

CHAPTER 41
HOW TO CURE DISEASE



FIRST FIND THE CAUSE!

The very best cure for sickness and disease is Infection Prevention. Do not merely continue to "treat" the various symptom(s) but actually start to remove the true cause(s) of the problem! Let us begin to learn how to safely and far more effectively control the various pest organisms that can and do adversely affect our health. To start with you need to either get healthy or learn how to properly clean and disinfect with Safe Solutions, Inc. Enzyme Cleaners, ultraviolet lights and/or 4 Thieves Oil. <http://www.safesolutionsinc.com>.

Throughout recorded history the number one killer of mankind has been infectious disease. Virtually everyone wants to protect themselves, their family, their students, their employees, their pets/animals and wildlife from infectious diseases and sicknesses. But, to continue to use, by (mis)applying, injecting and/or swallowing different synthetic toxic poisons/medicines that really are not very effective and may be very dangerous to you and yours, is really not the answer because these pathogenic pests, whether they are insects, arachnids, molds, mildews, fungi, bacteria and/or viruses, all quickly become resistant super pests and are then even harder to "control" much less eliminate. <http://www.theidealpesticide.com>



Louis Pasteur historically is considered to have personally solved the mystery of infectious diseases, because he was the first to discover "germs". He debunked the then widely accepted "scientific" myth of spontaneous generation. Pasteur proved the air contained living organisms that caused infectious disease and putrefaction and that these organisms could be killed by heat — what did the "scientists" of his day say? "I am afraid that the experiments you quote, M. Pasteur, will turn against you. The world into which you wish to take us is really too fantastic." La Presse, 1860. Pasteur then began to devise scientific tests to again try to prove that he was right. In April 1864, Pasteur explained his beliefs in front of a gathering of famous scientists at the University of Paris. He proved his case beyond doubt – even if some of those present refused to

believe him, including Dr. Charlton Bastian who still maintained his "scientific" belief that putrefaction came from within and not from outside invading microorganisms. **Louis Pasteur reportedly recanted the germ theory with these deathbed words: "Bernard is right; the pathogen is nothing; the terrain is everything."** However, since the Germ is so profitable, the medical world has written off his final statements as the madness of a dying man. **We should all be so mad.** Bernard is the one responsible for our modern theories on pH and how the nature of the microorganisms change as the body moves from an alkaline pH to an acidic pH. Claude Bernard made the statement, "The terrain is everything; the germ is nothing," and then drank down a glass of water filled with cholera. Rudolph Virchow (Father of Pathology) once noted, "If I could live my life over again, I would devote it to proving that germs seek their natural habitat — diseased tissue — rather than being the cause of the diseased tissue; e.g., mosquitoes seek the stagnant water, but do not cause the pool to become stagnant."

http://www.mnwelldir.org/docs/terrain/lost_history_of_medicine.htm

<http://thebovine.wordpress.com/?s=pasteur&searchsubmit=Find+%C2%BB/>. **Remember to consider one basic fact: Predators rarely attack the healthy; they normally attack the very young, sick, wounded, old and/or feeble.** After generations of trying unsuccessfully to remove bacteria, viruses, mold, weeds, insects, arachnids, rodents and many other pest problems from our bodies, homes, buildings, yards, pets, fields, orchards and groves, we still are continuing to only use/misuse many different volatile pesticide POISONS to try to take care of these pest problems. Now, these dangerous pesticides have polluted our soil, food and every living thing including our bodies. Pesticide POISONS have been proven to increase the risk of different cancers, fatigue and muscle weakness along with endocrine disturbances, cognitive dysfunction, autism, chemical sensitivity, fibromyalgia, etc. It now costs over 700 billion dollars per year to try to "treat" environmentally-caused diseases just in the United States and Canada.



London surgeon and anesthesiologist John Snow was also a skeptic of the miasma theory and the germ theory of disease was not widely accepted at this time, but evidence led him to believe that the Cholera epidemic was not due to breathing foul air. John Snow came to believe an Asiatic cholera outbreak that was killing thousands of innocent people in South London was due to sewage-contaminated drinking water supplied by the Vauxhall Water Company; the health authorities and Water Company were reluctant to agree with the good Doctor's "theory". Snow then found a pump at the corner of Broad Street and Cambridge Street that was at the epicenter of the cholera epidemic. Snow was

eventually successful in removing the pump handle off of this suspect contaminated well and the needless deaths stopped. He first publicized his disease theory in an essay On the Mode of Communication of Cholera in 1849. In 1855 a second edition was published, with a much more elaborate investigation of the effect of the water-supply in the Soho cholera epidemic of 1854. Even so, a subsequent report from the Board of Health noted: "After careful inquiry, we see no reason to adopt this (Snow's) belief."

First, do no harm." is not in the Hippocratic Oath - It is a widely held misconception that the familiar dictum "First, do no harm" comes from the Hippocratic Oath, an oath many physicians take when they enter medical practice. However, the Hippocratic Oath does not and never did contain these words (nor was it actually written by Hippocrates, according to many sources). The Greek "First, do no harm" becomes "Primum non nocere" in Latin.

Did you ever wonder why Doctors call what they do a "practice"?

+++++

Are all bacteria really "bad germs"?

Are all bacteria really "bad germs"? Do you incorrectly associate all microorganisms/bacteria with infectious diseases? Are you constantly trying to kill all these "bad germs" by using antibacterial soaps and disinfectant cleaners? When you become ill, do you (mis)use antibiotics in order to kill all the "bad germs" so you can "regain" your health?. **First of all, not all microorganisms/bacteria are "bad germs" - over 95% are beneficial and absolutely necessary.** Beneficial microorganisms/bacteria are vital components to the birth, life and death of every living thing on this planet. Beneficial microorganisms break down manure, dead plant and animal tissue and turn these problems into healthy humus - the humus in turn nourishes the soil and makes the plants grow strong and pest resistant. Living soil has over 600 million beneficial microorganisms containing thousands of various species of beneficial bacteria and fungi; healthy soil is truly alive with millions of beneficial microorganisms. Beneficial microorganisms/bacteria also provide the plant with food and nitrogen, and will also return the plant back to its natural elements after it has been cut down or died, these "bad germs" actually make the circle of life continue. Synthetic fertilizers, insecticides, herbicides, fungicides and other economic POISONS all help kill the army of beneficial microorganisms/bacteria that create and support healthy soils. Once the living soil is killed, the plant chelated minerals we need in our food are no longer provided by the now unhealthy plants. If you eat healthy plants grown organically, you consume live beneficial bacteria and plant chelated minerals they provide every time you eat. If you are healthy, you have literally thousands of species of beneficial bacteria living in your alimentary canal from your mouth to your anus. These beneficial bacteria are absolutely necessary for your survival, they help you digest your food, synthesize vitamins like folic acid, vitamin K and biotin, which are vital to the function of your immune system. Beneficial bacteria break down your food into a useable form that can be absorbed through your intestines and can be utilized by the body. Beneficial bacteria also clean the walls of your intestines and colon so that waste can be excreted easily and are therefore directly affect your body's ability to detoxify itself. Exposure to "bad" bacteria is critical to your building a strong immune system, as your body needs something to fight against in order to build its army. Overuse of antibacterial soaps, pasteurized products and antibiotics has lead to a sicker and more allergic population, because a non-exposed body does not feel the need to build the necessary protective antibodies. Antibiotics are truly anti life - and they will kill the beneficial bacteria in your gut. In today's world of processed, denatured, sugar and chemically laden foods that come from dead soils, most people now have a bacteria population in their gut that is 85% bad bacteria and only 15% beneficial bacteria, and that figure should be (at a minimum) reversed. Good bacteria are also killed off by the chlorine and fluoride in the water we drink, caffeine, birth control pills and other drugs, stress, food additives, and too many bad bacteria that compete in our gut for food and a place to live. No wonder so many people now have irritable bowel syndrome or other problems that stem from the inability to detoxify themselves. Many people are carrying around with them several pounds of dead, rotting fecal matter in their intestinal tract, which creates a potential for self-poisoning and disease. Symptoms of bad bacteria in your gut is an inability to lose weight, carbohydrate cravings, recurrent Candida or yeast problems, frequent constipation or diarrhea, digestion or acid reflux problems, joint pain and stiffness, frequent colds or flu, skin problems like acne or eczema, etc.

How do you replace the good bacteria in your gut? Start by eating living, whole organic food grown in live soil, eating more high quality fermented foods, and by filtering your water so you are no longer drinking chlorine and/or fluoride. Most importantly, take a quality probiotic supplement daily in order to repopulate your gut quickly with beneficial bacteria.

How do you replace the good bacteria in your soil? Start by stopping the use of synthetic fertilizers and pesticides that stop the dynamic system in which soil minerals constantly interact with organic matter and living microorganisms. Then incorporate manure, compost and/or humus directly into your soil.



There, obviously, is Natural Resistance — Never forget, there is no better vaccine than natural exposure. Some people are born lucky and have a natural resistance to health problems, e.g., infectious diseases. Obviously, most of mankind survived the Bubonic Plague. Starting in 1334 in Hopei, China, people were being struck down swiftly by the Black Plague. The disease spread rapidly and killed efficiently along trade routes. A third of the population of Europe died. However, most of the populace were able to survive the devastating Black Plague, such as the residents of Eyam. Eyam was a lead-mining village in England. The village had quarantined itself in 1665 in order to stop the plague from spreading beyond the village. Because of the high mortality rate of the Black Plague, it seemed unlikely that the residents of Eyam would survive. They lived in tight quarters, handled their dead neighbors and were constantly surrounded by those infected with the Black Plague. Somehow, half of the residents survived. Scientists believe that the reason for their survival was a genetic mutation found in descendants of the survivors. The gene is called CCR5-delta 32, or Delta 32 for short.

http://www.associatedcontent.com/article/50256/the_delta_32_mutation.html?cat=58
Please see also: http://www.mnwelldir.org/docs/terrain/lost_history_of_medicine.htm

How can you help heal, strengthen and detox your body? Every time you breathe out, urinate, have a bowel movement and/or sweat you help detox your body. Proper nutrition also helps remove many toxins. Eating healthy foods including plenty of fiber and drinking pure water will also help remove these toxins. In a healthy body, most toxins are normally excreted or they are sent to the liver. Once in the liver, toxins are eventually eliminated with the urine. If the body is not healthy and well nourished, toxins leave the liver and accumulate in the adipose (fat) tissues and/or are found in the blood, the brain and the central nervous system. Many people detox using Not Nice To Toxins®, which is a unique blend of herbs designed to assist the body in the elimination of pesticides, parasites, heavy metals and other chemical toxins. This synergistic herbal formula purifies the body's lymphatic system, blood stream, colon and major organs, and improves its resistance to disease.

http://www.safesolutionsinc.com/Detoxification_Aids.htm. Please also read on how to detox in Chapter 40.

Fiber will help support the secretion of toxins. Rice bran and food-grade diatomaceous earth (DE) will directly bind toxins. High quality, organic proteins and/or chelation help remove metal toxins from the body. Watercress, artichokes, onions and cilantro are often used to help detoxify. Green tea promotes healthy digestion and is a powerful antioxidant. Quality vitamin supplements help nourish the healthy body. All vitamins are necessary, but an analysis of CDC data of just one indicates vitamin D deficient children are at higher risk of death from swine flu. Vitamin D deficiency can also create neurological conditions in children, e.g., epilepsy, cerebral palsy or other neurodevelopmental conditions like mental retardation. Exacerbating the problem further, many of these kids take anticonvulsant drugs, which lower vitamin D levels. 58 million American children are vitamin D deficient; 7.6 million are severely deficient. The further you live from the equator, the more deficient you are in vitamin D.

But, as important as vitamins are, they can do nothing for you without minerals. Vitamins cannot be assimilated without the aid of minerals. Although the body can manufacture a few vitamins, it cannot manufacture a single mineral. All tissue and internal fluids contain varying quantities of minerals. Minerals are constituents of the bones, teeth, soft tissue, muscle, blood and nerve cells. They are vital to overall mental and physical well-being.

HOW THEY WORK: Minerals act as catalysts for many biological enzyme reactions within the body, including muscle response, the transmission of messages through the nervous system, and the utilization of nutrients in food.

BORON - A trace mineral needed by the body in only minuscule amounts; assists in the proper absorption of calcium, magnesium and vitamin D, especially in older people; maintains healthy bones and prevents osteoporosis; slows the loss of minerals through urination; plays an important role in joint health and has helped those with rheumatoid arthritis; helps to raise estrogen levels, which could prevent bone loss; needed for proper muscle growth; enhances brain function and promotes mental alertness; plays a key role in how the body utilizes energy from fats and sugars.

CALCIUM - Builds strong bones and teeth; treats and prevents osteoporosis; important in the maintenance of a regular heartbeat and in the transmission of nerve impulses; lowers cholesterol levels and helps prevent cardiovascular disease; an effective treatment for PMS; recommended for attention deficit disorders, migraine headaches and periodontal disease; reduces the risk of colon cancer, by neutralizing the toxic effects of cancer-promoting fats; reduces the formation of polyps; lowers blood pressure; prevents leg cramps, maintains bone density and strength; helps prevent insomnia and anxiety. A deficiency may lead to aching joints, brittle nails, eczema, elevated blood cholesterol, heart palpitations, high blood pressure, insomnia, muscle cramps, nervousness, numbness in the arms and/or legs, rheumatoid arthritis, rickets and tooth decay. A high protein diet, caffeine from coffee or tea, carbonated beverages, alcohol and antacids can diminish calcium levels in your body. <http://www.jrussellshealth.org/antacids.html> It is essential to maintain a balance with magnesium and vitamin K for calcium to be effective.

- A. CALCIUM CARBONATE** - An excellent form of calcium and the most common found in food supplements. It is refined and purified and contains no toxic metals, such as lead and aluminum.
- B. CALCIUM CITRATE** - Is calcium carbonate bound (chelated) with citrate acid.
- C. CALCIUM ASPARTATE** - Is calcium carbonate bound with aspartic acid.
- D. CALCIUM LACTATE** - Is calcium carbonate bound with lactic acid.

A new study published in the British Medical Journal found that women over 40 who were taking calcium supplements saw a 31 percent increase in risk for heart attacks, and they also had a slightly higher risk of having a stroke and of sudden death. Interestingly, the risk doesn't seem to carry over to calcium from food. http://www.rodale.com/sources-calcium?cm_mmc=DailyNewsNL_-2010_08_10_-Top5_-NA

DEFICIENCY SYMPTOMS: May result in arm and leg muscles spasms, softening of bones, back and leg cramps, brittle bones, rickets, poor growth, osteoporosis (a deterioration of the bones), tooth decay, depression.

CHROMIUM - Is involved in the metabolism of glucose and is vital in the breakdown of cholesterol, fats and proteins; maintains stable blood sugar levels through proper insulin utilization; keeping blood sugar levels normal is important because high levels of either can cause damaging effects on the cells lining the arteries, which can cause circulation problems that may lead to clogged arteries; will reduce blood sugar and insulin levels in people with full-blown type 2 diabetes; the polynicotinate form is easily absorbed in the body's cells; helps prevent sugar cravings and sudden drops in energy; promotes a healthy circulatory system; has been used as a treatment for migraine headaches, psoriasis and acne; can prevent anxiety and fatigue; is used extensively by athletes and dieters because it promotes fat loss and increases lean muscle tissue. Chromium-polynicotinate vs picolinate - <http://cellhealthmakeover.com/chromium-polynicotinate.html>

DEFICIENCY SYMPTOMS: May result in glucose intolerance in diabetics; arteriosclerosis, heart disease, depressed growth, obesity, tiredness.

COPPER - Aids in the formation of bone, hemoglobin and red blood cells; promotes connective tissue formation and central nervous system function; works with vitamin C and zinc to form elastin, a chief component in skin tissue and muscle fibers; is involved in the healing process, energy production, hair and skin coloring and taste sensitivity; is important for the formation of collagen, one of the fundamental proteins making up bone, skin and connective tissue. You need very little — only 2 mg per day.

DEFICIENCY SYMPTOMS: May result in general weakness, impaired respiration, skin sores.

IODINE - The thyroid gland adds iodine to the amino acid tyrosine to create thyroid hormone; aids in the functioning of the thyroid gland which regulates the body's production of energy; helps burn excess fat by stimulating the rate of metabolism; improves mental alacrity; may be helpful in breast tenderness; keeps the skin, hair and nails healthy. Helps maintain a healthy respiratory system.

DEFICIENCY SYMPTOMS: May result in an enlarged thyroid gland, slow mental reaction, dry skin & hair, goiter, weight gain, loss of physical and mental vigor.

IRON - Important in the formation of hemoglobin, the oxygen-carrying factor in red blood cells; nourishes every cell in the body with oxygen; without it your body could not make ATP (the body's primary energy source), produce DNA, or carry out many other critical functions; has shown to improve restless-legs syndrome; is necessary for the proper metabolism of 8 vitamins; prevents anemia and fatigue; promotes good skin tone, and stimulates the immune system; decreases the craving for alcohol.

DEFICIENCY SYMPTOMS: May result in weakness, paleness of skin, constipation, anemia and a bizarre disorder called "pica" where doctors have reported cases of people eating dirt, chalk, clay, paste, paper, cardboard, ice chips and styrofoam.

MAGNESIUM - Necessary for calcium and vitamin C metabolism; converts blood sugars into energy; regulates the neuromuscular activity of the heart, and improves energy production within the heart; dilates the coronary arteries; helps maintain normal heart rhythm; has been used in treating fibromyalgia, migraine and tension headaches, premenstrual syndrome, rheumatoid arthritis, asthma, hearing loss, binge-eating disorders, tinnitus and high blood pressure; aids in bone growth and strengthens tooth enamel; controls bad breath and body odor; helps burn fat and aids in fighting depression; prevents calcium deposits, kidney stones and gallstones; when combined with calcium acts as a natural tranquilizer; promotes relaxation of the bronchial muscles, thus opening airways and making breathing easier; reduces hyperactivity in children, and may help with ADD (attention deficit disorder); eliminates mental confusion, irritability, loss of appetite, insomnia and muscle cramps. An excessive intake of calcium will reduce your body's level of magnesium.

DEFICIENCY SYMPTOMS: May result in calcium depletion, heart spasms, nervousness, muscular excitability, pain, inflammation, confusion, kidney stones, constipation and restless leg syndrome.

Also see: http://www.huffingtonpost.com/christiane-northrup/magnesium-calcium_b_509115.html

THE ROLE OF MAGNESIUM IN THE PREVENTION OF CORONARY DISEASE AND OTHER DISORDERS

<http://www.mgwater.com/tmiller.shtml> By Tom Miller

Diseases and Issues Associated With Magnesium Deficiency:

Heart Disease - Magnesium deficiency plays several critical roles in the maintenance of a healthy heart. Heart muscle cells require magnesium as do smooth muscle cells and elastica in coronary arteries. I've included a separate section on how magnesium deficiency causes atherosclerosis and arteriosclerosis (hardening of the arteries; athero is caused by fats, and arterio is caused by mineral deposits).

Although most doctors are unaware, magnesium chloride is the single best treatment following myocardial infarction (heart attack) prior to reperfusion (getting blood back to the affected area). The protocol for a major clinical study by the National Institute of Health (NIH) has been written, accepted and recently funded. The study will be known as the MAGIC study (MAGnesium In Coronaries) and will include 10,500 MI (Myocardial Infarction) patients across the country.

Mitral Valve Prolapse - The mitral valve or bicuspid valve is a heart valve that consists of two triangular flaps between the left auricle and ventricle. Magnesium deficiency has been linked to a condition where the mitral valve malfunctions due to slippage from its normal position. Mitral valve prolapse causes the heart to become less effective in pumping blood and some researchers believe magnesium helps to prevent and even correct this condition.

Cancer - There is evidence that magnesium deficiency plays a role in oncogenesis in certain types of cancers. Changes in cell chemistry have a direct impact on RNA and DNA. Magnesium plays a role in polypeptide chains and is suspected of performing a role as an oxygen free radical scavenger.

Diabetes - The role of magnesium in diabetes has been scientifically well established for over 35 years. *Magnesium influences insulin production and function.* I have spoken with Dr. Jerry Nadler of the City of Hope here in Los Angeles. Although research into this area is not well accepted, it is not new. Magnesium has been effectively used to treat brittle diabetics. (Diabetics who frequently oscillate between high and low blood sugar.)

In Europe, magnesium has long been used to treat insulin resistant diabetes and decompensated diabetics developing acidosis and ketosis. (Acidosis is low blood and body tissue pH. Ketosis is an abnormal increase in ketone bodies).

Asthma and Allergies - The role of magnesium in lung function is currently being investigated by a number of researchers. Low magnesium intake is strongly correlated with the etiology (causes) of asthma and chronic obstructive airway diseases. Patients treated with simple dietary magnesium supplementation have reported marked improvement. Inhalation of soluble magnesium compounds has also been reported to provide relief.

Magnesium is also reported to suppress histamine production. Some allergy sufferers have reported relief through dietary magnesium supplements.

Arthritis - Because magnesium suppresses PTH (a mineral transport hormone) and stimulates calcitonin (a polypeptide of 32 amino acid residues), it helps remove calcium from soft tissues eliminating some forms of arthritis. Copper is a metal ion long suspected as playing a role in preventing arthritis. Copper is complementary to magnesium uptake and may therefore reduce calcitic arthritis by providing more magnesium absorption.

Osteoporosis - Research has clearly established a link between osteoporosis and magnesium deficiency. Although most women have heard of the need for calcium supplementation following menopause, few are aware that magnesium is equally important. In fact, increasing calcium without increasing magnesium can actually cause more harm than good. According to Seelig and other researchers, calcium to magnesium ratios in excess of 2:1 should be avoided.

Dr. Guy Abraham, M.D. has found strong evidence to suggest that women with osteoporosis have a deficiency of a chemical that is made when they take twice as much magnesium as calcium. In fact, he found that when calcium intake is decreased, it is utilized better than when it is present in high levels. Dr. Abraham advocates taking more magnesium to correct calcium deficiency related diseases.

Kidney Stones - Seelig and Bunce have clinically proven the relationship between kidney stones and magnesium deficiency. The most common form of kidney stones is calcium oxalate. As early as 1964 Moore and Bunce reported the benefits of administering 420 mg of MgO per day to patients with long histories of frequent stone formation.

Blaine Company has marketed an MgO tablet under the tradename Uro-Mag for over 40 years. It is a well-established treatment for kidney stones.

Migraine - Magnesium deficiency has been linked to the onset of migraine headaches. Magnesium plays a role in vasodilation and is thought to behave like a calcium channel blocker at the cellular level. Calcium channel blockers are frequently prescribed to migraine sufferers.

Eclampsia - Magnesium deficiency has been directly linked to eclampsia, a condition which causes life threatening convulsions and severe hypertension which may necessitate early termination of pregnancy with low-birth-weight babies. Mg treatment is classic for control of Eclampsia.

More recently magnesium has been shown to decrease the likelihood of pre-term birth. It has been suggested that pregnant mothers supplement their magnesium intake to meet the high magnesium needs placed on them by the fetus. Clinical trials have demonstrated that mothers supplementing with MgO have larger, healthier babies.

In Germany there have been thousands of cases demonstrating this effect. (Conradt, Staepling and Weideinger recommend oral Mg supplements during pregnancy)

Menstrual Cramps and PMS - Increasing dietary magnesium often decreases menstrual cramping as well as PMS. Calcium causes muscles to contract, while magnesium helps them to relax. Dietary calcium gives temporary relief of menstrual cramps. However, calcium also depletes the body of magnesium and ensures cramping will occur in the following month if magnesium is not replenished.

Athletic Stamina - Magnesium supplementation has been used to enhance the performance of endurance athletes such as long distance marathoners, swimmers, and cross country skiers. Magnesium shifts the cellular energy production from anaerobic to aerobic. This is a more efficient mode of energy production and greatly reduces production of lactic acid.

Triglyceride and LDL/HDL Reduction - Dietary magnesium supplementation has been reported to reduce triglyceride levels and reduce the ratio of LDL to HDL. These are two critical factors closely related to heart disease.

Skin Tone - It has been reported that Mg supplementation may play a role in maintenance of skin flexibility and tone. Connective tissue is reportedly more flexible when magnesium levels are correct.

Bone Mass and Flexibility - Magnesium imparts flexibility to bone predominately because of its role in the bone matrix. (The organic portion of the bone.) Magnesium behaves like flexible glue in bones. Industrial cements produced from magnesium rather than calcium are up to 6 times stronger and more flexible than conventional calcium-based Portland cement.

Tetany - Farmers currently supplement cattle feed with MgO to prevent grass tetany, milk fever, or grass staggers. Loss of brain magnesium induces cerebral dysfunction, convulsions and death in beef and dairy cattle. Similar conditions are observed in hypomagnesiemic human patients.

Cerebral Palsy - A very interesting and exciting new finding is that women with other complications, that were treated with magnesium, had 1/7 the likelihood of their low birth weight babies developing cerebral palsy.

Leg Cramps - Leg and muscle cramping can be caused by magnesium deficiency through production of lactic acid or reduction of arterial blood flow. Both can be improved and often eliminated through dietary magnesium supplementation.

Stress - Magnesium is used by some doctors to treat mental stress. On the periodic chart, magnesium appears near lithium. Lithium is often used to treat stress and related disorders. Magnesium plays a role in mediating calcium dependent synapse reactions relating to neurotransmissions.

Delirium Tremors - Alcohol depletes magnesium and can cause magnesium deficiency. This has been tied to hallucinations and convulsions recognized as delirium tremors. Alzheimer's and dementia are also suspected to be linked to magnesium deficiency.

Note: Too much magnesium will give you diarrhea.

Magnesium Chloride Vs Oral Magnesium, Epsom Salts

The downside of taking magnesium supplements is that they are a very alkaline substance that can neutralize stomach acid, which can lead to malabsorption and other health problems. Many things affect magnesium absorption from the gut no matter what form of oral supplement is used, and this seriously compromises oral administration in medical treatment. Most drugs will adversely affect how magnesium taken orally is absorbed or how quickly it will be excreted. Many drugs bind with magnesium diminishing its availability in the body. Two cans of soda per day (all of which contain phosphates) also bind up a lot of magnesium by preventing absorption of magnesium ions in the GI tract. Magnesium also binds with aspartame so drinking diet sodas is not an option. The problem with oral magnesium is that all magnesium compounds are potentially laxative. And there is good evidence that magnesium absorption depends upon the mineral remaining in the intestine at least 12 hours. If intestinal transit time is less than 12 hours, magnesium absorption is impaired. One of the major disadvantages of magnesium compositions that are currently available is they do not control the release of magnesium, but instead immediately release magnesium in the stomach after they are ingested. These products are inefficient

because they release magnesium in the upper gastrointestinal tract where it reacts with other substances such as calcium. These reactions reduce the absorption of magnesium. It is well known that oral supplementation of magnesium in any significant quantities will cause massive and prolonged diarrhea and is very likely to cause serious kidney damage. These side effects are completely avoided when using magnesium chloride transdermally even with very large quantities and at high frequency rates.

Magnesium chloride is an inexpensive alternative method to relinquish stress, inflammation and pain at the cellular level. It is also the mineral of choice for rejuvenation and cell energy production.

Epsom salts, on the other hand, are rapidly excreted through the kidneys and, therefore, difficult to assimilate. It is also more toxic and less absorbable and retainable in the body. Effects do not last long, which means you need to add more to a bath to get similar results. It also works mainly as a laxative. Its effect, form and toxicity demands it be used in special applications where the sulfur is needed. The Author no longer recommends Epsom salts in the tub to increase magnesium levels since they are very alkaline and can adversely change the pH balance of the skin.

Magnesium chloride crystals are made from seawater. Separately, both magnesium and chloride have important functions in keeping us healthy. Chloride combines with hydrogen in the stomach to make hydrochloric acid, a powerful digestive aid that declines in the body as we grow older. Using other forms of magnesium is less beneficial as these have to be converted into chlorides before they can be digested. For example, when we take magnesium in the oxide or carbonate form, we then have to produce additional hydrochloric acid to absorb it. "Transdermal Magnesium Therapy" by Mark Sircus, O.M.D.

Magnesium is nothing short of a miracle mineral in its healing effect on a wide range of diseases as well as in its ability to rejuvenate the aging body. We know that it is essential for many enzyme reactions, especially in regard to cellular energy production, for the health of the brain and nervous system and also for healthy teeth and bones. However, it may come as a surprise that in the form of magnesium chloride it is also an impressive infection fighter. The first prominent researcher to investigate and promote the antibiotic effects of magnesium was a French surgeon, Prof. Pierre Delbet MD. In 1915 he was looking for a solution to cleanse wounds of soldiers, because he found that traditionally used antiseptics actually damaged tissues and encouraged infections instead of preventing them. In all his tests magnesium chloride solution was by far the best. Not only was it harmless for tissues, but it also greatly increased leucocyte activity and phagocytosis, the destruction of microbes.

Later, Prof. Delbet also performed experiments with the internal applications of magnesium chloride and found it to be a powerful immune-stimulant. In his experiments phagocytosis increased by up to 333%. This means after magnesium chloride intake the same number of white blood cells destroyed up to three times more microbes than beforehand. Gradually Prof. Delbet found magnesium chloride to be beneficial in a wide range of diseases. These included diseases of the digestive tract such as colitis and gall bladder problems, Parkinson's disease, tremors and muscle cramps; acne, eczema, psoriasis, warts and itching skin; impotence, prostatic hypertrophy, cerebral and circulatory problems; asthma, hay fever, urticaria and anaphylactic reactions. Hair and nails became stronger and healthier and patients had more energy. Prof. Delbet also found a very good preventative effect on cancer and cured precancerous conditions such as leukoplakia, hyperkeratosis and chronic mastitis. Epidemiological studies confirmed that regions with magnesium-rich soil had less cancer than those with low magnesium levels.

Another French doctor, A. Neveu, cured several diphtheria patients with magnesium chloride within two days. He also published 15 cases of poliomyelitis that were cured within days, if treatment was started immediately, or within months if paralysis had already progressed. Neveu also found magnesium chloride effective with asthma, bronchitis, pneumonia and emphysema; pharyngitis, tonsillitis, hoarseness, common cold, influenza, whooping cough, measles, rubella, mumps, scarlet fever, poisoning, gastroenteritis, boils, abscesses, whitlow, infected wounds and osteomyelitis.

In more recent years Dr Vergini and others have confirmed these earlier results and have added more diseases to the list of successful uses: acute asthma attacks, shock, tetanus, herpes zoster, acute and chronic conjunctivitis, optic neuritis, rheumatic diseases, many allergic diseases, Chronic Fatigue Syndrome and beneficial effects in cancer therapy. In all of these cases magnesium chloride had been used and gave much better results than

other magnesium compounds.

Magnesium for Nerves

Magnesium has a calming effect on the nervous system. With this, it is frequently used to promote good sleep. But more importantly, it can be used to calm irritated and over-excited nerves. This is especially useful with epileptic seizures, convulsions in pregnant women and the 'shakes' in alcoholism. Magnesium levels are generally low in alcoholics, contributing or causing many of their health problems. If magnesium levels are low, the nerves lose control over muscle activity, respiration and mental processes. Nervous fatigue, tics and twitches, tremors, irritability, hypersensitivity, muscle spasms, restlessness, anxiety, confusion, disorientation and irregular heartbeat all respond to increased magnesium levels. A common phenomenon of magnesium deficiency is a sharp muscle reaction to an unexpected loud noise. 'Memory pills' have been marketed that consist mainly of magnesium.

Many of the symptoms of Parkinson's disease can be overcome with high magnesium supplementation, shaking can be prevented and rigidity eased. With preeclampsia pregnant women may develop convulsions, nausea, dizziness and headaches. In hospitals this is treated with magnesium infusions. Because of its strong relaxing effect, magnesium helps not only to have a better sleep but is also useful in overcoming headaches and migraines. Even the number of suicides are linked to magnesium deficiency. The lower the magnesium content in soil and water in a given region, the higher are the rates of suicides.

Epilepsy is marked by abnormally low magnesium levels in the blood, spinal fluid and brain, causing hyperexcitability in regions of the brain. There are many reported cases of epilepsy greatly improving or disappearing with magnesium supplementation. In a trial with 30 epileptics 450 mg of magnesium supplied daily successfully controlled seizures. Another study found that the lower the magnesium blood levels the more severe was the epilepsy. In most cases magnesium works best in combination with vitamin B₆ and zinc. In sufficient concentrations, magnesium inhibits convulsions by limiting or slowing the spread of the electric discharge from an isolated group of brain cells to the rest of the brain. Animal studies show that even the initial burst of firing nerve cells that starts an epileptic attack can be suppressed with magnesium.

Magnesium for the Heart

Adequate levels of magnesium are essential for the heart muscle. Those who die from heart attacks have very low magnesium but high calcium levels in their heart muscles. Patients with coronary heart disease who have been treated with large amounts of magnesium survived better than those with drug treatment. Magnesium dilates the arteries of the heart and lowers cholesterol and fat levels.

High calcium levels, on the other hand, constrict the heart arteries and increase the risk of heart attacks. Calcium deposits in the walls of the arteries contribute to the development of arteriosclerosis. The arteries become hard and rigid, thereby restricting the blood flow and causing high blood pressure. In addition, such inelastic blood vessels may easily rupture and cause strokes. Countries with the highest calcium to magnesium ratios (high calcium and low magnesium levels) in soil and water have the highest incidence of cardiovascular disease. At the top of the list is Australia.

Worldwide the intake of magnesium has been lowered and that of calcium increased because of the heavy use of fertilizers high in calcium and low in magnesium. With this, the intake of magnesium from our food has steadily declined in the last fifty years, while the use of calcium-rich fertilizers and cardiovascular disease have greatly increased at the same time.

Diabetics are prone to atherosclerosis, fatty degeneration of the liver and heart disease. Diabetics have low magnesium tissue levels. They often develop eye problems - retinopathy. Diabetics with the lowest magnesium levels had the most severe retinopathy. The lower the magnesium content of their water, the higher is the death rate of diabetics from cardiovascular disease. In an American study the death rate due to diabetes was four times higher in areas with low magnesium water levels as compared to areas with high levels of magnesium in the water.

Magnesium for Healthy Bones & Teeth

Medical authorities claim that the widespread incidence of osteoporosis and tooth decay in western countries can be prevented with a high calcium intake. However, published evidence reveals that the opposite is true. Asian and African populations with a very low intake of about 300 mg of calcium daily have very little osteoporosis. Bantu women with an intake of 200 to 300 mg of calcium daily have the lowest incidence of osteoporosis in the world. In western countries with a high intake of dairy products the average calcium intake is about 1000 mg. The higher the calcium intake, especially in the form of cows' milk products (except butter), the higher the incidence of osteoporosis.

Calcium, magnesium and phosphorus levels are kept in a seesaw balance by the parathyroid hormones. If calcium goes up, magnesium goes down and vice versa. With a low magnesium intake, calcium goes out of the bones to increase tissue levels, while a high magnesium intake causes calcium to go out of the tissues into the bones. A high phosphorus intake without a high calcium or magnesium intake causes calcium to leach from the bones and leave the body with the urine. A high phosphorus intake with high calcium and magnesium leads to bone mineralization.

Dr Barnett, an orthopaedic surgeon practiced in two different U.S. Counties with very different soil and water mineral levels. In Dallas County with a high calcium and low magnesium concentration osteoporosis and hip fractures were very common, while in Hereford with high magnesium and low calcium these were nearly absent. In Dallas County the magnesium content of bones was 0.5% while in Hereford it was 1.76%. In another comparison the magnesium content in bones of osteoporosis sufferers was 0.62% while in healthy individuals it was 1.26%.

The same applies for healthy teeth. In a New Zealand study it was found that caries-resistant teeth had on average twice the amount of magnesium as caries-prone teeth. The average concentration of magnesium phosphate in bones is given as about 1%, in teeth about 1.5%, in elephant tusks 2% and in the teeth of carnivorous animals made to crush bones it is 5%. In regard to the strength of bones and teeth think of calcium as chalk and of magnesium as superglue. The magnesium superglue binds and transforms the chalk into superior bones and teeth.

Cancer and Aging

Many studies have shown an increased cancer rate in regions with low magnesium levels in soil and drinking water. In Egypt the cancer rate was only about 10% of that in Europe and America. In the rural fellah it was practically non-existent. The main difference was an extremely high magnesium intake of 2.5 to 3 g in these cancer-free populations, ten times more than in most western countries.

Dr Seeger and Dr Budwig in Germany have shown that cancer is mainly the result of a faulty energy metabolism in the powerhouses of the cells, the mitochondria. A similar decline in energy production takes place when we age. The great majority of enzymes involved in the production of energy require magnesium. A healthy cell has high magnesium and low calcium levels. Up to 30% of the energy of cells is used to pump calcium out of the cells. The higher the calcium level and the lower the magnesium level in the extra-cellular fluid, the harder is it for cells to pump the calcium out. The result is that with low magnesium levels the mitochondria gradually calcify and energy production decreases. We may say that our biochemical age is determined by the ratio of magnesium to calcium within our cells. Test with Chronic Fatigue Syndrome showed that magnesium supplementation resulted in better energy levels.

We use our muscles by selectively contracting them. On the biochemical level muscle contraction is triggered by calcium ions flowing into muscle cells. To relax the muscle calcium is pumped out again. However, as we age more and more calcium remains trapped in the muscles and these become more or less permanently contracted, leading to increasing muscle tension and spasms. Together with calcification of the joints, this is the typical rigidity and inflexibility of old age. The higher our intake of calcium relative to magnesium, the faster do we calcify and age. Most of the excess calcium in our diet ends up in our soft tissues and around joints leading to calcification with arthritic deformations, arteriosclerosis, cataracts, kidney stones and senility. Dr Seyle proved experimentally that biochemical stress can lead to the pathological calcification of almost any organ. The more stress, the more calcification, the more rapid the aging.

The Rejuvenation Mineral

Magnesium chloride is an excellent medicine that is fast acting and safe. Magnesium chloride is also very flexible in terms of methods of application as it can be nebulized, applied orally, transdermally and intravenously in emergency situations. In addition to its anti-microbial and immune-stimulating properties, both magnesium as well as chloride have other important functions in keeping us young and healthy. Chloride, of course, is required to produce a large quantity of gastric acid each day and is also needed to stimulate starch-digesting enzymes. Magnesium is the mineral of rejuvenation and prevents the calcification of our organs and tissues that is characteristic of the old-age related degeneration of our bodies. Magnesium regulates and transports over 300 enzymes into the body, while there are many different forms of magnesium supplements to choose from, magnesium chloride leads the way with powerful benefits due to its fast absorption rate culminating in immediate response.

Aleksandrowicz et al in Poland concluded that inadequacy of Mg and antioxidants are important risk factors in predisposing to leukemias. Other researchers found that 46% of the patients admitted to an ICU in a tertiary cancer center presented hypomagnesemia. They concluded that the incidence of hypomagnesemia in critically ill cancer patients is high. Magnesium is nothing short of a miracle mineral in its healing effect on a wide range of diseases as well as in its ability to rejuvenate the aging body. We know that magnesium is essential for many enzyme reactions, especially in regard to cellular energy production, for the health of the brain and nervous system and also for healthy teeth and bones - and in the form of magnesium chloride - magnesium is also an impressive infection fighter.

Using other magnesium salts is less advantageous because these have to be converted into chlorides in the body anyway. We may use magnesium as oxide or carbonate but then we need to produce additional hydrochloric acid to absorb them. Many aging individuals, especially with chronic diseases who desperately need more magnesium cannot produce sufficient hydrochloric acid and then cannot absorb the oxide or carbonate. Epsom salt is magnesium sulphate. It is soluble but not well absorbed and acts mainly as a laxative. Chelated magnesium is well absorbed but much more expensive and lacks the beneficial contribution of the chloride ions. Orotates are good but very expensive for the amount of magnesium they provide and both orotates and chelates seem to lack the infection-fighting potential of the magnesium chloride.

Calcium and magnesium are opposites in their effects on our body structure. As a general rule, the softer our body structure the more we need calcium, while the more rigid and inflexible it is, the less calcium and the more magnesium we need. Magnesium can reverse the age-related degenerative calcification of our body structure and with this help us to rejuvenate.

Young women, children and most of all babies have soft body structures and smooth skin with low calcium and high magnesium levels in their cells and soft tissues. They generally need high calcium intakes. This is the biochemistry of youth. As we age, and most pronounced in old men and post-menopausal women, we become more and more inflexible. The arteries harden to cause arteriosclerosis, the skeletal system calcifies to cause rigidity with fusion of the spine and joints, kidneys and other organs and glands increasingly calcify and harden with stone formation, calcification in the eyes causes cataracts and even the skin hardens, becoming tough and wrinkled. In this way calcium is in the same league as oxygen and free radicals, while magnesium works together with hydrogen and the antioxidants to keep our body structure soft.

A Gynaecologist reported that one of the first organs to calcify are the ovaries, leading to pre-menstrual tension. When he put his patients on a high magnesium intake their PMT vanished and they felt and looked much younger. Most of these women said that they lost weight, increased their energy, felt less depressed and enjoyed sex again much more than before. For men it is equally beneficial for problems arising from an enlarged prostate gland. Symptoms commonly improve after a period of supplementation with magnesium chloride.

Increased magnesium intake has also been shown to be an effective way to prevent or dissolve kidney stones and gall bladder stones, the latter best in combination with a high lecithin intake. Activation of digestive enzymes and bile production as well as helping to restore a healthy intestinal flora may be the factors that make magnesium chloride so beneficial in normalising our digestive processes, reducing any digestive discomfort, bloating and offensive stool odours. This is in line with a reduction of all offensive body odours, including

underarm and foot odour.

Prof. Delbet used to give magnesium chloride solution routinely to his patients with infections and for several days before any planned surgery and was surprised by many of these patients experiencing euphoria and bursts of energy. Magnesium chloride supposedly has a specific action on the tetanus virus and its effects on the body. It even seems to be protective against snake bites. Guinea pigs did not die after normally lethal injections of snake venom and a rabbit survived a poisonous snake bite when given magnesium chloride solution.

In addition to being the most essential mineral in our cellular energy production, magnesium is also needed for the ingested B-vitamins to become metabolically active. Magnesium is also essential for the synthesis of nucleic acids, for cell division to occur, for DNA and RNA synthesis of our genetic material, for protein as well as fatty acid synthesis. Unfortunately magnesium deficiency at a cellular level where it counts is not easy to diagnose, as serum magnesium levels do not correlate to muscle or cellular magnesium levels. Instead of trying difficult tissue magnesium analysis to find out if your health problems may be due to low magnesium levels, it is much easier and more effective just to take more magnesium and see what happens.

Researchers at the Lille Pasteur Institute found in a prospective study with over 4,000 men over an 18-year follow-up period that high levels of magnesium were associated with a 50 percent decrease in cancer mortality, and a 40 percent decrease in cardiovascular and all-cause mortality ("Zinc, Copper and Magnesium and Risks for All-Cause Cancer, and Cardiovascular Mortality" *Epidemiology*, Vol. 17, No. 3, May 2006, epidem.com).

Rejuvenation by ingesting more magnesium is a slow process, especially as the amount of magnesium that we can take is limited by its laxative effect and the need to keep it in a reasonable balance with the calcium and phosphorus intake. The other problem is that spastic muscles have a poor blood and lymph circulation, which makes it difficult for the ingested magnesium to dissolve and flush out the tissue and joint calcifications. Therefore, we can greatly speed up the rejuvenation process by increasing the circulation through permanently contracted muscles as with deep tissue massage, hot and cold water applications, relaxation exercises, lymphatising as well as packs and rubs with magnesium chloride or Epsom salts.

How much Magnesium Chloride does Walter Last Recommend?

Hydrated magnesium chloride contains about 120 mg of magnesium per gram or 600 mg per rounded teaspoon. It has a somewhat bitter-salty taste and a mildly laxative effect. To improve or maintain your health you may use up to 600 mg of magnesium daily in divided doses with meals, well diluted in a drink or mixed with food.

With raised blood pressure, calcifications and other symptoms of magnesium deficiency you may use 600 mg orally in addition to any transdermal application of magnesium oil for arthritis or muscle relaxation. With low blood pressure you may use about 300 mg of magnesium daily in addition to some extra calcium. As a source of calcium you may dissolve some self-made eggshell powder in citrus juice or vinegar. Actual amounts are not important as the body absorbs only as much as it needs.

For daily use it will be more convenient to dissolve the magnesium chloride in water. You may dissolve 10 lightly rounded teaspoons of the crystals in a medium size glass of water or, more accurately, 50g in 150 ml of water. Decant and discard any undissolved residue. One teaspoon of this solution three times daily with food or drink provides a daily intake of about 600 mg of magnesium. Alternatively you may fill a jar half full with magnesium chloride flakes and then to the top with water. This provides similar amounts of magnesium.

Individuals with very sensitive taste buds may start using it in tiny amounts mixed with strongly flavoured food and increase doses very gradually. You may start adding one drop to a glass of water or mixed with a meal. If that is alright, then next time add two drops, and then three until it starts tasting unpleasant. Cut back temporarily, but after another week or two you may not taste it anymore and you can start adding further drops until you reach the desired intake. I had many people complaining that they cannot use it because they had started taking it in too high a dose or too concentrated.

While for some conditions it can be helpful to take a larger amount and wash it down with a drink, you need to be careful as this can easily upset the stomach. For everyday use Walter Last recommends adding it in small amounts to food and drink so that it is present in amounts that would be normally present in water and food

with a high mineral content. It definitely should not taste unpleasant, and in most cases the actual amount used every day is not that important.

This same solution may also be used as a pack over tumours and infected, inflamed, painful, stiff or calcified joints, muscles, adhesions or scar tissue. It is also excellent to use a weak solution as a back rub and all over the body to relax tense muscles anywhere and even to rejuvenate ageing skin. For sensitive skin use it in a strongly diluted form. On wounds it was commonly used in a 4% solution that is 4 g or a level teaspoon in 100 ml or a small glass of water.

With acute infections dissolve 40 g or 8 slightly rounded teaspoons in 1 liter of water. With children commonly a small glassful or 125 ml has been used every 6 hours. Adults may double this dose by drinking this amount every 3 hours or even more until diarrhea develops and then cut back to a maintenance intake just below the level of diarrhea until the infection has cleared. If you have sensitive taste buds, the taste may be rather unpleasant in this concentrated form. Therefore, try to drink it in one gulp while pinching your nose and quickly drink something pleasant afterwards.

For general relaxation as well as for back pain and arthritic or muscle pain and stiffness either magnesium chloride or Epsom salts may be used. Both are excellent to soak in a hot bath with the addition of up to 1 kg of magnesium salts. Also hot magnesium salt packs may be used over stiff or painful muscles and joints. Keep warm for one to two hours with a hot water bottle.

There is also a non-hydrated or desiccated magnesium chloride available; it contains approximately twice as much magnesium as the hydrated product. If using this then just half the amounts indicated above. It is now also available in tablet form but more expensive.

Instead of magnesium chloride, you may use the brine from the production of sea salt. It has the advantage of having more trace minerals than the technical magnesium chloride, but due to its high content of magnesium sulphate it is also rather bitter. While magnesium chloride does have a laxative effect, magnesium sulphate or Epsom salts is much better suitable if used purely as a laxative because it is less well absorbed and, therefore, attracts more water into the intestines.

While a higher magnesium intake is beneficial for most individuals, those with low blood pressure usually require more calcium in addition. Normal blood pressure is about 120/80; the lower it is the higher should be the daily intake of calcium. While those with high blood pressure may benefit from ingesting up to twice as much magnesium as calcium, those with low blood pressure may take twice as much calcium as magnesium, but both minerals in relatively high amounts. Those with low blood pressure and a tendency towards inflammations may also reduce their intake of phosphorus. A high level of phosphorus in the blood tends to cause magnesium and calcium levels to be low.

Normally, a good diet should provide all necessary vitamins and minerals. Presently, supplementation is often indicated because of malabsorption, poor dietary choices, metabolic defects and specific diseases. Also, some drugs, such as diuretics and antibiotics, may cause magnesium deficiency. When supplementing with magnesium or other vitamins and minerals, the balance with related nutrients, such as calcium and phosphorus, and also the fluid intake, are usually more important than the absolute intake of magnesium or any other single nutrient. If in doubt consult a qualified health professional. Magnesium chloride commonly originates from evaporated seawater - especially from the Dead Sea.

Magnesium Oil is a concentrated and nearly saturated solution of magnesium chloride in water. It is called "oil" because of the smooth oily feeling when rubbed onto the skin. Magnesium is relatively easily absorbed through the skin, and in this way, is an effective way to relax tense muscles and improve arthritic joint problems. It is especially good for low back pain. In addition to skin rubs you may also use hot packs with cloths soaked in magnesium oil.

An excellent book on the external use of magnesium oil is [Transdermal Magnesium Therapy](#) by Mark Sircus.

CAUTION: Magnesium supplementation should be avoided with severe kidney problems (severe renal insufficiency when on dialysis), and also with Myasthenia gravis. Be careful with severe adrenal weakness

or with low blood pressure. Too much magnesium can cause muscle weakness; if this happens, temporarily use more calcium. Signs of excess magnesium (hypermagnesia) can be similar to magnesium deficiency and include changes in mental status, nausea, diarrhea, appetite loss, muscle weakness, difficulty breathing, extremely low blood pressure and irregular heartbeat.

MAGNESIUM PROFILE

Magnesium is mainly found inside the cells; it activates many enzymes and is necessary for the metabolism of carbohydrates, fats and amino acids. It is essential for the functions of muscles and nerves and for the formation of bones and teeth. Generally it counteracts and regulates the influence of calcium.

Some early signs of magnesium deficiency are loss of appetite, nausea, vomiting, fatigue and weakness. Increased deficiency may show as numbness, tingling, muscle contractions and cramps, seizures, personality changes, abnormal heart rhythms and coronary spasms. Severe deficiency results in low levels of calcium in the blood (hypocalcemia), and is also associated with low levels of potassium in the blood (hypokalemia).

Deficiency Symptoms & Increased Requirements:

CIRCULATION: angina, arteriosclerosis/atherosclerosis, diabetes, hypertension, high cholesterol, heart infarcts, strokes, tachycardia (fast pulse), thrombosis.

DIGESTIVE SYSTEM: colic, constipation, chronic diarrhea, malabsorption, pancreatitis (inflammation of the pancreas).

MUSCLES: backache, convulsions, cramps, increased excitability/jumpiness, numbness, nystagmus (rapid eye movements), spasms, tense/tight muscles, tingling, tremors.

NERVOUS SYSTEM: apathy, confusion, depression, disorientation, epilepsy, hallucinations, irritability, mental illness, multiple sclerosis, nervousness, neuritis, paranoia, Parkinson's disease, poor memory, senility.

GENERAL: alcoholism, arthritis, body odours, broken bones, calcification in any organ, cancer, Chronic Fatigue Syndrome, diabetes, eclampsia, headaches, infections and inflammations, liver cirrhosis, lupus erythematosus, migraines, old age, prostate problems, rickets, rigidity - mental and physical, skin wrinkled and tough, stiffness, stone-formation in gall bladder or kidneys, thyroid overactive.

Best Sources:

Fresh grass juice (e.g., wheat grass, barley grass) and powder of cereal grasses, vegetable juices, kelp, seawater, seafood, green leaves, molasses, soaked nuts, oily seeds and sprouted seeds. Magnesium is the central mineral in chlorophyll, which has a similar protein structure as haemoglobin. "Magnesium Chloride for Health & Rejuvenation" by Walter Last

Magnesium Chloride (MgCl₂) Used as an Ice Melter:

A premium or high performance deicer because of its effectiveness, it is a naturally occurring chloride compound like sodium chloride. Magnesium chloride is found throughout the world in surface and underground mineral reserves. Magnesium chloride is more expensive than sodium chloride but less than calcium and potassium chlorides. In the US, the Great Salt Lake is a major source of magnesium chloride along with similar places in the world like the Dead Sea. It is also solution mined from vast reserves under Northern Europe, China and in the US as well (pun intended). In the commercial deicer form as a dry hexahydrate, magnesium chloride contains 34% chlorides and 18% Magnesium. It's gentle on most surfaces and vegetation as well as pet safe and has gained wide popularity in the last few decades because it doesn't track and its low environmental impact. It's very low toxicity is comparable to vitamin C. Found in pellet, flake and liquid solutions from 25-35%, magnesium chloride has exploded in use and demand in the world over the past two decades because it balances high performance with low environmental impact. It will melt snow and ice effectively down to -13F.

Health Caution:

Before taking magnesium chloride, tell your doctor if you have any other medical conditions or any type of allergy. Tell your doctor if you are pregnant or breast-feeding. It is not known whether magnesium chloride could harm an unborn baby, or if it passes into breast milk and could harm a nursing baby. Your dose needs may be different while you are pregnant or breast-feeding. Avoid using antacids or laxatives without your doctor's advice. These medications may contain minerals and if you take certain products together you may get too much magnesium. Tell your doctor about all other medications you use, especially antibiotics, ADHD medication, thyroid medication, or medication for osteoporosis or Paget's disease. Magnesium chloride is only part of a complete program of treatment that may also include a special diet. It is very important to follow the diet plan created for you by your doctor or nutrition counselor. To be sure this medication is helping your condition and not causing harmful effects, your blood may need to be tested on a regular basis. Your kidney function may also need to be tested. Do not miss any follow-up visits to your doctor. Call your doctor at once if you have signs of too much magnesium in your blood, such as depression, feeling tired or irritable, muscle cramps, or severe or ongoing diarrhea.

MANGANESE - Needed for protein and fat metabolism, normal bone growth, a healthy nervous system, proper bowel function, and an optimal immune system; used in the formation of cartilage and synovial (lubricating) fluid of the joints; works with the 8 vitamins to give you an overall feeling of well-being; aids in the formation of mother's milk; necessary for the proper digestion and utilization of food; functions in many enzyme systems, including enzymes involved in blood sugar control, energy metabolism and thyroid hormone function; increases the activity of the anti-oxidant enzyme (SOD)—this enzyme is responsible for preventing the superoxide free radical from destroying cellular components.

DEFICIENCY SYMPTOMS: May result in paralysis, convulsions, dizziness, ataxia, loss of hearing, digestive problems, blindness and deafness in infants.

MOLYBDENUM - A trace mineral needed by the body in only minuscule amounts. Provides energy and vigor by aiding in carbohydrate and fat metabolism; helps with alcohol detoxification and sulfur metabolism; plays a role in the detoxification of cancer-causing chemicals; helps prevent tooth decay; promotes normal cell function; activates the enzyme that produces uric acid — the substance that helps carry excess nitrogen out of the body when you urinate.

PHOSPHORUS - Needed for blood clotting, bone and teeth formation, cell growth, contraction of the heart muscle, normal heart rhythm, and kidney function; assists the body in the utilization of vitamins and the conversion of food into energy; is involved in virtually all physiological chemical reactions. It is present in most foods and only rarely needs to be supplemented.

POTASSIUM - An extremely important electrolyte which is essential for a healthy nervous system and a regular heart rhythm; helps prevent strokes, aids in proper muscle contraction, and works with sodium to control the body's water balance; aids in maintaining stable blood pressure and in transmitting electrochemical impulses; regulates the transfer of nutrients through cell membranes; together with magnesium, can help prevent kidney stones; promotes healthy adrenal glands; helps stop the buildup of cholesterol-laden plaque; aids in clear thinking by sending oxygen to the brain, stimulates the kidneys to eliminate poisonous body wastes; very effective in reducing high blood pressure, keeps the heart muscle strong, and prevents leg cramps.

DEFICIENCY SYMPTOMS: May result in poor reflexes, nervous disorders, respiratory failure, cardiac arrest, muscle damage.

SELENIUM - A major anti-oxidant which protects cell membranes; preserves tissue elasticity and youthfulness of the skin; protects and stimulates the immune system; protects against various types of cancer, cardiovascular disease, strokes and heart attacks; protects against cataract formation; alleviates hot flashes and menopausal distress; helps in the treatment and prevention of dandruff and dry skin; raises sperm count and increase fertility in men; protects against a variety of viral infections; plays a vital role in regulating the effects of thyroid hormone on fat metabolism; when combined with vitamin E and zinc may provide relief from an enlarged prostate; protects the liver in people with alcoholic cirrhosis; decreases platelet clotting in the bloodstream; slows down aging and hardening of tissues through oxidation; may help protect against the damage caused by air pollution and smoke.

DEFICIENCY SYMPTOMS: May result in premature aging, heart disease, psoriasis, dandruff, loose skin, eczema.

SILICA - Necessary for the formation of collagen for bones and connective tissue; promotes healthy nails, skin and hair; maintains flexible arteries; plays a major role in preventing cardiovascular disease; counteracts the effects of aluminum on the body, and is believed to be important in the prevention of Alzheimer's disease and osteoporosis; stimulates the immune system and inhibits the aging process in tissues; important for calcium absorption; improves the elasticity and thickness of the skin. A trace mineral needed by the body in only minuscule amounts

TRACE MINERALS - Minute portions can powerfully affect health. They are necessary for oxygen transport, energy metabolism, growth and cell and nerve protection. They are essential in the assimilation and utilization of vitamins and other nutrients. They aid in the digestion process and provide the catalyst for many hormones, enzymes and essential body functions and reactions. They aid in replacing electrolytes lost through heavy perspiration or diarrhea. They also protect against toxic reaction and heavy metal poisoning. The 72+ natural trace elements in all seafood are a powerful and highly effective natural remedy for many cancers, arthritis, MS, leukemia and many other 'incurable' diseases.

ZINC - Over 300 enzymes in the body need zinc to order to function properly; is needed to make important antioxidant enzymes; is essential for protein synthesis and collagen formation; governs the contractibility of muscles; helps in the formation of insulin; helps prevent macular degeneration (one of the most common causes of vision loss in the elderly), and helps prevent the onset of cataracts; important for blood stability; exerts a normalizing effect on the prostate and is important in the development of all reproductive organs; is critical in the male sex drive and is involved in hormone metabolism, sperm formation and sperm motility; helps prevent and reduces the length and severity of the common cold; helps decrease cholesterol deposits; helps heal stomach ulcers, relieves symptoms of rheumatoid arthritis; prevents acne outbreaks, and regulates the activity of oil glands; promotes a healthy immune system and the healing of wounds; has shown to be important in brain function and in the treatment of schizophrenia; makes your fingernails strong and gets rid of white spots on your nails; helps prevent cancer sores, loss of appetite, taste and smell problems, dermatitis and binge-eating; believed to retard the aging process. Zinc should never be applied to the nasal membranes.

DEFICIENCY SYMPTOMS: May result in delayed sexual maturity, prolonged healing wounds, white spots on finger nails, retarded growth, stretch marks, fatigue, decreased alertness, susceptibility to infections.

The Author believes that most of all known diseases are ascribable to hunger, poor nutrition or vitamin and/or mineral deficiencies.

HOW NOT TO CURE CANCER: You can get cancer just from handling toxic chemotherapy chemicals
http://www.naturalnews.com/029191_secondhand_chemotherapy_cancer.html

Mustard gas was one of the most lethal of the poisonous warfare agents used during the World Wars. Almost odourless when breathed in, it can take up to twelve hours to wreak its havoc. During WWII, a ship carrying mustard gas exploded. In the autopsies carried out on the crew-members, it was noticed that exposure to the mustard gas had caused destruction of fast growing tissue and had slowed down the reproduction of white blood cells. It was surmised that since cancer grew rapidly, these poisons could kill cancer tissue swiftly. These observations did prove right; exposure to these terrible POISON gases did kill cancerous tissue, but, as Ralph Moss states in his book Questioning Chemotherapy: "The amount of toxic chemicals needed to kill every last cancer cell was found to kill the patient long before it eliminated the tumour." **Modern chemotherapy is a derivative of the mustard gas used to POISON enemy soldiers in the World Wars. Truthfully, chemotherapy has more in common with chemical POISON warfare than any "healthy" medicine.**

One of the side effects of chemotherapy is cancer. The cancer doctors don't say much about it, but it's printed right on the chemo drug warning labels (in small print, of course). If you go into a cancer treatment clinic with one type of cancer, and you allow yourself to be injected with chemotherapy chemicals, you will often develop a second type of cancer as a result. Pharmacists are peddling these toxic chemotherapy chemicals to their customers as if they were medicine (which they aren't). While preparing these toxic chemical prescriptions, pharmacists are exposing themselves to cancer-causing chemotherapy agents in the process. And because of

that, pharmacists are giving themselves cancer... and they're dying from it. Chemotherapy drugs are extremely toxic to the human body, and they are readily absorbed through the skin. The very idea that they are even used in modern medicine is downright disturbing and sad that hundreds of thousands of people are killed each year around the world by chemotherapy drugs.

Recently the Seattle Times reported: "Danish epidemiologists used cancer-registry data from the 1940s through the late 1980s to first report a significantly increased risk of leukemia among oncology nurses and, later, physicians. Last year, another Danish study of more than 92,000 nurses found an elevated risk for breast, thyroid, nervous-system and brain cancers." The story goes on to report how new safety rules are being put in place across the industry to protect pharmacists, veterinarians, nurses and doctors from toxic chemotherapy chemicals. ***If these chemotherapy chemicals are so dangerous to the healthy doctors, nurses and pharmacists dispensing them, how can they be considered "safe enough" to inject into sick patients who are already dying from cancer?***

The result of a spill of chemotherapy onto the bare hand is burning and scarring. Doctors and nurses can become violently ill after merely spilling chemotherapy chemicals on themselves, then what effect do you suppose these chemicals have when injected into sick patients? Please see Chemotherapy Spill Cleanup at <http://www.med.umich.edu/homecare/homemed/pdf/chemotherapyspills.pdf> .

Nobody ever died from handling/using herbs, supplements or homeopathic remedies - but they do not create as much profit for the cancer "industry"

In contrast to all this dangerous chemotherapy, consider that no one ever died from handling medicinal herbs, homeopathy remedies or nutritional supplements. These natural therapies are good for patients, and as a bonus, you don't have to wear a chemical suit or protective gloves to handle them. Furthermore, medicinal herbs, supplements and natural remedies don't cause cancer. They support and protect the immune system rather than destroying it. So they make patients healthier and more resilient rather than weaker and more fragile.

Chemotherapy doesn't work

Beyond the inherent dangers of pharmacists and health care workers dying from exposure to secondhand chemotherapy, there's the issue of whether chemotherapy actually works in the first place. Scientifically speaking, the published studies note that: "chemotherapy is only effective at treating less than two percent of the cancers that exist". And that two percent does not include breast cancer or prostate cancer.

The Author believes that chemotherapy is still being routinely used to *****treat***** breast cancer even though it offers no benefit to breast cancer patients. In effect, the cancer industry is engaged in a criminal treatment hoax that promises to make you healthier but actually gives you sicker -- which is great for repeat business, but terrible for the cancer patients who suffer under it. Chemotherapy doesn't work at anything other than causing cancer -- and it accomplishes that indiscriminately, damaging any sick or healthy person with which it into contact. ***Merely touching chemotherapy chemicals is dangerous for your health.***

So if you're considering chemotherapy for yourself, think about this long and hard: If chemotherapy is so dangerous that it's giving the pharmacists cancer just from touching it, why on earth would you want to inject it into your body? Treating cancer with chemotherapy is like treating alcoholism with vodka. It's like treating heart disease with cheese, or like treating diabetes with high-fructose corn syrup. ***Cancer cannot be cured by the very thing that causes it.***

And to those medical professionals who deal in poison, watch out for karma and/or the cause-and-effect laws of biology. If you deal in chemotherapy chemicals, don't be surprised if you personally get cancer one day. If you deal in chemical pesticides, don't be surprised if you get Alzheimer's. If you're a dentist installing mercury fillings in the mouths of clients, don't be surprised if one day you just go stark raving mad (because mercury causes insanity, and dentists breathe in mercury vapor thrown into the air from their drills). ***Cause and effect is a universal law that cannot be escaped.***

If your cancer Doctor insists that you take some expensive chemotherapy, ask him to drink some first. If your oncologist isn't willing to drink chemotherapy in front of you to prove it's safe, why on earth would you agree to

pay a great deal of money to have him inject these toxic chemicals into your body?

The following label accompanies the GlaxoSmithKline cancer drug Alkeran: **WARNING: Alkeran (melphalan) should be administered under the supervision of a qualified physician experienced in the use of cancer chemotherapeutic agents. Severe bone marrow suppression with resulting infection or bleeding may occur. Melphalan is leukemogenic in humans. Melphalan produces chromosomal aberrations in vitro and in vivo and, therefore, should be considered potentially mutagenic in humans**

This is what is being pumped into any patient undergoing conventional chemotherapy treatment



“Who can protest an injustice but does not is an accomplice to the act”
— The Talmud

HOW TO CURE CANCER: Sodium bicarbonate (baking soda) is a chemical compound with the formula NaHCO_3 . Baking soda is commonly used as an antacid for short-term relief of stomach upset, to correct acidosis in kidney disorders, to make the urine alkaline during bladder infections and to minimize uric acid crystallization during gout treatment. Prescription sodium bicarbonate products are given by injection to treat metabolic acidosis and some drug intoxications. Sodium bicarbonate is available as a nonprescription medical as well as a general house hold item. It is also used with other non-prescription drugs for short-term treatment of various conditions to treat anything from fever to moderate pain.

The native chemical and physical properties of baking soda account for its wide range of applications, including cleaning, deodorizing, buffering, and fire extinguishing. Sodium bicarbonate neutralizes odors chemically, rather than masking or absorbing them. Consequently, it is used in bath salts and deodorant body powders. Sodium bicarbonate tends to maintain a pH of 8.1 (7 is neutral) even when acids, which lower pH, or bases, which raise pH, are added to the solution. Its ability to tabletize makes it a good effervescent ingredient in antacids and denture cleaning products. Sodium bicarbonate is also found in some anti-plaque mouthwash products and toothpaste.

Sodium bicarbonate (baking soda) possesses the property of absorbing heavy metals, dioxins and furans. Comparison of cancer tissue with healthy tissue from the same person shows that the cancer tissue has a much higher concentration of toxic chemicals, pesticides, etc.

Mark Sircus, Ac., OMD, Director International Medical Veritas Association, has also written that Sodium Bicarbonate has always been known as a quick remedy for stomach acid imbalances and for cleaning swimming pools and refrigerators. Few know that it is a most useful medicine for the treatment of cancer and kidney disease or to help resolve common colds and to alleviate the symptoms and dangers of influenza.

There is an oncologist in Rome, Italy, Dr. Tullio Simoncini, who is destroying cancer tumors with sodium bicarbonate. **Sodium bicarbonate is safe, extremely inexpensive and unstopably effective when it comes to cancer tissues. It's an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate.** Cancer cells cannot survive in the presence of high levels of oxygen. Sodium bicarbonate is, for all intent and purposes, an instant killer of tumors. Full treatment takes only days, as does another cancer treatment that heats the cancer cells with laser generated heat.

Studies have shown how manipulation of tumour pH with sodium bicarbonate enhances some forms of chemotherapy. Proteins can be modified both in vivo and in vitro by increases in acidity. In fact pH is the regulatory authority that controls most cellular processes. The pH balance of the human bloodstream is recognized by medical physiology texts as one of the most important biochemical balances in all of human body chemistry. pH is the acronym for "Potential Hydrogen". In definition, it is the degree of concentration of hydrogen ions in a substance or solution. It is measured on a logarithmic scale from 0 to 14. Higher numbers mean a substance is more alkaline in nature and there is a greater potential for absorbing more hydrogen ions. Lower numbers indicate more acidity with less potential for absorbing hydrogen ions.

In 1973, a study conducted by the Department of Occupational Health at Hebrew University-Hadassah Medical School in Jerusalem found that when cancerous breast tissue was compared with non-cancerous tissue from elsewhere in the same woman's body, the concentration of toxic chemicals such as DDT and PCBs was "much increased in the malignant tissue compared to the normal breast and adjacent adipose tissue."

Part of any successful cancer treatment includes chelation and detoxification of heavy metals and a host of toxic chemicals, which are all invading our bodies everyday.

The IMVA recommends alkaline foods and sodium bicarbonate so that **the pH of the blood remains high, which in turn means that the blood is capable of carrying more oxygen.** This in turn keeps every cell in the body at peak efficiency and helps the cell eliminate waste products. Detoxification and chelation will proceed more easily and safely under slightly alkaline conditions. Increased urinary pH reduces oxidative injury in the kidney so it behooves us to work clinically with bicarbonate.

Dr. Otto Warburg, two times a Nobel Prize winner, stated in his book, The Metabolism of Tumors that the primary cause of cancer was the replacement of oxygen in the respiratory cell chemistry by the fermentation of sugar. The growth of cancer cells is initiated by a fermentation process which can be triggered only in the absence of oxygen at the cell level. What Warburg was describing was a classic picture of acidic conditions. Just like overworked muscle cells manufacture lactic acid by-products as waste, cancerous cells spill lactic acid and other acidic compounds causing acid pH. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2140820/pdf/519.pdf>

A true understanding of cancer is impossible without understanding why some tissues in the body are deficient in oxygen and therefore prone to cancer. **Cancerous tissues are acidic, whereas healthy tissues are alkaline.** Water (H₂O) decomposes into H⁺ and OH⁻. When a solution contains more H⁺ than OH⁻ then it is said to be acid. When it contains more OH⁻ than H⁺ then it is said to be alkaline. When oxygen enters an acid solution it can combine with H⁺ ions to form water. Oxygen helps to neutralize the acid, while at the same time the acid prevents oxygen from reaching the tissues that need it. Acidic tissues are devoid of free oxygen. An alkaline solution is just the reverse. Two hydroxyl ions (OH⁻) can combine to produce one water molecule and one oxygen atom. Clearly, an alkaline solution can provide oxygen to the tissues.

At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live. This has given rise to a variety of treatments based on increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium. But nothing can compare to the instant alkalizing power of sodium bicarbonate for safe and effective treatment of cancer. **But it is important to raise the pH quickly.**

The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously and through catheter for direct targeting of tumors.** All of Dr. Tullio Simoncini's treatments with sodium bicarbonate are directed as specifically as possible to the organs involved, for example, vaginally as well as abdominally into the peritoneal space for cervical cancer, through the hepatic artery for liver cancer in order to get the solution as close to the affected area as possible. Sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results in most tumors, including the brain, while others, such as the serious ones of the bones can remain unaffected. Dr. Simoncini, with the help of interventionist radiologists was able to reach those areas of the body that had previously been inaccessible. This was achieved through positioning appropriate catheters either in cavities for peritoneum and pleura, or in arteries to reach other organs.

The most effective measure to treat RT-induced mucositis in patients with head and neck cancer is

frequent oral rinsing with a sodium bicarbonate rinse, to reduce the amount of oral microbial flora.

Sodium bicarbonate injection is also indicated in the treatment of metabolic acidosis which may occur in severe renal disease, uncontrolled diabetes, and circulatory insufficiency due to shock or severe dehydration, extracorporeal circulation of blood, cardiac arrest and severe primary lactic acidosis. Sodium bicarbonate is further indicated in the treatment of drug intoxications, including barbiturates. Sodium carbonate has been found effective in treating poisoning or overdose from many chemicals and pharmaceutical drugs by negating the cardiotoxic and neurotoxic effects.

Sodium bicarbonate is useful in treating neurological disorders in children. An extremely simple therapy used by physicians who treat autism is to supply a mild antidote that neutralizes the excess acids. The most convenient product is a nonprescription drug called AlkaSeltzer Gold™. Do not use any other kind of AlkaSeltzer™. AlkaSeltzer Gold™ is simply a very safe product (sodium and potassium bicarbonate) that helps to neutralize excess acids of any kind. Dr. William Shaw

Distilled water is not safe, it lacks bicarbonates and minerals and yes, it is creates acid in the body. Yet it is an excellent aid in detoxification and chelation for its purity pulls out toxicities from the body. Part of the reason **why our body is acid is that it lacks enough bicarbonate necessary to neutralize the acid.** Whenever the water lacks the proper bicarbonates to neutralize the water in distilled water your body basically becomes a little more acid. But we can easily treat distilled or reverse osmosis water by adding bicarbonate and magnesium.

Combining Alkalinity with Heat — Give me a chance to create fever and I will cure any disease.

— Parmenides Author's Note: Heat alone is antiseptic.

Fever is one of the body's own defensive and healing forces, created and sustained for the deliberate purpose of restoring health. The high temperature speeds up metabolism, inhibits the growth of the invading virus or bacteria, and literally burns the enemy with heat. Fever is an effective protective and healing measure not only against colds and simple infections, but against such serious diseases as polio and cancer.

Hyperthermia gives cancer a hard time:

- removing accumulations of stored toxic chemicals that cause cancer
- improving circulation so that tissues are both nourished with oxygen and flushed of acidic metabolic wastes
- weakening or even killing cancer cells that have a lower tolerance for heat than healthy cells.

That is only one of the reasons the Author routinely uses his sauna.

Acidity as a Cause of Disease and the Aging Process —Today most medical practitioners believe that disease only begins with the onset of symptoms. The Author believes disease begins when our alkaline tissues begin to turn acidic and we start to lose oxygen content - Chronic over acidity corrodes body tissue, and will eventually interfere with life itself. Alkalinity means oxygen. We need oxygen to survive. We need oxygen to maintain an alkaline environment. Life is oxygen. Oxygen is life. Bacteria, yeast, cancer and viruses (just to name a few) all survive and grow without oxygen. They are said to have an anaerobic (without oxygen) existence. Do we need modern medicine? Yes, but only because our bodies are so far out of alignment that all too often we need something "medical" to save our lives. The problem is, after having our life saved, we continue on our unhealthy ways as if we are totally healed, when all we've been given is a short (very short) reprieve. The body is still acidic. We are still sick. If we really want to be truly healed, we all need to again eat properly e.g., seafood, raw fruits and vegetables and begin to increase our oxygen levels and alkalinity.

Alkaline Drinking Water.

Pure drinking water is obviously very important to maintain our health and vitality. Our bodies are 70% water and our blood is 94% water - if we drink at least two liters of water per day and this water is acidic and polluted - what do you think it is doing to our health? Western diets with all the processed foods and highly acidic drinks

like Coke and Pepsi and all the alcoholic drinks all create chronic, low-grade acidosis which normally increases as we age. One of the main reasons we become acid is from over-consumption of protein. Mineral deficiencies especially combined with high protein intake also create highly acidic conditions. Drinking acidic water (with a pH of less than 7) can be a hotbed of microorganisms, bacteria and viruses. Acid wastes (from the lifestyles we lead - not only from our food and drink, but also from stress and pollutants) are dumped into the bloodstream and lymph, and then are transported to the liver and kidneys for the detoxification processing and elimination. The pH level of our internal fluids affects every living cell in our bodies and the effect that over-acidification can have upon the health of our bodies is immense, with a chronically over acidic pH creating an extremely negative environment which affects all cellular functions from the beatings of the heart to the neural workings of the brain. In order to hydrate your body optimally, you can help by drinking pure water that is alkalizing and mineral rich. Alkaline water helps to neutralize acids and remove toxins from the body. Alkaline water also acts as a conductor of electrochemical activity from cell to cell. Ideally, alkaline water should have a pH between 8 and 10, and most of us should be drinking 3-4 liters of it daily.

How do you make alkaline water?

First you should begin with distilled water or drinking water that has been run through a reverse osmosis water filter (distilled water and reverse osmosis water is far more alkaline than tap or bottled water). To make the water even more alkaline, simply add a half teaspoon of baking soda to a gallon of water. Shake it thoroughly and test with a pH test strip. If it is still not alkaline enough, add more baking soda and shake again. Test it again. Once you have found the proper mix, write down how many teaspoons of baking you need for your alkaline water recipe. As an alternative, you can simply squeeze a lemon or lime into the water. Lemon/lime water is very alkaline and also helps to detoxify the liver and kidneys.

Sodium Bicarbonate/Baking Soda.

Sodium bicarbonate creates higher oxygen levels by increasing alkalinity to the cells. This simple household product used for baking, cleaning, bee stings, treating asthma, cancer and acid indigestion is so effective in treating kidney disease that it prevents some patients from having to be put on kidney machines. The findings have been published in the Journal of the American Society of Nephrology. The kidneys normally produce about two hundred and fifty grams (about half a pound) of bicarbonate per day in an attempt to neutralize acid in the body. If the blood is too acidic, the kidneys make bicarbonate to restore the bloods pH balance (our lungs also help get rid of excess acid by exhaling carbon dioxide). If the blood is too alkaline, then the kidneys excrete bicarbonate into the urine to restore the balance. Acid-base balance is the net result of two processes, first, the removal of bicarbonate subsequent to hydrogen ion production from the metabolism of dietary constituents; second, the synthesis of "new" bicarbonate by the kidneys.

Bicarbonate ions neutralize the acid conditions required for chronic inflammatory reactions. Hence, sodium bicarbonate is of benefit in the treatment of a range of chronic inflammatory and autoimmune diseases. Baking soda/sodium bicarbonate is a well studied and useful alkaline medicine with known effects. Sodium bicarbonate is effective in treating poisonings or overdoses from many chemicals and pharmaceutical drugs by negating their cardiotoxic and neurotoxic effects. It is used by orthodox oncology to mitigate the highly toxic effects of chemotherapy. Sodium bicarbonate also possesses the ability of absorbing heavy metals, dioxins and furans. Baking soda will safely, inexpensively and quickly increase the pH but it will not improve the taste of the water. Still, not bad for a really cost effective, safe medical treatment.

How does it work?

When you drink alkaline water - your stomach must make more hydrochloric acid for the stomach to maintain a 4 pH - the byproduct of this process is sodium bicarbonate (NaHCO_3) and/or potassium bicarbonate (KHCO_3) are produced and they go into the blood stream. These bicarbonates are the alkaline buffers that neutralize excess acids in the blood; they dissolve solid acid wastes into liquid form. As they neutralize the solid acidic wastes, extra carbon dioxide is released, which is discharged through the lungs. As our body gets old, these alkaline buffers get low; this creates acidosis. This is a natural occurrence as our body accumulates more acidic waste products. There is a direct relationship between the aging process and the accumulation of acids. By looking at the pH value of just the stomach - it would seem "proof" that the alkaline water you drink never reaches the body. But when you look at the whole body, there is a net gain of alkalinity as we drink alkaline

water. Our body cells are slightly alkaline. In order for them to produce acid, they must also produce alkaline. Another organ that produces acid in order to produce alkaline is the pancreas. After the food in the stomach is digested, it enters into the small intestine. The food at this point is so acidic that it will damage the intestine wall. In order to prevent this damage, the pancreas makes alkaline juice (known as pancreatic juice). This alkaline juice is sodium bicarbonate - which is added into the acidic food coming out of the stomach. In order to produce bicarbonates, the pancreas must also make hydrochloric acid, which goes into our blood stream. You feel sleepy when the digested food starts coming out of your stomach; because that is when the hydrochloric acid goes into your blood. Hydrochloric acid is the main ingredient in antihistamines and that is what causes you to feel sleepy. Alkalines or acids produced by the body must have an equal and opposite acid or alkaline produced by the body; therefore, there can be no net gain. However, when alkaline is supplied from outside the body, like drinking alkaline water, this will always result in a net gain of alkalinity in your body. Conversely there also is a net gain if you constantly add acids to your body!

What are some of the infectious diseases that we currently are facing and what are some of the current "treatments?"

Vaccine for Swine Flu (AH1N1) Is Ahead of Expectations By Donald G. McNeil Jr. - Published: 9-18-09

<http://www.wellsphere.com/general-medicine-article/vaccine-for-swine-flu-ah1n1-is-ahead-of-expectations/807173>

More than three million doses of swine flu vaccine will be available by the first week of October, a little earlier than had been anticipated, federal health officials announced Friday.



But nearly all those 3.4 million doses will be of the FluMist nasal spray type, which is not recommended for pregnant women, people over 50 or those with asthma, heart disease or several other problems, officials from the Centers for Disease Control and Prevention warned.

Nonetheless, it will still be possible to vaccinate people in other high-risk groups: health care workers, people caring for infants and healthy young people.

The nasal spray contains a weakened live virus, while injections contain killed and fragmented virus. The spray gives a stronger immune reaction but carries a small risk that the virus will multiply too quickly in people with compromised immunity.

The normal side effects of FluMist include fever, headache, muscle aches, runny nose, vomiting and wheezing. These side effects, of course, mimic the flu, leading to the rumor that flu vaccines cause the illness. But health agencies say the side effects cannot expand into a life-threatening infection.



Swine flu cases are rapidly increasing across the country, the officials said. There is now "widespread" flu activity in 21 states, up from 11 a week ago, and virtually all the samples tested are the new swine flu.

"It's a very strange thing for us to see that amount of influenza at this time of year," said Dr. Daniel B. Jernigan, deputy director of the agency's flu division.

Officials said they expected some confusion as a result of getting nasal spray out first. But they said they had decided it was better to move vaccine along as fast as possible rather than waiting until more injectable batches were ready, which could be in as little as a week or two later.

"The balance here is finding the sweet spot," said Dr. Jay C. Butler, chief of the agency's swine flu vaccine task force. "Do we hold it to build up stocks, or do we get small amounts out?"

Further confusion is expected because many Americans still do not understand the difference between the swine flu vaccine and the seasonal vaccine, of which 54 million doses have already been distributed.

Also, because the pork lobby has loudly objected to the term "swine flu," all federal health officials are required to refer to it as pandemic H1N1 or 2009 H1N1. But seasonal flu shots also contain an H1N1 component; this means two H1N1 viruses could soon be circulating, each addressed by a different vaccine.

Swine flu vaccine will soon be streaming in batches from five manufacturers by overnight express to 90,000 distribution sites, some as small as a single doctor's office and some as large as pharmacy warehouses. These sites will have to funnel their orders through state health departments, and from them to the C.D.C., which will coordinate the orders before passing them to the five companies.



Decisions about which groups should get which swine flu vaccine batches first “should be made locally,” Dr. Butler said, noting that an added complication was that no one yet knew how much demand there would be for all the 195 million doses the government had ordered.

“I think it was Yogi Berra who said, ‘It’s hard to make predictions, especially about the future,’ ” Dr. Butler said.

“While flu cases are rapidly increasing,” Dr. Jernigan said, “cases serious enough to require hospitalization are now showing only some increase. But,” he added, “it is not up at the same levels that we would see during seasonal flues.”

The New York Times For that reason, Dr. Jernigan said, this wave of the swine flu has been acting more like a bad seasonal flu than the 1957 Asian flu, to which it is sometimes compared. That flu was blamed for the deaths of about 70,000 Americans, while a typical flu season is believed to kill about 36,000. http://www.nytimes.com/2009/09/19/health/19flu.html?_r=1&th&emc=th

The Swine Flu Vaccine Kills - <http://articlesofhealth.blogspot.com/2009/08/swine-flu-vaccine-kills.html>

According to Dr. Young, “the flu is the body’s way of removing excess environmental, metabolic and/or dietary acid out through the four channels of elimination - the bowels, the urinary system, the skin and the lungs. The most important fact to understand are the symptoms of the flu are not the disease but the body’s attempt to re-establish the alkaline design of the body. This is where true immunity is found - in alkalinity - not in poisoning the body with an acidic vaccine. To prevent or reverse the symptoms of the so-called swine flu one must simply alkalize the body with alkaline water, food and supplements. An alkaline lifestyle and diet will buffer and eliminate the acidic waste products responsible for causing the flu-like symptoms. The beauty of this approach is the side-effects are good health.”

Do You Really Want a Flu Shot?

In the UK, up to half of family doctors do not want to be vaccinated against swine flu. Read more:

<http://www.dailymail.co.uk/news/article-1208716/Half-GPs-refuse-swine-flu-vaccine-testing-fears.html>

CSL Pandemic Swine Flu Vaccine Safety in Question - New vaccine formulation contains thimerosal and beta-propiolactone, a potent cancer causing chemical — <http://www.i-sis.org.uk/CSLPandemicSwineFluVaccine.php>

The Mask Slips, for Those with Eyes to See: Preparing for the Real Pandemic - by Kevin D. Annett, M.A., M.Div. — Last week, many of the aboriginal people in the remote west coast village of Ahousaht were inoculated with the tamiflu vaccine. Today, over a hundred of them are sick, and the sickness is spreading. In the same week, body bags were sent to similarly remote native reserves in northern Manitoba that have also received the tamiflu vaccine. On the face of things, it appears that flu vaccinations are causing a sickness that is being deliberately aimed at aboriginal people across Canada, and this sickness will be fatal: a fact acknowledged by the Canadian government by their “routine” sending of body bags to these Indian villages. <http://www.republicoflakotah.com/2009/the-mask-slips-for-those-with-eyes-to-see-preparing-for-the-real-pandemic/>

WARNING! Vaccines are producing pandemics! WAKE UP! <http://www.fluscam.com/HOME.html>
http://www.fluscam.com/Vaccine_Package_Inserts_files/Novartis_A-H1N1_2009_Monvalent_VaccinePackageInsert_BasedOn1980Approvalfor%20Fluvirin_UCM182242.pdf

Flu Vaccine Exposed: Think Twice!

http://www.youtube.com/watch?v=zCBIXqMOMKM&feature=player_embedded#t=178

UPDATE: H1N1 Swine Flu Vaccine Test Infects Entire U.S. Naval Vessel, Kills Captain and Chief Petty Officer - also - Three Other U. S. Naval Ships Reported to be under Similar At-Sea Quarantine
<http://labvirus.wordpress.com/?s=naval>

Then check out Alex Jones websites, e.g., www.InfoWars.com and www.PrisonPlanet.tv as having the best hard-hitting and horrifically truthful information about the "Killer Shot".

If you get sick, do you really want to go to a hospital? Today, hospitals are really not a place of healing but a place of infections. It is known in the UK that each year about 300,000 people or 9 in every 100 who go to a hospital will pick up an infection there and 5,000 will die. In the USA one in twenty (5%) of the roughly 368,000 patients treated for MRSA died. The CDC reported in 2005, that more than 18,000 deaths were attributed to MRSA and only 16,000 deaths were caused by AIDS. Simple hand washing is still one of the most important ways to decrease the spread of MRSA in hospitals but hand washing compliance among health care professionals is rarely 100%. **It is known that many doctors do not record hospital infections on death certificates.**

What is happening to our health? The World Alzheimer's Report (noted in the Grand Rapids Press on 9/21/09) noted that more than 35 million people worldwide are living with Alzheimer's disease or other dementia and that figure is projected to nearly double every 20 years. When one looks at California's sevenfold increase in autism cannot be explained by changes in doctors' diagnoses and most likely is due to environmental exposures, University of California scientists reported Thursday. The scientists who authored the new study advocate a nationwide shift in autism research to focus on potential factors in the environment that babies and fetuses are exposed to, including pesticides, viruses and chemicals in household products. Is it so strange to think that pesticide POISONS including synthetic disinfections can harm us?

Methicillin-Resistant Staphylococcus Aureus (MRSA) Deaths

MRSA deaths are on the rise in the United States and around the world. A study published in mid-October in JAMA, the American Medical Association's journal, reported that there were an estimated 18,650 MRSA deaths in the U.S. in 2005. The MRSA death rate in the U.S. is now higher than the AIDS death rate.

Worse Than Expected: In fact, the number of MRSA-related deaths in the U.S. is significantly higher than public health officials once thought. Although MRSA (methicillin-resistant staphylococcus aureus) infections are usually harmless, they can be life-threatening when they enter an open wound or develop in individuals whose immune systems are compromised, such as the elderly, infants, HIV-positive patients, and patients who undergo invasive medical procedures.

Even Among the Healthy: The news of an MRSA death in an otherwise-healthy 17-year-old boy in Virginia illustrates the potential for fatal MRSA infections even among the general population. Individuals can develop serious MRSA infections from contact with the bacteria in the community at large, or in healthcare settings.

According to the JAMA study, about 85% of the invasive MRSA infections reported were associated with the patients' health care experience. About two-thirds of the time, the MRSA developed when the patient was not staying at the hospital or clinic, and about one-third of the infections developed during hospitalization.

More and More Common: What's also worrisome is the continuing growth of the MRSA infection rate. MRSA is a "superbug" that has mutated to be resistant to almost all types of treatment. According to the U.S. Centers for Disease Control (CDC), MRSA infections accounted for just 2% of the total number of staph infections in 1974; the percentage had grown to 22% by 1995, and in 2004 the percentage of MRSA infections was 63%.

Preventing an MRSA Infection: The JAMA study noted that nearly 95,000 people contracted serious MRSA infections in the U.S. in 2005. The 18,650 MRSA deaths that year would account for almost 20% of that number.

Many MRSA deaths can often be prevented — primarily by preventing serious MRSA infections in the first place.

Do You Really Want to use Prescription Drugs?

The Palm Beach Post Over 11 years ago, [THE PALM BEACH POST](http://www.the7thfire.com/health_and_nutrition/Prescription_drugs_deaths.htm) on Wednesday, 4/15/98 — http://www.the7thfire.com/health_and_nutrition/Prescription_drugs_deaths.htm — noted: Study confirms how dangerous prescription drugs are: Drug side effects make 2 million sick - Properly prescribed medicine kills 106,000 each year.

More than 2 million Americans become seriously ill every year because of toxic reactions to correctly prescribed medicines taken properly, and 106,000 die from those reactions, a new study concludes. That surprisingly high number makes drug side effects at least the sixth, and perhaps even the fourth, most common cause of death in this Country. The analysis, the largest and most complete of its kind, suggests that one in 15 hospital patients in the United States can expect a serious reaction to prescription or over-the-counter medicine, and about 5 percent of these will die from it. If the findings are accurate, then the number of people dying each year from drug side effects may be exceeded only by the numbers of people dying from heart disease, cancer and stroke, and may be greater than the number dying from lung disease, pneumonia or diabetes. Experts said the study, which appears in today's issue of the Journal of the American Medical Association, is stronger than previous ones because it looks only at cases in which drugs were taken correctly. **Drugs never cure disease; they only cover up the symptoms. Basically, every prescription tells you to avoid using that particular prescription in combination with several other medications because of possible adverse drug interactions; however, the water we now are forced to drink is already contaminated with those (and many other) dangerous chemicals. We are truly becoming intoxicated and are on our way to global narcosis. This is truly the dumbing of America and the World.**

How and Why Does a Placebo Cure?

Simple — because you believe that it will. People are healed every day by their faith in Divine healing or in some medical practitioner be he a voodoo doctor, witch doctor or any other healer. It is very interesting that the words believe, believer and belief have the word "lie" in them.

How and Why Does Pure Hydrogen Peroxide Work?

Hydrogen peroxide should really be called hydrogen dioxide. Its chemical formula is H_2O_2 . Simply adding an 8 oz bottle of 3% hydrogen peroxide to a one-gallon humidifier and filling the rest of the reservoir with water and then breathing the vapor will help you feel much better, especially if you eat a slice of raw potato. H_2O_2 can be used topically, orally, intravenously and in enemas and douches, but the Author would caution the reader to do so under proper medical supervision. It is/was a common practice of the Author's Father during flu season to fill the cap of a bottle of 3% hydrogen peroxide with the liquid, to then lay down on his side, and have Mother pour the H_2O_2 into one ear. After a few seconds, the liquid would bubble. Dad lay with the peroxide fizzing for 5 or 10 minutes, then he would shake the peroxide out and repeat the same process on the other ear. This remedy removed his ear wax and helped to cure any of his just starting colds, causing his symptoms to begin to clear up within a few hours. Note: If the virus has been in his blood for some time, this treatment would not work very well.

What about all the H_2O_2 warnings?

About 120 years ago (during the reign of Queen Victoria), people in India (a British colony then) found that hydrogen peroxide added in small amounts to drinking water cured a variety of sickness, especially colds, flu, cholera, malaria, etc. It threatened the British monopoly drug sales, so they issued a fake news report by hiring a news reporter disguised as a doctor to put out the information to the effect that taking hydrogen peroxide causes viral brain damage. It sounded believable, but the child who supposedly died of the hydrogen-peroxide-caused viral brain damage was never found. The optimum H_2O_2 dilution/concentration was first determined in 1950's by Dr. Reginald Holman by implanting Walker 256 adenocarcinoma tumours. The drinking water for the rat used H_2O_2 optimum concentration needed to kill the tumors were about 0.45 percent. The tumours completely disappeared in 15 to 60 days in rats. A better way is to add ¼ teaspoon of baking soda in the glass of 0.45% concentration of H_2O_2 . This can be extended to treatment of almost any kinds of conditions, from virus, bacteria, microbial infections, pneumonia, tuberculosis, flu, etc. It has been noted that just using baking soda (which also increases the body's oxygen and alkalinity) and ascorbate vitamin C for several weeks will make a small tumor go into remission. **Caution: Almost all H_2O_2 sold in drug stores will have stabilizers, actually to discourage people to use them internally; find a store that sells H_2O_2 without any dangerous stabilizers.**

Dr. David G. Williams notes: "The intense bubbling you see when hydrogen peroxide comes in contact with a bacteria-laden cut or wound is the oxygen being released and bacteria being destroyed. The ability of our cells to produce hydrogen peroxide is essential for life. H_2O_2 is not some undesirable by-product or toxin, but instead a basic requirement for good health. Newer research indicates we need hydrogen peroxide for a multitude of other chemical reactions that take place throughout the body. For example, we now know that vitamin C helps

fight infections by producing hydrogen peroxide, which in turn stimulates the production of prostaglandins. Also lactobacillus found in the colon and vagina produce hydrogen peroxide. This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of other common ailments. (Infect Dis News Aug.8,91:5). When lactobacillus in the colon or vaginal tract have been overrun with harmful viruses, yeast, or bacteria, an effective douche or enema solution can be made using 3 tablespoons of 3% H₂O₂ in 1 quart of distilled water. Keep in mind, however, that a good bacterial flora must always be re-established in these areas to achieve lasting results. You can help your house plants by adding 1 ounce of 3% hydrogen peroxide to every quart of water you give your plants. (It can also be made into an excellent safe insecticide. Simply spray your plants with 8 ounces of 3% peroxide mixed with 8 ounces of white sugar and one gallon of water.)



H₂O₂ was reported to safely heal illnesses as far back as 1920. The English medical journal, Lancet, then reported that an H₂O₂ intravenous infusion was used successfully to treat pneumonia in the epidemic following World War I. In the 1940's, Father Richard Willhelm, a pioneer in promoting peroxide use, reported on H₂O₂ being used extensively to treat everything from bacterial-related mental illness to skin disease and polio. Father Willhelm is the founder of "Educational Concern for Hydrogen Peroxide" (ECHO, a nonprofit organization dedicated to educating the public on the safe use and therapeutic benefits of hydrogen peroxide.) Much of the interest in hydrogen peroxide waned in the 1940's when prescription medications came on the scene. Since that time there has been little economic interest in funding peroxide research. After all, it is dirt cheap and non-patentable. Even still, in the last 25 years, over 7,700 articles relating to hydrogen peroxide have been written in the standard medical journals. Thousands more, involving its therapeutic use, have appeared in alternative health publications. The number of conditions helped by hydrogen peroxide is astounding. The reported dangers and side effects are few and often conflicting.

How to Cure Plaque, Heart Disease and Stroke — The USA National Heart Foundation says, "Coronary heart disease is the single greatest cause of death for both men and women in the US, eclipsing all other causes, including cancer and lung diseases. Every year more than 479,000 Americans die of coronary heart disease." In addition, over 700,000 Americans experience a disabling stroke each year! Poor blood circulation or Peripheral Vascular Disease (PVD) is caused by cholesterol plaque deposits in the lining of the artery wall. Symptoms of bad blood circulation include leg pains, aching feet and low temperatures in the extremities. If left medically untreated, PVD can cause strokes, loss of limbs, heart attacks and even death. Aerobic exercise and a change of diet plan can help blood circulation and prevent PVD. It is also possible to help improve blood circulation by taking proper health supplements. A combination of quality supplements and proper exercise can greatly assist the maintenance of your health.

What is Cayenne Pepper?

Cayenne pepper is one of the most powerful and beneficial herbs known to mankind - a/k/a African red pepper, American red pepper, Spanish pepper, capsicum, and bird pepper. Cayenne is derived from two related plants. Specifically, the American variety (*Capsicum minimum*) is distinguished from its African counterpart the African birdseye cayenne (*Capsicum fastigiatum*) although both are highly beneficial to man. The African birdseye cayenne is the most pungent with small, yellowish red pods while the American variety is distinguished with its herb-sized plants and larger fruit or pods. The food value of cayenne pepper as a seasoning is well known, but cayenne's real value is as a medicinal and nutritional herb. Its medical uses include using it for wounds, heart disease, heart attacks, heart problems at large, ulcers, congestion, colds, chills, bleeding of the lungs, neuralgia, lumbago, hemorrhage, hemorrhoids, high and low blood pressure, indigestion, kidney and related problems. Cayenne pepper has been prized for thousands of years for its healing power and can be used to remove arterial plaque. Cayenne pepper acts as a catalyst and increases the effectiveness of other herbs when used with them. Cayenne pepper is a very high source of Vitamins A and C, has the complete B complexes, and is very rich in organic calcium and potassium, which is one of the reasons it is good for your heart. There are other supplements such as garlic, ginko biloba, root ginger, alpha lipoic acid and CoQ10 which help with the circulation of blood and with stopping arterial plaque build up but cayenne pepper actually reduces arterial plaque. The proper amount of cayenne pepper needed may be too strong for you to eat/drink, so you may elect to take daily capsule(s) of cayenne pepper.

Health Benefits of Garlic

Garlic was used as an antiseptic to prevent gangrene during World War I and World War II. Garlic has also been called Stinking Rose, Lucifer's Tulip, Poor Man's Treacle, Russian Penicillin, Billy Goat's Cologne, Devil's Posey, Dragon's Perfume, and Hell's Passion Flower. While cayenne pepper has anti-fungal properties, an even better natural anti-fungal herb is garlic. Garlic has been known as a beneficial blood cleanser for thousands of years. When taken to detoxify the body, it thins the blood and reduces fats while activating liver enzymes that eliminate toxins. *Allium sativum*, garlic's botanical name, contains 33 sulfur compounds (including allicin, the compound responsible for garlic's pungent odor), 17 amino acids, and a slew of other vitamins and minerals. Garlic helps prevent cardiovascular disease. Garlic's sulfur compounds combat cholesterol by triggering the release of bile from the gall bladder and decreasing the production of cholesterol in the liver. On the hypertension front, the gamma-glutamylcysteine in garlic acts as a natural ACE inhibitor, and can reduce both systolic and diastolic blood pressure. A meta-analysis performed by the University of Adelaide in Australia analyzed data gathered between 1955 and October 2007 and confirmed that garlic can provide a "significant reduction" in blood pressure. Garlic goes one step further in protecting your heart by reducing the risk of thrombotic clotting, a leading trigger for heart attack and stroke. Tufts University recently reported that the same components of garlic that help your heart may also help mitigate cerebrovascular deterioration leading to dementia and Alzheimer's. Of late, research has examined garlic's potential in preventing cancer. Studies out of India, Japan and China have demonstrated that garlic can both protect against cancer and help reduce the size and potency of existing tumors. Garlic appears to be especially valuable against stomach and colon cancers. Lastly, garlic is also a good all-around protection against infection — way back in 1858 Louis Pasteur announced that garlic killed bacteria.

Health Benefits of Cayenne Pepper

The long list of benefits attributed to cayenne pepper ranges from killing prostate cancer cells to stopping a heart attack. For cleansing, cayenne pepper works as a solvent in the gastrointestinal (GI) tract by breaking down plaque buildup and eliminating the toxins that reside in the colon. In the cardiovascular system, cayenne pepper is thought to eliminate cholesterol and toxins from the blood. Capsicum (the active ingredient in cayenne pepper) increases metabolism by immediately influencing the venous structure. It is remarkable with its immediate effects on the circulatory system as it feeds the vital elements into the cell structure of capillaries, veins, arteries and helps adjust blood pressure to normal levels. Cayenne pepper can lower your high blood pressure and it cleans your arteries as well. Cayenne pepper also stimulates the peristaltic motion of the intestines, aids in assimilation and elimination and helps the body to create hydrochloric acid, which is necessary for good digestion and assimilation, especially of proteins. When taken internally, it warms the body and has even been used by some herbalist doctors to help heal severe frostbite as cayenne pepper not only facilitates the healing of the flesh but it helps rebuild damaged tissue as well. Notwithstanding its hot taste, cayenne pepper will also help rebuild the tissue in the stomach as it actually facilitates rapid healing of stomach and intestinal ulcers. Capsicum is said to be unequal for its ability to boost circulation and increase heart action. Capsicum exerts a variety of desirable actions on the entire cardiovascular system. It has the extraordinary ability to enhance cardiovascular performance while actually lowering blood pressure. Capsicum has an energizing effect on the entire system. It has traditionally been used for overcoming fatigue and restoring stamina and vigor. It is a natural stimulant without the threatening side effects (palpitations, hyper-activity or rise in blood pressure) of most other stimulating agents. Because capsicum helps peripheral circulation and stimulates organ secretion, it expedites the therapeutic delivery and action of nutrients in the body. It will ensure the rapid and even distribution of the active principles of available nutrients to critical function centers, including those involved in cellular respiration, metabolic data transmission and neural-hormonal action. The remarkable ability of capsicum to stimulate organ secretion and even heart action makes it one of the strongest natural stimulants known. Cayenne pepper is rich in lutein and beta carotene, both of which are beneficial to eye health.



Dr. John Christopher, the famed natural herbalist, was persecuted relentlessly by the government while assisting patients in curing cancer, heart disease, pleurisy, tuberculosis, infertility, rheumatism, leukemia and other maladies. One of his greatest stories in his long career was how he could instantly stop a heart attack if he could get the patient to drink a glass of warm cayenne water. In his writings, he said, "A teaspoon of cayenne should bring the patient out of the heart attack." (While this is not directly related to heart health, with internal hemorrhaging, if the patient can drink a glass of extra warm water with cayenne,

Dr. Christopher wrote, "...by the count of ten the bleeding will stop. Instead of all the pressure being centralized, it is equalized and the clotting becomes more rapid.") Cayenne is a natural stimulant that gets the blood flowing. In 2006, Cancer Research reported on a study conducted at Cedars-Sinai Medical Center at UCLA that found capsaicin, the active ingredient in cayenne, caused prostate cancer cells to kill themselves. In the study, approximately 80% of the cancer cells self-destructed and those that remained shrunk substantially. Cayenne pepper has also been shown to improve heart health, fight inflammation, prevent stomach ulcers and help you burn fat and lose weight! Like garlic, cayenne pepper has been shown to reduce cholesterol, lower blood pressure and acts as an anti-coagulant. Capsaicin is known as "the plant that bites back", also helps relieve the pain and inflammation caused by arthritis, rheumatism, and joint pain by inhibiting Substance P, a neuropeptide that transmits pain to the brain. Cayenne is a good source of vitamins A and C, B complex, calcium, potassium, flavonoids and carotenoids. As an added bonus, cayenne pepper works as a catalyst, increasing the efficiency of other herbs and supplements you may be taking. The truly amazing thing is the inexpensive cure to your health is as close as your local grocery store. Garlic and the cayenne detoxification drink, when taken routinely, will dramatically improve your heart health as well as your venous structure.



Dangers of Cayenne Pepper

What are the dangers of cayenne pepper? It is certainly hot to the taste. When you drink the cayenne pepper detoxification drink, it tends to come out of the body's lower orifices with a burning sensation. But, even if you have hemorrhoids — cayenne pepper will help heal them — especially if you change your diet to one more rich in fiber. When you drink a glass of warm cayenne pepper water, you should also have another glass of plain cold water nearby to help mitigate the resulting fire in your mouth. While you can take cayenne pepper in capsule form; its beneficial effects will be delayed. Because garlic and cayenne thin the blood, individuals on anticoagulants should avoid their use. You need to stop taking garlic and cayenne a week to ten days before surgery since garlic can prolong bleeding time. If you are allergic to latex, bananas, kiwi, chestnuts or avocados, you may also be allergic to cayenne. Because cayenne pepper passes into breast milk, nursing mothers should avoid both the spice and supplement forms. The capsaicin in cayenne pepper may increase the risk of bleeding associated with aspirin and may also increase the absorption of theophylline, an asthma medication.

What is Homocysteine?

Elevated blood levels of homocysteine (a sulfur-containing amino acid in the blood) have been linked to increased risk of premature coronary artery disease, stroke, and thromboembolism (venous blood clots), even among people who have normal cholesterol levels. Abnormal homocysteine levels appear to contribute to atherosclerosis in at least three ways: (1) a direct toxic effect that damages the cells lining the inside of the arteries, (2) interference with clotting factors, and (3) oxidation of low-density lipoproteins (LDL). Folic acid supplements of 1 mg/day can help reduce elevated homocysteine levels in most patients. When this is not effective, vitamins B6 and/or B12 can be added to the regimen, which should be continued permanently. Some doctors routinely recommend that patients known to have atherosclerosis take B-vitamin supplements even without being tested because supplementation is harmless and because it is probable that elevated homocysteine levels might be a factor, testing is not worth the bother. A recent study that followed 80,000 women for 14 years found that the incidence of heart attacks was lowest among those who used multivitamins or had the highest intake of folic acid and B6 from dietary sources.

Health Benefits of Vitamin B3 or Niacin — Inositol hexaniacinate

Health benefits of niacin include maintaining good blood circulation, healthy robust skin condition, and normal functioning of brain, boosting memory power, aiding the digestive tract to absorb sufficient carbohydrates, proteins and fats, relaxing effect on arthritis condition and also reducing schizophrenia state. Niacin is also essential for cell metabolism. Niacin helps prevent/reverse atherosclerosis and thrombosis. Niacin helps in making sex related hormones for people having sex problems. Niacin is known to treat diabetes and high blood sugar levels. Most of diabetic patients have been able to effectively control HBA1C level with help of niacin. Medical research studies state that niacin stimulates insulin secretion. The most important benefits of niacin or vitamin B3 is lowering high cholesterol levels and controlling it.

Niacin or nicotinic acid, is one of the water-soluble B vitamins, which improves all lipoproteins when given in

doses well above the vitamin requirement. Nicotinic acid lowers the total cholesterol, “bad” LDL-cholesterol, and triglyceride levels, while raising the “good” HDL-cholesterol level and niacin will also reduce buildup in the carotid arteries. (Only niacin seems to lower cholesterol, not niacinamide.) Virtually every negative cardiovascular pathway is affected in a positive way with niacin.

Normal niacin side effects include flushing and occasionally itching and/or rashes. Some of the niacin bad side effects reported most especially for non-flush products and high doses (higher than the threshold amount) of the vitamin niacin include gastrointestinal symptoms such as vomiting, nausea, flatulence, bloating and diarrhea as well as sudden decrease in blood pressure. There are isolated cases where other niacin side effects occur. These rare side effects range from simple dryness and scaliness of the skin, excessive pigmentation, to liver disorder, blurred vision, activation of the peptic ulcer, and jaundice. These side effects can be greatly reduced if you properly balance the niacin with a 10 to 1 ratio of B complex, e.g., 500 mg of niacin needs 50 mg of B complex - especially if you use Inositol hexaniacinate. The good news is there have not been any cases of death throughout all the clinical studies of the therapeutic drug niacin.

How to dissolve clots

Studies have shown an enzyme present in fermented soy food is effective in lowering blood pressure and dissolving clots. The food, natto, has been eaten by the Japanese for 1,000 years because of its taste and also as a remedy for heart and vascular diseases. No health problems have been discovered with its use. The enzyme nattokinase, is present in natto, a fermented vegetable cheese-like food which is produced by adding the beneficial bacteria *Bacillus natto* to boiled soybeans. Nattokinase, literally “enzyme in natto”, was discovered in 1980 by Doctor Hiroyuki Sumi, who was researching natural substances



which could dissolve blood clots associated with heart attacks and stroke. Its properties closely resemble plasmin, an enzyme produced by the human body which breaks down such blood clots. Besides its ability to dissolve clots, nattokinase has other advantages over the traditional clot-dissolving drugs, e.g., activase, urokinase and streptokinase. It can be taken orally instead of intravenously and its effects last longer - eight to ten hours longer. This is because the intravenous drugs wear off shortly after their administration to the person is stopped. In addition, this enzyme acts to enhance the production of the body’s natural clot-busting substances like plasmin, adding to its power. One of the components in natto is pyrazine which, in addition to giving natto its distinct smell, reduces the likelihood of blood clotting. Natto also contains a serine protease enzyme called nattokinase which may also reduce blood clotting both by direct fibrinolysis of clots, and inhibition of the plasma protein (plasminogen activator inhibitor 1). This may help to avoid thrombosis, e.g., in heart

attacks, pulmonary embolism and/or strokes. The extract containing the enzyme nattokinase is currently available from several sources as a dietary supplement. Studies have shown that oral administration of nattokinase in enteric capsules leads to a mild enhancement of fibrinolytic activity in rats and dogs. Nattokinase has also been found to also help prevent the aggregation of red blood cells. Serrapeptase is an enzyme from the silk worm that the Author takes on a nightly basis. **Both nattokinase and serrapeptase should only be used under the guidance of a health care professional. Combining nattokinase and an anticoagulant, such as aspirin, may lead to internal bleeding - especially if you are taking anti-coagulants: aspirin, Coumadin or other medicines or herbs that thin the blood.**



Healing through the Oral Use of Enzymes

The purpose of proteolytic enzymes is to break up and remove the toxic inflammation and metabolic wastes produced within the human body during injury or illness. Proteolytic enzymes are powerful scavengers of the bloodstream, capable of dissolving toxic masses within the bloodstream and the E.C.F. (extra-cellular fluid). By dissolving harmful wastes in the body, proteolytic enzymes reduce the potential for inflammation, allergies, infections, and degeneration. In addition to proteolytic enzymes; BlockBuster AllClear contains fibrin digesting enzymes and is sold with a money-back guarantee. <http://tinyurl.com/enzymetherapy>

BlockBuster AllClear Can Give Powerful Support for:

- Healthy Arteries and Cardiovascular System
- Healthy Blood Pressure and Circulatory System
- Healthy Lungs and Bronchial System
- Healthy Digestive System
- Healthy Eyes and Brain
- Healthy Aging

BlockBuster AllClear May Help Resolve Your Problems in Four Powerful Ways:

Inflammation

- Reduces unhealthy inflammation – A major cause of ill-health
- Reduces liver inflammation – Restoring its power to detox
- Reduces inflammation in joints and connective tissue
- Decreases unhealthy inflammation in the penis
- Reduces unhealthy inflammation in inflammatory diseases

Circulation

- Reduces unhealthy inflammation in the circulatory system
- Improves blood flow and circulation by reducing unhealthy fibrin in arteries and veins
- Improves health of the walls of the arteries
- Improves detoxification of the blood
-

Fibrosis

- Supports the aging process by removal of fiber build-up
- Reduces breast cysts and fibrosis by removal of the fiber build-up
- Reduces fibromyalgia by reduction of fiber build-up
- Reduces formation of scars and wrinkles
- Reduces post-operative scars tissue
- Reduces pulmonary fibrosis by removal fiber build-up

Immune System

- Lowers viral loading
- Improves condition of white blood cells
- Improves absorption of nutrients

BlockBuster AllClear™

2 Capsules Contain:

- Nattokinase (including vitamin K2) 1600 FU
- Protease 20,000 HUT
- Lipase 1000 LU
- Amylase 4000 SKB
- Cellulase 600CU
- Lactase 1000 ALU
- Acerola 17.5% 50 mg
- Amla 45% Tannins 50 mg
- Olive Leaf Citrus Blend 200 mg
- Citrolive™ 25 mg
- Sierralil™ 100 mg
- Lactospore Probiotics 15 million 25 mg
- Seaprose S 5 mg
- Grapeseed Extract 25% 100 mg
- Plicosanol 6 mg
- Pycnogenol® 10 mg

These newer fibrin digesting enzymes break excess fibrin down in the blood better than just proteolytics, reducing coagulation and improving circulation and microcirculation. They erode the fibrin in the clots so the clots start to be reabsorbed, and even fatty plaques are reduced. The enzymes are also anti-inflammatory.

The mechanism how the fibrin digesting enzymes work mimics plasmin, our only fibrin-eroding enzyme. Plasmin drops as we age, causing thickened, partly-triggered blood clotting called coagulopathy, which leads to clots and stroke. With BlockBuster AllClear enzyme therapy the plasmin levels may actually improve again, and the BlockBuster AllClear therapy is safe; it doesn't result in bleeding risk, poor hemorrhagic stroke prognosis, and the

therapy avoids the use of cumadin/warfarin (Note: warfarin is also used as a rodenticide).

For something as serious as chronic inflammation and heart disease this bears repeating: BlockBuster AllClear enzyme therapy is very close to natural and you can double up the dose and in just days and certainly weeks, significantly improve circulation and microcirculation without the risk of dislodging chunks of clots.

And because it can replace almost exactly what is missing with age, **it is an age-management tool that probably should be used at a low dose by every older adult.** The Author and his Wife have begun to use this product.

Your Dehydroepiandrosterone (DHEA) and Magnesium levels basically determine your present state of health.

Unfortunately, the majority of Americans lose 80-90% of their optimal DHEA between ages 30 and 80. According to Dr. Norman Shealy, every known illness is associated with a magnesium deficiency and low levels of the hormone DHEA. DHEA is the health and youth hormone. If your magnesium is low, your DHEA is low. Even a 10% increase in magnesium and DHEA levels is associated with a 48% decrease in death from cardiovascular disease and a 36% decrease in mortality: from all causes. Sadly most soils/foods in the USA virtually have no magnesium. Farmers are well aware that their horses and cattle may die from "blind-staggers" or "grass-staggers," an uncoordinated gait, severe muscle spasms and even seizures. All this is curable with magnesium supplementation if caught early. **See the earlier notes on magnesium.**

White flour and white sugar are junk foods that deplete magnesium. So-called soft drinks are the ultimate junk food and a serious detriment to health. Prescription drugs also deplete magnesium from the body.

DHEA/magnesium deficiency symptoms are: anxiety, hyperactivity, confusion, depression, diarrhea or constipation, faintness, fatigue, hyperventilation, lack of coordination, insomnia, intestinal problems, muscle cramps, muscle tightness, pain, poor memory, seizures, tinnitus and vertigo.

Major diseases associated with DHEA/magnesium deficiency are: Alzheimer's, angina pectoris, arrhythmia, asthma, atherosclerosis, Attention Deficit Disorder (ADHD), auricular fibrillation, bulimia, cancer, cardiomyopathy, cerebral palsy, chronic fatigue, chronic bronchitis, congestive heart failure, cirrhosis, depression, diabetes, emphysema, fibromyalgia, gall bladder infections and stones, hearing loss, heart attack, high cholesterol, hypertension, hypoglycemia, chronic infection (viral and bacterial) intermittent claudication (leg calf pain), kidney stones, lupus, migraine, mitral valve prolapse, multiple sclerosis, osteoporosis, panic attacks, PMS (premenstrual syndrome), benign prostate hypertrophy, psoriasis, rheumatoid arthritis, PVC's, strokes and viral infections.

In no illness is DHEA /magnesium deficiency more prevalent than myocardial infarction (acute heart attack). On average, patients given magnesium intravenously have a 50% greater survival rate. It has also been shown that mothers who are given magnesium IVs just before giving birth are much less likely to have children who develop cerebral palsy.

When DHEA is raised, testosterone levels are also raised. This raises libido in both men and women. DHEA is a major reflector of overall health and stress reserves. Raising DHEA results in a remarkable increase in perceived physical and psychological well being for both men and women. There is increased energy, deeper sleep, improved mood, more relaxed feelings and an improved ability to deal with stressful situations. With few exceptions, low or deficient DHEA is found in every illness. Most critically, DHEA blocks carcinogenesis, retards aging, cardiovascular disease, diabetes and even obesity.

DHEA is produced in the adrenal glands in both men and women. Men produce about one third more than women do as they produce DHEA in the testes. DHEA lowers cholesterol and enhances immune function. It is also an antioxidant. Its major effect is anti-stress; because the increased cortisone produced by stress is lowered to baseline by a rise in DHEA.

DHEA similarly has anti-diabetic action by sparing or enhancing the effects of insulin. DHEA protects against both immune and autoimmune disease; it enhances immune function, protecting against infections, especially viral infections, as well as protecting against cancer. It has very significant anti-obesity effects and a corresponding

down-regulation of the stress response. High animal fat diets and obesity lead to low levels of DHEA. DHEA is ultimately related to thyroid function. Especially low thyroid production leads to low DHEA levels. Levels of DHEA decline with age.

Cholesterol, that most maligned compound, is actually crucial for health and is the mother of hormones from the adrenal cortex, including cortisone, hydrocortisone, aldosterone, and DHEA. Cholesterol cannot be synthesized without magnesium and cholesterol is a vital component of many hormones. These hormones are interrelated, each performing a unique biological function with them all depending on magnesium for their function. Aldosterone interestingly needs magnesium to be produced and it also regulates magnesium's balance. While it is a fact Luteinizing hormone (LH) is released into the blood stream to reach the male testes where cholesterol is gradually changed into a series of compounds that eventually become testosterone, high cholesterol levels actually can lower testosterone and, therefore, increase heart attack risk. As men age, estrogen is produced rather than testosterone. In order to start producing testosterone again, men need to take DIM-plus (Diindolylmethane) supplements or eat a lot of cruciferous vegetables that have the added advantage that they contain potent anti-cancer properties.

Note: Magnesium supplements take time to work to build DHEA and only work to build DHEA if you have the proper oils, cholesterol and enzymes in your system. People that have problems with their adrenal glands and/or that have a body temperature lower than 98 degrees F. find it difficult to produce DHEA and should take DHEA supplements. If cancer is a concern -they should also take 7-Keto supplements.

Angina and Irregular Heartbeat

Your heart and blood system's first responsibility is to send oxygen-filled blood to the cells in your body. If your heartbeat is weak or irregular, or your arteries are laden with cholesterol deposits or stiffened from atherosclerosis, blood flow is diminished. The resulting lack of oxygen can leave you feeling dizzy and disoriented, and your hands and feet feel numb. Even worse, it can lead to heart disorders such as angina pectoris and its painful chest constrictions.

The Author and his Wife regularly take edta IV chelations; have used BlockBuster AllClear™ and eat both magnesium, alfalfa, cayenne and garlic supplements to help their hearts and overall health.

One of the most reliable herbs to help maintain your heart and blood flow is hawthorn; its berries and its flowers both contain equally important medicinal compounds. A popular medicine in Europe, hawthorn is an important ingredient in more than 36 pharmaceutical heart preparations in Germany alone. European doctors often prescribe hawthorn as a tonic at the earliest warnings of heart or circulation problems, yet most North American doctors are unfamiliar with it. This is too bad, since hawthorn provides some of the same benefits as digitalis—without the harmful, accumulative side effects, e.g., an increased risk of irregular heartbeat and toxicity—and can often be used to treat mild heart conditions.

This wonderful herb increases blood flow through the heart by dilating the muscles that surround major blood vessels—something very important in the treatment of angina. Hawthorn decreases an accelerated heart rate, reduces spasms caused by angina and other heart problems and allows your heart to function effectively even when it is not receiving enough oxygen.

Egyptian researchers have found that chicory also can slow a rapid heartbeat. Research conducted in Germany showed that several compounds in the roots have a weak digitalis-like effect, but in doses that are low enough to make it safe for anyone to use. .

China traditionally treats heart-related problems with ginkgo and reishi; like hawthorn, they improve blood flow to the heart, soothe chest pains, lessen the heart's demand for oxygen and reduce shortness of breath. Researchers have favorably compared ginkgo to metoprolol and diltiazem, two drugs that are commonly used to reduce heart palpitations and lower blood pressure. According to Chinese researchers, reishi, a medicinal mushroom, also steadies an irregular heartbeat. For more than 5,000 years, ginkgo biloba has been prized by those in natural medicine. Recently, more than 1,000 medical studies prove its effectiveness as a natural blood thinner and anti-clotting nutrient. It's also very helpful for Alzheimer's disease, poor memory and impaired circulation.

The popular Chinese herb astragalus also can help the heart develop a more regular rhythm. It also

reduces damage to heart cells. Chinese physicians even use astragalus to destroy Coxsackievirus B, which infects the heart and causes an irregular heartbeat.

Wuhan University



Wuhan Medical College and other hospitals in China use a special type of ginseng (*Panax notoginseng*) called pseudo or sanchi, ginseng to relieve angina spasms and pain.

Another heart-healing herb is motherwort. Motherwort's botanical name, *Leonurus cardiaca*, actually means "heart" in Latin. One study done in China showed that this herb slows a rapid heartbeat and generally improves the heart's activity. As a nervous system sedative, it also promotes relaxation and reduces the anxiety, stress or nervous tension that so often go along with heart problems. The sedative valerian is often helpful when used in addition to motherwort.

Whether or not you choose to use edta chelation, enzymes, cayenne, garlic or any herbs to try to alleviate angina and/or irregular heartbeat, please remember to take 500 mg of magnesium and 500 mg of calcium in the AM and before bed and 500 mg of L-Taurine on an empty stomach before breakfast. **If you take too much magnesium, you will get diarrhea..When this happens you can discontinue using magnesium until your stool is normal.**

Soluble Fiber changes immune cells from being pro-inflammatory warrior cells to anti-inflammatory peace-keeper cells. Soluble fiber boosts production of the protein interleukin-4, which stimulates the body's infection fighting T-cells, thus speeding up recovery from bacterial infections.

The Soursop (*Annona muricata*), also known as Graviola, is a broadleaf flowering evergreen tree that is native to parts of Mexico, Central America, the Caribbean and the northern portion of South America. Soursop is also native to the sub-Saharan Africa countries that lie within the range of the tropics. Historical ethnobotanical use is said to be as a sedative and anti-spasmodic. Sometimes used to treat, cleanse and support the liver, treat catarrh, and considered to be anthelmintic, antidiuretic, anti-asthmatic and digestive.

Are Soursop and Cancer Cure Related? On 5/29/10, Dr. Sumaiya Khan published the following: Although it is yet to be finalized on how and whether Soursop and cancer cure are actually related or not, there have been studies conducted to validate this claim. Studies to check for Graviola effect on cancer cells began sometime around the 1970's. It was the National Cancer Institute that performed the first ever scientific research on the possibility of Soursop cancer cure in 1976. The results showed that Graviola's 'leaves and stems were found effective in attacking and destroying malignant cells.' Furthermore, it has been claimed that since that year, Graviola was proven to be a potent killer of cancer cells in over twenty different laboratory tests and studies that were undertaken.

A study that was published in the Journal of Natural Products, following a recent study that was conducted at Catholic University of South Korea, stated that a certain chemical that is found in Graviola can selectively kill colon cancer cells at almost 'ten thousand times the potency of Adriamycin'. (Adriamycin is the drug that is commonly used as a part of chemotherapy). Another interesting fact regarding the healing power of Soursop is that Graviola selectively targeted only the harmful cancer cells, while leaving the healthy cells of the body untouched. Thus, unlike chemotherapy, which indiscriminately kills all cells (especially the superficial ones, like hair cells) in the affected region, Graviola does not harm the healthy cells. It also spares the person of the side effects of chemotherapy like severe nausea, hair loss, weight loss and deforming skin changes.

Some studies even claim that Soursop can target and help in treating nearly twelve different types of cancer, including colon cancer, breast cancer, lung cancer, pancreatic cancer and prostate cancer. It is also claimed that during the course of chemotherapy, Graviola manages to protect the immune system by preventing it from getting harmed due to the effects of chemotherapy.

This was all about Soursop and cancer cure. Being a healthy citrus fruit, there are many benefits of Soursop. Cancer cures may or may not be one of those benefits but in the end, the fact is that chemotherapy and radiation can only do so much to help in treating cancer and not curing it. Hence, any natural way of, if not curing, at least mitigating the effects or slowing down the progress of cancer are always welcome. However, one needs to be wary of taking in excess of Graviola in the name of alternative cancer treatment. This is because it has been

seen that in some people, especially when taken in excess amounts, Soursop can lead to neurological damage that closely resembles Parkinson's disease. Hence, it is always best to consult your oncologist or health care provider before trying out any supposed natural remedy for cancer.

Cautions: Use under care/advice of a medical practitioner. Not intended for long-term therapy.

Contraindications: **Should not be used during pregnancy. It is not recommended for people with low blood pressure**, can have a hypotensive, vasodilator and cardio depressant action. May potentiate antihypertensive and cardiac depressant drugs. It may potentiate antidepressant drugs. People using antihypertensive drugs should monitor blood pressure and adjust medications if necessary. Do not use in combination with MAO inhibitors and some types of prescription antidepressants. Long-term use may disrupt bacteria in the digestive tract. Can promote drowsiness. Reduce the amount used if feeling tired.

Alfalfa's (*Medicago sativa*) Health Effects

In Traditional Chinese Medicine, or TCM, physicians used this wonder herb and its leaves in the treatment of a wide variety of disorders of the digestive system and kidneys. Ayurvedic physicians in ancient India often used alfalfa as a digestive aid and as a nutritional. They also used the seeds of the alfalfa plant topically as a poultice for boils and wounds. In addition, it was used to treat arthritis and edema. They made a cooling poultice from the seeds for boils. At the time, alfalfa was also believed to be helpful towards people suffering from arthritis and water retention. It is a/k/a lucerne or lucern grass in South Asia.

Certain medical conditions are said to be those which can be combated on a regimen of alfalfa. They are atherosclerosis, heart disease, stroke, cancer, diabetes and endometriosis. **Today, the health benefits of alfalfa are generally obtained either directly from fresh alfalfa grass or alfalfa sprouts, or through various alfalfa supplements.**

Drug and Alcohol Dependency

The health benefits of alfalfa also extend to alcohol and drug dependency – the herb is used to combat these conditions due to its alkalizing properties, which help promote detoxification.

Cholesterol, Heart Disease and Strokes

One of the important health benefits of alfalfa is the vital role it plays as an effective controller of cholesterol. The fibers and chemicals in alfalfa seem to stick to cholesterol, preventing it from remaining in the blood or depositing itself on arterial walls. It appears that the ingestion of alfalfa rids the body of the harmful types of cholesterol, but HDL (high density lipoprotein) is seemingly untouched by the effects of alfalfa. Hence, it is believed that alfalfa prevents plaque formation on the arterial walls, thereby as a consequence preventing heart disease and strokes, as well as being responsible for lowering blood cholesterol levels.

Alfalfa Health Benefits on Blood Sugar and Diabetes

Another of the health benefits of alfalfa is its effects on blood sugar levels. Due to the high manganese content in alfalfa, it is believed to marginally lower blood sugar levels, and therefore is recommended for diabetics. Diabetics who have had problems responding to insulin have noticed better results from taking alfalfa and manganese.

Cancer

The health benefits of alfalfa are believed to reach out to cancer, too. Cancer studies have also seen a correlation between alfalfa intake and incidence of cancer. It is reported that alfalfa helps to bind carcinogens in the colon, and is effective in their speedy elimination. Also, during post cancer treatment of chemotherapy with drugs like Cytosar and Neosar, alfalfa has been reported to reduce and sometimes completely reverse the immune depression caused by these anti-cancer drugs.

Benefiting People on Antibiotics, Anti-Cholesterol Medications, Anti-Seizure Medications and Steroids

Also, besides the above, those on a regimen of antibiotics like amoxicillin, gentamicin, streptomycin and tetracycline would benefit greatly from alfalfa consumption, as it restores the levels of vitamin K in the body. Vitamin K gets depleted when using these antibiotics. It is also known to benefit those who are on anti-cholesterol medication, anti-seizure medication and steroids. All these reduce the level of vitamin K in the body, and alfalfa helps to build up reserves.

Asthma and Respiratory Conditions

Folk remedies passed down the ages suggest that alfalfa seeds have been used to combat asthma and other breathing conditions.

Diuretic Properties

Some chemical constituents of alfalfa are known to have diuretic properties that aid efficient flushing out of water from the body. Hence, alfalfa is thought to be a remedy for edema, which is the accumulation of excess water in the body.

Menopause

Alfalfa also has components that mimic the effects of the female hormone estrogen, and therefore is believed to be potentially useful in menopause as well.

Nutrient Content of Alfalfa

Alfalfa grass or alfalfa sprouts are very rich in iron, calcium and phosphorus, and thereby is known to be highly effective in safeguarding healthy teeth. It prevents tooth decay. One of the notable benefits of alfalfa is its supply of vitamin D, which is known to translate the goodness of the sun into good health. In conditions or climates where abundant sunlight is not available, alfalfa is said to make up for any sunlight deficiency. Alfalfa also contains power packed levels of vitamin B12, which helps combat the onset of pernicious anemia.

Other Uses and Benefits of Alfalfa

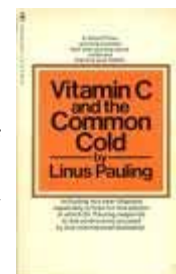
The modern day use of the alfalfa plant goes way beyond medicine and forage – alfalfa it is also used as a green fertilizer - due to its nitrogen fixing attributes, alfalfa is able to improve the quality of the soil. Alfalfa has been added to bath water to help heal Morgellon's Disease.

Vitamin C For Your Health

Vitamin C aids in wound healing; prevents periodontal disease; enhances absorption of dietary non-heme iron; acts as an in vivo nitrite scavenger to help prevent formation of carcinogenic nitrosamines; maintains collagen and connective tissue in the body; and acts as the most versatile and effective water-soluble dietary antioxidant. Cardiovascular disease, which includes heart disease and stroke, is responsible for 950,000 deaths in the United States every year. For the vitamin-conscious among us, reaching for vitamin C often seems associated with cold-and-flu season. Its potent antioxidant properties can help protect our immune systems against the ravages of winter illnesses and help us fight off infection. But now there is even more reason to ensure you're getting the C you need: Recent findings published in the Journal of the American College of Cardiology suggest that a diet high in vitamin C may help protect your heart from damage. **Unlike most other mammals, humans don't naturally produce their own vitamin C; the only way to it is to ingest it.** To ensure you're getting the right amount of C, take a sustained release nutritional supplement. It's a wise move for your overall health and particularly for your heart. **Heart attacks were virtually unknown in the USA before the turn of the century.**



Atherosclerosis AKA arteriosclerotic vascular disease or ASVD - is a disease in which plaque builds up inside your arteries - and the artery wall thickens as the result of a build-up of fatty materials such as cholesterol. Radiation will produce plaques, foam cells, arterial lesions, sticky platelets and increased free radicals (Note: High dose vitamin D will reverse radiation-induced gene mutations.) It is interesting that the farther away you live from the equator the greater the risk you have of having autoimmunity, cancer, allergy and arterial disease.) It is obvious that one of the many factors leading to the buildup of LDL, the bad cholesterol, is due in large part to a lifestyle that promotes ill health. A diet of junk food high in fat and sugar and low in nutrition combined with a lack of exercise, the bad habits of smoking and our polluted environment is enough to raise LDL to dangerous levels. It is also obvious, that our normal intake of the water-soluble vitamin C (ascorbic acid) is totally inadequate to prevent our developing the arterial plaques that result in cardiovascular disease. Post mortem examinations showed that 77% of young American soldiers killed in the Korean war (average age 22) already had well-advanced atherosclerosis (heart disease), and post mortem studies from the Vietnam war gave similar results. These post mortem examinations clearly prove heart disease is not just a disease of the elderly, although it does not usually become life threatening until later in life. In 1970, Dr. Linus



Pauling broke through to the public with his book, Vitamin C and the Common Cold, and consumption of vitamin C rose by 300 percent and mortality from heart disease decreased by 30%.

Before the first statin cholesterol-lowering drug (Mevacor) was approved in 1987, it was widely reported in medical journals that vitamin C (ascorbic acid) reduced cholesterol in animals. If you deprive a guinea pig of vitamin C it soon develops a form of cardiovascular disease (visible damage to its arteries within a few weeks). Similarly, studies of genetically modified mice have shown that if you switch off the gene that enables a mouse to produce its own vitamin C (humans can not manufacture vitamin C in their bodies) it will also soon show signs of heart disease. Re-introduction of a high vitamin C diet enables the damage to be reversed. In 1982 researchers at the Institute of Preventive and Clinical Medicine in the Slovak Republic, advised that "In every form of high cholesterol therapy, an adequate vitamin C supply should be ensured in doses capable of creating maximal steady-state levels of ascorbate in human tissues." [J Lipid Research 24:1186–95, 1983]



It is thought that vitamin C is as effective as statin drugs in preventing the first step in atherosclerosis, a condition in which fats collect under the inner lining of damaged artery walls, eventually narrowing or blocking arteries and obstructing blood flow. Dr. Rath proposed over a decade ago, that vitamin C can prevent heart and blood vessel disease. [National Academy Sciences 87: 6204–07, 1990]. Vitamin C is really inexpensive especially when compared to the \$9 billion statin drug market. And vitamin C is a whole lot safer - for as Dr. Golomb noted: "people are experiencing severe muscle weakness, which is also linked to cognitive problems." Those cognitive problems include everything from the inability to recall names or balance a checkbook to forgetting whole episodes. While it is true that statin drugs do lower cholesterol, they also come at a high health cost to your health besides the high monetary cost to fill a prescription. Statin drugs, composed of chemicals, add to the toxins already in the body. Despite the advertising hype of controlling cholesterol, many people mysteriously die, even though their cholesterol is normal.



http://public-healthcare-issues.suite101.com/article.cfm/the_dangers_of_statin_drug_use#ixzz0s5aWDY9A .

A very important function of vitamin C in the body is its role in the production of collagen. The most abundant amino acids (protein building blocks) in collagen are lysine and proline, and when collagen fibers are damaged lysine and proline become exposed. Collagen forms into fibers which are stronger than iron wire of comparable size. These fibers provide strength and stability to all body tissues, including the arteries. Vitamin C is absolutely essential for the production and repair of collagen, and it is destroyed during the process, so a regular supply of vitamin C is necessary to maintain the strength of your body tissues. Severe deficiency of vitamin C causes the total breakdown of body tissue witnessed in Maritime scurvy.

A special kind of cholesterol, lipoprotein(a), is attracted to lysine and proline and will attach itself to the exposed damaged collagen fibers. It is an attempt by the body to repair damage to the collagen of the artery walls in the absence of adequate levels of vitamin C. Unfortunately the repair is not ideal and over many years repeated deposits can cause the artery to become narrow and inflamed. Heart attack or stroke is likely to follow (usually caused by a clot forming at the site of the narrowed artery, or by a piece of plaque breaking off and blocking a smaller vessel downstream). When vitamin C levels are low, the body manufactures more cholesterol, especially Lp(a). Conversely, when vitamin C levels are high the body makes less cholesterol.

Shortly before his death at 93, Linus Pauling and Matthias Rath had completed work on the link between atherosclerosis and vitamin C and had concluded that chronic vitamin C deficiency lead to a serious compromising of our arterial system.

When you consider your arterial walls to be like stone dams - think of your your cells to be like the stones and the water being held by the dam as similar to the blood under pressure in your arteries. Now, if the cement between the rocks is inferior, leaks could occur. Likewise in your arteries, if the substance between our cells is inferior due to lack of the proper development of collagen and fibrils as a result of inadequate vitamin C, the arterial wall may be susceptible to seepage. When your collagen/arteries are compromised, your defense systems produce a specialized, sticky form of low-density lipoprotein (lipoproteins are molecules made of proteins and fat - they carry cholesterol and similar substances through the blood.) called Lp(a) which attaches to the arterial wall to prevent blood seepage. This is consistent with where any arterial plaque is found - wherever there are lesions and wherever there is particular stress (i.e. at branches, in arteries, not veins, due to the pressure and

in coronary arteries due to the stress of the constant motion). Every time your heart beats the arteries are flattened and stretched, and many tiny cracks and lesions develop and the artery walls become inflamed and/or damaged. With the presence of adequate supplies of vitamin C this damage and inflammation can be readily repaired and heart disease is avoided. However, in the absence of adequate levels of vitamin C, the body attempts to repair the damaged arteries using alternative materials: cholesterol and other fatty substances, which attach to the artery wall. Dr. Pauling believed that once we start taking high levels of vitamin C, the disease process is halted, or at least slowed, as Lp(a) cholesterol is no longer needed as a repair material. He also believed that when we take adequate levels of vitamin C, existing arterial plaques may start to be removed from the arteries. He found that the removal of plaques is more rapid if the amino acid lysine is taken along with vitamin C. Lysine appears to attach to the Lp(a) in existing plaque deposits and helps to loosen them.

Dosage is a key factor: low doses are ineffective.

Dr. Linus Pauling and the Vitamin C Foundation recommend at least 3000 mg of vitamin C per day as a preventive dose, and significantly higher levels of both vitamin C and lysine for the treatment of existing heart disease. Remember that the 3,000 mg of vitamin C per day, should be taken in divided doses as 500 mg every four hours, as a protection against the development of heart disease. The problem with even this protective dose is that taking a tablet every four hours is not something that many people adopt as part of their daily routine. But there is good evidence to suggest that this level of intake will help maintain the strength of your arteries and prevent the build up of cholesterol plaques and help heal many other chronic diseases.

When treating/preventing illness with vitamin C, "bowel tolerance" is the indicator of dosage level that should be used. This means taking just under the level of vitamin C (in divided doses) that results in loose stools.

Everyone is different. Note that while a few 1,000 mg doses a day might make you loose when you are fit and well, your ****bowel tolerance**** might increase to ten or even a hundred times this when you are very ill. For treating illness with vitamin C, the levels suggested by the Vitamin C Foundation are 6,000 mg to 18,000 mg of vitamin C per day (or up to bowel tolerance) plus 2,000 mg to 6,000 mg of lysine. But, if you only take a single large dose of vitamin C once a day, your vitamin C blood level quite soon returns to a low level. A lot of vitamin C is excreted, and the initial high blood level of vitamin C only remains for a few hours. Spreading the dose of vitamin C throughout the day helps to minimize the occurrence of transient diarrhea and provides maximum protection.

So, if you are at risk of heart disease, or if there is a history of heart disease in your family, if your father or other members of the family died of a heart attack or stroke or whatever, or if you have a mild heart attack yourself, then you had better start discussing with your medical practitioner about taking vitamin C, D-ribose, L-carnitine, CoQ₁₀ and lysine and following the Author's other health advice which includes the use of magnesium, garlic, alfalfa, vitamins D, E and K. **Note: Vitamin K helps direct calcium to the bone and away from the arterial wall.** See a holistic health practitioner.

The Author has a Friend that lost his license to practice medicine in California for prescribing vitamin C.

CoQ10 (ubiquinol), L carnitine, D ribose and M.E.
<http://www.hfme.org/research/lccoq10drandme.htm>

Metabolic cardiologist Dr Stephen T. Sinatra considers coenzyme Q10 (CoQ10), L carnitine, D ribose and magnesium the 'awesome foursome' of cardiovascular health.

Dr Sinatra explains that while 1 + 1 will always equal 2 in mathematics, in metabolic cardiology and nutritional medicine, when you are talking about substances that are synergistic with each other such as the 'awesome foursome', 1 + 1 might equal 5 or even 10. In other words, the benefits of taking more than one of these substances at a time may far outweigh the benefits seen from taking any of them alone.

The heart and the brain are especially rich in mitochondria. This makes them especially vulnerable to mitochondrial damage and the resulting decrease in energy output. Both the brain and the heart (with its extraordinary non-stop work) need an enormous amount of energy.

Dr Sinatra explains that, It's all about ATP (adenosine triphosphate). Hearts, skeletal muscles and every other tissue in our bodies have an absolute need for ATP as their primary energy currency. Cells and tissues will

cease to function if they are not provided with a constant and stable supply of energy. Both the total pool of energy substrates (ATP) in the cell and the cell's ability to recycle these compounds are fundamental to healthy energy metabolism and cell function.

When hearts are stressed by disease, energy substrates, called purines, wash out of the cell and the total pool of cellular energy becomes severely depleted. Disease also disrupts the heart's ability to recycle its remaining energy through the oxidative phosphorylation mechanisms. The combination of energy pool depletion and metabolic dysfunction contributes to the severity of the disease and impacts the physiological health of the heart. The same is true for skeletal muscles that are stressed through disease or high-intensity exercise.

CoQ10 and L carnitine are major players in the energy recycling metabolic pathways. D ribose is the only compound used by the body to replenish depleted energy stores and rebuild energy pools. Magnesium is a vital mineral used by the enzymes that make energy synthesis and recycling possible.

Or as Dr Sinatra explains; D ribose fills the tank, CoQ10 and L carnitine helps convert this fuel to energy (helps the engine run properly) and magnesium is the glue that holds it all together.

Note: There is a new supplement that the Author has just begun to use - it is called Ubiquinol. Your body produces and/or uses CoQ10 and converts it into the active form ubiquinol. As we age, our body does not produce as much CoQ10 and the body's ability to convert the CoQ10 into ubiquinol also diminishes, The new supplement helps correct this situation caused by aging. <http://benefitof.net/benefits-of-q10/>

Acetyl-L-carnitine for Blood Pressure, Blood Sugar, and Male Sexual Function

Italian researchers recently demonstrated in people at risk for increased cardiovascular disease that 2,000 mgs per day of acetyl-L-carnitine (ALC) over a 24-week period lowered blood pressure and improved insulin resistance. Interestingly, improvement continued even in the 8 weeks following discontinuation of the ALC. ALC was shown to boost the all-important blood sugar regulating compound adiponectin. Of course, ALC is well known as a nutrient that is essential for the burning of fat by cells, helping to clear away fat sludge and consequent liver-related insulin resistance.

An earlier study with 4,000 mgs of carnitine (2,000 mg was in the acetyl-L-carnitine form) in men ages 60 – 74 showed that this vital nutrient was far more effective than testosterone at improving male erectile function and offsetting age-associated decline. ALC restored normal erections during sleep (nocturnal penile tumescence), which is the key marker of physiological health of male sexual function. Additionally, ALC directly improved the sex lives of these men, based on significant improvement in International Index of Erectile Function scores.

The combination of elevating blood pressure, elevating blood sugar, and declining sexual function is common in men over the age of 50. Blood pressure medication is well known for its adverse sexual side effects, as it actually reduces blood flow to the penis. Here is a natural solution that simultaneously addresses three important health issues. I would suggest 500 mg - 1000 mg of ALC at each meal and at bed. 1000 mg of ALC before aerobic exercise will also enhance fat burning from exercise, and this could be done on exercise days instead of one of the before meal doses.

A Healthy Colon

Leaky Gut Syndrome is not generally recognized by conventional physicians, but evidence is accumulating that it is a real condition that affects the lining of the intestines. The theory is that Leaky Gut Syndrome (also called increased intestinal permeability), is the result of damage to the intestinal lining, making it less able to protect the internal environment as well as to filter needed nutrients and other biological substances. As a consequence, some bacteria and their toxins, incompletely digested proteins and fats, and waste not normally absorbed may "leak" out of the intestines into the blood stream. This triggers an autoimmune reaction, which can lead to gastrointestinal problems such as abdominal pain, heartburn, insomnia, bloating, anxiety, gluten intolerance, malnutrition, muscle cramps and pains, poor exercise tolerance, food allergies. Leaky Gut Syndrome has also been linked medically with many health problems, such as: Celiac Disease, Multiple Sclerosis, Fibromyalgia, Autism, Chronic Fatigue Syndrome, Irritable Bowel Syndrome, Eczema, Dermatitis, Ulcerative Colitis, etc.

The cause of this syndrome may be chronic inflammation, food sensitivity, damage from taking large amounts of nonsteroidal anti-inflammatory drugs (NSAIDS), cytotoxic drugs and radiation or certain antibiotics, excessive alcohol consumption, or compromised immunity. Leaky Gut Syndrome is a chronic debilitating condition that often goes undiagnosed by the mainstream medical profession, as many doctors do not provide testing for leaky gut or even acknowledge that the condition exists.

Chronic inflammation of the colon's inner lining – colitis – is now epidemic. It is a precursor to cancer. When you cleanse and detox the colon and get rid of rotting wastes - colitis is gone! Colon cancer is now the third most common cancer in America. Simple mechanism: blockage of inflow and outflow by rotting sludgy plaque. Surface lining cells swim in toxins day in day out, then for weeks and months and then even for years. Now your body can't get the proper nutrients, can't get rid of toxic wastes.

Colon cancer has also long been linked directly to the chlorination of municipal drinking water - chlorine sterilizes the colon by killing off the normal friendly bacteria which should live there. With no flora, sludge builds up and the delicate epithelial cells of the colon lining become packed with toxic decaying waste. Same scenario: the cells can't perform the two necessary functions of every living cell – nutrition and waste removal. Many cells die, but other simply mutate. That's simply is what cancer is: altered, or mutated, cells.

Sections of the colon can collapse and become very narrow, like ribbons, easily blocked with hardened waste. This creates a condition called Crohn's Disease, and the narrow sections are called strictures. Extreme force is then necessary to propel waste past these blocked narrow passageways. Between the narrowed sections, outpocketings of toxic poisons can then balloon out, due to lack of normal transit of wastes. These pockets become infested with pathological bacteria and parasites feeding on toxic sludge creating even more toxins. Autointoxication advances.

A desperate reflex to try and expel the mounting poisonous load commonly results in violent and painful cramping of colon wall muscles – Spastic Colon. The problem is not with the colon. The problem is with the human who keeps poisoning himself.

Resection, or cutting away a problem length of the colon, is a common medical “solution” for the persistent “problem colon” case. Sometimes the impacted waste has become like hard rubber or even calcified like a cement. Laxatives and drugs just won't do the trick. Standard medical thinking is, when drugs fail, something has to be cut out. Usual result is that the scar tissue which forms after the surgery can soon form as much of an obstruction as the original undigested crap did.

For colon cancer, resection is routine but, one third of all colon resections for cancer end up in recurrence of the cancer later on. (Yamada p 1801) Stands to reason: if you don't remove the cause of the cancer in the first place – autointoxication – what's to keep the cancer from returning?

Allergy symptoms are one of the signs of autointoxication. Most allergies are food allergies, and Leaky Gut Syndrome is one explanation of that entire process: indigestible food, rotting in gut, leaking into bloodstream, symptoms of allergy. The colon is not a sewer but the life center of the body, conserving water and minerals, creating a hospitable environment for the life-promoting probiotic bacteria, and providing an unobstructed path for waste elimination – these are indispensable functions of the colon, and should be the only goals of any treatment program.

Back in the 1920s Nobel Prize laureate Dr. Alexis Carrel began his famous experiment in which he proved that living cells could be kept alive indefinitely by simply controlling the nutrients and waste removal in the surrounding solution. After 28 years, the original chicken liver cells were still alive in the petri dish, and Dr. Carrel's point was proven. For living cells, there are two main requirements: proper nutrients, and unobstructed elimination of wastes. With a blocked colon, all the body's cells suffer: autointoxication poisons the entire body, all its tissues, and all its organs. This can be the cause of practically any disease, especially those conditions listed in the pathology books as “cause unknown.” JH Tilden, MD actually went so far as to say that this type of chronic blood poisoning was the only disease. **Want to live? Get rid of the POISONS!**

It is necessary to rid our body of toxins that accumulate as a result of an unhealthy diet, environmental pollution and chemicals, and a constant use of antibiotics. A person with a healthy colon will have a bowel movement

shortly after a meal is eaten. Unfortunately, North American society and lifestyle does not tend to be conducive to healthy digestion and elimination. But maintaining good health is an ongoing process which requires diligence. The success in cleansing your colon is dependent on your pre-existing colon health and the amount of water you consume on a daily basis.

Sherry Rogers, MD, writes: "The simplest and safest formula that I have tested is an herbal blend called Expel. No corrosives or irritants, with sufficient water intake, these herbs seem to unclog blockages for most people, usually with immediate results. To scrape away all the layers of impacted debris pasted onto the colon walls like stucco – that takes weeks or months. But the patients generally see immediate evidence that they're working toward that goal with these herbs. <http://www.thedoctorwithin.com/expel/Expel-Read-More/>

The Author wants you the reader to know: Inflammation appears connected to almost every known chronic disease -- from Leaky Gut Syndrome, heart disease to cancer, diabetes to obesity, autism to dementia, and even depression. Other inflammatory diseases such as allergies, asthma, arthritis, and autoimmune disease are increasing at dramatic rates. You can temporarily relieve inflammation with aspirin, anti-inflammatory medication such as Advil or Motrin, steroids and increasingly more powerful immune suppressing medication with serious side effects. But you are ignoring the underlying causes of inflammation e.g., hidden allergens, infections, environmental toxins, an inflammatory diet, and stress are the real causes of these inflammatory conditions.

Autoimmune diseases, specifically, now affect 24 million people and include rheumatoid arthritis, lupus, multiple sclerosis, thyroid disease, inflammatory bowel disease, and more. These are often addressed by powerful immune suppressing medication and not by addressing the cause. That's like taking a lot of aspirin while you are standing on a tack. The treatment is not more aspirin or a strong immune suppressant, but removing the tack. If you want to cool off inflammation in the body, you must find the source. Treat the fire, not the smoke. You must find out WHY you are sick, not WHAT disease you have.

Your immune system is your defense against invaders. It is your internal army and has to clearly distinguish friend from foe -- to know you from the enemy. Autoimmunity occurs when your immune system gets confused and your own tissues get caught in friendly cross-fire. Your body is fighting something -- an infection, a toxin, an allergen, a food or the stress response -- and somehow it redirects its hostile attack on your joints, your brain, your thyroid, your gut, your skin, or even your whole body.

Interestingly, autoimmune disorders occur almost exclusively in developed countries. People in poor nations without modern amenities like running water, flush toilets, washing machines, and sterile backyards don't get these diseases. If you grew up on a farm with lots of animals, you are also less likely to have any of these inflammatory disorders. Playing in the dirt, being dirty, and being exposed to bugs and infections trains your immune system to recognize what is foreign and what is "you."

In this country, autoimmune diseases when taken all together are a huge health burden. They are the eighth leading cause of death among women, shortening the average patient's lifespan by eight years. The annual health care cost for autoimmune diseases is \$120 billion a year representing nearly twice the economic health care burden of cancer (about \$70 billion a year).

Unfortunately, many of the conventional treatments available can make you feel worse. As we discussed in the Healthy Colon section, NSAIDS, anti-inflammatory drugs like aspirin, Tylenol, Excedrin, Motrin, Advil, steroids, immune suppressants like methotrexate, and the new TNF-alpha blockers like Enbrel or Remicade can lead to intestinal bleeding, kidney failure, depression, psychosis, osteoporosis, muscle loss, and diabetes, not to mention overwhelming infection and cancer. When used selectively these drugs can help people get their lives back. But they are not a long-term solution. They shouldn't be the end of treatment, but a bridge to cool off inflammation while you can determine and then treat the root cause of the disease.

How to Treat Autoimmune Diseases

1. Check for infections -- yeast, viruses, bacteria, Lyme, Leaky Gut Syndrome, etc. -- and treat them.
2. Check for food allergens - remember none of the tests are 100% accurate. Check the ingredients of everything you eat carefully. If in doubt, leave it out! The Author only eats what G-d made - if man made

it - he avoids it.

3. Get tested for celiac disease, which is a blood test that any doctor can do.
4. Get checked for heavy metal toxicity. Mercury and other metals can cause autoimmunity. Then use chelation to remove these toxins.
5. Exercise regularly -- exercise is naturally anti-inflammatory.
6. Practice deep relaxation like meditation, yoga, deep breathing, biofeedback, or professional massage, because stress worsens the immune response.
7. You can use heat or cold - Apply heat to the inflamed area. For instance, if your back muscles are inflamed, place a heating pad on the inflamed spot and allow the heat to work its way through the inflamed muscles. Some people find cold works better than heat to treat inflammation. You could apply an ice pack to the inflamed area and see if this works for you. (This method is numbing however.)
8. Consider acupuncture (only with a skilled, licensed practitioner), as this alternative method to treat inflammation has proven effective for many individuals including the Author's Son.
9. Eat properly and take the right nutritional supplements - follow your health provider's advice.

A diet high in animal protein contains high levels of arachidonic acid - which is responsible for the increased supply of prostaglandins and leukotrienes. These promote systemic inflammation. (In addition, the FDA has written that animal drugs contaminate animal protein and they threaten human health.) So, by simply cutting back on your intake of animal protein, and by increasing your intake of plant-based foods, you are likely to drastically reduce, if not totally remove your inflammation. To treat inflammation, be sure to eat foods that contain plenty of fiber, such as vegetables and whole grains. (Eat oatmeal for breakfast whenever you can.) **Fiber consumption is a great way to treat inflammation naturally.**

The simplest and most biochemically sound way of turning down the body's proinflammatory prostaglandins and cytokines is by restoring a balance between pro- and anti-inflammatory foods. From a dietary standpoint, this means switching from vegetable oils to extra-virgin olive oil (high in anti-inflammatory omega-9 fatty acids). It also means avoiding most processed (boxed, canned, or frozen) foods, because their makers frequently add omega-6 fatty acids. By eating simple unprocessed foods—such as baked chicken, a salad, and steamed vegetables—it becomes easier to consume a more balanced ratio of omega-6 and omega-3 fatty acids. However, if you're like most people, you've been eating a diet high in omega-6 fatty acids and low in antioxidants for years. Simply restoring a balance is not enough to quickly offset accumulated damage, because the fatty acid composition of the body's cells reflects their dietary ratios. **It may be imperative to increase your consumption of anti-inflammatory foods and supplements.**

What are the right foods and/or nutritional supplements?

Activated Charcoal — is charcoal that has been treated with oxygen to open up the millions of tiny pores between the carbon atoms. In every emergency room in the U.S., Activated Charcoal Powder is used as a slurry for any patient, who has taken a POISON accidentally or otherwise! And for a patient, who has been bitten by a POISONOUS Insect or Reptile! The patient's stomach is NOT pumped or Activated Charcoal Capsules/ Tablets given, but the powdered form is used to make the charcoal slurry, so that it can be drunk!! Activated Charcoal Powder is also used in Gas Masks to SAVE LIVES!!

Back in 1831, the distinguished Professor Touery, of the French Academy of Medicine, drank a lethal dose of strychnine in front of his colleagues and -to their amazement- survived unharmed. He had combined the deadly poison with activated charcoal. Long before the 19th century, thousands of years ago, both the ancient Egyptians and the Greeks used it as a multi-purpose poison and disease antidote. What makes charcoal so effective is its ability to attract other substances to its surface and hold them there. Its capacity of absorption in the gastrointestinal tract is due to its extreme porosity. It is estimated to reduce up to 60% of poisonous substances being absorbed.

Activated Charcoal is a 100% natural product, obtained from the carbonization of organic matter like hardwood, coconut, bamboo, peat moss, olive pits, coconut shells, sawdust etc. It begins as regular charcoal and is then "activated" with oxidizing gases, such as steam or air, at high temperatures. Its vast system of microscopic pores traps toxic chemicals and speeds their elimination from the digestive system. The toxic substances attach to the surface of the charcoal and, because charcoal is not "digested," it stays inside the gastrointestinal tract and eliminates toxins during bowel movement.

Modern research has confirmed most of the ancient health uses for ingested activated charcoal and has discovered new ones. It is a popular ingredient in colon cleansing products and highly recommended for:

- Overall body detoxification - helps adsorb heavy metals like mercury and over 60,000 chemical pollutants
- Intestinal disorders such as flatulence & gas, colic, indigestion, heartburn and acid reflux
- Anti-poison first aid remedy as it neutralizes a wide array of poisons, chemicals as well as drugs and other intoxicants - many chemicals e.g., sodium nitrates, etc., are not attracted to carbon - so they pass thru an activated charcoal filter)
- Eliminates bad breath and body odor
- Purifies the blood
- Arthritis - can be used for the prevention and treatment of inflammatory arthritis or a related condition. It can also be administered in combination with a further anti-inflammatory agent.
- Hangover Remedy - Take one tablet of activated charcoal per drink while you are drinking. The charcoal absorbs the impurities in the alcohol which are the cause of the hangover. **The charcoal also adsorbs important nutrients, so if you are a heavy drinker, don't use this remedy daily as you will end up with nutritional deficiencies.**

INFLAMMATION AND INFECTION — Activated charcoal poultices will adsorb the poison from bee stings, snake bites, bacteria, virus, bacterial poison, hormone, tissue fluid, and pus to prevent swelling and infection from external wounds, bacteria, poison, and allergies. The charcoal poultice can help heal bruises, ulcerations, inflammation and injuries. NOTE: Please be AWARE that a Tattooing Effect can occur, if it is used on an OPEN Cut &/or Wound!

Contraindications: Ingesting activated charcoal will cause your stools to turn black so don't panic. Common side-effects include constipation and less frequently, diarrhea. Do not use it if you are pregnant or suffer from allergies to this group of medicine. Activated charcoal can often prevent medicated substances from being absorbed, so consult with your medical provider before taking charcoal especially if you are on a medical treatment. Rare side effects include slowing or blockage of the intestinal tract, regurgitation into the lungs and dehydration. **Do not use activated charcoal if you have Leaky Gut Syndrome, reduced peristalsis or any kind of intestinal obstruction. The activated charcoal also can adsorb important essential nutrients.**

Omega-3 essential fatty acids. Another way to treat inflammation is to eat foods that contain Omega-3 fatty acids, such as walnuts, salmon and soybeans. Cold water fish e.g., salmon, trout, sardines, tuna and mackerel are the best source of Omega-3 essential fatty acids. You may also take an Omega-3 supplement like fish oil and/or flaxseed oil. The Omega-3 essential fatty acids found in fish oils, EPA and DHA are essential building blocks for the body's anti-inflammatory prostaglandins (e.g., prostaglandin E1) and for turning off Cox-2 and the body's proinflammatory cytokines (IL-1, IL-6, and TNFa). In addition, omega-3 fatty acids block the activity of an enzyme that breaks down joint cartilage.

Gamma-linolenic acid. Although GLA is an omega-6 fatty acid, it has anti-inflammatory properties. (Evening primrose oil is rich in Gamma-linolenic acid.) Relatively little GLA is converted to arachidonic acid and prostaglandin E2. Instead, GLA increases production of the anti-inflammatory prostaglandin E1. Robert B. Zurier, M.D., of the University of Massachusetts Medical Center, Worcester, gave GLA supplements or placebos to 41 patients with rheumatoid arthritis. Two-thirds of those receiving GLA had a 25 percent reduction in their arthritic symptoms.

Vitamin E. Although Cox-2 and prostaglandin E2 levels rise with age, animal studies have shown that vitamin E supplements reverse the increase in Cox-2 and prostaglandin E2. Vitamin E also turns off nuclear factor-kB (NF-kB) and activator protein-1 (AP-1), compounds that turn on inflammatory genes. One recent study found that arthritics taking supplements of natural vitamin E (600 mg twice daily) for 12 weeks had their pain reduced by about half. Vitamin E plays a major role in reducing inflammation as well as cleansing the body of free radicals. Ishwarlal Jialal and Sridevi Devaraj of the University of Texas Southwestern Medical Center at Dallas, Texas studied 47 men and women with adult-onset, or type II, diabetes and 25 healthy volunteers. The researchers sampled people's blood before and after each received 1,200 international units of vitamin E daily for 3 months. The vitamin E cut production of a cytokine, an immune system signaling molecule. In test-tube experiments,

white blood cells were stimulated to provoke an immune response. Cells from volunteers after treatment responded by producing about one-third as much interleukin-6—a cytokine that tells the liver to make CRP—as was generated by cells from blood drawn before people took vitamin E. Before treatment, the 23 people with major diabetes complications such as kidney failure produced roughly twice as much C-reactive protein (CRP), a marker of inflammation, as the healthy group did. Concentrations of CRP were about 33 percent higher in blood from the 24 people with mild diabetes than in the healthy volunteers. Vitamin E supplements lowered CRP concentrations dramatically in all three groups. CRP measurements in people with mild disease fell to the healthy group's starting concentration, and those in people with advanced diabetes fell to the concentrations detected in the other diabetic people before treatment.

Vitamin C. Long recognized for its anti-inflammatory properties, the effects of vitamin C are enhanced by other nutrients. In a study of people exposed to simulated sunlight, researchers found that vitamin C and E worked synergistically to reduce skin inflammation. In a cell study, Italian researchers noted that quercetin and vitamin C worked together to protect cells from inflammation-induced damage. In a study published in the March, 2006 American Journal of Clinical Nutrition, High blood levels of Vitamin C reduced signs of inflammation by 45 percent. The study was conducted at a London university and involved over 3200 men between 60 and 69. Researchers looked at C-reactive protein and t-PA, both markers for inflammation levels in the body. High blood levels of Vitamin C were also predictive of lower risk of blood clots, as indicated by factors such as blood viscosity. <http://www.ajcn.org/content/83/3/525.full.pdf+html>

Polyphenols and Flavonoids in Green Tea. Polyphenols present in green tea are powerful anti-inflammatory agents. Genistein inhibits prostaglandin E2 and Cox-2, and quercetin inhibits the activity of inflammation-promoting “adhesion” molecules. It's likely that Pycnogenol, grape seed extract, and other flavonoids work through similar mechanisms. **Simply drinking green tea on a regular basis can prevent chronic inflammation.**

Pineapple. Pineapple contains bromelain, an enzyme capable of reducing inflammation. The flesh and stem of the pineapple plant are particularly useful in treating inflammation. Bromelain may also be helpful for the pain, numbness, tingling, aching and loss of motor and sensory function in the fingers resulting from carpal tunnel syndrome (CTS).

St. John's Wort. Better known for its antidepressant effect, this herb also has anti-inflammatory properties. In a laboratory experiment, researchers from the University of Freiburg, Germany found that hypericin, one of the constituents of St. John's wort, inhibited NF-kB, which activates proinflammatory genes. Daily dosage: Because product forms vary, follow label directions.

Silymarin. A cell-culture study found that silymarin, the antioxidant extract of milk thistle, inhibited Cox-2 formation. This role of silymarin may partly explain why earlier cell-culture studies found it to inhibit the growth of prostate, breast, and skin cancers.

Ginger. With a long history as a folk medicine, ginger inhibits Cox-2 and another proinflammatory compound, 5-lipoxygenase. This simple herb and condiment contains almost 500 different compounds, many of which are anti-inflammatory, according to Thomas M. Newmark and Paul Shulick, authors of [Beyond Aspirin: Nature's Answer to Arthritis, Cancer & Alzheimer's Disease](#) (Holm Press, Prescott, Arizona, 2000).

Serrapeptase. Serrapeptase is a proteolytic enzyme found naturally in the intestine of the silkworm. It is widely used as an anti-inflammatory agent. Clinical studies show that serrapeptase induces fibrinolytic, anti-inflammatory and anti-edemic (prevents swelling and fluid retention) activity in a number of tissues, and that its anti-inflammatory effects are superior to other proteolytic enzymes.

Rosemary. This common kitchen herb is rich in ursolic acid and many of its derivatives. In laboratory experiments, Swedish researchers found that the ursolic acid extract of rosemary was a potent inhibitor of Cox-2 activity.

Curcumin. Curcumin is the active ingredient that accounts for the yellow color of the Indian spice turmeric; curcumin is also a powerful antioxidant. Over the last few decades hundreds of small scale studies have proven scientifically what Indian people have known for centuries; that curcumin has the ability to halt or prevent certain types of cancer, stop inflammation, improve cardiovascular health, prevent cataracts and kill or inhibit the toxic effects of certain microbes including fungi and dangerous parasites. A recent cell study by researchers

at Cornell University, New York, found that curcumin blocked the activity of Cox-2. (Cox-2 is known to trigger inflammation.) The researchers suggested that this property might explain some of the herb's anticancer effects.

Cat's Claw. Known as *una de gato* and *Uncaria tomentosa*, this Peruvian herb has a long history as a remedy for inflammatory arthritis. Recent cell-culture and animal experiments at the Albany Medical College, New York, found that cat's claw inhibited inflammation by blocking the activity of NF- κ B. Daily dosage: Because products vary, follow label directions.

In addition, vitamins A and D, Devil's Claw, boron, magnesium, zinc, copper, manganese, selenium and glutathione can be used to help switch off inflammation. People suffering from inflammatory diseases like arthritis benefit a lot by the intake of Boron. Boron also helps in the treatment of cancer, strengthens bones, is beneficial to the heart, benefits women, reduces fungal infections, aids in fungal infections, strengthens bones, prevents internal blood clots and affects the working of enzymes: <http://benefitof.net/benefits-of-boron/> **Caution** — Usually boron consumed is absorbed in the body. The removal of undigested mineral takes place through urine. People suffering from kidney disorders, boron might collect in the brain, kidneys, heart, and tissues. They should therefore consult a doctor before consuming a diet rich in boron.

The conclusion of above inflammation section is relatively simple: pharmaceutical drugs, while providing rapid but temporary relief of some symptoms, do not correct the underlying cause of your chronic inflammation. The cause is frequently a diet that's either unbalanced or lacking in key nutrients. No synthetic drug or surgery can correct a nutritional deficiency or imbalance. Only the proper diet and nutrients can do that. The Author tries to avoid high fructose corn syrup (HFC), is trying to eat less animal protein, more fiber, eat more cold water fish, fresh pineapple, and to drink green tea. In addition he takes several nutritional supplements, e.g., curcumin, serrapetase, magnesium, etc. in addition to detoxing daily. Too much sugar of any kind not only adds pounds, but is a key culprit in diabetes, heart disease and stroke. Cancer patients should especially avoid HFC because cancer cells can readily metabolize fructose to increase proliferation

Magnesium Notes: The UN's World Health Organization (WHO) recommends drinking water 50 mg of magnesium per liter to prevent deaths from heart attack and stroke.

http://www.who.int/water_sanitation_health/publications/publication_9789241563550/en/index.html

Note: Magnesium also helps prevent calcium kidney stones.



Oil of Oregano

Oregano, is great for treating Candida infections, psoriasis, eczema, respiratory and viral conditions. Oil of oregano when used to treat fungal infections - is safer and far more effective than Nystatin (an antifungal drug with possible severe side effects). Research has shown oil of oregano will kill airborne molds as well as influenza A or avian influenza. In hepatitis C it was found that an extremely concentrated form of oil of oregano killed the virus without injuring the liver and normalized values of liver enzymes in blood tests. The bacteria that causes most ulcers, *Helicobacter pylori* and many cases of stomach inflammation (chronic gastritis) can also be eradicated using oil of oregano.

The active ingredient in oil of oregano is oxygen. Each molecule of oil has oxygen bound to it with a covalently bound hydrogen. When the oxygenated compound (oil of oregano) strikes water in a bacteria or blood, the hydrogen is released and you then have an aggressive oxidizing agent which destroys the pathogen. It also has a dual effect of being an antioxidant as well. It even has a more powerful rating on the antioxidant scale than blueberries. In order for oil of oregano to be effective in eliminating infections, you may need to take it very frequently such as every 30 minutes. If you have a virus that is making copies of itself every 5 minutes, you may need to take oil of oregano every 15 minutes at 3 capsules at a time. The more oil of oregano you take, the sooner the infection goes away. In herpes infections, oil of oregano causes the virus to explode and shatter as seen in electron microscopy. Oregano also kills tuberculosis, *E. coli*, salmonella, pseudomonas, *Candida albicans*, and some parasites such as tapeworms and giardia. In high doses it will kill cryptosporidium.

Ozone Therapy

In 1856, just 16 years after its discovery (by homeopath Joseph Lloyd Martin), ozone was first used in a health care setting to disinfect operating rooms and sterilize surgical instruments. This surgical application has recently

been rediscovered. By the end of the 19th century the use of ozone to disinfect drinking water of bacteria and viruses was well established in mainland Europe. The earliest record of therapeutic use of ozone in an English language medical journal is in 1885 titled 'Ozone' by Charles J. Kenworthy, M. D., M.R.S.V. from Jacksonville USA, published by the Florida Medical Association. Today, Florida is where the prohibition of ozone therapy is most rigorously enforced in the United States. In 1892, The Lancet published an article describing the administration of ozone for treatment of tuberculosis. In 1902 they published another article claiming success in treating chronic middle ear deafness with ozone. During the first world war (1914-18) Doctors by then familiar with ozone's anti bacterial properties, and with few other medical resources available to them applied it topically to infected wounds and discovered ozone not only remedied infection, but also had hemodynamic and anti-inflammatory properties. In The Lancet of 1916, the following is reported by Major George Stoker, MRCS: "The accompanying tabulation statement of the results of the first 21 cases treated by ozone at the Queen Alexandra Military Hospital "England" cannot be regarded as anything but satisfactory from every standpoint, be it humanitarian, scientific or economic. The cases were, for the most part, those of cavities and sinuses in the femur and tibia. It is the great experience of those who have seen a great deal of war surgery that such cases obstinately resist treatment and are apt to remain unhealed for months and years ... I have failed in only one case ... the properties of ozone which have a wonderful healing effect are ... an increased flow of blood to the affected part ... as a germicide it destroys all hostile micro-organic growth ... as the French chemist Hennocque has shown it has great powers in the formation of oxyhaemoglobin. . . . at present our knowledge of the effects of ozone is but small, but later I hope to bring before the medical public further satisfactory facts with reference to its working and results" Stoker's sequel to this article was published the following year, and since then there have been few publications of ozone research by medical associations in English speaking countries, notable articles being Quain's "Ozone Treatment of Wounds" (The Lancet 1940), Thwaities' "Ozone Healing" (Australian Medical Journal, 1977), and Braggs' "Are Worry Free Blood Transfusions Just a Whiff of Ozone Away" (Canadian Medical Journal 1993). However, many medical journals published by international specialist medical research societies have in recent years lent considerable publicity to ozone research.

With regards to the debate of the merits of ozone therapy, the promotional claims by some marketers of ozone generators that it is a miraculous cure for all disease including cancer and AIDS have given many people false hope and hurt the credibility of ozone therapy. Much of the concern related to ozone therapy revolves around the safety of blood ozonation. It is well established that when inhaled by mammals, ozone reacts with compounds in tissues lining the lungs and triggers a cascade of pathological effects. Leading the opposing argument is the US Food and Drug Administration who state that ozone is a toxic gas with no known useful medical application in specific, adjunctive, or preventive therapy and in order for ozone to be effective as a germicide, it must be present in a concentration far greater than that which can be safely tolerated by man and animals. The FDA recently approved ozone's use as a disinfectant in the food processing industry, however.

Ozone therapy is not some new technology. Ozone therapy is a well established alternative and complementary therapy in most mainland European countries where health authorities have tolerated its practice. Japanese, Russian, and Scandinavian medical journals report benefits of blood ozonation in the treatment Hepatitis C. Its also been proven to work by doctor and veterinary clinic's for bacteria and viral infections, and pain with the lowest side effects in existence. When the human immune system is at its peak with proper oxygen levels it can prevent many disease and other health problems. Ozone therapy can revitalize the practice of medicine with alternative therapies that work because of its antibacterial, anti-fungal, anti-inflammatory, anti-parasitic, anti-tumor and antiviral. The action of ozone has beneficial effects on every part and organ. Some of the effects are bacterial, fungal and viral inactivation, circulatory enhancement, disruption of tumor metabolism, and stimulation of oxygen metabolism. Oxygen plays the most vital role for an optimum immune system and maintaining health. Oxygen, along with food, is the primary nutrient that cells use to generate energy for all its functions. With oxygen, the energy production is through oxidation of the unhealthy cells. Oxygen regulates all activities of our bodies. Our ability to think, feel, and act comes from the energy created by the oxygen. Approximately 90 percent of our energy originates from oxygen. The oxygen we breath is our most vital element for good health.

Ozone therapy is harmless when used properly and has virtually no side effects. It is one of the most effective ways of restoring optimal levels of oxygen. Its actions have beneficial effects on every part that will stimulate the bodies immune system. The spread of fungal or yeast infection, parasites, tuberculosis and other airborne infectious disease can be minimized when using an ozone generator. The use of ozone generators is well

documented for most all health conditions and various ailments and others like Parasites, Staphylococcus and fungal infection. Oxidative therapy is routinely practiced in countries such as Germany and Switzerland. Since the legality of ozone generator's and their applications vary from country to country, check with your physician and your local legal authority before embarking on any alternative. In the Author's opinion, legality is not an issue in veterinary clinics for pets.

Ozonated water is made by bubbling ozone through cold water in a glass container using a white ceramic diffuser at 1/8 litres/minute for 5 minutes for 1/4 liter; 15 minutes per litre. Use bottled, distilled, or unchlorinated water (Not tap water) in a glass bottle. Drink immediately on an empty stomach (or use it for the enema). Six to eight glasses a day will establish a high level of oxygenation in the body and assist detoxification. Lemon, orange and aloe vera juice can be ozonated for drinking or applications to the skin. By ozonating two cups of fresh lemon juice for six hours (use a large container because of the bubbles) this can be used on all skin conditions like skin cancer, dry skin, psoriasis and ulcers. Bubbling the gas into a glass of water for 5 minutes will kill the bacteria, fungus, virus and algae. It will not remain in the water very long. The maximum concentration that is obtainable in water is approximately 24 ug O₃. The average time it will last in water is about 25 minutes. High amounts of contaminants in the water will cause the ozone to disintegrate at a faster rate. The life span or its disintegration time refers to its half-life. The addition of trace mineral drops in the water will increase the life span if refrigerated. Drinking ozonated water increases the oxygen level of cells and accelerates the healing process. Hydrogen peroxide (H₂O₂) is a natural by-product of most ozone oxidizing processes. Hydrogen peroxide is another great natural alternative for one's health. Research shows drinking ozonated water helps allergies, carcinoma, cold sores, candidiasis, headaches, gastritis, gum disease, mouth ulcers, ulcer's; increases circulation, reduces infections after dental work, helps remove free radicals, helps flu and virus infections, cleans wounds and minor bruise's.

To Use Ozonated Water As a Supplemental Treatment for Cancer

Unlike oxygenation and hydrogen peroxide, recent research by radiation and oncology researchers has shown ozone therapy can improve oxygenation in hypoxic tumors. It has also been shown in scientific experiments that there is an inverse relationship between the amount of oxygen in the blood and the ability of cancer to spread. In other words, the more oxygen, the less your cancer is able to spread. However, the oxygen we breathe, which is O₂, is not what the body needs to stop the spread of cancer. What is needed is oxygen singlets (i.e. O₁). The best way to get oxygen singlets into the blood is to get ozone (O₃) into the blood, which then breaks down into O₂ and O₁, the critical oxygen singlet. One of the simplest and least expensive ways to get ozone, i.e., oxygen singlets, into the bloodstream is to ozonate ice cold purified or spring water (**NO** tap water). The colder the water is, the more ozone the water can hold and the longer it can hold it.

Here is a complete list of the major benefits of ozonated water:

1. It purifies the blood of some microbes and in several other ways,
2. It is a superb detoxification method,
3. It does kill some cancer cells (but it is probably not strong enough to be a treatment),
4. It can stop the spreading of cancer (the main benefit),
5. It may provide energy,
6. It can help the immune system by providing it oxygen singlets.

A home-grade water ozonator will cost about \$300. A medical-grade ozonator, which is not necessary for a supplemental treatment, costs \$3,000 and up.

How to make ozonated water

First, the container the purified or spring water is in, which the ozone will be bubbled into, **ABSOLUTELY MUST BE MADE OF GLASS**. Ozone will tear apart a plastic container or plastic tube and you will end up drinking plastic!!

Second, the cancer patient should drink the ozonated water as soon as it is made because the ozone breaks down quickly. You should bubble the ozonated water for 7 to 10 minutes before drinking.

To determine how much ozonated water to drink per day, take your weight (in pounds) and then divide that number by two. That is the number of ounces of ozonated water you need to drink per day. For example, if you

weigh 200 pounds, you need to drink AT LEAST 100 ounces of ozonated purified or spring water per day. If the person can take more than the minimum, that is even better.

Ozonated water should not be taken with a meal, it should be taken between 2 hours after a meal and 1/2 hour before a meal. Some ozonated water should be taken about 1/2 hour before each meal.

As has already been mentioned, use ONLY a high quality purified or spring water. NO tap water. Do NOT use distilled water as distilled water can pull/leech minerals out of your body.

Basically, you should have one full gallon, and the gallon you are currently using, stored in the refrigerator at all times. This way when you run out of the one gallon, a full glass gallon of cold water is ready to be used.

At any time during the day, the person should take some antioxidants, such as vitamin C, alpha lipoic acid or Co-Q10. However, antioxidants should not be taken if you are on Protocol, Cantron or one of the graviola or Paw Paw supplements (such as Amazon Factor).

Lung cancer patients who have congestion should not be near the machine making ozone while it is in operation. The reason is that ozone gas is released during the process and ozone gas is a detoxification agent. If the lung cancer patient has any pollutants in their lungs, the ozone gas may break it apart, causing more congestion. **Always check with a qualified medical provider before beginning any procedure.**

Ozone Caution - Rancho Mirage, Calif., July 21, 2010 – An early study in rats provides the first direct indication that a major component of smog might trigger cell death in the heart, researchers reported at the American Heart Association's Basic Cardiovascular Sciences 2010 Scientific Sessions – Technological and Conceptual Advances in Cardiovascular Disease. **The study found that exposure to ground-level ozone over several weeks increased the activity of a substance that triggers cell death in the heart.**

<http://www.newsroom.heart.org/index.php?s=43&item=1089>

Garlic nose drops. In his book The Healing Power of Garlic Paul Bergner writes: "Garlic nose drops directly kill the viruses that cause cold or flu." He also writes about a study with mice where some were inoculated with garlic, and some were not. The flu virus was introduced to the nasal passages of each mouse. Those mice that received the garlic remained healthy, where all the others got sick. To make nose drops, Bergner instructs us to crush some garlic to obtain juice, and add ten parts water and mix well. Eating garlic will also have a systemic effect, but deodorized garlic tablets or capsules reportedly do not work near as well.

Scabies and Morgellon's Disease

The Author knows of people who have used 5 oz to 8 oz. Safe Solutions Tweetmint Enzyme Cleaner and 20 - 30 alfalfa tablets with 5 - 6 caps of St. John's Wort (*Hypericum perforatum*) in their baths and spot treatments to control both scabies and Morgellon's disease, Note: Do not use St. John's Wort. If you are taking oral contraceptives, anti-coagulant medication, antidepressants, HIV protease inhibitors, pregnant or nursing. Stay out of the sun. **You can also use epsom salts baths.** People have dried up Morgellon's lesions by mixing food-grade DE, castor oil and water to make a paste which is then applied to the lesions and covered with paper tape which is left on until the tape falls off the skin.

You can also remove calcium kidney stones with a dropper full of gravel root tincture and a dropper full of hydrangea root tincture in a glass of apple cider. Repeat as needed and take magnesium. See Chapter 40 on how to dissolve kidney stones.

Conclusion

If you are concerned about the future health of your heart/arteries and/or if you are currently suffering from heart ailments, at least cayenne pepper, alfalfa, vitamin C, magnesium and garlic should be a part of your daily diet. Have you just had a heart attack or stroke? In addition to the above products, the Author also recommends the daily consumption of magnesium, Resveratrol, Unique E, Carlson Elite Omega 3 Fish Oil and Vitalzym (a proprietary blend of protease, serrapeptase, papain, bromelain, amylase, lipase, rutin and amla) or Blockbuster AllClear. In addition to the routine use of H2O2 and EDTA chelation IV's. Always check with a health care professional you trust.

Resveratrol the “Fountain of Youth”?

French people with poor diets who drink wine have better cardiovascular health than you might believe possible - the reason why is due to a potent polyphenol found in red wine and red grape skins and flesh called Resveratrol. Resveratrol acts as a natural defense against bacteria and fungal infections. Adult males should drink two glasses a day of red wine and adult females should drink at least one. Resveratrol can also be found in peanuts, blueberries, raspberries and Japanese Knotweed. Resveratrol also comes as a supplement thus eliminating the alcohol.

Resveratrol, has been found to promote long life and health by preventing heart disease, helping keep weight under control, normalize cholesterol levels, prevent diabetes and some of the top causes of blindness.

Often used for its antioxidant properties, resveratrol has been shown to trigger the same protective enzymes in mammals as are triggered on certain calorie-restricted diets. These enzymes work to reduce cellular damage and even prevent damage to cells. It is this ability to prevent cellular damage that is leading researchers to study the effects of resveratrol on preventing certain cancers, including breast cancer. And the results are startling.

Recent laboratory studies have shown that the natural dietary supplement Resveratrol suppresses abnormal cell formation that leads to most forms of breast cancer. It does this by inhibiting cancer cell proliferation whether oestrogen receptors are positive or negative. It also slowed or prevented cancer cell progression and growth into other stages. Resveratrol is such a powerful and potent antioxidant that it not only helps you neutralize free radicals but, it can cross the blood-brain barrier to help protect your brain and nervous system as well.

Studies using resveratrol on yeast, fruit flies and mice had showed that the compound reduced inflammation and toxic free radicals that cause disease. According the study published online in the Journal of Clinical Endocrinology and Metabolism, taking Polygonum cuspidatum (PCE) extract containing 40 mg resveratrol daily suppressed inflammation and oxidative damage in healthy adults by reducing the expression of two major inflammatory molecules and a protein that these molecules produce. Dr. Paresh Dandona who headed the study says the findings are exciting and very important to future clinical treatment. Among other things, he says that they found that resveratrol could be useful for the treatment of diabetes. In tests on 20 people, resveratrol stopped the production of proteins that are believed to be responsible for inducing insulin resistance. The compound's properties also make resveratrol a possible preventative for heart disease and other illnesses. There were no side effects. Importantly, they achieved dramatic results at a fraction of the dose previously thought needed for effectiveness.

Studies show that resveratrol may also increase the lifespan in human cells. So, it could be a determining factor in extending your longevity.

What Kinds of Medicine are Out There?

Allopathic Medicine — Allopathy is the type of medicine most familiar to westerners today. Allopathy is supposedly a biologically-based approach to healing. For instance, if a patient has high blood pressure, an allopathic physician might give him/her a drug that lowers blood pressure. In 1848, the allopathic rationalists created the American Medical Association (AMA) and gained a strong organizational edge. Even though many American clinics once relied on homeopathy and naturopathy, allopathic medicine quickly rose to dominance. During this same era, the discovery of antibiotics triggered rapid growth of the pharmaceutical industry. Allopathic medicine is a system of medical practice which treats disease by the use of remedies which produce effects different from those produced by the disease under treatment. MDs practice allopathic medicine. It is also called conventional medicine. The term "allopathy" was first used in 1842 by C.F.S. Hahnemann to designate the usual practice of medicine (allopathy) as opposed to homeopathy, the system of therapy that he founded based on the concept that disease can be treated with drugs (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself. To the Author, allopathic medicine currently practiced by most medical doctors basically means "symptom treater".

Osteopathic Medicine — Developed in the late 1800's by physician A. T. Still in Kirksville, Missouri, osteopathic medicine has historically had a strong emphasis on the inter-relationship of the body's nerves, muscles, bones and organs. Licensed doctors of osteopathic medicine, or D.O.s, supposedly apply the philosophy of treating the whole person to the prevention, diagnosis and treatment of illness, disease and injury. Osteopathic physicians are to work in partnership with their patients to help them achieve a high level of wellness by focusing on

health education, injury prevention and disease prevention. The Author's dear friend, Herbert Yates, taught manipulative medicine and practiced this "whole person" approach to health care, instead of just treating specific symptoms, at Kirksville, Missouri until he died. Today many osteopaths the Author knows actually practice allopathic medicine.

Unani Medicine — The ancient Greeks are called the fathers of modern medicine because they first developed and used a system to "diagnose" various sicknesses and treat them with herbs. This "Unani" system of medicines that originated in Greece and was based on the teachings of Hippocrates and Galen first reached India through the Arabs like Rhazes, Avicenna, Al-Zahravi, Ibne-Nafis and others who developed these teachings into an elaborate Medical System a very long time ago. This Unani system of medicine (Unani Tibb) is based on the ancient Greek theory of four basic elements: air, earth, fire and water and four bodily fluids (humors): blood, phlegm, black bile and yellow bile (choler). The goal of Unani is the "balancing" of these four humors. Temperament supposedly stems from the dominant humor and is a determinant of "diagnosis" and treatment. For example, anger and irritability supposedly manifest an excess of yellow bile. "Unani" is the Arabic word for "Greek." Unani Medicines got enriched by imbibing what was best in the contemporary systems of traditional medicines in Egypt, Syria, Iraq, Persia, India, China and other Middle East countries. In India, the Delhi Sultans (rulers) provided patronage to the scholars of Unani System and even enrolled some as state employees and court physicians. During 13th and 17th century A.D. Unani Medicine had its hey-day in India. During the British rule, Unani System suffered a set back due to withdrawal of State Patronage, but continued to be practiced as the masses reposed faith in the system. It was mainly the Sharifi family in Delhi, the Azizi family in Lucknow and the Nizam of Hyderabad due to whose efforts Unani Medicine survived during the British period. The Unani system of medicines has cured diseases like arthritis, leucoderma, jaundice, liver disorders, nervous system disorders, bronchial asthma, and several other acute and chronic diseases where other systems have not been able to give any relief.. Now the system has crossed national boundaries and is popular among the many peoples globally.

Herbal Medicine — Ezekiel 47:12 "And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and their leaves for medicine." That read, Herbal medicine can also be referred to as Botanicals, Phytotherapy. What is an herb? An herb is any plant or part of a plant used for its scent, flavor or therapeutic properties. Herbal medicine products are normally only sold as dietary supplements that people take to improve their health. Many herbs have been used for a long time for claimed health benefits. They are sold as oils, tablets, capsules, powders, teas, extracts and fresh or dried plants. However, some can cause health problems, some are not effective and some may interact with other drugs you are taking. **Even organic peanuts can create problems for many people: in the USA over one and a half million people are allergic to the peanut and/or its oils; so, in order to use an herbal product as safely as possible be sure to:**

- Consult your medical provider first and follow his/her guidelines.
- Never take more than the label recommends. Be especially cautious if you are chemically sensitive, pregnant or nursing.



HEALING THROUGH OIL-PULLING - Dr. F. Karach, M.D., presented a paper before the All-Ukrainian Association. The meeting was attended by oncologists and bacteriologists belonging to the Academy of Science of the USSR. Dr. Karach explained an unusual simple healing process using cold-pressed oils. The healing process is accomplished by the human organism on its own. In this way it is possible to heal cells, tissue and all organs simultaneously; the body itself gets rid of toxic waste without disturbing the healthy microflora. Dr. Karach says human beings are living only half their life span. They could potentially live healthy to be 140 to 150 years old. Dr. Karach suggested using either sunflower or sesame oils, but you could also use coconut oil or olive oil - pick one to which you do not react.

The method

In the morning before breakfast on an empty stomach you take one tablespoon of cold-pressed oil in the mouth but do not swallow it. Move oil slowly in the mouth as rinsing or swishing and Dr Karach puts it as ‘ sip, suck and pull through the teeth’ for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil must not be swallowed, for it has become toxic. As the process continues, the oil gets thinner and white. If the oil is still yellow, it has not been pulled long enough. **It is then spit from the mouth into the toilet** - the oral cavity must be thoroughly rinsed and mouth must be washed thoroughly. Just use normal tap water or hydrogen peroxide and good old fingers to clean. Clean the sink properly, because the spittle contains harmful bacteria and toxic bodily waste. If one were to see one drop of this liquid magnified 600 times under a microscope, one would see microbes in their first stage of development. It is important to understand that during the oil-pulling/swishing process one’s metabolism is intensified. This leads to improved health. One of the most striking results of this process is the fastening of loose teeth, the elimination of bleeding gums and the visible whitening of the teeth.

The oil pulling /swishing is done best before breakfast. To accelerate the healing process, it can be repeated three times a day, but always before meals on an empty stomach. For step by step instructions click on: <http://www.oilpulling.com/oilpullingmethod.htm>

Many years ago the Author wrote the following in his free Chapter 40 - “Simple Detox Formula - Jan Morales, D. O. has found a simple way to detox without sitting in a sauna for hours: Put one tablespoon of (cold pressed) sunflower oil under your tongue for 20 minutes. Swish the oil around while holding it in your mouth. Spit the oil out after 20 minutes into the toilet. Brush your teeth with half baking soda, half salt to get the oil out. Do this on an empty stomach. The procedure can be done 1 - 3 times per day. Quite often this simple procedure will remove intense headaches - virtually immediately. http://www.stephentvedten.com/40_Detoxification.pdf
SAFE PAIN CONTROL (See Inflammation)

Pain serves a real purpose. Pain tells us where and when something is going wrong in our bodies. Discomfort can come from exercise and accidental external injuries, pain is also caused by inflammation from inside the body. We obviously do not like pain and we try to stop it as quickly as it occurs.

Over-the-counter (OTC) medicines do not deal with the real cause of your pain but instead simply numb your nerves so you temporarily don’t feel the pain. When the numbing wears off, your pain comes back even stronger. That’s because the body becomes insensitive to the pain medicine. You then need more and more drugs or medicine to try to cover up the pain. This is why people become addicted to pain drugs while the real cause of their pain is never addressed.

Every year Americans purchase about \$5 billion over-the-counter (OTC) drugs to try to relieve pain. Common anti-inflammatory agents are used for arthritis and joint pain, such as Tylenol (acetaminophen), Motrin, Advil, and Ibuprofen. These drugs all have dangerous side effects. The most common side effects are nausea, vomiting, diarrhea, constipation, decreased appetite, rash, dizziness, headache, and drowsiness. The most serious side effects are kidney failure, liver failure, ulcers and prolonged bleeding after an injury or surgery. Other less common side effects include heart problems. The U.S. Food and Drug Administration warns that people using these medications (with exception of aspirin) may have a higher risk of heart attack or stroke than those people who do not take them. Continued use of this class of anti-inflammatory agents have been the cause of 20% of all cases of heart failure.

By the way, the Author believes narcotic analgesics have acetaminophen added to them in order to stop people from using them for their narcotic effect. Acetaminophen can cause liver damage and other health problems and its overdose can cause a very long, agonizing death. In June, 2009, a government advisory panel voted to recommend eliminating prescription drugs that combine acetaminophen with narcotics -- such as Vicodin and Percocet -- because of their risk for overdose and for severe liver injury. Although acetaminophen is one of the most commonly used drugs in the United States for treating pain and fever, overdoses of acetaminophen have been linked to 56,000 emergency room visits, 26,000 hospitalizations and 458 deaths during the 1990s, according to the FDA, citing one study. The Agency cited another study, a 2007 Centers for Disease Control and Prevention population-based report, that estimated acetaminophen was the likely cause of most of the estimated 1,600 acute liver failures each year.

The Author believes that taking NSAIDs (non-steroid anti-inflammatory drugs) and Tylenol (acetaminophen) is a particularly dangerous combination and can cause risk of kidney failure if taken even as short a time as several weeks. The use of Tylenol and/or aspirin has been blamed for approximately 15% of the people ending up on kidney dialysis.

People try to cope with the side effects of these OTC and prescription pain-killers by taking other medications to counteract their dangerous side effects! So the medicine chest fills up with one drug after another and you experience even more pain and worsening health.

What are some safe alternatives?

Peppermint Oil - Peppermint is the strongest of all the mints, it has healing and painkilling properties. Peppermint stimulates circulation, yet is soothing to the nerves. To ease a headache, rub some on your temples.

Cayenne Pepper - Has been used to stop a heart attack, remove plaque, heal coughs, nausea, joint pain and shingles. Cayenne is high in vitamin C. A favorite of herbalists: use cayenne as a salve to relieve swollen joints and arthritis pain. It increases blood flow, which promotes healing.

Arnica - A general remedy for sports injuries. Excellent for swelling control. It can be taken orally (under the tongue) or used as a salve for relieving sore muscles, bruises and sprains. Has anti-inflammatory and pain relieving power. A study showed it helped runners with muscle stiffness after a marathon. A little goes a long way. Rub a few drops to a dropperful on the area of pain. Try just a drop on bug bite stings.

Curcumin - Curcumin is the principal curcuminoid of the Indian spice turmeric. Turmeric has been used historically as a component of Indian Ayurvedic medicine since 1900 BCE to treat a wide variety of ailments. Research in the latter half of the 20th century identified curcumin as responsible for most of the biological activity of turmeric. Currently numerous clinical trials in humans are underway, studying the effect of curcumin on numerous diseases including multiple myeloma, pancreatic cancer, myelodysplastic syndromes, colon cancer, psoriasis and Alzheimer's disease. In vitro and animal studies have suggested that curcumin may have antitumor, antioxidant, antiartritic, anti-amyloid, anti-ischemic and anti-inflammatory properties. Its potential anticancer effects stem from its ability to induce apoptosis in cancer cells without cytotoxic effects on healthy cells.

Additional Alternatives/Thoughts:

Arnica (*Arnica montana*) has been used for medicinal purposes since the 1500s and remains popular today. Applied topically as a cream, ointment, liniment, salve, or tincture, Europeans and Native Americans have used arnica to soothe muscle aches, reduce inflammation, and heal wounds. It is often the first remedy used for injuries such as sprains and bruises. Arnica in herbal form is primarily restricted to topical (external) use because it can cause serious side effects when taken internally. Arnica is often used in homeopathy, and should be taken internally only in the extremely diluted form common to homeopathic remedies. If you have any question about whether you have the herbal or homeopathic form of arnica, talk to your doctor before taking it.

Marijuana Benefits Cancer: Two Studies You Probably Never Read About:

http://www.naturalnews.com/029780_marijuana_cancer.html

Chamomile

USES: Flowering tops of the plant are used to make teas, liquid extracts, capsules or tablets for sleeplessness, anxiety and gastrointestinal conditions such as upset stomach, gas and diarrhea. Can be applied to the skin as a cream or an ointment for various skin conditions, or used as a mouth rinse to treat mouth ulcers resulting from cancer treatment.

THE SCIENCE: Has not been well studied in people, so there is little evidence to support its use for any condition.

SIDE EFFECTS: Allergic reactions can include skin rashes, throat swelling, shortness of breath and anaphylaxis, a life-threatening allergic reaction.

Cinnamon

USES: Orally, cassia cinnamon is used for type-2 diabetes, gas, muscle and gastrointestinal spasms, preventing nausea and vomiting, diarrhea, infections, the common cold and loss of appetite. Also used for impotence, bedwetting, rheumatic conditions, testicle hernia and menopausal symptoms. "In a 2003 study, the U.S. Department of Agriculture found that taking 1 gram (less than ½ teaspoon) of cinnamon over 40 days reduced cholesterol levels by 12–26%, triglyceride levels by 23–30%, and blood sugar levels by 18–29%. When the research subjects took more than 1 gram they did not see any added improvement, and the good results were maintained for at least 20 days after the study ended." More good info and data on cinnamon at the following link:

<http://www.naturalchoicesforyou.com/site/680805/page/680822>

THE SCIENCE: Cinnamon is a good source of manganese, an important component of a healthful diet. It contains a substance that activates formerly inhibited insulin receptors.

SIDE EFFECTS: Its anti-clotting properties can cause profuse bleeding in conjunction with other blood thinners if a patient is injured, menstruating excessively or has surgery.

Garlic

USES: High cholesterol, heart disease, high blood pressure and certain types of cancer, including stomach and colon cancers. Garlic cloves can be eaten raw or cooked. They can be dried or powdered and used in tablets and capsules. Raw, the cloves can be used to make oils and liquid extracts.

THE SCIENCE: Garlic may slow the development of atherosclerosis (hardening of the arteries), and may slightly lower blood pressure.

SIDE EFFECTS: Breath and body odor, heartburn, upset stomach and allergic reactions -- all more common with raw garlic.

Aloe vera

USES: Clear gel from the leaves is often used as a topical ointment for burns and other conditions. The green part of the leaf that surrounds the gel can be used to produce a juice or a dried substance taken orally for diabetes, asthma, epilepsy and osteoarthritis.

THE SCIENCE: Topical aloe gel may help heal burns and abrasions. Other uses have not been heavily researched.

SIDE EFFECTS: Gel can inhibit healing of deep surgical wounds. Abdominal cramps and diarrhea have been reported with oral use, which can decrease the absorption of many drugs.

St. John's wort

USES: Sleep disorders, nerve pain and mental disorders such as depression and anxiety.

Also can be used as a sedative, to treat malaria and as a balm for wounds, burns and insect bites.

THE SCIENCE: Studies have shown varied degrees of success in treating depression.

SIDE EFFECTS: May cause increased sensitivity to sunlight. Other side effects can include anxiety, dry mouth, dizziness, gastrointestinal symptoms, fatigue, headache or sexual dysfunction.

A Quick Guide to Herbal Supplements - http://nccam.nih.gov/health/NIH_Herbs_at_a_Glance.pdf

Homemade Massage/Body Oil

Vegetable oils are far more nourishing, soothing, and moisturizing than a mineral oil made from petroleum. This base oil also makes a wonderfully soothing natural massage oil all by itself.

1 cup organic grapeseed, almond, sunflower or olive oil

2 - 3 capsules vitamin E (d-alpha)

Squeeze the vitamin E oil into the base oil. Stir the oils until they are thoroughly mixed. Place in a squeeze bottle and use as needed in the bath, as a lotion or massage oil. Vitamin E is a natural antioxidant and has many healing properties. It's an excellent moisturizer, wound healer, and is extremely soothing to dry, chapped or irritated skin. **You can also add peppermint oil, cayenne, curcumin and/or arnica to this base to help relieve pain.**

Not Nice To Arthritis®

Not Nice to Arthritis® contains glucosamine sulfate, methylsulfonylmethane (MSM) chondroitin sulfate, cetyl myristoleate (CMO), calcium ascorbate, ascorbic acid and lipase. The Author uses all of the above-mentioned alternatives.

Diet

Most Americans have an acidic diet. Excess acid makes it harder for the body system to do its work and can lead to health problems over time, e.g., severe lack of energy, arthritis, kidney stones, abnormal blood sugar and blood pressure, hormonal imbalances and weight gain are some of the health problems that can result. Flour, sugar, night shade plants, grains, cheese, meats and coffee are very strong acid-creators in the body. Reducing or avoiding those foods is the most direct way to reduce acids. Eating seafood, fresh fruit and vegetables, vegetable and unsweetened fruit juices and the use of sodium bicarbonate will raise the alkaline levels in your body.

CAUTION: Everyone is different and nothing is safe for everyone; Always make sure to try a small amount of any new addition to your diet and/or health program before using even the labeled amount.

General Health Note

The Author tries to eat and live as naturally as possible. If G-d made it, you can generally use it (unless you are allergic to it). If man made it, avoid it. Always do a Google search before you begin to use anything: Simply type in the name of the item you question, add a space and then type a plus sign (+). add another space and then type "health problems" in order to find information regarding contra indications. If you do this your life will improve. Some basic things to avoid are synthetic pesticides, mercury fillings, Frankenfoods, margarine, artificial sweeteners, homogenized milk, water that has been chlorinated or fluoridated and/or anything that is contaminated with preservatives and other man-made toxins. If you must smoke, use organic tobacco. Try to use only organic products. Do not drink or eat out of plastic containers. Remember there are toxic organic products: Night shade and oleander are organic plants, but they are not safe. **Always find a safer, more nutritious way! If you must error, error on the side of safety rather than on the side of control.**

What then is the Best Medicine? In the Author's opinion, he would suggest that rather than continuing to "treat" the symptoms we start by removing the cause by using various methodologies is the best cure. Let us look at several available safe and effective alternatives, e.g., 4 Thieves Oil, enzyme cleaners and ultraviolet lights from Safe Solutions, Inc. <http://www.safesolutionsinc.com>.



FOUR THIEVES VINEGAR - In 1666, during the Black Death/Plague that was raging in London, four thieves, taking advantage of the public calamity that was then raging, began to break in to plague victims' homes to plunder the dead and dying. No legal effort was made, however, to apprehend the thieves, as it was believed that they would soon succumb to the dangerous infection they were being exposed to in all the homes they had robbed. But, as the thieves continued their pillage of London, escaping the deadly infection as they carried on their crime spree with impunity for some time, people finally began to wonder why these thieves had not become ill and died. It was only then

that the authorities began to pursue them... in order to find out the secret of their apparent immunity to the deadly Plague. Once the burglars had been apprehended, they struck a bargain with the authorities, that they should be set free in exchange for revealing the secret of how they ensured their safety from being destroyed by the Black death/Plague. After the bargain was reached, the four thieves revealed their prepared vinegar/herbal disinfecting formula that they constantly carried in sponges that rendered them safe and immune from the Black Death/Plague. This ancient herbal vinegar was/is made by digesting hyssop, sage leaves, etc. and was then formulated by many apothecaries for sale to treat all infectious diseases and was called Thieves Vinegar. Today, the Author believes "Thieves Vinegar" can still protect us against swine flu, smallpox, biological weapons and various infectious diseases.

FOUR THIEVES VINEGAR

- 1 part lavender (*Lavandula angustifolia*), dried (Note: Lavendar oil is cytotoxic and a powerful allergen)
- 1 part sage (*Salvia officinalis*), dried
- 1 part thyme (*Thymus vulgaris*), dried

1 part lemon balm (*Melissa officinalis*), dried
1 part hyssop (*Hyssopus officinalis*), dried
1 part peppermint (*Mentha nigricans*), dried
1 handful garlic (*Allium sativum*) cloves

Raw (unpasteurized) wine or organic apple cider vinegar

- In a clean glass jar, place all the various dry, organic ingredients.
- Add raw (unpasteurized), organic wine or apple cider vinegar to cover
- Place jar in a cool place and let sit, at room temperature, for six weeks.
- Strain off all the herbs and garlic, and pour into a clean glass bottle or jar with a tight fitting lid.

HOW TO USE FOUR THIEVES VINEGAR

- Take a teaspoonful several times daily.
- Add to salads either directly or in a salad dressing.
- For personal protection, add a teaspoonful to bath water.
- Use as a topical spray for disinfecting surfaces and/or skin

ALTERNATIVE FOUR THIEVES VINEGAR

wormwood (*Artemisia absinthium*)
meadowsweet (*Filipendula ulmaria*)
juniper berries (*Juniperus spp.*)
rosemary (*Rosmarinus officinalis*)
camphor (*Cinnamomum camphora*)
sage (*Salvia officinalis*)
cinnamon (*Cinnamomum verum*)
cloves (*Syzygium aromaticum*)
organic apple cider or wine vinegar

- In a clean glass jar, place all the alternative dry, organic ingredients.
- Add raw (unpasteurized), organic wine or apple cider vinegar to cover
- Place jar in a cool place and let sit, at room temperature, for six weeks.
- Strain off all the herbs and materials, and pour into a clean glass bottle or jar with a tight fitting lid.

Safe Solutions Organic 4 THIEVES OIL

Clove oil (*Syzygium aromaticum*)
Lemon oil (*Citrus limon*)
Cinnamon Bark oil (*Cinnamomum verum*)
Eucalyptus oil (*Eucalyptus radiata*)
Rosemary oil (*Rosmarinus officinalis*)

A Thieves Oil blend of therapeutic-grade essential oils was tested at Weber State University for its potent antimicrobial properties — it was found to have a 99.96% kill rate against airborne bacteria. A study by researchers in France in 2008 tested bactericidal activity of 13 different essential oils and had similar results, with cinnamon oil being the most effective. At concentrations as low as 10% or less, cinnamon oil alone was found effective against several antibiotic-resistant strains of bacteria, such as *Staphylococcus* and *E. coli*.

How does Safe Solutions Concentrated/Organic 4 Thieves Oil Work?

Lemon, rosemary and eucalyptus oils contain d-limonene, cineole, beta-myrcene, alpha-pinene, beta-pinene and camphor. Cinnamaldehyde is a major component in essential cinnamon oil. Eugenol is found in both clove and cinnamon oils. Check out these individual ingredients/components and see what each is capable of healing. These essential oils (especially in proper combination) are naturally highly antiviral, antiseptic, antifungal, anti-catarrhal, antibacterial, anti-infectious and also they help to stimulate the immune system, the circulatory and the respiratory systems and help protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, sickness, allergies, infections, etc. This proprietary combination of properly

prepared organic essential oils provides the user with a safe, powerful synergistic attack against harmful germs, mold, fungi and/or viruses. Safe Solutions, Inc. scours the earth to find the very best organic essential oils and then carefully blends them together.

How to use Safe Solutions 4 Thieves Oil

Caution: The volatile cinnamon and clove oils may cause reactions in some sensitive people, e.g., irritation to lips or sensitive membranes. Chemically sensitive, fair skinned, blue-eyed individuals, redheads and those who tend to sunburn easily need to heed and dilute concentrated Thieves Oil in a carrier oil (such as almond or olive oil) before directly applying to their skin. **Always test even diluted Safe Solutions 4 Thieves Oil on a small area before applying it overall. If no one has a reaction:**

You can then diffuse Safe Solutions 4 Thieves Oil

1. directly from the bottle or from a diffuser into the ambient air of your living space,
2. put a few drops on the furnace or air conditioner or vacuum air filters,
3. put a few drops in a spray bottle and spray the air and source of the odor,
4. put a few drops on a cloth and place the cloth in front of a fan or on top of a register/vent

You can then also

5. put a few drops directly on the body

Because Safe Solutions 4 Thieves Oil is a 100% concentrated form of Thieves Oil, it is highly recommended you first dilute Safe Solutions Concentrated 4 Thieves oil in a carrier oil at a rate of 1 part of concentrate in up to 10 parts of almond or olive oil or another carrier oil prior to applying it directly on the body.

- a. place 2 drops of diluted blend on your chest to relieve cough, cold and bronchitis, pneumonia and to clear the respiratory system.
- b. place 2 drops of diluted blend on your lymph nodes to attack viruses. Massage the area gently.
- c. place 1 - 2 drops of diluted blend on the bottom of your feet and the nape of your neck to help deter and boost your immune system.
- d. another place a diluted blend of Safe Solutions 4 Thieves Oil can be applied is under your arms.

Prevention and Remediation — Safe Solutions 4 Thieves Oil allowed to slowly diffuse into an infested/contaminated area for 72 hours will also safely and far more effectively remove toxic molds (e.g., *Stachybotrys chartarum* is a fungus that has become notorious as a mycotoxin producer that can cause animal and human mycotoxicosis.) and even resistant bacteria problems for weeks and is normally safe for most workers/occupants to breathe as it is slowly being diffused.

WARNING - KEEP OUT OF REACH OF CHILDREN. POSSIBLE SKIN SENSITIVITY. If pregnant or under a doctor's care, consult your physician or medical provider before using this product.

Disclaimer - The above-mentioned product has not been evaluated by the FDA and is not intended to diagnose, treat, cure and/or prevent any disease.

Safe Solutions, Inc. Enzyme Cleaners - Simply cleaning with these patented enzymes with a normal pH of 7 will remove virtually all allergens, odors, stains and most pest problems! While the Author has patented these safe and very effective cleaners as biopesticides — <http://www.theidealpesticide.com> — Safe Solutions, Inc. has not yet registered them as biopesticides with the EPA. All that is in them is purified water, dish soap, glycerin, meat tenderizer, peppermint and sodium borate; virtually everything is edible except the dish soap.

YOU CAN VIEW THE FIRST U. S. ENZYME/SURFACTANT PATENT #6663860:

http://www.safesolutionsinc.com/Tvedten_Biological_Pesticide_Patent.pdf

This U.S. Patented Process # 6663860 owned by the Author has 77 claims on the process of using various formulas and compositions of protease enzyme and surfactants to control a broad array of pests such as insects, arachnids, bacteria, viruses, and mold. While in its liquid state, the enzyme compound is active and can be used to safely control bugs without the use of pesticide. The entire enzyme surfactant compound basically contains only ingredients that are considered to be non-toxic, food-grade or GRAS (Generally Recognized as

Safe), so it can be used around people ranging from infants to elderly, pregnant, ill or chemically sensitive. The Patent allows for an unlimited amount of safer and far more effective alternatives to pesticides and herbicides.

In addition to US Patent #6663860, the Author was notified on June 20, 2008 that the US Patent and Trademark Office will issue him another US Patent #7,393,528 on his already patented enzyme/surfactant process on July 1, 2008. **You Can View the Various MSDS's on Safe Solutions Enzyme Cleaners and all the other product information at their website: <http://www.safesolutionsinc.com>**

How Do Safe Solutions Enzyme Cleaners Work?

Part of the science behind how protease enzyme cleaners work as a natural pest control agent is that all insects undergo a molting cycle in which they naturally produce a small amount of protease enzyme to create a chemical "zipper" that splits open a seam in their exoskeletons so they can emerge from their shell and grow larger. Without this vital protease enzyme, insects would be trapped inside their own exoskeletons and be crushed to death by their own growth. There is no possibility that insects or arachnids can ever develop a resistance to protease enzyme as a physical control agent because their very existence depends on it! Indeed, enzymes play many vital roles throughout the insect kingdom. Maggots naturally produce enzymes to help soften up food for digestion. Spiders and scorpions inject their prey with enzyme and allowing it to predigest the victim. Insectivore plants such as the Venus fly trap also use enzymes to digest insects. Even pests like bacteria and mold naturally use enzymes to break down dead organic material on a cellular level.



In The Best Control II free IPM encyclopedia: <http://www.thebestcontrol2.com> — the Author outlines how through his over 40 years of pest control field research, he has continually proven that enzyme-based compositions are the safest and fastest knock-down "pesticides" available on the pest control market today. Most insects die in about sixteen seconds when exposed to Safe Solutions protease enzyme and a surfactant blend. Ticks and spiders are arachnids, and have stronger outer shells than arthropods, so they require about two minutes to be destroyed. The dilution rate of the enzyme and surfactant blend can be calibrated to remove only chosen insects such as aphids, but weak enough to protect beneficial insects such as honey bees and lady bug beetles.

Pest control has long sought a 'Holy Grail' idyllic pesticide; one that is totally safe for humans, yet certain death to insects, arachnids, molds, bacteria and viruses that would never become obsolete. This 'Perfect' pesticide would be not only be non-toxic but permanently effective too. However, the "industry" continues to only use/misuse various synthetic toxins. Sadly, humans do not have the biological tolerance to synthetic pesticides that insects and other pests do. But conversely, most insects and arachnids do not have any biological tolerance to the Author's safe and far more effective protease enzyme and surfactant biopesticide formulations, such as Lice R Gone®. Click on the following url: http://www.licergone.com/Safe_Solutions_Lice-R-Gone.mpg - and watch the lice literally dissolve.

The Pest Problem and the Real Safe Solution

There are about 50 to 60 million insect species on earth; we have named only about 1 million and there are only about 1 thousand pest species. Over 50% of these thousand pests are already resistant to our volatile, dangerous, synthetic pesticide POISONS. We accidentally lose about 25,000 to 100,000 species of insects, plants and animals every year due to "man's footprint". But, after poisoning the entire world and contaminating every living thing for over 60 years with these dangerous and ineffective pesticide POISONS, the POISON "industry" has never even controlled much less eliminated even one pest species and every year "they" use/misuse more and more pesticide POISONS to try to "keep up"! Even with all of this unnecessary expensive and dangerous pollution, we lose more and more crops and lives to these 1 thousand pests every year. **We are losing the war against these thousand pests mainly because the POISON "industry" insists on using only synthetic pesticide POISONS and fertilizers.** There has been a severe "knowledge drought" — a worldwide decline in agricultural R&D, especially in production research and safe, more effective pest control alternatives since the advent of synthetic pesticide POISONS and fertilizers. Today we are like lemmings running to the sea insisting that is the "right way". The greatest challenge facing humanity this century is the necessity for us to double our global food production with less land, less water, less nutrients, less science, frequent droughts, more and more contamination and ever-increasing pest damage.

National Poison Prevention Week, March 18-24, 2007 was created to highlight the dangers of poisoning and how to prevent it. One study shows that about 70,000 children in the USA were involved in common household pesticide-related (acute) poisonings or exposures in 2004. At least two peer-reviewed studies have described associations between autism rates and pesticides (D'Amelio et al 2005; Roberts EM et al 2007 in EHP). It is estimated that 300,000 farm workers suffer acute pesticide poisoning each year just in the United States. No one is checking chronic contamination.

Scientists Estimate that Pesticides are Reducing Crop Yields by ONE-THIRD Through Impaired Nitrogen Fixation — July 2007



http://www.organic-center.org/science.hot.php?action=view&report_id=99
<http://www.pnas.org/cgi/content/abstract/104/24/10282>

PNAS

Over the last forty years nitrogen fertilizer use has increased seven-fold and nearly every acre of intensively farmed, conventional cropland is treated with pesticides. A team of scientists explored the impact of pesticides and other environmental toxicants on symbiotic nitrogen fixation (SNF) brought about by Rhizobium bacteria (Fox et al., 2007). Their findings were published June 12, 2007 in the prestigious Proceedings of the National Academy of Sciences.

The team describes the critical role played by SNF in supporting crop yields and environmental quality. SNF has great potential to reduce farm production costs – a factor of growing importance as rising natural gas prices push upward the cost of nitrogen fertilizers. In Brazil, SNF from soybeans reduces production costs an estimated \$1.3 billion per year. The research by Fox et al. (2007) explored in depth the signaling processes between plants and bacteria colonizing plant roots – processes that govern the degree of SNF and the production of certain phytochemicals. They focused on the ways that pesticides can disrupt signaling and impair the efficiency of SNF. Some 30 pesticides are known to disrupt SNF; the most widely used pesticide in the United States, glyphosate (Roundup) is known to be toxic to nitrogen fixing bacteria.

The "Conclusions" section of the paper begins by stating: "The results of this study demonstrate that one of the environmental impacts of pesticides and contaminants in the soil environment is disruption of chemical signaling between the host plants and N-fixing Rhiz(obia) necessary for efficient SNF and optimal plant yield." **Drawing on their recent work and other published studies, the team projected that pesticides and other contaminants are reducing plant yield by one-third as a result of impaired SNF. This remarkable conclusion suggests one mechanism, or explanation of the yield-enhancing benefits of well-managed, long-term organic farming systems. It truly is time for a change to safe and far more effective alternatives to dangerous pesticide POISONS.**

See Safe Solutions, Inc. for safe and far more effective alternatives. <http://www.safesolutionsinc.com>

Note: Until this wonderful cleaner is registered by the EPA, Safe Solutions, Inc. will continue to not make any pesticidal claims.

Canadian Doctors Recommend Pesticide Avoidance - The link between common household pesticides and fetal defects, neurological damage and the most deadly cancers is strong enough that family doctors in Ontario are urging citizens to avoid the chemicals in any form.

<http://www.ocfp.on.ca/English/OCFP/Communications/CurrentIssues/Pesticides/default.asp?s=1>

**So why continue to (mis)use dangerous pesticide POISONS?
Suicide, Homicide, Genocide, Pesticide = they all kill!**

The Entire UV Spectrum (Ultraviolet) Light - Safe Solutions, Inc. also sells and recommends the Zadro Nano UV Wand Disinfection Light Scanner. The Zadro Nano UV Disinfection Light Scanner is a wide band ultraviolet light that will eliminate 99.9% of bacteria and virus surface contaminants from virtually any kind of surface in only 10 seconds without leaving any residual contamination. Its wide light ensures a quick sweep and disinfection of any area. Works great for preparing foods! The large scanning surface can be used to disinfect spaces in public

areas such as hotels, restaurants, public rest rooms, doctors waiting rooms, offices and nurseries as well as home and personal items such as mattresses, pillows, kitchen countertops and footwear. A child-resistant lock and 10-second timer switch ensure safe usage. This product will instantly kill 99% of bacteria, viruses, eggs of dust mites, fleas and lice in just 10 seconds! The progress bar on the handle helps you time the short 10-second process. http://www.safesolutionsinc.com/Non-Toxic_Pest_Control.htm

Usage Instructions:

Hold the NANO UV light scanner between 1/4 and 1.5 inches from the surface you want to disinfect and press the power button once; causing the light will come on for 10 seconds. Pass the light slowly across the surface until the entire area is covered, and you are done! For highly contaminated areas, repeat scanner 2-3 times.

Note: The term “influenza” dates back to the Middle Ages and is taken from the Italian word for occult or astral influence.

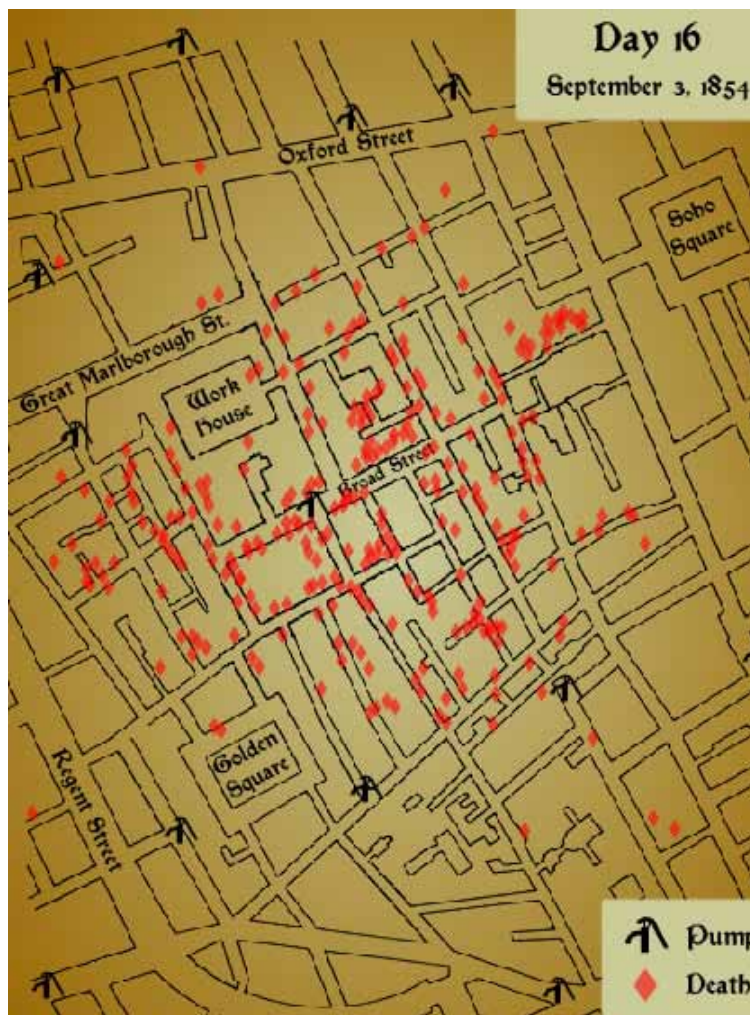
What the Inventor of the Flu Shot NOW Thinks of the Vaccine...Posted by: Dr. Mercola - November 17 2009

<http://articles.mercola.com/sites/articles/archive/2009/11/17/Obama-Administration-Launches-Deceptive-Swine-Flu-Propaganda-Blitz.aspx>

Shingles? The Author suggests taking Lysine 1000 mg 4 times a day and Alpha Lipoic Acid 200 - 300 mg per day if you are not diabetic; diabetics should take only 50 mg a day and continue until the symptoms of shingles are gone. As always, follow the advice of your medical provider.

The choices are truly up to you - choose life or choose death; choose sickness or choose health. However, in order to choose properly you must do some research on your own to see what is truly safe/best for you. Over one and a half million Americans are allergic to even organic peanuts! You must know yourself to heal yourself!

The content of this Chapter/book is for informational purposes only and is not intended to take the place of professional, medical advice or to treat, prevent, diagnose or cure any disease. Always consult your doctor about any queries you may have regarding a medical condition and prior to undertaking any dietary, fitness or other health regime.



The Cholera Deaths Researched by John Snow

THE POWER OF THE TONGUE

A group of frogs were traveling through the woods, when two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead. The two frogs initially ignored their comments and continued to try to jump out of the pit with all of their might. The group of frogs kept telling them to stop because they were as good as dead.

Finally, one of the frogs took heed to what the other frogs were saying and simply gave up. He laid down and died. The second frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die. But, the second frog jumped harder and even harder until he finally made it out of the pit.

You see the second frog was deaf, unable to hear what the others were saying to him. He thought they were all encouraging him the entire time. This story teaches a lesson...."You will have to live with the consequences of everything you say. What you say can preserve life or destroy it; so you must accept the consequences of your words" (Proverbs 18: 20,21).

There truly is the power of life and death in your tongue. An encouraging word can lift a person up and help them make it through the day. A destructive word carelessly spoken to someone who is down can be all that it takes to discourage them even more and/or even to help kill them. Be careful of what you say. Speak life and healing to all those who cross your path. "Disease" simply means "not at ease".