

Site Search

Find

Disclaimer: This site is for your information only and should not be considered as medical advice. It is reproduced and published so that you can broaden your health education and options. Please consult your physician before considering any therapy.

THE OWNER'S MANUAL FOR THE HUMAN BODY ^{Top} BY DR. SAUL PRESSMAN, DCh

[Home](#)
[Abstracts](#)
[Conditions](#)
[Center](#)
[Doctors & Clinics](#)
[Testimonies](#)
[Articles](#)
[Protocols](#)
[Equipment](#)
[Politics & Law](#)
[Cleanses & Supplements](#)
[Bibliography](#)
[Links](#)
[About](#)
[Contact](#)

PLASMAFIRE INTL
© 1997

DCh is Doctor of Chiropractic.

Chiropractic is a form of healing that aids a person to discover that:

- wellness is dependent on the unification of body, mind and spirit;
- each person is responsible for achieving and maintaining his own optimal wellness;
- such wellness is dependent on following natural means and therapies; and
- preventing disease is well within the ability of each person.

Chiropractic points the way toward total wellness by offering sound advice and educational opportunities so that each person can make intelligent, informed decisions about the various factors influencing his total wellness. This state of wellness is a natural state of being, regardless of the age of the person.

TABLE OF CONTENTS

PART ONE

1) Introduction	7
2) The Official Position of the ANA, 1896	9
The Choice Is Yours	10
3) What Is Disease?	
- Allopathy vs Naturopathy	11
- Immunization	12
- The Cause of Disease	13
- Carcinogenesis	15
- Sources of Toxins	16
4) Cleansing	17
- Optimum Health	17
5) Nutrition	18

PART TWO : CLEANSING

1) Liver Cleanse	19
2) Kidney Cleanse	20
3) Parasite Cleanse	21
4) Colon Cleanse	22
- Homozon	23
- Activated Charcoal	23
5) Castor Oil Packs	24
6) Hydrogen Peroxide Bath	25
7) Methylene Blue	26
8) Chelation	27
9) Ozone Therapy	
- Types of Ozone Generators	28
- Dosage and Frequency	29
- Ozone and Magnets	30
- Ozone for Prevention	30
- Methods of Application	31
- Ozone Protocols	37
- Contraindications	38
- The Healing Response	39
- Treatments for the Healing Rash	40
- Hyperthermia	41
- Nature's Gift	43
- What Does Ozone Do?	44

PART THREE : NUTRITION

1) Oxygen	46
2) Water	46
3) Enzymes	46
4) Carbohydrates	48
5) Proteins	48

6) Fats _____	49
- Sources of Fats by Percentages _____	50
7) Super Foods _____	51
- Other High Nutrition Foods _____	52
- Benefits of Organic Vegetables _____	53
8) Vitamins _____	
- The Sources of Commercial Vitamin Supplements _____	54
- Vitamin Utilization and Food Sources _____	55
9) Minerals : Utilization and Food Sources _____	58
- Essential Elements _____	60
10) Amino Acids _____	61
- Homocysteine, Methionine & Glutathione _____	64
11) Herbs _____	65
12) Intestinal Flora _____	68
13) Sunlight _____	69
14) Daily Requirements _____	70

PART FOUR : ANATOMY

- Inside the Cell _____	72
1) The Nervous System _____	73
2) The Digestive System _____	74
- Functions of the Liver _____	77
3) The Circulatory System _____	78
4) The Endocrine System _____	80
5) The Immune System _____	84
- Cancer Clean Up Systems _____	86
6) The Lymphatic System _____	87
7) The Respiratory System _____	88

PART FIVE : DISEASES

1) AIDS _____	90
2) Alzheimer's _____	92
3) ALS _____	94
4) Anemia _____	95
5) Arthritis _____	96
6) Asthma _____	98
7) Atherosclerosis _____	99
8) Cancer _____	101
9) Candida and CFS _____	103
10) Cataracts _____	105
11) Celiac _____	106
12) Colitis, Ileitis, Crohn's, Irritable Bowel, Spastic Colon _____	107
13) Diabetes _____	108
14) Diverticulitis _____	110
15) Eczema _____	111
16) Edema _____	112
17) Emphysema _____	114
18) Fibromyalgia _____	115
19) Glaucoma _____	117
20) Gout _____	118
21) Heart Disease, CHF, High Blood Pressure, Blood Clots _____	120
- Diuretics _____	122
22) Hepatitis _____	123
23) Herpes _____	125
24) Insomnia _____	126
25) Kidney stones _____	127
26) Lupus Erythematosus _____	128
27) Lyme disease _____	129
28) Macular Degeneration _____	130
29) Menopause _____	131
30) Multiple Sclerosis _____	133
31) Osteoporosis _____	135
32) Prostate _____	137
33) Psoriasis _____	138
34) Rheumatoid Arthritis _____	139
35) Scleroderma _____	140
36) Shingles _____	141
37) Tendonitis _____	142
38) Tinnitus _____	143

4000 YEARS of MEDICINE

2000 BC : Here, eat this root.

1000 AD : That root is heathen! Here, say this prayer.

1865 AD : That prayer is superstition! Here, drink this potion.

1935 AD : That potion is snake oil! Here, swallow this pill.

1975 AD : That pill is ineffective! Here take this antibiotic.

2000 AD : That antibiotic is poison! Here, eat this root.

1) INTRODUCTION

In my work as a health educator, one of the phrases I often use is "Your body does not come with an owner's manual". Then, one day as I prepared to go to another public speaking engagement, I had a thought: "Why not write an owner's manual for the human body?" Out of that idea has come this book.

After some research, it became clear to me that the basic recommendations boiled down to two things: Cleansing and Nutrition. These two, combined with moderate exercise, clean water to drink, clean air to breathe, a positive mental attitude and a reason for living, I believe are the keys to health and longevity. This is a simple idea, but it seems to get overlooked in our headlong search for magic cures and silver bullets.

Allopathy states that disease is caused by invading agents labeled bacteria, viruses, parasites and fungi. Naturopathy states that if there are no toxins in the body, there will be no disease.

The analogy I like to use is that of the garbage strike. When the workers are off the job, the garbage piles up and up, and soon attracts flies and then rats. You can go in and kill all the flies and shoot all the rats, but if the garbage is not cleaned up, there will soon be more flies and more rats, and nothing will have been gained.

Are the flies and rats the root of the problem? No. They are simply nature's way of cleaning up a mess -- just part of a team that will eventually turn the garbage into fertile soil so that the cycle can begin again. It is pointless to blame them for anything, because they had nothing to do with creating the original problem and, in fact, are part of the solution.

Similarly, in our bodies, if toxins are allowed to build up, eventually yeast, bacteria, viruses and parasites will move in to clean up the garbage, resulting in what we call disease. These agents of nature are not the cause of disease. Rather, they are the cleanup crew.

Allopathy treats symptoms with antibiotics, radiation, and poisonous chemicals, all of which suppress the body's natural immune system. When these fail, the last resort is amputation of body parts. Naturopathy states that the way to treat and prevent any disease is the same: clean out all toxins from the body. And once these causes of disease are removed, nutrition will supply the building blocks the body requires to rejuvenate the system.

An analogy I often use to help people understand their own body is that of the automobile. It is a sad state of affairs that people know how to look after their cars better than their bodies. Be that as it may, I use it to advantage as follows:

Automobile	=====	Human Body
Engine	=====	Circulatory system
Cylinders	=====	Mitochondria
Oil pump	=====	Heart
Oil	=====	Blood with cholesterol
Oil filter	=====	Liver
Water coolant	=====	Lymph
Computer	=====	Brain & memory
Sensors	=====	Nervous system
Gasoline	=====	Food
Warning lights	=====	Pain
Headlights	=====	Eyes
Air filter	=====	Nose, bronchial tubes
Thermostat	=====	Hypothalamus
Chassis	=====	Skeleton
Tires	=====	Hands and feet
Catalytic converter	=====	Kidneys
Horn	=====	Voice
Vinyl roof	=====	Hair
Sheet steel & paint	=====	Skin
Windshield washer fluid	=====	Tears
Exhaust system	=====	Intestines
Tailpipe	=====	Colon
Water pump	-----	

Note that there is no pump for the lymph in the human body. The muscles of the body provide the necessary pumping action, and therefore it is necessary to provide lymphatic circulation by brisk walking, Tai Chi, rebounder or swimming. Otherwise, the lymph circulates very slowly (once in 24 hours) and it can build up with toxins.

The Official Position of the American Naturopathic Association, 1896

The ANA is opposed to:

- Vaccination
- Immunization
- Vivisection of animals
- Processing of foods
- Pasteurization of milk
- Administration of any drugs
- Usage of any narcotic
- Usage of any alcohol
- Usage of tobacco
- Any government legislation preventing a family from self-treating
- Any government legislation that monopolizes health care
- Any government legislation that would coerce vaccination or immunization
- Any use of herbicides or insecticides or chemical fertilizers

THE CHOICE IS YOURS

NATUROPATHY		ALLOPATHY	
Herb	Annual Deaths	Drug	Annual Deaths
White willow bark	0	Aspirin	7,000
Wintergreen	0	Analgesics	2,669
Garlic cloves + ginger	0	Cough & cold drugs	1,526
Garlic cloves + chapparal	0	Anti-microbial drugs	953
Valerian + chamomile	0	Anti-anxiety drugs	888
St. John's wort	0	Antidepressants	517
Borage + comfrey	0	Antihistamines	412
Cayenne pepper + hawthorn berry	0	Cardiovascular drugs	370
Black cohosh + comfrey	0	Asthma drugs	257
Total	0	Total	14,592

Statistics from National Capital Poison Center, George Washington University

Patient Mortality Rates Compared		
	Homeopathy	Allopathy
Cholera	16 %	10 - 80 %

Typhus	8 %	40 - 50 %
Pneumonia	4 %	30 - 40 %
Yellow Fever	12 %	50 - 60 %
Influenza (1917-1918)	< 1 %	30 - 40 %

3) WHAT IS DISEASE?

- Allopathy vs Naturopathy

It was the work of Louis Pasteur, Edward Jenner, Rudolph Virchow, Robert Koch, Paul Ehrlich and Emil von Behring that brought about the practice of widespread immunization, based upon the idea of producing antibodies in the blood to 'help out' the body's immune system to identify and attack 'invading germs'.

Through the work of Antoine Bechamp, William F. Koch, Royal Rife, Carl Edward Rosenow, Otto Warburg, Gunther Enderlein and Gaston Naessens, these ideas have now been shown to be erroneous.

The so-called 'bad' bacteria and viruses that modern medicine fights with its huge arsenal of synthesized pharmaceutical drugs are in reality the germs of life. These germs live in a symbiosis with the nutritive medium that constitutes our body, allowing it to be built up and later decomposed, to be metamorphosed and recreated. These germs are pleiomorphic shape-shifters that are controlled by the medium in which they live. Germs are not something separate, isolated, unfriendly and coming from outside, but rather, the foundation of life. Without germs, there is no life. Their number is infinite. Their function is varied. They can change shape, join together, separate again and return to their primitive condition. Viruses, bacteria and fungi are various developmental forms of germs, rather than different species. The nutritive medium on which these germs thrive determines the type of development they will undergo.

Early in this century, Dr. Carl Edward Rosenow of the Mayo Biological Laboratories began a series of experiments in which he took distinctive bacterial strains from a number of disease sources and placed them in one culture of uniform media. In time, the distinctive strains all changed and became one uniform class, indistinguishable one from the other. By repeatedly changing cultures, he could individually modify bacterial strains, making harmless ones 'pathogenic' and, in turn, reverse the process. Dr. Rosenow concluded that the critical factor controlling the nature of the bacteria was the food and the environment they lived on. These discoveries were first published in 1914 in the Journal of Infectious Diseases.

Rosenow's work was corroborated and expanded upon about two decades later by Royal R. Rife, developer of the fabled Universal Microscope, with a resolution of 150,000 power. This precision instrument made living bacteria and viruses visible. Rife showed that by altering the environment by adding adrenaline, friendly bacteria such as bacillus coli could be converted into the 'pathogenic' bacteria known as typhoid, then into viral forms associated with polio, then tuberculosis, then cancer. Rife observed that the processed could be reversed backwards to harmless bacillus coli by adding long chain sugars, such as are found in aloe vera.

Rife stated that it was the unbalanced cell metabolism of the human body that in actuality produced the disease. He believed that if the human body was perfectly balanced, it was susceptible to no disease.

This work closely paralleled Alexis Carrel's earlier research at the Rockefeller Institute, where he was able to control the rates and levels of infectious disease mortality among mice by altering their diet. Researcher Rene Dubos reaffirmed these findings and suggested that virulence is an ecological problem; that is, a problem of the state of internal cleanliness.

- Immunization

It is known that children who cannot produce antibodies in their blood (agammaglobulin) nevertheless recover from diseases such as measles and still have long-term immunity. People with no antibodies have been found who are extremely resistant to diseases, while other people have developed diseases to which they already had high levels of antibodies. Official U.S. military records show that highly immunized personnel manifest a mortality rate from diphtheria four times higher than that of unvaccinated civilians.

It is now clear that the body needs no 'help' of the sort provided by immunization; that antibodies in the bloodstream are not required to protect the body; and that immunization can cause immune suppression, permanent nervous system damage, growth stunting and even death. There is also strong evidence that immunization can actually cause the diseases it was meant to prevent. This view has gained powerful support from the writing of a report commissioned by the Canadian International Development Agency (CIDA) from Dr. Raymond Obomsawin in 1992.

In his detailed report, Dr. Obomsawin found that the idea of induced immunity was an illusion founded

on:

- discredited scientific theories
- the refusal to examine contrary evidence
- the lack of a proper follow-up assessment of immunized children
- poor statistical methods

Dr. Obomsawin found that a positive impact of immunization on public health has never, repeat NEVER, been substantiated in any unbiased study. Rather, immunized people have repeatedly fallen ill to the disease that they were vaccinated against, and epidemics are statistically MORE numerous in more heavily vaccinated groups (studies in Gambia, Brazil and Taiwan). Estimates by 'experts' on the degree and severity of adverse reactions have been woefully wrong, and serious damage and even fatalities have gone unreported, preventing a true assessment of the value of immunization.

Repeatedly, statistics and reports have been manipulated in an attempt to show the effectiveness of vaccination. The best known case involves the famous Salk polio vaccine (which Dr. Salk refused to allow to be given to his children). This massive program is held up as a shining example of the effectiveness of vaccination, yet the statistical evidence shows that polio was on its natural cyclic downturn at the time of the introduction of the vaccine in 1956. In one of the rare double-blind tests ever done on a vaccine, the group receiving it had 200 cases of polio reported, while the control group had none. Polio disappeared in Europe in the middle Fifties about the same time as in America, yet there was no program of mass vaccination there.

Some scientists are now postulating that vaccination irreparably weakens the child's immune system. These same scientists theorize that mass inoculation is responsible for the widespread escalation of autoimmune, degenerative and allergic conditions amongst those subjected to vaccination as children. A further disturbing trend is the increasing coercion placed upon parents to force them to have their children subjected to this massive invasion of their bodies. The weight of state sanctions against parents is totally unconscionable, especially when the true dangers of immunization have now been laid bare in this report. (CIDA refused to publish his report, so Dr. Obomsawin published it with his own funds to alert the public). Now that we know that vaccination offers no protection against disease, we are left with the question of what causes disease, how to prevent it, and how to treat it.

- The Cause of Disease

The human body is 2/3 water, 35% of it in the blood and 65% in the lymph. If toxins are allowed to build up in the system, the water gets 'dirty'. If the blood pH varies from 7.3, then the beneficial microbes that are necessary in the body begin to change their form, and disease results.

To maintain a clean system, it is necessary to have a proper diet, one that produces a blood pH that is neither too alkaline nor too acid. And it is necessary to have sufficient oxygen to allow efficient cellular metabolism.

Each cell burns sugar (carbohydrates) in oxygen to make its fuel, ATP. The carbon-hydrogen bond is cleaved, and oxygen bonds with the hydrogen, forming H₂O (water) and CO₂ (carbon dioxide) as waste products. Calcium is the guardian of the cell in regards to the amount of oxygen allowed in. If there is too little ionic calcium in the cell, due to dietary deficiencies, oxygen cannot enter. If there is insufficient oxygen available, CO (carbon monoxide) is formed instead of CO₂ and the blood is made more acid. If this oxygen deprivation (hypoxia) continues long enough, some cells will eventually be forced to ferment their sugar anaerobically in order to survive. The body has several mechanisms to eliminate these wayward cells, but if the system is toxified, these systems may not be working.

As the cells continue to ferment their sugar, lactic acid and carbon monoxide are produced. This process may continue for years at a low level, until it finally attracts the attention of T-cells and macrophages. As they enter the area and react to the acidic environment, they release enzyme growth factors (EGF), their natural response when they sense tissue that is damaged and in need of repair. (If any parasites enter the body, they will migrate to the distressed area. They will produce offspring, establish a colony and dump their acidic wastes, accelerating the process.)

Stimulated by EGF, the cells begin to wildly make copies of themselves, ignoring signals from the body to stop. This ungoverned cell replication is what we call cancer.

Other disease can also result from lack of calcium in the cell. Since calcium is used to fire all muscles, including the heart, the body is very careful to monitor the amount of calcium in the blood stream. If the body is short of calcium (perhaps due to lack of Vitamin D, which pulls calcium through the gut wall; or boron, which allows the liver and kidneys to convert and release stored Vitamin D), or if a person drinks a cup of coffee, the parathyroid is stimulated to release PTH hormone which causes calcium to be pulled from the bones (a cause of osteoporosis). This calcium is dumped into the blood stream, but this back-up system is imprecise and it always overshoots (the calcium paradox). This results in an excess of calcium in the blood stream, and a resultant quickening of the heartbeat. The body's monitoring and regulating system goes into action, to remove the excess calcium from the blood. It then 'sticks' it wherever it can, on short notice. If the deposition is in a joint, it is called arthritis. If it is on a previously damaged arterial wall, it is called atherosclerosis. If it is on a nerve sheath, it is called multiple sclerosis. Thus the cause of many of our degenerative diseases can be seen to originate in calcium deficiency.

The causes of disease are clear: poor diet and oxygen deficiency result in a toxic buildup which overloads the self-cleansing mechanism, providing an environment that encourages detrimental changes in the germs of life and sometimes parasitic infestation, leading to degenerative disease and premature death.

CARCINOGENESIS

1. Buildup of toxins in and between the cells results in an excess of antioxidants
2. Resulting lack of oxygen impairs cellular respiration (hypoxia)
3. The cell is forced to ferment its sugar supply, becoming potentially cancerous
4. Production of ATP drops, and is of inferior quality
5. Lactic acid and carbon monoxide are produced as waste
6. Cell differentiation is lost
7. Increasing carbon monoxide causes increasing hypoxia
8. Cell energy level drops and antioxidant enzymes are not produced (SOD, GP, catalase)
9. Parasites may move into weakened affected area and proliferate, adding to acidic waste
10. T-cells and macrophages respond to acidity by secreting enzyme growth factor (EGF)
11. The cell is stimulated to replicate wildly, becoming a growing cancer
12. The cell releases enzymes hyaluronidase and collagenase to dissolve the intercellular substrate to gain growing space
13. The cell releases enzymes to stimulate growth of new blood vessels (angiogenesis) to increase its sugar supply
14. The liver recycles excess lactic acid back to glycogen
15. Cancer cell sends out cells to colonize the rest of the body (metastasis)
16. Cancer cells secrete enzymes that suppress appetite, so immune system is deprived of nutrients
17. Cancer cells block entrance of white blood cells, thwarting immune defense

CANCER TREATMENTS

1. Ozone and steam hyperthermia treatments remove the toxins and attack the cancer. Cancer tumor cells are tightly jammed together and unable to shed heat well
2. Ozone improves cell respiration and pO₂ in the blood supply
3. Ozone oxidizes lactic acid; turns free H⁺ ions into water (H₂O) and CO into CO₂
4. Cancer cells are vulnerable to cell wall lysis by ozone because they lack the protective enzymes (SOD, GP, catalase)
5. Parasites are killed or inhibited by ozone
6. Vitamin C and horsetail strengthen the intercellular substrate against dissolving enzymes
7. Angiogenesis can be blocked by shark cartilage, soy genistein, modified citrus pectin, sumex, and selenium
8. Liver enzyme PEP-CK, which allows conversion of lactic acid to glycogen, can be blocked with hydrazine sulphate
9. Aloe vera, astragalus, chapparal, garlic, mullein, and parsley stimulate the immune system, provide quality nutrition and stimulate the appetite

(See page 86... Cancer Cleanup Systems...)

Sources of Toxins in the body :

Internal	External
Carbon monoxide	Carbon monoxide
Candida	Alcohol
Macromolecules	Antibiotics
Overage cells, cell debris	Vaccination debris
Homocysteine	Pharmaceuticals
Adrenaline	Dioxin
Lactic acid	Pesticides
Ammonia	Solvents
Histamine	PCBs
Antibodies	Parasites
	Fluoride
	Nicotine

	Chlorine & byproducts
	Nitrosamines (smoked meats)
	Hydrocarbons
	Nitrogen dioxide
	X - rays
	Trans fatty acids and rancid oils
	Heavy metals : Aluminum, cadmium, cesium, cobalt, copper, lead, mercury, nickel, plutonium, strontium

Products to Avoid in Cosmetics :

Imidazolidinyl Urea and Diazolidinyl Urea	Releases formaldehyde
Methyl, Propyl, Butyl, Ethyl Parabens	Highly toxic
Petrolatum	Promotes sun damage, chapping
Synthetic Propylene Glycol	Toxic
PVP/VA Copolymer	Toxic
Sodium Lauryl Sulfate or Sodium Laureth Sulphate	Causes hair loss and dandruff
Stearalkonium Chloride	Toxic
Synthetic colors (e.g. Red No.6, Green No. 5)	Toxic
Synthetic fragrances	Toxic
Triethanolamine	Toxic
Dibutyl phthalate (DBP)	Severe birth defects

For a list of chemical toxins in the body, see www.ewg.org/reports/bodyburden/findings.php

4) CLEANSING

Our bodies are 2/3 water, 35% in the blood and 65 % in the lymph. Over time, this water can get 'dirty'. It is necessary to clean it in order to maintain good health. There are various organs associated with cleansing the body and it is necessary to clean them periodically so that they do not become overloaded, and can continue to perform their functions. The organs of elimination are: Liver, Kidneys, Skin, Colon, and Lungs.

Disease results from a toxic buildup caused by poor nutrition, lack of exercise, lack of oxygen,

unrelieved stress and constipation. This degrades the internal biological terrain. As toxins load the system, free radicals increase because the scavengers are blocked from doing their job, and cells are damaged in a cascade effect. The major causes of free radicals are smoking, lead, cadmium, sodium nitrite, rancid fats, trans fats, sulfur dioxide, radiation (including X-rays), nitric oxide, nitrogen dioxide and carbon monoxide.

As the toxic load increases, diet, genetic strength and previous physical history determine when and where disease symptoms will manifest. The changing internal terrain causes the germs of life to shift their form, becoming more virulent as the toxic load increases. The beneficial germs of life, under stimulation by adrenaline, change into virulent forms to adapt. If parasites are allowed to infest the system, they will move into the weakest organs and begin to steal nutrients and dump their wastes, further exacerbating the situation.

- Optimum Health

Circulation of clean, oxygen-carrying blood is a basic requirement for optimum health, and this can be achieved by bringing ozone into the body. The least expensive way of doing that would be to live on a mountain far from any city and breathe deeply - the recipe for an Eastern master. Failing that, we can use an ozone generator to create ozone from pure oxygen and bring that into the body in any one of a dozen ways in order to oxidize toxins and oxygenate the cells.

It is imperative that the red blood cells be kept free-floating and unclumped, so that they can carry the proper amount of oxygen into the tiniest capillaries, which are half the diameter of a red cell. Ingestion of ozone keeps red blood cells from clumping and therefore keeps circulation at the optimum level necessary for good health.

Ozone works at the basic level of all bodily functions - respiration, digestion, assimilation, energy production, elimination and immunity. And this is the answer to the question of what we substitute for the worthless and dangerous vaccination programs. This would be true prevention.

5) NUTRITION

A great deal has been written about nutrition, but unfortunately much of it has been for self-serving commercial reasons. The facts of nutrition are simple:

The body is in a continual process of tearing down and building up, following its master plan. It needs to be supplied with the required nutrients at the proper time in order that these processes can be accomplished successfully, so that cells can be replicated without error, and replaced properly if damaged or worn out.

The body has certain daily requirements that need to be met in order to avoid problems, which develop slowly over a long period of time. In this era of great affluence, it is shocking to realize that many of our citizens are badly malnourished. This is due to the pressures of our hectic daily lives, the availability of cheap, nutrient-poor fast foods loaded with low-quality fats, and the fading of the culinary arts in the home, due to a perceived lack of time.

- Nutrition enables the body to be supplied with substances necessary for growth, maintenance and replacement of cells, and the generation of energy. In the course of this, the digestive process transforms substances foreign to the body into the body's own.
- The edibility of food depends less on the food itself than on the body's ability to digest, including the power to separate, combine and absorb, and the power to synthesize.
- There is no one food that will provide perfect nutrition for everyone. Each person must determine what foods are compatible with their digestive systems by listening to the signals the body sends. The most important foods contain an abundance of enzymes and are eaten raw to maintain their viability.
- The human organism is in reality a symbiotic organism, with over 400 varieties of bacterial fauna residing in the gut. Two of these varieties are critical to digestion - lactobacillus Acidophilus and bifidobacterium Bifidus. It is necessary to maintain a thriving colony of these bacteria, by ingesting yogurt and supplements when necessary, in order to maintain proper absorption. Antibiotics kill both kinds of beneficial bacteria, leading to malabsorption, malnutrition and disease.

PART TWO : CLEANSING

1) LIVER CLEANSE

Ingredients :

4 tablespoons of oral Epsom salts
1 tablespoon Vitamin C powder
1/2 cup virgin olive oil
1 large fresh grapefruit
2 glass jars with lids
16 oz. apple juice + beet juice
Drink as much water as you want

Procedure :

First day:

1. 9:00 am: Eat a breakfast of cooked porridge, no milk or butter; 8 ounces apple juice + beet juice; or a baked potato, no butter
2. 2:00 pm : Mix 4 tablespoons of oral Epsom salts and 1 Tbsp of Vitamin C powder in 3 cups of cold water in one jar, and refrigerate
3. 3:00 pm : Have a warm water enema; rest
4. 6:00 pm : Drink 3/4 cup of the cold Epsom salts
5. 8:00 pm : Drink 3/4 cup Epsom salts
6. 9:45 pm : Pour 1/2 cup olive oil into the second jar; squeeze out 1/2 cup grapefruit juice and add to the olive oil. Close the jar lid and shake hard until watery.
7. 10:00 pm : Drink the potion. Lie down immediately. Lie still on your back and go to sleep.

Second day:

1. 9:00 am: Drink 3/4 cup Epsom salts. Go back to bed.
2. 11:00 am : Drink 3/4 cup Epsom salts. Go back to bed.
3. 1:00 pm : Get up and drink 8 ounces apple + beet juice. Read a book.
4. 2:00 pm : Eat a banana or an orange. Read another book.
5. 6:00 pm : Eat a light supper of salad and fruit; no meat

Many stones will be seen in the toilet upon the first bowel movement after a liver cleanse. It may take several cleanses over a period of months to clear all of them out from the liver.

Following a liver cleanse, it is useful to have several coffee enemas to pull further toxins that are stored in the liver. Use organic coffee beans, and about a quart of coffee each time, retained for ten minutes.

Replace intestinal bacteria by taking acidophilus and soil-based organisms (SBO) for a week after a liver cleanse. Repeat the liver cleanse spring and fall for maintenance.

2) KIDNEY CLEANSE

1/4 cup dried Hydrangea root
 1/4 cup Gravel root
 1/4 cup Marshmallow root

Black cherry concentrate
 4 bunches of fresh parsley

Goldenrod capsules or herb
 Vegetable glycerine

Ginger capsules
 Uva Ursi capsules

Vitamin B complex (brewer's yeast tablets)
 Magnesium oxide tablets (300 mg)

2 clean glass jars with lids

Procedure:

Soak the roots in 10 cups of clean cold water in a glass container overnight. Add black cherry concentrate, heat to boiling and simmer for 20 minutes. Cool. Pour the remainder through a bamboo or glass strainer into a glass jar and refrigerate.

Rinse fresh parsley, then boil in 1 quart of water for ten minutes. Cool. Discard parsley and refrigerate liquid.

Each morning, pour together 3/4 cup of the root mixture and 1/2 cup parsley water. Add 20 drops of goldenrod tincture and 1 tablespoon of vegetable glycerin. Keep cold, and drink in 1/4 cup doses throughout the day.

Take one ginger capsule with each meal (3 per day).

Take one Uva Ursi capsule at breakfast and two at supper.

Take one brewer's yeast tablet daily.

Take 300 mg magnesium oxide daily.

3) PARASITE CLEANSE

Recently, there has been a growing awareness about the importance of cleansing our bodies of wastes. The colon carries a heavy load of toxins in many people due to improper diet. Cleaning the colon is of paramount importance. However, there may be other treatments required as well, namely a parasite cleanse.

There are over 150 diseases that are related to parasite infestations. In Third World countries, it is customary to cleanse the body of parasites twice a year. Most Westerners have forgotten that their own ancestors used to do this as well, until reminded by the recent books of Dr. Hulda Clark. Many

people who travel abroad come back sick, often carrying parasites, which are spread unknowingly to friends and family. In addition, parasites are often contracted from family pets.

Signs of parasitic infestation usually appear when parasites are abundant and actively growing in the body. There may be a yellowish cast to the face; fast heartbeat; chest pain; pain in the navel; loss of appetite; blurry vision; pain in the back, thighs, or shoulders; itchy rectum; unclear thinking; forgetfulness; lethargy; slow reflexes; gas and bloating; numb hands; burning sensation in the hands; dryness of the lips; or grinding of teeth at night. However, there can be a lower grade parasite infestation without any overt symptoms.

To kill the parasites of whatever variety, it is necessary to consume a product containing wormwood, the green hulls of black walnut, and cloves. These come packaged in capsules in various formulations. Hana Kroeger of Boulder Colorado was the originator of this treatment many years ago, and has proven its effectiveness many thousands of times. In addition, citrucidal, garlic, raw onions and goldenseal are beneficial when dealing with parasites.

4) COLON CLEANSE

Bile from the liver stimulates the colon to contract in a rhythmic sequence, pushing along the digested mass. The colon consists of a series of pouches. If any of the pouches becomes filled with putrefying material, it will absorb toxins along with the water it normally absorbs, and disease will result. If the pouch becomes infected, it is designed to swell outward and produces a little bag called a diverticuli. These can be very painful, and the condition of diverticulitis is quite debilitating.

In addition, the colon can attempt to protect itself by secreting a very heavy mucous lining, which interferes with the absorption process. This can be shed through the action of a good quality colon cleanser, such as Homozone.

Constipation can result from too little bile entering the intestines, usually because the liver is plugged. Constipation results in the reabsorption of toxins, producing a whole host of problems, up to and including cancer. Commercial laxatives are short-term quick fixes that ultimately cause the colon to lose its muscle tone and be unable to eliminate without help. Ozonated water enemas and herbal laxatives are far preferred, with fiber at the top of the list for maintaining good colon health.

In extreme cases, it is sometimes necessary to have a series of colonics with a trained professional. The best results are obtained with ozonated water.

After the parasite cleanse, the liver cleanse and the colon cleanse, it is advisable to have a series of coffee enemas, every other day for two weeks, to pull further toxins from the liver. Use 4 oz of coffee brewed from fresh beans (Folger's red can), in one quart of warm water.

It is essential to have a thriving colony of acidophilus and bifidus in order to properly absorb nutrients, and to prevent candida from overgrowing. Humans exist because of a symbiotic relationship with these bacteria, which enable us to absorb our nutrients from the intestine.

For all of these reasons, it is necessary to keep the colon clean and in good operating order.

HOMOZONE

In 1898, magnesium was bonded to ozone by Nikola Tesla in a catalytic process to form magnesium peroxide in a product called Haemozon by Dr. Eugene Blass. Later the name was modified to Homozone. It is an oral product, mixed in water, then followed by lemon juice, or other acidic juice, to 'fire' the oxygen and allows its release. The magnesium molecules form a loose lattice onto which oxygen is bonded. When the acidic juice contacts it, large amounts of singlet oxygen are released. This singlet oxygen is oxygen in its most active and available state, and this is the only state which the body uses oxygen. Homozone is an excellent way to flood the body with oxygen. Flooding the body with oxygen enhances health in so many ways, reducing its habitability to viruses and bacteria, aiding greatly in the elimination of waste and toxicity, and providing enhanced alertness and vigor. Oxygen therapies are effective because oxygen availability and metabolism are such basic requirements of animal life, such limiting factors to healthy life, and illness so inversely related to oxygen levels in the body. Properly administered oxygen therapies have no harmful side effects. Homozone has a strong laxative effect. The stool is always loose and bowel movement regular, and depending on dosage, frequent. This is a very desirable effect, as most toxicity is eliminated through the bowel. Yet Homozone lacks the habit-forming or bowel-weakening effects of some laxatives. Homozone is a therapy it is hard to overdose on. Just a teaspoonful a day will bring noticeable results, but sometimes much more is indicated when treating a specific health condition. Cancer patients might take up to 30 teaspoons a day. Homozone is more stable than hydrogen peroxide, easier to handle, and has a long shelf life if kept dry. Taken in illness, it facilitates healing. Taken in health, it works to preserve health. The best source for Homozone is Donna Crow at 541-485-7199.

Activated Charcoal

Activated Charcoal works to electrically attract toxins in the colon, a process called adsorption. It does not take part in any chemical reactions in the body, but instead acts like a powerful electrical sponge, attracting and holding on to any gases, fluids or solids that do not belong in the body. This is very helpful in the detoxification process in reducing the Herxheimer reaction. Activated Charcoal is a powder that is mixed into a glass of water, forming a slurry. From 4 - 12 glasses of the slurry can be consumed per day without adverse effects. It will not adsorb natural vitamins and minerals from the gut. Activated Charcoal is administered in hospitals for treating poisoning victims, including insect bites and food poisoning. It is available from Tom Harrelson at 614-237-8708.

5) CASTOR OIL PACKS

Castor oil packs were recommended in the readings of Edgar Cayce.

Cold pressed castor oil
Heating pad
Plastic garbage bag
Two 12" square pieces of cotton flannel
One large bath towel

Procedure:

1. Place the heating pad on a flat surface and turn the setting to high
2. Lay the plastic garbage bag on top of the heating pad
3. Soak the flannel pieces in 1/2 cup castor oil
4. Lay the flannel on top of the garbage bag on the heating pad
5. Invert the layers and lay the oil-soaked flannel on the abdomen or lower back.
6. Wrap the body in the large towel to hold the heat in
7. Keep the pack in place for one hour
8. Remove the pack and massage the oil in
9. Store the flannel in a plastic bag in the refrigerator
10. For the next time, add 2 tablespoons of fresh castor oil

These packs are useful for treating:

- appendicitis
- arthritis
- cerebral palsy
- cirrhosis
- colitis
- constipation
- Crohn's disease
- dysmenorrhea
- edema
- gallbladder problems
- hepatitis
- infections of the bladder and vagina
- migraine
- multiple sclerosis
- Parkinson's disease
- sciatica
- shingles
- sinusitis

6) HYDROGEN PEROXIDE BATHS

Hydrogen peroxide has been widely used over the last few years, sometimes ingested a few drops at a time and sometimes bathed in. Many people have found it quite nauseating to drink, so I recommend that it be added to the bath instead.

- First shower and brush the skin thoroughly with a loofa brush in order to remove any dead skin on the surface. Towel off vigorously.
- Draw a hot bath and add to it 2 cups of sea salt and 2 cups of Epsom salts.
- Then add 8 ounces of 35% food grade hydrogen peroxide.
- Swish it about to dissolve the minerals and then climb in and soak for 30 minutes.
- This can be repeated every other day, or even daily if desired.
- The only drawback is the chrome surface of the drain is attacked by the hydrogen peroxide and will begin to rust.
- The hydrogen peroxide (H₂O₂) will mostly break down into water and oxygen, and the oxygen will penetrate the skin. This is the least expensive form of oxygen therapy, and many people have found good relief in using it, especially for arthritis.
- An alternate way to do it is to dilute 35% hydrogen peroxide with distilled water, 11: 1, to make 3%. Put it into a spray bottle and spritz it over the skin after your shower. Use only white cotton towels, as peroxide may affect the color of some towels.

Another excellent use of hydrogen peroxide is as a mouthwash and gargle. Just dilute 35% down to 3% (11 : 1) with distilled water and rinse your mouth twice per week. It helps stop bleeding gums, gingivitis, periodontal diseases, receding gums, halitosis, tartar buildup, and prevents cavities (which are caused by bacteria).

7) METHYLENE BLUE

Methylene blue is a blue aniline dye made from methanol, used in the laboratory for staining tissue samples on slides for viewing under a microscope. It is a methyl donor with the ability to cleave deadly carbon monoxide off hemoglobin, transforming it into harmless carbon dioxide, which is then

exhaled.

When the body is poorly oxygenated, the sugar that is burned in oxygen by the cell for energy burns poorly, producing carbon monoxide instead of carbon dioxide. This can build up and produce a condition known as methemoglobin anemia. People over the age of fifty almost always have some methemoglobin in their blood. Also, driving in traffic with the vents open, a faulty gas furnace or gas water heater, or a smoky fireplace can cause a buildup of carbon monoxide in the blood.

Carbon monoxide in the system acidifies the blood, irritates the organs and causes a lowering of body temperature, which microbes of all types prefer. The body's natural way of dealing with bacteria and viruses is to shut off the intake of food and raise the body temperature, which we call a fever, in order to 'burn the bugs out'.

For many years, methylene blue has been used to treat cyanosis, caused by a lack of oxygen in the blood, and carbon monoxide poisoning. It is injected intravenously in severe cases. It has also been used for bladder and kidney infections. Dr. Wilner has recommended its use in treating cancer, and more recently, it has been shown to eliminate HIV in the blood.

Most people find that they have a boost in energy after taking methylene blue, some in as little as a week. The recommended dosage is 5 drops in a half glass of water at bedtime. If cancer or HIV is involved, the recommendation is 15 drops in water twice a day. Transfer the drops to the glass over a stainless sink, as porcelain will stain.

Methylene blue is non-toxic and its only side effects are making the tongue blue for about an hour, and sometimes causing the urine to be green. Methylene blue should not be taken by anyone who has a deficiency of the liver enzyme G-6-PD (glucose-6-phosphate-dehydrogenase); or anyone with an obstruction of the urinary tract, the duodenum or the pyloric valve. In addition, it is not advised for anyone suffering from glaucoma.

Methylene blue chemically is C₁₆H₁₈N₃CIS.

8) CHELATION

Chelation is the administration of solvents that bind metals in the tissues of the body, allowing them to be pulled from storage and excreted. There are several types (DMPS, DMAS, 2-MPG), but the most popular of these solvents is EDTA (ethylene diamine tetra-acetic acid). Use of this solvent began in the 1930s as a treatment for lead poisoning. It has been found to also chelate mercury and aluminum, both of which are linked to severe, debilitating diseases.

In cases of plaque buildup, calcium acts as a cement holding cholesterol to the walls of an artery, caused by high levels of homocysteine in the blood, due to lack of Vitamin B3, B6, B12 and folic acid. EDTA reduces the mineral content of the bloodstream so that the blood is then able to pull calcium from the plaque (and from deposits in joints). Without the calcium to hold it there, the plaque dissolves. The minerals are bound by EDTA and eliminated through the kidneys. Cancer tumors are also treated with EDTA.

Each EDTA intravenous drip takes from three to five hours. Patients may require 20 to 30 treatments over a period of weeks. EDTA is a superior treatment to angioplasty and bypass surgery, but it does not address the basic cause of the problem. Therefore, it needs to be repeated yearly, sometimes every six months. Since it cost \$100 + per treatment, this is an expensive prospect.

An oral chelation approach developed recently is the use of Vitamins A, B1, B3, B5, B6, B12, C, E, PABA, choline, methionine, cysteine hydrochloride, selenium, zinc, thymus extract, blue-green algae, chlorella, fresh cilantro, garlic, goats' milk whey, horsetail, and inhalation of essential oil of lavender.

It would be more advantageous to do this plus ozone therapy at home and prevent the cause in the first place. In addition, ozone will prevent a whole host of other disease problems as well, including cancer and all viral and bacterial infections, and is therefore a more viable consideration for long term prevention.

9) OZONE THERAPY

Ozone therapy has been employed for over 100 years, and is now used in 24 countries. It is the most powerful cleansing modality. It is the treatment of choice for a wide variety of diseases, and has proven to be the safest medical therapy ever devised.

- Types of Ozone Generators

Oxygen is the only gas that will pick up and hold electrical energy. In doing so, it becomes tremendously active and seeks to combine with all other substances. The list of substances that are inert to ozone is very short, and includes glass, Teflon, Kynar, Viton, and silicone. Therefore any ozone generator and auxiliary equipment must be composed of these substances only. There are several different techniques used to produce medical grade ozone, where freedom from contamination is critical. One type of generator uses an ultraviolet lamp as its source. It produces a very small amount of ozone and is suited to air purification, because UV at the wavelength of 185 nanometers reacts only with oxygen, but it is too weak for medical purposes. An UV lamp degrades over time and eventually burns out. The second method of ozone production is corona discharge, where a tube with a hot or cold cathode is surrounded by a metal anode. Modern ones are called dual dielectric, because they have a layer of glass separating each component from the gas stream. This prevents contamination of the ozone, but the current draw to the metal anode increases the chance of electrical arcing and burnout. This produces generators that have short lives. Lack of durability has always plagued the

ozone generator industry, and was one of the major reasons for doctors mostly abandoning ozone therapy in the US during the Thirties, in the face of increasing pressure from the FDA and the AMA. I have spoken to doctors who have used ozone for over thirty years and have gone through half a dozen generators in that time, due to the lack of a durable corona discharge generator. Fortunately, there is a third method of producing clean, medical grade ozone. That method is called cold plasma. It uses glass components filled with noble gases, excited by high voltage. The voltage jumps between the components, forming an electrostatic plasma field that turns some of the oxygen into ozone. Since there are no metallics, there is no appreciable current, and no possibility of arcing and burnout. Thus the generator will last a very long time, limited only by the quality of the robust power supply transformer. The original cold plasma generators were invented by Nikola Tesla in 1898 and many were license manufactured in Canada into the 1920s, and they still work 80 years later. Tesla did not patent the idea, but instead gave it freely to mankind for medical therapy.

In 1993, the Plasmafire Cold Plasma Tube, the perfection of Tesla's design, was created, using pure oxygen as the supply gas. Since that time, over 3000 of these cold plasma tubes have been produced and none has ever failed.

DOSAGE AND FREQUENCY

When it comes to the administration of medical ozone, there is a wide difference of opinion amongst doctors regarding concentration, dosage and frequency:

Dr. Carpendale said that a medium concentration is necessary to kick-start the immune system initially, followed by lower concentrations. He believes that continued high concentrations may be immuno-suppressive, based on his experience with T-4 cell counts.

Dr. Turska recommended injections at low concentrations, initially three times per week, then twice per week, then weekly for as long as necessary.

Dr. Beyrle recommends injection every four days at medium concentration.

Dr. Wang gives daily injections at medium concentration and direct injection into breast tumors.

Dr. Freibott recommends very high concentrations at low dosages, with the emphasis on saturating the blood, using rectal insufflation.

Dr. Sartori reports good success with AIDS with high concentrations and very high dosages, every hour for 12 hours per day, for 21 days.

Dr. Rilling's classic "The Use of Ozone in Medicine" gives many recommendations on dosage and concentration.

The important thing to remember is that all physicians report good results, regardless of concentration or volume used. Ozone is not a drug, and should not be treated as such.

There is no evidence that long term treatment on a daily basis has any detrimental effect. Doctors who have used it for decades have only positive results to report. Ozone is non-toxic and provides the safest medical therapy ever devised. There is no evidence of free radical damage. On the contrary, ozone has been proven to stimulate the production of superoxide dismutase, catalase and glutathione peroxidase, and reductase, which are the enzymes that protect the cell from free radical damage, so ozone actually prevents free radical damage.

It is known that Vitamin C is antagonistic to ozone, although research has shown ozone does not break down Vitamin C in the body. Persons taking megadoses of Vitamin C should take the ozone treatment first, wait one hour, and then take the Vitamin C.

If direct injection is the method of application chosen, the rate of injection should be very slow, about 5 cc per minute. There is no risk of embolism, as only nitrogen forms a dangerous gas bubble. If coughing results from too much ozone being injected too quickly, the reaction can be halted by drinking one or two glasses of orange juice. This will quickly stop the ozone outgassing in the lungs through the action of the Vitamin C. The patient will be more comfortable and will retain a positive attitude towards the therapy.

OZONE AND MAGNETS

Doctors have reported that they can enhance ozone therapy by using magnet therapy simultaneously. Permanent magnets can be used with the north pole facing towards the body, on the underside of a table. Magnets cause a polarization of red blood cells, due to their iron content. The polarization causes them to repel one another and move apart, which makes them more flexible and improves oxygen uptake in the lungs. Magnets attract the iron-based hemoglobin to them, improving local supplies of oxygen and nutrients and speeding healing. Dr. Philpott spent 30 years working with magnets, curing many diseases simply and inexpensively.

Ozone also causes red blood cells to unclump and become more flexible, so that they can bend and get through the finest capillaries, improving microcirculation and preventing many diseases. There is a synergistic effect between ozone and magnets -- they work better together.

OZONE FOR PREVENTION

The cells function by burning sugar in oxygen to provide energy. The waste products are carbon dioxide and water. If there is insufficient oxygen at the cellular level, the burn will be incomplete, and

carbon monoxide and lactic acid will be formed. The body cannot easily rid itself of monoxide; it prevents hemoglobin from picking up fresh oxygen, and the body temperature is lowered. The lactic acid will build up in the system, clogging nerve signal pathways, eventually solidifying and causing degeneration.

More oxygen is required to come in and oxidize these toxins, but if it is not available, they build up. The blood will carry a heavy load of sludge, and toxins will be deposited in the fat and the lymph. The water that composes the body gets dirtier and dirtier. Free radicals proliferate as toxins interfere with the normal neutralizing enzyme mechanisms for cleaning them up. Disease is the result.

The hundreds of different diseases named by allopathy (whether viral, bacterial, communicable, autoimmune or degenerative) are but symptoms of one underlying cause. That cause is hypoxia, or oxygen starvation at the cellular level, leading to internal toxicity.

Ozone is such a powerful therapeutic tool because it deals with the underlying cause through both oxygenation and oxidation. Ozone taken on a regular basis in the home will, over time, safely clean all the fluid of the body, and furnish an oxygen-rich environment for all the cells in the body, providing high levels of immunity from most common diseases.

METHODS OF APPLICATION

Since ozone therapy was first practiced in the 1880s, many methods of administering ozone have been developed. They can be broken down into five categories :

1. Injection - autohemotherapy; or direct injection into a vein, artery, muscle, joint; or directly into a tumor
2. Insufflation - in the ear, vagina, rectum, urethra
3. Inhalation - bubbled through olive oil
4. Ingestion - ozonated water
5. Transdermal - subatmospheric; bagging; body suit; ozonated olive oil; cupping with a funnel; steam sauna

Direct Injection vs. Autohemotherapy

Autohemotherapy was developed by Dr. Hans Wolff in 1961 as an alternative to direct injection. Dr. Wolff developed a technique for withdrawing 50 - 500 cc of blood into a container, injecting ozone into it and then infusing it back into the patient over 20 minutes as an IV drip.

There were several problems to be overcome. Blood coagulates when it is exposed to the air, so a method had to be found to prevent coagulation. The liver normally secretes heparin to prevent clotting inside the body. Sodium heparin was found to be effective in preventing clotting outside the body. Later, when heparin was seen to cause problems in some patients with liver problems (especially cirrhosis), sodium citrate was adopted by some doctors. However, heparin is still widely used because sodium citrate is less effective, even though heparin is hard on the liver and is known to suppress the immune system.

A suitable vessel to hold the blood was required, and the Hansler corporation of Germany began to manufacture and market a vacuum flask kit to make it easier for doctors to perform this therapy. Hansler GmbH is the oldest medical ozone generator company still in business, based upon Dr. Joachim Hansler's 1957 patent of a dual-dielectric corona discharge ozone generator tube.

There are a number of advantages of direct injection vs. autohemotherapy :

1. there is no need for heparin, which can damage the liver and is immune-suppressive, and may cause uncontrolled bleeding
2. there is no need for an expensive, disposable vacuum flask kit and no contaminated equipment to dispose of afterward
3. there is no need to take time to mix the ozone into the blood, or wait for the reinfusion drip
4. since the heart will pump all the blood past the point of injection in eight minutes, all 6 liters of the blood are cleaned, instead of just 50 - 500 cc
5. it is easier to initiate the desirable healing crisis
6. fewer treatments are required because a better job is done each time
7. a tumor can be injected directly and then the resulting fluid aspirated with the same needle

2) Insufflation

Insufflation is very useful, easily done, inexpensive, and now widely used in the home.

Insufflation in the ear is excellent for: ear infections; mastoiditis; hearing problems caused by candida; tinnitus; (and beyond the ear to) sinusitis; macular degeneration; retinitis pigmentosa; head colds; flu; bronchitis; asthma; Alzheimer's; Parkinson's; even brain cancer.

Vaginal insufflation is used for any vaginal, uterine, ovarian or lower abdominal problem, including pelvic inflammatory diseases, fibroids, etc. The ozone will enter the lymph system from vaginal insufflation, as well as the blood stream.

Rectal insufflation requires a preparatory enema. It is used for colon problems such as colitis, ileitis, irritable bowel, Crohn's disease, and colon cancer.

Urethral insufflation is used for bladder infections, STDs, inflammation of the ureter, prostate enlargement, and bladder and prostate cancer.

3) Inhalation

Ozone can be inhaled if it is first bubbled through extra virgin olive oil. This is useful for asthma due to bacterial or viral infection. Repeated treatments over 3 - 6 weeks for 15 - 20 minutes at a time are usually sufficient. Simultaneous magnet therapy is useful and can be easily done by placing a magnet (3" x 5"; 3500 gauss) on the chest with the north pole facing the body.

4) Ingestion

Six to eight glasses a day will establish a high level of oxygenation in the body and assist detoxification. Bubble ozone into a glass of water for 5 - 10 minutes, then drink on an empty stomach. This will also destroy helicobacter pylori in the stomach, which is the cause of ulcers.

5) Transdermal

Transdermal application of ozone has existed for 120 years, and recently has been growing in popularity. The skin is semi-porous to oxygen, and 7% of normal respiration is transdermal. There are several transdermal ozone application techniques:

- A) Subatmospheric
- B) Bagging a limb
- C) Body suit
- D) Ozonated olive oil
- E) Cupping with a funnel
- F) Steam cabinet

A) Subatmospheric application requires an apparatus to enclose a limb, reduce pressure by means of a vacuum pump and direct ozone into proximity with the desired area. This technique has proven useful in certain difficult problems, such as gas gangrene and open ulcers. It is not widely used at present because of the expense of the equipment and its lack of availability.

B) Bagging a limb is very similar, but requires only a clear plastic bag in order to confine the ozone to the area being treated. The limb is moistened first, in order to aid the penetration of ozone through the skin, then enclosed in the plastic bag and the ozone is introduced by means of silicone tubing from the generator into the bag. The top of the bag is securely closed with either a cloth strip or an elastic strap as a cuff. If the flow rate is to be above 1/8 l/m, then an outlet from the bottom of the bag will be necessary to allow the excess ozone to leave, and avoid pressurization. If the flow rate is kept very low, say 1/16 l/m or 1/32 l/m, there is no need to have an outlet, as the bag will not overflow in a 30 minute treatment. This technique has been in use for many years, and is especially useful with impaired circulation in diabetic legs, removing the threat of amputation.

C) A body suit is composed of ozone-resistant material, typically Tyvek or nylon, which is sealed at the wrists, neck and ankles (if there are no attached booties). It is necessary to shower first and then enter the suit while still wet, to aid ozone transference. The silicon tubing from the generator is introduced into the suit either through the neck opening or up the sleeve. Ozone is introduced for 30 minutes at a rate of 1/8 l/m or 1/4 l/m. This method is losing favor due to the clammy, sticky feel of the suits on the skin, as the wet skin surface cools and dries.

D) Ozonated olive oil has been used as a topical application for 100 years and its efficacy is well established for problems such as acne, cuts, scrapes, bruises, burns, eczema, sunburn, skin infections, etc. It is also useful to apply it to the skin following a session of limb bagging.

E) Cupping with a funnel is a more recent transdermal technique where ozone is introduced into a very restricted area at a very low flow rate. First the area to be treated (typically the liver, pancreas, spleen, intestine, kidney or adrenal) is moistened with a warm washcloth, and then a plastic funnel is held firmly over the area. The flow rate is restricted to 1/32 l/m in order to prevent pressure buildup under the cup, and possible leakage. Treatments typically run for 20 - 30 minutes. Good results are obtainable with daily application for hepatitis, diverticulitis, pancreatitis, kidney infections and adrenal insufficiency.

F) The sixth transdermal technique was developed by Dr. John Kellogg in 1880, and revived by Plasmafire Intl in 1994, to take advantage of the therapeutic possibilities of using hyperthermia in conjunction with ozone therapy. The person sits in an ozone-resistant steam cabinet, with the head out, and the body surrounded by warm steam. The steam causes the pores to open fully and the ozone, introduced into the cabinet by silicon tubing from the generator output, can penetrate fully into all the tissue - the blood, the lymph and the fat. Since the majority of toxins are held in the lymph and the fat, this treatment is the most effective way to eliminate them from the body. The skin is the largest organ of elimination, and the majority of the oxidized toxins are sweated out, sparing the liver and kidneys most of the extra work.

Hyperthermia itself is a very effective technique, many thousands of years old, recommended by Hippocrates. It results in a "false fever" reaction, which simulates the body's own defense mechanism. With the addition of ozone, the treatment becomes doubly powerful. As the toxins are oxidized, and eliminated from the body, the fat containing them is no longer needed, and also leaves. Weight loss of 30, 40, or 50 lbs over a period of months has been reported, with no change in diet. The skin becomes smooth, soft and free of blemishes. Symptoms of a whole host of diseases disappear as the toxins leave the system and the body is enabled to heal itself.

Unlike other methods of ozone application, employing ozone in a steam sauna will induce the "healing crisis", which feels like having the flu for a few days. People should be informed of this effect so they can be prepared, and welcome it as a sign of beneficial healing. Skin rashes are common as the toxins are pushed out through the skin rapidly. Often the rash is very itchy, and this can be alleviated by

taking protease enzymes, and applying Gardener's Dream Cream.

The more frequent the treatments, the more rapid the healing, and the more severe the healing reactions will be. It may become so uncomfortable that the person will need to reduce the frequency of treatments from once daily to once weekly. Typical treatments are once daily for 30 minutes duration. Persons with heart conditions should be limited to 15 minutes at a lower temperature for the first few sessions, increasing to 20, 25 and then 30 minutes, as the body adjusts to the thermal stress over time. People who have had a previous stroke should not do saunas, but can do ozone in other ways.

Flow rate of ozone into the cabinet is at 1/2 l/m in order to fill the large volume and overcome the loss of ozone to heat. Concentration ranges from 35 to 40 ug/ml. A series of treatments usually consists of 10-30 applications.

The effect of the ozone on any particular organ can be intensified by cupping with a funnel while in the steam cabinet. This is especially effective with hepatitis, diverticulitis, pancreatitis and cancer. It also involves the person in actively taking responsibility for initiating the healing process. Flow rate for cupping should be at 1/8 l/m, with concentrations from 40 - 50 ug/ml.

Novel application techniques are: placing the output tubing in the armpit and holding the arm against the body, so that the ozone enters the lymph system; placing the end of the tubing in the mouth to treat the teeth, (carefully avoiding inhaling, or swallowing); and sitting on the end of the tubing, so that ozone enters the perineum area.

Transdermal application of ozone combined with hyperthermia in the steam cabinet is the treatment of choice for all cancers (brain cancer treatment can be supplemented with ozone insufflation in the ear at 1/32 l/m). Cancer tumor cells are tightly packed as they try to force their way in between other cells, and they are thus less able to shed heat. This accounts for effect that heat stress has in killing cancer. Both heat stress and ozone kill cancer, so this treatment offers the best opportunity to eliminate cells which are fermenting sugar anerobically, halt metastasis and restore healthy aerobic function. Ozone is able to seek out and destroy all the cancer cells with more certainty than the surgeon's crude scalpel. In addition, ozone will oxidize the toxins which caused the original problem, and thus prevent recurrence. This is in stark contrast to chemotherapy, which is massively immune-suppressive, and radiation which actually causes cancer.

Using ozone with hyperthermia in the steam sauna will cleanse all the tissues of the body and provoke the healing crisis, which is not seen with other delivery methods, proof that this is the best way to achieve thorough cleansing of all toxins.

It is critical that the bowels remain open during these treatments, in order that oxidized toxins are completely eliminated from the system and not reabsorbed. The best methods of insuring this is by ingestion of 6 - 8 glasses of ozonated water daily (always on an empty stomach), large amounts of fiber (such as psyllium or pectin), large amounts of natural Vitamin C (3000 mg three times daily), flax oil and/or Homozon.

In combination with a comprehensive diet plan, parasite, liver and colon cleanses, and suitable exercise, this program offers the best chance for a person to recover optimum health.

Ozone Protocols

Condition	Technique					
	Insufflation				Cupping	Sauna
	Ear	Vagina	Rectum	Urethra	w/funnel	
AIDS	no	yes	yes	no	no	Yes
Arthritis	no	yes	yes	no	no	Yes
Lymphoma	no	yes	no	no	yes	Yes
Brain cancer	yes	no	no	no	no	Yes
Breast cancer	no	yes	no	no	yes	Yes
Colon cancer	no	yes	yes	no	no	Yes
Cervical cancer	no	yes	no	no	no	Yes
Lung cancer	no	no	no	no	yes	Yes
Prostate cancer	no	no	yes	yes	no	Yes
Cancer, other types	no	yes	yes	no	yes	Yes
Previous stroke	yes	yes	yes	no	no	No
Previous heart attack	yes	yes	yes	no	yes	low heat
Pregnancy	yes	no	yes	no	yes	No
Circulatory problems	no	yes	yes	no	no	Yes
Heart Disease	yes	yes	yes	no	yes	low heat
Multiple Sclerosis	yes	yes	yes	no	no	low heat
Alzheimer's	yes	no	no	no	no	Yes

Asthma	yes	no	no	no	yes	Yes
Bacterial infection	yes	yes	yes	no	yes	Yes
Bladder infection	no	no	no	Yes	yes	No
Viral infection	yes	yes	yes	no	no	Yes
Herpes	no	yes	yes	yes	yes	Yes
Cervical dysplasia	no	yes	no	no	no	No
Candida and CFS	yes	yes	yes	no	no	Yes
Cataracts	yes	no	no	no	no	No
Glaucoma	yes	no	no	no	no	No
Macular degen.	yes	no	no	no	no	No
Retinitis pigmentosa	yes	no	no	no	no	No
Colitis, Crohn's, IBS	no	yes	yes	no	yes	yes
Diabetes	no	yes	yes	no	Bagging	Yes
Diverticulitis	no	no	yes	no	yes	Yes
Emphysema	no	no	no	no	yes	Yes
Fibromyalgia	yes	yes	yes	no	yes	Yes
Hepatitis	no	yes	yes	no	yes	Yes
Lupus	yes	yes	yes	no	no	Yes
Rheumatoid Arth.	yes	yes	yes	no	no	Yes
Sinusitis	yes	no	no	no	no	No
Tinnitus	yes	no	no	no	no	No

CONTRAINDICATIONS For Ozone Protocols

Autohemotherapy: Thrombocytopenia; recent internal bleeding; liver under stress

Intravenous: Recent internal bleeding

Sauna: Previous stroke; pregnancy

Ozonated water: None

Limb bagging: None

Ear Insufflation: None

Vaginal insufflation: None

Rectal insufflation: None

In addition, all forms of ozone therapy are contraindicated for people who have had a transplant of tissue from another person, as the body's immune system will be galvanized into attacking the transplant.

THE HEALING RESPONSE

A healing response, also known as the Herxheimer reaction, is in effect when the body has begun the normal process of eliminating toxins. Reactions may be mild or they may be severe; this should be expected and welcomed. The body's inherent desire is perfect health and we have the ability to earn our way back to that state. To do so, the body must go through an elimination process called the healing crisis.

A healing response results when all the body systems work in concert to eliminate waste products and set the stage for regeneration. Stored toxins are eliminated and old tissue replaced with new. Sometimes there is pain or discomfort of greater intensity than the chronic problem gives, but it is usually of short duration.

The response will usually bring about past conditions in reverse order to the original problem. People often forget the diseases or injuries they have had in the past, until reminded by a healing response. Reactions may include skin rashes, nausea, headache, sleepiness, fatigue, diarrhea, a cold, ear infections, boils, all symptoms of the body's healing efforts. The worst of the crisis usually lasts three or four days, but if the energy of the patient is low, it may last for a week or more. The body needs juices, and especially water (preferably ozonated) to help carry off the toxins. Taking large amounts of the digestive enzyme protease will also help reduce the severity of the reaction. Activated Charcoal is very helpful in adsorbing toxins in the gut. Skin rashes respond to Nature's Gift ozonated olive oil, colloidal silver water, emu oil, Cumarindine salve, or oat milk squeezed out from oats in a sock.

This is a time for rest - mental as well as physical.

One response is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes and ingested many noxious drugs, must go through these processes again. Often the response will come after one feels his very best, setting the stage for the action. Most people feel an energy boost the first few days. Then the body gets down to business and toxins are dumped into the blood stream for elimination by way of the liver, spleen, skin, kidneys, bladder and colon. Listen to your body and go as slowly as your body needs so that your cleansing is gradual

and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the buildup to a healing response. One should expect it and work towards it. Patience is a necessity - no quick fix can last.

The goal of optimum health can be attained, and is worth every effort.

Treatments for the Healing Response Rash

- 1) Liver cleanse
- 2) Colon cleanse (Homozon from Donna Crow at 541-485-7199)
- 3) Drink 6 glasses of water per day
- 4) Protease (up to 20 per day)
- 5) Activated Charcoal (Tom Harrelson at 614-237-8708)
- 6) Colloidal silver (health food store; or call 480-733-7008)
- 7) Anti-Itch Gel (also called Rhuli Gel) from Band-Aid
- 8) Cocoa butter
- 9) Emu oil
- 10) Bentonite clay powder in a bath
- 11) Oat juice squeezed from a sock
- 12) Cumarindine salve (call 205-589-6429)
- 13) Homeopathics: Psorinoheel ; Shwef-Heel
- 14) The Itch Stopper from www.itchstopper.com
- 15) ESM Super Therapeutic Lotion

If the person showers immediately after the ozone sauna, and then applies an oil, such as emu oil, to moisturize the skin, the worst of the rash can be prevented, in most cases.

HYPERTHERMIA

CLINICAL EXPERIENCE WITH HYPERTHERMIA

JOURNAL OF ONCOLOGY, 1993

INDIANA UNIVERSITY MEDICAL CENTER

ABSTRACT

The authors have reviewed the medical records of 421 sessions of hyperthermia treatments in 73 patients treated between 1987 and 1992 at the University Heights Cancer Center and the Indiana University Medical Center in Indianapolis, Indiana.

All patients had previously "failed" conventional radiation therapy, chemotherapy and surgery.

Temperatures attained during the course of therapy on each patient were averaged and the results were evaluated for complete, partial or no response.

Responses were defined as:

1. Complete response: Lesions completely disappeared during treatment and response was maintained for a minimum of six months
2. Partial response: Lesions that were reduced in size more than 50%
3. No response: Less than 50% reduction in tumor size during the treatment

Response varied somewhat according to histology and anatomical site of treatment; however,

1. complete response was achieved in 45%;
2. partial response in 48%;
3. and no response in 7% of the patients.

The response achieved varied with temperature attained and a minimum temperature of 40 degrees C for 40 minutes produced the greatest number of responses. Response to hyperthermia was directly related to the temperature achieved and the length of time the temperature was applied.

Valley Cancer Institute
304-12099 W. Washington Blvd.
Los Angeles, California

"Hyperthermia is the clinical application of therapeutic heat in the treatment of disease. Today hyperthermia is recognized as a standard treatment in the management of malignant tumors. It is especially recommended for metastatic tumors where other treatment methods have a poor history of success.

Tumor cells have specific environmental requirements, largely dependent on blood flow. When there is an increase in the temperature around the tumor, there is a corresponding increase in the blood flow to that area, as the hypothalamus attempts to regulate body temperature. When heat is applied to the tumor and its surrounding tissue, the temperature rises to destructive levels, because the tightly packed cells of the tumor are not as easily able to cool themselves as the surrounding tissue.

Repeated heating to 107-113 degrees F. can cause the tumor cells to be killed. Tumor response has been found to be from 40 - 80 %.

A side benefit of hyperthermia treatment has been substantial pain reduction in a majority of patients.

Hyperthermia is now an FDA-approved cancer therapy for breast cancer."

- Dr. Haim Bicher

NATURE'S GIFT

In 1954, Dr. William Turska of Mist, Oregon, had ozonated olive oil tested at Texas A&M University. They discovered that this process created a long chain ozonide, C₁₀H₁₈O₃.

When ozone is bubbled through extra virgin olive oil continuously for about three weeks, the olive oil gels into a paste or salve. This gel we call Nature's Gift, and it has many therapeutic uses. When used for massage, the ozonide enters the tissue and oxidizes lactic acid and toxins, and this has proven to be an effective treatment for many skin conditions.

"Ozonated olive oil is an effective adjunct treatment for inflammation of the skin, such as dermatitis and seborrhea. Ozonated olive oil is helpful in bacterial infections of the skin, including carbuncles, cellulitis, ecthyma, erysipelas, erythasma, folliculitis, furuncles, granuloma annulare, impetigo, paronychia, psoriasis, ringworm, skin yeast, staphylococcus, sweat gland infections, and tinea versicolor. It is also helpful for bed sores (decubitus ulcers) and for the post-surgical treatment of wounds to prevent secondary infections."

- Dr. H.E.Sartori

"Ozonated olive oil, kept refrigerated, retained its effectiveness for over ten years, in tests conducted by German researchers. It is particularly indicated for the treatment of all skin infections and dermatomycoses, and is excellent when used after gaseous ozone treatment by limb bagging. It retained its effectiveness for many hours after application."

- Dr. J. Hansler

Nature's Gift can be used for topical application on dry skin, eczema, psoriasis, seborrhea, athlete's foot, sunburn, insect bites, skin ulcers, burns, cuts and scrapes, and diaper rash. It is excellent for makeup removal (avoid the eyes) and as a skin moisturizer.

In addition, it is very useful for dealing with various problems in animals. It can be applied directly to cuts and incisions or fed to them. It can be spread on the backs of a cat's paws, from which it will be licked.

Nature's Gift should be stored in the refrigerator at 40 degrees Fahrenheit for long term potency.

Olive oil that has ozone bubbled through it for a short time will smell of ozone but unless the oil has gelled into a stiff salve that will not run when the jar is inverted, there is little oxidative power in it.

What Does Ozone Do?

Ozone :

- Inactivates viruses; oxidizes bacteria, yeast, fungi, parasites, protozoa, cancer cells
- Stimulates the immune system, speeds healing
- Cleans arteries and veins, improving circulation
- Purifies the blood and the lymph
- Oxidizes toxins, facilitating their excretion
- Normalizes hormone and enzyme production
- Reduces inflammation
- Reduces pain, calms nerves
- Prevents shock
- Prevents stroke damage
- Reduces cardiac arrhythmia
- Improves brain function and memory
- Scavenges free radicals
- Chelates heavy metals, working well in conjunction with EDTA
- Stimulates production of protective cell enzymes

PART THREE: NUTRITION

In order of importance, the most important nutrients for the body are:

1) Oxygen is the major nutrient required by the body, some 800 liters per day. A partial lack of oxygen (hypoxia) will cause major disease problems over time, and a total lack of oxygen (anoxia) will result in brain damage in four minutes, and death in seven minutes. Oxygen is used in every major function in the body: respiration, digestion, circulation, hormone production, ATP production, immune function, reproduction and elimination.

2) Water is the second most critical requirement of the body, which is itself 2/3 water. Many aches and pains are the result of inadequate water intake. The body cannot cleanse itself properly without adequate water. Adults need 4 - 6 glasses of water daily, in addition to any other liquids that are

ingested. Cut off from water, the body loses energy as metabolism slows down, and ceases functioning after seven to ten days. Water needs to be mineralized to be healthful. Distilled water draws minerals from the body, and should be avoided, unless there is a preponderance of heavy metals (such as mercury) that need to be removed. When adding minerals to water, the best source is ionic minerals. A product called Essential Elements is one of the best sources, being made from mineral deposits laid down near the Great Salt Lake, which are reconstituted, with the sodium removed.

3) Enzymes are protein substances found in all living things. There are an estimated 200,000 enzymes in the body. Enzymes act as catalysts in all bodily processes, and are a necessity for life. Vitamins, minerals and hormones require enzymes in order to perform their functions. Tissues with high enzyme content tend to be youthful and healthy. Raw food contains 60% of the enzymes required to digest that food; they start working as soon as the cell walls are broken open during chewing. This requires less body enzymes to digest the food. Over time our supply of body enzymes becomes depleted, because our foods are deficient; in fact, food that is heated over 120 degrees F during cooking has no living enzymes left in it. If only cooked food is consumed, the body will be forced to rob enzymes from the bones and the organs in order to continue functioning. This robbing process will sustain the body's functions for awhile, but eventually there is a price to pay. Aching joints, lack of energy, repeated colds and flu, are the forerunners of the serious degenerative diseases - diabetes, arthritis, cancer. These are all preventable if the body is supplied with repeated doses of enzymes from live, raw food on a regular basis. This will balance the loss of enzymes that comes from daily wear and tear, and digesting cooked foods. Taking all the vitamins in the world (all vitamins are enzymes) will do nothing if they have been made with a process that destroys their living enzymes. The body cannot take something that is lifeless and reanimate it. If a seed is planted in fertile soil and watered, it will sprout and form a living plant. If that same seed is heated above 112 degrees F, it will never sprout -- it is dead. If seeds are sprouted in a tray of water (with a small amount of hydrogen peroxide in it to prevent mould) the seed sprouts will suddenly contain 3 - 8 times the amount of life energy, as the living enzymes in the seed are activated and spring into action. Seeds and nuts contain enzyme inhibitors, which causes the pancreas to release digestive enzymes. Germination of seeds and nuts neutralizes these inhibitors and greatly increases the enzymatic activity. Sprouted seeds are the highest form of living food we can eat.

Hydrochloric acid and pepsin only work in the acidity of the stomach, and pancreatic enzymes only act in the alkalinity of the small intestine. Plant based enzymes work in both acid and alkaline environments. Since they operate in a broad pH range, plant enzymes ensure a more complete breakdown of food, leading to more complete absorption. Incomplete protein digestion results in the absorption of large protein molecules which causes the production of antibodies, resulting in a wide variety of problems, notably food allergies, asthma, inflammation, muscle and joint pain, impaired immune function, headaches, acid indigestion, leaky gut, irritable bowel, etc. The digestive enzymes can be taken as supplements to ensure proper digestion.

Digestive enzymes - digestion of protein, carbohydrates and fats :

- Protease : Breaks down proteins into amino acids (stomach) - Amylase : Breaks down starch, sugars and carbohydrates (pancreatic juice and saliva) - Lipase : Breaks down fats into glycerol and free fatty acids (pancreas, small intestine) - Lactase : Converts lactose, milk sugar, into glucose and galactose (small intestine) - Maltase : Converts maltose into glucose (in pancreatic juice and saliva) - Cellulase : Breaks down cellulose into sugars

Plant sources of large amounts of digestive enzymes:

- Alfalfa
- Apple
- Dandelion
- Papaya
- Pineapple
- Soybeans

Cellular wall enzymes that protect cells against free radicals :

- Glutathione peroxidase : most powerful antioxidant
- Superoxide dismutase (SOD)
- Catalase : prevents destruction of polyunsaturated fats by hydrogen peroxide
- Reductase

Gastro-Protective Enzymes are a combination of amylase, cellulase, lipase and protease, which protect the stomach lining. If they are damaged by the action of the bacteria helicobacter pylori, ulcers can result. Ozonated water will kill h. pylori.

4) Carbohydrates are, after enzymes, the most important of the nutrients in food, making up 90% of the body's daily nutrient requirements.

Carbohydrates are composed of carbon, hydrogen and oxygen, manufactured by plants in the process of photosynthesis. All carbohydrates are eventually broken down by digestion into glucose, a simple sugar. However, the rate at which each sugar is delivered to the bloodstream varies greatly. Fructose and the long chain polysaccharides are delivered much more slowly than the other sugars, and are therefore useable by diabetics. The long chain sugars contained in aloe vera and cane sugar have proven to be of great therapeutic value. This is due to the photon they trap in their complex structures, which simple sugars cannot. This photon becomes available to the macrophage, the battleship of the immune system. For some reason, the macrophage is satiated by this photon, and

ceases its attack upon good cells, thereby ending autoimmune diseases. Glucose is carried from the liver by the blood and delivered to every cell. There it is processed in a nine-part process called the Krebs Citric Acid Cycle, controlled by enzymes, which results in two molecules of ATP. The tenth stage involves combination with oxygen, producing 38 molecules of ATP, which is the fuel that the body runs on. Excess carbohydrate above the body's immediate needs is stored in the liver and muscles as glycogen until it is needed.

There are three categories of carbohydrates:

A) Monosaccharides:

- fructose
- glucose
- galactose

B) Disaccharides:

- sucrose = glucose + fructose
- lactose = glucose + galactose
- maltose = glucose + glucose

C) Polysaccharides:

- glucose chains; the longest ones are found in aloe vera and sugar cane, and they are the most beneficial

5) Proteins form the structural material of muscles, tissues and organs, and are the regulators of functioning, through the actions of enzymes and hormones. Protein is broken down in the digestive process by hydrochloric acid and protease into its constituent parts, called amino acids. The body then synthesizes some of the proteins and enzymes it needs from these aminos. The protein molecule is composed of carbon, hydrogen and oxygen added to nitrogen, with occasionally sulfur and phosphorus as well. It is a complex structure made up of one or more amino acid chains linked by peptide bonds. Twenty-one different amino acids are required to make up all the proteins in the body. Amino acids are formed into insulin, pituitary hormone, thyroid hormone, adrenaline, neurotransmitters, metabolic enzymes and structural proteins. The body is unable to synthesize eight of these amino acids and they must be supplied in the diet. Protein can also be converted to glucose and used as energy, or if not immediately required by the body, converted to glycogen and stored.

6) Fat is the third main constituent of the diet.

The body stores energy mainly in fatty tissue. There are several types of fat, available from animal and vegetable sources. Fats consist of fatty acids and glycerol. The fatty acids are either saturated or unsaturated. The type of fat eaten has great influence on its effects in the body. If a fat is heated, and/or treated with hydrogen, it becomes a trans-fat, loses its nutrient value and becomes detrimental. Trans-fats prevent formation of necessary fatty acid derivatives, interfere with prostaglandin function, block fat metabolism, alter cell membrane transport, lower the efficiency of B cells, decrease testosterone, increase abnormal sperm, interfere with pregnancy and decrease insulin response.

Essential fatty acids (Omega -3 & Omega -6) are necessary for the absorption of fat-soluble vitamins, such as Vitamin A, by Peyer's patches in the intestine, after which they are transported to the liver. The ratio established by research shows that the balance should be 4:1 Omega 6s to 3s.

Through their vital functions in all cells, tissues and organs, essential fatty acids (EFAs) affect the health of skin, brain, nerves, and sense organs; heart and circulatory systems; bones, joints, muscles and calcium metabolism; immune system and lymphatics; digestive system and pancreas; all glands; reproductive system and menstrual cycle; respiratory system and cell oxidation; and the liver, kidneys and lungs. EFAs are also required for the formation of hormones.

Cell oxidation also requires EFAs. Impaired EFA metabolism manifests as diseases of degeneration: cancer, cardiovascular disease, diabetes, acne, visual impairment, constipation, sterility, liver complaints, menstrual problems, gall stones, pancreatic malfunction, kidney degeneration, immune deficiency, arthritis, low vitality.

Good fats:

- Polyunsaturated fatty acids (PUFA) : flax, hemp, safflower, sunflower, corn, soy, wheat germ, walnuts, canola, evening primrose, borage, fish
- Monounsaturated fatty acids (MUFA) : olive, canola, hazelnut, avocado, peanut
- Saturated fats : coconut oil; palm oil; animal fats

Bad fats :

- Trans fatty acids : caused by hardening PUFA with hydrogen, producing hydrogenated vegetable shortening; and caused by heating oils

The "all fat is bad" myth persists despite evidence clearly showing that normal levels of natural, unheated fats do not contribute to heart disease or cancer. The fats that are most suspect are the abnormal trans-fatty acids found in hydrogenated products such as margarine and vegetable shortening, and heated and rancid oils.

Dietary fat is not a major cause of obesity. The diets of obese people actually turn out to be low in quality fats, but very high in carbohydrates. Such diets cause weight gain, low energy, constant hunger and a depressed immune system. Because insulin levels are constantly elevated, the body is conditioned to store excess calories as body fat, and the pancreas is stressed. And fasting and extreme crash diets are now known to have no long-term beneficial effects on proper body weight. The body stores toxins in fat to protect itself, and it is loath to release the fat if the toxins are still present.

Recent research has shown that cholesterol levels, or ratios between HDL and LDL cholesterol, are not good indicators of risk of heart diseases or blood clotting. It turns out that high levels of homocysteine are the mechanism leading to heart disease, stroke and Alzheimer's.

The important thing is to consume a balanced diet with 30% consisting of quality fats, eliminating heated and hydrogenated trans fats, with balanced fat intake of 4:1 Omega 6s to Omega 3s. Also eat plenty of Vitamin E-containing foods to prevent rancidity of PUFAs.

Sources of Fats by Percentages (Source : USDA, 1989)

OIL/FAT	Saturated	Mono-unsaturated	Poly- Unsaturated		
			Omega-3	Omega-6	
	Palmitic/ Stearic acid	Oleic acid	Linolenic acid (LNA)	Linoleic acid (LA)	Gamma linolenic acid (GLA)
Flax	9	19	58	14	0
Hemp	8	13	20	58	1
Borage	34	18	6	18	24
Wheat germ	20	25	5	50	0
Olive	14	77	1	8	0
Sunflower	11	20	0	69	0
Safflower	9	13	0	78	0
E. primrose	8	11	0	70	18
Butter	66	30	2	2	0
Sesame	11	45	0	44	0
Walnut	16	28	5	51	0
Hazelnut	11	81	3	5	0
Peanut	18	48	0	34	0
Soy	15	24	7	54	0
Corn	14	25	1	60	0
Coconut	92	6	0	2	0
Canola	7	61	11	21	0

I do not recommend that canola oil be consumed.

7) SUPER FOODS

These foods are the superstars of nature's nutrient storehouse. They have more nutrients packed into them than any others, and should be included in every diet.

- **Aloe Vera** : Vitamins, all essential aminos except tryptophan, fatty acids, antiseptics, anti-inflammatories, enzymes, mucopolysaccharides, acemannan
- **Algae** : chlorophyll, Vitamin A, Bs, B12, C, E, iron, copper, calcium, magnesium, manganese, germanium, selenium, zinc, protein, phytocyanin, GLA, sulfo-glycolipids, polysaccharides, 18 amino acids, beta carotene, protein
- **Almonds** : Vitamin B2, Vitamin E, boron, calcium, copper, iron, magnesium, phosphorus, potassium, monounsaturated fatty acids
- **Bee pollen** : 185 nutrients including 22 amino acids, all vitamins especially B12, enzymes phosphatase, amylase, diastase; calcium, iron, potassium, rutin
- **Treats** : pernicious anemia, colitis, constipation, digestion, prostate, acne, fatigue, allergies.
- **Brewer's Yeast** : Vitamins B1, B2, B3, B5, B6, B8, B9, B15, choline, inositol, PABA, calcium, chromium, magnesium, manganese, phosphorus, potassium, selenium, zinc, amino acids
- **Blackstrap molasses** : Vitamins B1, B2, B6, inositol, PABA, Vitamin K, calcium, chlorine, copper, iron, magnesium, potassium
- **Bragg's Amino Acids** : Soybean-derived liquid amino acids : alanine, arginine, aspartic acid, glutamic acid, glycine, histidine, isoleucine, lysine, leucine, methionine, phenylalanine, proline, serine, threonine, tyrosine, valine
- **Broccoli sprouts**: harvested after three days; high concentrations of sulforaphane, an anti-cancer agent which encourages the body to attack stored toxins with enzymes. Vitamins B5 and C, calcium, selenium, sulfur, potassium, folic acid, chromium, boron, quercetin, indoles, glutathione
- **Eggs** : Vitamins B1, B2, B5, B8, B12, choline, lecithin, Vitamin A, D, E, K, PABA, calcium, copper, iron, manganese, phosphorus, sulphur, selenium, zinc
- **Flaxseed** is the best source of linolenic acid (Omega-3), precursor of prostaglandins, which signal the kidneys to inhibit renin production, the trigger for production of angiotensin, which causes arteries to narrow, worsening congestive heart failure, high blood pressure and stroke.
- **Garlic** : Vitamin A, Vitamin B1, Vitamin C, sulfur; iodine, potassium, zinc, selenium, calcium, manganese, copper, iron, phosphorus
- **Onions** : selenium, potassium, Vitamin C, Vitamin B6, Vitamin B12, calcium, fiber, quercetin, adenosine, sulfur, prostaglandin A1 & E
- **Soybeans** : Vitamin B1, B8, B9, choline, folic acid, Vitamin E, Vitamin K, copper, magnesium, calcium, iron, potassium, sulfur, zinc, lysine
- **Sunflower seeds** : Vitamin B1, B2, B3, B15, folic acid, Vitamin E & F, calcium, iron, magnesium, phosphorus, potassium, selenium, zinc, protein
- **Wheat germ** : Vitamins B1, B3, B5, B6, B9, choline, PABA, Vitamin E, Vitamin F, magnesium, phosphorus, selenium, zinc

Other High Nutrition Foods :

- **Amaranth** : protein, calcium, lysine, vitamins, minerals, fiber
- **Apples** : boron, potassium, fiber, pectin
- **Artichoke** : folic acid, calcium, phosphorus, potassium, magnesium, B vitamins, fiber
- **Asparagus** : Vitamin A, Vitamin C, iron, folic acid, glutathione; natural diuretic
- **Avocado** : monounsaturated fatty acids, Vitamin A, potassium, glutathione, fiber
- **Bananas** : potassium, Vitamin B6, Vitamin C, pectin
- **Beans** : protein, iron, potassium, calcium, zinc, magnesium, phosphorus, B Vitamins
- **Bee propolis** : flavinoids (anti-viral, antibacterial, antifungal)
- **Beets** : Vitamin A and C, calcium, iron, sodium, fiber
- **Brazil Nuts** : selenium, Vitamin B1 and E, iron, calcium, magnesium, sulfur, zinc
- **Brussels sprouts** : Vitamin C, A, potassium, phosphorus, indoles, sulforaphane, fiber
- **Cabbage** : Vitamin C, calcium, potassium, iron, indoles
- **Cantaloupe** : Vitamin A, Vitamin C, potassium, folic acid
- **Carrots** : Vitamin A, beta carotene, fiber
- **Cauliflower** : Vitamin C, Vitamin Bs, potassium, phosphorus, boron, folic acid, fiber
- **Celery** : psoralens (for psoriasis), sodium, fiber, Vitamin A, potassium, diuretic
- **Chlorella** : protein, eight essential aminos, omega -3 EFAs, iron, fiber, chlorophyll
- **Corn** : essential fatty acids, potassium, magnesium, Vitamin A, C, E, B1, B2, B3
- **Dulse** : calcium, iodine, potassium; sodium
- **Grapefruit** : quercetin, Vitamin C, citrin
- **Grapes** : boron, ellagic acid, Vitamin C and Bs
- **Guava** : potassium, Vitamin C, beta carotene (stops diarrhea)
- **Halibut liver oil** : Vitamin A, Vitamin D
- **Hazelnuts** : 80% monounsaturated fat; boron
- **Kale** : beta carotene, Vitamin C, indoles; calcium; iron; magnesium, potassium
- **Kelp** : calcium, iodine, iron, magnesium, potassium, sodium, folic acid
- **Lentils** : iron, protein, folic acid, potassium, copper, phytates, fiber
- **Oatmeal** : fiber, anticancer, anticholesterol, Vitamin B1, iron, magnesium, zinc
- **Oranges** : Vitamin C, bioflavonoids, iron, potassium, magnesium, niacin, riboflavin, terpene
- **Papaya** : Vitamin C, folic acid, beta carotene, papain, fiber
- **Peaches** : Vitamin C, boron, potassium, beta carotene
- **Peas** : Vitamin C, B1, B2, B6, B9, iron, magnesium, niacin, potassium, zinc
- **Peppers** : Vitamin C, Vitamin B6, B9, beta carotene, lycopene
- **Pineapple** : Vitamin B1, B6, B9 Vitamin C, iron, magnesium, bromelain, manganese

- **Potatoes** : potassium, iron, Vitamin C, B1, B3, B6, folic acid, magnesium, lysine
- **Pumpkin** : beta carotene, Vitamin A, C, iron, folic acid, magnesium, potassium, zinc, alanine, glycine, glutamine, protein
- **Quinoa** : eight aminos, magnesium, potassium, iron, folic acid, riboflavin, niacin, zinc, fiber
- **Raisins** : iron, boron, Vitamin B1, B2, B6, magnesium, fiber
- **Brown Rice** : magnesium, Vitamin B6, B1, B3, iron
- **Sardines, salmon, tuna, mackerel** : Omega-3 fatty acids, Vitamin B8, B9, B12, D, K, choline, calcium, potassium, selenium
- **Sprouts** : Vitamin C, fiber, enzymes
- **Strawberries** : Vitamin C, folic acid, potassium, iron, Vitamin B2, ellagic acid, fiber
- **Tomatoes** : Vitamin A, C, E, K, potassium, selenium, folic acid, iron, lycopene (anti-cancer), fiber, protein
- **Walnuts** : Omega 3 fatty acids, ellagic acid, coenzyme Q10, fiber
- **Yogurt** : calcium, acidophilus

BENEFITS OF ORGANIC VEGETABLES vs CONVENTIONAL

ug/g							
	Calcium	Magnesium	Potassium	Sodium	Manganese	Iron	Copper
Beans							
Organic	40.5	60.0	99.7	8.6	60.0	227.0	69.0
Conventional	15.5	14.8	29.1	0.0	2.0	10.0	3.0
Cabbage							
Organic	60.0	54.6	148.3	20.4	13.0	94.0	46.0
Conventional	17.5	15.6	53.6	0.8	2.0	20.0	0.4
Lettuce							
Organic	71.0	49.3	176.5	12.2	169.0	516.0	60.0
Conventional	16.0	13.1	53.7	0.0	1.0	9.0	3.0
Tomato							
Organic	23.0	59.2	148.3	6.5	68.0	1938.0	53.0
Conventional	4.5	4.5	58.6	0.0	1.0	1.0	0.0
Spinach							
organic	96.0	203.9	257.1	69.5	117.0	1585.0	32.0
conventional	47.5	46.9	84.0	0.8	1.0	19.0	0.5

Source : Journal of Applied Nutrition, 1993

8) VITAMINS

The majority of vitamins found in our stores are synthetically produced. They have been manipulated chemically to assure their potency and purity and are very concentrated materials. Some vitamins are naturally sourced, such as Vitamin E from soybeans, but then they are extracted and concentrated, resulting in a product which is no longer 'natural'. The fat soluble vitamins (A,D,E and K) as well as evening primrose oil (GLA) are usually extracted with hexane. However, it is difficult to remove all of the hexane after the process is complete. Recently, a solvent-free extraction process using super-cooled carbon dioxide was developed to accomplish the separation. Unfortunately, this doesn't work for all products, and it is expensive, so its use is not widespread enough.

The Sources of Commercial Vitamin Supplements :

- **Vitamin A** : Synthesized from acetone; extracted with hexane

- **Beta carotene** : Synthesized from Vitamin A or from retinol
- **Vitamin B1 (thiamine)** : Synthesized from thiamine dihydrochloride and mononitrate
- **Vitamin B2 (riboflavin)** : Synthesized from azo dye and barbituric acid
- **Vitamin B3 (niacin)** : Synthesized from acrolein, acetaldehyde, formaldehyde, ammonia, vanadium, and titanium
- **Vitamin B5 (pantothenic acid)** : Synthesized from formaldehyde, isobutyraldehyde, cyanide and ammonia
- **Vitamin B6 (pyridoxine)** : Synthesized from oxazoles with butenediol
- **Vitamin B8 (biotin)** : Synthesized from fumaric acid, phosgene, bromine and hydrobromic acid
- **Vitamin B9 (folic acid)** : Synthesized from pyrimidine, trichloroacetone, dichloroacrolein and aminobenzoyl glutamic acid
- **Vitamin B12 (cobalamin)** : Fermentation of pseudomonas or propionibacterium followed by extraction with cyanide
- **Vitamin C (ascorbic acid)** : Glucose is converted into sorbitol and altered with perchloric acid and acetone
- **Vitamin D** : Cholesterol is converted to its acetate, brominated, catalyzed, saponified and then photochemically converted into pre-Vitamin D. Thermal treatment then rearranges it into Vitamin D3. Vitamin D2 is made in a similar way, but starting from ergosterol and extracted with hexane.
- **Vitamin E (alpha-tocopherol)** : Natural tocopherols are extracted from vegetable oils with hexane and then methylated. Synthetic forms are produced from trimethyl hydroquinones and isophytol.
- **Vitamin K** : extracted with hexane

Vitamin Utilization and Food Sources :

Simple plants like aloe vera, algae, brewer's yeast, seeds, wheat germ, wheat grass and sprouts are the richest nutrient sources and should be incorporated into every diet. Raw foods contain the most enzymes, so we should aim towards having an increasing portion of our diet uncooked. A poor diet cannot be supplemented successfully with synthetic vitamins.

- **Vitamin A** : Protects the skin and mucous membranes; needed for good eyesight, night vision; repair of body tissue and blood; immune system - resistance to infection; thymus and spleen growth; lymphocyte formation; can slow tumor growth; lowers cholesterol; tooth enamel, gums; bone growth; sex glands. Works with zinc.

Sources : Halibut liver oil, beef liver, eggs, butter, apricots, carrots, cantaloupe, tomatoes, spinach, peaches, peppers, yams

- **Vitamin B1 (thiamine)** : Metabolism of carbohydrates into sugar; blood building; circulation; production of hydrochloric acid; muscle tone; nervous system; mental attitude; stabilizes appetite; fertility; cell respiration; anticancer.

Sources : Brewer's yeast, blackstrap molasses, brown rice, sunflower seeds, brazil nuts, eggs, wheat germ, beef liver, meat, poultry, fish, soybeans, potatoes.

- **Vitamin B2 (riboflavin)** : Cell respiration; metabolism; red blood cell formation; breakdown of protein, fats, carbohydrates; vision; conversion of tryptophan to niacin; resistance to stress

Sources : Brewer's yeast, eggs, beef liver, blackstrap molasses, brussels sprouts, almonds, whole grains, sunflower seeds, legumes, cheese, fish

- **Vitamin B3 (niacin)** : Circulation; hydrochloric acid production; reduces cholesterol; metabolism of protein, fats, carbohydrates; sex hormone production; cell respiration; brain function and memory; histamines; nerves

Sources : Brewer's yeast, seafood, liver, meat, milk, chicken, rhubarb, sunflower seeds, peanuts, wheat germ.

- **Vitamin B5 (pantothenic acid)** : Cellular metabolism; production of red blood cells; breakdown of cholesterol; metabolism of carbohydrates, fats and proteins; energy production; vitamin utilization; digestive tract; adrenals; lungs

Sources : Brewer's yeast, legumes, broccoli, cabbage, eggs, beef liver, salmon, wheat germ, whole grains, oranges.

- **Vitamin B6 (pyridoxine)** : Metabolism of carbohydrates, fat and protein; hydrochloric acid production; sodium/potassium balance; (with magnesium) production of properdin (destroys bacteria and viruses in the blood); red blood cell production; antibody production; RNA/DNA action; conversion of glycogen to glucose; hormone production; diuretic.

Sources : Brewer's yeast, green leafy vegetables, whole grains, beef liver, meat, brown rice, prunes, peas, bananas, blackstrap molasses, wheat germ, legumes.

- **Vitamin B8 (biotin)** : Metabolism; production of enzymes; pH balance; cell growth; fatty acid production; B vitamin utilization; nucleic acid formation; glycogen formation; skin, nerves, bone marrow, gonads.

Sources : Eggs, soybeans, beef liver, legumes, brewer's yeast, whole grains, sardines.

- **Vitamin B9 (folic acid)** : Appetite; growth; hydrochloric acid production; red blood cell production; protein metabolism, DNA & RNA production; amino acid synthesis and utilization (needs intrinsic factor)

Sources : Soy flour, brewer's yeast, wheat germ, dates, canned tuna, spinach, beets, milk, cheese, kidney beans, cabbage, peas, beef liver, salmon, whole grains, asparagus

- **Vitamin B12 (cobalamin)** : Appetite; bone marrow & red blood cell formation; metabolism of carbohydrates, fats & proteins; nervous system; G-I tract; cell longevity; prevents anemia; nucleic acid formation (Sorbitol helps absorption; needs intrinsic factor) fights infection; prevents constipation. Best form is methyl cobalamin.

Sources : Beef liver, algae, canned tuna, eggs, cottage cheese, milk, bee pollen

- **Vitamin B15 (pangamic acid)** : Cell respiration; cell lifespan; metabolism of protein, fat & sugar; glandular system; nervous system; protects liver; detoxifies; increases oxygen utilization; steroid level in blood

Sources : Brewer's yeast, brown rice, rare meat, sunflower seeds, whole grains, liver.

- **Choline** : Liver, gall bladder and kidney function; metabolism of fats and cholesterol; nerve function; myelin sheath; synthesis of hormones (adrenalin); prevents atherosclerosis

Sources : Brewer's yeast, beef liver, eggs, peanuts, wheat germ, fish, legumes, soybeans.

- **Inositol** : Reduction of cholesterol; metabolism of fats and cholesterol; prevents atherosclerosis; brain cell nutrition; hair growth, anti-cancer

Sources : Blackstrap molasses, brewer's yeast, grapefruit, oranges, meat, milk, nuts, grains.

- **PABA** : Red blood cells; prevents gray hair; intestinal bacterial activity; protein metabolism; production of folic acid; coenzyme production; free radicals scavenger

Sources : Blackstrap molasses, brewer's yeast, beef liver, eggs, wheat germ.

- **Vitamin C** : Bone and tooth formation; collagen production; digestion; iodine conservation; healing; red blood cell production; blood vessel strength; immune resistance; vitamin protection; anticancer; iron absorption; adrenal secretions; converts folic acid; diuretic; production of interferon, cell respiration; blocks formation of nitrosamines; requires zinc for activation.

Sources : Guava, red pepper, cantaloupe, oranges, grapefruit, papaya, strawberries, kiwi, tomatoes, broccoli, cauliflower, parsley

- **Vitamin D** : Calcium absorption in the intestine; phosphorus metabolism; bone formation; heart action; nervous system; blood clotting; skin respiration; anti-bone tumor action; blocks intestinal tumors; blocks nitrosamine formation; RNA; enzymes; Formed from cholesterol.

Sources : Eel, pilchard, sardines, halibut liver oil, eggs, beef liver, butter, canned salmon, canned tuna, herring, sunlight.

- **Vitamin E** : Slows aging; production of sex hormones; fertility; nervous system; cell respiration; builds body tissue, muscle fiber and blood vessels; anticancer; anticlotting; cholesterol reduction; blood flow to the heart; necessary for iron absorption; protects fat-soluble vitamins; protects pituitary, adrenal and sex hormones; prevents scar tissue; scavenges free radicals.

Sources : Wheat germ oil, soybean oil, sunflower seeds, walnuts, whole grains, eggs, peanuts safflower/sunflower oil, oatmeal, beef liver, tomatoes, all seeds and nuts, peas, beans, corn

- **Vitamin F** : Prevents hardening of the arteries and clotting; normalizes blood pressure; clears cholesterol deposits; glandular function; growth; organ respiration.

Sources : Safflower oil, wheat germ, sunflower seeds, pecans, flax oil

- **Vitamin K** : Helps blood to clot (prothrombin); prevents hemorrhaging; prevents bruising; prevents osteoporosis; manufactured by acidophilus; destroyed by antibiotics

Sources : Safflower oil, blackstrap molasses, eggs, yogurt, swiss chard, oatmeal, beef liver, kale, kelp, green leafy vegetables, cauliflower, fish, soy oil, alfalfa, tomatoes

- **Rutin**: Strengthens blood vessels and capillaries; absorption of Vitamin C; helps blood flow; protects against blood clots; regulates blood pH; prevents fermentation in the cell; colds and flu, edema.

Sources : Lemons, apricots, cherries, grapes, grapefruit, plums, oranges, rosehips, paprika

- **Quercetin** : bioflavonoid that helps diabetes, allergies, asthma, cataracts

Sources: grapefruit, algae, broccoli, shallots, summer squash, onions, red wine

- **Vitamin U** : anti-ulcer; Sources: alfalfa, cabbage, sauerkraut
- **Carotins** : anticancer, thymus activation

Sources: carrots, green, yellow and red vegetables, fruit.

9) MINERALS : Utilization and Food Sources

- **Boron** : necessary for the kidneys to convert Vitamin D to an active form; modulates immune system and inflammatory processes; decreases calcium excretion

Sources: Essential Elements, almonds, apples, broccoli, grapes, hazelnuts, raisins, peaches

- **Calcium** : Bones and teeth; regulates heartbeat; oxygen entry into cell; blood clotting; prevents heavy metal buildup; muscle and nerve function; enzyme action

Sources : Tofu set with calcium, kelp, blackstrap molasses, turnip greens, bok choy, cabbage, mustard greens, kale, almonds, rutabaga, white beans, broccoli, kohlrabi, brussels sprouts, radish, cauliflower, cheddar cheese, hazelnuts, sardines, sunflower seeds, walnuts, salmon, navy beans, peas, yogurt, brewer's yeast, dulse, wakame

- **Chlorine** : gastric juice; fluid balance inside and outside cells

Sources: sea salt, blackstrap molasses, coconut, beets, celery, bananas, kale, cabbage

- **Chromium** : Metabolism of glucose (with insulin); synthesis of fatty acids and cholesterol

Sources : Brewer's yeast, cheese, potatoes, brown rice, raisins, whole grains, meats, honey, legumes, broccoli

- **Copper**: production of red blood cells; bone formation; RNA production; enzymes; resistance to infection; production of catalase and phosphoric lipids.

Sources : Liver, eggs, legumes, soybeans, seafood, avocado, raisins, almonds, molasses, nuts, currants, mushrooms

- **Iodine** : Thyroid function - production of thyroxin; helps oxygen enter the cell, helps absorption of Vitamin A, lactation, neutrophil action

Sources : Kelp, sea salt, shellfish, dulse, onions, garlic

- **Iron** : Red blood cells; white blood cells (lymphocytes and neutrophils); immunity; prevents anemia; protein metabolism; cellular metabolism and respiration

Sources : Eggs, liver, apricots, cherries, raspberries, green vegetables, potatoes, blackstrap molasses, dried fruit, whole grains, kelp, sunflower seeds, almonds, beans

- **Magnesium** : Metabolism of carbohydrates and amino acids; heart function; calcium balance; potassium balance; acid/alkaline balance; bone growth; nerve and muscle function; required for properdin (antiviral, antibacterial); enzyme activation; prevents cancer.

Sources : Essential Elements, green vegetables, dairy, figs, seafood, blackstrap molasses, kelp, rice, brewers yeast, cashews, wheat germ, soybeans, oatmeal, almonds, bananas, brazil nuts

- **Manganese** : Protein; carbohydrate and fat metabolism; skeleton and cartilage development; sex hormones; nerve & brain nourishment; enzyme activator; histamine release; coordination between brain, nerves and muscles.

Sources : Eggs, green vegetables, brewer's yeast, hazelnuts, pecans, whole grains, seaweed, avocados, blueberries, pineapple, peas.

- **Molybdenum** : Aids burning of fats and aldehydes; mobilizes iron from liver; uric acid formation; sulfur metabolism; DNA/RNA metabolism; prevents cancer

Sources : Legumes, liver, whole grains, dark green vegetables.

- **Phosphorus** : Appetite; memory; growth of bones; nails; hair; utilization of carbohydrates, fats, proteins; maintenance of cells; kidney function; nerves, enzymes
Sources : Sesame, almonds, wheat germ, meat, fish, chicken, sunflower seeds, garlic, eggs, brewer's yeast, cauliflower
- **Potassium** : Fluid balance with sodium; growth; muscle contraction & heart beating; alkalinity maintenance; kidney function; cell metabolism; enzyme reactions; muscle protein synthesis from amino acids; neuron function.
Sources : blackstrap molasses, dulse, kelp, potato, cantaloupe, avocado, prunes, figs, lima beans, tomatoes, yogurt, salmon, soybeans, green leafy vegetables, bananas, dates, fish, nuts, sunflower seeds, almonds, cheese, meats, poultry, legumes, garlic, brewer's yeast, raisins.
- **Selenium** : prevents aging; heart function; immunity; prostaglandin and glutathione peroxidase production; tissue elasticity; regulates thyroid ; anticancer
Sources : Brazil nuts, sunflower seeds, tuna, eggs, onions, broccoli, bran, brewer's yeast, garlic, turkey, tomatoes, sesame seeds, shellfish, wheat germ.
- **Silicon** : Growth of bone, hair, nails, teeth; aids healing; flexibility of arteries
Sources : horsetail, alfalfa, green leafy vegetables, flaxseed, brown rice, whole grains
- **Sodium** : Maintains cellular fluid balance; nerves, blood, lymph, muscles.
Sources : Sea salt, seafood, celery, kelp, dulse, artichoke, baking powder, baking soda.
- **Sulfur** : Function of liver and mitochondria; cellular respiration; elimination of toxins, bone growth, blood clotting, muscle metabolism; amino acids
Sources : Eggs, aloe vera, broccoli, brussels sprouts, cabbage, cauliflower, wheat grass juice, soybeans, peanuts, brazil nuts, kidney beans
- **Vanadium** : Functions in hormone, cholesterol and blood sugar metabolism
Sources: Essential Elements, fish
- **Zinc** : Immunity; aids enzymes in digestion; vitamin absorption, especially C; insulin production; appetite; night vision; taste and smell; potency; prostate gland functioning; histamines; prevents cancer.
Sources : oysters, meat, poultry, fish, turkey, liver, eggs, peanuts, brewer's yeast, whole grains, beans, pumpkin seeds, sunflower seeds, wheat germ.

Electrolytes

a specific combination of minerals that the body needs to maintain in balance to function properly. Dehydration, diarrhea, malnutrition, self-induced vomiting and laxative and/or diuretic abuse can all cause imbalances in the electrolytes. Common symptoms are leg cramps, heart palpitations, high or low blood pressure and swelling in the legs and feet. A severe electrolyte imbalance can lead to kidney failure, heart attack and death.

- a. Potassium - Common symptoms of depleted potassium are muscle cramps, problems with skin, continuous thirst, and decreased blood pressure.
- b. Calcium - Common symptoms of depleted calcium are arm and leg numbness, headaches, fragile bones, insomnia, and muscle cramps.
- c. Sodium - Common symptoms of depleted sodium are appetite loss, cramps, fatigue, eye disturbances, vomiting, confusion, and weakness.
- d. Phosphorus - Common symptoms of depleted phosphorus are appetite loss, bone pain, fatigue, irregular breathing, dental problems, and heart and kidney problems.
- e. Magnesium - Common symptoms of depleted magnesium are aching muscles, anxiety, confusion, decreased blood pressure and body temperature, noise sensitivity, and rapid pulse.

ESSENTIAL ELEMENTS IONIC MINERALS

It is very important to get the minerals that the body requires in a form that can be absorbed. The addition of Essential Elements minerals to clean water ensures that minerals are delivered to every cell in the body. Bones, teeth and joints are strengthened, and unwanted calcium deposits can be eliminated over time. Bowel function can be improved and energy increased. Water-soluble minerals form the electrolytes which conduct the body's vital electrical energies. Often our bodies become deficient in soluble minerals, and we experience a corresponding drop in energy levels. Magnesium especially is required for proper heart function, and Essential Elements is an excellent source of magnesium. Water is taken from the Great Salt Lake, and through a sun-drying process, the sodium, cadmium, copper, nickel and lead are removed, resulting in a high quality source of minerals free of contamination. It contains the same basic mineral balance as cellular tissue. Add two drops of Essential Elements to a glass of clean cold water, ozonate and then drink immediately on an empty stomach. Increase your consumption until eventually you are drinking six to eight glasses over the course of a day. Drinking distilled water over a long period of time creates a strong tendency towards mineral deficiency in the body and resulting poor health. The mineral deficient distilled water is hungry for energy, which it obtains by absorbing minerals from the body, some of which can be lost in excretion. If this continues for too long, serious health problems can occur. To remineralize distilled water, add ¼ teaspoon of Essential Elements to each gallon of distilled water. The minerals found in Essential Elements are: magnesium, chloride, and sulfate, in large amounts; potassium, sodium and lithium in moderate amounts and the following in trace amounts: calcium, bromine, boron, iron, iodine, dysprosium, silica, carbonate, fluorine, strontium, bismuth, cobalt, lutetium, ytterbium, aluminum, erbium, holmium, chromium, copper, terbium, gadolinium, europium, selenium, samarium, neodymium, manganese, gallium, germanium, molybdenum, nitrogen, zinc, gold, titanium, praseodymium, vanadium and silver.

10) AMINO ACIDS

Amino acids are the protein building blocks of our bodies. There are 21 common amino acids and half can be synthesized by the body. However, there are 8 which cannot be synthesized by the body and these must come from food or supplementation.

An excellent natural source for aminos is a product derived (not fermented) from soybeans by the company started by Paul C. Bragg at the turn of the century. Bragg was one of America's health food pioneers, and today his company carries on under his granddaughter. Bragg's Amino Acids, now called Bragg's Gourmet Seasoning, contains alanine, arginine, aspartic acid, glutamic acid, glycine, histidine, isoleucine, lysine, leucine, methionine, phenylalanine, proline, serine, threonine, tyrosine, and valine. Aloe vera and bee pollen are other excellent sources.

Body can synthesize

- 1) Alanine
- 2) Arginine
- 3) Asparagine
- 4) Aspartic acid
- 5) Cysteine
- 6) Cystine
- 7) Glutamic acid
- 8) Glutamine
- 9) Glycine
- 10) Histidine
- 11) Proline
- 12) Serine
- 13) Tyrosine

Body cannot synthesize

- 14) Isoleucine
- 15) Leucine
- 16) Lysine
- 17) Methionine
- 18) Phenylalanine
- 19) Threonine
- 20) Tryptophan
- 21) Valine

Certain amino acids are present in the body but are not found in proteins. These are : citrulline, taurine, ornithine and gamma-amino-butyric acid (GABA); carnitine, glutathione (formed from 3 aminos)

- **Alanine** : immune enhancement; blocks kidney stones; hypoglycemia

Sources : aloe vera; algae; bee pollen; Bragg's

Treats: immune deficiency; kidney stones; hypoglycemia

- **Arginine/ornithine** : can be formed from citrulline; mostly nitrogen; used for nitric oxide; immune function; pituitary growth hormone; mental alertness; insulin secretion

Sources : aloe vera; Bragg's; watermelon; chicken; turkey; duck; wheat germ; cottage cheese; nuts; popcorn; carob; chocolate; brown rice; oatmeal; sunflower seeds; sesame seeds; raisins.

Treats : heart; arteriosclerosis; high blood pressure; impotence; infertility; Raynaud's disease; pain; cancer; wound healing; burns; boosts immunity

- **Aspartic acid** : improves endurance, expels ammonia

Sources : algae; aloe vera; Bragg's; bee pollen

Treats: fatigue, immune deficiency

- **Carnitine** : helps burn body fat; heart function

Sources : meats; dairy products; bee pollen

Treats: hypoglycemia, angina, diabetes, liver and kidney disease

- **Cysteine/cystine** : antioxidant; protects against radiation; blocks action of free radicals; counters acetaldehyde, cadmium, lead, mercury, copper. Works with Vitamin E and selenium.

Sources: protein foods; bee pollen; aloe vera

Treats: heavy metals; wound healing; psoriasis, improves hair, skin and nails

- **Glutamic acid/glutamine** : brain function, intelligence, cell replication; component of folic acid; wound healing

Sources: protein foods; Bragg's; bee pollen; aloe vera

Treats: Alzheimer's, leaky gut, impotence, fatigue, depression, schizophrenia, ulcers

- **Glutathione** : free radical scavenger, anti-tumor, respiratory accelerator; leukotrienes, Vitamin E recycling
Sources: asparagus, avocado, raw eggs, unmodified milk whey
Treats: allergies, cataracts, diabetes, hypoglycemia, arthritis, counters radiation
- **Glycine** : builds antibodies, stimulates glucagon release
Sources: protein foods; Bragg's; aloe vera; bee pollen
Treats: muscular dystrophy, low pituitary, hypoglycemia, heartburn
- **Histidine** : promotes growth; repair of tissues; precursor to histamine
Sources : Bragg's; aloe vera; bee pollen
Treats : rheumatoid arthritis, stress, libido
- **Isoleucine** :
Sources: aloe vera; protein foods
Treats: 'maple syrup' urine disease of newborns
- **Leucine** : immune system; protein synthesis
Sources: aloe vera; milk; meat
Treats: immune deficiency
- **Lysine** : synthesis of protein; oxidation of fatty acids
Sources: Bragg's; aloe vera; amaranth; bee pollen; cheese, fish; legumes
Treats: herpes, prevents cancer, aids concentration, protects fertility
- **Methionine** : fat metabolism; healthy hair, skin, nails and joints; removes toxins from liver; neutralizes ammonia; prevents edema
Sources: eggs; aloe vera; Bragg's; bee pollen; legumes
Treats: heavy metals, cholesterol, schizophrenia, Parkinson's, anticancer
- **Phenylalanine** : neurotransmitter; production of epinephrine, norepinephrine, thyroxin and melanin
Sources : aloe vera; Bragg's; bee pollen
Treats : depression, suppresses appetite, pain
- **Proline** : brain function
Sources : Bragg's; aloe vera; bee pollen
Treats : wound healing, learning
- **Serine** : brain impulse transmission
Sources : Bragg's, bee pollen; aloe vera
Treats : pain, psychoses
- **Taurine** : brain development; heart, skeleton, muscles, nervous system; balances other aminos; eyesight; potassium level in heart; rich in sulphur; in bile
Sources: mother's milk; bee pollen; aloe vera; meat; fish
Treats : epilepsy
- **Threonine** : protein utilization; uric acid breakdown; glycine utilization; phosphoprotein
Sources : aloe vera; Bragg's; bee pollen
- **Tryptophan** : converts to serotonin with B6 and niacinamide; cleans toxins from blood
Sources : eggs; oatmeal; cottage cheese; almonds; avocado; sardines; swiss cheese
Treats : insomnia, alcoholism, cancer pain (5 gm/day); epilepsy; Parkinson's (10 gm/day), schizophrenia; fibromyalgia
- **Tyrosine** : neurotransmitter, modifies brain activity; protein synthesis
Sources: Bragg's; aloe vera; bee pollen; meat; milk; fish; eggs
Treats : depression, stress, anxiety, libido, appetite suppresser
- **Valine** : growth and maintenance of body tissues
Sources : aloe vera; Bragg's; bee pollen
Treats: hypersensitivity to heat, cold, and pain.

Homocysteine, Methionine and Glutathione

Homocysteine is an amino acid used by the body to build and maintain tissue. It is produced by the body's metabolism of the amino acid methionine from dietary protein. There are 21 different amino acids in the family of nitrogen-bearing molecules. They join together into small groups called peptides or large groups called proteins. The queen of these aminos is methionine, because it has:

- 1) methyls: which are single carbon units;
- 2) sulfur: which has qualities of stickiness; and
- 3) nitrogen: the defining ingredient of amino acids.

Methionine can donate methyl (carbon) to folic acid to aid in DNA repair, transforming the methionine into homocysteine. Homocysteine is a necessary precursor for the production of glutathione, a peptide made up of three amino acids (glycine, glutamic acid and cysteine). The cysteine is derived from homocysteine. Glutathione is the most abundant and most important detoxifier, the resupplier of Vitamin E. It functions as a coenzyme in many redox reactions, and by changing the valence of iron, it allows hemoglobin to pick up oxygen at the lungs. Glutathione is also involved in the creation of important messenger molecules called leukotrienes.

When its job is done, homocysteine can be reconverted back to methionine in the liver with the aid of Vitamin B6, Vitamin B12, Vitamin B9 (folic acid), magnesium and unsaturated fats. Feverfew is a herb that helps this process as well.

A lack of the B vitamins and magnesium leads to a homocysteine crisis, in which the overabundant amino damages the lining of the arteries, through release of free radicals. A bacteria may then move in and start to flourish at the damaged site, and the body responds to the damage by covering it with a buildup of plaque, composed of cholesterol and calcium, leading to atherosclerosis, impeded circulation, heart attack and stroke. A high homocysteine level triples the risk of heart attack.

Homocysteine buildup can be avoided by ingesting Vitamins B3, B6, B9, B12 and magnesium. Sources for them are :

- **B3 (niacin)** : brewer's yeast, seafood, liver, sunflower seeds, wheat germ

- **B6 (pyridoxine)** : brewer's yeast, vegetables, meat, liver, salmon, nuts, sunflower seeds, wheat germ, wheat bran, brown rice, whole grains, blackstrap molasses, bananas and eggs. If taking a supplement, do not exceed 200 mg daily.
- **B9 (folic acid)** : brewer's yeast, broccoli, spinach, asparagus, peas, wheat germ, beets, romaine lettuce, oranges, pineapple, sunflower seeds, kidney beans, soybeans, chickpeas, lentils, avocado, liver, tuna. If taking a supplement, do not exceed 1 mg per day.
- **B12 (methyl cobalamin)** : algae, aloe vera, tuna, meat, liver, eggs, milk, cheese, yogurt, seafood, rice milk, bee pollen. It is also available in sublingual pellets as a supplement, necessary for anyone over age 50, when the body stops producing intrinsic factor in gastric juice, preventing its availability from diet.
- **magnesium** : green vegetables, dairy, figs, seafood, blackstrap molasses, kelp, rice, brewers yeast, cashews, wheat germ, soybeans, oatmeal, almonds, bananas;
Essential Elements; Homozon; Flora liquid calcium/magnesium/Vitamin D/zinc
- **feverfew tea**

11) HERBS

- **Alfalfa** : Contains eight digestive enzymes, protein, calcium, trace minerals, Vitamins A, K, P and Vitamin U. Digestive disorders, peptic ulcers, kidney and bladder problems, arthritis.
- **Astragalus** : immune stimulator
- **Barley green** : Contains chlorophyll, 20 enzymes, 18 amino acids, 16 vitamins and 23 minerals. Including chromium. Used for allergies, arthritis, diabetes, depression, kidneys, cramps, high blood pressure, liver, colon, chelates lead and mercury; balances acidity.
- **Black Cohosh** : Contains natural estrogen, calcium, potassium, magnesium; Treats hot flashes, menstrual pain, high blood pressure, rheumatism, arthritis, neuralgia, mucus buildup, liver, kidneys, lymph, heart, gout
- **Black walnut** : Contains iodine, Vitamin B15; manganese; Treats parasites, blood oxygenation, varicose veins, balance sugar levels, eliminates toxins, cramping.
- **Burdock** : Contains Vitamin C and iron; protein & carbohydrates; also Vitamins A, B-complex, E and P; PABA; sulfur, silicon, copper, iodine, zinc. blood purifier; reduces joint swelling; lessens calcification deposits; improves kidney function.
- **Capsicum** : Contains Vitamin A, C, iron, calcium and potassium; also B complex, magnesium, phosphorus and sulfur. Treats blood circulation; scours arteries and veins; cures colds and flu, diarrhea, dysentery, rheumatism, heart and kidneys, varicose veins.
- **Cascara sagrada** : Contains Vitamin Bs, calcium, potassium, manganese and bile-like oils; Treats constipation, gall stones, hemorrhoids.
- **Chamomile** : Contains calcium and magnesium; Treats upset stomach, colic, uterine congestion, nervous conditions, children's ailments, drug withdrawal, fever, bronchitis.
- **Chapparal** : Contains protein, potassium and sodium; also silicon, tin, aluminum, sulfur, chlorine and barium. Best herbal antibiotic; anticancer; muscle, tissue wall and blood cleanser; heals urethral tract and lymphatics; tones system, rebuilds tissues, acne, arthritis.
- **Cloves** : Kills the eggs of parasites; clove oil ends toothache pain.
- **Comfrey** : Contains Vitamins A and C; also calcium, potassium, phosphorus, iron, magnesium, sulfur, copper, zinc, as well as protein and 18 amino acids. Overall tonic; speeds healing, heals respiratory system, fractures, wounds, sores and ulcers, reduces mucus, soothes colitis, liver and gall bladder problems
- **Damiana** : Sexual rejuvenator, female hormone balancer.
- **Dandelion root** : Contains the highest Vitamin A of any plant, inulin (sugar suitable for diabetics), choline, taraxacin. Treats liver problems, hepatitis, jaundice, pancreas, spleen, blood purifier, skin diseases, eczema, psoriasis.
- **Echinacea** : Contains Vitamins A, C, E; iron, iodine, copper, sulfur, and potassium. Natural antibiotic; stimulates immune system; improves lymphatic filtration and drainage; removes toxins from the blood, strengthens prostate.
- **Elderberry** : Cathartic, diuretic, purgative, stimulant; for headaches, childbirth, antiseptic wash, burn ointment, diarrhea, cholera
- **Evening Primrose oil** : Precursor for prostaglandins; lowers cholesterol, lowers blood pressure, aids weight loss, relieves menstrual pain, helps eczema, rheumatoid arthritis
- **Eyebright** : Contains Vitamins A and C; Treats eye problems of all types, allergies, hayfever, mumps, measles, chickenpox
- **Fennel** : Contains potassium, sulfur and sodium. Stabilizes nervous system; improves digestion; diuretic; mucous-clearing; anti-convulsive.
- **Fenugreek** : relieves stomach gas and inflammation
- **Feverfew** : aids in the conversion of homocysteine in the liver
- **Garlic** : Contains Vitamins A, B1 and C, potassium, zinc, selenium, sulfur, calcium, manganese, copper and iron. Natural antibiotic; rejuvenating; dissolves cholesterol; prevents disease; cleanses lymphatics, helps digestion; treats chronic fatigue, regularizes liver and gallbladder, lowers blood pressure, angina, headaches, parasites, infections, diuretic, expectorant lowers blood pressure; prevents heart attacks; reduces cholesterol; antifungal; antibacterial; antiviral; prevents cancer; unclogs atherosclerosis
- **Ginkgo biloba** : Contains quercetin, kampferol, isorhamnetin, rhamnose, ginkgolides, bilobalide; Anti-aging, improves blood circulation, mental acuity, hearing, vision, allergies, vitality, Alzheimer's, impotence, vertigo, prevents blood clotting, depression, tinnitus, Parkinson's, stroke, retina damage, asthma.
- **Ginseng** : anti-aging, increases resistance, anti-stress, stops hemorrhage, eases childbirth, promotes vigor
- **Golden seal** : antibiotic, antiseptic, natural source of insulin; treats mucous membranes, liver function, stops internal bleeding.
- **Gotu kola** : mental acuity, physical energy, rejuvenates nervous system, prevents senility; Alzheimer's
- **Hawthorn** : Contains Vitamin B17, C, and A, pectin, hydrocyanic acid; Treats heart problems, atherosclerosis, weight loss, blood pressure, arteriosclerosis, insomnia

- **Horsetail** : Contains silica; Treats osteoporosis, bone healing, tuberculosis, hardens enamel, prevents gum bleeding, fights cavities, eliminates uric acid; strengthens connective tissue (anticancer), clears the arteries, dissolves kidney stones, urinary tract infections, reduces G-I tract inflammation, deodorant, diuretic, repairs collagen.
- **Hyssop** : anti-mucosal; anti-viral; anti-bacterial
- **Juniper berries** : Contains Vitamin C and cobalt; also sulfur, copper, tin and aluminum. Clears uric acid from system; high in natural insulin; restorative of pancreas function; anti-bacterial; diuretic
- **Kelp** : Contains 30 minerals, iodine, calcium, sulfur and silicon. Rich in B complex. Promotes glandular health; sustains nervous system and brain; essential in pregnancy.
- **Licorice root** : reduces inflammation; diuretic; expectorant; laxative; hormone balancer
- **Milk thistle** : support for the liver, gall bladder, spleen
- **Mullein** : Contains iron, magnesium, potassium and sulfur; also Vitamins A, B-complex and D. Clears mucous; beneficial in lung problems; hot mullein tea good for mumps, sore throat, tonsillitis, even tumors.
- **Parsley** : Contains Vitamins A, B and C; potassium, iron, chlorophyll; also sodium, copper, thiamine and riboflavin; silicon, sulfur, calcium and cobalt. Preventative; increases resistance; anticancer, diuretic; treats conjunctivitis
- **Plantain** : Contains Vitamins C and K; calcium, potassium, sulfur and trace minerals. Normalizes stomach secretions; neutralizes poisons; clears the ears.
- **Red clover** : contains genistein, an anti-angiogenic; anti-cancer
- **St. John's wort** : anti-depressant; aids in deepening restorative sleep
- **Sarsaparilla** : Contains Vitamin B complex; A, C and D. Also iron, manganese, sodium, sulfur, copper, zinc and iodine. Promotes glandular health; increases circulation to joints; improves breathing in congestive problems.
- **Saw palmetto** : diuretic, expectorant, prostate support; cystitis
- **Shepherd's purse** : Contains Vitamin C, E and K; also iron, magnesium, calcium, potassium, tin, zinc, sodium and sulfur. Stops hemorrhage; excessive menstruation; internal bleeding; hemorrhoids; urinary tract tonic, diuretic, childbirth
- **Slippery elm bark** : for colds, flu, coughs, sore throat; diverticulitis
- **Stinging Nettle** : Contains iron, silicon, potassium, Vitamin A, C, D, E, F and P; also protein, calcium, sulfur, sodium, copper, manganese, chromium and zinc. Neutralizes uric acid.
- **Turmeric** : anti-inflammatory; prevents cataracts; treats stroke, amenorrhea, arthritis, athlete's foot; bunions, bursitis, carpal tunnel, diabetes, fungus, gallstones, gout, headache, liver problems, pain and swelling, tendonitis, and ulcers.
- **Watercress** : Contains Vitamin A, B, C, D, E; also iron, iodine, calcium, copper, sulphur and manganese. Regulates metabolism and the flow of bile; increases endurance; blood purifier; treats anemia and other blood and skin disorders, diuretic; gout, tuberculosis, anemia, eczema
- **Watermelon** : diuretic
- **Willow** : Contains Vitamin C; anti-inflammatory, pain relief, prevents blood clotting, antiseptic, diuretic, heartburn
- **Wormwood** : Kills parasites, antiseptic, treats stomach problems, liver

12) INTESTINAL FLORA

The newborn baby receives its microbial flora from its mother. *Lactobacillus acidophilus* and *L. bulgaricus* in the alkaline small intestine and *bifido-bacterium* in the acidic large intestine are the first to colonize the gastrointestinal tract. Then come *Escherichia coli* and *Streptococcus fecalis*, followed by *Bacteroides*, *L. salivarius*, *L. plantarus*, *B. subtilis*, *oxalobater formigenes* and *candida albicans* (which ends up being 15% of the total). The development of our personal microbial community involves an ordered succession ending with the attainment of homeostasis, with 400 different species established.

These flora are a necessity for absorption of nutrients in the gut. They also are responsible for production of Vitamin K, portions of the B complex, indoles and fatty acids.

The body exists in a symbiotic relationship with these bacteria, and cannot thrive without them. There are many chronic and acute disease conditions that are traceable back to malabsorption, and often these are due to an inadequate colony of beneficial bacteria. *E. coli* is a very important bacteria for the maturation and maintenance of the immune system.

Antibiotics, radiation and chemotherapy induce an ecological catastrophe in the intestine. *Lactobacillus acidophilus* is suppressed, and without this natural suppresser (through its excretion of hydrogen peroxide), *clostridium difficile* overgrows, followed by *candida albicans*. If *candida* escapes from the colon and establishes colonies throughout the body, this can lead to Chronic Fatigue Syndrome and other related conditions which can be extremely debilitating.

Therefore, it is crucially important that after any such assault on the intestinal flora that they be replaced as soon as possible. Yogurt with an active culture is an excellent source. This may be supplemented with *acidophilus* and *bifidus* capsules. There are products available with the other bacteria available as well.

13) SUNLIGHT

Life is an energy experience. All human interactions and functions are vibrational in nature. The sun's vibrational energy is the most potent life-sustaining force in our experience. Different frequencies of this energy have different biological effects on our moods, behavior and vitality. Sunlight treatments (heliotherapy) were used successfully at the turn of the century for a wide variety of diseases, including tuberculosis and cancer.

Light is a nutrient necessary for optimum health. Each separate frequency or color of the spectrum has nutritional value, and is food for the growth of our being. Together, these frequencies unite in a

rainbow of balanced nutrition that connects and synchronizes the vital functions of all earthly organisms. Research demonstrates that this full spectrum of daylight is necessary to stimulate our endocrine system.

The pineal gland requires full spectrum light in order to perform its function, balancing the hormones that run the body. Bright light shining in the eyes reaches the pineal, which switches off the production of melatonin. Melatonin modifies the secretion of hormones from the pituitary, master gland of the endocrine system. The pituitary in turn regulates the secretion of hormones controlling growth, milk production, egg and sperm production. It also regulates the action of the thyroid gland in controlling metabolism, and the adrenal glands. Recently it has been discovered that the back of the knee is receptive to light.

Light sets the internal clock, the timekeeper that governs bodily function. The number of hours of daylight influences our daily, monthly and annual cycles of sleeping, eating and reproducing. The Chinese have identified correspondences between particular times of the day and particular organs. For instance, if you awake at 3 AM repeatedly, you are having liver trouble and need a liver cleanse. If you wake at 5 AM, you are having kidney trouble and need a kidney cleanse.

Many people experience some alteration in mood or behavior as the seasons change. For about one person in four, these changes can bring problems. This is called Seasonal Affective Disorder (SAD). A milder form of this is "the winter blues" or "cabin fever" and a less common form is "summer depression". These changes are easily reversed by the application of light therapy. Interestingly enough, the best light therapy devices are neon lamps of various colors - red, green, blue, purple, pink and white.

When sunlight hits the skin, the body uses its energy to produce a form of cholesterol called Vitamin D. Vitamin D is absolutely necessary for the body to absorb calcium from the intestine. Lack of Vitamin D is therefore the cause of a great number of serious diseases. Blocking sunlight with sunscreen creams is a poor idea, which will eventually be shown to be detrimental. Some of the sunscreen creams have already been shown to be carcinogenic. Avoid them.

The minimum amount of sunlight necessary is 15-20 minutes 3 - 4 times per week.

14) DAILY REQUIREMENTS

	Minimum	Maximum
Oxygen	800 liters	1200 liters
Water	3 glasses	8 glasses
Sunlight	10 minutes	30 minutes
Vitamin A	25,000 IU	100,000 IU
Vitamin B1 (thiamine)	60 mg	200 mg
Vitamin B2 (riboflavin)	60 mg	200 mg
Vitamin B3 (niacin)	60 mg	250 mg
Niacinamide	40 mg	100 mg
Vitamin B5 (pantothenic)	150 mg	500 mg
Vitamin B6 (pyridoxine)	60 mg	250 mg
P-5-P	50 mg	75 mg
Vitamin B8 (biotin)	300 micrograms	500 micrograms
Vitamin B9 (folic acid)	400 micrograms	1000 micrograms
Vitamin B12 (cobalamin)	100 micrograms	1000 micrograms
Choline	100 mg	1000 mg
Inositol	60 mg	100 mg
PABA	60 mg	350 mg
Vitamin C	2500 mg	40,000 mg
Vitamin D	1000 IU	1500 IU
Vitamin E	400 IU	1200 IU
Vitamin K	150 micrograms	300 micrograms
Boron	3 mg	5 mg
Calcium	750 mg	1500 mg
Chromium	150 micrograms	500 micrograms
Copper	100 micrograms	250 micrograms
Iodine	150 micrograms	200 micrograms
Iron	15 mg	30 mg
Magnesium	400 mg	1500 mg
Manganese	15 mg	20 mg
Molybdenum	100 micrograms	300 micrograms
Phosphorus	130 mg	250 mg
Potassium	100 mg	175 mg
Selenium	150 micrograms	450 micrograms
Zinc	50 mg	100 mg
Arginine	300 mg	500 mg
Carnitine	300 mg	500 mg
Cysteine	250 mg	750 mg
Glutamine	1000 mg	4000 mg
Glutathione	100 mg	150 mg
Methionine	180 mg	320 mg
Tryptophan	1 gram	2 grams
CoQ10	50 mg	300 mg

PART FOUR ANATOMY

INSIDE THE CELL :

In every cell in the body are small energy factories called mitochondria. They take in oxygen and glucose and manufacture ATP (adenosine triphosphate) in the Krebs/citric acid cycle. The waste products are water and carbon dioxide. This is the basic cellular respiration.

The gatekeeper allowing oxygen into the cell is ionic calcium (Ca⁺⁺). If there is insufficient ionic calcium in the cell, oxygen is prevented from entering and ATP production will decline in quantity and quality. The cell will lack energy and burn its sugar inefficiently, and carbon monoxide will be produced. If this condition continues, the cell will eventually be forced to rely on anaerobic fermentation to produce energy, a far less efficient method, producing only 1/19 the energy produced by aerobic oxidation. These degenerated cells ignore the messages sent by the body, and dump out lactic acid and carbon monoxide. Likewise, if parasites move in to the area, their waste products are also acidic. When T-cells come to the area and find this acid environment, they react by releasing enzyme growth factor, and the cells are stimulated to replicate endlessly. If the immune system is too weak to clean up these rogue cells, cancer results. It is estimated that the healthy immune system cleans up 100,000 cells per day in this manner.

An essential part of the production of ATP involves Coenzyme Q10. Without adequate supplies of CoQ10, energy production is reduced. During early years, the liver converts coenzymes into CoQ10. With increased age, the liver gradually loses this ability. Since the therapeutic range is from 30 - 400 mg per day, foods are generally not sufficient for the required supply. Sardines, the richest source, have only 3.4 mg in a 3.5 oz serving. Nuts, seeds, grains and meat are also sources of small amounts of CoQ10. The heart has the highest CoQ10 concentrations in the body and lack of CoQ10 is directly related to heart attacks, palpitations, edema, arrhythmia, angina, hypertension, atherosclerosis, blood clots, strokes and cyanosis.

Cellular Respiration Depends on:

- Oxygen
- Glucose
- Calcium
- Iodine
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B15
- Vitamin C
- Vitamin E
- Coenzyme Q-10

1) THE NERVOUS SYSTEM

Consists of: the brain, the spinal cord, the peripheral nerves, and the autonomic nervous system

- The Brain

The highly developed mass of nerve tissue called gray matter that forms the upper end of the nervous system. The brain floats in cerebrospinal fluid within the rigid casing formed by the bones of the skull. The brain is divided into the hindbrain, the midbrain and the forebrain, and left and right hemispheres. The brain gets 15% of all the oxygen and nutrients in the body, while weighing only 2% of body weight.

- The Spinal Cord

The bundles of nerve cells enclosed in the vertebral column which connect all parts of the body with the brain. It contains a core of gray matter surrounded by white matter. It is enveloped in three layers of membrane, and from it run 31 pairs of nerves, which are connected to nerves that send and receive signals to and from the brain throughout the entire system.

- The Peripheral Nerves

These are the motor and sensory nerves that function as directed by the brain. Some of the peripheral nerves, called the autonomic nerves, function without conscious thought. Blinking, breathing, the beating of the heart, digestion, cell replication, etc. are some of the functions that are run autonomically.

- Autonomic Nervous System

1. Sympathetic Nervous System

Part of the autonomic nervous system with nerves distributed to the blood vessels, sweat glands, salivary glands, heart, lungs, intestines and other abdominal organs, genitals, whose functions it governs by reflex action, in balance with the parasympathetic nervous system.

2. Parasympathetic Nervous System

Part of the autonomic nervous system with nerves distributed to blood vessels, glands, and the majority of internal organs.

2) THE DIGESTIVE SYSTEM

Consists of :

- mouth - saliva (ptyalin, amylase, maltase)
- stomach - gastric juice (HCl acid, pepsin, renin, mucin, lipase, intrinsic factor)
- intestines - hormones (secretin, cholecystokinon)
- liver - bile
- gall bladder - bile salts
- pancreas - pancreatic juice (sodium bicarbonate, trypsinogen, chymotrypsinogen, lipase, amylase, maltase)
- Peyer's patches - absorption of fats
- bacteria (acidophilus, bifidus, E.coli, etc.)

Digestion begins in the mouth with the enzymes ptyalin, amylase and maltase found in saliva. It is necessary to thoroughly chew food so that it becomes mixed with saliva, so that ptyalin and amylase can begin the process of digestion, working on starches specifically. Proper digestion can scarcely occur if the food is bolted in chunks, without proper chewing and mixing with saliva. An adequate flow of saliva is produced by stimulation of the olfactory cells in the nose, and taste cells on the tongue, and is strongly affected by the emotions.

The next part of the digestion takes place in the stomach, which secretes powerful gastric juice, (in response to the hormone gastrin) containing hydrochloric acid and the digestive enzymes pepsin, rennin, mucin and lipase, to break down the food. Rennin turns milk into curds and then pepsin dismantles the curds. Pepsin also splits up proteins after they have been worked on by hydrochloric acid. As the body ages, the production of gastric juice diminishes, and incomplete breakdown results, resulting in gas formation and indigestion. If we take an antacid, we neutralize the gastric juice, further compounding the problem. The solution is more acid, not less. We can supplement with betaine hydrochloride, an extract from the root of beets, which is very close to the gastric juice the stomach manufactures. The parietal cells of the stomach secrete intrinsic factor in the gastric juice which attaches to Vitamin B12 and later helps transport it through the lining of the small intestine. This also decreases with age, necessitating supplementation of Vitamin B12 by injection or sublingually.

The food now is a thin white acidic mush called chyme, which passes through the pyloric sphincter at the end of the stomach into the small intestine, about 20' long in total. The duodenum is the first part, about eight inches long. The hormones secretin and cholecystokinon are secreted by the walls of the duodenum, which stimulate release of pancreatic juices and bile. The acidic chyme from the stomach is neutralized by sodium bicarbonate in pancreatic juice and bile from the liver. Bile is a watery greenish fluid secreted by the liver via the hepatic duct and cystic duct to the gall bladder for storage, and thence on demand via the common bile duct to an opening near the pancreatic duct in the duodenum. It contains bile salts, bile pigments (mainly bilirubin, the non-iron part of hemoglobin), cholesterol and phospholipids. Bile salts and phospholipids emulsify and break down fats and also prevent putrefaction of food in the digestive tract. Gallstones are composed of cholesterol that has solidified around a toxin, parasite or waste debris; they may block the hepatic or common bile ducts, causing pain. They can be removed safely with the liver cleanse.

The powerful digestive enzymes (trypsin, chymotrypsin, amylase, protease and lipase) from the pancreas are capable of splitting molecules of carbohydrate, protein and fat. The digested food is then passed on to the 8' long jejunum.

Peristalsis, stimulated by bile from the liver, pushes the digested mass along the jejunum. Small hairs, called villi, growing on the surface of the intestine, begin the job of absorbing the nutrients into the blood stream. Each villi has a capillary and a lacteal (lymphatic capillary). (In celiac disease, these hairs are destroyed by contact with gluten from wheat, oats, rye and barley.) Villi absorb amino acids from proteins, sugars from carbohydrates and glycerol from fats. Gland cells at the base of the villi also secrete enzymes to perform digestive 'mop-up' operations along the length of the intestine. Fat molecules are generally too large to be absorbed by the villi. Instead, lymphatic tissue called Peyer's patches, spread throughout the small intestine, absorb ninety per cent of the fats and release it into the blood stream to be sent to the liver for processing and then distribution throughout the body.

The final twelve-foot section of the small intestine is called the ileum where the majority of absorption takes place. It is lined with villi and well supplied with capillaries that direct fat, amino acids and sugars into the liver via the hepatic portal system. There, sugar is stored as glycogen until called for by adrenaline, when it is converted to glucose and released to the bloodstream for delivery to all cells for fuel, with the final stage involving burning in oxygen.

At the end of the ileum is the ileocecal valve, which prevents backflow into the small intestine. If the valve sticks open, contents from the colon can move backward, causing diarrhea. If the valve sticks closed, constipation can result. In extreme cases, a stuck ileocecal valve may require surgery to open.

From the small intestine, the food mass passes through the ileocecal valve into the cecum, the first segment of the large intestine. From the cecum, the sections are called the ascending colon, the transverse colon, the descending colon, and the sigmoid colon. The last several inches of the large intestine after the sigmoid colon are known as the rectum, supplied with a powerful ring muscle called the sphincter. The anus is the opening through which the fecal material is expelled. The large intestine has no villi and peristalsis is much less vigorous than in the small intestine. Instead, the colon has many goblet cells that secrete lubricative mucous. The primary activity of the large intestine is to reabsorb water from the remaining mass of chyme. As the water is absorbed, the watery chyme becomes the semisolid feces.

Bacteria, of which over 400 varieties colonize the colon in the billions, do the work of decomposing the remaining solid materials, mostly cellulose. Bacterial action plays a major role in nutrition and

digestion. Friendly bacteria synthesize Vitamin K, portions of the B complex, indoles and fatty acids in this way. Remaining proteins are also broken down by this process.

The most important of the bacteria in the intestines are lactobacillus acidophilus and bifidus bacteria. Acidophilus feeds on candida and secretes hydrogen peroxide as a waste product, and the secretion of this keeps candida albicans (15% of normal intestinal bacteria) in check. The acidophilus can easily be destroyed by antibiotics, which leads to malabsorption of nutrients and subsequent degenerative diseases. It can also result in the serious condition called systemic candidiasis, as the candida escapes from the intestine and travels throughout the body, setting up colonies. Systemic candidiasis has become epidemic in North America because of the widespread use of antibiotics. The bacterial flora need to be replenished by the ingestion of l. acidophilus and b. bifidus, at a minimum.

Small Intestine : alkaline

- acidophilus
- bulgaricus

Large Intestine : acidic

- bifidus
- longum
- salivarius
- plantarum

Nerve endings at the end of the large intestine signal the brain when it is time for a bowel movement. It is important to heed these signals, and not allow the drying process to go too far, or constipation will result. Constipation leads to reabsorption of toxins and is a contributing cause of many diseases, up to and including cancer. When there is damage to the gastrointestinal tract (due to bacterial, viral or yeast infections; parasites; toxins; decreased oxygen supply; and X-rays), an allergic reaction occurs. Histamines are released, causing inflammation in the mucous membrane lining of the intestine, which becomes more permeable. Large particles (macromolecules) of incompletely digested food can then be absorbed through the lining and gain entrance to the blood stream. Once in the blood stream, these particles can be carried to any part of the body. The body reacts to macromolecules in the blood stream by producing more antibodies. Macromolecules are caused by an insufficient supply of gastric juice in the stomach, and/or an insufficient supply of digestive enzyme trypsin from the pancreas. When not enough digestive enzymes are produced by the pancreas, two things happen. First, undigested fragments of food can be absorbed through the intestinal lining and be absorbed into the blood stream. Antibodies see these particles as foreign invaders and attack, creating allergic reactions within the body. The less enzymes, the more undigested food particles there are in the intestine. The higher the concentration of these particles in the intestine, the more particles that will be absorbed into the blood. Second, diminished enzyme output causes a lack of protein digestion resulting in a lack of amino acids. Antibodies, hormones and enzymes are all built from amino acids. Insulin is made entirely from amino acids. Thus the body cannot make enough digestive enzymes and a vicious cycle results.

Functions of the Liver :

1) Digestion :

- Secretes bile (breaks down fats & oils; peristalsis; curbs hunger)
- metabolizes carbohydrates, proteins and fats

2) Manufacturing :

- The lymph, which is part of the blood serum
- Glycogen from carbohydrates and from lactic acid (recycling operation)
- Vitamin A from carotene
- Vitamin K, fibrinogen and prothrombin to stop bleeding
- Heparin to prevent clotting
- Proteins and amino acids
- Enzymes
- Cholesterol from fat (converted to Vitamin D by sunlight)
- Glucuronic acid
- Coenzyme Q10
- Albumin
- Anti-histamines

3) Storage :

- Glycogen, Vitamin A, Vitamin Bs, Vitamin D, Vitamin K, proteins, aminos, enzymes, fat, iron, zinc, copper, manganese, phosphorus]

4) Detoxification :

- Filters the blood (600 liters /day) of toxins, drugs and pollutants
- Converts toxic substances to harmless ones with enzymes
- Antiviral, antibacterial action with gammaglobulin, interleukin, interferon, tumor necrosis factor (TNF)
- Breaks down amino acids to ammonia and then urea
- Toxins flushed out of the liver by bile

5) Regulation:

- Meters out glycogen as glucose to maintain an even blood sugar level
- Clotting and bleeding control
- Monitors and adjusts cholesterol levels
- Balances salt and water by secreting albumin
- Neutralizes body toxins by secreting anti-histamines
- Neutralizes and balances hormones (thyroid, cortisone, estrogen, testosterone)

6) Requires :

- Methionine
- Unsaturated Fatty Acids (Omega - 3 and - 6)
- Choline, inositol, folic acid, biotin, B2, B3, B5, B6, B12, B15, D, E
- Sulphur
- Zinc

3) THE CIRCULATORY SYSTEM

In the circulatory system, newly oxygenated blood from the lungs comes to the left side of the heart and then is pumped along smaller and smaller arteries until it reaches the smallest vessels, called capillaries, just 3 microns in diameter. It is in these microscopic tubules that the blood exchanges oxygen and nutrients for cellular waste products with surrounding body cells. Much of the fluid accompanying the blood and large protein molecules leaks through the porous walls of these smallest capillaries. Additional fluids and waste products are expelled from every cell in the body. These fluids accumulate in the small spaces between the cells and are removed by the lymph system.

From their very tiniest size, the capillaries gradually become larger and form veins through which the blood returns, carrying wastes and carbon dioxide. The blood passes through the liver to be filtered and relieved of its load of wastes. Then the blood returns to the right side of the heart, from where it is pumped to the lungs to be cleansed of its carbon dioxide. The iron in the hemoglobin changes valence through the action of glutathione, releasing carbon dioxide and attracting oxygen. With this fresh load of oxygen the blood returns to the heart to begin the eight minute journey again.

- **The Heart** is the body's pump to move the blood throughout to supply oxygen and nutrients, and to remove carbon dioxide and wastes. The heart is far more complex than just a simple pump, however, and that is why artificial pumps have failed to be an adequate replacement so far. The heart requires Co-Q10 and magnesium in large amounts in order to function. Calcium is used to fire the heart muscle.

- **Blood Vessels** are interlaced throughout the body in order to deliver nutrients and remove wastes. Arteries take freshly oxygenated blood away from the heart for distribution, and veins return blood to the heart. Each pound of fat has a mile of blood vessels in it, so it is easy to see why being overweight taxes the heart so greatly.

- **Capillaries** are the smallest blood vessels, down to nearly 3 microns in diameter. The red blood cells that carry oxygen throughout the body are almost 7 microns in diameter, and so must bend in half to fit down the tiny passageways. If there is any clumping together of the red blood cells, they will not be able to get down to the ends of the capillaries, and the cells there will be deprived of oxygen. This cellular deprivation of oxygen is called hypoxia, and it is the cause of the major degenerative diseases, including cancer. Therefore, the state of the red blood cells is of critical importance. It has recently been discovered that there is a body-wide switching system at the capillary venous ends that can be turned "off", resulting in poor microcirculation of oxygen. A 'multi-step oxygen therapy' has been developed, incorporating oxygen, injection of Vitamin B1, magnesium and other substances, and followed by ionized oxygen and ozone treatment, which turns the system 'on'.

Blood pressure and blood clotting

Blood pressure and flow are maintained by a complex interaction amongst many components and substances in the body.

- **Adrenaline** : adrenaline (epinephrine) from the adrenals causes blood vessels to contract, raising blood pressure; it also promotes blood clotting

- **Angiotensin** : a protein in the blood, derived from a plasma protein and released by the action of the enzyme renin from the kidneys, that causes a release of aldersterone from the adrenal cortex. Angiotensin causes constriction of blood vessels, thus raising blood pressure.

- **Aldersterone** : a hormone secreted by the adrenal glands which signals the kidney to hold more sodium and excrete more potassium. Its production is regulated partly by corticotropin from the pituitary and partly by the production of renin by the kidneys.

- **Catecholamines** : hormones that induce high blood pressure. They include adrenaline, norepinephrine, dopamine and dopa.

- **Fibrin** : insoluble protein in blood plasma that combines with red and white blood cells and platelets to form a clot, when its precursor fibrinogen is acted upon by thrombin

- **Heparin** : an anticoagulant produced by basophils (white blood cells) and connective tissue cells (mast cells) in the liver and lungs, which inhibits the activity of thrombin in blood coagulation, preventing clotting.

- **Renin** : an enzyme released into the blood by the kidneys in response to stress. It reacts with a substrate from the liver to activate angiotensin, causing the adrenals to release more aldersterone. This results in a constriction of blood vessels, and thus an increase in blood pressure. Excess

production of renin results in the syndrome of renal hypertension, and congestive heart failure.

- **Serotonin** : a compound widely distributed in the tissues, particularly in the blood platelets, intestinal wall, and central nervous system. It plays a role in inflammation similar to histamine, causing blood vessel constriction. It also acts as a neurotransmitter, concerned with the process of sleep. It is also involved with regulating body temperature, blood clotting, immunity, and the body clock. It is produced from tryptophan with Vitamin B6 and B3 (niacinamide), with production regulated by the pineal gland.

- **Thrombin** : a coagulant formed in plasma from prothrombin calcium and thromboplastin that acts to change fibrinogen to fibrin, causing clotting

- **Vasomotor nerve** : any nerve of the autonomic nervous system that controls the circulation of blood through blood vessels by its action on the muscle fibers within their walls or its action on the heartbeat. The vagus nerve slows the heart and reduces its output, but sympathetic nerves increase the rate and output of the heart and increase blood pressure by causing the constriction of small blood vessels at the same time.

- **Vasopressin** : (antidiuretic hormone, ADH): a hormone produced by the hypothalamus, stored in and released from the pituitary, that causes blood vessel constriction. Vasopressin also increases the reabsorption of water by the kidneys, preventing excessive loss from the body.

4) THE ENDOCRINE SYSTEM

The endocrine system is a series of ductless glands that secrete hormones, and integrates other body functions, like metabolism and cell growth. The organs of the endocrine system are:

- **Pituitary**
- **Pineal**
- **Thyroid**
- **Pancreas**
- **Kidneys**
- **Adrenals**
- **Parathyroid**
- **Thymus**
- **Hypothalamus**
- **Gonads**

- **Pituitary** : the master endocrine gland, located below the brain hemispheres. It secretes:

1. adreno-cortico-trophic hormone (ACTH) : stimulates adrenals
2. gonadotropin : luteinizing hormone (LH) that stimulates the gonads
3. lipotropin : stimulates the transfer of fat from stores to the bloodstream
4. melanocyte-stimulating hormone : causes melanin production (tanning)
5. prolactin : stimulates lactation and production of progesterone
6. somatotropin (STH): growth hormone stored in the pituitary, promotes growth of the long bones. Somatostatin is a hormone that inhibits somatotropin. It is secreted by the pancreas, the hypothalamus, and in the gastrointestinal tract
7. thyroid-stimulating hormone (TSH) released under stimulus of TRH (hypothalamus)
8. oxytocin (produced in hypothalamus and stored in pituitary until needed)
9. causes uterine contractions; stimulates milk ejection from breasts
10. vasopressin (produced in hypothalamus and stored until needed in pituitary) increases kidneys' reabsorption of water; constricts blood vessels

- **Pineal** : a pine cone shaped gland nestled deep in the middle of the brain between the two hemispheres which is controlled by the amount of light it receives. It regulates:

- sexual maturity
- the thyroid and the metabolic rate
- melatonin production; regulates gonadotropins by pituitary
- serotonin production

- **Thyroid** : a butterfly-shaped organ sited at the base of the throat. It regulates the metabolic rate in response to hormone TSH from the pituitary by secreting hormones:

- thyroxin - regulates metabolism by controlling rate of oxidation in cells
- tri-iodothyronine
- thyrocalcitonin - regulates level of calcium and phosphate in the blood; stimulates bone formation

- **Pancreas** :

The pancreas is both an exocrine gland (ducted) and an endocrine gland (ductless). The exocrine part produces pancreatic juice which enters the duodenum via the pancreatic duct. The endocrine part secretes insulin and glucagon into the bloodstream. The pancreas secretes:

Pancreatic juice (1.5 liters/day) containing:

A. protease consisting of:

1. trypsinogen :
 - a. converted in the duodenum to trypsin by enteropeptidase
 - b. breaks down protein
 - c. scavenged and used to break down fibrin in blood clots
 - d. regulates and controls inflammation

e. trypsin dissolves cancer tumors

2. chymotrypsinogen :

- a. converted in the duodenum to chymotrypsin by trypsin
- b. breaks down protein
- c. scavenged and used to break down fibrin in blood clots
- d. regulates and controls inflammation

3. carboxypeptidase

B. lipase - breaks down fat

C. amylase - breaks down starch

D. maltase - converts maltose into glucose

E. sodium bicarbonate - neutralizes gastric juice (HCl); produced in response to the hormone secretin in the duodenum

- **Glucagon (from the alpha cells of the islets of Langerhans)** : a hormone that causes an increase in blood sugar level, the opposite of insulin.

- **Insulin (from the beta cells of the islets of Langerhans)** : a hormone reducing blood sugar level, and necessary for the entry of sugar into the cell. In this job, it is aided by chromium and vanadium. Regulates storage of sugar in liver; accelerates oxidation of sugar in cells

- **Somatostatin (from the delta cells of the islets of Langerhans)** : a hormone that controls the rate of nutrient absorption into the bloodstream by inhibiting somatotropin (growth hormone from the hypothalamus/pituitary)

- **Picolinic acid** : necessary for zinc absorption.

For proper functioning, the pancreas requires:

- **Zinc**, to make insulin

- **Copper**, to help use the zinc

- **Chromium and vanadium**, essential to the action of insulin at the cellular level

- **Vitamin A**, which protects all epithelial tissue

- **Selenium** (eat two Brazil nuts daily)

- **Cedar berries (Juniperus monosperma) and Gymnema sylvestre** (a herb from India called Shardunika) will promote its regeneration

- **Kidneys**

The kidneys have several functions and are often overworked because we do not drink enough water.

- The kidneys store some Vitamin D and convert it into a usable form using boron.

- The kidneys secrete the hormone erythropoietin in response to a reduction in the amount of oxygen reaching the tissues. This increases the rate of red blood cell production.

- The kidneys regulate the volume, composition and pH of the blood

- The kidneys regulate calcium ion absorption

- The kidneys secrete the enzyme renin into the bloodstream when blood flow to the kidneys is insufficient. Renin triggers a series of reactions that create the most powerful blood vessel constrictor, angiotensin, which acts on the adrenals, resulting in constriction of arteries and veins, thus increasing blood pressure. It also causes the kidneys to retain salt and water, which further elevates blood pressure. This can continue spiraling upward until it triggers a fatal heart attack.

- The key influence on the blood supply to the kidneys is prostaglandin, which the body makes from linolenic acid (Omega 3). Prostaglandin PGE1 keeps blood platelets from sticking together, preventing heart attacks, strokes, and slowing cholesterol production. It acts as a diuretic, causing the kidneys to remove fluid from the body. It relaxes blood vessels, which lowers blood pressure. It also inhibits the production of renin. The most effective method of providing the body with the linolenic acid it needs to make prostaglandin PGE1 is flax oil. The recommended daily dose is 1 tablespoon flax oil with ½ cup of low fat cottage cheese. Hemp also has a good amount of linolenic acid and primrose oil and borage oil have PGE1 precursors.

Oxalobacter formigenes is a beneficial anaerobic bacteria that resides in the colon, that uses oxalate as its sole source of food. Oxalate is found in spinach, rhubarb and cocoa. Excess oxalate is linked to improper utilization of B6 and can cause kidney stone formation. A high number of oxalobacter formigenes protects against kidney stone formation, by eating up the oxalate. Vitamin B6 and magnesium are also

- **Adrenals** : two triangular glands situated on top of the kidneys

- The adrenals are stimulated by the sympathetic nervous system to produce adrenaline (epinephrine) and norepinephrine. Adrenaline pulls sugar from the liver to provide extra energy. The heart is galvanized, breathing rate increases, arteries contract and the metabolic rate climbs. Excessive adrenaline depletes B Vitamins and causes the pleiomorphic germs of life to begin their degenerative

changes, leading to disease.

- The adrenals are activated by the pituitary hormone ACTH to produce cortisol, corticosterone, cortisone (reduces inflammation from immune response), aldosterone (sodium retention/potassium excretion: blood pressure).

- The adrenals also produce the master hormone DHEA, and estrogen and androgen.

- To support the adrenals, take :Vitamin C, Vitamin B2, B5, B6, B12, B9 (folic acid); potassium, zinc, magnesium; adrenal glandular supplement - Drenamin

- **Parathyroid** : four small glands located behind the thyroid gland that secrete the parathyroid hormone (PTH). PTH, in conjunction with Vitamin D, regulates calcium levels in the blood and tissues. It does this by pulling calcium out of the bones when blood levels fall below normal. Additional PTH is created when dietary intake of calcium is low or there are malabsorption problems. Estrogen makes the bones less sensitive to PTH stimulation, and therefore slows bone loss (osteoporosis). PTH is secreted at night, so osteoporosis can be prevented by taking 500 mg calcium with 500 mg magnesium and Vitamin D at 11:00 pm.

- **Thymus** : a small organ above and in front of the heart. Before birth, the thymus eliminates lymphocytes which cannot distinguish between outside invaders and the body's own tissue. In infancy, the thymus controls the development of lymph tissue and the immune response. T-lymphocytes are manufactured in the bone marrow and then migrate to the thymus, where they mature and differentiate until activated. The thymus secretes thymosin, thymopoietin and serum thymic factor, which regulate many immune functions. Thymus support requires Vitamins A, B6, C and E, selenium, zinc and beta-carotene; arginine; and echinacea, licorice and mistletoe; and (supplemental) thymus extract. Malnutrition will cause the thymus to atrophy rapidly. The production of adrenaline in the stress reaction uses up B Vitamins, starving the thymus and leading to its withering, and subsequent immune deficiency.

- **Hypothalamus** : located above the pituitary; controls body temperature, thirst, hunger, eating, water balance, sexual function, emotional activity, sleep, integration of hormonal and autonomic nervous activity. It secretes:

- vasopressin : constricts blood vessels and raises blood pressure
- oxytocin : uterine contraction; lactation
- thyrotropin-releasing hormone (TRH) (see pituitary)
- somatotropin : growth hormone
- somatostatin : inhibits somatotropin

- **Gonads** : the testes and ovaries

1. produce sperm and eggs
2. in response to gonadotropins, they produce steroid hormones :
 - a. estrogen
 - b. progesterone
 - c. androgen (testosterone)
 - d. androsterone

5) THE IMMUNE SYSTEM

If you get a fever, most allopathic doctors will prescribe some drug to lower the fever. Fever is a symptom. It is NOT a disease. Your body uses fever to fight off an infection. Interfering with this process can jeopardize your immune system, which can lead to far more serious problems later. This indiscriminate use of antibiotics and other drugs to cover up symptoms has led to the creation of diseases that now are untreatable, by conventional means, as the resistance of staph and strep has increased tremendously because of this inadvertent breeding program. Covering up symptoms is not treating the disease. Eliminating the cause and giving the body what it needs to repair and rebuild itself are the true steps to health, the true building blocks of immunity.

The immune system is composed of the :

- **Lymphatic system** :

1. Thymus : The thymus is the key component of the immune system acting as the central control. Before birth, it kills off T-cells that have receptors for the body's own peptides, preventing autoimmune diseases. After birth, T-cells mature there.
2. Tonsils : lymphoid tissue which fights infection
3. Adenoids : lymphoid tissue which fights infection
4. Appendix : lymphoid tissue which fights infection
5. Spleen: produces lymphocytes (WBC); stores erythrocytes (RBC); filters blood
6. Peyer's patches : lymphoid tissue in small intestine
7. Lymph nodes : neck, groin, axillary region, spleen (filter and engulf bacteria)
8. Macrophages (scavengers stationed at liver, lungs, lymph nodes)

- **Liver** : production of lymph (blood serum); gammaglobulin; interleukin; tumor necrosis factor; interferon (Vitamin C stimulates production of interferon); Kupffer cells (macrophages)

- **Properdin (made from Vitamin B6, zinc and magnesium)** : destroys bacteria and viruses in the blood

- **Complement system** : 18 proteins that react to antigens to destroy foreign substances

- **Cytokines** : messengers secreted by immune system cells; interferon alpha; interferon beta; interleukin 1 to 8; GCSF stimulates neutrophils, which produce hydrogen peroxide
- **Bone marrow stem cells** : produce red blood cells, white blood cells and platelets
- **White blood cells (leukocytes)** :

A. granulocytes : neutrophils (bacteria); eosinophils (allergy; histamine secretion) basophils (inflammation and allergic responses)
 B. monocytes (scavengers)

C. lymphocytes:

1. T-cells : produced in the bone marrow; travel to the thymus and mature into
 - a. CD-4 T-cells : watch for invaders; release EGF in acidic conditions
 - b. CD-8 T-cells (Helper T-cells): initiate immune response with lymphokines
 - c. Suppressor T-cells : T-cells that stop the immune response when an infection is under control
 - d. Inducer T-cells: oversee maturation of T-cells in the thymus
2. B-cells : travel the bloodstream looking for foreign bodies. When they detect one, they are stimulated by lymphokines from CD-8 Helper T-cells and split into plasma cells that produce antibodies, which bind to the foreign body to mark it for destruction by the macrophage. B cells produce immunoglobulin, proteins that act as antibodies (IgA, IgD, IgE, IgG and IgM). Antibodies have now been discovered to produce ozone for the destruction of bacteria and viruses in the body.
- 3) Natural killer (NK) cells: directly attack and kill cancer cells; produce some cytokines

The Development of Blood Cells

	Proerythroblast →	Reticulocyte →	Erythrocyte →	RED BLOOD CELLS	
S T E	Myeloblast →	}	Neutrophil	Granulocytes	W H I T
			Eosinophil		
			Basophil		
M	Monoblast →			Monocytes	E
C E	B stem cell →	B lymphoblast →	B lymphocytes →	IgA,IgD,IgE,IgG,IgM	C E
L L S	T stem cell →	T lymphoblast →	T lymphocytes →	CD-4 (surveillance) CD-8 (Helper) Suppressors Inducers NK cells	L L S
	Megakaryoblast →	Megakaryocyte →	Thrombocyte →	PLATELETS	

Cancer Cleanup Systems

It is estimated that 100,000 cells per day become cancerous. The body has several ways of cleaning up these cells before they become a problem. They are :

- natural killer (NK) lymphocytes
- tumor necrosis factor (TNF)
- macrophages
- monocytes
- neutrophils
- trypsin, a pancreatic enzyme (dissolves tumor cells)

- interleukin 2
- O₁ produced by antibodies
- nitric oxide, NO, produced from nitrogen (cancer cell ingests it, splits it and is killed by O₁)
- gamma interferon : from liver, T-cells and macrophages
- Vitamin C (activated by zinc) strengthens the collagen interstitial spaces

T-lymphocytes are responsible for cell-mediated immunity (CMI), which is important for resistance to infection by bacteria, yeast, fungi, parasites and viruses. CMI is also critical for protection against the development of cancer.

It is interesting to note that ozone therapy stimulates the production and activation of all of these bodily cancer defenses (except trypsin and Vitamin C).

The immune system is suppressed by the addition of :

- > radiation, chemotherapy, surgery, antibiotics, blood transfusions, steroids, amyl nitrate, adrenaline, insulin, anti-inflammatories; carbon monoxide, nitrogen dioxide, sulphur dioxide; pesticides, white sugar, alcohol, nicotine, trans fatty acids; malnutrition; stress; emotional trauma; and physical injury
- The immune system is suppressed by the deficiency of:
 - > Vitamin A, Bs, C, E, beta carotene, selenium, zinc, iron, essential fatty acids; sleep; and proper self-esteem.

6) THE LYMPHATIC SYSTEM

In the circulatory system, blood is pumped out of the heart through arteries, which branch off, smaller and smaller, until they become the fine network of capillaries. Capillary walls are semi-permeable, and the fluids accompanying the blood leak through the walls, carrying nutrients into the cells. Additional fluids leak back out taking proteins and wastes with them, and accumulate in the spaces between the cells. If this fluid were not removed, we would swell up and die in 24 hours.

Fortunately, there is a completely separate circulation system, called the lymphatic system, that is able to absorb and remove these fluids. The extensive lymphatic network has hundreds of miles of tubules that cover the entire body, holding 65% of the fluid in the body. Through these tubules, all of this material is returned to the blood so that it can be utilized or eliminated from the body. Along these lymphatic tubules are bulb-shaped masses called lymph nodes, which act as filters and produce antibodies when foreign proteins are encountered. If the lymph nodes are unable to perform their job properly because they are overwhelmed with toxins, immunity is reduced, and we soon develop a disease. An elevated white cell count can be an indication of too many large protein molecules in the system, which result from incomplete digestion, usually due to a lack of enzymes.

In addition to returning leaking fluid and proteins from the circulation system and creating antibodies for the immune system, the lymph system performs another important function. Clumps of lymphatic tissue, called Peyer's patches, are spread throughout the small intestine. Unlike other nutrients, fat molecules are generally too large to be absorbed directly from the intestine. Instead, they are absorbed by the Peyer's patches, transported along the lymphatic system and then released into the blood stream where they are delivered to the liver. Between 80 and 90 percent of all the fat absorbed from the gut is absorbed by the Peyer's patches of the lymphatic system.

Efforts should be made to improve the function of the lymph system. The topical application of castor oil packs to the abdomen has been shown to be very beneficial, increasing the flow of lymph throughout the body. This speeds up the removal of toxins in the fluids surrounding the cells. In the small intestine, the Peyer's patches become more efficient in their absorption of fatty acids, which are essential for the formation of hormones, and the absorption of some vitamins. Other methods of increasing lymph circulation are Tai Chi, use of a rebounder, jogging and brisk walks, and deep lymphatic massage.

Other parts of the lymph system are the liver, which makes the majority of the lymph; the thymus gland; the spleen; and bone marrow.

7) THE RESPIRATORY SYSTEM

Air is drawn in through the nose by the action of the diaphragm, a powerful muscle lying below the lungs, operated by the autonomic nerve system. In the nose, the air is filtered, warmed, humidified and cleaned of larger particles. The air then passes down the esophagus, through the doorway guarded by the trapdoor-like epiglottis, and then down the bronchial tubes into the lungs.

The lungs are only one cell thick, in order to be permeable to gases. Their most important function is to exchange waste carbon dioxide for fresh, life-giving oxygen. This exchange takes place in the very finest air sacs, called alveoli. Capillaries of only 3 microns in width line the walls of these air sacs. Red blood cells, pumped from the left side of the heart, bring waste carbon dioxide to the alveoli in the bloodstream, attached to the iron-carrying hemoglobin.

The charge of the iron is positive (++) , but in order to attract the oxygen on the other side of the cell wall, it must become even more positive. This is accomplished by glutathione, which removes an electron. Now the iron is more positive (+++) and with this greater attractive force, it is able to split apart an oxygen molecule into O₁, or singlet oxygen, (also called a super anion) and draw it through the cell wall, where it immediately attaches itself to the hemoglobin. The red blood cell is then delivered to the right side of the heart, and then pumped to the rest of the body.

When it reaches a cell, the iron hemoglobin changes valence back again (++) and releases its singlet oxygen to the cell. It picks up carbon dioxide and other wastes and is then pumped back to the lungs, where the cycle begins again.

Dust, pollutants and tars that are not removed by the filtration process in the nose are encapsulated with mucus and coughed out. If too much dust and debris accumulates, the conditions can be set for a bacterial colony to flourish; for viral infections to become entrenched; for the invasion of the lungs by parasites; and eventually for asthma, emphysema, pneumonia, tuberculosis and lung cancer.

PART FIVE : DISEASES

On the following pages are the results of my research into treatments for various diseases and conditions, most of them considered incurable. There are a great many suggestions for each condition, but the underlying theme is always cleansing and nutrition.

Because there are so many recommendations for each disease, it is necessary to state that not every single one of these recommendations needs to be done in order to regain health. Since no one thing works for everyone, because we are all unique, I have listed all the treatments that I have found, so that you can experiment and decide for yourself which ones work for you in your own particular situation. It is a case of taking self-responsibility, educating yourself, becoming your own doctor, experimenting with the alternatives available, and above all...

listening to your body.

When choosing alternatives, always do the least expensive things first !

Best of Health !

1) AIDS/ARC/HIV

Cleansing :

- **Liver cleanse**
- Kidney cleanse
- **Parasite cleanse**
- **Colon cleanse, colonics and coffee enemas**
- Castor oil packs
- **Homozon (magnesium peroxide)**br /> - Hydrogen peroxide baths
- Methylene blue
- Essiac Tea or Native Legend Tea
- Activated charcoal
- **Ozone therapy : steam cabinet; cupping over liver and pancreas; drinking water; insufflation**

Nutrition :

- **Garlic and onions, raw**
- **Aloe vera**
- Eat raw vegetables, especially cabbage, kale, cauliflower, broccoli
- Eggs : two soft-boiled daily
- Blue-green algae, spirulina, chlorella
- Sprouts: alfalfa, sunflower, mung bean
- Almonds : 6 raw, unblanched daily
- Flax oil : two ounces daily
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes, pancreatin, ox bile tablets
- Acidophilus and bifidus

NO sugar; coffee; alcohol; tobacco; margarine; fried, canned, or processed foods

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- **Vitamin B complex : brewer's yeast**
- Vitamin B12 : sublingual pellets
- **Inositol : IP6**
- Vitamin C : 10 - 40,000 mg /day
- Vitamin E : 800 IU /day
- Beta-carotene : 15 - 30,000 IU/day
- Quercitin

Minerals :

- Calcium : 500 mg x 3/day
- Selenium (2 Brazil nuts /day)
- Concentrace colloidal minerals
- Germanium
- Iron: ferrous succinate or gluconate : 15 - 30 mg/day
- Copper : 100 mcg/day
- Iodine : 150 - 200 mcg/day
- Magnesium : 500 mg x 3/day

- Manganese : 15 - 20 mg/day
- Chromium : 300 - 500 mcg/day
- Zinc picolinate : 50 - 100 mg/day

Amino acids :

- Glutathione : 150 mg/day
- Cysteine : 500 mg/day
- N-acetyl cysteine : 4000 mg/day
- Methionine : 350 mg/day
- Carnitine : 500 mg/day
- Arginine : 500 mg/day

Herbs :

- Milk thistle
- Dandelion root
- Golden seal
- Gingko biloba
- Ginseng
- Pau d'arco
- **Chapparral**
- Astragalus
- Licorice
- Echinacea augustifolia

Supplements :

- Bee propolis
- Lugol (homeopathic iodine)
- DMG : dimethyl glycine

Exercise :

- Long brisk walks in the park; Tai Chi; Rebounder; Swimming

2) Alzheimer's Disease :

progressive development of dementia and impaired brain function; sometimes associated with aluminum, bacterial infection or cholesterol deposition in the brain.

Cleansing :

- **Liver cleanse**
- Parasite cleanse
- Colon cleanse, colonics, coffee enemas; activated charcoal
- Castor oil packs
- **Homozon (magnesium peroxide)**
- Hydrogen peroxide baths
- **Methylene blue**
- **Chelation**
- **Ozone** : in the ear; steam cabinet; drinking water; insufflation

Nutrition :

- **Aloe vera**
- Flax oil (one ounce /day) + dry curd cottage cheese (4 tablespoons)
- Halibut liver oil
- Garlic and onions
- Blue-green algae, spirulina, chlorella
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes
- Acidophilus and bifidus

No sugar, white flour, processed foods, aspartame

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- **Vitamin Bs : brewer's yeast**
- **Vitamin B6 + folic acid**
- **Vitamin B12 : sublingual pellets**
- **Inositol : IP6**
- Vitamin C : 2000 mg x 3/day
- Vitamin E : 800 IU/day

Minerals :

- Selenium : 2 Brazil nuts

Amino acids :

- Arginine : 300 - 500 mg/day
- Glutathione : 100 - 150 mg/day
- Methionine : 180 - 320 mg/day
- Taurine
- Tryptophan : 1 - 2 grams/day
- Tyrosine

Herbs :

- Barley green
- Black cohosh
- Black walnut
- Burdock
- Capsicum
- Cascara sagrada
- Chapparal
- Comfrey
- Dandelion root
- Fennel
- **Gingko biloba**
- Ginseng
- Golden seal
- **Gotu kola**
- Juniper berries
- Kelp
- Milk thistle

Supplements:

- Glutathione : 100 - 150 mg/day
- GH3
- Lucidril (centrofenoxine)
- **EDTA chelation**

Exercise :

- Long walks in the park
- Tai Chi
- swimming
- rebounder

3) Amyotrophic Lateral Sclerosis (ALS)

Inflammation due to parasites, viral attack, macrophage attack, and/or calcium deposition causing scarring on nerve cells, leading to degeneration of muscles, spinal cord and the medulla of the brain.

Cleansing :

- **Liver cleanse**
- Parasite cleanse
- **Colon cleanse; colonics; coffee enemas; activated charcoal**
- **Homozon**
- Essiac tea or Native Legend Tea
- Castor oil packs
- **Ozone : in the ear; insufflation; steam cabinet**

Nutrition :

- Raw fresh vegetables and fruit; garlic and onions
- Blue-green algae, spirulina, chlorella
- Sardines, salmon, tuna, mackerel, halibut
- Almonds, sunflower seeds, walnuts
- **Aloe vera**
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

No sugar, coffee, alcohol, processed canned or fried foods

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- **Vitamin Bs : brewer's yeast; B12 sublingual pellets**
- Vitamin C : 1000 mg x 3/day
- Vitamin E : 800 IU /day

Minerals :

- Selenium (2 Brazil nuts per day)

Amino acids :

- N-acetyl-cysteine
- Glutathione : 100 - 150 mg/day
- Taurine

Herbs :

- Gingko biloba

Supplements :

- Superoxide dismutase (SOD)

Exercise and sunlight : Long walks in the park; rebounder; swimming; Tai Chi

3) Anemia :

reduction in the number of red blood cells, causing fatigue, breathlessness and lowered immunity.

Cleansing:

- **Liver cleanse**
- **Activated charcoal**

Nutrition:

- Beef liver - twice per week
- **Brewer's yeast - 3 tablets per day**
- **Blackstrap molasses**
- Aloe vera
- Blue-green algae, spirulina, chlorella
- Cantaloupe - ½ each day
- Cabbage, green peppers, papaya, cauliflower, broccoli
- Fruit : dried apricots, dates, figs, grapefruit, raisins
- Nuts : sunflower seeds, peanuts, almonds, brazil nuts
- Shellfish and Tuna fish
- Coenzyme Q10
- Betaine Hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D: halibut liver oil capsules
- **Vitamin Bs : brewer's yeast tablets**
- **Vitamin B2**
- **Vitamin B6**
- **Vitamin B9 (Folic acid)**
- **Vitamin B12 - sublingual pellets**
- Vitamin C : 1000 mg x 3/day
- Vitamin E : 800 IU/day

Minerals :

- Ferrous succinate or gluconate - 200 mg/day
- Selenium (2 Brazil nuts per day)

Herbs:

- Alfalfa
- Burdock
- Capsicum
- Comfrey
- Dandelion root
- Garlic
- Stinging nettle

Exercise and Sunlight : Long walks in the park; rebounder; Tai Chi; swimming

5) Arthritis :

inflammation of the joints caused by parasites, calcium deposition or macrophage attack.

Cleansing:

- **Liver cleanse**
- Kidney cleanse
- Parasite cleanse
- **Colon cleanse, colonics, and coffee enemas; activated charcoal**

- **Castor oil packs**
- Homozon (magnesium peroxide)
- **Hydrogen peroxide baths**
- Methylene blue
- Essiac Tea or Native Legend Tea
- Chelation
- **Ozone therapy : steam cabinet; drinking water; bagging a limb; insufflation**

Nutrition :

- **Aloe vera**
- Only fructose sugar or stevia
- Very little fruit; just Bartlett pears and Golden Delicious apples
- Reduce animal fats; eat canned salmon and sardines and tuna
- Eat raw vegetables and legumes, lots of salads
- Sprouts: alfalfa, sunflowers, mung beans
- Blue-green algae, spirulina, chlorella
- Brewer's yeast
- Onions and raw garlic (one clove daily - crushed)
- Oat porridge daily
- Flax oil: 1 oz daily
- Coenzyme Q10 - Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

NO white sugar; coffee; alcohol; tobacco; margarine; fried or processed foods

Vitamins :

- Vitamin A + D : halibut liver oil capsules : 2 capsules/day
- **Vitamin B complex: brewer's yeast ; B12 sublingual pellets**
- Vitamin C : 2,000 mg/day x 3 /day
- Niacinamide : 250 mg x 4/day
- Vitamin B12 : sublingual
- Vitamin E : 800 IU
- Pantothenic acid : 12 mg / day

Minerals :

- Zinc gluconate : 50 mg /day
- Copper : 1 mg/day
- Concentrace colloidal minerals
- Selenium : 2 Brazil nuts per day
- Potassium : 250 mg/day

Amino acids :

- Methionine : 80 mg x 4/day
- Arginine : 300 mg/day
- Histidine
- DLPA

Herbs :

- Barley green
- Black cohosh
- Blueberries
- Chapparal
- Cherries
- Devil's claw
- Genistein
- Hawthorn
- Wild yam
- Willow
- Yucca

Supplements :

- **Glucosamine sulphate**
- **Chondroitin sulphate**
- Avian Cartilage
- GH-3
- Royal jelly
- Evening primrose oil

Exercise :

- Long brisk walks
- Tai Chi
- Rebounder

- Swimming

6) Asthma :

Respiratory difficulty caused by bacteria, parasites, macrophage attack and/or food allergies due to improper digestion.

Cleansing :

- Parasite cleanse

- Liver cleanse
- Colon cleanse; activated charcoal
- Homozon
- Castor oil packs
- **Ozone : breathing through olive oil; cupping a funnel on chest; drinking water; in the ear**

Nutrition :

- Aloe vera

- Raw vegetables and fruit
- Blue-green algae, spirulina, chlorella
- GLA from borage oil
- Bee propolis
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Avoid foods that cause an adverse reaction

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast tablets; B12 sublingual pellets
- Vitamin B15 (pangamic acid)
- Vitamin C : 1000 mg x 3/day
- Vitamin E : 800 IU + selenium

Herbs :

- Comfrey
- Garlic
- Mullein
- Sarsaparilla
- Sundew

Exercise and sunlight : Long walks in the park; Tai Chi; Swimming; Rebounder

7) Atherosclerosis :

Buildup of plaque on walls of blood vessels caused by excess of homocysteine due to lack of B vitamins; chlorine; lack of calcium; and bacterial attack.

Cleansing :

- Liver cleanse

- Parasite cleanse
- Kidney cleanse
- **Colon cleanse, colonics, and coffee enemas; activated charcoal**
- Castor oil packs
- **Homozon (magnesium peroxide)**
- Hydrogen peroxide baths
- Methylene blue
- Essiac Tea or Native Legend Tea
- Chelation
- **Ozone therapy : steam cabinet; drinking water; insufflation**

Nutrition :

- Aloe vera
- Oat porridge daily
- Lemon juice in black tea
- Raw garlic (one gram per kg of body weight)
- Raw onions
- Raw vegetables and legumes; salads
- Sprouts: alfalfa, sunflowers, mung beans
- Blue-green algae, spirulina, chlorella
- Brewer's yeast
- Black strap molasses
- Flax oil; GLA (borage oil)
- Coenzyme Q10
- Betaine hydrochloride

- Digestive enzymes; pancreatic enzymes; bromelain; ox bile tablets
- Acidophilus and bifidus

NO white sugar; coffee; alcohol; tobacco; margarine; fried or processed foods

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- **Vitamin Bs : brewer's yeast tablets**
- **Vitamin B3 : 250 mg**
- **Vitamin B6 : 250 mg**
- **Vitamin B9 : 1000 mcg**
- **Vitamin B12 : sublingual**
- **Inositol : IP6**
- **Pantothenic Acid: 900 mg/day**
- **Vitamin C : 1000 mg x 3/day**
- **Vitamin E : 800 IU + selenium**

Minerals :

- Calcium : 500 mg x 3/day
- Copper : 100 mg/day
- Selenium (2 Brazil nuts /day)
- Magnesium : 500 mg x 3/day
- Manganese : 15 - 20 mg/day
- Chromium : 300 - 500 mcg/day
- Zinc picolinate : 100 mg/day

Aminos :

- Carnitine : 900 mg/day
- Glutathione : 150 mg/day
- Cysteine : 500 mg/day
- N-acetyl cysteine : 4000 mg/day
- Methionine : 350 mg/day
- Arginine : 500 mg/day

Herbs :

- **Cayenne**
- Ginger
- Alfalfa leaf

Supplements :

- Soy lecithin
- **C0 - Q10 : 300 mg/day**

Exercise and sunlight : Long walks in the park; Tai Chi; Swimming; Rebounder

8) Cancer :

The manifestation of long-term nutritional and environmental irritation, resulting in cellular oxygen starvation, leading to uncontrolled cell replication. It is often triggered by psychological causes inducing immune system collapse.

Cleansing :

- **Liver cleanse**
- Kidney cleanse
- Parasite cleanse
- **Colon cleanse, colonics, then coffee enemas; activated charcoal**
- **Homozon (magnesium peroxide)**
- **Methylene blue**
- Essiac Tea or Native Legend Tea
- EDTA
- Hydrogen peroxide baths
- Castor oil packs
- **Ozone therapy : steam cabinet; cupping over tumor; drinking water; in the ear; insufflation; intravenous; injection into the tumor**

Nutrition :

- **Aloe vera: 2 tablespoons, 3 x per day**
- **Flax oil (1 oz) + dry curd cottage cheese (4 tablespoons) (or MSM)**
- **Pancreatic enzymes: 2000 mg 2 x per day**
- **DMG (AANGAMIK from Food Science): 125 mg 4 x per day**
- Chlorella
- Beet juice + carrot juice
- Raw vegetables : cauliflower, kale, cabbage, broccoli, garlic, onions
- Raw almonds, apricot pits, sunflower seeds, sprouts of all kinds

- Eggs, soft boiled or raw
- Coenzyme Q10
- Betaine Hydrochloride
- Acidophilus and bifidus

NO sugar; coffee; alcohol; tobacco; margarine; fried, canned or processed foods

Vitamins :

- **Vitamin A + D : halibut liver oil capsules, 4 per day**
- **Vitamin Bs: brewer's yeast; B1; B2; B12 sublingual ; IP6 (inositol)**
- **Vitamin C : 3,000 to 40,000 mg / day; 6 hours away from ozone**
- **Vitamin E : 1200 IU + selenium**

Minerals :

- **Magnesium (Homozon)**
- **Selenium (2 Brazil nuts daily)**
- **Potassium gluconate or potassium phosphate**

Amino acids :

- Arginine : 500 mg/day
- Tryptophan (5 gms/day) for pain relief

Herbs : **Chapparral, European mistletoe**, parsley

Exercise : Tai Chi ; Rebounder; Long walks in the park; Swimming

Magnet Therapy :

Apply a magnet larger than the tumor to the skin over the area, with the north pole facing inward. Keep in place for 30 minutes at a time, and repeat three or four times per day. The magnet draws the iron-based hemoglobin to the area, with their load of oxygen, which cancer does not tolerate well. This treatment also helps with pain.

Positive Emotional Support :

The immune system is controlled by the midbrain, or limbic system, through the thymus. The midbrain also controls the emotions, so it is easy to see that unresolved emotional problems can shut down the immune system. There are trained therapists who can treat underlying emotional causes, such as repressed anger or resentment, which can often lead to a malfunctioning immune system and eventually cancer. The thymus works by sympathetic acoustic resonance with the heart, so any arrhythmia due to chronic emotional stress or other overstimulation of the adrenals will cause the thymus to malfunction, and turn the immune system off. Ozone will restart the system, but it is necessary to deal with the emotional trigger, or the thymus will shut down immunity every time it is restarted. Since it is the immune system that does the healing, this is obviously critical. Thymus injections are often helpful in restarting the immune system.

Cancer Growth Blockers :

- **Artimisin** : inhibits tumor growth
- **Carnosine** : amino acids that have been shown to inhibit tumor growth
- **Citrus Pectin, modified** : blocks metastasis; helps white blood cells target cancer cells (15 g /day)
- **Cell-FX shark cartilage** : increases tumor necrosis factor (TNF); blocks angiogenesis (10 g /day)
- **D-limonene** : orange-peel oil kills cancer cells
- **Evening Primrose Oil** : contains high amounts of precursors of PGE-1, a compound that stimulates the T-cells to attack cancerous cells. It has been shown to revert cancer cells back to normal in vitro.
- **European mistletoe** : causes an increase in lymphocytes, plasma cells, and mast cells, a decrease in cancer cell proliferation and a tendency to encapsulate and contain the tumor. Mistletoe also prevents the spread and the recurrence of cancer.
- **Genistein** : a soy derivative that blocks metastasis; disrupts the cancer cell wall; blocks angiogenesis; reverses cancer cell dedifferentiation (1 g /day)
- **Hydrazine sulphate** : blocks conversion of lactic acid to glycogen; reduces pain; improves appetite
- **Hyperthermia** : As tumors force themselves in between cells, they are densely packed, and are therefore not able to shed heat as easily as normal cells. Overheating them thus kills them.
- **IP6** : a compound derived from the B vitamin inositol; it can stop tumor growth and cause cell reversion
- **I -3-C** : extract of broccoli; kills cancer cells on contact
- **Marigold** : has a powerful restorative effect on disturbed cell respiration.
- **MGN-3** : extract of mushrooms and rice bran powder
- **Modifilan** : an extract from the brown seaweed Laminaria; blocks angiogenesis; reverses tumor growth
- **Selenium** : slows cancer growth and metastasis
- **Sumex** : blocks growth of new blood vessels to a tumor (angiogenesis)
- **Tributyrate** : blocks storage of the glutamine necessary for cancer cells to divide
- **Trypsin** : the pancreatic enzyme trypsin has dissolved cancer tumors when injected
- **Vitamin C** : tumor cells release the enzyme hyaluronidase to break up long chain polymers that are the intercellular cement, and the enzyme collagenase to break up the collagen fibrils between cells. Vitamin C strengthens the intercellular substrate, helping to control tumor growth. (3 - 40 g/day)

- **Vitamin D** : has an anti-tumor action against bone cancer

9) Candida and Chronic Fatigue Syndrome :

Systemic yeast overgrowth following escape from intestines; often caused by suppression of lactobacillus acidophilus by antibiotics

Cleansing:

- **Liver cleanse**
- **Parasite cleanse**
- **Colon cleanse, followed by coffee enemas; activated charcoal**
- **Homozon**
- Essiac or Native Legend Tea
- Clean water with 4 drops of citrucidal per glass - 2 liters / day
- Caprylic acid capsules in morning with water
- Lugol, a homeopathic iodine preparation
- Methylene blue : 5 drops in water at bedtime
- **Hydrogen peroxide baths**
- Castor oil packs
- **Ozone : drinking water; in the ear; insufflation; steam cabinet**

Nutrition :

- **Aloe vera**
- **Raw garlic and onions**
- Raw green vegetables (bok choy, spinach, kale, cabbage, cauliflower, broccoli)
- Raw sprouts of all kinds
- Blue-green algae, spirulina, chlorella
- Legumes (lentils, peas, beans)
- Papaya, pineapple, grapefruit
- Yogurt without additives
- Vegetable soup : peas, beans, leeks, lentils, carrots
- Beet juice from 1 beet per day
- Eggs: two soft-boiled every day
- Flax oil (1 oz) with dry curd cottage cheese (4 tablespoons)
- Coenzyme Q10
- Digestive enzymes; ox bile tablets
- Betaine hydrochloride
- Acidophilus and bifidus

NO sugar; coffee; alcohol; margarine; fried, canned or processed foods

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs: brewer's yeast
- Vitamin B12 : sublingual
- Vitamin B5 (pantothenic acid) : 500 mg x 3 /day
- Vitamin C - 3000 mg x3/day
- Vitamin E - 800 IU

Minerals :

- Concentrace colloidal minerals
- Magnesium (Homozon)
- Potassium aspartate - 2 g/day
- Selenium (2 Brazil nuts per day)
- Zinc gluconate - 100 mg/day

Aminos:

- Methionine : 300 mg/day
- Carnitine : 500 mg/day
- DMG (dimethyl glycine)

Herbs:

- **Agrisept (extract of grapefruit, lemon and tangerine)**
- **Chapparal**
- **Golden seal**
- Milk thistle
- Dandelion root
- Echinacea augustifolia
- Licorice root
- Astragalus
- Ginseng
- Stevia rebaudiana instead of sugar
- Elderberry extract

Supplements:

- Co-Q10 : 200 - 300 mg/day
- Lugol : homeopathic iodine
- **Adrenal glandular supplement**
- Malic acid
- Bee propolis
- Thymus extract

Exercise and Sunlight : long walks in the park; Tai Chi; rebounder; swimming

10) Cataracts :

Cloudiness of the lens of the eye, often due to excess lactic acid buildup

Cleansing :

- **Liver cleanse**
- **Kidney cleanse**
- Parasite cleanse
- **Colon cleanse; activated charcoal**
- Homozon
- Castor oil packs
- **Ozone : in the ear; drinking water; insufflation**

Nutrition :

- **Aloe vera**
- **Carrots**
- **Cherries**
- Blue-green algae, spirulina, chlorella
- Brazil nuts
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- **Vitamin A + D : halibut liver oil capsules**
- **Beta carotene : 20,000 IU/day**
- Vitamin Bs: brewer's yeast; B12 sublingual pellets
- Vitamin C : 1000 mg x 3/day
- Vitamin E (800 IU) + selenium

Minerals :

- Calcium : 500 mg x3/day
- Selenium (2 Brazil nuts per day)
- Zinc picolinate - 100 mg/day

Amino acids :

- Glycine
- Cysteine : 250 - 750 mg/day
- Glutamine : 1000 - 4000 mg /day
- Glutathione : 100 - 150 mg /day

Herbs :

- **Bilberry**
- **Blueberries**
- **Eyebright**
- **Gingko biloba**

Exercise and Sunlight : long walks in the park; Tai Chi; rebounder; swimming

11) Celiac Disease (Nontropical Sprue) :

The villi of the small intestine are destroyed by contact with gluten found in wheat, oats, barley and rye. May cause abdominal pain, muscle pain and severe joint pain.

Cleansing :

- **Liver cleanse**
- Kidney cleanse
- Parasite cleanse
- **Colon cleanse; activated charcoal**
- **Ozone :drinking water; cupping over abdomen; steam cabinet**

Nutrition :

- Read labels carefully for hidden sources of gluten in processed & canned foods
- Aloe vera

- Flax oil
- Sunflower oil
- Blue-green algae, spirulina, chlorella
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins:

- Vitamin A + D : Halibut liver oil capsules
- Vitamin Bs : brewer's yeast
- Vitamin B6
- Vitamin B12 : sublingual pellets
- Vitamin C : 1000 mg x3/day
- Vitamin E : 800 IU /day
- Vitamin K : 150 - 300 mcg/ day

Minerals:

- Magnesium (Homozone)
- Selenium (2 Brazil nuts)
- Zinc : 100 mg/day

Amino acids:

- Glutamine : helps to rebuild the villi (2 - 4 gm / day)

Herbs :

- Alfalfa
- Barley green
- Dandelion root

Supplements:

- Malic acid
- Alpha-lipoic acid

Exercise and Sunlight : long walks in the park; Tai Chi; rebounder; swimming

12) Colitis; Ileitis; Crohn's; Irritable Bowel; Spastic Colon :

These bowel diseases are characterized by an inflammation of the bowel associated with chronic diarrhea, weight loss, bleeding, abdominal pain, and fever caused by stress, deficient diet, body imbalances, and lack of beneficial bacteria.

Cleansing :

- **Liver cleanse**
- **Parasite cleanse**
- **Colon cleanse with coffee enemas; activated charcoal**
- **Homozone or Calozon (calcium peroxide)**
- Castor oil packs
- **Ozone : rectal insufflation; steam cabinet; cupping with a funnel; vaginal insufflation; drinking water**

Nutrition :

- **Aloe vera**
- Increase fiber : Psyllium, guar gum, fruit, vegetables, legumes
- Garlic and onions
- Yogurt (live culture)
- 6 glasses of distilled water daily
- Blue-green algae, spirulina, chlorella
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

No sugar, fruit juices, alcohol, tobacco, tomatoes or seafood

Vitamins:

- Vitamin A + D : halibut liver oil capsules (3 per day)
- Vitamin Bs : Brewer's yeast tablets (2 per day)
- Vitamin C (1000 mg x3/day)
- Vitamin E (800 IU/day)

Minerals:

- Concentrace trace minerals

- Selenium : 2 Brazil nuts per day

Aminos:

- Cysteine : 250 - 750 mg/day
- Glutamine

Herbs:

- **Enteric-coated Peppermint oil (Colpermin or Mentharil)**
- **Cayenne pepper : start at 35,000 HU; work up to 90,000 HU**

Supplements:

- **Sialex for healthy mucus lining and lubrication - 4 capsules/meal**

Exercise and Sunlight : long walks in the park; Tai Chi; rebounder; swimming

13) Diabetes :

An impaired ability to balance blood sugar levels caused by damage to the pancreas by parasites, toxins, poor diet, or macrophage attack

Cleansing :

- **Liver cleanse**
- **Parasite cleanse**
- Kidney cleanse
- **Colon cleanse, colonics and coffee enemas; activated charcoal**
- **Homozon**
- **Methylene blue**
- Castor oil packs
- Native Legend Tea
- Hydrogen peroxide baths
- Chelation
- **Ozone: cupping the pancreas; bagging a limb; drinking water; insufflation; steam cabinet; injection**

Nutrition :

- **Aloe vera**
- **Stevia rebaudiana**
- Bartlett pears; Golden Delicious apples; no other fruit
- Blue-green algae, spirulina, chlorella
- Legumes, raw vegetables, onions and raw garlic - one clove per day
- Herring, mackerel, salmon, sardines, tuna
- Oatmeal porridge; bran
- Sesame seeds, almonds, sunflower seeds, walnuts
- Flax oil (1 oz) + dry curd cottage cheese (4 tablespoons)
- GLA from borage oil
- Bitter melon
- Grapefruit
- Guava juice
- Sea salt
- Eight glasses of water per day w/ 4 drops of Concentrace (vanadium)

- Uncooked cornstarch mixed in with sugar-free pudding at bedtime
- Betaine hydrochloride
- Digestive enzymes ; ox bile tablets
- Acidophilus and bifidus

NO white sugar or substitutes; coffee; alcohol; tobacco; margarine; fried, canned or processed foods; eat less meats

Vitamins :

- Vitamin A + D : Halibut liver oil capsules
- Vitamin Bs : Brewer's yeast - 3 tablets /day
- Vitamin B6 : 250 mg/ day
- **Niacinamide : 1.5 - 3.0 mg /day (pancreas)**
- Biotin : 500 mcg/day
- **Inositol : IP6**
- **Vitamin B12 : sublingual pellets**
- Vitamin C : 3000 mg x 3/day
- Vitamin E : 800 IU per day

Minerals :

- **Chromium picolinate (insulin usage) : 500 mcg/day**
- **Vanadium (as vanadyl sulphate) (insulin usage)**
- Calcium glycinate : 500 mg x3/day

- Manganese : 20 mg/day
- Selenium - 2 Brazil nuts per day
- Zinc gluconate (usage of Vitamin C) : 100 mg/day

Amino acids :

- Bragg's Aminos
- **Methionine (liver) : 300 mg/day**
- DMG (dimethyl glycine) (energy)
- Glutathione (oxygen) : 150 mg/day

Herbs :

- **Peppermint oil, enteric coated (Colpermin or Mentharil) (promotes bile)**
- **Cinnamon : 1 tsp per day**
- **Cedar berries (Juniperus monosperma) - aids pancreas regeneration**
- **Gymnema sylvestre (called Shardunika in India)- aids pancreas regeneration**
- **Cayenne pepper (circulation)**
- **Ginkgo biloba (circulation)**
- Milk thistle (liver)
- Dandelion root (liver and pancreas)
- Zostrix cream (capsicum cream - for numb feet)
- Pumpkin seeds

Supplements :

- Coenzyme Q10
- DMG

Exercise and sunlight : Long walks in the park; Rebounder; Tai Chi; Swimming

14) Diverticulitis :

diverticuli, or pockets, can develop in the colon when there is inadequate roughage in the diet. Feces accumulating in these pockets can result in irritation of the colon, ulceration, and even bleeding. It is necessary to cleanse the colon thoroughly and then reestablish the normal beneficial bacterial colony.

Cleansing:

- **Colon cleanse with Oxybliss or Homozon (magnesium peroxide)**
- **Parasite cleanse**
- **Liver cleanse**
- **Colonics; activated charcoal**
- Castor oil packs
- **Ozone : cupping the abdomen; rectal insufflation; drinking water**

Nutrition :

- Psyllium husks
- Guar gum
- Pectin
- **Aloe vera**
- Blue-green algae, spirulina, chlorella
- Bran
- Grapefruit
- Strawberries
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast ; B12 sublingual pellets
- Vitamin C : 1000 mg 3 times per day
- Vitamin E : 800 IU

Minerals :

- Selenium (2 Brazil nuts)

Amino acids :

- Bragg's Amino Acids

Supplements:

- Coenzyme Q10

Exercise and Sunlight : Tai Chi; rebounder; swimming; long walks in the park

15) Eczema :

skin irritation due to parasites, toxic colon and plugged liver

Cleansing :

- **Liver cleanse**
- **Parasite cleanse**
- **Colon cleanse; activated charcoal**
- **Homozon**
- **Castor oil packs**
- **Ozone : steam cabinet; rectal insufflation; cupping; drinking water**

Nutrition :

- Raw vegetables and fruits
- **Aloe vera**
- Blue-green algae, spirulina, chlorella
- **Flax oil**
- **GLA from borage oil**
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- **Vitamin A + D : halibut liver oil**
- **Vitamin Bs : brewer's yeast; B12 sublingual pellets**
- **PABA : 350 mg/day**
- Vitamin C : 1000 mg x3/day
- Vitamin E : 800 IU/day

Minerals :

- Selenium (2 Brazil nuts)

Amino acids :

- Bragg's Amino Acids

Exercise and Sunlight :

- Long walks in the park
- Rebounder
- Tai Chi
- Swimming

16) Edema :

Fluid accumulation due to plugged lymph ducts; heart or kidney problems; dehydration

Cleansing:

- **Kidney cleanse**
- **Liver cleanse**
- Colon cleanse, colonics, coffee enemas; activated charcoal
- Homozon
- Essiac Tea or Native Legend Tea
- **Castor Oil packs**
- **Ozone : Bagging a limb; steam cabinet; drinking water**

Nutrition :

- **Flax oil (1 oz) + cottage cheese (4 tablespoons)**
- **Garlic and onions**
- **Watermelon; grapefruit**
- Bran, psyllium, guar gum, pectin
- Eggs : 2 soft-boiled per day
- **Aloe vera**
- Blue-green algae, spirulina, chlorella
- Legumes: peas, beans, lentils
- **Bitter melon (balsam pear)**
- Yogurt
- Betaine hydrochloride
- Digestive enzymes, especially bromelain; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : Halibut liver oil capsules
- Vitamin Bs : brewer's yeast

- **Niacin : 100 mg / day**
- Vitamin B6 : 50 mg x3/day
- Vitamin C : 1500 x3/day
- Vitamin E : 800 IU/day

Minerals :

- Magnesium citrate -500 mg / day or Homozon
- Manganese : 20 mg/day
- Selenium (2 Brazil nuts daily)
- Silica - 3 tablets daily (natural diuretic)
- Potassium citrate - 100 mg / day
- Zinc : 100 mg / day

Amino acids :

Bragg's Aminos

Herbs :

- Alfalfa tablets
- Asparagus root
- **Bitter melon (balsam pear)**
- Burdock
- Celery root
- Corn silk
- Dandelion root
- Fenugreek tea
- Juniper berries
- Licorice root
- Parsley tea
- gymnema sylvestre

Supplements :

- Coenzyme Q10

Exercise and Sunshine:

- Long walks in the park
- Tai Chi
- Rebounder
- Swimming

Water : Drink 8 glasses of pure water daily, preferably ozonated.

17) Emphysema :

Breathlessness caused by scarring of the lungs

Cleansing :

- **Liver cleanse**
- Parasite cleanse
- Colon cleanse; colonics; coffee enemas; activated charcoal
- Homozon
- **Methylene blue**
- **Bathe in hydrogen peroxide**
- Castor oil packs
- **Ozone : cupping a funnel on the chest; drinking water; in the ear**

Nutrition :

- Garlic and onions
- **Aloe vera**
- Blue-green algae, spirulina, chlorella
- Flax oil
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast
- Vitamin B15
- Vitamin C : 1000 mg x3/day
- Vitamin E : 800 IU/day

Minerals :

- Selenium (2 Brazil nuts)

Amino acids :

- Bragg's Amino Acids

Herbs :

- **Gingko biloba**

Supplements :

- DHEA
- DMSO
- Methylene blue
- Coenzyme Q10

Exercise and Sunlight : Long walks in the park, Tai Chi, rebounder, swimming

18) Fibromyalgia :

Fibromyalgia refers to pain in the muscles and fibrous connective tissue of the joints, tendons and ligaments. It can be aggravated by a wide variety of causes, such as cold, dampness, viruses, bacteria, toxemia, trauma and emotional stress.

Cleansing :

- **Liver cleanse**
- Parasite cleanse
- Kidney cleanse
- **Colon cleanse; colonics; coffee enemas; activated charcoal**
- Homozon
- Essiac Tea or Native Legend Tea
- Castor oil packs
- **Ozone : steam cabinet; drinking water; in the ear; cupping w/ funnel**

Nutrition :

- **Aloe vera**
- Garlic and onions
- Flax oil
- Cantaloupe
- Blue-green algae, spirulina, chlorella
- Sunflower oil
- Nuts and seeds
- Pineapple
- Apple cider vinegar (1 tbsp x 2/day)
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Avoid alcohol, cocoa, chocolate, caffeine, coffee, colas

Vitamins:

- Vitamin A + D : halibut liver oil
- Beta carotene : 25,000 IU/day
- **Vitamin Bs : brewer's yeast**
- **Vitamin B12 sublingual tablets**
- Vitamin C : 1000 mg 3x/day
- Vitamin E : 800 IU/day

Minerals :

- Magnesium oxide (600 mg/ day) or Homozon
- Manganese : 20 mg/day
- Potassium : 175 mg/day
- Selenium (2 Brazil nuts/day)
- Zinc : 100 mg/day

Amino acids :

- Bragg's Amino Acids
- Tryptophan : almonds, eggs, peanuts, Swiss cheese, cottage cheese, pumpkin seeds, chicken, duck and turkey.
- Creatine monohydrate

Herbs :

- St. John's wort
- Gingko biloba

- Kava kava
- Jamaican dogwood
- Ginseng
- Chamomile
- Red clover
- Pau d'arco

Supplements :

- **Malic acid (2400 mg/day)**
- **5-HTP (hydroxytryptophan) (800 mg twice per day on an empty stomach)**
- Alpha lipoeic acid
- Melatonin
- DHEA (25 - 75 mg/day)
- SAM (s-adenosyl-L-methionine)
- Colostrum
- Prolotherapy (injections of dextrose and an extract from pitcher plant)
- Evening primrose oil
- Coenzyme Q10 (100 - 400 mg/day)
- Glucosamine sulphate (or liquid)
- Chondroitin sulphate
- Pycnogenol (1 mg/pound of body weight per day)
- Human Growth Hormone (available as a homeopathic)
- MSM (methyl sulfonyl methane) : 1000 mg x 2/day
- Bee pollen
- Quinine water
- Guaifenesin: 300 mg x 2/day
- Capsaicin (cayenne) cream rubbed in
- Far infrared light treatments
- Chiropractic adjustments

Exercise and Sunlight : Long walks in the park; Tai Chi; Rebounder; Swimming

19) Glaucoma :

excessive pressure in the eyeball, often leading to blindness

Cleansing :

- **Liver cleanse**
- **Kidney cleanse**
- **Colon cleanse, colonics, coffee enemas; activated charcoal**
- Parasite cleanse
- Homozon
- **Castor oil packs**
- Methylene blue
- **Ozone : in the ear; drinking water**

Nutrition :

- Raw vegetables and fruit
- **Aloe vera**
- Blue-green algae, spirulina, chlorella
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins:

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast tablets
- Vitamin B15
- Vitamin C : 1000 mg x3/day
- Vitamin E : 800 IU/day

Minerals:

- Selenium : 2 Brazil nuts

Amino acids:

- Bragg's Amino Acids

Herbs:

- Cannabis sativa
- Dandelion
- Sarsaparilla
- Slippery elm

Exercise and Sunlight :

Long walks in the park, Rebounder, Tai Chi, Swimming

20) Gout :

a form of arthritis, caused by a buildup of uric acid in the bloodstream. Uric acid is a waste product produced during the breakdown of foods containing purine. Normally, uric acid is eliminated quickly through two channels : 1/3 passes through the intestines where it is deactivated by bacteria living there; 2/3 is excreted in the urine. Either too much uric acid is being produced or the body is unable to excrete normal amounts. The result is an accumulation in the bloodstream. The excess acid combines with salt and forms crystals, which are then deposited in the joints, the kidneys or the ear cartilage. These sodium urate crystals can erode and destroy any joint, causing inflammation, swelling and pain. Crystals in the kidneys join together and form kidney stones. Crystals in the ear form painful, draining nodules called tophi. Gout can also express as carpal tunnel syndrome and trigger finger. Gout sufferers also experience a higher frequency of diabetes and atherosclerosis. Conventional medicines, especially diuretics, usually make the problem worse.

Cleansing :

- **Liver cleanse**
- Kidney cleanse
- **Colon cleanse and coffee enemas; activated charcoal**
- Homozon
- **Castor oil packs**
- **Ozone : bagging a foot; drinking water; in the ear; cupping w/ funnel**

Nutrition :

- **Drink 2 - 3 quarts of water daily. Dehydration aggravates gout.**
- **Flax oil**
- **Eat cherries and drink cherry juice (canned OK, if sugar free)**
- Blue-green algae, spirulina, chlorella
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Avoid :

- Sugar
- Red meat; liver ; kidney; brains
- Sardines; anchovies; herring
- Coffee and colas (caffeine is broken down into uric acid)
- Alcohol, which interferes with excretion of uric acid
- Aspirin and pharmaceutical diuretics
- Excessive salt intake
- Chilling of the gouty joint
- Carrying excess weight

Vitamins :

- Vitamin B1
- Vitamin B5
- Vitamin C : 2000 x3/day
- Vitamin E : 800 IU/ day

Supplements :

- DMSO topically
- Coenzyme Q10

Natural Diuretics :

- Vitamin B6
- Vitamin C with bioflavonoids
- Magnesium
- Silica
- Water melon

Herbs :

- Juniper berries
- Cranberry
- Burdock
- Comfrey
- Horseradish
- Nettle
- Sarsaparilla
- Willow

Exercise :

- Tai Chi
- long walks in the park
- swimming
- rebounder

21) Congestive Heart Failure; High Blood Pressure; Angina; Blood Clots

Insufficient Co-Q10, magnesium, Vitamin C and Vitamin E and lecithin damages the heart muscle and increases arterial deposits; lack of linolenic acid causes kidneys to overproduce renin, causing overproduction of angiotensin, which constricts blood vessels.

Cleansing:

- **Parasite cleanse (heartworm)**
- **Kidney cleanse**
- **Liver cleanse**
- **Colon cleanse with colonics followed by coffee enemas; activated charcoal**
- Homozon
- **Cayenne pepper : 1 capsule /day (100,000 heat units)**
- Essiac or Native Legend Tea
- Castor oil packs
- **Chelation**
- **Ozone : drinking water; insufflation; steam cabinet; in the ear**

Nutrition :

- **8 glasses of pure water per day, preferably ozonated**
- **Flax oil (1 oz) + dry curd cottage cheese (4 tablespoons)**
- **Raw garlic and onions**
- **Aloe vera**
- **Stevia rebaudiana**
- **Black tea (4 cups per day) (quercetin) with lemon juice**
- Eggs : 2 soft-boiled daily (lecithin)
- Blue-green algae, spirulina, chlorella
- Celery (4 stalks per day)
- Rice bran oil; evening primrose oil; borage oil; olive oil
- Sardines, salmon, halibut, mackerel, tuna
- Raw vegetables; cauliflower, broccoli, kale, cabbage, brussels sprouts
- Carrot + beet juice
- Grapefruit, apples, pineapple
- Raw almonds, sunflower seeds, walnuts, pumpkin seeds, brazil nuts
- Safflower, sunflower oil
- Kelp
- Sea salt
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

NO sugar; coffee; alcohol; tobacco; margarine; aspirin; fried, canned or processed foods

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- **Vitamin Bs : brewer's yeast**
- **Vitamin B3 (niacinamide) : 1000 mg/day**
- **Vitamin B6 - 100 mg /day**
- Vitamin B12 sublingual pellets
- Vitamin B15 (pangamic acid)
- Choline - 1 gm /day
- **Inositol : IP6**
- Folic acid - 5 mg /day
- **Vitamin C : 3000 mg X 3/day**
- **Vitamin E : 800 IU /day**

Minerals :

- **Magnesium**
- **Calcium : 500 mg x3/day**
- Potassium gluconate : 500 mg/day
- Selenium : 2 Brazil nuts per day
- Zinc : 100 mg/day

Amino acids :

- Bragg's Amino Acids
- Arginine : 500 mg/day
- Carnitine : 500 mg/day
- DMG : 250-375 mg / day
- Glutathione : 150 mg/day
- Lysine

Herbs :

- Hawthorn berry extract

- Milk thistle or silymarin : 500 mg/day
- Grape seed oil
- Gingko biloba
- Wild yam
- Evening primrose oil

Supplements :

- Coenzyme Q 10 : 400 mg/day
- Melatonin
- Strodival (ouabain)

Exercise and Sunlight : Long walks in the park; Tai Chi; Rebounder; Swimming

- DIURETICS

Diuretics work by keeping the kidneys from reabsorbing sodium (salt) and water from the urine. The amount of sodium your body retains dictates how much water stays in your system. As sodium is allowed to leave, it takes water along with it. The increase in urine can be helpful in lowering blood pressure and in decreasing swelling in different parts of the body. Unfortunately, losing too much sodium or other minerals (like zinc, potassium, magnesium, etc.) that also leave with the urine, can lead to serious new problems. If too much sodium leaves, people can become confused, lightheaded and fall down.

The effects of potassium deficiency are severe and life threatening. Low potassium levels can cause slow and irregular heartbeats, insomnia, constipation, extreme fatigue, headaches and even fainting. Therefore potassium supplementation is a necessity. Potassium gluconate is the best, at a dosage of 500-1000 mg per day.

Magnesium deficiency causes both high blood pressure and arrhythmia.

Diuretics have a tendency to increase blood levels of uric acid, aggravating gout. They also raise blood cholesterol levels, disrupt carbohydrate metabolism and can cause diabetes. They can cause inflammation of the pancreas and gallbladder, deafness, incontinence, and even kidney cancer.

Diuretics deplete the mineralocorticoids produced by the adrenals and lead to problems with swelling in hands, feet and ankles. Weak adrenals can cause high blood pressure levels.

Often edema is considered to be excessive fluid buildup, when the body is desperately trying to conserve water because it is dehydrated. This is why drinking 8 glasses of water daily leads the list of nutrition.

Natural diuretics are :

- Vitamin C with bioflavonoids;
- Vitamin B6
- Niacin
- Magnesium
- Silica
- Watermelon (juiced)
- Horse chestnut extract
- Parsley tea
- Bitter melon (balsam pear)
- A combination of juniper berries, iris root, coriander seeds, angelica root, cassia bark, licorice, almonds and lemon peel

22) Hepatitis :

Inflammation of the liver caused by parasites, viruses, bacteria and/or alcohol following toxic buildup.

Cleansing :

- Parasite cleanse

- Liver cleanse

- Colon cleanse; colonics; coffee enemas; activated charcoal

- Homozon

- Native Legend Tea or Essiac
- Methylene blue
- Castor oil packs

- Ozone : Cupping over the liver; drinking water; insufflation; steam cabinet

Nutrition :

- **Aloe vera**
- **Beet juice : 6 oz daily**
- **Garlic and onions, raw**
- Eggs : 2 soft-boiled /day

- Blue-green algae, spirulina, chlorella
- Beef liver, tongue, heart : broiled or baked
- Legumes
- Green, leafy vegetables
- Brewer's yeast
- High fiber : oatmeal porridge, strawberries, psyllium, Chitorich
- Sprouts of all types
- Almonds, walnuts, sunflowers, pumpkin seeds
- Halibut, sole, salmon, sardines, mackerel
- Halibut liver oil, sunflower oil, safflower oil, flax oil
- Concentrace
- Sea salt
- Peppermint oil (enteric coated) (Colpermin or Mentharil)
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Lactobacillus acidophilus and bifidus

NO alcohol; white sugar; coffee; tobacco; fried, canned or processed foods; white flour; smoked meats; margarine; pork products; preservatives

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : Brewer's yeast tablets
- Vitamin B5 (pantothenic acid)
- Vitamin B12 : sublingual
- Vitamin B15 (pangamic acid)
- Choline : 1 g / day
- **Inositol : IP6**
- Folic acid : 1 g/day)
- Vitamin C : 2000 mg x 3 /day
- Vitamin E : 800 IU/day + Selenium : 2 Brazil nuts per day

Minerals :

- Zinc picolinate
- Potassium

Amino acids :

- Bragg's Amino Acids
- **Methionine : 1 g /day**
- Carnitine
- Cysteine

Herbs :

- **Milk thistle : 200 mg X 3 /day**
- **Dandelion root : 4 g X 3 /day**
- Turmeric
- Evening primrose oil
- Licorice
- Black radish concentrate
- Cynarin (extract from globe artichoke) : 500 mg /day
- Lidan : a Chinese herb that normalizes gall bladder function

Supplements :

- Liquid liver extract : 500 mg X 3 /day
- Catechin (bioflavinoid)
- **Ox bile tablets**
- Co-Q 10 : 300 mg/day
- Glutathione: 150 mg/day
- Di-sodium Phosphate : helps normalize gall bladder function

Exercise and Sunlight : Long walks in the park; Tai Chi; Rebounder; Swimming

Magnet therapy : Hold on the skin over the liver for 20 minutes daily, north pole facing in

23) Herpes :

inflammation of the skin caused by a virus during times of stress and lowered immunity

Cleansing :

- **Liver cleanse**
- **Colon cleanse; activated charcoal**
- Homozon
- Hydrogen peroxide baths
- **Ozone : cupping at the base of the spine; drinking water; in the ear**

Nutrition :

- Aloe vera

- Blue-green algae, spirulina, chlorella
- Fish
- Bee pollen
- Soybeans and legumes
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Avoid chocolate, gelatin, and nuts of all types.

Restrict coconut, barley, corn, oats, pasta, wheat, wheat germ, Brussels sprouts

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast; B12 sublingual pellets
- Vitamin C : 2000 mg x 3/day
- Vitamin E : 800 IU/day

Minerals :

- Calcium : 500 mg x 3/day
- Magnesium (Homozon)
- Selenium : 2 brazil nuts per day
- Zinc : 100 mg/day

Amino acids :

- Lysine - 500 mg four times per day

Herbs :

- Milkthistle
- Dandelion

Exercise and sunlight : Long walks in the park; Rebounder; Tai Chi; Swimming

24) Insomnia :

inability to fall asleep or to remain asleep

Cleansing:

- Parasite cleanse
- Liver cleanse
- Colon cleanse; activated charcoal
- Hydrogen peroxide baths

Nutrition:

- Aloe vera
- Blue-green algae, spirulina, chlorella
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Amino acids:

- Tryptophan (2 - 3 g)
- **5-HTP (hydroxytryptophan) (800 mg twice per day on an empty stomach)**

Vitamins :

- Vitamin B3: niacinamide (35 mg)
- Inositol : IP6
- Vitamin B5 : pantothenic acid (70mg)

Minerals :

- Calcium : 500 mg x 3/day
- Magnesium (Homozon)

Hormones :

- Melatonin

Herbs :

- St. John's wort

- Lavender oil
- Gingko biloba
- Valerian
- Dandelion
- Hops
- Passion flower
- Kava kava
- Hawthorn
- Alfalfa
- Chamomile tea
- Wood betony
- Comfrey
- Skullcap

Exercise and sunlight : Long walks in the park; Rebounder; Tai Chi; Swimming

25) Kidney stones :

Caused by caffeine, sodas, sugar, excessive animal protein, insufficient water, lack of fiber

Cleansing:

- Kidney cleanse

- Parasite cleanse
- Liver cleanse
- Colon cleanse; activated charcoal
- Homozon

- Castor oil packs

- Hydrogen peroxide baths

- Ozone: cupping with a funnel; drinking water; Sonnet

Nutrition:

- Rhubarb

- Spinach

- Cocoa

- 16 oz distilled water per day

- Blue-green algae, spirulina, chlorella
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins:

- Vitamin B6 : 100 mg /day

Minerals:

- Magnesium aspartate (400 mg/day) or Homozon

Amino acids :

- alanine (Bragg's Aminos)

Herbs:

- alfalfa
- black cohosh
- cucumber
- horseradish
- juniper
- mallow
- sassafras
- watercress

Exercise and Sunlight : Long walks in the park; rebounder; Tai Chi; swimming

Prevention:

- Oxalobater formigenes anerobic bacteria(eat spinach, rhubarb and cocoa)
- No aspirin or ibuprofen

26) Lupus Erythematosus :

An inflammatory disease of connective tissue, affecting the skin and internal organs, caused by the macrophage attacking healthy tissue.

Cleansing :

- Liver cleanse

- Kidney cleanse
- Parasite cleanse

- **Colon cleanse, colonics, coffee enemas; activated charcoal**
- Homozon
- Castor Oil Packs
- Hydrogen peroxide baths
- **Ozone : Cupping with a funnel; bagging a limb; steam cabinet**

Nutrition :

- **Aloe vera**
- Beef liver
- Eggs
- Blackstrap molasses
- Blue-green algae, spirulina, chlorella
- Soybean flour
- Garlic and onions, raw
- Dates
- Tuna, salmon, sardines
- Cabbage, spinach, peas, beets
- Flax oil (1oz) with cottage cheese (4 tablespoons) daily
- Sunflower oil
- Coenzyme Q10
- Betaine hydrochloride, digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast; Vitamin B12 sublingual pellets
- **PABA (16 grams/day)**
- Folic acid : 1 g/day

Minerals :

- Calcium : 500 mg x 3/day
- Magnesium : Homozon
- Selenium : 2 Brazil nuts daily

Supplements :

- BHT : 250 mg/day

Exercise and Sunlight : Long walks in the park; Rebounder; Tai Chi; Swimming

27) Lyme Disease :

Acute inflammatory disease caused by a tick-borne bacteria. May cause joint pain, swelling, redness, chills and fever.

Cleansing:

- **Parasite cleanse**
- **Liver cleanse**
- Kidney cleanse
- Colon cleanse, colonics, activated charcoal
- Homozon
- Castor Oil Packs
- Hydrogen peroxide baths
- **Ozone : steam cabinet - 3 times per week minimum**

Nutrition:

- **Aloe vera**
- Blackstrap molasses
- Blue-green algae, spirulina, chlorella
- Kelp
- Garlic and onions, raw
- Tuna, salmon, sardines
- Cabbage, spinach, peas, beets
- Flax oil (1oz) with cottage cheese (4 tablespoons) daily
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

No alcohol or caffeine

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast; Vitamin B12 sublingual pellets
- Vitamin C : 3000 mg/day

- Co-Q10

Minerals :

- Calcium : 500 mg x 3/day
- Chromium + vanadium
- Magnesium
- Selenium : 2 Brazil nuts daily

Supplements :

- MSM
- Cat's claw
- Agrisept; Pycnogenol
- L-tyrosine
- Gingko biloba
- Glucosamine sulfate
- Melan Plus (EYI Corp.)

Exercise and Sunlight : Long walks in the park; Rebounder; Tai Chi; Swimming

28) Macular Degeneration :

progressive loss of vision due to deposition of fat in the retina or blood vessels growing into the retina

Cleansing :

- **Liver cleanse**
- **Kidney cleanse**
- Parasite cleanse
- **Colon cleanse, colonics, coffee enemas; activated charcoal**
- Homozon
- Castor oil packs
- **Ozone therapy : in the ear, drinking water**

Nutrition :

- **Aloe vera**
- **Blueberries**
- **Orange peppers (raw)**
- Blue-green algae, spirulina, chlorella
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamins A +D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast
- Vitamin B12 sublingual pellets
- Vitamin C : 3000 mg x 3 /day
- Vitamin E : 800 IU/day

Minerals :

- Selenium : 2 Brazil nuts daily

Amino acids :

- Bragg's Amino Acids

Supplements:

- **Zeaxanthin (10 mg/day)**
- **Lutein**
- Coenzyme Q10

Herbs :

- **Gingko biloba**
- **Eyebright**
- **Bilberry**

Exercise and Sunlight : Long walks in the park, Tai Chi, Rebounder, Swimming

29) Menopause :

Change of cycle in females, about age 50, as hormone production drops.

Cleansing :

- Liver cleanse

- Kidney cleanse
- Parasite cleanse
- Colon cleanse, colonics, coffee enemas; activated charcoal
- **Homozon**
- Castor oil packs
- Hydrogen peroxide baths
- Essiac Tea or Native Legend Tea
- **Ozone : vaginal insufflation; steam cabinet; in the ear; drinking water**

Nutrition :

- Aloe vera
- Raw vegetables and fruit
- Eggs (two soft-boiled per day)
- Blue-green algae, spirulina, chlorella
- Betaine Hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

No coffee, sugar, alcohol, tobacco, margarine, fried, processed or canned foods; no dairy products

Vitamins :

- Vitamin A + D : halibut liver oil
- Vitamin B complex - brewer's yeast
- Vitamin B5
- Vitamin B6
- Vitamin B12 sublingual pellets
- Vitamin C : 1000 mg x3 /day
- Vitamin E : 800 IU/day

Minerals :

- Calcium : 500 mg x3/day
- Magnesium (Homozon)
- Germanium
- Iron : 30 mg/day
- Potassium : 175 mg/day

Amino acids :

- Bragg's Amino Acids
- Arginine : 500 mg/day
- Lysine

Herbs :

- **Wild Mexican yam**
- Licorice
- Ginseng
- **Ginkgo biloba**
- **Gotu Kola**

Supplements :

- **Evening Primrose Oil**
- Coenzyme Q10

Sunshine and Exercise:

- Long walks in the park
- Rebounder
- Tai Chi
- Swimming

30) Multiple Sclerosis :

The flow of nerve impulses is interrupted because the myelin sheath covering the nerves is being destroyed by parasites; by a virus; by macrophage attack; or by deposition of calcium and heavy metals, especially mercury. It is exacerbated by stress, which depletes B vitamins, needed for detoxification.

Cleansing :

- **Parasite cleanse**
- **Liver cleanse**
- Kidney cleanse
- **Colon cleanse, colonics, coffee enemas; activated charcoal**
- **Homozon**
- **Castor oil packs**
- Hydrogen peroxide baths

- Essiac Tea or Native Legend Tea
- **Chelation : horsetail; chlorella; cilantro; garlic; goat's milk whey; oil of lavender**
- **Ozone : Sonnet steam cabinet; drinking water; insufflation; in the ear**

Nutrition :

- **Aloe vera**
- **Brewer's yeast**
- **Evening primrose oil**
- **Flax oil**
- **Wheat germ oil**
- **Salmon oil**
- **Borage oil**
- **Sunflower oil**
- Blue-green algae, spirulina, chlorella
- Fresh vegetables of all kinds, including garlic and onions
- Legumes : peas, beans, lentils
- Cantaloupe
- Eggs, 2 soft-boiled daily
- Salmon, sardines, mackerel, tuna, herring
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

No dairy, sugar, coffee, alcohol, tobacco, margarine, fried, processed or canned foods. No Advil or indomethacin

Vitamins :

- **Vitamin A + D : Halibut liver oil capsules**
- **Vitamin Bs : brewer's yeast**
- **Vitamin B12 sublingual pellets**
- Vitamin C : 1000 mg x3/day
- Vitamin E : 800 IU/day

Minerals :

- Calcium orotate : 500 mg x3/day
- Magnesium (Homozon)
- Selenium (2 Brazil nuts per day)
- Zinc : 100 mg/day

Amino acids :

- Bragg's Amino Acids
- Arginine : 500 mg/day
- Ornithine
- Cysteine : 500 mg/day
- Glutathione : 150 mg/day

Herbs :

- Gingko biloba

Supplements :

- bee venom
- snake venom
- DHEA
- melatonin
- 5-HTP (hydroxytryptophan)

Exercise and Sunlight :

- Long walks in the park
- Rebounder
- Tai Chi
- Swimming

- Remove mercury fillings and do oral chelation : chlorella, cilantro, fruit pectin, horsetail, garlic, goats' milk whey, selenium
- essential oil of lavender (inhaled)

31) Osteoporosis :

Decreasing bone density due to lack of calcium, Vitamin D and boron; coffee drinking; lack of exercise.

Cleansing :

- **Liver cleanse**
- **Kidney cleanse**
- **Colon cleanse, colonics, coffee enemas; activated charcoal**
- **Homozon**
- **Castor oil packs**
- Hydrogen peroxide baths
- Essiac Tea or Native Legend Tea
- **Ozone therapy : Sonnet steam cabinet; drinking water; insufflation; in ear**

Nutrition :

- Vegetables : cauliflower, cabbage, broccoli, kale; apples, peaches
- Aloe vera
- Blue-green algae, spirulina, chlorella
- Seeds : sesame, sunflower, almonds
- Flax oil, sunflower oil
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

NO coffee, sodas, chocolate, white sugar, fried, processed or canned foods

Vitamins :

- **Vitamin A + D : Halibut liver capsules**
- Vitamin Bs : brewer's yeast; B1; folic acid
- Vitamin C : 2000 mg x3/day
- Vitamin E : 800 IU/day
- Vitamin K

Minerals :

- **Boron: 1 apple per day**
- **Calcium citrate - 300 mg at breakfast, 300 mg at noon, 1000 mg at 11:00 pm**
- Copper : 100 mcg/day
- Magnesium : Homozon
- Manganese : 20 mg/day
- Selenium : 2 Brazil nuts per day
- Silica
- Strontium
- Zinc : 100 mg/day

Amino Acids :

- Bragg's Amino Acids

Supplements :

- Chondroitin sulphate
- Glucosamine sulphate
- Coenzyme Q10

Herbs :

- Mexican wild yam

Exercise and Sunlight :

- Long walks in the park
- Rebounder
- Tai Chi
- Swimming

32) Prostate enlargement/Prostatitis :

Cleansing :

- **Liver cleanse**
- Kidney cleanse
- Colon cleanse; activated charcoal
- Homozon
- **Ozone : steam cabinet; drinking water; bladder insufflation**

Nutrition :

- Aloe vera
- Blue-green algae, spirulina, chlorella
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins:

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs : brewer's yeast
- Vitamin B12 : sublingual pellets
- Vitamin C : 3000 mg x 3/day
- Vitamin E : 800 IU/ day

Minerals :

- Zinc picolinate: 100 mg/day
- Calcium : 500 mg x3/day
- Magnesium : Homozon
- Selenium : 2 Brazil nuts

Amino acids :

- Bragg's amino acids

Herbs:

- Saw Palmetto
- Genistein
- Mexican Wild Yam

Sunshine and Exercise :

- Long walks in the park
- Tai Chi
- Swimming
- Rebounder

33) Psoriasis :

skin condition reflecting liver and colon problems

Cleansing :

- **Liver cleanse**
- Kidney cleanse
- Parasite cleanse
- **Colon cleanse, colonics, coffee enemas; activated charcoal**
- **Homozon**
- **Castor oil packs**
- Hydrogen peroxide baths
- Essiac Tea or Native Legend Tea
- **Ozone : steam cabinet; drinking water; insufflation**

Nutrition :

- Aloe vera
- Blue-green algae, spirulina, chlorella
- Herring, mackerel, tuna, sardines, salmon
- Flax oil, Evening Primrose oil, Borage oil, Salmon oil
- **Celery (psoralens)**
- Coenzyme Q10
- Betaine Hydrochloride, digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : halibut liver oil capsules
- Vitamin Bs: Brewer's yeast + B12 sublingual
- Vitamin C : 3000 mg x3 /per day
- Vitamin E : 800 IU/day

Minerals :

- Calcium : 500 mg x3/day
- Magnesium : Homozon
- Sulfur : 2 soft-boiled eggs per day
- Selenium : 2 Brazil nuts
- Zinc : 100 mg/day

Amino Acids :

- Bragg's Amino Acids

Herbs :

- Milk thistle
- Dandelion root

Supplements :

- Aloe vera cream

Exercise and Sunlight : Long walks in the park, Tai Chi, rebounder, swimming

34) Rheumatoid Arthritis :

Inflammatory autoimmune disease triggered by a virus and stress

Cleansing :

- **Liver cleanse**
- **Parasite cleanse**
- **Colon cleanse; activated charcoal**
- Homozon
- Hydrogen peroxide baths
- **Ozone : in the ear; insufflation; drinking water; steam cabinet; bagging**

Nutrition :

- **Aloe vera**
- Blue-green algae, spirulina, chlorella
- Flax oil
- GLA (Borage oil)
- Betaine hydrochloride
- Digestive enzymes; pancreatin; ox bile tablets
- Acidophilus and bifidus

Vitamins:

- Vitamin A + D : 3 halibut liver oil capsules
- Vitamin Bs : brewer's yeast
- Vitamin B12 : sublingual
- Vitamin C - 3000 mg x3/ day
- Vitamin E - 800 IU/day

Minerals:

- selenium - two Brazil nuts per day
- zinc - 100 mg/day

Amino Acids:

- Bragg's Amino Acids

Herbs:

- Milk thistle
- Dandelion root

Supplements:

- Drenamin
- Thymex
- Coenzyme Q10

Exercise and Sunlight:

- Long walks in the park; Rebounder; Tai Chi; Swimming

35) Scleroderma :

Hardening of the connective tissue; especially the skin, heart, kidneys, lungs

Cleansing :

- **Liver Cleanse**
- Kidney cleanse
- Colon cleanse, colonics, coffee enemas; activated charcoal
- Homozon
- Castor oil packs
- Hydrogen peroxide baths
- Essiac Tea or Native Legend Tea
- **Ozone : steam cabinet; insufflation; bagging a limb; in the ear**

Nutrition :

- Aloe vera

- Blue-green algae, spirulina, chlorella
- GLA (borage oil)
- Betaine hydrochloride
- Digestive enzymes; pancreatin; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : Halibut liver oil capsules
- Vitamin Bs : brewer's yeast; B12 injections or drops
- PABA : 350 mg/day
- Vitamin C : 2000 mg x3/day
- Vitamin E : 800 IU/day

Minerals :

- Selenium : 2 Brazil nuts per day

Amino Acids :

- Bragg's Amino Acids

Herbs :

- Milk thistle
- Dandelion root

Supplements :

- Coenzyme Q10

Exercise and Sunlight :

- Long walks in the park; Rebounder; Swimming; Tai Chi

36) Shingles (Herpes Zoster) :

Shingles is caused by a viral inflammation of the nervous system. The virus involved also causes chicken pox. Shingles most commonly occurs after age 50 as the immune system becomes weaker. Although the pain and the pustules subside after two or three weeks, scarring of the skin often occurs. Conventional treatments are ineffective. Vitamin A at 200,000 IU/day slows herpes spread. The salve containing an extract from red pepper (cayenne) is available in pharmacies as a cream called Zoltrix. It temporarily reduces the pain, but is not a long-term solution. Tea tree oil is also useful in reducing the pain, but, once again, merely masks the symptoms. It is available in most health food stores. Butylated hydroxy toluene (BHT) has the ability to inactivate this virus. BHT is a synthetic antioxidant developed in the 1950s as an additive for preserving food. In small doses it has been shown to prevent cancer, especially stomach, liver, lung, skin, colon and breast cancer. In laboratory tests, BHT has proven to be very effective in inactivating a large number of viruses, including herpes zoster and herpes simplex. The standard dosage is 250 - 500 mg per day. It should be continued for a minimum of two weeks, but it may be continued on a long term basis at a dosage of 250 mg. Thousands of people have taken BHT at a level of 2,000 mg daily for 20 years without any adverse side effects. It is available from most health food stores. Do not drink alcohol when on BHT. Pregnant or nursing mothers and infants should not take BHT.

Ozone will also kill the herpes virus. Ozonated olive oil gives relief when applied topically, but the best method to reach all the areas where the virus hides between outbreaks is to use the Sonnet II steam cabinet. Cupping with a funnel over the base of the spine is an effective method of eliminating the virus where it lies dormant.

Therapies:

- Vitamin A
- Lysine
- Vitamin A
- Vitamin B12 (injection or sublingual)
- Tea tree oil
- Homozon
- Ozone
- Zoltrix

37) Tendonitis :

Inflammation of tendons and/or ligaments due to injury or fibromyalgia

Cleansing :

- **Liver cleanse**
- Colon cleanse, colonics, coffee enemas; activated charcoal
- Castor oil packs
- **Ozone : bagging a limb; funnel on specific area**

Nutrition :

- Aloe vera
- Blue-green algae, spirulina, chlorella
- Raw vegetables and fruit
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : Halibut liver oil capsules
- Vitamin Bs : brewer's yeast
- Vitamin B6
- Vitamin B12 sublingual pellets
- Vitamin C : 2000 mg x3/day
- Vitamin E : 800 IU/day

Minerals :

- Zinc picolinate : 100 mg/day

Amino Acids :

- Bragg's Amino Acids

Herbs :

- Gingko biloba
- Gotu kola
- Turmeric

Other Therapy :

- Prolotherapy : injections of pitcher plant extract + dextrose
- Ligament/tendon extracts

Exercise and Sunlight : Long walks in the park, Tai Chi, rebounder, swimming

38) Tinnitus :

A persistent noise or ringing in the head perceived as originating in the ears; may be due to candida in the middle ear; nerve damage; bacteria; arteriosclerosis; high blood pressure; allergies or drugs.

Cleansing :

- Liver cleanse
- Parasite cleanse
- Colon cleanse, colonics, coffee enemas; activated charcoal
- Homozon
- Castor oil packs
- **Ozone : in the ear; drinking water**

Nutrition :

- Aloe vera
- Blue-green algae, spirulina, chlorella
- Raw vegetables and fruit
- Coenzyme Q10
- Betaine hydrochloride
- Digestive enzymes; ox bile tablets
- Acidophilus and bifidus

Vitamins :

- Vitamin A + D : Halibut liver oil capsules
- Vitamin Bs : brewer's yeast
- Vitamin B6
- Vitamin B12 sublingual pellets
- Vitamin C : 2000 mg x3/day
- Vitamin E : 800 IU/day

Minerals :

- Zinc picolinate : 100 mg/day

Amino Acids :

- Bragg's Amino Acids

Herbs :

- Ginkgo biloba

Exercise and Sunlight : Long walks in the park, Tai Chi, rebounder, swimming