this regimen, he/she will encounter but few illnesses. However, due to stress, accident, or other causes, illness can occur. So, even the followers of this program will need help. Those who have not been following such a program are recommended to change their lifestyle to help in their healing and to prevent illness.

"Many people today believe that they can dump anything they want into their bodies and that this garbage has nothing to do with their physical well-being. They also believe that when they get sick, all they have to do is take some drug to remove the sickness. . . .

Sickness is usually not God's judgment upon us, nor simply bad luck, but something we created ourselves by our failing to observe God's natural laws. If we desire abundant health, we must do more than wish or pray for it. We must make a commitment to good health by applying a diet that will produce it." Dr. George Malkmus, *ibid*.

"The greatest medical discovery of our time is the awesome power within the human body to heal and rejuvenate itself! This tremendous discovery is destined to change the way we practice medicine in America. In the future, instead of cutting the body . . . instead of drugging it . . . instead of working against its natural system . . . doctors will strive to feed and enhance the body's amazing power to self-heal. We're starting to see the shift in awareness already. . . . the medical establishment still seems to believe that nutrition cannot prevent disease, and is practically useless in treating it. Yet, we now have scientific proof that diet is the single most powerful tool for the treatment of disease. More powerful than anything in the doctor's bag. And you can do it yourself. . . . The medical profession is too narrow-minded to admit the enormous value of nutritional healing." Julian Whitaker, M.D., "Wellness Today," July 1993.

As we noted above, diet alone is not the answer to total healing, but it is a first step toward total health for which we all are striving. To diet, we must add understanding of our environment and its effect. We must recognize the effect on our life of our own selfishness and greed, as well as the selfishness of others. No person is an island; our influence radiates outward to others also.

Processed Versus Raw Food

One of the problems facing us is the loss of understanding of the difference between raw food with its nutritive values and canned, frozen, cooked, dried, irradiated or microwaved foods. There is no way to explain this loss of knowledge without recognizing the tremendous profit in manufacturing, processing and marketing the artificial, as compared to the natural home-grown food eaten fresh and raw.

Synthetic vitamins and processed food do not offer the same nutritive value as fresh raw food.

“One pint of carrot juice daily has more constructive body value than 25 pounds of calcium tablets.” Dr. Walker

“Promoters of synthetic vitamins and processed food do not talk much of enzymes, because they are found only in living organisms, including raw food. Enzymes are a vital element in nutrition. They are the catalyst for all chemical changes in our body, such as digestion of food, sending oxygen from the lungs to our blood and cells, body movement, synthesizing proteins from amino acids to make muscle, and even thinking.” Dr. George Malkmus, *God’s Way to Ultimate Health*, page 122.

There is, however, a class of processed foods that are of special note. They are a group of products that are scientifically grown and processed in such a way that the natural essential nutritive elements are retained. They are vacuum dried at low heat, so the enzymes, vitamins, and other nutritive elements are retained. The phytochemical signatures are preserved. These capsules pack the nutritive value of many ounces of vegetable or fruit products in a very small space – thereby making it possible to load the system with the nutrition needed quickly and effectively. These can be used during healing regimens very effectively. Barley green, and other such products are examples of these new kind of products.

The Protein Myth

One of the most misunderstood items of nutrition is protein. Many are offering protein as the cure for weak muscles, for losing weight, and for energy. There is probably not a single product that is so oversold as protein. Milk, meat, cheese, and mock meat analogs are but a few of the products that are over-marketed to the American public.

“In our society, one of the principle sources of physiological toxins is too much protein.”

Dr. Ted Morter
Your Health, Your Choice

“Cooked protein is difficult to digest, and when incompletely-digested protein enters the colon, it putrefies and ammonia is formed. . . . In the digestion of proteins, we are constantly exposed to large amounts of ammonia in the intestinal tract. Ammonia behaves like chemicals that cause cancer or promote its growth. It kills cells, it increases virus infection, it affects the rate at which cells divide, and it increases the mass of the lining of the intestines. What is intriguing is that within the colon, the incidence of cancer parallels the concentration of ammonia.” Horne, *The Health Revolution*

The facts are that meat, dairy, and eggs can be linked directly to about 90% of all physical problems in America today!!!

Dr. Malkmus,
*God's Way to
Ultimate Health*, p. 97

“Cancer growth and sores appear in practically every part of the body and take a long time to heal. Since the body creates these conditions, it is essential to eliminate the foods which feed their development. . . . The most thrilling experience I can recall was to see cancer cells taken from a human body and thriving on cooked food, but unable to survive on the same food when it was uncooked.”

✂ Dr. Ann Wigmore,
Be Your Own Doctor

“Athletes need the same amount of protein foods as non-athletes. Protein does not increase strength. Indeed, it often takes greater energy to digest and metabolize the excess protein.” *Journal of the American Medical Association*, 1978

We have to admit that nearly everything we have been told about protein is wrong. We don't need as much as we have been taught, and consuming excess amounts of protein is hazardous to our health. We don't need to eat “complete protein.” Cooked protein contains mutagens that are hazardous to our health, and some nutritional experts say cooked protein is impossible or very difficult to digest. Cooked meat is not a good source of protein. And protein has nothing to do with strength, energy, or stamina.

Meat, Dairy, and Eggs

Heart attacks and strokes are caused primarily by the clogging of the arteries with fat in the form of cholesterol. Through the consumption of meat, dairy, and eggs, the average American consumes 50 pounds of fat per year. This is the only source of dietary cholesterol we have, as plant food does not contain it, though some foster its development in the body. We don't need any external source, as we make all we need in our own processing of foods.

We are constantly bombarded by the meat, dairy, and poultry industries, with information and educational materials that has convinced the population of America that the only way to get an adequate diet is to consume their products. They have provided material for schools, colleges, and even for the American Medical Association and the American Diabetic Association.

“Carnivorous animals avoid the flesh of other carnivorous animals, and prefer the meat of vegetarian animals.”

G.B. Paulien, Ph.D.

The Divine Philosophy and Science of Health and Healing, p. 214

Cholesterol

Rise in blood cholesterol from consuming one egg per day: 12%.

Rise in heart attack risk from 12% rise in blood cholesterol: 24%.

Average cholesterol level of people eating a meat-centered diet: 210 mg/dl.

Chance of a male dying from heart disease if his blood is 210 mg/dl: greater than 50%.

Amount of cholesterol in one egg: 275 mg.

Amount of cholesterol in chicken: The same as beef: 25 mg per ounce.

Main location of cholesterol in meat: The lean portion.

Chance of dying from heart attack if you do not consume cholesterol: Less than 4%.

Protein

Recommendations of the amount of daily calories to be provided by protein according to:

World Health Organization of the United Nations: 4.5%

Food and Nutrition Organization of the USDA: 6%

National Research Council: 8%

Amount of protein provided by human milk: 5%

Percentage of calories provided by protein in:

Spinach 49%, Broccoli 47%, Lettuce: 34%, Zucchini: 28%, Tomatoes: 18%

Calcium

Documented case of calcium deficiency from insufficient calcium in human diet: None.

Disease linked to excess animal protein consumption: Osteoporosis.

Average measurable bone loss of female meat-eater at age 65: 55%

Average measurable bone loss of female vegetarian at age 65: 18%

Realities for the 90's

The large amount of drugs and hormones fed to the cattle for disease prevention and different growth characteristics are then absorbed into the individual that consumes the meat. That individual is negatively affected by the accumulation of these drugs and hormones. It all happens so insidiously that he/she is not even aware of it. But the accumulated drugs and hormones help make drug-resistant microbes, damages the recipient's immune system, and reshapes his/her person. For these reasons, among others, we should all become vegetarians that use organically-grown food.

Medicines

The use of drugs dates back for thousands of years. An ancient Egyptian scroll dated 2000 BC records the names of 80 prescriptions, containing 700 drugs. The Egyptian doctors tried to cure blindness by pouring into the patient's ear a mixture of honey and pig's eye.

In the early 1500s AD, the use of mineral drugs was introduced along with chemicals such as mercury, lead, and other toxic substances.

There are over 3000 chemicals that come in contact with our food supply. In most American cities' water supplies, there are over 1000 chemicals. There are about 300 new drugs each year entering the pharmacies. Some of these are not properly tested.

The medical drugs do not cure a person of ailments. They combine with protein substances in the body and hide symptoms. These locked-in compounds continue to alter normal functions.

There are few drugs that are useful in an emergency.

In Israel in 1973, the physicians staged a 29-day strike. The Jerusalem Burial Society stated that during the strike, there were only one-half as many funerals as usual. A similar event was reported in 1978 in California and Great Britain. The physicians went on strike, and deaths dropped by more than one-third. The Albany study from New York showed that there were 905 serious errors in prescription writings in one hospital in one year. One lady was keeping her aunt company in a Tennessee hospital. She stopped the nurse from giving her aunt the wrong medicine three times in one day.

A health worker that freely prescribes drugs does not understand the delicate balance of the human machinery.

A large percentage of people undergoing medical care suffer side effects from the medications given them.

Reactions to drugs can leave a person

“blind or deaf, afflicted with kidney, liver, or brain damage, bone necrosis, ulceration of the bowel, intestinal hemorrhage, skin scars, extreme sensitivity to sunlight, or other disabilities that may last for months or years.” *Landers Defective Medicine*

The drug containing Cloiquinol caused

“30,000 cases of blindness and/or paralysis and thousands of deaths”
(*ibid*)

in Tokyo.

Hiding a symptom with a drug can allow the disease to progress to more dangerous limits. When a patient has a pain, he is treated with a pain pill, instead of searching for the cause which may lead to death.

Immunization Helpful or Harmful **Hidden facts regarding a compulsory program**

Mumps

Mumps are rarely harmful in childhood, and lasts from one to two weeks. It is to be avoided by adult males.

You can avoid compulsory vaccination by contacting:

N.V.I.C.
512 W. Maple Ave, PT. 205
Vienna, VA 22180

Immunization does not give lifetime protection. Mumps are becoming more common in adults because of immunization.

Mumps shots engender encephalitis, paralysis, febrile seizures, rashes, and unilateral nerve deafness. The shots do not give lifetime immunity.

Flu (Influenza)

There are many types of flu and one shot won't cover them all. In 1976, over 500 people were paralyzed after their flu shot. This has also caused multiple sclerosis. Flu shots make many ailments more severe.

“Most of the degenerative diseases are going to be shown to be due to x-rays, drugs, polluted foods, additives, preservatives, and immunization.” R. Mendelson, MD

“Immunization programs against flu, measles, mumps, polio, and so forth, may be actually seeding humans with RNA to form latent provirus in cells throughout the body.” R. Simpson, MD

Whooping Cough

The number of cases of whooping cough were declining in the US prior to the years when pertussis vaccine was introduced.

Shock and brain damage are adverse consequences of shots.

“The whooping cough vaccine has a high percentage of neurological complications, including death. Several physicians that I now do not give it at all.” R. Mendelson, MD

Measles (Rubella)

This is a mild ailment and is short-lived. Early pregnancy contact may be serious. To inoculate a young girl is to prevent her from having her own immunity later in life when she needs it. Immunization lasts only a few years.

This shot is unnecessary for boys as the illness is inconsequential for them.

26% of children receiving measles shots developed arthralgia and arthritis.

DPT

Some children who get this vaccination get brain damage. According to D. Penny, measles, rebella, and polio inoculations were the most dangerous, because they included live virus. If the immune system is weak, the recipient may succumb to the attack.

“Many children have suffered horrible and permanent side effects from this vaccine.” Lea Thompson, Investigator.

Immune System

The safest way to avoid these diseases is to develop a strong immune defense. An immune system is weakened by using sugars, junk food, and drugs. It is strengthened by eating lots of raw fruit and vegetables, breathing fresh air, using pure water, exercising regularly, and getting out in the sunshine. Vaccination is a multi-billion dollar profit program.

Health Devastating Practices

Alcoholic Beverages

There have been few methods of corrupting humanity that have been as successful as the consumption of alcoholic beverages. I have experienced the effect of the need for drink exhibit itself in my own family, and as I observed it, I swore I would never ever even try the drink.

It has brought misery and shame to many a man and woman. It has caused broken homes and pain to many children and spouses.

But even if the user does not drink out of control, it brings problems in its wake. There is not a drink of alcohol ingested that does not have a negative effect on the one partaking of the socially-accepted poison.

When alcohol enters the blood, it causes a lessening of nerve strength, destroys cells of the brain, and sets one up (little by little) for a number of serious illnesses. It gives the user the sense that he is not hungry. But it has not nourished the body. The use of alcohol causes a partial starvation of the whole body for the micronutrients that are lost or diverted from the body, in order for the body to process the empty calories of the alcohol consumed.

Tobacco Products

There are few more insidious poisons than those found in tobacco. They lead to small stature, poor posture, inadequate inhalation, and prevent the user from truly good athletic performance. Emphysema and cancer are but two of the end result diseases associated with the consumption of any tobacco product. Fro the good of all, leave these products alone.

Coffee, Tea, and Cola Products

Coffee is implicated in many diseases, such as fibroid cysts in the breasts. The heart is seriously affected by the stimulants in coffee and tea, as well as cola drinks. Among the bad items associated with these stimulants is the sugar that is used to make them desirable. The alternative sweeteners are no better, as they are a form of salt and also have their implications in the health of the body. No one desiring good health will partake of these items.

Recreational Drugs

I have never understood why anyone could desire to space out on the various drugs being sold on the street today. They damage the nervous system, cause various illnesses and lead to erratic undependable thought processes. The person under the influence, like the ones who drink alcohol, are not reliable drivers. There have been enormous loss of life and property from these drugs.

To support the habits they inevitably form, the individual usually enters some form of crime. These activities range from all forms of theft, burglary, and prostitution, to abuse of friends and family. No health conscientious individual will be tempted to partake.

Chocolate, Cocoa, and Spices

Cocoa beans are the source of chocolate. They contain theobromine which is an alkaloid drug and stimulant like caffeine. They contain oxalic acid which combines with the calcium in the human digestive tract, rendering it useless for nutrition. It also contains caffeine. Chocolate is one of the first items removed from the diet for the control of acne.

Chocolate and cocoa are the innocent drugs of choice. But they are not so innocent. They are associated with high sugar and fat consumption. They are associated with illness and health problems.

Spices are used to stimulate us and it feels good. Cloves, cinnamon, allspice, and black pepper are not easily tolerated in the system. They not only burn the sensitive lining of the mouth and esophagus, but also affect

the lining of the intestinal tract even when beyond our conscious sense of pain. They have subtle effects on the system that are damaging to our health.

Over Consumption of Salt

Popcorn is an excellent food until we put on too much salt. We also find salt as well as sugar placed in various items of commercial food production simply because it tastes good, and because they cost less than the real item they are associated with. Good cookery is not necessarily that which is the most acceptable, but that which nourishes the best, over the long term.

Excess salt makes the blood hold too much water which can cause too high a pressure in the tissues. It encourages high blood pressure, and ultimately leads to heart failure and stroke. Excess salt restricts proper circulation of the blood.

Let us remember that salt is not good for us, as it affects the retention of water which makes the

heart work harder. You say a little salt never hurts me, but we forget the many littles a day that are involved in our eating. All those little bits add up to a lot over a day, week, month. They accumulate in our system, influencing our health day after day.

A person carrying a child should be especially careful in respect to salt consumption, as well as one trying to lose weight, or with heart trouble.

Fruits and Vegetables Combined

When we eat a simple meal, meaning two or three items, the stomach has a very easy time in digesting and transporting them through the gut, especially if they are whole foods, raw and fresh. When we add to the variety, the job of digesting them is made harder.

OK, you say; but why should I worry about mixing them if I follow the above advice? Well, the simple fact is, fruit digests easily and quickly and needs to get down the intestines quickly; but vegetables all require hours to complete digestion.

When we mix these, this sets up a situation where the fruit, being retained with the undigested vegetables or other foods like meat, spoil in the warm moist stomach, and cause indigestion. We may not necessarily be aware of it. The fruit needs to be eaten alone, and the harder-to-digest items need to be taken at another meal.

Eating Too Often, Too Much, and Too Late

When we eat our meals more often than the period of complete digestion, the stomach is forced to retain the partially digested meal with the new item which has just been eaten. This sets us a situation where the nearly completed meal is held and therefore ferments. This sponsors indigestion, even though we may not sense it. It has been shown by observation of the contents of the stomach, the items can be retained from breakfast until night if snacks are taken between meals. We should space meals at least 5-6 hours apart.

When we eat too much, the stomach is distended and it has to work much harder than would have been necessary if smaller meals were taken. When we eat large meals, it is usually because what we are eating does not signal the body that it has received all that it needs. Foods high in sugar, fat, and protein do not trigger that full feeling as raw foods do. Try eating apples to the quantity that a rich, high variety meal would provide. You will find you will be full very quickly. If you would follow the raw food regimen, you would find that you are satisfied with less food and that you would perform and feel better also.

Those societies where situations of life preclude the common people receiving a large amount to eat have as a rule better health than those who are living it up because they have all they want. This is especially true where they eat largely from refined food, meat, dairy, and eggs.

Taking a meal too late leaves food to be digested while we sleep. This is an almost impossibility. Instead, we find that we don't sleep well and that we don't arise refreshed from our time in bed. We drag ourselves off to work without a breakfast because we have no desire for food. We then force ourselves to perform our work while low on energy, for the body has laboriously spent the night processing our food into fat and stored it on our legs, thighs, and heart (if we are female), and around our abdomen

(if we are male). We then take coffee to make us go, eat doughnuts and coffee at break time, and then eat a restaurant quickie for lunch and are exceedingly hungry about 8:00 PM, when we repeat the cycle. The results are devastating to our health and set us up for major illnesses no doctor can heal. We can only be helped if we change our lifestyle.

Exposure to Electrical Radiation

Electrical radiation is a present phenomena the impact of which we are not fully aware. But evidence supports the idea that there are large negative effects yet to be determined. We know that ultraviolet rays from the sun have a significant effect. We also know the impact of radio waves, x-rays, cosmic and gamma rays.

What we are not too sure about are the effects of high energy power line radiation effects on individuals living near them. Statistics have been gathered to show that the individuals living near these lines have a significantly higher likelihood of getting cancer, leukemia, and other illnesses. Studies by the power companies show that there are no significance, but look at the bias that the tobacco companies showed in their fight to market the deadly poison from which they made a profit.

It can be demonstrated by Contact Reflex Analysis that a person is affected in the immune reflex almost instantly if exposed to computer monitors, TV receivers, and fluorescent lighting. It can also be shown hat a drink of fresh carrot juice cancels out that weakness. A person also show the same responses in just plain muscle strength. We are proposing that the use of radiation shields will have demonstrable value to our health.

Two of the impacts of high voltage radiation is it weakens the immune system and tires an individual, causing improper posture. One would be much better off outdoors playing with the kids, doing errands for others, or doing some games with brother or sister, than relaxing in front of the TV, computer terminal or working under fluorescent lights. These radiations are responsible for one being tired, which is why you say “I need to rest.”

Poor Posture and Shallow Breathing and Exercise Are Related

Poor posture crowds the heart and lungs, and restricts the proper ingestion of air. It causes the heart to work harder and the low levels of oxygen impact the whole being negatively.

The situation is self-perpetuating. Get out and do something physical and do it hard enough to get the blood stirred up and the breathing rate increased. You will feel better, rest better, and be able to get up in the morning because you have had a good night's rest.

Fault Finding and Critical Attitude

These simple activities have a big influence on our well being. Finding fault with others, being aware and constantly thinking of what others are doing that is wrong impacts our thought processes, and thereby release hormones into the blood that hamper our health.

What we need to do is the very opposite. Knowing that a person is doing wrong, and nagging them, does not impact just them negatively. It can give us a negative attitude. It can give us an illness factor that is amazingly strong, and hard to counteract.

Positive thoughts lift the soul, and help us to counteract the negative environment we are presently surrounded with.

A Sense of Guilt

This is an awareness of what we have failed in – whether it is the way the children have reacted to your encouraging them to shape up, or Dad feeling low and you realize that you have helped to develop that condition. We all have made mistakes, and we all have to decide not to let it get us down. For “down” is a one-way street to poor health. So, find a way to lift your thought up – up to the stars. Even if you can never get there, you can contemplate the goals that they represent.

Lifestyle Change

Nutrition

There are few subjects that are more important to one's well-being than nutrition. There are few subjects in which there are more moneyed interests trying to confuse us. Sadly, they are succeeding all too well. Few concern themselves with the responsibility of evaluating what they are told. If the doctors in the government tell us black is white, then that is what it is.

Take vitamin C, for instance. The public has been told that Vitamin C has no effect on the health of an individual. But the doctors that told us that, died much earlier than the man who was ridiculed for promoting Vitamin C. Now the press is claiming Vitamin C is beneficial, but they don't tell us to use the natural type, though some are promoting Vitamin C with bioflavanoids.

Gladly the public is becoming more aware, and are moving in the right direction. But watch out; we could still be easily misled. Each of us must search out the truth, and act accordingly. Our lives are at stake.

Diet

By "diet" I mean the pattern of eating that an individual, family, or social group follows. We all occasionally go on a fast to get over some ill that resulted from the wrong combination or choice of foods, or to lose weight. But what I am meaning is the pattern of food consumption that a wise individual will follow consistently, so that they will have the best results. They desire and can expect to have excellent health, vitality, and stamina. They can expect to be able to resist most diseases that are killing their friends and family members, who are not taking any thought about what and when to eat.

Food

Food is the fuel of the body. It involves the variety of raw materials that make up the meals, from the richest cuisine to the pauper's fare.

Somewhere in between, we are consuming our food in various levels of sophistication. We live in a land where the poorest have available the food of kings and queens of yesteryear, and (sadly) they are experiencing the illnesses of the royalty. The connection is obvious. In those societies where the people live off the land, eating what and when they find something, have (in many cases) better health.

The best food is the food that is as natural and unrefined as we can tolerate. Raw is better than cooked. Fresh is better than preserved. We are all better off if we can grow it ourselves, for we can protect ourselves from the pesticides, artificial fertilizer, and sprays that are poisoning our commercial food sources. In addition, we prevent the 3,000 different food additives (that commercial interests add, so they can market it to us from giant warehouses) from entering our bodies. They want the food to have a long shelf life, so they devitalize it so the bugs are not able to survive if they eat it. They irradiate and gas it to make it so they can ship it to us from an area where the weather is more favorable and the labor cost is lower and the regulations are lower or non-existent. So we purchase food on the criteria of beauty and don't realize that the perfect tomato had to be protected with some pretty strong pesticides and fed with artificial fertilizers in order to achieve that "perfection." I would rather clean, pare, and eat a potato with a defect than purchase from suppliers that poisons my food.

Supplements

We find that, in our environment, even the best-intentioned find they are likely to be short-changed in most of the food they purchase. We have the need to purchase back from our food suppliers the food parts they so carefully robbed from us, so they could ship the food to us without spoilage.

There are minerals and vitamins and special items taken from foods we cannot get or are not naturally edible. These items are expensive and one needs to choose them intelligently. Not just on the slick advertising sheets, but on the basis of sound scientific information. There are products that are good, but most of us could do without them if we ate the food in its best form, as it comes from the garden.

Vitamins

We are surprised and bewildered at the complexity of choices available in the typical healthfood store. They have a wall of vitamins, minerals, and other supplements.

Remember, just because the advertising says it has more units of something, does not mean that the amount of the artificial product being marketed is equal to even a small amount of the real product.

Minerals

There is a real battle of words in relation to minerals. You can get minerals in tablets, syrups, and liquid. But remember that you cannot digest iron by eating rust. You need your iron naturally chelated with a vegetable protein so that you can take it in and use it. Colloidal minerals are good if the supply does not have any toxic elements in it. Even a small amount of poison taken over time accumulates to the end result of death. This has been demonstrated in several classic crimes as well as several documented bases of food poisoning early in the age when canning was being developed.

Exercise

Exercise is an essential ingredient for good health. Without it we develop illnesses that creep up in us, unawares. They will finally take over if we don't get up out of that chair and do something about it. Some have claimed that aerobic exercise is the way to go, and some have gone that way, dying while doing their exercises.

Following the literature on this has revealed that one does not need to exercise to a point where the pulse and respiratory rates are raised, and to the extent that the raised level is sustained for a period of time. But we should recognize the problems and benefit associated with various modalities of exercise.

Walking

Walking is the best exercise. Why? Did you ever hear of a person over-exercising by walking? But look at the numbers of deaths or injury from the exceedingly rough sport of jogging. You don't need to spend big

money on special shoes to protect you from the hazards of walking. But most of us don't walk; we stroll, and we don't do it long enough.

Rebounding

The rebounder (meaning a quality mini-trampoline) is an excellent modality for exercise. This exercise has been acknowledged by NASA as the best exercise. They have developed a pattern of exercise based on the rebounder, for the astronauts while in weightless space. They do their exercises by flipping form wall to wall, rebounding across the cabin, flip, flip, flip. They have adopted this because the rebounder has taught them via scientific evaluation that it stresses every cell in the body to a greater level of gravity than they would get in any other form of exercise. The cell walls are strengthened in every part of the body, including the bones. This prevents the wasting of muscle, fiber, and bone, while in the weightless environments of space travel.

The rebounder has been found to be beneficial in the way it gets the lymph flowing. This is a great medical healer. Many problems that sedentary workers have is stagnant circulation. Another benefit we have found is the fact that the ligaments of the joints are stressed and the combination of activity and the gentle forces of bouncing seem to cause the body to get the bones in alignment. This frees up the inter-joint space, so the nerves cease being pinched, by just a short two-minute rebounder session. This means that the chiropractor is needed less often.

If one desires to purchase a rebounder, then you need to recognize the original versus the competitive quality units. The competitive unit is sprung hard and it is more like bouncing on the floor. It has harmful effects to various organs of the body and should not be used.

The rebounder recommended has springs that are larger in diameter, are longer, and are positioned in pairs that are in a "V" configuration. The support legs are necessarily longer as the bounce is deeper. This has the effect of reducing the shock of the bounce, reducing the injuries, and provides a longer period of time for each bounce, so the person is under the higher gravity force for a greater proportion of time. This has a gentle but certain effect on the cell walls, muscles, and ligaments of the whole body.

Swimming

Swimming is a choice sport for those having the pool available. It is used to sustain a high energy exercise without the risks of jogging or running. No special equipment is needed outside of a body of water suitable for use in swimming. It builds all muscle groups well and without injury. It is as aerobic an exercise as you want to make it.

Jogging, Running, Dancing (aerobic)

Jogging is the exercise physical therapists recommend for aerobic development. Without doubt, it will do that, but at a cost. Even with adequate shoes, there are foot, shin, and knee injuries.

Running is better than jogging as far as injuries are concerned, but few take the time to run. Special shoes are needed to protect the runner from injury.

Dance studios are popular with the younger women. They exercise to music and develop a fair level of aerobic ability. But there are physical limitations to the sport, relative to injuries. The dance instructors, as well as patrons, have developed some serious problems while doing the exercises.

Work

When God made man, He put them in the garden, where they were given the job of training the vines and whatever else was necessary to maintain the beauty and practicality of the environment. That job of work was given mankind for more than just keeping busy.

I believe practical physical work is a good form of exercise. Especially is this true in the garden where one tills, plants, weeds, and plans for a good harvest.

Water

Water is an essential part of a health program. It is the item that you must have to live. Every cell of the body is filled with and surrounded by water. The water that is suitable for human consumption is pure water – that is, without excess minerals, color, smell, or any other contamination.

No bacteria are allowed. We also need clean water to bthe in, cook with, and to grow a good garden.

The problem is, we are surrounded with fields that are being sprayed with pesticides, and farmland where they are force-feeding cattle for meat production, with the concentration of waste material seeping into streams and underground reservoirs. These streams, lakes, and wells are providing us with water loaded with pesticides, fertilizer components and in some cases with dangerous bacterial loads. So cities are spending fortunes in trying to develop ways to get out the odors, chemicals, and poisons, as well as the bacterial load form the water available to them. They are putting in chlorine, fluorine, alum, and potassium permanganate. Passing the water through filters of sand, manganese greensand, and carbon. So no matter what way they go, the water has a level of mineral and chemical contamination. The biologic load is reduced by chlorine (which is toxic). Chlorine is associated with cancer in some studies.

We need pure water!!! If we are getting water that is high in minerals, we will have some health problems. If we have a water supply that is private, we have to do all the processing to get a pure source of water from our contaminated supply. If we have bacteriologically-contaminated water, we need to treat it ourselves. What options do we have? There are a number of methods we can use to achieve success in the home.

Distill

Distillation is the best method of providing sterile water for consumption. It is biologically safe, and eliminates all the chemicals and odors that we have mentioned. But that is too expensive other than for drinking and cooking.

Filters

There are a number of filters available for home use. They will take out dirt and some color, but will not make the water biologically safe.

Carbon Filter

Carbon filters are made of activated charcoal, which is excellent in removing gaseous odors from the water. It will remove odors of

hydrogen sulfide, for instance, but it will not remove bacterial contamination, and should not be expected to remove dirt or color.

Reverse Osmosis Filter

Reverse osmosis filters are usually combined with a filter, a reverse osmosis filter, and a carbon filter. They work on water, and make it taste, smell, and look clean. But it does not reliably clean the bacterial load from the water.

Water Softeners

When water has a heavy load of calcium, there is no economical filter that will remove it. One must use some manner of water softener. There are two types.

Ion-exchange Softener

The ion exchange softener uses the electrical attraction of molecules to attract the unwanted calcium mineral into a captive state and then it is flushed out into the environment along with its salt load or in some cases with its potassium waste. This has the hazard of trading the calcium load (which is *slightly* dangerous) for a sodium load (which is *positively* dangerous to your health).

Magnetic Softeners

The alternative is a method that has been used for a number of years. There has been positive results in studies with cattle and crops in Israel. It works by strapping strong permanent magnets along the pipe in a particular configuration, so that the calcium atoms are electrically charged and are repelled from each other, thereby preventing their accumulating on the inside of pipes and tanks in the residence. This stops the hydrogen sulfide odor from developing also. His magnetic method is economical and does not need any upkeep.

Sterilizers

To answer the need for sterile water from contaminated sources, you realize you can use the distiller for drinking, but the house occupants need sterile water at the sink and bathing areas as well. The ideal system would not contaminate the water in and of itself. So consider the following:

Ultraviolet Light

There are electric units that are made of glass with ultraviolet light of high concentration, which purifies the water as it passes through. They must be used with a softener in order to prevent the accumulation of calcium from blocking the ultraviolet light. These units do a good job. This is the equivalent of injecting hydrogen peroxide or ozone into the water, and providing contact time before consumption.

Chlorine

Chlorine has a demonstrable success in destroying bacterial and organic contamination, if it is applied properly. The fact that it is a poison to people should preclude its use. It is cheap, and is a by-product of the oil industry. Properly applied, it would have a 1-2 ppm concentration as it comes out of the tap. At that level, there is no detectable odor of chlorine.

Sunshine

Sunlight is a healer, is essential for health, and destroys pathogens. Multiple short exposures are better than one long one. It is a stimulant and a tonic to the system. It increases the lymphocyte production, and thereby increases interferon which reduces interferon reproduction.

Pre-vitamin D is formed by sunlight on the skin. It is converted by the body into vitamin D in 24-36 hours. A bath taken after sunbathing nullifies this. Vitamin D is more of a hormone than a vitamin. It is produced from cholesterol like other steroid hormones. Vitamin D aids in the absorption of calcium, which lowers your risk of multiple sclerosis and colon cancer. But excess synthetic vitamin D (calciferol) can cause hypercalcemia, which is excess calcium in the blood from calcium being drained from the bones which leads to osteoporosis and muscle weakness. Natural Vitamin D (with

“Sick people are benefited by lying in the sunshine.” p. 264

“We have often deprived our selves of that which, if properly used, is of inestimable value for the recovery of health. The sunlight may fade the drapery and the carpet, and tarnish the picture frames; but it will bring a healthy glow to the cheeks of children.” p. 101

E.G. White
Ministry of Healing

its naturally-associated Vitamin A) has never caused hypercalcemia.

Sunbathing causes the formation of melanin (the dark pigment that protects us from burns). Sunscreen will prevent the burns from overexposure; but also prevents the formation of Vitamin D.

Sunburns are truly burns. So sunbathe in short doses until the natural tan is formed. When the skin is reddened during the sunburn prostaglandin is produced that inhibits the immune system.

“Most sunscreen products protect the skin from UV-B light rays, but allow the more damaging UV-A rays to pass through. A natural sunscreen lotion which protects the skin from both UV-A and UV-B can be readily made from a 10% solution of vitamin C and water. It does even more than that: It can prevent skin cancer from overexposure of both UV-A and UV-B rays, and it also heals unhealthy skin conditions such as psoriasis, eczema, and impetigo.” G.B. Paulien, Ph.D.; *The Divine Philosophy and Science of Health and Healing*, page 102

Temperance

Temperance is the moderate use of all that is good and not of the bad. This should be our way of live forever. This includes the restraint of natural passions and emotions. This would eliminate most of disease and misery in the world relating to food, rest, and addictions. It would eliminate abuse, rape, and theft. It would prevent overwork and pauperism. Let it be our choice.

Air

The greatest need of the body is pure air. A large part of our nutrition comes from the air, which but a small part comes from the food we eat. People who smoke (slowly but surely cut off their supply of oxygen) are putting themselves at great risk.

In our homes, we should (if in a suitable environment) throw open the windows and let the fresh air flow through the house, removing dust, impurities, and contaminants that come from our living. If we live in a polluted environment, then (if possible) move. If we cannot do that, then count on illness being your companion.

There are filters that can remove most of the allergenic items, and there are ozone machines that can destroy airborne pathogens. The cost is much less than sickness. But even in these cases, we should provide a definite fresh air inflow. Oxygen is needed constantly, and carbon dioxide must be eliminated from our living space. This is accomplished through exchange of air. This needs to occur on hot or cold days as much as on days of moderate temperature. Neglecting this small detail can endanger the occupants of the home or building, where they try to save money by closing every hold and stopping every draft.

Rest

Rest is a necessary part of life. This includes 7-8 hours of sleep per night. Without sleep, the body collapses. The best time to sleep is before midnight. Some who work at stressful employment find that short naps refresh and restore one's ability to continue. This is a learned procedure that not all can accomplish.

Rules for rest:

Go to bed early. Go to bed with an empty stomach. Take warm showers at night. Sleep outdoors if possible. Sleep on the right side if possible. Go to sleep as soon as you are sleepy. Sleep on an air-support mattress. Sleep with covers that allow free air circulation.

Unhealthy people require more sleep, and find it harder to sleep. People that eat cooked food require more sleep than those who eat raw food. One hour of nap time reduces the need for night sleep by two hours.

Trust in Divine Power

We are created by a loving God. Trust in that power is a necessary ingredient to our well being, our health, and our success.

Trust means more than just acceptance of the idea of a

Mental and emotional stress can tear your health down faster than inadequate nutrition can. It can cause toxic goiter, ulcers, migraine headaches, angina, glandular disturbances, arthritis, apoplexy, asthma, strokes, diabetes, high and low blood pressure, heart trouble, and cancer. Emotional deprivation may cause stunted and retarded growth, and immaturity.

G.B. Paulien, Ph.D.; *The Divine Philosophy and science of health and healing*, page 447

God, but includes obedience to His commands and principles. These are the principles of life.

Psychogenesis is the mental cause of disease. Here is a problem that few are willing to admit. We are the way we think.

A Biblical Justification

The Holy Bible reveals to us the God of the universe. The Creator, Redeemer, and “Healer of all our diseases” (Psalm 103:3). Before we can fully understand this, we must start at the beginning and recognize Him as the Creator of “the heavens and see, the see, and all that in them is” (Exodus 20:11).

“In the beginning, God created the heaven and the earth” (Genesis 1:1). “God saw every thing that he had made, and, behold, [it was] very good.” (Genesis 1:31) After sin, God drove man out of the Garden of Eden to separate him from the Tree of Life. (Genesis 3:23-24)

God’s original diet was nuts, fruits, and grains; and then after sin, vegetables were added. After the flood, meat (without blood) was allowed. (See Genesis 1:29, 3:18-19, 9:4.)

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.”

E.G. White.

Counsels on Diet and Foods, page 81

By the time the children of Israel were led by Moses to the Canaan land, there was an established history of illnesses for the Egyptian people. God told the children that if they obeyed Him, they would be protected from all the illnesses of the Egyptians. If they would obey Him, He said, “I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I [am] Yahweh that healeth thee.” (Genesis 15:26)

We must recognize that God wants us to follow Him and do these things to His glory, as is shown by this reference: “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” (1 Corinthians 10:31)

Again we show the same idea in Romans 12:1-2: “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what [is] that good, and acceptable, and perfect, will of God.”

God wants to be known as a God that has our best interest in mind. “am come that they might have life, and that they might have [it] more abundantly.” (John 10:10b)

We believe there is evidence that God desires His people to be in good health, and He will help them achieve it.

We are working to educate the people how to treat the body in sickness, how to regain health, and how to *keep* well when health is restored. We want this book to help people understand that there are simple basis truths that – when understood *and practiced* – will make it possible to be healthy, strong individuals, who recognize the importance of a proper relation to the Eight Laws of Health (NEWSTART), and are willing to live in accord with them.

We want to (along with the apostle John) say: “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” (3 John 1:2)

“the majority of diseases which the human family have been and still are suffering under, they have created by ignorance of their own organic laws. They seem indifferent in regard to the matter of health, and work perseveringly to tear themselves to pieces, and when broken down and debilitated in body and mind, send for the doctor and drug themselves to death.” *Counsels on Diet and Foods*, page 19

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E.G. White.; *Counsels on Diet and Foods*, page 19

The Keys to Health

Enzymes

Everyone has heard the macro-nutrients: protein, carbohydrates, and fats. We have also heard of the micro-nutrients: vitamins and minerals. We all recognize these as essential to our health. But few have heard of – nor understand – the meaning of *enzymes*.

“Enzymes are what makes all the other pieces work. Enzymes are not tangible, physical substances. Enzymes are the very life force that activate vitamins, minerals, proteins, and other physical components of our body. Enzymes are the key to understanding the difference between life and death, and between sickness and health.”

Dr. George Malkmus,
God's Way to Ultimate Health, page 142

Enzymes have biological as well as chemical components. They are not just catalysts, as some teach, nor are they just a chemical reaction. They operate on a biological level which cannot be synthesized. If man could synthesize this, we could create life! But obviously we can't. The only source of this biological life enzyme is through the ingestion of raw foods. We all have been taught we live on

The Pottenger cat experiment on Raw vs. cooked food

A ten-year study by Dr. Francis Pottenger was published in 1946 in the American Journal of Orthodontics and Oral Surgery.

He fed two groups of 900 cats the same food, except one group's food was cooked. The results were astounding.

The cats that were fed the raw food produced litters of normal kittens year after year, with no ill health nor premature deaths.

But the cats fed the cooked food developed heart disease, cancer, kidney and thyroid disease, pneumonia, paralysis, loss of teeth, arthritis, birth difficulties, diminished sexual interest, diarrhea, irritability, liver problems, and osteoporosis. (The same diseases exhibited by people on the same class of diet.) The first generation of kittens from the cats fed cooked food were sick and abnormal, the second generation were born diseased or dead, and by the third generation, the mothers were sterile.

the food (carbohydrates, fat, protein) we take in; but, in fact, we should be asking what foods contain the enzymes we need – for life, energy, stamina.

Since the body makes digestive enzymes, why do we need enzymes in our food? Because, though the body manufactures some enzymes, it does so at the expense of depleting its vital reserves. We can live on cooked food alone, it seems; but we exhibit defects and eventual death as a result.

It is a sad fact that the only studies the medical community want to conduct are on cooked food, drugs, radiation, and surgery. Why do they hesitate to use raw food in their testing? Why do they say there is insufficient evidence, when they refuse to do any testing? Could it be that those who make tremendous profit from sickness know that if verifiable tests were conducted and the information made public, they would be out of business?

When we consume cooked food, the immune system is called in to assist in the process of digestion. The result is, the white blood cells multiply when we eat cooked food. When we eat cooked food, we weaken our immune system, and enzyme reserves are depleted. The body (by virtue of the vital force being depleted) cannot perform its activities, and we die.

Vitamins, Minerals, and Antioxidants

Vitamins and minerals and antioxidants as well as all the fats, carbohydrates, and proteins are a natural constituent of the food that we grow. If we do not destroy them by cooking, freezing, or microwaving them, we will find the food will supply all that we need, except that we are often growing our foods without replacing the minerals completely as they are withdrawn by the plants.

The bottom line is: We need enzymes every day, and we get them from eating raw food!

Congress did a study that showed that the soil is deficient in at least 40 different minerals that (in effect) cause the food grown there to also be deficient in those items. They (the plants) show no effect of this as they are apparently healthy on 16 different nutrients.

Another factor affecting this is the manner of fertilizing the soil. This can influence the way the plants live. They grow best where the soil is alive with organic debris and the proper soil organisms digesting it and making the supply health-enhancing for the plants. In that case, the plants make more of the essential vitamins and minerals available in their fruit and cellular structures.

When artificial soil is used and artificial fertilizers are fed to the plants, they may appear in good condition, but the animals fed on these plants show signs of deficiencies. If, however, they are grown on a mineral-rich soil and in an organic soil, then animals consuming the plants are healthy and without deficiencies.

So, it would be wise to grow or purchase organically-grown foods from soils rich in active rock dusts of various types. Even so, we may (by preference, or necessity) cook our food or preserve our foods for later consumption. In that case, one would be wise to consider taking a colloidal mineral supplement (Bio Min 60) and a multi-vitamin supplement that is based on natural (rather than synthetic) vitamins.

Antioxidants – the Silent Warriors

“Recent research into heart disease has found that free radicals give us high blood pressure, and make our blood clot abnormally. When they ricochet through the lining of arteries, they trigger the chain of events that permit cholesterol to build up, block arteries, and cause heart attacks. . . . Free radicals also create waste products like aldehydes – chemicals that jam together (or ‘cross-link’) protein and other cellular material, much like in the tanning of hides. When that happens to collagen (the connective tissue of our bones and muscles), it becomes rigid and doesn’t work right.” *Chicago Tribune*

Our immune system uses antioxidants to fight off free radicals. The antioxidants are able to give up an electron, which becomes a companion to the free radical’s lone electron thereby eliminating the threat of that

free radical. This, however, cancels that antioxidant from further action. So the protection requires a continuing supply of antioxidants.

The most common antioxidants are Vitamin A, C, E, and beta-carotene. Minerals such as copper, selenium, zinc, and manganese, and certain amino acids, are considered antioxidant nutrients, because they activate the body's own antioxidants.

Bioflavonoids are another significant antioxidant, because they enhance our assimilation of Vitamin C. They are plant substances that bring us plant colors and flavors in fruits and vegetables. There are over 20,000 known bioflavonoids. Research is being centered on one class of bioflavonoid known as proanthocyanidins. This class of product is typified by "Pycnogenol" which is a market name of a product made from the maritime pine in France. This product has been tested for years in Europe. It has been recognized in the strengthening of cell walls, reduction of leg cramps at night (93% improvement), strengthening of varicose veins, diabetic retinopathy, to mention just three. It has a very strong impact on the control of Parkinson's disease. It reduces cell membrane damage during prolonged exercise. They protect the individual from injury from severe exercise during training or competition.

Foods high in the enzyme Superoxide Dismutase (SOD) are barley grass, brussel sprouts, cabbage, wheat grass, and most green plants. This enzyme is an antioxidant that can protect the body against free radicals and can cross the brain barrier. Beta-carotene is naturally available in yellow vegetables such as squash and carrots. This is one of the reasons that carrot juice is such a good disease fighter.

Alternative Antibiotics

Colloidal silver and the Zapper are two methods of destroying germs, bacteria, virus, and parasites. They were chosen for inclusion here because of their effectiveness in germ-destroying action, and also because of their lack of side effects and contra-indicators. Other systems and materials are effective for some things but not for others, or they are toxic if used very much, or they have side effects that have precluded their inclusion here. We have found them very effective and efficient on

eradicating a large percentage of the illnesses to which they were applied.

1. Colloidal Silver

It is well documented that the ancient Greeks knew the medicinal value of silver. It was observed that those ancient families that ate from silver utensils were seldom sick or had infections. They ate with silver utensils and drank from silver cups and even stored their food in silver containers. As a result, silver was ever so slightly worn off and mixed with their food. It took royalty a few generations to obtain a sufficient level of silver in their blood for the full benefits to be enjoyed.

American pioneers and settlers in the Old West would put a silver dollar in the milk to keep it from spoiling. In fact, from the late 1800's until 1938, Colloidal Silver was in common use by medical doctors in America. It was prescribed for a great variety of diseases. There were none of today's manufactured antibiotics available, so Colloidal Silver was used for a multitude of purposes.

There are no known side effects that have ever been recorded from the use of Colloidal Silver according to the medical literature. There has never been a recorded case of a drug interaction with any other medicine or herb. It is non-addicting, and the body does not build up a tolerance to it. Studies show that Colloidal Silver is not deposited under the skin like other silver compounds.

There have never been any allergic reactions reported in the thousands of years of recorded history of medicinal silver. Colloidal Silver acts as a catalyst, not entering into any chemical reaction in the body, but only affecting the rate or occurrence of the pathogen's oxygen metabolism.

Current Status of Colloidal Silver

Colloidal Silver is accepted as a pre-1938 medicine. It may continue to be marketed without submitted evidence of safety and effectiveness.

According to Medical Journals from around the world, Colloidal Silver is a powerful wide-spectrum antibiotic that disables the enzyme that all

one-celled bacteria, fungus, and virus use for their oxygen metabolism, causing them to die in six minutes or less upon contact, according to tests in UCLA medical labs. Colloidal Silver is nontoxic to mammals, reptiles, plants, and all living things, except the one-celled life forms. The mere presence of Colloidal Silver near any virus, fungus, bacteria, or any one-celled pathogen will immediately cripple its oxygen-metabolizing enzyme. It suffocates and dies in a few minutes, and is cleared out of the body by the immune, lymphatic, and eliminatory systems.

An electrically-charged Colloidal Silver molecule acting in its own subtle way will destroy one-celled pathogens. Then, unaffected, it will drift on to do it again and again.

Colloidal Silver is effective against all transmutate, or pleomorphic, forms of organisms. These transmutate forms were observed under high power microscopes by Dr. RR Rife more than 50 years ago.

There is no known disease-causing organism that can live in the presence of even trace amounts of simple metallic silver.

Dr. Robert Becker, author of *The Body Electric*, recognized a correlation between low silver levels and sickness. He said the silver was responsible for the proper functioning of the immune system. Dr. Becker's experiments conclude that silver works on the full spectrum of pathogens without any side effects or damage to any part of the body. He also stated that the silver was doing something more than killing disease organisms. It was also causing major growth stimulation of injured tissues. Burn patients and elderly patients noticed more rapid healing. Dr. Becker discovered that all cancer cells change back into normal cells in the presence of Colloidal Silver. All strains of pathogens resistant to other antibiotics are killed by Colloidal Silver.

“As an antibiotic, silver kills 650 disease-causing organisms, and resistant strains fail to develop. Silver is the best all-around germ fighter we have, and it is absolutely nontoxic. Doctors report that taken internally, it works against syphilis, cholera, malaria, diabetes, and severe burns.” (“Silver, Our Mightiest Germ Fighter,” *Science Digest*, March 1978)

“A 65-year-old diabetic cut himself on the leg. He washed and bandaged it, but as often happens with diabetes, he pain persisted,

and the cut grew into a sore. Soon it became larger than the bandage and he had to apply a dressing. Still, it grew bigger and ugly. In desperation, he went to a clinic. His sore was diagnosed as 'stasis ulcer.' For a year, one treatment after another was tried. Nothing, including penicillin and sulfonamide, could heal the ulcer. If his condition had continued unchecked, his leg probably would have been amputated. But finally, he was referred to a clinic that treated skin ulcers with Colloidal Silver. This promptly stopped growth of all bacteria. In less than two months, the ulcer was completely healed."
Ibid

"Silver is the best all-around germ-fighter we have." (Dr. Larry Margraf of St. Louis)

"We're just beginning to see to what extent Silver can relieve suffering and save lives. In four years we have described 87 important new uses for Silver." (Dr. Richard L. Davies)

Instructions for using Colloidal Silver

The recommended concentration of Colloidal Silver is from 3-5 parts per million. Colloidal Silver is tasteless and can be taken orally or externally by applying it to the skin and even the eyes with no stinging or irritation. Additionally, it can be used vaginally, anally, and atomized into the nose, sinus, and lungs. When taken internally, a person or animal can get a form of healing crisis. Use with plenty of water (internal and external) to cleanse the wastes from the system.

Dosage: Most adults take internally, 1-3 teaspoons Colloidal Silver a day, for 4-7 days. Then reduce this amount to ½ teaspoon a day. Children 0-6 at 1/3 dose, and children 6-11 at ½ dose. The amount ingested can be hidden in juice or food to reduce resistant behavior.

Purify water by adding one ounce Colloidal Silver per gallon of water. Allow at least six minutes contact time before consumption.

Topical (scrapes, open sores, cuts, acne rashes, etc.): Apply on affected area. Cover with Colloidal Silver-dampened band-aid if possible. There are Colloidal Silver salves that help the silver to be retained.

Pets: Provide drinking water that is purified. (See "purify water.")

Plants (bacterial, fungal, and viral): Spray and water with 1 ounce per quart of water.

Acne: Spray three times a day. (See “Topical.”)

Athlete’s Foot: Apply to infected foot by spray, dipping, or cotton ball. (See “Topical.”)

Candida: Swallow 1-2 teaspoons, 3 times a day on an empty stomach, followed by 4 or more ounces of distilled water. Some discomfort may be experienced as part of the yeast detoxification process. (See “Vaginal.”)

Deodorant: Colloidal Silver applied topically works to destroy the biologic cause of odor.

Digestive Aid: Drink 2 quarts of the Colloidal Silver purified water daily. This will prevent fermentation and gas embarrassment.

Ear infection / ear ache: 3 or 4 drops in the ear. Allow liquid to descend into the ear canal as far as possible. Hold in place with cotton ball in ear. Keep infected ear under treatment “upright” by lying down for 10-15 minutes. If no improvement within 48 hours, see your health care professional.

Infections, acute (pneumonia, flu, colds, strep, staph, yeast, etc.) 2 teaspoons per day until symptom-free. Continue ½ teaspoon per day as prevention.

Infection, chronic (Candida, lupus, emphysema, bronchitis, asthma, rheumatoid arthritis, etc.): 2 teaspoons per day for 10 days; then 1 teaspoon per day for 3-6 months; ½ teaspoon as prevention.

Insect bite / Sting: Apply with cotton ball 3-4 times daily, until itching and swelling stops. (See “Topical.”)

Mouthwash / Gargle: Morning and evening gargle and rinse with 1 tablespoon of Colloidal Silver. (See “Sore Throat.”)

Nasal Conditions: Use mist sprayer and snuff mist into nasal passages. Repeat 3-4 times daily.

Sexually transmitted disease (bacterial and viral): Use 1 teaspoon, 3 times per day for 2 days; then 1 teaspoon per day for 30 days; may need to continue until symptom-free. (See “Topical.”)

Sore Throat / Strep Throat: Spraying throat as above, or gargling with Colloidal Silver can be administered in a number of ways. We recommend Colloidal Silver in the concentration of 3-5 ppm.

Parasites: Take 1 teaspoon per day taken with meals. This will kill the parasites in the egg state.

Pinkeye / Conjunctivitis: With eyedropper, put 1-2 drops in eye. Repeat 4-5 times a day. Continue until symptom-free.

Vaginal infection (bacterial, viral, yeast, etc.): 2 teaspoons in 8 ounces of water. Douche daily until symptom-free.

Warts: Take 2 teaspoons daily internally and apply a few drops on a band-aid and cover the wart. It may take several days to months.

2. Zapper

Over half of our health problems are caused by organisms. They live in a KHz cycle range under 700. All human tissue has a cycle of 2000 and higher. By introducing a low cycle pulsating DC voltage, the organisms can be destroyed without harm to our cells. There is a large amount of documented evidence to this. The low voltage kills bacteria, viruses, parasites, and fungi. It is a super antibiotic. It does not heal. After removing these organisms, it is necessary to use good nutrition to restore health. One should ingest acidophilous after each use to prevent a touch of diarrhea.

Instructions for Zapper Use

Place the two leads on opposite sides of the problem area, such as each side of the knee, throat, sinus, breast, head, chest, or abdomen. Place the red lead on the side closest to the problem.

At times, it is good to pass the electrical signal through the shoulders and upper abdomen. We then hold the electrodes in both hands.

Another time, you may desire the impact on the feet, legs, and lower abdomen – in which case we could place the contacts on foot to foot. In that case, place the electrodes on a plastic sheet (to keep the current from escaping other places). Then sit on a non-conducting chair, and place both bare feet on the electrodes.

The treatment consists of applying Zapper treatment for 7 minutes. Wait at least ½ hour before the next treatment. Repeat the treatment 3 times to each affected area the first day, and once a day for a week or two, and then once a week to take care of new contamination.

Normal use requires a 9-volt unit; but if a person has a cyst, tumor, scar tissue, or infected knee, a 12-volt unit will be needed in order to achieve the desired results. These may need treatment for up to two months.

This method of relieving illness has been used for over 100 years.

“Our electric battery, which has been used out of repair, is now working; and what relief it brings sickness! Just as the prune were ready to pick, Brother James was seized with an attack of what he calls lumbago. He had sever pains in his back, and could neither stand straight, nor bend down enough to unlace his shoes. Sara gave him electricity, Sister James helping where she could. But Sister James was afraid of the battery, and would not touch the sponges. At first Brother James was afraid of the battery, and would not touch the sponges. At first Brother James could hardly endure the application of the electricity, but Sara persevered, and wonderful relief came to him. He now thinks that electricity is a marvelous remedy. After the first application, he was able to walk straighter than he had been ale to for days, and he continued to improve. Sara has given him electricity three times a day, and he has been able to keep at his work.” E.G. White, *Manuscript Releases, Volume Seven, E.G. White Letters – The Sacred and the Common*, page 118

Warning: Do not let the two leads touch each other, as it will damage the internal mechanism.

The 9-volt battery is usually good for up to six months. Check for battery strength by verifying the pilot lamp is operating. Replacement cost is about one dollar.

For more information on this topic, see *Cure for All Diseases* by Hulda Lark. Nearly 50% of all diseases can be cured by this unit.

Finding the Cause

Contact Reflex Analysis

Contact Reflex Analysis (CRA) is not a method of diagnosis. It is a means whereby a doctor uses the body's reflexes to accurately determine the root cause of a health problem.

CRA is a marvelous preventative technique used to find a problem before it becomes a full-blown issue. It can find it easily, and with that information the proper treatment can be started, long before the problem could have been determined by any other system. "Find it early and correct it" is now a possible goal and reliable.

There are many reflex systems that have been developed over the last 70 years. Drs.

DeJarnette, Rees, Barnett, Goodheart, and Versendaal have done extensive research on their research systems. Many trials, matching blood and urine lab work, have proved the accuracy of reflex analysis in determining the cause of any condition.

We are recommending and following the work of Dr. Versendaal, us until 1993 at which time he began to include concepts that are taken from the field of psychology that cannot be scientifically demonstrated.

There are approximately 75 known reflex areas on the skin which represent various organs, glands, and bony structures. It is believed that when the body becomes ill, there is an interruption of nerve energy to these reflexes. The reflex when tested, will act similar to a circuit breaker under an overload.

To test the patient, the doctor will use the patient's arm muscle, or any other muscle, to indicate the status of the reflex. When the doctor's fingertip comes near a healthy reflex, the muscles of the patient will remain strong.

However, if the arm muscle is suddenly weak, the doctor has found an indicator of an electrical or nerve weakness. Knowing the data found by extensive testing and correlation of the results of scientific tests, the doctor can know the cause of the body's illness.

Contact Reflect Analysis relies on the many miles of nerves in the body, and the aura surrounding every live individual, to determine the status of the health of the individual being evaluated. This electrical field is influenced by the pattern of nerve impulses that operate the body. Just like the medical profession (using sensors placed at precise locations, with electrical recorders and monitors) can determine the status of the heart (EKG) or brain (EEG), a CRA-trained specialist can determine the status of the function of all parts of the body.

“After being in Critical Care Medicine for over 20 years now, including being the instructor of advanced diagnostics, my knowledge pales compared to the information. . . in CRA.”

P. Neil, R.N.; B.S.N.; M.S.N.;
Vista, CA

The less electrical energy available to an organ of the body, the weaker its function and health. Its blood supply is reduced, and it will atrophy and function at less than ideal levels. The circulation and electrical energy for the organs are regulated by nerves that branch from the spinal cord at each vertebrae. The organs are stimulated and enervated by these nerves. And they in turn send messages to other organs that stimulate complementary action throughout the body.

The CRA specialist is trained in the detection of these weak impulses as well as in methods to manipulate these currents to determine if one of the signals is weak or strong. Many of these tests are visualized by the strength of the muscles. The testing uses well-defined patterns of

function, and has a variety of methods to prevent deception to trick or manipulate the result.

“After my heart attack, I didn’t think there was anything I could do to improve my condition, but CRA found deficiencies that we were able to support, and now I’m better than ever. . . .”

R. Neil, NY

Nerves conduct an electrical voltage, but the flow of impulses is hampered by a situation where the nerve is pinched. CRA attempts to determine those locations where the flow is hampered.

The chiropractic manipulations, indicated by the knowledge gained by CRA, can free up the space required for the proper passage of the nerve impulses. This in turn allows an increased electrical signal to the organ and encourages blood circulation to the affected organ, thereby restoring its function.

Because the test results are precise, the determination of diagnosis is fast and reliable. It has a much higher rate of dependability than the 40% statically correct results of routine hospital examinations, and at a much lower cost.

“In my 16 years of practicing as a dentist, I have never known any method of analysis, technique, treatment, or nutritional presentation so helpful, so exact, so satisfying, and have such a high level of quality as Contact Reflex Analysis.”

Donald W. Warren
Clinton, AR

“I had chronic fatigue and headache that would send me to bed. I thought I would have to live with them forever. But thanks to CRA, I am full of energy and no more headaches. Thank God for CRA. . . ”

S. Wood, IN

CRA was researched and developed by Dr. Versendaal, D.C., along with an M.D., a clinical nutritionist, a dentist, and a haematologist during the past 35 years. CRA has been taught in continuing education seminars across the United States to all health professionals for over 30 years.

“Having taught in two major medical schools, as well as having extensive experience in nutritional biochemistry, pharmacology, oncology, and gastroenterology, I feel this valued work should be utilized extensively as a mandatory basis for their practice environment.”

Steven Nelson, R.Ph.; Pharm, D., PhD.; Banning California

Fertility:

A lady was trying to get pregnant for 13 years. She tried surgical implant of ovum and other methods costing nearly \$100,000, but unsuccessfully. CRA showed that she had a hormone imbalance, and that she had parasites. In three months, she was pregnant, and as of this writing, she has a 3-month-old baby.

A man from Alabama, a construction worker, was sick for 12 years with stomach problems. CRA identified a hyperactivity condition with beginning ulcer formation. He took lots of parsley flakes, and in two days, he felt normal, and he has been rejoicing ever since.

Alternative Procedures

We have chosen these procedures to illustrate the simple ways that can be used for healing. These are inexpensive when compared to the medical procedures and, more importantly, they work with – and not against – the body’s own systems of maintaining health.

Lifestyle Change

Lifestyle change is the number one method of regaining control of our lives. With the appropriate lifestyle, the body functions like a well-made Swiss watch. The ailments that have been caused by bad choices in life are eliminated naturally.

Diet

Without repeating all that has been said before, we want to deal with the diet portion here in more detail.

Choose to eat foods that are in as low a state of refinement as possible. This precludes fats and oils, sugar, salt, white flours.

Choose to eat foods high in fiber content, such as raw fruits, vegetables, nuts, and grains. This eliminates meat, dairy, and eggs.

Choose food that is not highly seasoned. This eliminates spices, condiments (such as vinegar), chocolate, coffee, tea, and cola products.

This can be illustrated by a typical daily menu with its alternatives.

Typical Menu

Breakfast: Choose one from the following suggestions:

- Granola made from grains and nuts
- Cooked 7-grain cereal
- Oatmeal with raisins
- Oat bran muffins and applesauce

- Brown rice boiled and eaten with raisins or dates

Serve the above with fresh or preserved fruits, and soy, millet, or rice milk. Enjoy this with a fruit drink or hot cereal drink. Eat like a king.

Noon Meal: Choose from among the following suggestions:

- Large tossed vegetable salad, with a diet dressing
- Three servings of vegetables, green beans, corn, boiled potatoes, collards, spinach, chard, etc.
- One serving of legumes, baked navy beans, lentils, soy beans, or chickpeas, cooked and served in an attractive way.
- Whole grain bread, rolls, or spaghetti
- A small serving of nuts or added to the above dishes.

Serve this with joy, and eat well.

Evening Snack: Choose from one of the following suggestions, but limit the amount to a small serving. No repeats! Eat like a pauper.

- Popcorn (light on the salt) and some fruit (except banana or avocado).
- Juice (apple, prune, cran-raspberry) and some zwieback (twice-baked bread) and a dish of strawberries, etc.

What is eaten at night turns to fat during the night, as we cannot store energy any other way. Avoid all fried foods, meat, dairy products, eggs, and sugary foods. Keep the meals at least 5 hours apart.

Nutrition – Exercise – Water – Sunshine – Temperance – Air – Rest – Trust – This is the NEWSTART program that we can all do – and (to get well) must do.

Rebounder

The rebounder, as mentioned before, is the small mini-trampoline. The one that is beneficial is soft sprung, with the angled spring pair support system, rather than the competitive straight sprint unit, as that type is injurious to health. The reason for mentioning it again is to emphasize the importance of this unit to good health, and in restoring health.

We often (because of inadequate circumstances) feel that we can't afford such an apparatus. But if we don't use something such as this, we may find ourselves paying a much higher price in ill health and in high medical bills.

This is not to say that other ways of getting exercise are not effective. But we are saying that the other systems do not meet all the benefits of the rebounder on our health.

The use of the rebounder has been shown to benefit the spine and all other bones to find their correct relationships, freeing up the space where the nerves pass, thereby relieving the pressure on the nerves and restoring the electrical flow to the organs. When the nerves operate correctly, the electrical flow is detectable by contact reflex analysis, which shows the change almost immediately. When the nerve communication is restored, the circulation is correctly, and the organs begin to get their correct nutrition and start to function normally. This can all happen at home, with the safety of a handlebar to stabilize him/herself, in inclement weather and without the supervision of healthcare personnel.

Dead Sea Salt Baths

Removal of chemicals from the system is required where chemicals are shown to be present in the liver, eyes, or in other organs.

The procedure consists of putting 2 tablespoons of Dead Sea salt in a tub of hot water, and immersing in it for 10 minutes. Afterward, rinse and briskly dry with the rough side of a bath towel, to remove softened skin. Repeat daily as long as indicated. As you clean the skin daily, the body removes toxins and contaminates the skin again, so you repeat the bathing until there are no more to remove.

A man was blind for five years. He did not want cataract surgery, nor could he afford it. He did the Dead Sea salt bath daily, and two months later he said he could see well.

This simple, inexpensive, home procedure is indicated for those who have accumulated various toxic chemicals (such as the heavy metals, poisonous food additives, and agricultural chemicals), who therefore are suffering with the affect of their poisonous presence in the body.

There are 3000 different chemicals that are approved for use in our food delivery system to enhance, preserve, color, and flavor it, so that it is more marketable. But these materials interact with each other and with the body, and the body puts up a defense by storing them in various locations in the body. Out of sight is not out of mind. Parkinson disease (for instance) seems to be associated with aluminum stored in the brain. This element is found in excess in the brain tissue of those who have died of Parkinson's disease.

HydroTherapy

This simple method of restoring health is mentioned because it is effective in helping a patient get well. One does not have to be a doctor to help your neighbors with a foot bath, or to put a cold cloth on the forehead of a person that is ill. But one must understand how the body works and what the effects of heat and cold are to the body. A person trained in these therapies can use these principles and methods effectively in the restoration of health.

Reflexology

The study of the relationship of nerves and the reflexes that one can manipulate can restore a weak organ to health. There have been miraculous transformations in the health of individuals by these methods.

The danger is the over-stimulation of an organ that has ceased to function properly because of inadequate nutrition. That over-stimulated, under-nourished organ will likely respond like a whipped tired horse. If you do it too much, it can end in total failure.

Nonetheless, the knowledge can be used to restore, after proper nutrition details are taken care of. It is a very effective knowledge for the health care professionals to utilize.

Diseases: Their Causes and Treatment

This brief summary is provided to illustrate the application of how we can assist in the healing of the sick. One must recognize that the healing is by God, through natural means. The ones seeking to help must never suggest a method that violates basic natural law.

The treatments are summarized as follows:

Infection-fighting regimen

Colloidal Silver

Zapper to affected areas

See chapter: Alternate Antibiotics.

Bowel Cleanse

Clear intestines of toxins and foreign flora.

Restock intestines with friendly flora.

See chapter: Alternative Procedures.

Acquired environmental or ingested chemicals:

Dead Sea Baths daily until clear (usually 2-3 months).

See chapter: Alternative Procedures.

Clear Lymphatics and assist in its circulation:

Gentle use of the rebounder 5-6 times a day for 2 minutes each.

See chapter: Alternative Procedures.

Clear the space for nerves throughout the body:

Gentle use of the rebounder 5-6 times a day for 2 minutes each.

If not successful, see chiropractor.

Restoration of health after doing the above:

Supply adequate nutrition to assist the rebuilding of cells and natural structures of the body to appropriate health. This consists of specific nutrients needed for each type of illness.

Prevention consists of following a lifestyle that will maintain the body in optimum health, considering age, gender, and previous health history. In addition, the following would be recommended:

Zapper once a week.

Colloidal Silver daily.

Rebounder exercise two times a day for 2 minutes (minimum).

Supplements to balance the depleted and toxic environment we live in.

Follow suggestions in chapter Life Style Changes.

Vitamin C with an orange or grapefruit (fresh)

Vitamin E

Colloidal minerals, such as Bio Min 60

Carrot juice (fresh or frozen) – 1 cup per day

One apple per day, in addition to regular meals

Continued ingestion of bowel flora (such as Nature's Biotics)

Elimination of high voltage radiation

Treatments:

Acne, Blackheads

Cause:

1. Too much fat in diet.
2. Dirty skin

Treatment:

1. Reduce fat content of diet by eliminating oily foods, meat, cheese, and dairy.
2. Daily scrub with lava soap.

Acne, Pustules on skin

Cause:

1. Eating between meals
2. Too much fat and sugar
3. Toxic bowel

Treatment:

1. Eat meals five hours apart; no snacks
2. Reduce fat and sugar consumption
3. Daily take 2 tablespoons Colloidal Silver
4. Zapper lower abdomen

Age or Liver Spots

Cause:

1. Chemicals in the liver
2. Toxic bowel

Treatment:

1. Daily take Dead Sea salt bath 2-3 months.
2. Daily take 2 Tbs colloidal silver.
3. Zapper abdomen over liver, front to back.

AIDS

Multiple infection, fatigue, wasting of tissue destruction of immune system, making one susceptible to any infective disease.

Cause:

1. Infection – virus

Treatment:

1. Daily take 2 Tbs Colloidal silver.
Zapper hand to foot and alternate.

Note: Good nutrition is essential for recovery.

Allergies, Treatment

Cause:

1. Food allergy due to eating between meals
2. Low digestive enzymes
3. Dust mites, household irritants
4. Food allergies due to varieties

Treatment:

1. Meals 5 hours apart, no snacks
2. Daily take ½ hour before meals: digestive enzymes
3. Clean house with dust free (Rainbow) vacuum cleaner.
Use Allergy Free air filters.
Use ozone air filter unit.
Daily take Vitamin C with orange alfalfa.
4. Do elimination diet until no allergy; then add in foods until you find the ones that cause the problem.

Alheimers

Forgetful progressing to dementia and death.

Cause:

1. Aluminum in the brain; do not use aluminum cookware.
Baking powder with aluminum, pickles with aluminum
City water with aluminum, any antacid containing
aluminum.
Read labels. No aluminum allowed.
2. Organisms

Note: If they can talk backwards 10 to 0, there is hope of improvement with this regimen.

Treatment:

1. Daily:
B complex
100 mcg selenium
100 mg zinc
2. Daily:
Dead Sea salt bath for two minutes
2 Tbs Colloidal silver
Zapper head above ears

Note: Severe cases should add RNA (std. Proc).

Note: Should be normal in 1-2 months; continue for 6 months.

Appendicitis

Inflammation of the appendix.

Cause:

1. Run down health condition and Meat eating
2. Toxic bowel

Treatment:

1. Drink lots of water, no junk food, meat, Dairy, and egg.
2. Daily take vitamin C with orange, Charcoal tablets, and
2 Tbs Colloidal silver.
Zapper abdomen every 2 hours.

Note: To relieve pain, lay on slope board, head down.

Warning: Do not take any laxative or suppository.
If no relief, see physician.

Arthritis (Gout)

Occurs mostly in overweight individuals.

Cause:

1. Allergy to meat and wheat.
2. Toxic bowel and parasites.

Treatment:

1. Daily take Celery seed, cherries (fresh or frozen).
AC Carbamide (Std Proc)
2. Daily take 2 Tbs Colloidal silver.
Zapper abdomen.

Arthritis (Osteo)

Degenerative joint disease. Buildup of calcium in joints.
Cartilage becomes rough and not free moving.
Some pain, little swelling. Develops after 40.
Three times more women as men.

Cause:

Infection – virus and organisms

Treatment:

Daily take 2 Tbs Colloidal silver.
Zapper affected areas, lower abdomen and liver.

Arthritis (Rheumatoid)

Inflammatory arthritis, occurs first in the hands.
Degeneration of lubricating fluid membranes.
Replaced with scar tissue. Often under 40 years of age.
Affects whole body with anemia, crippling pain, weight loss.
Two times more women as men, six times more girls as boys.

Cause:

Infection – virus.

Treatment:

Two times daily for two months: Take 1 packet Knox gelatin in glass orange juice.
Daily take 2 Tbs Colloidal silver.
Zapper affected areas.
Many times a day, pull and hold affected fingers firmly to make space in the joints.
Note: Relieves pain in 2 weeks. Cures in 2 months to a year.

Arthritis (Systemic Lupus Erythematosus) (SLE)

Immune system deficiency

Eight times more women than men.

Cause:

Infection – virus

Treatment:

Daily 2 Tbs Colloidal silver.

Zapper 2-3 times a day for 1-2 months.

Change lifestyle, good diet, no junk food.

Bed Wetting

Girls over 4 and boys over 6 should not be wetting the bed.

Cause:

1. Could be parasites
2. Could be psychological trauma.

Treatment:

1. Daily take 2 Tbs Colloidal silver.
Zapper hand to hand.
2. Change home environment to one of peace and calm.

Bell's palsy

Facial droop one side, usually.

Cause:

Pinched nerve in neck.

Treatment:

See chiropractor.

Bladder (Cyst) or (Tumor)

Treatment:

Follow cancer procedure.

Bladder (Dropped)

Bladder mal-positioned so it can't be completely emptied.

If doctor-caused, little help is available.

Cause:

Infection.

Treatment:

Daily take Liga plex II (Std proc)
Zapper lower abdomen.

Bladder (Infection)

Bladder infections are characterized by an urgent desire to empty the bladder. Urination is typically frequent and painful. Often the urge to empty is present even though the bladder is empty. The urine often has a strong odor and may appear cloudy.

Cause:

Infection.

Treatment:

Daily take Vitamin C 4000 mg with fresh orange.
Calcium and Magnesium (chelated) 1000 mg each.
Garlic (Kyolic), Cranberry Juice.
2 Tbs Colloidal siler.
Zapper lower abdomen, front to back.

Bleeding (Scurvy and Arterial lesions)

Cause:

Lack of Vitamin C complex.

Treatment:

Daily take Vitamin C with a fresh orange.

Blood Pressure – High

Cause:

1. Lack of Vitamin C (is the main cause)
2. Cholesterol accumulation
Hardening of the arteries.
3. Liver accumulating chemicals
4. Stress

Treatment:

1. With each meal for one month, take:
2 Vitamin C with fresh orange
2 oz/day of Aloe Vera Juice
1 mg Pycnogenol per 1 lb. body weight
2. See “Cholesterol – High”
3. Daily Dead Sea salt bath for 2-3 months
4. Change lifestyle for less stress.

Blood Sugar

See “Diabetes.”

Boils

Large round pus-filled eruptions on the skin.

Cause:

Staphylococcus bacteria

Treatment:

Daily topically apply: Tea Tree oil.

Take Vitamin C with fresh orange, and

2 Tbs Colloidal silver.

Bowel (Irritable)

Similar to Crohn’s disease. Chronic irritation of a section of the bowel, diarrhea, periodic cramping, lower abdominal pain, mal-absorption, anemia, loss of weight, energy and appetite. Constipation, excess mucus in stool, gas, bloating, and anorexia. Similar to cancer symptoms.

Cause:

1. Allergies
2. Stress
3. Bad diet

Treatment:

1. See “Allergies.”
 2. Find a stress-free environment or lifestyle.
 3. No acid fruit allowed.
Eat Barley Green, 1 ounce, six times a day.
1 Tbs parsley flakes 6 times a day.
Raw fruits and raw vegetables every day
and/or juice caps (fruit and vegetable)
- Note: Continue for 2-3 weeks.

Bowel (Toxic)

Condition of irritated, enlarged, and/or parasite-infested bowel, may include toxic chemical buildup. May be constipated or have diarrhea. Bowel flora may be degenerate or non-friendly.

Cause:

1. Constipation, lifestyle-related
2. Diarrhea
3. Chemical buildup
4. Unfriendly or non-existent flora

Treatment:

1. Eliminate diarrhea, if present. See “Diarrhea.”
2. Eliminate constipation, if present. See “Constipation.”
3. Dead Sea salt bath, daily for 1 month.
4. Daily:
 - 2 Tbs Colloidal silver
 - Zapper lower abdomen from front to back.
 - Take Nature’s Biotics; follow instructions on bottle.

Note: Change lifestyle. Eliminate stress, junk food, tobacco and sugar, meat, dairy, and egg diet. Eliminate radiation from TV, computer, and fluorescent lighting. If living near or under high voltage transmission lines, move!

Bronchitis

Inflammation of bronchial tubes.
See “Lung infection.”

Bruise easily

Treatment:

Vitamin B Complex, daily

Burns

Treatment:

Vitamin E, apply topically

Bursitis

Inflammation

Cause:

1. Infection
2. Pinched nerve

Treatment:

1. Daily take Vitamin C with fresh orange, Vitamin B complex
2 Tbs Colloidal silver with orange.
Zapper arm to arm
2. Get chiropractor's help.

Cancer Treatment

Cancer is a condition, not a disease in and of itself. It involves one or more of the following items.

1. Circulation
Circulation is hampered by caffeine products, smoking, sugar and fat foods.
2. Chemicals and toxins
Chemicals and toxins come from our environment and from our food. There are 3000 chemicals added to our food in the U.S.
3. Organisms
Where cancer is involved, there are always virus and parasites present in the same tissue.
4. Nutrition
Nutrition is important in cancer prevention and treatment.

Principles:

1. Circulation
Circulation is improved by: non-strenuous exercise on rebounder, or two brisk walks, and by taking Vitamin B complex.
2. Organisms
Destroy organisms by taking 2 Tbs Colloidal silver and Zapper affected area.
3. Chemicals and toxins
Get rid of the chemicals by taking Dead Sea salt baths per day.
4. Nutrition
Change lifestyle:
80% raw foods, fruits, nuts, vegetables, and grains.
No refined foods (white flour, sugar, fat, oil, margarine, or products that contain them).

No spices, meat, dairy, egg, coffee, tea, alcohol, or soft drinks.

Enough water to keep urine colorless and clear.

Three bowel movements a day can be achieved by taking high fiber foods and raw foods. (Refer to section on "Constipation.")

Procedure:

First three days: Consume only fruit juice.

Then two weeks, only fruit.

Then do the following:

Daily:

Non-strenuous exercise on rebounder or two brisk walks.

Take Vitamin B Complex.

2 Tbs Colloidal silver

Zapper affected area.

Two Dead Sea salt baths per day.

Three Vitamin C 1000 mg per meal, Aloe Vera juice 2 oz,

One Vitamin B complex, Vitamin E 2000 units.

Zinc 50 mg, Garlic (Kyolic), Pycnogenol 1 mg per lb.

Barley Green 1 oz (more is better)

Cancer (Intestinal)

Follow cancer cure above.

Add one whole Aloe Vera leaf (peeled) per day.

Candida

Yeast (fungus infection) can be anywhere.

Cause:

Infection of yeast or other fungus.

Treatment:

Daily take 2 Tbs Colloidal silver, Vitamin C with orange.

Zapper affected areas.

Canker Sore

Sores in or around the mouth.

Cause:

Infection, Herpes Simplex

Treatment:

Daily take 2 Tbs Colloidal silver; swallow after 10 seconds.
Zapper to mouth area.

Carpal Tunnel Syndrome

Inflammation of the nerve with swelling in the forearm and wrist, due to a pinched nerve in the elbow or neck.

Treatment:

Chiropractic adjustment. Prognosis is excellent.

Cholesterol (High)

Test: Serum cholesterol.

Prefer 125 or less.

Dangerous if higher than 150.

Note: Some cholesterol is necessary, as the body makes its own. It is associated with deposits in arteries leading to heart attacks and high blood pressure.

Cause:

High fat and oil, meat, dairy, and egg diet.

Treatment:

Diet:

50% raw foods with wide variety of fruits and vegetables.

Avoid all fats, oils, and fried foods, meat, dairy products (milk, cheese), and eggs are harmful.

Daily:

One serving each of beans (legumes) and whole wheat bread to provide balanced protein.

1 Selenium tablet (removes metals from blood vessel walls).

With each meal:

Two Vitamin C with fresh orange.

Two garlic (Kyolic), to break up cholesterol in the blood vessels.

1 apple, or 2 pectin capsules to tie up the cholesterol, so it cannot be reabsorbed.

Note: Will lower serum cholesterol 100 mg in 10 days if followed carefully.

Note: If a person is on Vitamin C with and orange a day, they will not develop high blood pressure or a stroke due to cholesterol buildup in the arterial system.

Cold Sores

See “Canker Sores.”

Constipation

Partial blockage or slow passage in colon.

Cause:

1. Lack of fiber.
No white flour or wheat gluten.
No meat, dairy and eggs, especially cheese
2. Neglect of BM urge resulting in loss of peristalsis
3. Parasites
4. Pinched nerve in back

Treatment:

1. Change to a diet high in fiber (nuts, fruits, grains, and vegetables)
 2. Daily take prune juice, carrot juice, cascara, and butternut.
Get enema if necessary (consisting of the following: 2 cups Rhubarb stalk juice with a pinch of salt, cayenne, and a Noni capsule), 3 times a day for 1 week or more.
 3. Daily take 2 Tbs Colloidal silver
Zapper lower abdomen front to back
 4. See chiropractor for pinched nerve
- Note: Lack of Vitamin E plus constipation pressure and virus infection can cause diverticulitis.

Cough (Dry)

Cause:

Tissue dehydration

Treatment:

Cal-amo (Std Proc)

Cough (with Moist Phlegm)

Cause:

Organisms

Treatment:

Daily take vitamin C, 2 Tbs Colloidal silver
Zapper base of neck side to side

Crohn's Disease

See "Bowel (Irritable)."

Dental Caries

Decayed teeth

Cause:

Excess sugar phosphoric acid from soft drink causes
Erosion of pits in enamel

Treatment:

Eliminate sugar and soft drinks from diet.
Take biodent (Std Proc). It will fill in small cavities.

Diabetes

High blood sugar

Note: Hypoglycemia is precursor for diabetes. Most will
become mechanical diabetics.

Cause:

1. Inherited
2. Diet (too much sugar and fats)
3. Parasites to the pancreas
4. Poor blood supply to the pancreas
5. Tumor of pancreas
6. Tumor of pituitary
7. Mechanical (interfering nerve reflex)

Note: 80% of diabetics are mechanical

Treatment:

- 1-2. Treat as one of the following
3. Daily take 2 Tbs Colloidal silver
4. Chiropractic adjustment
- 5-6. See "Cancer."
7. Remedied by adjustment of the left shoulder or adjusting
the rear of the 1st molar (to high).

Note: Any treatment of diabetes must recognize the
importance and necessity of a low sugar, low fat

diet, with plenty of fiber and low in proteins.
See “Lifestyle Change.”

Diabetes (Adult Onset)

Diabetic later in life, but may be mechanical diabetic.

Diabetes (Juvenile)

Diabetic early in life, considered insulin-dependent for life.
May be mechanical diabetic, however.

Diabetes (Mechanical)

Has an interfering reflex to the pancreas, so it is partially or completely inactive. They are completely remedied.

Diabetes (Sores on feet or legs)

Sores caused by lack of proper blood flow to the extremities.
If not treated properly, can become gangrenous requiring amputation of the affected parts.

Cause:

Lack of circulation to the legs and feet.

Treatment:

Try to eliminate diabetes. See above. Meanwhile, daily:

Apply hot/cold foot baths (2 minutes hot, then ½ minute cold. Repeat for 20 minutes, 3 times a day.)

Topically apply Colloidal silver.

Take 10 drops stabilized oxygen in glass of water.

Or take 2 drops 35% hydrogen peroxide (food grade) in a glass of water.

Take 2 Tbs Colloidal silver 3 times a day.

Use Zapper foot to foot.

Diarrhea

Frequent stools, sometimes vomiting, loose watery stools, cramping, thirst, and abdominal pain. Can lead to dehydration and loss of electrolytes.

Cause:

1. Allergies
2. Spoiled food
3. Bacterial contamination

Treatment:

1. Take red raspberry tea or Peach leaf tea
2. Take charcoal tablets.
3. Daily take 2 Tbs Colloidal silver
Zapper abdomen

Note: Treat until problem is relieved.

Diverticulitis

Frequent stools, sometimes vomiting, loose watery stools, cramping, thirst, and abdominal pain. Can lead to dehydration and loss of electrolytes.

Cause:

1. Pockets caused by virus and constipation pressure.
2. Lack of vitamin E.

Treatment:

1. Daily take 2 Tbs Colloidal silver
Zapper lower abdomen front to back
2. Daily take vitamin E 2000 units
Fenugreek

Note: Continue for several months.

Constipation can cause cancer on a meat, dairy, and egg diet, when accompanied with constipation. This situation forms skatol, a carcinogenic compound.

Ears, Calcified Pineal Body

Can cause loss of hearing.

See "Pineal body."

Ears, Hearing

Ringling in ears and partial deafness

Cause:

1. Excess noise
2. Infection
3. Poor blood supply to the head
4. Pinched nerve

Treatment:

1. Wear ear plugs when in loud noise.
2. Daily take 2 Tbs Colloidal silver.
Zapper around the ears.

3. See “Cholesterol (High).
Daily take Hawthorn.
Zapper heart to remove any parasites.
4. Adjust 4th dorsal vertebrae for pinched nerve. See chiropractor.

Eczema and Psoriasis

Rash to scaly skin, with itching. Skin is the backup to the kidneys. It eliminates the toxins not adequately handled by the kidney.

Cause:

1. Toxic bowel
2. Parasites
3. Chemicals in the liver
4. Allergies

Treatment:

- 1-3. See “Bowel (Toxic).”
4. See “Allergies.”

Emphysema. See “Lung.”

Endometriosis

Stray endometrial cells in unusual places.

Cause:

Cells usually transferred around by parasites.

Treatment:

Daily take 2 Tbs Colloidal silver.
Zapper lower abdomen.
Note: Slow corrective process.

Epilepsy

Spells of blacking out, and sometimes convulsions.

Cause:

1. Injury or surgery of brain
2. Parasites
3. Chemicals

Treatment:

1. Prognosis poor for this situation.
Daily take Bluegreen Algae (Omega Sun)

Pycnogenol

Multizyme (Std Proc) removes scar tissue.

2. Prognosis good for this situation.
Daily take 2 Tbs Colloidal silver, Nature's Biotics.
Zapper each side of the brain.
3. Daily Dead Sea salt bath for 2-3 months.

Esophagus

See "Gastrointestinal (Esophagus) Spasms."

Eyes

Eyes are sensitive during vitamin deficiency and also show problems when other diseases are present. This applies to allergies, thyroid, hepatitis gallbladder. High blood pressure and diabetes can cause blurring of vision.

Eyes (Cataracts)

Clouding of the lens of the eye.

Cause:

Chemical buildup in the lens.

Treatment:

Daily Dead Sea salt bath for 2 months.

Eyes (Dry Eyes)

Dry eyes from lack of fluid production.

Note: Can be a symptom of Arthritis (Rheumatoid).

Cause:

Lack of vitamin A.

Treatment:

Daily take vitamin A, 4000 units.

Eyes (Glaucoma)

Increased inter-ocular pressure.

Note: If not treated, it can cause blindness.

Cause:

1. Infection in the canal that drains the fluid from the eye.
2. Chemicals blocking the canal.
3. Pinched nerve 2nd cervical.

Treatment:

1. Daily take 1 tsp Colloidal silver.
Zapper temple to temple.
2. Daily Dead Sea salt baths 2-3 months.
3. Chiropractor treatment.

Eyes (Pineal body calcification)

This can cause weakness of the sight and hearing.
See “Ears (Pineal Body).”

Eyes (Pink Eye or Conjunctivitis)

Inflammation with pussy discharge. It is highly contagious.

Cause:

Infection.

Treatment:

Daily take vitamin A and vitamin C, 2 tsp Colloidal silver.
Zapper temple to temple.
Put 2-3 drops Colloidal silver in affected eye 5 or 6 times a day.

Fatigue, Chronic

An overwhelming reoccurring sense of fatigue.

Cause:

Toxic bowel.

Treatment:

Cleanse the bowel. See “Bowel (Toxic).”

Feet (Cold)

Cause:

1. Poor circulation.
2. Organisms causing blocked Lymphatics.

Treatment:

1. Chiropractor (hip or back adjustment)
Daily take vitamin B complex and vitamin E.
2. Daily take 2 Tbs Colloidal silver.
Zapper foot to foot.

Feet (Hot)

Cause:

1. Chemicals
2. Infection

Treatment:

1. Daily Dead See salt baths for 2-3 months.
2. Daily take 2 Tbs Colloidal silver.
Zapper foot to foot.

Feet (Itching)

Cause:

1. See "Athlete's Foot."
2. Toxins: See "Bowel (Toxic)."

Feet, Cramps

Cause:

1. Infection
2. Pinched nerve
3. Calcium deficiency

Treatment:

1. Daily take 2 tsp Colloidal silver.
Zapper foot to foot.
2. See chiropractor for pinched nerve.
3. Daily take kelp to increase absorption of calcium.

Feet, Ulcers

See "Diabetes."

Fever Blisters

See "Canker Sores."

Frigidity (female)

See "PMS"

Fungus infections

See "Candida"

Gallbladder (Stones)

Accommodations of gall stones in gallbladder usually without symptoms, until a stone passage blocks the duct. Then it is quite painful in the upper right abdomen. These symptoms usually occur after eating a fatty meal.

Cause:

1. Excess fat in diet
2. Infection
3. Hard water

Treatment:

Removal:

1. One gallon of apple juice / day, for three days
2 oz olive oil. Wait 1 hour.
Press under right ribs for 15 minutes.

Prevention:

1. Follow low fat diet. See “Cholesterol (High).”
2. Daily take 2 Tbs Colloidal silver.
3. Use soft pure water.

Gallbladder, Inflamed

Severe pain in upper abdomen, fever, nausea, and vomiting. Must be treated promptly, as it can be life threatening.

Cause:

Infection: virus, bacteria, or parasites.

Treatment:

Daily take 2 Tbs Colloidal silver.
Eat raw beets.
Zapper upper right abdomen.

Gangrene of Feet

See “Diabetes (Sores on feet or legs).”

Gas (Digestion)

Cause:

Indigestion

Treatment:

Take 1 tsp lemon juice with meals.

Gastrointestinal (Esophagus) Spasms

Esophagus spasms – feels congested in chest; can't swallow food; gastro fluid burns throat.

Treatment:

Put thumb on lower 1 inch of sternum and press hard, and hold for 2 deep breaths.

Gout

See “Arthritis (Gout).”

Hair (falling out)

Cause:

1. Toxic bowel
2. Stress
3. Nutrition inadequate

Treatment:

1. See “Bowel (toxic).”
Daily take 2 Tbs Colloidal silver.
Zapper lower abdomen front to back.
2. Reduce stress.
3. FOR-TIL Vit B12 (Std Proc), Chezyn (Std proc), and use digestive enzymes.

Hemorrhoids

Dilation of veins of lower bowel.

Diagnosis:

If bleeding and blood is black: Then blood is from ulcer.

If blood is red, then blood is from colon or hemorrhoids.

If anus is itchy or painful, then hemorrhoids or parasites, not cancer.

Treatment:

Relief: Insert vitamin E oil in anus 1+ inches.

1. Daily take white oak bark capsule by mouth, and 2 Tbs Colloidal silver.
Zapper lower abdomen front to back.
2. See “Constipation.”

Hepatitis

Disease of the liver, infectious

Treatment:

Daily take 2 Tbs Colloidal silver, vitamin C 4000 units, Pycnogenol 1 mg per 1 lb body weight and Milk Thistle capsules.

Zapper over liver to back.

Hernia

Rupture of abdominal wall.

Cause:

1. Distended abdomen due to overeating or indigestion.
2. It can be genetic.
3. Coughing spell or due to improper lifting.
4. Infection.

Treatment:

1. Eat small meals.
- 2-3. Use Support straps and pads.
Daily take 2 grams of calcium for 3 months, and use digestive enzymes.
4. Daily take 2 Tbs Colloidal silver.
Zapper lower abdomen front to back.

Hiatal Hernia

Extension of the stomach up through the diaphragm.
See "Gastrointestinal (Esophagus) Spasms."

Cause:

Overeating and laying down afterwards.

Treatment:

Daily take 1 gram calcium for 3 months.
Eat 3 small meals a day.

Warning:

Do not lie down for 3 hours after a meal.
Do not lie on stomach! Lay on side or back.

Hiccups

Spasm of diaphragm. Acute can cause death in 7 days.

Treatment:

- A. Put tongue out. Grasp with paper towel and hold.
Press on both eyeballs until uncomfortable.
Hold breath for 1 minute. Or:
- B. Drink glass of icy water fast.
Take deep breath.
Press naval one minute.

Histoplasmosis

Fungal inflammation of lungs.

See "Lung Infection."

HIV

See "AIDS"

Hypoglycemia

Low blood sugar.

Precursor to diabetes.

See "Diabetes."

Impetigo See "Boils."

Skin eruption and infectious rash.

Impotency

The inability to achieve or maintain an erection.

Cause:

1. Disease effects: Diabetes.
2. Low nutrient level
3. Consumption of alcohol

Treatment:

1. See "Diabetes."
 2. Daily take L-Arginine.
 3. Quit drinking alcoholic beverages.
- Change lifestyle for a better life all around.

Indigestion

Diagnosis:

Bloated, extended over whole abdomen.

CRA digestion reflex not working.

Coated tongue and bad breath.

Cause:

1. Bad lifestyle

2. Bad diet

Tea, coffee, cola, caffeine, between-meal eating, too hot/cold drinks, meat, dairy, eggs, vinegar, and alcohol (slower).

3. Toxic bowel.

Treatment:

1. Change lifestyle. Drink enough water to keep urine colorless and clear.

Note: Three bowel movements a day can be achieved by taking high fiber foods and raw foods. (Refer to section on “Constipation.”)

Find a stress-free environment.

2. Change diet.

80% raw foods (fruits, nuts, vegetables, and grains).

Take (Std Proc) multi-zyme with each meal.

3. Daily take 2 Tbs Colloidal silver.

Zapper abdomen front to back.

Note: Should change shape of abdomen in a month to 1 year.

Infertility

Cause:

1. Parasites most common cause

2. Hormone imbalance

3. Obstruction

Treatment:

1. Daily take 2 Tbs Colloidal silver

Zapper lower abdomen.

2. Daily take Wild Mexican Yam, Black Cohosh, Std Proc (Ovex & Utrophin, vitamin C 4000 mg)

L-Tyrosine, stabilizes moods.

Vitamin E 400 – 1000 units. Start low increase slowly.

It keeps some sperm from clumping, increases motility.
Zinc 80 mg., important for prostate gland condition.

3. See physician.

Ingrown Toenails

Nails grow into toe flesh near end of toe.

Cause:

1. Cutting toenail too short and rounded.
2. Infection

Treatment:

1. Cut nails square, not short.
2. Daily:
Apply Vicks Vaporub, or Tea Tree oil (quicker).
Take 2 Tbs Colloidal silver.
Zapper foot to foot.

Jock Itch

Itch in pubic area.

Cause:

Infection fungus

Treatment:

Daily take 2 Tbs Colloidal silver, Garlic Kyolic.
Topically apply vinegar and Colloidal silver.
Zapper area affected.

Kidney, Cyst or Tumor

Treatment:

1. Follow cancer cure.
2. Daily take 2 Tbs Colloidal silver.
Use 12-volt Zapper to lower abdomen.

Kidney (Failure)

Impairment of kidney function.

Cause:

Excess protein.

Treatment:

Daily take B-6, Nicinamide, 2 Tbs Colloidal silver, Uva Ursi
Zapper lower abdomen.

Note: No iron supplements during kidney problem.

Kidney (Infection)

Kidney infection symptoms are similar to bladder infections, plus possible vomiting, nausea, and loss of appetite. Pain is occasionally sudden and intense, running from waist to groin.

Cause:

Infection

Treatment:

Daily take:

Vitamin C 4000 units with fresh orange.

Calcium and Magnesium (chelated) 1000 mg each

Garlic (Kyolic), Ova Ursi

Corn stalk tea and Cranapple juice

2 Tbs Colloidal silver.

Zapper lower abdomen front to back.

Note: No iron supplements during kidney problem.

Kidney, Nephritis

Starts leaking protein.

Cause:

Infection bacterial, or virus.

Treatment:

Daily take:

2 Tbs Colloidal silver

Uva Ursi

Zapper lower abdomen.

Kidney Stones

Treatment:

Take white oak bark 1-2 capsules per hour until pain stops; then 1-2 capsules per meal until stones are gone.

Liver Stones

Treatment:

FORTIL vitamin B12 (Std Process), 9/day

Chechen (Std Process), 3/day

Grapefruit juice (3 days), then grapefruit juice + 2 oz olive oil together.

Warning: Do not do liver stone removal without doing the gallbladder cleanse first.

Lou Gehrig's Disease

See "Multiple Sclerosis."

Lung, Cysts and Tumors

Treatment:

Follow cancer procedure nutrition regime and add

Daily take Mullen, vitamin A, vitamin C, garlic and olives, and 2 Tbs Colloidal silver

12-volt zapper to lower abdomen.

Lung, Emphysema

Condition where lung alveolar are collapsed from grape-like to a single hollow sac with but 25% of the original are available for exchange.

Cause:

1. Impure air (tobacco, fungi, factory dust, pets)
2. Infections bacterial and fungi and parasites

Treatment:

1. Stop smoking.
Get in a place where there is fresh, pure air.
Use an allergy-free air filter.
2. Daily take 2 Tbs Colloidal silver.
Zapper lungs on both sides.
Vitamin A, vitamin C, and garlic and olives.

Lung (Infections)

Cause:

Infection – virus, bacterial, and fungal.

Treatment:

Daily take 2 Tbs Colloidal silver, vitamin A 10,000 units, vitamin C 4000 mg.

Zapper both sides of chest.

Hydrotherapy to chest.

Note: Change lifestyle (very important).

Fresh pure air day and night.

Diet: Olives, 1-3 cloves garlic, vegetable and fruit and/or Vegetable and fruit capsules.

Meniere's Syndrome

Ringling in the ears, loss of hearing, loss of balance, and dizziness with nausea and vomiting.

Cause:

1. Infection
2. Lack of blood to head (weak heart or cholesterol deposits).

Treatment:

1. Daily take vitamin C, with orange, vitamin B complex, Manganese 5 mg.
2 Tbs Colloidal silver
Zapper ear to ear.
2. Adjust 4th dorsal. See chiropractor and/or rebounder exercise.

Note: Cholesterol buildup in arteries. See “Cholesterol (High).”

Moles

Resemble warts. Beware of moles after age forty. Abnormal growths on the skin. Moles can become dark, which is a precursor to cancer, carcinoma, and melanoma. Warts are infectious.

Cause:

Warts are caused by Human Papilloma Virus (HPV).

Treatment:

Daily take vitamin C 4000 mg. and 2 Tbs Colloidal silver.

Zapper 2-3 times a day for 3-4 weeks.

Mucus, Sinus (excess)

See "Sinus."

Multiple Sclerosis (MS)

Similar to muscular dystrophy and Lou Gehrig's disease.
These can appear singly or in combination.

Similarities and causes:

1. Organisms
2. Pinched nerves
3. Weak heart
4. Usually chemicals
5. Previous nutrition

Treatment:

1. Daily take 2 Tbs Colloidal silver.
Zapper abdomen front to back.
 2. Rebounder (reactivates Lymphatics and adjusts bone joints)
 3. Daily take Hawthorn or Std Proc (Cardio-Plus)
 4. Daily Dead Sea salt baths.
 5. Follow cancer cure diet and lifestyle.
- Note: Correctable in 3 months to a year.

Muscular Dystrophy

See "Multiple Sclerosis."

Nicotine Addiction

Cause:

Habitual consumption of tobacco

Treatment:

Eat fresh apples. Eat fresh fruits and vegetables.
Get into a fresh air environment. No stimulants.
Bathe in hot Epsom salt bath.
Exercise vigorously and bathe immediately.
Drink lots of fresh pure water.
Trust in Divine power and pray.

Osteoporosis

Weakening of the bone due to calcium extraction.

Cause:

1. Excess protein consumption
2. Excess synthetic vitamin D

Treatment:

1. Reduce protein consumption by the elimination of meat, dairy, eggs, and other high protein foods.
Eat largely of raw vegetables and fruit.
2. Do not take foods with vitamin D added.
Do not take synthetic vitamin D.

Note: If vitamin D is needed, take cod liver oil, or sun bathe without showering for 24 hours. (It washes away the skin oil that is needed to make vitamin D naturally.)

Parkinson's Disease

Condition where the brain degenerates, with loss of motor coordination, and trembling (at times severe). Can come to the point of total disability and dementia.

Cause:

Lack of electricity to the brain.

Treatment:

Rebounder 5-6 times a day for 2 minutes each.
Change lifestyle for good nutrition.
Daily take RNA (Std. Proc.) for severe cases.

Pineal Body (Calcification)

Governs nerves for eye and ears and helps determine the life span. Common condition in adults.

Cause:

Excess minerals in pineal body.

Treatment:

Melatonin 1/day for a month; then 1/week.
Note: Most brands are ineffective.

Pineal Body (Pinched Nerve)

Cause:

Maladjustment of cervical vertebra.

Treatment:

See chiropractor.

Pleurisy

Pain in breathing, inflamed lung linings.

Cause:

1. Infection and parasites.
2. Allergy

Treatment:

1. Daily take 2 Tbs Colloidal silver, vitamin C 4000 mg, (and Goldenseal for 1 week maximum)
Zapper both lungs front to back.
2. See “Allergies.”

Pre-Menstrual Syndrome (PMS)

Severe cramps and pain of abdomen, and affects work and mentality.

Cause:

1. Lack of certain minerals.
2. Hormone imbalance
3. Pinched nerve low back

Treatment:

1. Bio-min 60 or good colloidal minerals
2. Reduce estrogen and/or increase progesterone.

Pneumonia (TB)

Congestion of lungs
See “Lung infections.”

Psoriasis

See “Eczema.”

Ringworm

Skin eruption similar to Athlete’s Foot.

Cause:

Infection – fungi

Treatment:

Daily take vitamin A, vitamin E, Tea Tree oil, 2 Tbs
Colloidal silver.

Zapper affected areas.

Apply on affected areas: Vinegar and Colloidal silver.

Sclera Derma

Flaky or sore skin

Cause:

Infection – virus

Treatment:

Daily take: 4000 units vitamin C with a fresh orange
2 Tbs Colloidal silver

Zapper affected areas.

Apply vitamin E where affected.

Shingles

Irritation of nerve endings, blisters, and pain on skin usually starting at the abdomen.

Cause:

Infection – Herpes Zoster virus

Treatment:

Daily take: Vitamin C 4000 mg./day 2-3 weeks
2 Tbs Colloidal silver

Zapper affected area.

Sinus

Inflamed or mucus

Cause:

1. Colon parasites

Treatment:

1. Daily take 2 Tbs Colloidal silver
Zapper lower abdomen.
2. Alfalfa tablets, vitamin C

Skin (weak)

Cause:

1. Poor nutrition
2. Virus

Treatment:

1. Daily take 2 lb. carrots (juiced)
Pycnogenol (20 mg/10 weight) 2 weeks
Vitamin E
2. 2 Tbs Colloidal silver
Zapper affected area.

Skin, Lesions

General care

Cause:

Organisms usually virus

Treatment:

Daily: 2 Tbs Colloidal silver

Zapper affected area

Topically apply vitamin A and vitamin E

No sugar.

Spine (pain)

Cause:

1. Ankle needs adjustment
2. Pinched in back
3. Ruptured disk in spine
4. Reflex at base of skull and attached tendons
5. Facial bones need adjustment
6. Infection virus, parasites

Treatment:

1-5. See chiropractor.

Note: Rebounder (can correct most of the above).

Use several times a day for 2 minutes each time.

6. Daily take 2 Tbs Colloidal silver.
Zapper affected. Areas.

Spine (Stenosis)

Blockage of spinal fluid. Reduced nerve (organ) activity.

The location of inactive impulses identifies the location for Zapper treatment.

Cause:

1. Parasitic infection
2. Injury or blow to the back

Treatment:

1. Daily take 2 Tbs Colloidal silver
Zapper hand to hand.
2. Rebounder several times a day for 2 minutes each time.

Strep Throat

Inflammation of throat
See “Lung (Infections).”

Stroke

Loss of blood supply to brain. Leaking or burst blood vessels (aneurism).

Cause:

1. Infection – virus
2. Blood clot – sugar or fatty diet
3. Stress

Treatment:

4. Daily: Take 4 Tbs Colloidal silver
Zapper affected area.
5. Change lifestyle. No junk food.
Raw fresh fruits and vegetables.
Daily take Ginkgo Biloba, vitamin B complex
3 times a day, take 1 Tbs blackstrap molasses in glass of warm water.
6. Change life style with less stress.

Note: If started 1st day, the patient will be OK in one week.
Else, it could take 2-3 months.

Throat (Sore)

Cause:

Infection

Treatment:

Gargle with hot salty water, or gargle and swallow lemon juice and honey.
Gargle and swallow 2 Tbs Colloidal silver.
Zapper on each side of the throat.
Apply topically: Colloidal silver and vinegar.

Thyroid

Affects metabolism.

Cause:

1. Pinched nerve 4th cervical
2. Nutrition problems

Treatment:

1. See chiropractor for pinched nerve.
2. Diet:
Reduce amount of cabbage.
Daily take Kelp.

Toenail (Fungus)

Deformed thickened and slow growing

Cause:

Infection – fungus

Treatment:

Daily take: 2 Tbs Colloidal silver
Zapper area affected

Ulcers (stomach)

Irritation or sores on interior of stomach

Cause:

Note: Not caused by bacteria; they are only an indicator.

1. Take a Tbs parsley flakes 5-10 times a day for 2 weeks.
2. Missing meals

Treatment:

1. Take a Tbs parsley flakes 5-10 times a day for 2 weeks.
2. Warning: When under stress or miss a meal, eat parsley flakes.

Note: Do not use grapefruit juice, spices, tea, coffee, or vinegar. Bleeding ulcer is caused by an ulcer eroding through the stomach wall and involving an adjoining artery. If the artery ruptures, you must have emergency surgery or die.

Vein (Phlebitis)

Increased inter-ocular pressure.

Cause:

1. Standing and inactivity; Lack of exercise

2. Constipation

Treatment:

1. Change lifestyle to one of more activity.
2. Daily take fiber and prune juice
2 white oak bark capsules per meal for 2-3 weeks
1 glass carrot juice
Vitamin E 2000 units.

Warning: Never take iron with vitamin E.

Vein (Varicose) – See Vein (Phlebitis)

Weakened or bulging veins

Cause:

1. Pressure
2. Standing and inactivity
3. Low vitamin E
4. Constipation

Treatment:

See “Vein (Phlebitis).”

Vomiting

Cause:

1. Toxin in digestive tract
2. Shock (if child)

Treatment:

1. Take charcoal tablets till settled.
Take 2 Tbs Colloidal silver.
Zapper abdomen front and back.
2. Calm and soothe the child.

Warts

See “Moles.”

Random Facts

Infection is enhanced by sugar. To effectively combat infection, it is necessary to eliminate sugar from the diet.

Sugar, antibiotics, and chemotherapy immobilize the immune system. Sugar for 8 hours; antibiotics for several days; and chemotherapy for several months. During this time, we are sitting ducks, so to speak, to any opportunistic infection that we are exposed to.

Aging: Until recently, it was unknown why people age. One important factor has come to light. It was found that if the pineal body in the base of the brain becomes calcified, a person will age rapidly. The pineal body governs the aging aspect of every organ of the body. Old animals too old to reproduce were given a pineal body transplant from younger animals, and they soon looked and acted younger and soon became reproductive again. Also when young animals were given an aged pineal body, they soon began to age rapidly.

Tryptophan in the body changes into serotonin, which changes into melatonin, which keeps the body youthful. Three mg of melatonin a night helps some people to sleep better, and rejuvenates the pineal body in one month. Some research suggests that it will add 20 years to the life span.

Vegetarianism, reasons for:

Saponin (found in chickpeas, soybeans, kidney beans, lentils) prevents cancer cells from multiplying.

P-cumaric acid (found in tomatoes, pepper, strawberries, carrots, and pineapple) destroys cancer-causing substances.

Genistein (found in soybeans) prevents formation of blood vessels in tumors.

Sulfaicphane (found in broccoli) removes carcinogens from cells.

Ivdal-3-carbinol (found in cauliflower) prevents estrogen from breaking down to a carcinogenic compound.

Goldenseal draws chemicals out of system. (Limit use to one week.)

Sometimes one person who is sick draws energy from another by being close, as in bed. Illustrated by a case where a woman who was apparently healthy, had a husband who was of ill health. Surprisingly, the wife died, and even more surprising, the man got well.

High voltage radiation (from TV, computer monitors, and high voltage transmission lines) makes the condition of most illnesses worse.

Dental: Normally, there is a flow from out through the surface of the tooth that rinses out the pores of the tooth and keeps it in good condition. But when there is sugar in the mouth, the tooth flow reverses and draws the sugary substances into the tooth along with the acids of decomposition, which encourages decay.

Varicose veins: Most of these individuals are experiencing some form of constipation.

Parsley prevents and alleviates problems that lead to ulcers in the stomach.

Barley Green protects the stomach and lower intestines from irritation.

Vinegar damages some cells of the stomach, so they do not produce the needed enzymes for digestion.

Shallow breathing and slumped shoulders can sometimes be helped by the adjustment of the 4th dorsal. See chiropractor.

Cancer (skin) – Herbal remedy:

Collect wood sorrel and juice it. Put in saucer to dry. It will darken and gel. Make a white flour paste and put it carefully around the edge of the cancer and then carefully put Wood Sorrel gel on the cancer. Warning: Do not get the gel on good skin, as it will burn it. Lightly bandage. Three

days later, pull the scab off gently. It will come off with the root-like projections pulling out with it. Cover with Vitamin E.

When you take Vitamin C, take it with an orange to provide the missing bioflavonoid. Vitamin C must be taken with a 4 hours or less repeat.

Lecithin prevents blood clumping, as well as aspirin, with no side effects.

Increasing estrogen results in increase of cancer.

Progesterone is a very good treatment for female symptoms that are normally treated with estrogen. Get audio tape interview with John R. Lee on “Natural progesterone” from the AIM corporation (marketers of Barley Green).

Heating corn oil can lead to atherosclerosis.

Resting after every meal can increase glucose tolerance by 20%, and can reduce arthritis pain.

Not all melatonin is equal. One brand that does work is “Natrol.”

Caffeine via coffee – Cancer connection:

1. 1 cup a day doubles the female bladder cancer risk.
2. 2 cups per day increases ovarian cancer.
3. 2 cups per day raises colon cancer.
4. 2 cups per day doubles fatal bladder cancer.
5. 3 cups per day triples the risk of pancreatic cancer.
6. 3 cups per day increases breast cancer.
7. 3 cups per day raises fibrocystic cancer.

Caffeine via coffee – Heart danger:

1. 5 cups per day increases heart problems by 2,8%.
2. 2 or more cups per day are associated with elevated cholesterol.

Fibrocystic disease is associated with theophylline and theobromine found in coffee, tea, and chocolate, and caffeinated soft drinks. By eliminating these elements from the diets of those in the study, they were able to improve 97% of the individuals.

The U.S. Government recommends that we keep our daily cholesterol consumption below 150 mg. per day. To put that into perspective, note that the cholesterol in one egg is 250-300 mg.