

Seminar on *Paper*

The School of *Self-Applied* Prevention



Prepared by:
The "BAREFOOT" Herbalist, M.H.

This information is provided as entertainment purposes only! We do not promote medical products or medical methods. We do not answer medical questions. We do not sell herbal or self-health products to the public. If you wish to experiment with herbs and self-health methods as we do and wish to learn from us or purchase our products, you must agree to our disclaimer before we will do so. Once you have this book you will know what disease is and how to restore health and understand our products better. If you wish to call, stop by, or write us for questions you should have read Book I and completed our study guide so you will be educated and ready for advanced methods. The **BOOK I & STUDY** should answer most of your self-health questions and save us allot of time explaining to you how to be healthy. If you do not wish to read, most likely you will not totally understand sickness and health and eventually not stick with a program.

This seminar on paper is strictly for those that have agreed to our disclaimer, otherwise this paper is confidential and not to be shared with others. These products and methods are just our methods, and we are in constant change of creating & establishing what we feel is best for us to do. The student should have herbal knowledge before consuming herbal formulas, we have the finest **Herbal Books** for sale and suggest that many books should be explored by those wishing to consume herbs.

If you wish to experiment as we do, you do this at your own risk, you acknowledge that we have zero professional medical knowledge and do not sell anything Natural or otherwise to replace medical therapies. Anything you choose to do is at your own risk and you agree to not hold us liable in anyway and that your surviving relatives cannot bring harm against us, or our products.

With such said, welcome to our world. We study herbs and methods of self-health. This has evolved many times and in many directions. We are always in constant change for what we hope to be better. Our goal is Longevity.

Our goal is freedom from disease for a lifetime!

The first step in *self-health* is to learn to be disease free! If this is not learned, a great deal of money can be wasted and health loss. 60-150 years ago many Medical Doctors had clinics that extremely ill people from around the world came to and became well. A handful of these doctors (back when it was safe to do so) wrote a single book on their simple methods in their retirement years.

One book was enough and most went into single print only and few have survived to today. We specialize in such books and our expertise is understanding these books, our goal is to hand-reprint a selection of these type of books into a home study setting so the student will know what disease is, how humans are afflicted and the extremely simple methods to restore health with out surgery, drugs, vitamins, and in most cases with out even herbs.

BOOK I explains a 14 day cure that was used for 63,000 patients, that not only restored their health, but also educated them to never seek medical attention the rest of their lives! This is a beginner's book, worth its weight in gold!

The School of *Self Applied* Prevention will have an endless supply of books and videos on human Longevity. I will eventually have many books dealing with Health in an effort to understanding Longevity.

This simple booklet is my method of a seminar on paper, explaining why I make the products I do and the reason behind **The School of Self-Applied Prevention.**

Many Blessings,
The "**BAREFOOT**" Herbalist, M.H.

“RESTORATION”

The average person has no interest in health until their health is ailing. Many times permanent damage has been done long before the pains are felt. Restoration is a series of methods used to restore that which has been damaged.

I will give a quick summary of my best methods/products in the order that they are most important. This is just an example of the things one can learn from the home schooling. The methods, suggestions, theories, etc. within this booklet are a mixture or my version of what I liked after reading many books over the years.

Keep in mind that I update this booklet regularly. I believe we must read about one hour per day on the subjects of *self-applied* health. I modify most everything I do as I learn more efficient methods. I try to read 7 days per week and if I never purchased another book I still have at least 500 pounds of books to read and odds are I will alter this booklet yearly but the basic principles will never change.

There is but one cure and that cure is clean blood supply.

Ten simple common sense steps to understanding Nature.

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Note: due to modification this booklet is several parts well over 108 total pages.

SUNSHINE

The human body lives on the bottom of a vast ocean of gases. The pressure being so great that nearly 35,000 square inches of pressure is applied to the skin. The masses (population) are kept in the dark on how the human body functions in efforts to promote false methods of medicine and enslaving the workers of society. Scientist and medical trained people grope in the darkness from the lack of education and can only promote what they were trained to do, to make \$\$\$.

The human body thrives on sunshine! There is no stronger medicine on the face of the earth than pure direct sunshine on the “bare” skin. The entire body needs sunshine. The energy from the sun supplies the life of the earth. This energy known as cosmic energy is the source of all life. All of God’s Laws surround around the function of the suns.

The sun, planets, stars, and “all” that is in space is a replica (macro) of the human atom. The atom being the micro of above and space being the macro of the atom. The center of the atom is the same temperature of the surface of the sun. The atom is eternal, it can not be destroyed. Everything is composed of atoms under pressure and all atoms are in constant motion/vibration. This vibration allows our eyes to see objects and we can only see certain vibrations.

Atoms are so small that no food particle can ever enter. Atoms exist on cosmic energy from the sun. Rocks and earth are compressed atoms and just as alive as humans and everything known to us is alive. The earth vibrates at about 8 cycles per second. Each and every created object and life form known, vibrates at a different cycle. The color purple must vibrate billions of times per second for us to see what we know as purple. Nothing can be dead as long as it exists; not until the atoms have evaporated through decomposition of the magnetism that held the life form in shape.

Life as we know it, is when “Spirit” animates our body (vessel). Death as we know it is when we have damaged the body so badly that the “Spirit” can no longer live in the vessel, and leaves. God’s Laws at the beginning were and are permanent, never changing; perfect in everyway.

It is these laws; that our bodies must obey to obtain longevity! If one is happy and enjoys life, it would seem that life on earth is a great honor. Nature supplies the needs of all God's creation. This paper will examine the needs of the human body.

You seldom hear a perfectly healthy person say "Well you have to die of something". Healthy people have no need to think of death, especially premature painful death. The more a person lives against Nature, the more care free they abuse their body and don't care if they live or die, until the pains get to be more than they can bare.

There is no more studied subject in all the world than human health and there is no more confusing and misleading information to keep the average person in total darkness. Today's countries rule their populations not unlike a dairy farmer runs his herd. Education from our birth to our death misleads, all except the greatest teacher of all, **Nature!** **Nature** never misleads or deceives. **Nature** is free to all. The perfect guide in life.

If information goes against **Nature**, it will not stand the test of time. **Nature** removes "all" that does not obey **Nature** perfectly, because God's creative laws are absolutely perfect.

- We are composed of compressed atoms and atoms absorb their energy from the sunshine, so it stands to reason sunshine is the number one restorative substance known to mankind.

Removing all clothing and exposing every inch of the skin to the rays of the sun is the most powerful curative known. As the skin strengthens it can take direct sunlight, avoid direct rays between 11 am and 4 pm during the summer hours until the skin is adapted back to **Nature**.

Sunshine kills fungus in the body better than herbs and drugs and with no ill effects. Practice sunbaths instead of old habits of eating at noon time. Your body will be more nourished on pure sunshine on bare skin than any food you could possible introduce to the stomach.

Real human food is fresh picked (with in 7 minutes) and eaten raw as **Nature** freely gives. The life of this raw natural food is the sunshine within this food. Heat any food past 118 degrees and all life leaves, and the body will struggle with this type of dead food. Life comes via the sun.

AIR

At the moment of conception, the cells depend upon air from the blood of the mother. At birth the first breathe of air starts the machine of fire that burns in a body of liquid. After 3 minutes with our air, the body responds by passing out in an effort to get oxygen to the brain, with in 7 minutes the vessel can no longer support the “Spirit” and the Spirit leaves and the atoms begin the process of returning to Nature.

Air/oxygen is the most important substance to be physically consumed by the human being. It is breathed through the nose and lungs as well as the skin. It brings in oxygen and nutrients and removes the gasses of human wasted cells. Air drives a great and powerful machine and just like all machines, it can only run as long and as good as the quality of air it is fed.

- **Human exhaled air is deadly!**

To re-breathe air is the most damaging thing a human does against Nature! Only a civilized creature penned up in a room will re-breathe its own air. If you breathe only exhaled air and no fresh air, you will die in your own waste with in minutes, known as suffocation. This is why the root of all disease starts in the bedroom.

As an example, a cancer patient is host to massive fungus; each and every breath expels huge amounts of fungal spores! Just think of the common puff ball in the woods that when you kick it, the spores fill the air as a dust cloud, the cancer patient is filling the space of the home in just such a manner. Only in **Nature** we do not re-breathe our same air! The air currents carry off each breath and supplies new fresh energized air to breathe.

No greater harm can be done than to re-breathe one’s own air or the air of another! An experiment 150 years ago explained that a canary bird suspended above the bed of a sleeping couple would die before morning from the deadly exhaust of the sleeping couple.

Naturally artificial heat in the home must be smell free! If you can smell it; your breathing it and what ever you breathe, your body must process and eliminate out the drainage system of elimination. Kerosene heat has to be

one of the deadliest heats, unless it is 100% kept from entering the homes air. The kerosene vent-less heater and vent-less propane heaters are asking for premature death and should be illegal when a child is in the home. Wood heat is not much better unless it is 100% vented. No stove or furnace is 100% air tight, gases will find a way to escape when the combustion takes place within the home. Artificial anything has a price to pay. **Nature** means **Natural** and when we think we can do better than **Nature**, **Nature** shows us otherwise every time.

One may be thinking why they are not already dead if any of this is true? The human body is a powerful machine that does not die easily. The body adapts and the more it adapts, the closer it comes to death. The following is a scientific experiment explaining our adaptation to bad air.

Place a bird in a glass sealed container and in X amount of minutes it will die. Repeat this, except this time remove the bird in ½ of the time it takes to suffocate it and replace a fresh bird in the sealed container and the second bird will instantly die. The second bird not having the time needed to adapt to absence of oxygen.

The same goes for the smoker, that 1st cigarette always produces a gagging cough, in short time the body adapts to the poison smoke and no coughing. The smoker does great damage to those in the same house.

A family can be living with kerosene heat all winter and feel no ill effects and I can walk in out of the snow and with in a few minutes be struggling for breath. The family has been greatly damaged and life shortened and never knowing it. The body adapts for the lifetime it has and does the best it can to reproduce.

Rule number one; make the bedrooms as safe as possible. Heat the home, not the bedroom. Open the window, screen the snow from coming in and use as many covers as you feel you need to stay warm. Allow plenty of fresh life giving air to flow (float) over the bed. Remember, cold air does not make man sick, the same as the sun does not create cancer.

An experiment done in Ireland over 150 years ago allowed a new born to obey **Nature**. No cloths/diapers ever touched the skin, no heat was used in the home and air flowed freely through. This child slept on the bare floor with the knees and elbows under the body in a house that averaged 38

degrees. The child was of excellent health and the skin glowed with health. The goal of the experiment was to show that clothing and a closed house smothers the skin's pores and reduces the exhaustion of waste gases.

Breathing exercises are the most beneficial life extending exercise. I have an excellent book written by a man that was 110 when he wrote his little book on breathing; that enabled him to be healthy at such an age. Most people ignore the skin when they think about breathing. If the skin is sealed with a substance that does not allow oxygen to enter, death comes within the hour.

One of the most abused organs of air exchange is the human foot. The foot is meant to be in contact with the bare earth your entire life. Not only does it make the magnetic connection, it keeps the system flowing in correct direction. The cold ground draws the toxins down and out of the body. From the ankle down is one of the third largest organs of gas exchange and if everything is flowing correctly, the feet will smell of accumulated toxins when confined within shoes and hot socks. If the feet don't stink, odds are the system is clogged and the gases will come out the under arms and elsewhere out the skin.

- Going barefoot as much as possible and never ever wearing socks is high on my list of things beneficial to Longevity and "Restoration" of health.
Let your feet breathe!

When shoes must be worn, make them the lightest pair possible. To burden the feet is a great sin against **Nature**. The coddled body is a diseased body; your skin is meant to be in contact with all of **Nature**. Soft skin is diseased and lacks circulation. Toes are meant to bend and grip and be stimulated with every piece of grass, rock, and stick.

The sick need to **remove their clothing** and shoes and expose the body to the **sun/air, 3 things** the sickly refuse to do! The earth's vibrations heal, at one famous American clinic you removed all clothing upon entering and the old sick, near dead person slept in a hollowed out pit in the earth naked, but was allowed blankets. Rain, snow, made no difference; they slept in the open, year around. Once healed, many refused to sleep in a house again. The open air and contact with the earth can not be beat in restoring health and vigor. Life flows with the winds.

WATER

Life needs energy and oxygen to stoke the human furnace. There are people that can live or have lived a very long time with nothing more than air and sunshine. They are rare today. Some learned breathing techniques that enabled them to obtain all they needed from the air and others just naturally stopped eating and drinking. How can this be? Our air has everything we need to thrive on. Science claims that just 1 cubic yard of normal air has enough energy in it to power a jet plane across the country. People that didn't need food or water have been studied by medical institutes for the past 100 years.

It was finally learned that rock dust from outer space burns as it enters the earth's air and creates an invisible dust of mineral in our air. Certain humans have up to 100 more functional glands in their bodies than the average person does, or correctly stated, we all have these glands, but due to de-generation these glands are all but dried up. People with these glands seem to be able to acquire all their daily needs from the air they breathe. With no foods, the body needs little to no extra water, since the air we breathe can be up to 80-100% humidity (water vapor).

- If we ate fruits and berries raw right off the tree/bush, we would have no need for extra water. Naturally we would be living in a climate where these foods were abundant and the air would supply plenty of humidity for the skin and lungs.

The more corrupt the diet, the more need for water. Wrong food creates mucus/morbid matters and the body needs a lot of water to keep the sludge moving. Fever is needed to liquefy mucus and water is needed to keep the body from burning up in its own fire.

So what is water? Rain is **Nature's** water. Un-polluted air produced pure rain with zero earth minerals in it, other than the microscopic dust from outer space. **Nature** uses this water also, fruit and berry trees/bushes absorb only pure water through their root bark. All water sources that are not pure water, are not human sources for water. If non-human water is drunk, the digestive system will attempt to filter the minerals from the water and clog the system over time with inorganic deadly minerals, such as arsenic and lime.

Distilled water is the only water source, period. Reverse osmosis is not distilled or pure and according to Dr. Hulda Clark can and does do great damage over time to the Immune System.

Doctors dating back to civil war days have written of the need of distilled water in human health. Most cures demand distilled water.

No one has a good excuse for not making their own distilled water. It is a top priority in every kitchen, more important than any cook stove. Electric models make it easy and there are several non-electric models for those that choose to do so, the non-electric take effort to keep filled and not allowed to burn dry.

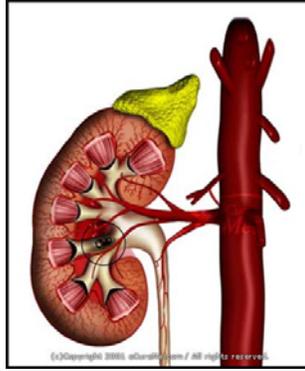
The energy from the sun and the air we breathe is only partially under our control of exposure and purity, but **pure water is with in every ones control.** When you consider the proportion of water the body is made of and the quantity taken in daily, no herb or drug or method can counter the poisons taken in from wrong water.

- Failure to seek pure water greatly shortens one life.

Distilled water is not natural when you consider it is not needed in a fresh fruit/berry diet, so when you drink distilled water, make fruit/berry juice with it, or at least herbal tea. If you drink it straight, add a little maple syrup, honey, lemon, or some natural concentrated natural plant mineral.

If you drink a can of pop or other non-human source of liquid that is commercially preserved with acids, you must drink 12 glasses of distilled water to neutralize the pop. The body will maintain proper blood pH even if it means you remove your bones out your daily urine!

- The top 3 things to restore health being Sunshine, Air, and Water, 3 things people take for granite and abuse the most in their lives.



THE KIDNEYS

- **The kidneys are one of the first organs to be damaged and can be 80+% damaged before ill health is realized!**

As your body attempts to remove accumulated waste, the mechanisms must be free and flowing. Proper bathing allows the skin to be free to perspire; reduced food consumption and herbal stimulation allows the intestines to keep flowing. Much of the acid waste in the blood will be passed off in the lungs while exercising or while sleeping. This is why fresh air in the bedroom is essential.

One of the organs used by the body to cleanse the acid waste from the blood is the kidneys. Besides the heart, the kidneys may be the most abused of our organs. The consumption of well water and wrongful foods overwhelms the kidneys with inorganic lime and minerals that clog the millions of filtering cells.

Stones in the kidneys can be the root problems to many of the body's ills. The symptoms are too numerous to mention. Basically if your having any health problem, your kidneys are being overwhelmed. The heart must work much harder to force blood through clogged kidneys. This raises the blood pressure and it only damages the entire system to take any drug that lowers the blood pressure by force! Ideally you gently cleanse the stones and matter from these delicate cells, supply nutrients for new cells to develop and allow the body to heal its self naturally.

Luckily if you quit consuming large quantities of inorganic lime and rock hard minerals such as is found in drinking water and drink fruit/vegetable juices and change to your own home made distilled water, your kidneys should be able to remove these accumulated waste/stones. Herbs have been

a great aid for dissolving stones and nourishing the kidneys for centuries. The only sensible cure is to stop all wrong habits that harm the kidneys and they can start repairing the damage.

If the kidneys have been abused for many years and health problems exist such as body pains, bone spurs, nausea, waking up at night, etc. you may need to use herbs to help dissolve these stones slowly.

There are many forms of stones and as many different medical terms used to describe kidney diseases, again, books have been written on the diseases of the kidneys and all diseases start with failed kidneys. I am only supplying a few pages to create interest in self-applied prevention.

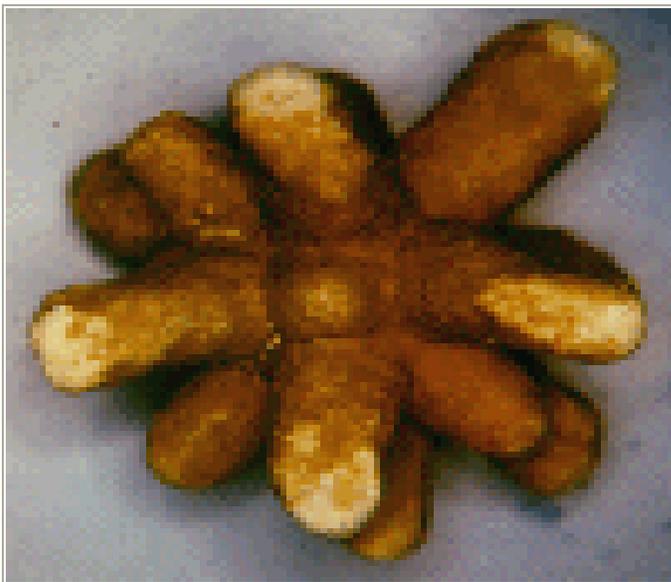
Interesting Kidney Stone Photographs

Below are pictures of stones and their chemical composition.

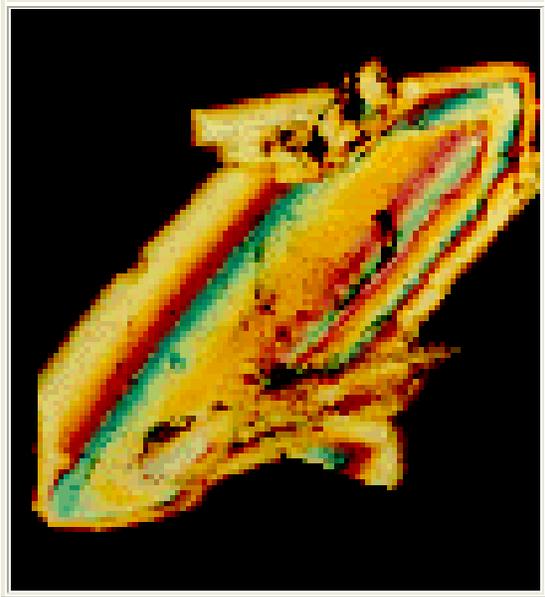
Stone	Composition
	Calcium Oxalate Monohydrate- 97%, protein and blood 3%



Calcium Oxalate
(Monohydrate form-10%,
Dihydrate form-59%),
Calcium Phosphate (Carbonate
form- 7%, Hydroxyl form-
21%), protein and blood-3%

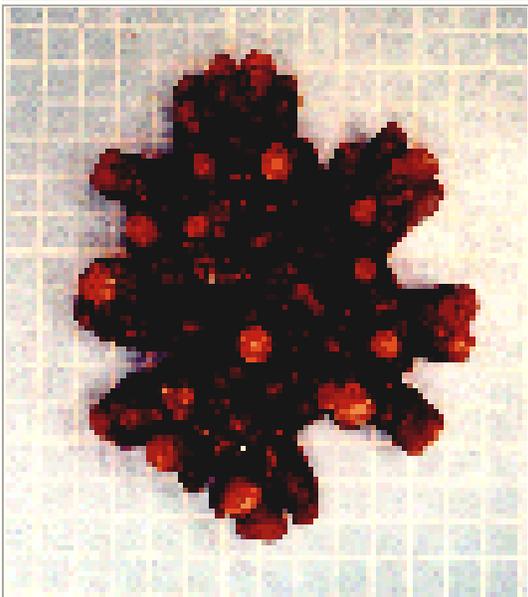


Calcium Oxalate
Monohydrate- 98%, protein-
2%

Stone	Composition
	<p data-bbox="773 541 1393 625">Uric Acid Dihydrate- 100% (crystalluria)</p>
	<p data-bbox="773 1136 1393 1220">Calcium Carbonate (calcite variety) CaCO₃ (crystalluria)</p>



Magnesium Ammonium Phosphate
Hexahydrate (Struvite) (crystalluria)



Calcium Oxalate Monohydrate- 97%,
protein and blood- 3%



Calcium Oxalate (Monohydrate- 10%, Dihydrate- 88%), Protein- 2%

There are plenty of pictures of cancerous and diseased kidneys which I chose to not show. Distilled water, herbs and proper diet are the best aids for this condition.

I hear over and over about how people with clogged kidneys were told to drink beer to remove the stones! What foolish advice!!!! As far back as 1850 lime was added to beer to speed up the making of beer! Only distilled water and herbs that slowly dissolve the stones can be considered! Surgery is as foolish as drinking beer, unless the stones are embedded and blocking the tubes.

I consider the kidneys to be suffering prior to all ill health, many times being harmed from birth to death. Naturally healthy kidneys are a must for Longevity. The human body is only as healthy as its weakest link. Consider the kidneys as the filter on one of God's most powerful creations of living fire in a liquid body! If you do not change the oil filter on a mechanical engine, the dirty oil reduces the engine's life, just the same as poor kidney function can not keep the human body alkaline and as a result prematurely ages and dies in a pool of acid waste.

- **It can not be stressed enough to take care of your kidneys!**

DIGESTIVE ORGANS

The scientist grope in the darkness of not understanding of the human body, they have no concept of life or the true function of body. The digestive organs are no exception, most all medical teachings are almost opposite of the truth in many instances.

The stomach is one of the many powerful and misunderstood organs! No health can be held onto unless the stomach is operating properly. I will not waste time with comparisons with those that grope in their darkness and will only state a few basic functions of the human body.

Ideally the stomach's number one job is to filter the blood stream. The gases are expelled out the exhaust via the lungs and the larger solids out the stomach and down the intestines where the pancreatic enzymes and bile can prepare it for further elimination. Some of the "Breathairians" had no anus and their waste solids would have been dissolved and reabsorbed and exhaled as gases via the lungs and skin.

The civilized humans of today live to eat and eat in every conceivable manner against **Nature**. The civilized stomachs are always full of food via the mouth. The degeneration of the human body due to the earth's natural occurring cycles and the deterioration of the food supplies along with polluting the life giving air has left the human "fire" lacking the badly needed radiation from the Sun. Over the years the human habit has been to cover the skin and live in darkness rarely ever having fresh air, the result has been the body seeks additional radiation in the second hand of plants and the third hand of eating dead animals.

The digestive organs have been forced to adapt and the results have a severe penalty from **nature**. No longer can the organs cleanse the blood properly, they spend their existence filled with waste sludge. The skin and lungs work much harder to make up for the loss of the stomach function. The loss of the pure blood stream has reduced the life span from thousands of years to well less than 100 and some have written that those born after 1992 have a life expectancy of 40 years max.; as explained in detail in BOOK II.

The human body is similar to a sponge; it expands with its own accumulated waste. The irritants such as white salt and chemicals are surrounded with

water and called fat. As the toxins accumulate, the blood becomes more and more toxic to healthy life. Fungus and parasites are **nature's** way of aiding the removal of this waste as well as the removal of those that break the laws of nature. As the waste accumulates the fungus/parasites increase and the life giving oxygen decreases and the mutated bacteria/fungus become so toxic and destructive to life that the Immune system attempts to surround the masses known as cancers.

For the average person the closest they come to obeying **nature** is to eliminate regularly the waste they consumed the day before. This habit eliminates much of the standard diseases and extends longevity by 10+ years on average, yet, these persons barely experience 5% of the health of the truly healthy person that has full stomach function. Those that practice "fasting" experience a few days of **nature**, but most if any will ever reach true balance with **nature** and return to living on air alone.

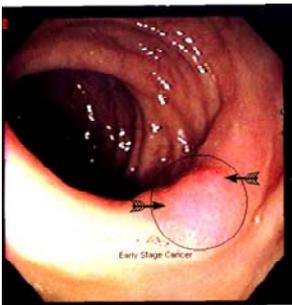
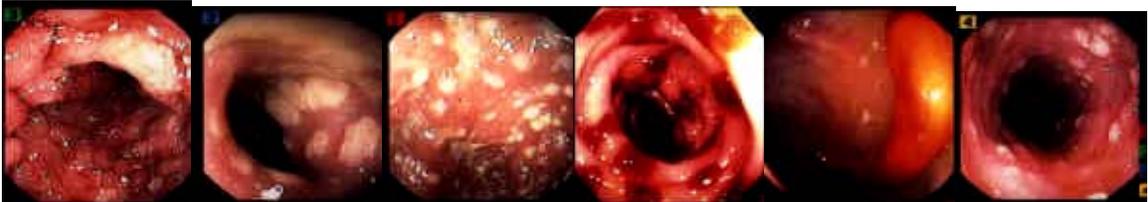
The standard is one bowel movement per meal eaten, no food staying in the system more than 12-24 hours. The average adult expels his/her meal 3-5 days later with a few having a bowel movement every 30 days and a few rare individuals only having one bowel movement yearly. The following pictures are just a few examples of what happens when the bowels don't flow correctly and the system is out of balance.



The average intestinal tract in this picture is full of pockets and distorted by lack of muscle tone.

Eating non/human foods during a lifetime or simply eating correct foods in a manner that produces stomach acid, results in the intestines being ulcerated as in the below pictures.

These common ulcers produce that “hunger” feeling that we all satisfy with more wrong foods! When the ulcers are exposed, they hurt and eating food stops the feelings! This is why “FASTING” cures these ulcers, then the unnatural hunger pangs disappear!



Early Cancer!



Small polyp!



Large polyp!

Inspection of the walls of the intestines has produced pieces of toys etc. that were swallowed as a baby! Many people over work their intestines all their life. As the intestines weaken they become home to hundreds of different unfriendly bacteria and parasites. Layers upon layers of mucus morbid matter have been known to accumulate upon the walls of the intestines.

Next are a few pictures from a clinic that helps people remove years of accumulated build up!



I have read 85+% of our health depends on a healthy intestinal track. That is why I am spending so much time attempting to convince you that many people allow their intestines to become nonfunctional and allow disease and starvation to overcome the body. I could easily create an entire book with nothing but intestinal diseases. An over weight person actually dies from starvation. The above pictures should convince anyone that you can not absorb proper food in diseased intestines, so hunger causes the person to eat more and more! There are plenty of pictures available of cancer and diseases of the digestive tract, these are by far the most abused organs of the body.

One of the smart healers back in the 1800's wrote that humans grow upward and outward too fast only because of the pressures of fermentation of their wrongful eating of foods. He added a man of 6 feet should never weigh more than 160#. The heavier a person is, the less health they have. Each generation is becoming taller and wider and demonstrates our path of destructive eating habits.

THE LIVER'S FUNCTION

It would be impractical to list each of the many functions of the liver, but I have included several, to give you a good idea of the importance of this organ. Most of the liver's functions are of a complex nature, some of which are carried on independently of each other, producing the possibility that one function of the liver may be interfered with, while others proceed normally. The variety of ways that the liver functions make it crucial to the maintenance and regulation of homeostasis of body fluids and controls of body processes.

The liver helps to regulate the blood volume of the body by storing blood and releasing it through the hepatic vein. The liver forms red blood cells in the embryo and stores vitamin B-12, which is essential for the formation of red blood cells.

The liver forms and secretes about 800-1200 ml. of bile daily. Bile is formed from bile salts and water, bile pigments, a phospholipid called **lecithin**, and cholesterol. Bile salts are important in the intestinal phase of digestion, working as detergents to emulsify fats and form micelles, containing fatty acids, phospholipids, and/or sterols. **Cholesterol is made soluble by bile salts and lecithin.** Interestingly, the body recycles about 80% of the bile salts in the small intestines; then returns them to the liver.

One function of the liver is storage and formation of some of the body's nutrients. The liver forms vitamin A and E. Several minerals, including iron and copper, are also stored in the liver, and it utilizes vitamin K to form prothrombin, a plasma globulin used for the coagulation of blood.

The liver serves a key role in the metabolism of carbohydrates, fats, and proteins. For instance, it stores glycogen, synthesizes and converts it to glucose to maintain blood sugar consistency. The liver is center stage in metabolism of fats; it oxidizes fatty acids, it synthesizes fats from glucose, and synthesizes amino acids from other amino acids. Finally, the liver synthesizes plasma proteins, fibrinogen and forms non-protein nitrogen compounds. In this function, you could compare the body to a family of hungry units, with the liver serving as both the kitchen and the cook.

The liver also serves as a detoxification station for the body. It not only controls the concentrations of various substances, but also detoxifies certain

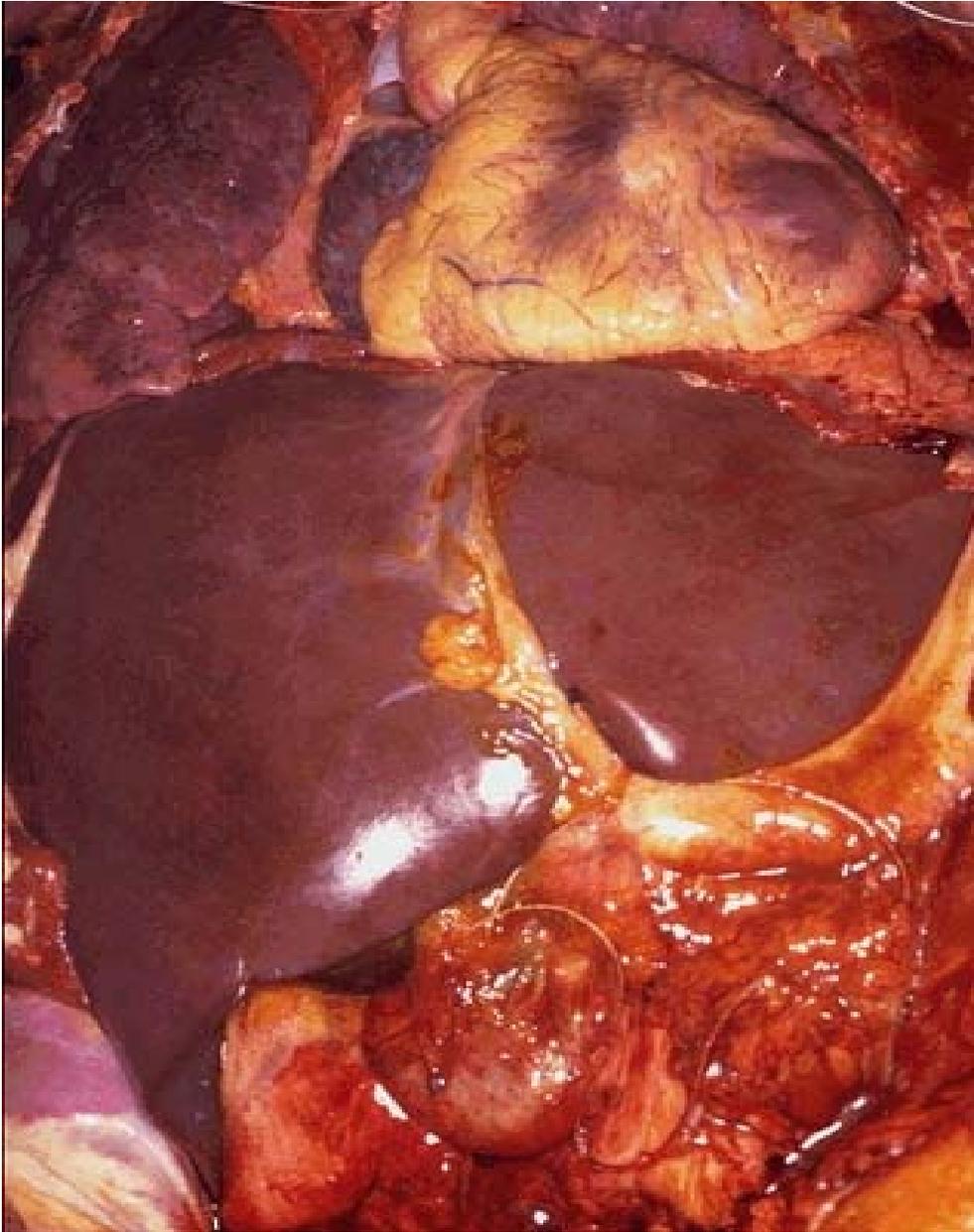
end products of digestion. The liver plays an important role in estrogen inactivation and regulation, by excreting excess estrogen through the bile. Finally, through the many functions of the liver, it helps to provide heat for the body.

In today's modern consumption of chemicals, the liver is very over worked and clogged for most of its life. Just remember that your liver manufactures your body's needs and like the Kidneys, much damage has already been done before ill health is known. Today not enough livers are available for transplanting and the surgeons have finally agreed with the scientist of many years ago that 90% of the liver can be cut away and a few months later can be seen by x-ray as a complete liver once again. I believe this rapid cell replacement is why so many parasites choose the liver as their home, the food supply being constantly maintained.

The following pictures should let people know that our liver is very important and we need to take care of it all of our life and it will take care of us.

These pictures are from Pathology

- **You should learn from these pictures, that the liver will work until it is almost totally destroyed!**



Location of the liver. Note that it is in 2 sections.

Above to the left appears to be a lung and above center the stomach.

Underneath would be the gallbladder which would connect below the stomach and across from the pancreas.



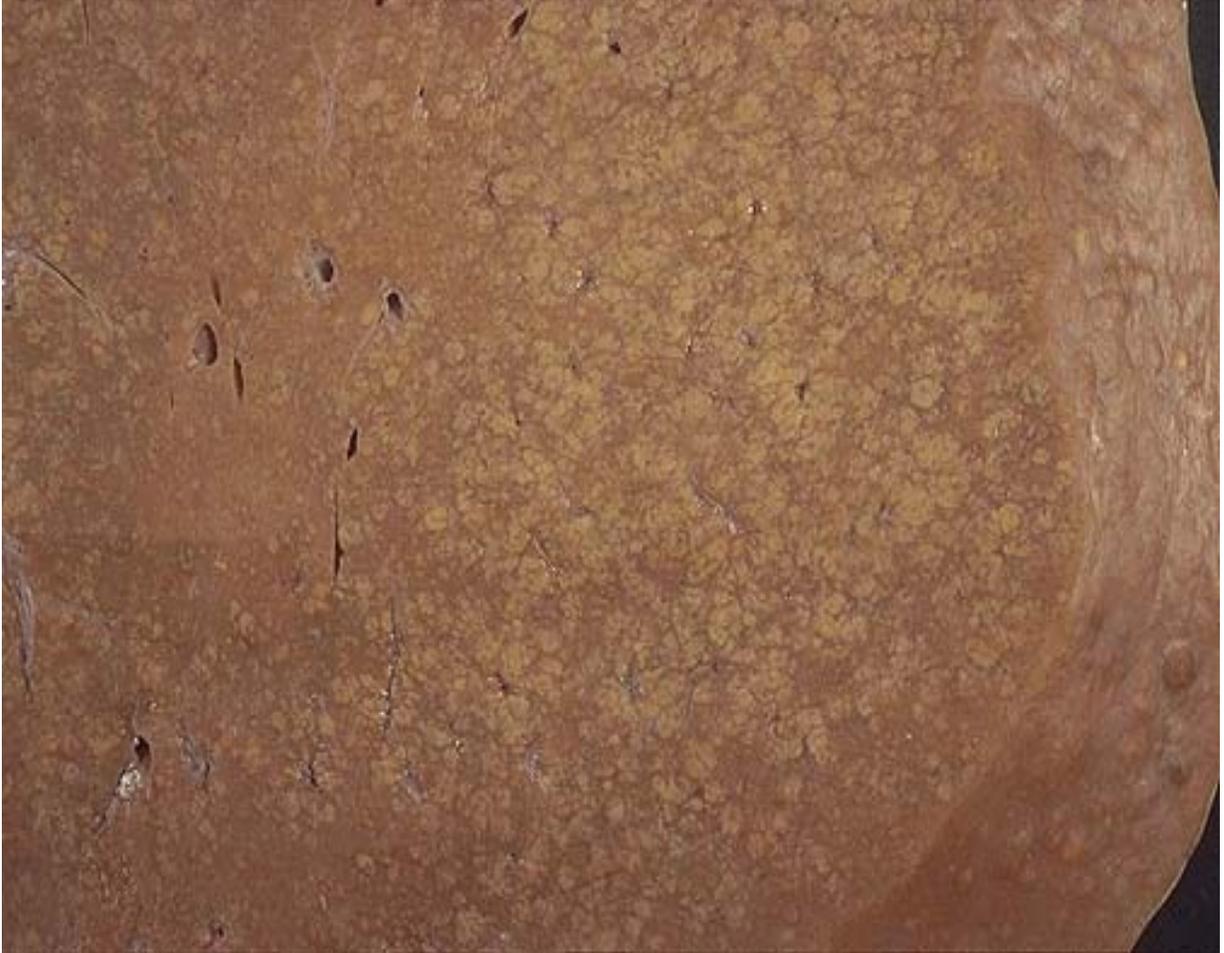
This is a clean healthy liver (was), with nice soft large ducts.

Note the white material coating the ducts to aid the speed of the fluids. Without this frictionless material coating, our blood could not travel. This material is maintained with human lecithin.



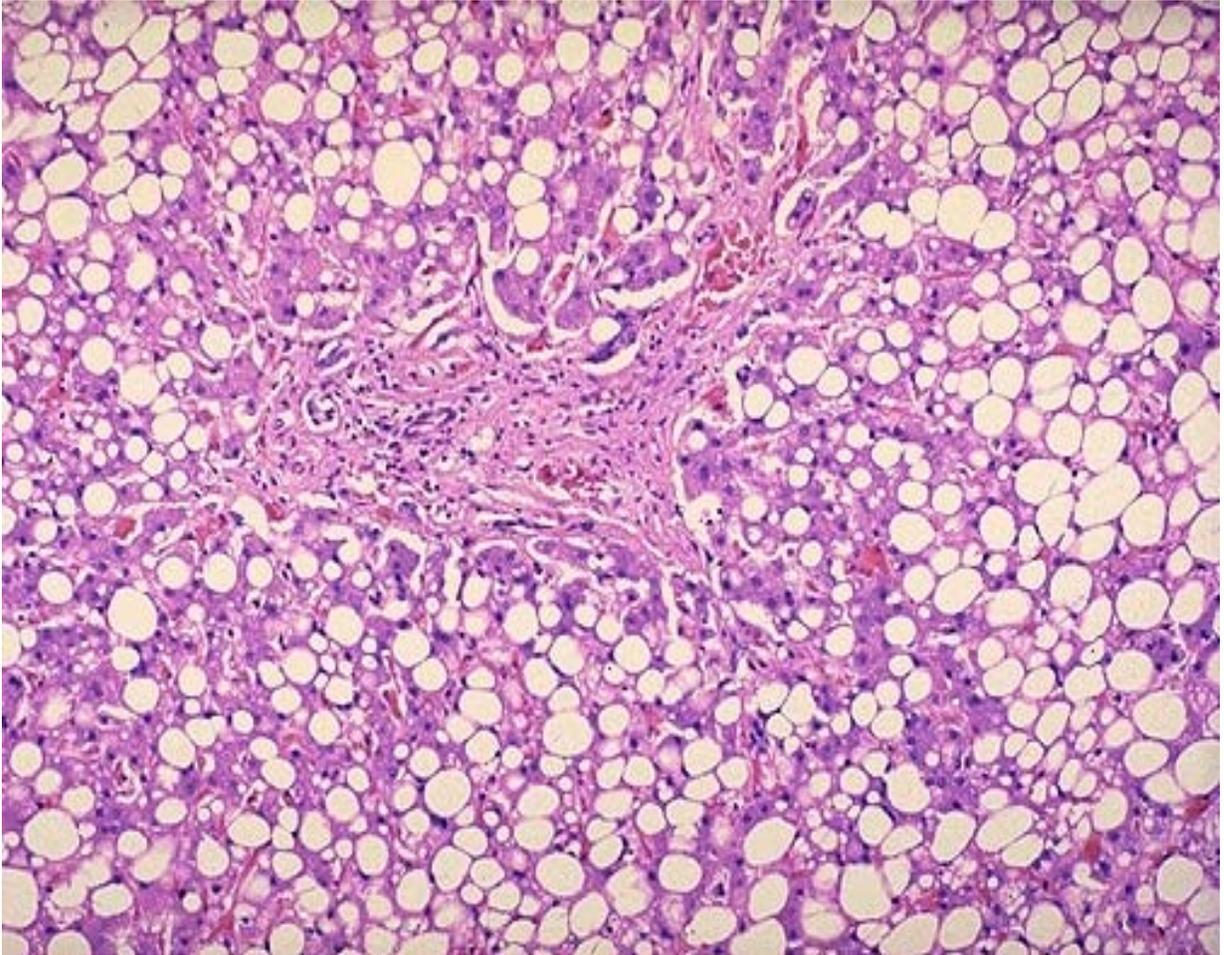
Note the common stone in the duct! These are what are passed during the digestive/liver cleanses. Unbalanced diet is the root cause of what is commonly called gallstones. There are several methods of keeping these stones from being reformed, I will discuss this later.

All organs and tissues depend on one thing; circulation! The lack of or restricted circulation being the root cause of every disease.



THE HEPATITIS LIVER

Note the collapsed liver ducts. This lack of circulation is certain to reduce Longevity.



THE FATTY LIVER

Note the yellow fat deposits. This “FAT” gets into the entire system of the obese body. All the organs are clogged with it and the lifespan is greatly reduced! All fat reduces blood circulation. Most people never stop to think that their organs are also “fatty”!



LIVER FAILURE DUE TO KIDNEY FAILURE.

The kidneys fail first and as they fail to remove the acid waste, the rest of the body is over worked with the acid over load. The kidneys are the most abused of all the organs and the damage is difficult to restore.



ALCOHOL & HEPATITIS PRODUCED LIVER

Is it any wonder 90% of the liver can be cut out and thrown away, for most of the seriously ill, 90% of the hardened liver is non functional.



THE CANCER LIVER

Many have written that cancer begins in the liver and or pancreas before it can be detected anywhere on or in the body. After treating the symptoms of cancer, usually the last diagnosis is liver cancer and all hope given up. Some say the liver should be first in the treatment of cancers.



THE ALCOHOLIC LIVER

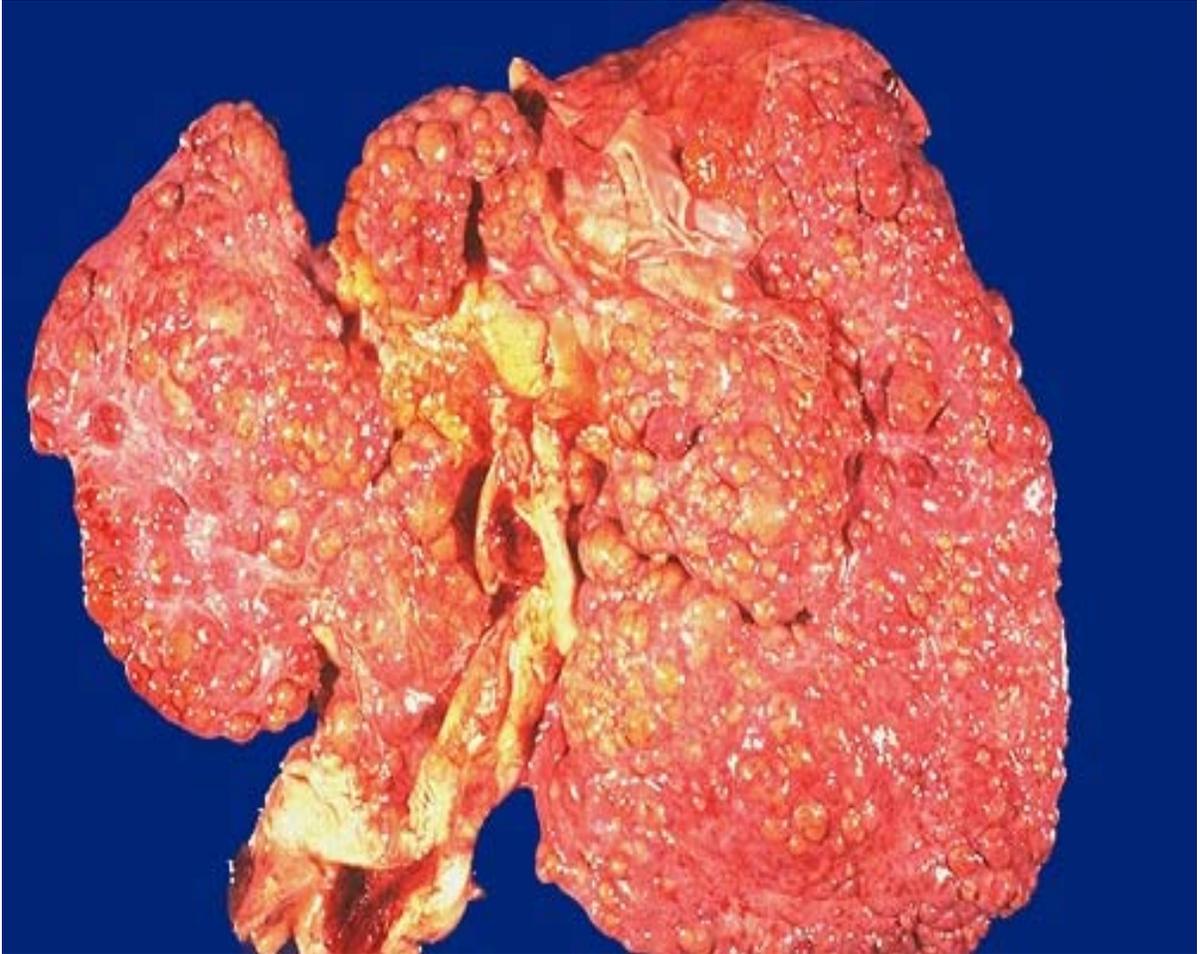
Chronic alcoholism results in a hardened liver.

What a difference from the first pictured soft liver!



THE CIRRHOSIS LIVER

Keep in mind these livers came from people who have died and donated their bodies to science, so odds are they were being treated with drug therapy for many years prior to their death.



ANOTHER EXAMPLE OF CIRRHOSIS



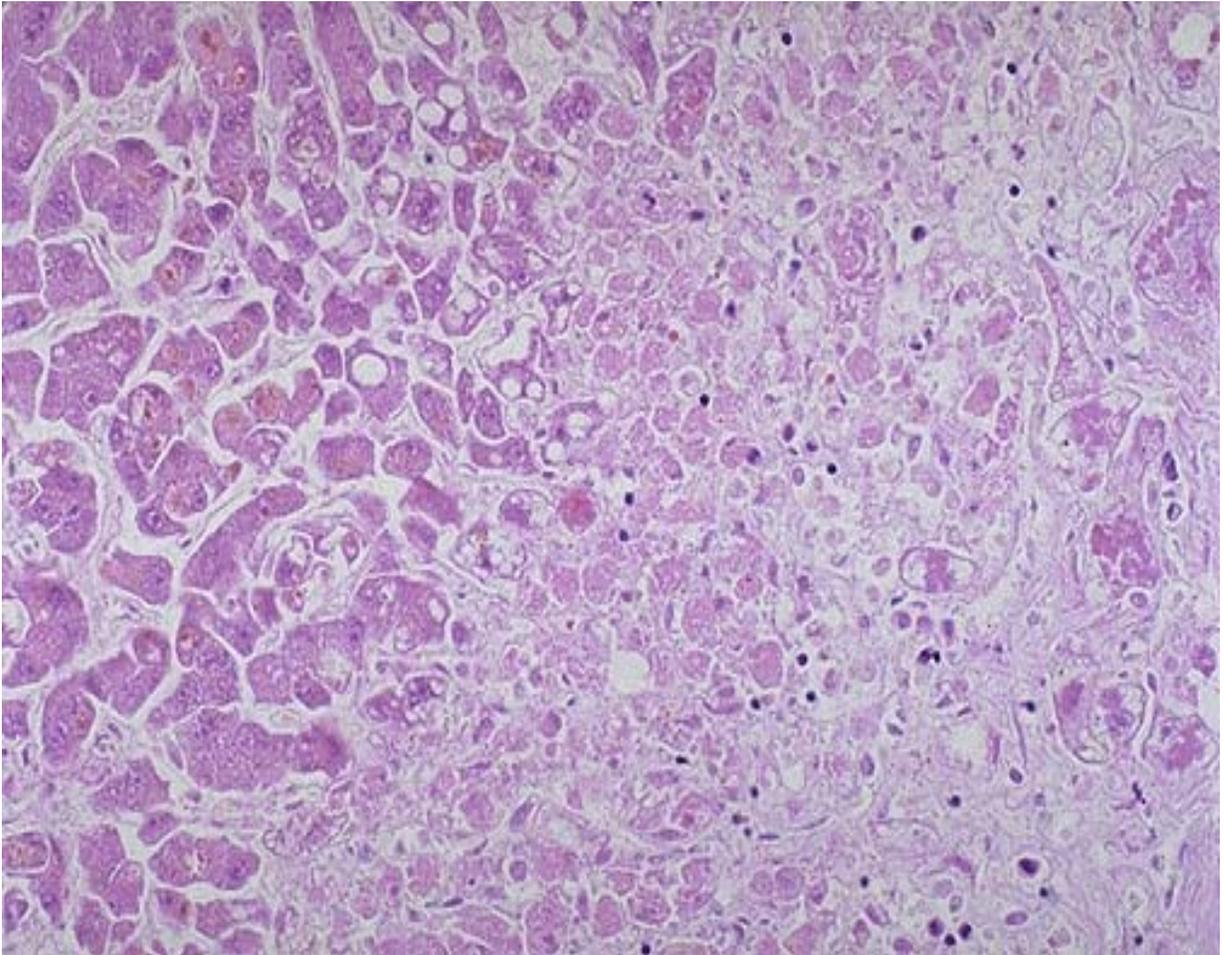
CANCER LIVER (VERY ADVANCED)

It would be easy to believe 90% of this liver has not functioned for a long period of time.



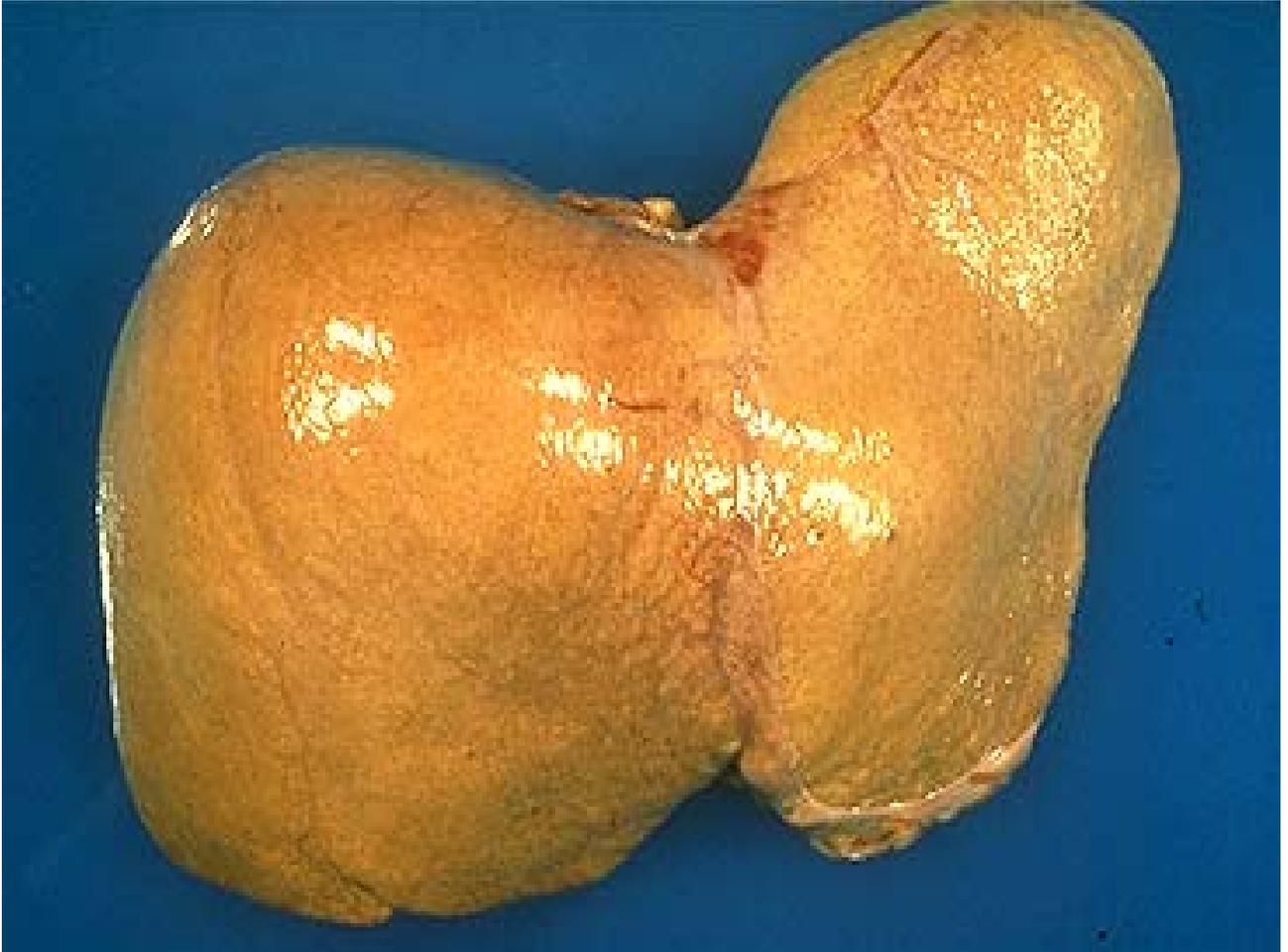
LIVER CANCER

This liver also shows cancer, the yellow portion has consumed this liver.



THE DRUG ABUSED LIVER

The pain killer acetaminophen killed the cells on the right side of this picture and the person died before the remaining cells could die! The cells collapsed in upon themselves until circulation is stopped.



THE ALCOHOLIC LIVER

This is another prime example of what chronic alcohol abuse does to the human liver. It is a wonder how the body can crave a substance that it knows will kill it? Always keep in mind all the other daily toxins as well as medication drugs.



THE LIVER TUMOR



THE INDESTRUCTABLE HUMAN

This is one sick liver! Looks like something a child made from clay! You can bet this individual had many years of poor health. This is proof enough that the human being can survive when most of the body has failed. The socially acceptable drugs have created the practice of suicide. Many times even the overdose of powerful drugs still fails to provide painless death.



THE IRON (BAD WATER) LIVER / PANCREAS / SPLEEN

People fail to realize the entire human body must filter everything breathed, drank or even the chemicals it comes in contact with. Water and all fluids drank do the most damage. Those that refuse to make their own distilled water can not expect longevity in health.

I could use pictures of the entire body to show examples of constipated tissues, the entire body is made up of the chemicals within its environment. The irritating toxins accumulate and the tissues expand much like the sponge absorbs and holds liquids.



PANCREATIC STONES (HARD)

Loss of circulation leads to mucus, up to accumulated stones. The stones can be soft, up to rock hard. When circulation is impeded in the pancreas naturally its functions are impeded as well and failure imminent.

Stones in the organs cause loss of function, the same as mucus and tumors reduce or stop circulation and normal function. All accumulated materials are concentrated by the body and lead to the formation of mucus, stones, and tumors/cancers. No part of the body is exempt from accumulated waste materials. Even the prostate loses circulation when full of hard rock stones. Calcification can result anywhere in the entire body and is one of the major causes of premature death. The unnatural lime coming from water sources and commonly added to commercial foods stiffens the body and hardens the vascular system to the point of varicose veins through the entire body.

The consumption of inorganic metals collects in the body the same as the metals accumulate in the common water filter. Just as in the water filter, these metals attract fungus as well in the human body. Common sources of these metals; water, all drinks, vitamins, drugs, commercial foods, air pharmacology, soaps, dental metals, etc.

The pathology web sites have hundreds of pictures to look at. I have just chosen a few to show that the human liver can be very sick for years before it dies. Everyone should start early on in life to keep their liver healthy!

Once damaged, the liver cannot be made like new very easily. Every chemical from day one does damage; perfume, makeup, soaps, the list is so long, it is easier to say everything has to be processed by the liver. When the liver is too sick, that is, when symptoms appear, people tend to take more drugs, the opposite is needed, they need to cleanse the disease out of the body and feed the liver with good live foods.

PARASITES

- **The single most item missed by famous Longevity Medical Experts!**

“Animal” type parasites can do a lot of damage and are of no value to the human body.

- **I believe de-worming is a lifetime thing in *Self-Applied Health*.**

100 years ago parasites was discussed freely when you went to the local doctor. Most diseases were associated with a particular parasite/bacteria/virus. Today parasites are not considered by most. The medical colleges have gigantic websites with hundreds of pictures of parasites and some times the diseases that they are associated with! The Center of Diseases and Control has plenty of information about diseases associated with parasites. The World Health Organization also sees parasites as a major threat to world health. **BUT WHY IS IT, THE LOCAL M.D. SEEMS TO BE IN THE DARK ABOUT SUCH A THING?** Can they go to college for years and never learn about worms? I have yet to meet one that will even admit they are real!

I have a large collection of Medical Books on the subject of parasites! You can go on a computer and look up medical websites that have not a few worm pictures, but hundreds of worm pictures and many times they show you how you picked up your worms and what these worms do to your health. There is a Government Agency that collects parasites and they have many thousands! There are also Government websites that show how many people die in each country, each year because of certain worm infestations! Could this be a reason for mandating an autopsy? They have to have samples some how to know how many people die each year of a certain parasite!

SO “IF” HUMANS DIE AS A RESULT OF PARASITES, THEN WHY DOESN’T THE M.D. CHECK FOR YOUR PARASITES AND TREAT YOU FOR THEM WHEN YOU GET SICK?

From what I have read, the medical associations have only a few methods to kill human parasites! The World Health Organization (WHO) has even recommended using chemo on entire populations of the U.S.A. to slow

down the spread of the sheep fluke and other common worms! My guess is the M.D. can't treat human parasites, because only very toxic drugs can kill the adult parasites and within minutes the parasite eggs hatch out and repopulate the patient. The drugs would make the patient extremely ill and this would be bad for business! Even worse for business would be if the parasites were actually killed, that would be suicide for making more \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$.

It used to be that certain animals had certain parasites. This still exists in wild animals, unless air pollution has harmed them also. Today all captive animals that eat and drink unnatural substances have far more parasites than they did 100 years ago. With the use of alcohol and other solvents to preserve foods and liquids, these parasite eggs can hatch while going through the digestive tract and manage to enter the body through the walls of weakened intestines. Once in, they make their home and a new species enters the picture! It seems that we share our worms with our pets and farm animals. Many M.D.s have written that they believe the cancer virus comes from our pet dogs!

The common liver flush done correctly will flush these parasites from the digestive organs to allow a person to see what common worms have been living within. Humans not only have the human liver fluke, they also can have the rabbit fluke, the pig fluke, cow fluke, sheep fluke, etc. Every parasite the local veterinary can come up with; can in deed also be in the human with a weak immune system! Parasites need food to survive! Most common parasites are not only harmless, but aid the body in getting rid of mucus trapped in the body! They eat the morbid matters and then the immune system kills them when they are weakened by lack of food!

The bad parasites are what I call "Animal Parasites". They are too large for the human blood cells to destroy! These little monsters can grow to 50 feet long, such as the tape worm humans get from eating under cooked fish. These type of parasites not only eat mucus, they also eat our organs and flesh. They get into our brain, eyes, bones, muscles, etc. and not only multiply, but their waste products can carry deadly viruses.

Their eggs may be the type that needs stomach acid to hatch! These eggs have been known to lay dormant for 35+ years in the muscle tissues waiting for the human to die and be eaten by scavengers; so they too can hatch out in the predator's stomach acid and carry on their life cycles. These type of

eggs can only be gotten rid of by extended “fasting”. As the Body cleanses the waste out of the tissues, eventually the calcium will be dissolved and the eggs dissolved and carried off cell by cell as waste to be expelled as waste, herbs and other methods have no effects on these eggs until the calcium they are encased is removed by the “fasting” body. Many books (medical that is) have been written on the subject of disease and parasites, my only goal is to convince you that you have them! We breathe their eggs in our air supply, they are on/in our foods, they are every where, we live in their world! We do need most of them and the main problem is a result of solvents added to civilized food! Parasites keep the earth clean and the species strong! YES, they kill off the dumb ones and eat their bodies so the earth stays clean, otherwise we would be neck deep in dead creatures! The goal is to work with the beneficial bacteria and keep the bad parasites/bacteria/viruses under our control and not them controlling us! Good parasites are microscopic and aid in keeping our body clean, for now we are concerned with the killing of the bad ones and dissolving/flushing them out!

- Herbs work well with enabling the body to kill off unwanted parasites. The Brain, pancreas and possibly other areas of the body may be protected from the influence of herbs and provides protection for certain parasites. Other than herbal methods may be needed for those that get in a hurry.

The nice thing about herbs is that people over the past few thousand years figured out their uses! There are people traveling the world today testing thousands of unknown herbs and their properties! You might know they are all rich medical types attempting to find that one rare herb that only his company has access to! They can't put a patent on a natural herb, but they can find them in far away countries and attempt to tell the customer/patient that they have the ultimate herb (at the ultimate price).

The old herbs work just fine! Many years ago herbalist were hunted down and burned as witches or for many other reasons, with this, much of the herbal knowledge was destroyed. Luckily the American Native knew the uses of all the American plants and plenty of the Europeans seeking a new life in a free world brought their plants for their health with them and these European plants soon spread across the entire country. So we have plenty of plants to choose from, **so no rare expensive plants are needed!**

The human body has protective methods to keep certain organs as toxic free as it knows how. Again sadly to say, the modern diet has allowed unnatural invaders in and the body was unable to protect against such creatures. Even more sad, is that since the Liver uses the plant chemicals to make human chemicals that do the actual work of killing the parasites; they can still be filtered out and kept from entering **certain** organs to help kill off the unwanted invaders. The brain and pancreas seem to have such protective barriers.

The brain is one of the organs that filters the blood, normally referred to as the brain barrier. The other well known filter is in the womb of the expectant mother, but this is weaker than the brain barrier and allows toxins and parasites to enter. The other organ I found out about by accident is the pancreas, it seems herbs and some electronic type devices have little effects on the parasites that eat this organ. Only the pathologist know for certain that the entire body is eaten by parasites and only they could tell what organs were free of, or invested with parasites when examining the dead body of someone that used certain herbs during their lifetime. For this paper, I will be discussing the parasites of the digestive organs. There are possible methods of killing the parasites of the brain and the pancreas, we can only hope these methods also rid the other organs such as the adrenals, spleen, etc. and all the glands and many other parts of the human body!

There is not one square inch of the human body that can't have thousands of bacteria / viruses with in it! Actually the human body is more parasite than human cells to begin with! The human cells are larger than the parasite cells, but the parasite cells out number us! **We need these huge volumes of bacteria type parasites to eat all the waste we produce by renewing our cells daily.** You can see why using deadly chemo type drugs devastates the body! The chemo **drugs kills the good with the bad** and that leaves the body with excessive amounts of dead parasites along with the burden of mucus! The parasite eggs always survive any attempt to destroy them and when they hatch they always have an abundance of fresh rotting food to rapidly grow up on. Maybe this is why cancer seems to reappear after about a year or 2 of chemo!

Electronic type zappers are ok to kill parasites "IF" the person is cleansing their body and has corrected their diet. Otherwise each time the electronic zapper is used the parasites die and there is nothing to eat the mucus and with in minutes eggs hatch and they have plenty of food! The proper use of

herbs is better in the long run, the external zapping such as Rife/Clark are known to kill the friendly bacteria in the intestines and leads to Candida over growth and eventual Leaky Gut syndrome. The herbs may be slower than electronics, but the herbs may not kill the beneficial bacteria near as much as the electricity. The Russian Internal Zappers are the most powerful and kill the bad, the good and the ugly, but their best benefit is their ability to expel mucus, stones, and parasites from the digestive elimination organs as well as stimulate the nervous system, these are not to be compared with the Rife/Clark external frequency machines that must be used for a lifetime in an impossible battle against bacteria/parasites that can only lead to Candida over growth.

The largest worms can be seen easily with the eye during a liver flush. Most of the worms will pass in the bowel movements prior to the actual flush. What you see mostly is what comes directly from the liver. Sometimes some of the large worms will let go from the intestine walls and you may see them also. Otherwise your worms will fall off prior to the flush and the other 90% of your parasites must die and dissolve slowly in your bones and flesh and be eaten by friendly bacteria and then be eaten by your blood cells and carried to the kidneys and lungs to be removed from the body.

You may be surprised at the amounts of parasites that come from the liver flush, sometimes you may actually see hundreds, if not thousands, depending if they are the large flukes or the small pinworms. Only a small percentage are large enough to see with the eye. Most bacteria / viruses and smaller parasites can only be seen with a microscope. All visible parasites are what I would call animal type parasites that do damage to human tissues. Red blood cells are too small to attack such large worms.

It is said no medical lab will accept a sample for parasite examination! There are 2 non-medical ran labs that will search for just a few types of parasites. The center of disease and control accepts samples from M.D.s ONLY. Otherwise you can find no one that will identify parasites that you may pass. The pathologist knows them all, but the information is for governments only.

Identification does not mean as much as their removal and keeping them from getting re-established. You can buy the books and a microscope and try to identify them your self, but the scopes cost a lot of money. My scope is very cheap and crude in comparison to the pathologist. They identify by

stained slides of tissue. I only take pictures of the large parasites and their eggs. I will tell you, we all have plenty of bad parasites and it does take some effort to rid our bodies of the bad ones and a little effort to stay worm-free! We have so much contact with animal type parasites that it is near impossible to be Worm-Free and also have a balanced “friendly” bacteria flora.

For those that have pets, live close to farm animals, etc. it may take a little more effort to stay worm-free. If you have pets in your home, you will need to de-worm them daily and if you become seriously sick, you may need to leave your house to get away from these sources of parasites. You can carry every parasite your pet carries. In fact you will have given many of your parasites to your pet! Maybe the pet actually receives the cancer virus from a human in the first place?

All animal flesh carries parasite eggs no matter how well you cook it. All fresh vegetables have lots of parasites! Every time a guest comes to visit they will leave plenty of bacteria/viruses/parasites/fungus in the air of your home, the same goes when you travel in public. The only answer is enabling the body to be resistant to parasites. The scientific M.D. would have you kill and kill with drugs and this always ends in disaster. The only true Immune System with huge amounts of friendly bacteria allows the body to go anywhere and never worry about sickness. These friendly bacteria will never allow the bad parasite to live in a healthy body. When we kill off some of our 400+ friendly bacteria, we succumb to sickness!

A simple explanation of friendly bacteria is to compare them to garbage men. Garbage men keep the large cities clean. When garbage backs up rats and fungus thrive and bring on plagues. In the same manner the friendly bacteria live on the undigested foods trapped in the human body as mucus and acid accumulations known as morbid matters. When the friendly bacteria have been harmed with the use of metals, electronics, etc. the unfriendly bacteria such as Candida overwhelm the body and reduce the oxygen content that ends in fungus overgrowth that leads to cancers. When the garbage men keep the city clean there is less disease and the same goes for the human body, the healthy friendly bacteria work 24/7 eating the waste that clogs our body, only they can do this job.

Drugs, vitamins, and other types of metallic pills as well as electronic devices all “KILL” and give a very temporary effect that always leads to a

serious condition when the body has accumulated too much metal and is over ran with too much fungus. The body has many defenses to save its life the most sever being cancers. It will do what it must to remove the morbid matters and unclog the systems and maintain pH. All diseases are names given to the methods the body uses to expel undigested foods, metals, and other toxins.

The fever is used to liquefy the mucus in the body and free up the lymph glands, etc. Rashes and swollen glands of all sorts as well as every disease is a cleansing, resulting from the Immune System's Ability to fight for the survival of the body.

There is no such thing as "catching a cold" or "catching any type of disease", only when the body has a terrain suitable for a bacteria to establish and multiply rapidly will we feel the effects of the cleanse. People find it hard to realize all diseases are "GOOD" all diseases are the body in "House Cleaning Mode". Those that are too weak to have a disease are being consumed by fungus and will suffocate eventually in their own waste. Many people in old folks homes are so full of accumulated metals via vitamins/drugs that they have no ability to have a disease. The young child on the other hand has a runny nose anytime he has eaten the wrong foods or gets extra oxygen via playing in the cold wind.

- **I do not worry about those able to experience diseases, I worry about those that are toxin inside and show no illness.**

Some bacteria books state that all bad bacteria and bad viruses may come from one friendly bacteria. That the bad bacteria are merely defective only because they had too much waste to consume and lived in a lower than normal oxygen level. That the good news is that when the waste is not supplied to the body and the oxygen levels return, the good bacteria then eats these defective bacteria/viruses.

No matter what the facts may be, we know that only the good bacteria can maintain proper balance and health and that metals and toxins to great harm to our friendly bacteria workers. God provides us with ample friendly bacteria on all natural human foods.

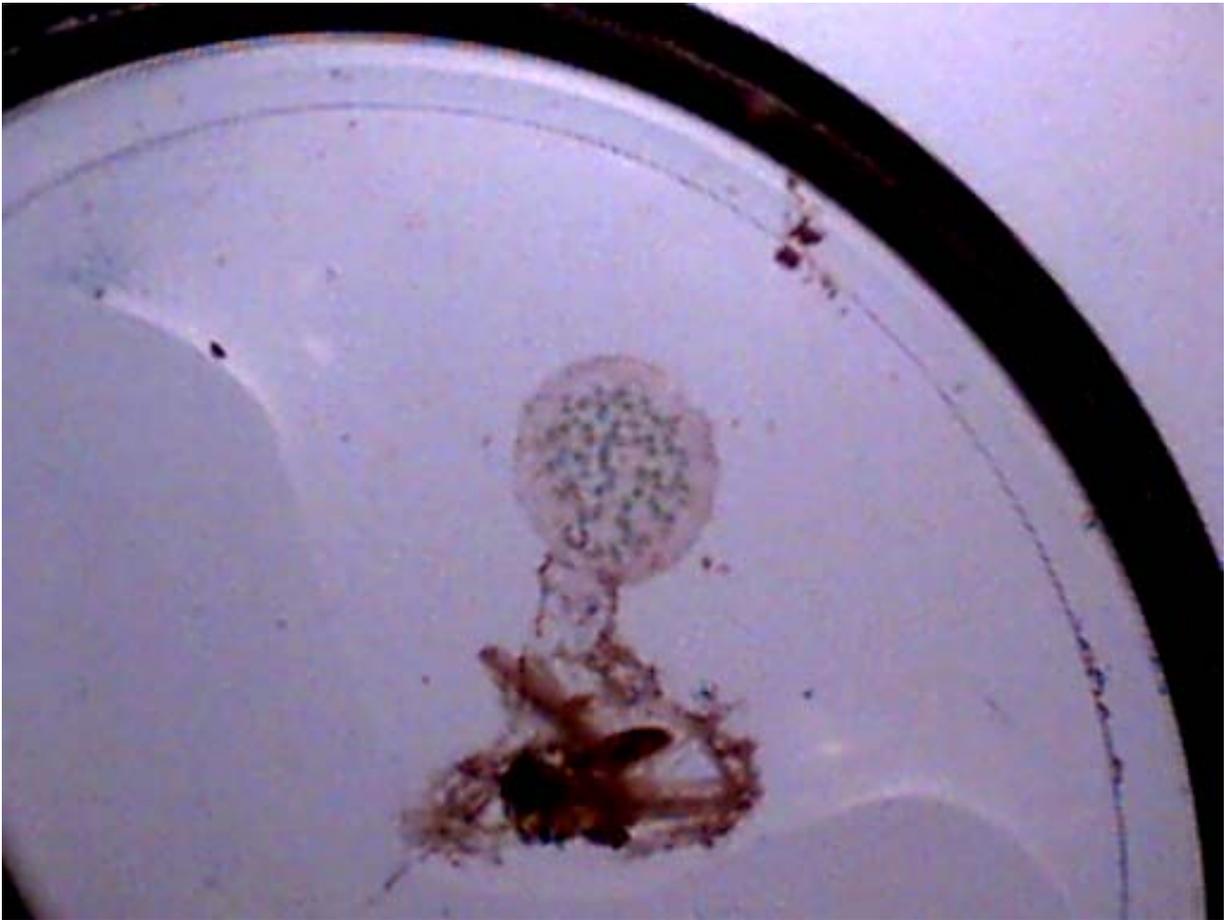
As far as the animal parasites go, KILL THEM ALL and keep them from living within the body, they can only rob us of our health. None benefit us,

they live upon us. The next pages are pictures I have taken of common parasites. I have a larger selection of parasite pictures on the School of *Self-Applied* Prevention web site. These are one of a kind pictures not normally seen by those with high powered microscopes who identify parasites mostly by looking for eggs within the blood or stool. **I DO NOT KNOW THE OFFICIAL NAMES!**



I CALL THESE SHEEP FLUKE WORMS. THEY SEEM TO BE COMMON. THEY SEEM TO DOMINATE THE BODY AND I DIDN'T SEE A LOT OF COMPETING PARASITES. COMMON IN THOSE THAT LIVE NEAR OR ON FARMS, THOSE THAT TAKE PRESCRIPTION DRUGS/VITAMINS, THOSE WITH ANIMALS IN THE HOUSE, WOMEN THAT HAVE NEVER BEEN ABLE TO CONCEIVE, ETC. CAN BE A FEW IN NUMBER, UP TO HUNDREDS.

KEEP IN MIND THE FEW OR HUNDREDS OF PARASITES SEEN IN A LIVER FLUSH ONLY SHOW A VERY, VERY SMALL SAMPLE OF THE TOTAL PARASITE INFESTATION OF THE BODY AS A WHOLE. PARASITES SUCH AS THESE ARE KNOWN TO LINE THE WOMB AND RELEASE THEIR OWN HORMONES THAT CAN CAUSE STERILITY.



I ONLY SEEN THIS TYPE OF WORM ONCE. WHEN I TOUCHED IT, IT EXPELLED/LAID ITS EGG SAC.

MANY PARASITE PICTURES CAN BE QUESTIONABLE, BUT WHEN YOU CAN SEE THE EGGS, THERE IS NO DOUBT THIS IS A LIVE CREATURE THAT WAS WITHIN THE HUMAN BODY AND IT WAS REPLICATING AND THESE OFFSPRING MUST CONSUME THE FLESH OR FOODS USED BY THE BODY.

THEY EXPELL THEIR WASTE THAT CAN CARRY VIRUSES OF MANY KIND. THIS WORM CAME FROM A YOUNG TEENAGE GIRL THAT HAS PET HORSES.



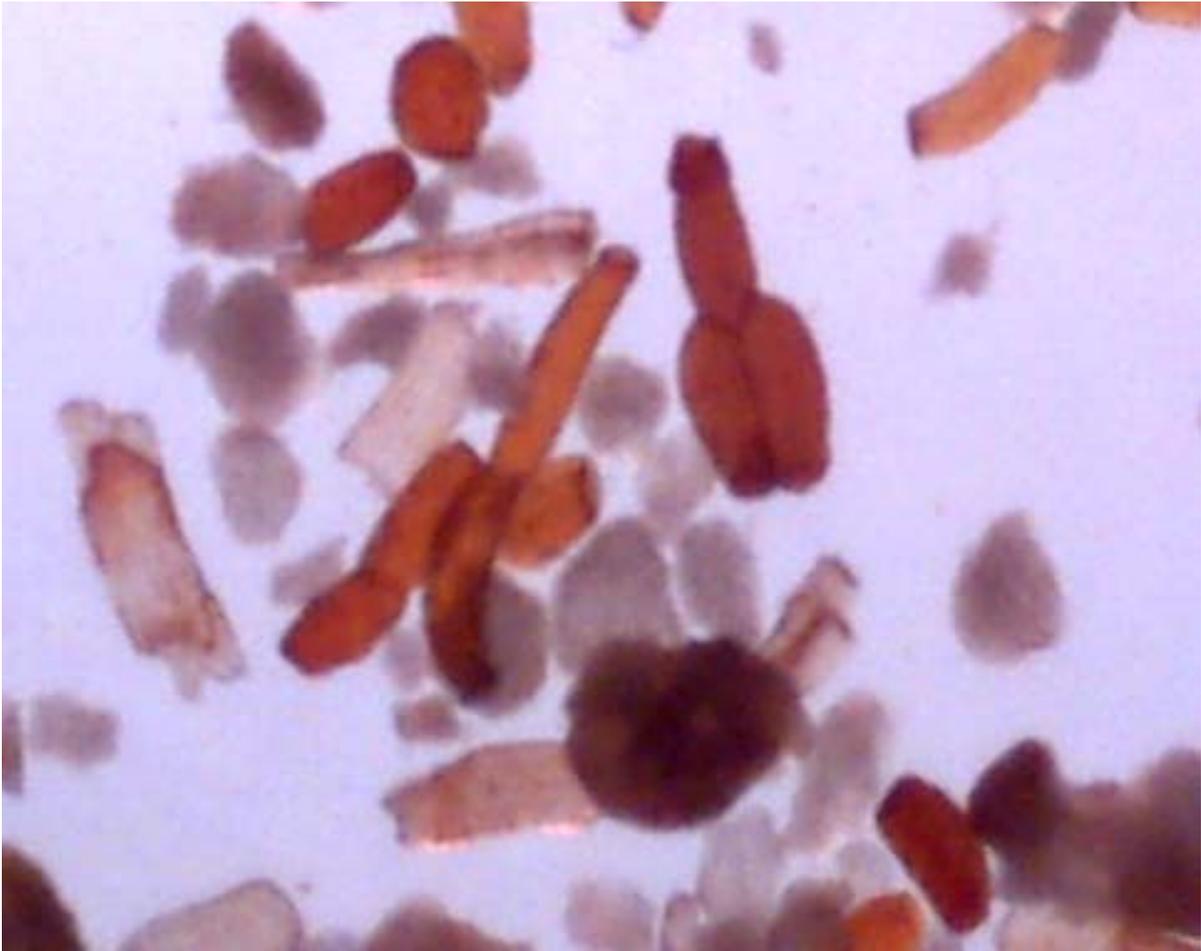
I AM NOT 100% SURE IF THIS IS A SEGMENTED WORM OR STRING OF EGGS. I DO KNOW IT IS ALIVE AND WAS LIVING INSIDE HUMANS.

THESE ARE COMMON, BUT NOT A DOMINATE PARASITE, JUST ONE OF THE MANY .



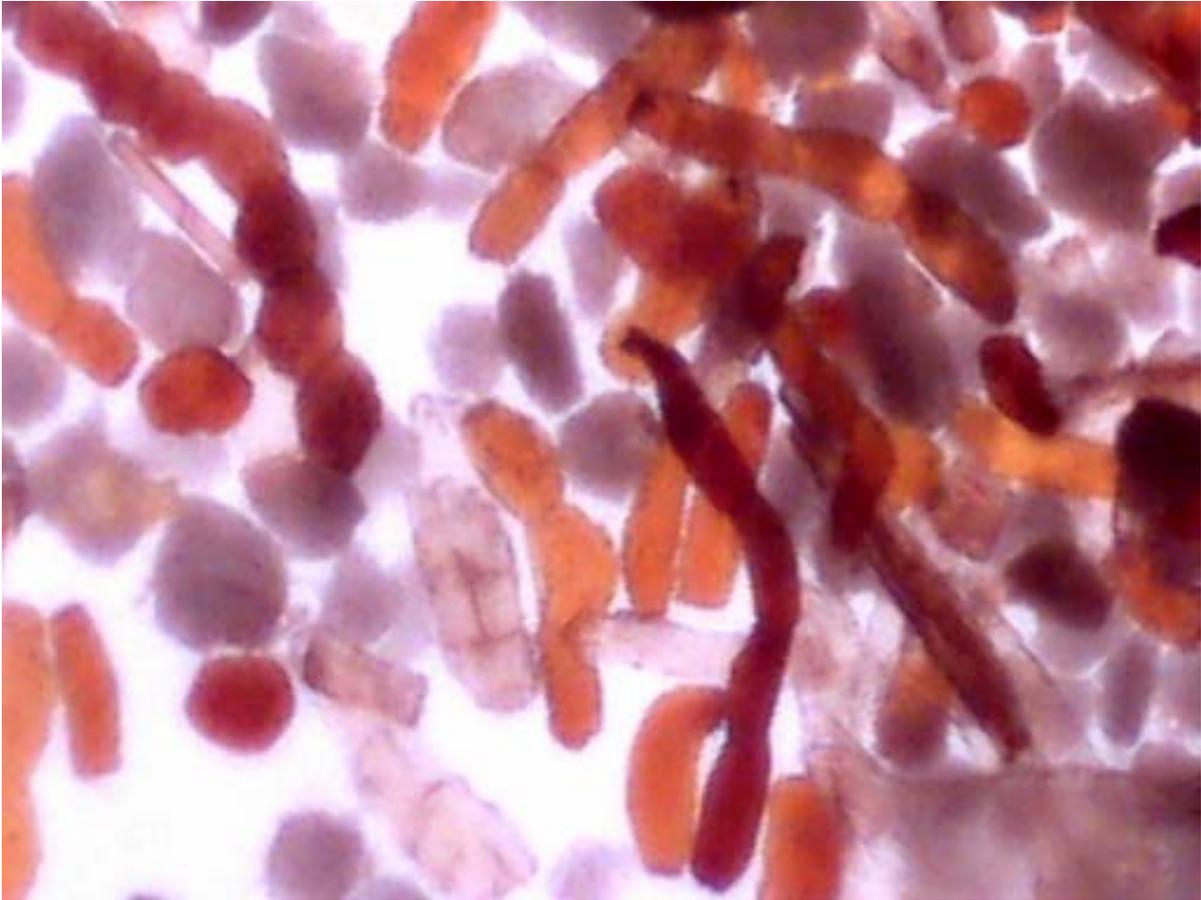
THIS SHEEP FLUKE WAS TRAPPED IN A COMMON GALLSTONE, THIS WOULD PROVE THE WORM CAME FROM THE LIVER OR GALLBLADDER.

THIS WORM CAME FROM A 90 YEAR OLD BED RIDDEN LADY. AFTER 2 FLUSHES SHE WAS ABLE TO WALK ¼ MILE DAILY TO RETREIVE HER MAIL AND LIVE ON HER OWN FOR 1 YEAR. SHE EVENTUALLY GOT TANGLED UP IN A PHONE CORD AND FELL AND BROKE HER HIP. I TOLD THE FAMILY THAT SHE WOULD DIE IN THE HOSPITAL, VIA DROWNING IN HER OWN FLUIDS. SHE WAS DEAD 1 WEEK LATER OF THE SAME, THANKS TO THE COMMON METHOD USED FOR BROKEN HIPS WITH THE ELDERLY. SHE LIVED NEXT TO A SHEEP FARM AND HAD 4-5 CATS IN THE HOUSE THAT ATE FROM HER PLATES.



THESE UNUSUAL WORMS CAME FROM AN ALTERNATIVE CHELATING TYPE M.D. HE WATCHED AS I EXAMINED HIS WORMS AND SINCE HE COMMONLY TOOK DRUGS, ALL HIS PARASITES WERE UNUSUAL.

IT IS DIFFICULT TO DETERMIN THE DIFFERENCE BETWEEN EGGS AND ACTUAL ADULT WORMS. THERE ARE SO MANY STAGES!

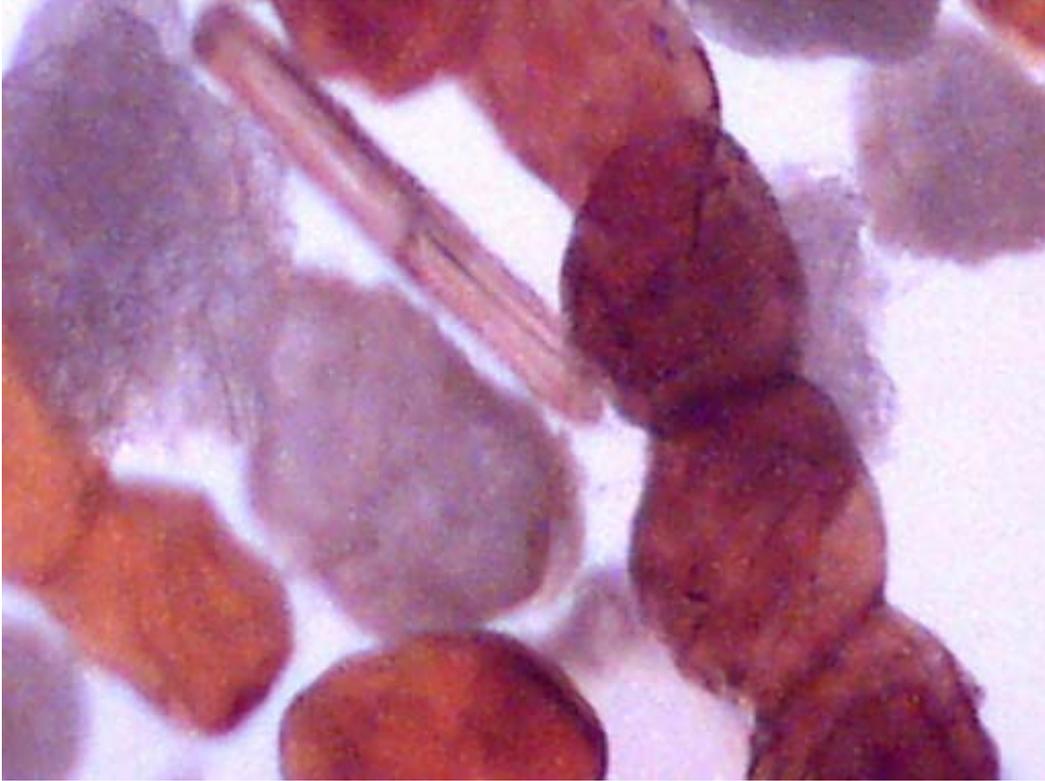


AT THE BOTTOM OF MOST EVERY BUCKET, HEAVIER THAN THE WATER, A MASS OF DARK COLORED SPECS APPEAR. ONE EYE DROPPER UNDER THE MICROSCOPE REVEALS MASSIVE AMOUNTS OF EGGS/WORMS.

THIS IS COMMON WITH MOST FLUSHES.

WHEN ONE IS SEEKING TO BE WORM-FREE, THE ONE WAY TO KNOW IF YOUR HERBAL DEWORMER IS WORKING OR METHODS ARE WORKING IS TO SEARCH FOR THE EGGS OR PREMATURE STAGES. THIS IS WHY I DECIDED THE DEWORMER SHOULD BE TAKEN FOR 30 STRAIGHT DAYS.

ALL SUGGESTIONS ARE BASED ON EXPERIMENTATION AND NOT JUST WHAT OTHER AUTHORS WRITE ABOUT, BECAUSE MOST AUTHORS JUST WRITE FROM WHAT THEY HAVE READ AND NOT ACTUAL EXPERIMENTATION OR USE OF HERBS.



THIS IS A CLOSE UP 200X OF A PARASITE THAT CAME FROM A DROP OF WATER FROM THE BOTTOM OF THE BUCKET.

AGAIN IT IS DIFFICULT TO DECIDE IF THESE ARE STRINGS OF EGGS OR SEGMENTED WORMS.

THE ONLY THING WE NEED TO KNOW IS THAT MOST OF THE WORMS ARE EASILY KILLED BY A GOOD HERBAL DE-WORMER.



THIS IS THE COMMON WHITE/YELLOW COTTON BALLS WITH LEGS PEOPLE SEE IN THEIR LIVER FLUSH.

I CALL THESE THE COMMON LIVER FLUKE, AGAIN MY PICTURES DO NOT LOOK LIKE PROFESSIONAL MEDICAL PICTURERS AND ARE DIFFICULT TO COMPARE. I HAVE MANY VARIETIES OF THIS SAME WORM.

THIS WORM HAS MANY CYCLES, IT STARTS AS AN EGG AND THEN RESEMBLES A TADPOLE AND TRAVELS THROUGH THE BODY AND EVENTUALLY IN A FEW WEEKS IS A MATURE PUFF BALL CAPABLE OF PRODUCING 20,000 EGGS VIA HAVING OVERIES.



THIS IS A COMMON PICTURE I WOULD RETURN TO THOSE DOING LIVER FLUSHES THAT ALLOWED ME TO PERFECT THE HERBAL DEWORMER OVER A 3 YEAR PERIOD.

I ALWAYS TRIED TO STRESS THE NAMES OF THESE PARASITES WERE NOT NEAR AS IMPORTANT AS THE FACT THEY COULD BE EXPELLED.



THIS IS MY MOST FAMOUS PICTURE. MANY WEB SITES HAVE USED THIS PICTURE.

NOTE THE 4 OVARIES EXPELLING CONTINUOUS EGGS. THIS WORM CAME FROM A WEALTHY AMISH LADY, WHO REFUSED TO CONTINUE AFTER SEEING SHE HAD A LARGE VARIETY OF LARGE WORMS. THEY CONTINUED A PATH OF MEDICAL DRUGS.



THIS IS A 200X CLOSE UP OF 1 OF THE 4 OVARIES OF THE LARGE FLUKE WORMS.

THESE WORMS SEEM TO BE COMMON IN CHILDREN AND ADULTS AND WHEN MOST OF THE BODY HAS BEEN CLEANSED OF THESE CREATURES, THEY PACK THE PANCREAS AND EXPELL FRESH THOUSANDS OF EGGS DAILY IN HOPES OF GETTING A GRIP ON THEIR HOST. TIME IS ON THEIR SIDE, THEY KNOW SOONER THAN LATER THE HOST WILL BECOME WEAK WITH ACCUMULATED WASTE AND WON'T BE ABLE TO KILL THEIR MILLIONS OF BABIES AND ONCE AGAIN THEY WILL DOMINATE THE HUMAN BODY. DR. CLARK STATES THAT WHEN ONE OF THESE FLUKES SETS UP HOUSE KEEPING IN THE TYMUS GLAND, THE T CELL COUNT DROPS AND THE IMMUNE SYSTEM GOES INTO HIV STATUS.

ALL OF THIS SELF-EXPERIMENTATION OVER THE YEARS HAS LEAD TO THE MAKING OF THIS BOOKLET. **EXPERIENCE, NOT JUST TALK.**



I HAVE SEEN THESE WORMS IN 2 PEOPLE, THIS PARTICULAR ONE CAME FROM THE AMISH LADY THAT ALSO HAD THE MOST FAMOUS FLUKE WORM PICTURE. FROM WHAT I COULD FIND OUT THIS WORM BLOCKS THE INTESTINAL TRACT. ALL THE ARMS OR FEELERS MAY ROB THE FOOD OR BE METHODS OF HOLDING ONTO THE INTESTINAL WALLS.

THE MAN THAT WAS PLAGUED WITH THESE WORMS REFUSED TO STOP EATING BACON EVERY MORNING OF HIS LIFE AND HE EXPELLS THEM WITH EVERY LIVER FLUSH.



THANKS TO THE ALTERNATIVE MEDICAL DOCTOR I MADE MANY ADDITIONS TO MY PARASITE COLLECTION.

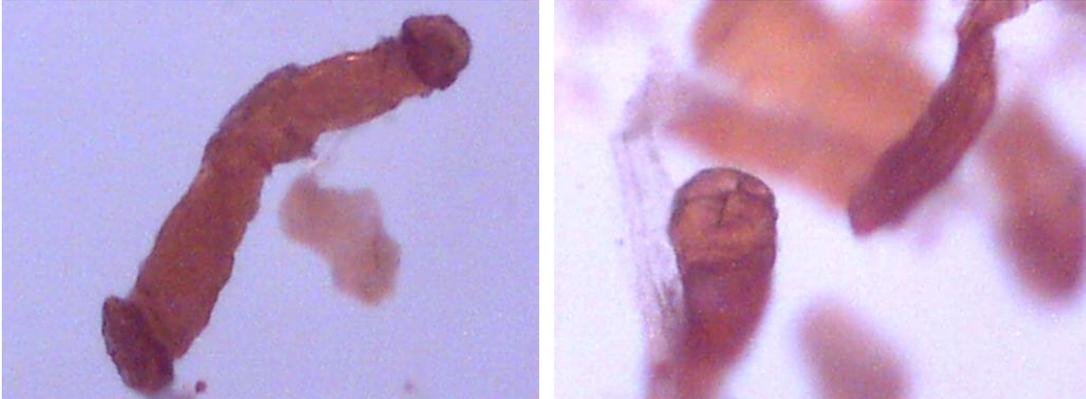
I CAN ONLY SPECULATE THAT THESE ARE WORMS MATING OR POSSIBLE JUST SPLITTING, ETC.

WHEN YOU CONSIDER THE GOVERNMENT HAS OVER 20,000 SPECIMENS OF PARASITES THAT USE THE HUMAN AS A HOST, TO TRY TO IDENTIFY THESE THINGS WOULD TAKE SOMEONE DEDICATED TO THE MEDICAL FIELD OF PARASITES AND MOST LIKELY PATHOLOGY.



NOT SURE WHAT THESE ARE, THEY ARE COMMON AND VARIE IN DEGREE. NORMALLY A SMALL AMOUNT IS SEEN, BUT IN SOME CHRONIC CASES HUGE AMOUNTS CAN BE EXPELLED. ONE YOUNG LADY EXPELLED A BUCKET FULL OF THESE THE FIRST 3 LIVER FLUSHES AND HER ALLERGIC REACTIONS TO MOST FOODS RETURNED TO NORMAL FOR THE FIRST TIME IN YEARS, BUT LIKE MANY, SHE LATER SOUGHT MEDICAL ATTENTION AND RETURNED TO ILL HEALTH FOR YEARS.

MANY PEOPLE NEVER LEARN ENOUGH TO BREAK FREE OF THE MEDICAL MYSTIC AND RETURN TO THEM AS THEY CAN EARN MONEY TO SEEK THEIR ATTENTION. THIS IS WHY I CREATED **THE SCHOOL OF *SELF-APPLIED* PREVENTION.** WITH OUT EDUCATION AND SELF-EXPERIMENTATION THE PERSON WILL STUMBLE/GROPE IN DARKNESS ALL THEIR DAYS NEVER BELIEVING/TRUSTING IN NATURE.



THANKS AGAIN TO THE TOXIC MD, MORE GREAT PICTURES WERE ADDED TO THE COLLECTION OF WHICH ONLY A SAMPLE ARE SHOWN HERE.

THE ABOVE PICTURES ARE AT 60X AND THE MOUTH AT 200X. THESE ARE SOME OF MY BEST/CLEAREST PICTURES AND AMAZING A VERY CHEAP KIDS MICROSCOPE COULD TAKE.

THIS MD BELIEVED IN HUGE INTERVEINOUS INJECTIONS OF VITAMIN C AND ALL THAT CHELATION DOCTORS DO. HE ALSO HAD DESTROYED HIS HEALTH BY SLEEPING ON A MAGNETIC MATTRESS.

I SPENT 2 DAYS WITH HIM EDUCATING HIM ON PARASITES AND TAKING THE TIME TO TEACH HIM HOW I EXAMINED HIS OWN LIVER FLUSH.



Mother and eggs!



Several mothers!

THE COMMON FLUKES ARE EASILY SEEN BY THE EYE. THESE PICTURES ARE 10X. PEOPLE CALL THEM SPIDERS BECAUSE ALL THEIR STRINGS OF EGGS RESEMBLE LEGS HANGING FROM THE COTTON BALL LOOKING MOTHERS.

THESE FLUKE WORMS AND MOST PARASITES IN GENERAL HAVE ONLY ONE GOAL, PRODUCE BABIES!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! THESE THINGS HAVE MASSIVE AMOUNTS OF EGGS AND I BELIEVE THEY LOVE THE LIVER THE MOST BECAUSE THE MORE THEY EAT THE LIVER THE FASTER IT GROWS BACK, ALWAYS PROVIDING FRESH FOOD.

I BELIEVE THE COMMON AVERAGE LIVER OF AN ILL PERSON IS CLOGGED TIGHT WITH CHOLESTEROL/LIME GALLSTONES AND PACKED TIGHT WITH A VARIETY OF COMMON LIVER FLUKES.

THIS WHY I BELIEVE THE LATE GREAT LONGEVITY EXPERTS ALL FAILED, THEY HAD GREAT METHODS, BUT IGNORED PARASITES. THE FEW AUTHORS THAT STUDIED PARASITES NEVER SEEMED TO BE INTERESTED IN ANYTHING ELSE. MOST HERBALIST AVOID PARASITES FOR THE SAME REASONS THE MD DOES, ECONOMICS \$\$\$\$.

IF YOU HAVE NO CONTROL OVER PARASITES, THEN YOUR OUT OF CONTROL.



THE NEXT 3 PICTURES ARE AMONG **MY FAVORITES**. THEY ARE FROM A MAN THAT TRAVELED TO INIDA OFTEN WHILE IN THE SEVICE AS WELL THE REST OF HIS ADULT LIFE. I GOT BORED WITH LOOKING AT LIVER FLUSHES AFTER 3 YEARS BECAUSE IT WAS GETTING HARD TO FIND DIFFERENT WORMS. WHEN SOMEONE TRAVELED THE WORLD THEY WOULD BRING FOREIGN WORMS HOME FOR THE REST OF THEIR LIVES AND I COULD ALWAYS FIND SOMETHING DIFFERENT WITH THEM.

THE ABOVE PICTURE I WILL PRESUME CAME FROM THE WALL OF THE INTESTINES OR WAS FLUSHED OUT OF THE LIVER, ETC.

I DREW A LINE WHERE I PRESUMED THE MOTHER WAS EXPOSED TO THE FLUIDS/FOOD THAT TRAVELED BY HER BABIES.

THIS IS A 10 X PICTURE AND THE NEXT WILL BE 60X AND THEN THE CLOSE UP OF THE HEADS WILL BE 200X.



AT 60X IT IS EASY TO SEE THESE BABIES WOULD BE EATING THE FOODS COMING DOWN THE DIGESTIVE TRACT OR IF THEY CAME FROM THE LIVER THEY MAY HAVE BEEN LIVING ON THE BLOOD SUPPLY.

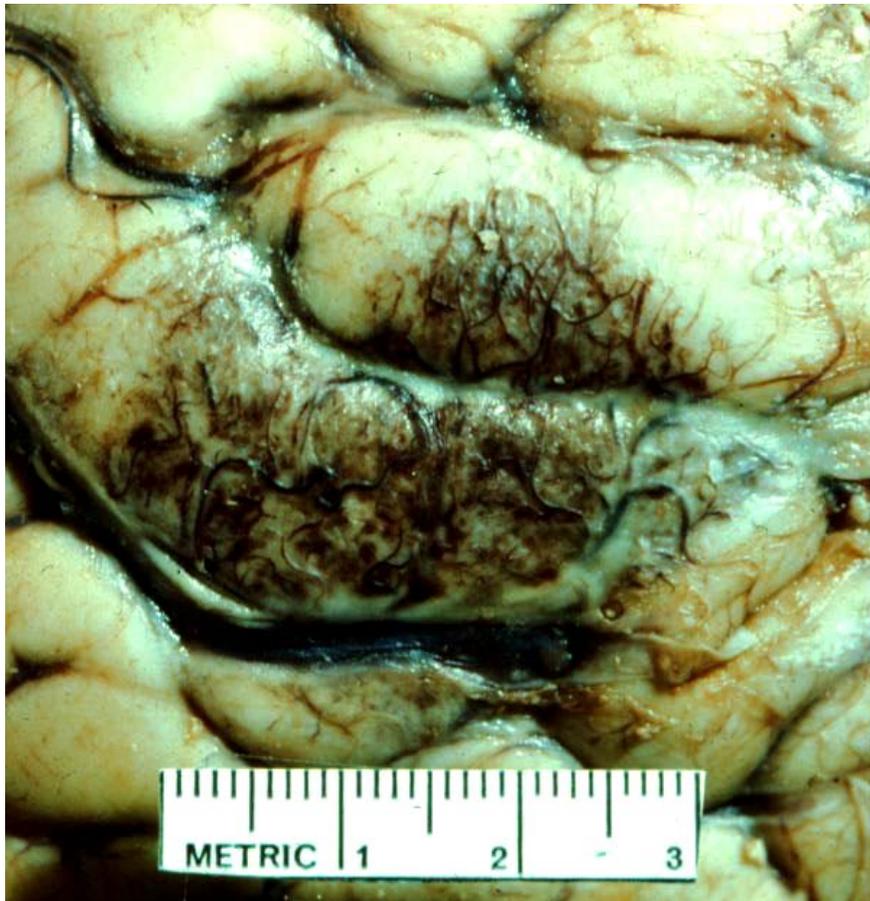
COULD ANYONE DENY THAT THESE ARE LIVE PARASITES? SURE THEY CAN, JUST ASK THE AVERAGE M.D. WE HAD MANY NURSES DO THESE LIVER FLUSHES AND ALSO PATIENTS OF M.D.S AND THESE PEOPLE ASKED AND EVEN SHOWED THESE VARY PICTURES AND 100% OF THEM WERE INSULTED OR THREATENED WITH LOSS OF JOB. ONE LADY SHOWED PICTURES OF HER GALLSTONES TO A SURGEON THAT CUTS OUT GALLBLADDERS DAILY AND HE TOLD HER HE HAD NEVER SEEN SUCH THINGS LIKE THIS AND TOLD HER SHE GOT THIS FROM A DOG BECAUSE HUMANS DO NOT HAVE SUCH STONES. LITTLE DID THIS MD KNOW THIS LADY WAS FRIENDS WITH A GAL THAT CLEANED OPERATING ROOMS AND KNEW THIS MD AND THE CLEANING LADY SAID THIS MD CUTS THESE SAME STONES OUT OF ALL HIS PATIENTS.



AT 200X THIS BABY WAS LOOKING FOR FOOD AND PROBABLY COULD NOT UNDERSTAND WHAT WAS HAPPENING AND WHY IT WAS ABOUT TO DIE. IT WAS OBEYING NATURE, JUST DOING WHAT GOD INTENDED IT TO DO. ITS LIFE WAS BEING CUT SHORT BECAUSE OF THE USE OF SOME SIMPLE GOD GIVEN HERBS HANDED DOWN THROUGH OUT HISTORY TO BE USED IN PARASITE CONTROL.

THE SIMPLE RULE IS THIS; THE MICROSCOPIC BACTERIA/VIRUSES LIVE ON WASTE. THEY ARE SMALL ENOUGH TO BE EATEN BY OTHER MORE FRIENDLY BACTERIA FOUND ON FRUITS AND THE EARTH, THE RED BLOOD CELLS CAN ATTACK THESE TINY GARBAGE MEN. THE LARGER PARASITES THAT CAN BE COMPLETE; SEXUAL CRITTERS BEING MALE AND FEMALE OR MANY TIMES BEING UNISEX ARE MANY TIMES LARGE ENOUGH TO SEE WITH THE EYE AND ARE OF NO VALUE TO HUMAN HEALTH AND ALL OF THEM NEED TO BE EXPELLED. LATER I WILL SUGGEST HOW TO DO THIS.

There are hundreds if not thousands of parasite pictures available on the medical and self-health **websites**. Space allows me to show only a very few of my favorite pictures to convince people that parasites are **REAL!**



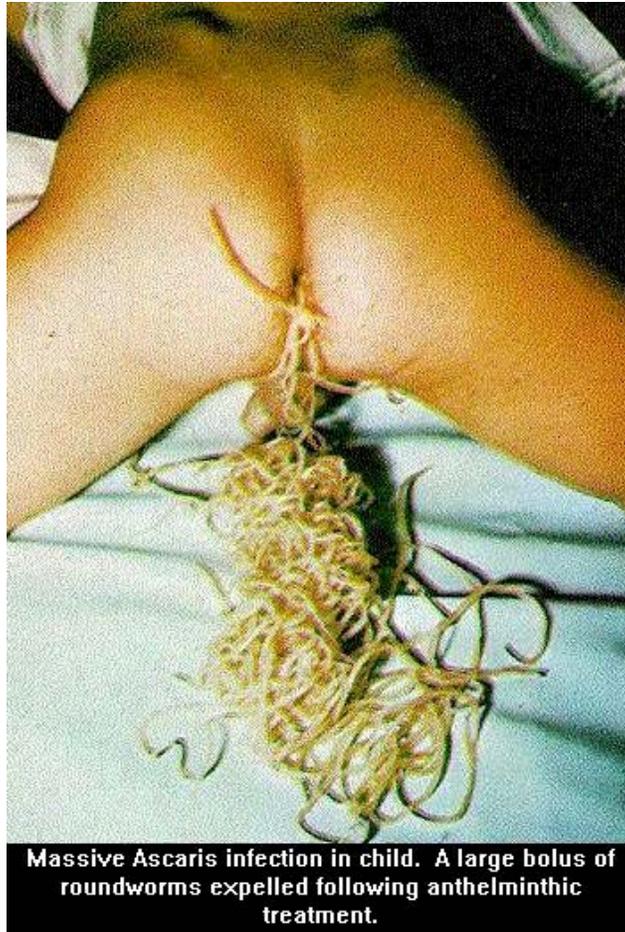
ONE OF THE MOST COMMON DIAGNOSES IS LEAKY GUT SYNDROME. HOW COULD IT BE ANYTHING ELSE WHEN THE GUT HAS THOUSANDS OF WORMS CRAWLING THROUGH THE WALLS.

THIS ALLOWS TOXINS TO ENTER THE BLOOD STREAM AS WELL AS THE BODY CAVITY AND A MAJOR REASON FOR REMOVING SECTIONS OF THE INTESTINES.

NO DRUG NOR HERB THAT DOES NOT MANAGE PARASITES CAN ONLY BE OF LIMITED VALUE TO THE HUMAN BODY. THE INTESTINES MUST BE WORM FREE TO BE ABLE TO FUNCTION PROPERLY.



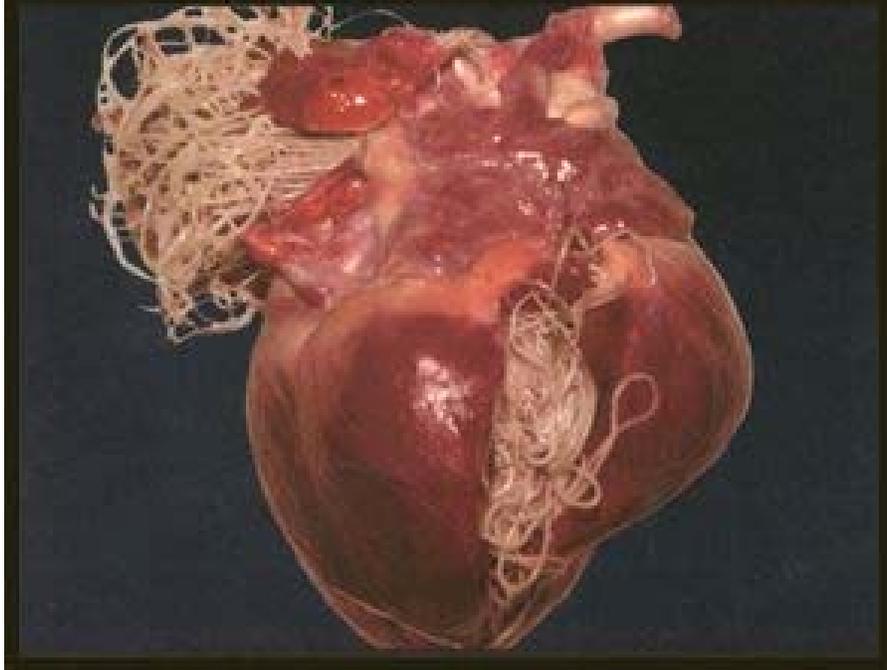
THE LARGE ASCARIS WORMS RESEMBLE THE COMMON FISHING WORM WITH LENGTH OF 10-12 INCHES. THEY CAN LIVE MOST ANYWHERE IN THE BODY. THE BELOW PICTURE IS OF An INTESTINAL SURGERY.



I HAVE REPORTS BACK THAT AMISH HAVE USED THE PURE OREGANO AND SEEN RESULTS SUCH AS THIS MEDICAL / FILE PICTURE. PEOPLE WOULD LIKE TO THINK WORMS ARE A THING OF OUR PAST AND NOT A CURRENT PROBLEM. WITH THE USE OF SO MANY SOLVENTS WE MAY ACTUALLY HAVE MORE OF A VARIETY OF PARASITES NOW THAN EVER IN HISTORY.

RECENTLY A DOG I KNOW OF WAS DRINKING LARGE AMOUNTS OF WATER, THE OWNER TOOK IT TO THE VET. THE DOG WAS GIVEN A SHOT OF INSULEN AND PRESCIBED INSULIN FOR DIABETIS. UPON RETURNING HOME THE DOG PASSED A VERY LONG TAPEWORM. I ASSUME THE BODY WAS MADE TOO TOXIC WITH THE INSULIN SHOT AND THE WORM CHOSE TO FLEE.

HEARTWORMS



HEART WORMS DO A LOT OF DAMAGE. CERTAIN WORMS ARE KNOWN TO EAT ONLY THE VALVES OF THE HEART AND OTHERS EAT CERTAIN MUSCLES, BUT THE COMMON HEART WORMS FILL THE HEART CHAMBERS TO THE POINT NOTHING CAN WORK.

IT SEEMS ACCEPTABLE TO TALK ABOUT HEART WORMS IN A DOG BUT NOT THE HUMAN.

THE VET WAY TO TREAT HEART WORMS IS TO USE THE TOXIN ARSENIC WITH INJECTIONS IN THE FRONT LEGS. THIS IS DONE SLOWLY BECAUSE IF THE WORMS DIE TOO FAST THE HEART TISSUES DON'T REPAIR QUICKLY ENOUGH AND THE LOSS OF BLOOD MAY CAUSE DEATH.



**Dracunculiasis - Guinea worm disease
Dracunculus medinensis parasite**

IN SOME COUNTRIES THEY STILL TAKE TAPEWORMS AND WRAP THEM ON A STICK AND SLOWLY PULL THEM OUT.

MANY TIMES THE NATIVES LIVE FOR YEARS, OR EVEN GENERATIONS WITH CERTAIN WORMS AND THE VERY OLD MEDICAL BOOKS HAVE HUNDREDS OF PICTURES OF NATIVES TOTALLY CONSUMED WITH WORMS AND CANCERS, ETC.

THE NEXT PAGE GIVES 2 EXAMPLES OF HUMANS TOTALLY CONSUMED WITH WORMS THAT HAVE DISFIGURED THEIR APPEARANCES. WITH THE POWER OF THE LOCAL HEALTH DEPARTMENTS THEY WILL FORCEFULLY TAKE SUCH INFESTED INDIVIDUALS AND ADMIT THEM TO HOSPITALS WHERE THEY MAY OR MAY NOT SUCCUMB TO THE USE OF TOXIC DRUG THERAPY.



**Wuchereria bancrofti - (bancroftian filariasis)
(Elephantiasis)**

Old books/websites are full of these type pictures, The simple herbal dewormer most likely could have avoided all these type of devastating ailments! The only purpose of looking at worms and eggs during the digestive flush is to see when they are all gone! When they quit coming out with the flushes, then you know you are on the right path. I have seen enough flushes to know now what is needed and for how long. You make your flesh undesirable to eat upon and these parasites eventually have nowhere to live!

I have concluded that the people who knew parasites had no interest in Longevity and the people who studied Longevity were too educated to believe in herbs and that parasites would not continue to live in a clean body. I am convinced that keeping animal type parasites out of the human body is the most beneficial and one of the easiest methods done with the simple use of already known herbs.

- **My experience makes me firmly believe that we need to maintain an herbal plan to counter parasites for the rest of our lives.** At this point in time, my preferred method is to take 1 tablespoon of the de-wormer weekly, and take the herbs Olive Leaf and Oregano oil daily 6 days per week for life. This keeps the fungal load down and makes the body undesirable for parasite habitation. Once an initial cleanse has been done, an optional method I call **“Longevity Spices”** can be taken daily as a method for a complete supplement and will be explained later.

This booklet of 108 pages is mostly the theory of human health and longevity. Suggested methods/products change over time, but Nature never changes and the theory of human health and existence is only as good as the author is able to understand Nature.

Always read as many views as you have time to and explore the authors opinions and prove or disprove the theories before you pass on the information for fact or fiction. There are no set in stone facts, we must all make decisions that best fit our lifestyle and accept the outcome of our own making. Blaming others is as useless as having a glass and NO WATER.

The human is an all powerful being, not one is more powerful than the other. We are what we are by choice as well as lack of education. Those that wish to have power over us make sure our education is limited and our body's remain toxic. Freedom comes from knowing who we are, our Father loves us equally and not one is superior to the other when the mason money system is removed.

Problems

I have only shown a few reasons for ill health. We pay a price in our health for each and every aggression against Nature. This means just about every act committed that an uncivilized native would not do, accelerates our loss of circulation and certain premature death.

Civilized man has tried thousands of herbs/medicines and methods to balance being civilized in vain attempts to cheat death. The more man becomes pampered/civilized, the more certain each generation becomes more degenerated and dies at younger ages to diseases.

In the previous pages I have only shown a few of the end results of living against Nature. Many authors have written thousands of health books in the past 200 years on this subject and just as many ideas and methods to regain health. Because of these wonderful books, we can learn from their wisdom and their mistakes! I learn something from each health book I read and many times this causes me to alternate my methods, hopefully for the better. I rarely make anything the same twice, because I have learned to do it better. I can never say a formula is completed, as soon as I think I will never need to change, I learn something new.

In the previous pages I have spoke of the importance of Sunshine, fresh air breathed correctly, the need for pure water, etc. Things the un-civilized would need no help learning. It is the same with things that STOP the return to good health. In the wild, they would not exist, but to the civilized person, it is common and taken as normal every day life. I will only mention a few of the things that will slow or block the body's "will" to restore health.

The first sign of chronic ill health shows in the teeth. Undigested/fermented food trapped within the elimination channels creates a pressure within the body that pushes morbid matters right up and out the tooth (we call decay), out the ears (we call wax), out the facial pores (we call pimples/black heads), through the joints (we call arthritis), into the breast, neck, body tissues (we call fat), etc. The hump of hard fat on the back of the neck, being the worse sign of all and the hardest to restore.

- The number one most common factor in today's diseases is the accumulation of inorganic metals. We breathe metals, drink metals, eat food enriched with metals, consume metallic vitamins/drugs, and worse of all, we fill our ill teeth with the deadliest of metals!

The only cure for poor teeth (bones) is to create a clean blood stream and eat properly. To drill out the cavity and fill it with metals or plastics colored with metals, produces one of the most damaging and deadliest of all sins against Nature. The tooth hurting is a signal from the body that the diet is wrong and the blood is not pure. To kill and patch the tooth and continue living against Nature always ends up in a shortened life and many times painful death as well. When one tooth is plugged, eventually the pressure is released through an adjoining tooth.

This is a terrible trap designed to snare the children into becoming life long patients to drugs/operations and ending in cancers. Civilization is full of traps that most are willing victims with out any knowledge of the harm and many times it is the children that are the biggest victims.

Inorganic metals poison the body. Many good books have been written on dental disasters. After studying many of these books, I believe Dr. Hulda Clark's book, "The Cure for Advanced Cancer" to be the most reliable information for the person of average income. The rich can travel to dentist that use lasers and methods that do not compare with the average American dentist. The average dentist is at least 20 years behind times and uses barbaric methods that poison and torture the body.

In short, it only takes 1 mercury filling (black silver filling) to STOP the body from ever living well. Three such fillings will cause premature death by aging/diseases. Nine plus such fillings can cause anything and everything up to being sterile. Some people may live average lives with such damage, but their children were damaged in the womb and suffer all their lives and each generation will show the damage of mercury.

It takes only one root canal to do the same as mentioned above. Pins, crowns, etc., all dental metals and glued on plastics/ceramics will take their toll on your health. They must all be removed if you desire to live naturally and not accumulate their toxins with each and every swallow for the rest of your life. The saliva creates a battery like effect of electricity with these fillings/root canals and you can measure the current of electricity of each

effected tooth. This electricity affects the signals coming from the brain to the body and does damage every second of life.

One trip to the dentist is one too many! The hurting tooth stops the desire to eat, Nature's way of telling the person that their food has poisoned their blood and correction of food cures the tooth, not the dental poisons.

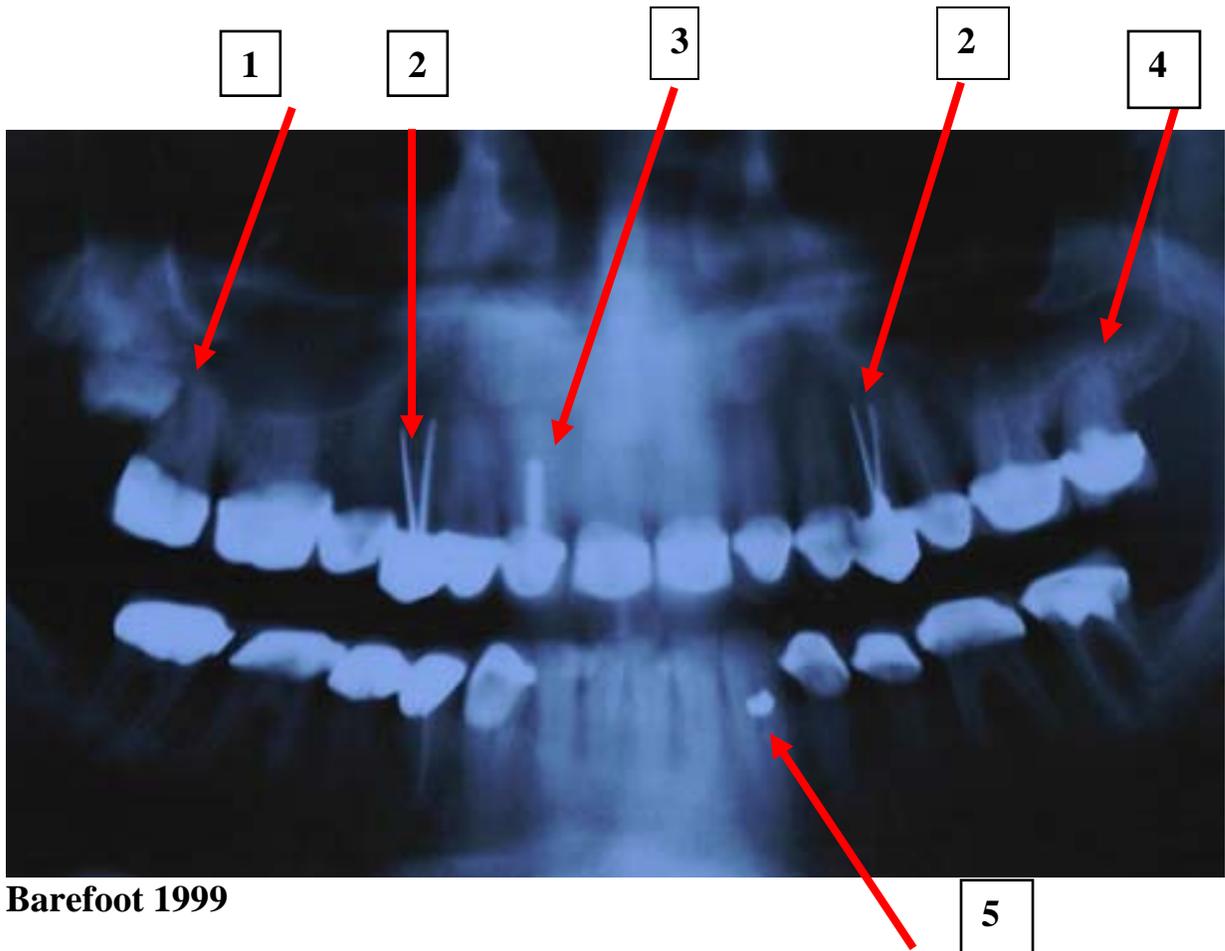
- Correcting past dental is the most expensive and painful thing that must be done in order to allow the body to restore the blood.
- I was enslaved to my work place insurance and ignorant for 20 years and allowed all of my teeth to be crowned and 12 root canals. This started in childhood with mercury fillings, then plastic fillings, that lead to crowns! All planed by the dental association to snare and kill by slow and very painful death. **One dentist that disclosed his teaching at a famous dental college acknowledged this plan and that the dentist were educated that the ill patients would supply business for the M.D.**

The next picture will be a panoramic x-ray of my teeth. I trusted my dentist and allowed them to max my dental insurance out each year, after 20 years of work they had my teeth ground down to the gums. I thought at the time it was strange I never had a crown on the bottom lower teeth. I asked the dentist once about this and he said the bottom front teeth were too thin and difficult to crown. Only the teeth the dentist could destroy easily needed crowned, the lower front that they feared were still fine except for one small mercury filling seen at number 5.

I had 7 dentist and all of them were in it for the money once I was working and had insurance, they wanted to put those gold crowns on for \$500 each and then when they rotted the root below they would do a root canal and the crowns were for ever falling off and needing re-glued. Then I learn all of these gold crowns were actually Nickel Crowns, another deadly game dentist are permitted to play to tip their patients off.

1. Not one of my dentist ever told me I had an impacted tooth in my sinus cavity.
2. Two deep wires to help hold the crowns, these do break off in time.
3. A deep post, this broke several times over time as well.
4. The root canals make the tooth dead and the jaw starts to reabsorb the tooth and makes for a hard job of pulling. The jaw bone would break out with the tooth and create a mess.
5. As a child a dentist filled many of my teeth with mercury, this was the last remaining piece, it was in a lower front tooth where dentist do not like to put crowns.

I believe if the crown had not been invented I most likely would have saved most of my teeth. Only the trap of having dental insurance made it possible to pay the dentist, the medical people and insurance companies are partners.



Dr. Clark begs her readers to not allow one tooth to put you in the box and she insist all dental be corrected, if, the person is to have a chance of reversing chronic diseases.

My experience shows that the average old person is far too toxic from a lifetime of these fillings and would give up life rather than spend more money on their teeth. They are poisoned and trapped into believing death is natural long before age 100 and accept this teaching and succumb to premature death, usually a very long and painful death via drug therapy.

After reading the books and weighing the differences, I choose to accept Dr. Clark's information as the best combination and had all of my crowned teeth pulled and the sockets cleaned of poisoned bone. This was a painful decision, but one I do not regret. With a mouth full of electrified metals, I would be fighting a battle I could never win.

On the good side of this, there are plenty of medical and herbal histories of people that grew a 3rd set of teeth and threw their dentures away. Medical stories of people that lived 250-350 years old speak of people naturally re-grow new hair and a set of teeth approx. each century. These people were born long before man polluted the air and this is why you do not read of such stories past 1950. Dr. John R. Christopher's tooth/gum powder enabled many of his patients to grow a new set of teeth and there are medical records of living on grass would restore the teeth as well as hair.

To trust modern medical information is as foolish as trusting the dentist that uses mercury! Education and obeying Nature should be your guide and making a difference in the children's lives so they don't fall victim of these problems, should be our goal.

Vaccinations and all use of the needle to directly inject metallic/animal poisons into the blood stream are extremely against Nature and many times introduces metals that may never leave the body. Only advanced "Fasting" can reverse some the damage done by these things practiced by civilized medicine.

Toxic metals/fumes abound in the civilized home, everything from wallpaper, foam filled furniture, carpets, soaps, perfumes, candles, etc. emits fumes that enter the lungs/skin and must be removed or accumulated by the body. When the health is chronically ill, as many of the toxins that can be

removed from the air one breathes, the better the results will be. If there are 100 poisons affecting your health, reducing that to 95 will be felt as a load off your body.

- All people serious in living healthy must have a goal of a metal free mouth and metal free water.

The reason metals do so much harm is that they kill the friendly bacteria flora that live in the intestines and human body, the very garbage men that keep our cells cleansed and the Candida/yeast type bacteria checked or balanced. When we sterilize our friendly bacteria the Candida Yeast overwhelms the entire body. Another name for Candida over growth is every name man has given to ill health.

The medical trap started in the mid eighteen hundreds was to “KILL” via metals the Candida bacteria they blamed for diseases. This was the start of vaccinations and needle injections. Prior to this all the world used herbal teas and most of the world today still uses herbal teas, only the countries that wish to control the populations mandate vaccinations. This system started as an evil against Nature and for 150 years has become more and more evil.

The vaccination was started in the eighteen hundreds by good meaning physicians and when the governments seen it shortened the life span, they modified the vaccines to be more evil in their plans to dominate the world and enslave mankind. In the u.s.a. in the seventeen hundreds many humans were still living to 150 years of age. The native Americans easily lived well past 100 and most of the un-civilized world had life expectancies of 100+ many in South America lived 250+ years and India had so many people living past age 150 that in the 1940's they were hunted down and murdered after the governments convinced the newly polluted people that these old people had to be demons to be able to obtain such long lives.

Diseases that wiped out populations resulted from wrong diet, almost always from the eating of animals. The retained waste was a breeding ground for Candida fungus. The rotting flesh of these individuals being consumed by Nature's Cleansers spread via humans living in their own waste. The continued consumption of animals, drinking dirty water and grains made everyone a breeding ground for disease outbreaks. Bugs spread the diseases from human to human via bites/injections of Candida that would quickly

consume the mucus waste in the human body and once established would over whelm the human with a cleansing they would call “Disease”.

- **These “Diseases” have never been anything more than the cleansing of the human body.**

The one and only cure has always been to clean the body of accumulated waste.

Nature makes the ill human or ill animals rest and have no appetite when ill, this enables the body to cleanse the accumulated waste. Only humans choose to ignore this golden rule of Nature, the well meanings parents believing the person is ill because of the lack of nourishment continues to feed their loved one, many times to the point of death.

The educated physicians of the eighteen hundreds that started vaccines/metal injections to kill the Candida/Yeast enabled the humans to continue to eat the animals and grains and not feel their slow death via mucus accumulations. As the tissues clogged and circulation was impeded the physicians used more and more metals/drugs in attempts to stop the ill feelings of self-induced suicide via wrongful eating.

- Mercury and Arsenic was the choice poisons 150 years ago and today!

Today’s shots still contain mercury and other combinations of poisons. “IF” you can not give something to a young child and that child become stronger and healthier for it, then it is no good for the ill adult.

- **To give anything to an ill person that is not consumed commonly by healthy humans, makes zero sense! The civilized way is to poison ill humans back to health!!!!**

The poisons temporary shuts down the cleansing effects that allows the civilized to continue their ill habits against Nature and has lead to premature painful death and spreading of mutated Candida that now has been named over 1,000 diseases/conditions of ill health.

The medical minded seen that the human needs to consume metals all the time and stay sterile all the time, so they invented the so called vitamin. A real vitamin is the electrical life of a plant. No vitamin has ever been seen.

Vitamin is the “Life” of the food. The second the fruit is picked from the parent plant, the life escapes back to the air and in 7 minutes is gone and the fruit starts deteriorate. This is Nature’s Way so the earth stays clean. Fungus eats all organic life forms once disconnected from the live parent.

- In Nature we are given “All” our needs by our creator.

All creation eats fresh foods, except humans, we like to hoard food so we can live in areas we were not adapted to. In the Bible this is referred to in the manna story. All food stored more than one day was not fit food to eat, but food for fungus to dissolve and return back to Nature.

Scientifically the life of the fruits is gone within 7 minutes and if we lived off the land as intended we would pick a fruit and eat it instantly and always consume the vitamin/life of the fruit. At the most we would pick the fruits and bring them home to the family and still consume them fresh. The Natives in South America that were in perfect health at age 250 not all that long ago had no electricity, no house to care for and lived as intended, with no cares. They did not work for a living, in all of creation God has provided all freely. The native man spends most of their lives playing and has no system of money or possessions.

As populations grew so did envy and greed and people fought over the lands that provided God’s foods. Soon people were driven away or were killed in battle and learned to live in areas not suitable to them. The natives world wide were adapted to their lands and when the wicked men that were driven away from their native lands entered the new lands they murdered the natives in the manner that they themselves had been murdered or driven out. In turn those driven out would enter new lands and continue killing the natives and many times these natives were the animals. The prime example being the American buffalo that once ruled the plains and all the animals murdered to extinction so mankind could dominate the lands they were not born into.

This murder has never stopped; today we murder even the unborn babies and use contraceptives that murder the 1 day old by the billions. Religions starting in the 4th century killed over 70 million men world wide and wiped out the un-civilized that had temples around the world. They tried to make one religion world wide that would be slaves to the ones who built the castles. This was the start of what was called the “dark ages”. Many wars

and many more millions were murdered as a result and many religions developed and many native populations were murdered by the millions.

Today we would like to think we have fought our way out of the dark ages and now have the freedom to do as we please. World War I & II and the following wars have been methods to remove leaders from nations that were not conquered over the past centuries. They were not wars of freedom, but wars of world domination and the finalization of The Dark Ages, so the 70 million originally killed in the 4th century by the Roman Empire eventually lead to billions being murdered in the name of a One World Order that now has over 170 countries as members.

The system of choice has been the money system. Rather than kill the disobedient slaves, the system has developed into a system of the more you work, the more freedom you enjoy and those that don't obey can end up in a prison system that in the u.s.a. alone has over 2,000,000 forced slaves imprisoned. The welfare system was developed to manipulate the less desirable slaves and public/government education designed to guide the slaves to be fitted to their duties to the government.

The system of taxation monitors the populations. I suspect the social security number assigned to all is a method that allows given areas to be sprayed from the air; the more s.s. checks sent to a city would indicate that area needed to be sprayed and or the chemicals raised in the city water. Also the use of directed frequencies can be used to control the ill, etc.

Taxes enable those in power to monitor those that make too much money and only those that obey the rules are allowed to avoid heavy taxation. A sure sign of co-operation with the "forces at will" are those that are tax exempt or pay no taxes. Many times those that are tax exempt are playing a part in the slavery system even if they never realize it, they are so blinded by the easy money that they never see the part they are playing. The mason money system controls so well that the ill minded are given power over the common people and for a little extra money they will abuse and control up to the point of false imprisonment and murder. Those in power always protect the weak minded fools and give them enough money to bully the average humans who are too nice / wise to abuse others in the name of money. Thus the systems of policing have been corrupt and many millions of nice people have been abused / murdered by the ill minded thugs.

The thugs in general abuse their bodies all their lives and are against those that have health. They create laws to inhibit the education of proper foods and living with Nature. The mason way is to state a lie as the truth and the truth as a lie, the government system only allows the ill minded that live so corrupt all their lives that they have no concept of what truth or justice is. They have enjoyment is the torturing of those doing good and their art is stealing all they can. They prey upon each other like jackals fighting over their meal.

To survive well in this world we must not only obey nature the best we can, we must avoid those that do evil and make no waves that would draw their attention. Once marked, there are enough laws on their books to convict anyone in their crooked drunken courts where all the lawyers / judges, are owned / controlled by a few super rich masons and there is no chance of justice ever.

The system of health insurance and public health departments encourage young girls to not want children and mothers to be, to take drugs and vaccinate their babies. Each step in the system leads to providing business for the M.D. The M.D. system maintains control over the masses with false education / beliefs that leads to a life of drugs and numerous diseases and operations. The final 30 days of life can cost as much as the person may have earned all their lives and be taken away as payment to the medical art. The huge sums of money being enough to satisfy the corrupt drug dealers of death, via toxic metals.

In the end when their drugs have failed to sterilize the body for the last time, they send the ill person to the hospice system. Some of these ill individuals still don't understand and follow their leaders instructions like sheep heading to the slaughter and willingly accept the morphine until they choke in their own mucus filled lungs. Those that do wake up in the last stages of drug induced death can't believe their doctor has turned them down and every emergency rooms rejects their entry because they have been marked as terminal and classified as 'hospice'.

The ill drugged person is not aware that the M.D. has convinced their love ones that the ill person would be better off dead and the M.D. will gladly tie the person to the bed after the family has said good bye and inject a deadly dose of drugs and insure death in one night and not the hospice guarantee of death by day 11 (state average). At the end the person realizes they have

been lied to and deceived all their lives and the relatives are lead to believe the death was warranted and that they made the correct decisions. Their lifelong mason education of owning and having as much money as possible encourages the obeying of the M.D. advice and if the estate was not raped before the person died, it is quickly raped after the death. The top masons in each local court gets their share and in many cases they rob the estate when there are few to no relatives to complain.

- Slaves own nothing and “all” funnels back to those who make the laws.

People would like to think they own their land, but in fact the state owns the land, the person only holds a paper title temporary. Even the plants are owned by the state. The land owner is considered a renter from the state and all the laws are enforced upon the renter.

- **To avoid the pit falls of civilized slavery we must recognize the traps and avoid them the best we can.**

Governmental regulations lead to living life blindly, trusting those that you don't know with your children's lives as well as your own. In Nature the unwise becomes a victim. There are an endless amount of predators!

The only way to security is to be healthy. A healthy body is a healthy temple for the “Spirit” to dwell in. As long as you keep your temple swept clean and in good working order, your Spirit will have a good connection. As long as your Spirit is in control your body has protection and your family is safe.

As the body becomes toxic and loses circulation, so does the connection with your Spirit. We live not only on the bottom of an ocean of microbes, we also live where the winds flow with “Spirits”. These Spirits are waiting their time just as the microbes await their time. “They” are predators of the human body, both waiting till we become ill enough to invade and cause more problems, problems that bring upon our death.

Some drugs cause almost instant disconnection of the Spirit from the body, while on these drugs the patient is gone, if their body survives they awake days or weeks later when the drug runs its course and have zero memory of what the body had done during that time period. They do have stories of how they had been traveling the world and visiting many countries and people,

but are ashamed to speak of such experiences because of religious education or fear their loved ones will think they were crazy. Those that are aware can quickly tell there is another spirit in control of their drugged loved one. These lower spirits often are mean and cruel and act as though they are in the wrong time period, they have many questions and don't recognize the familiar objects around them, they act child like.

- I can not stress enough to stay off of drugs and by all means do not die while under the influence of drugs. Drugs is one of the worse traps one can be fooled into, you do not want to give your body up to evil spirits for even a few moments!

People out of control and doing evil acts have polluted their bodies to the point their Spirit/Soul has lost control and many times later there is no memory of the preceding hours or days. Alcohol and drugs are the most common methods to loose the body. Many times while out of control the evil low spirits make the body commit all sorts of crimes or acts against Nature that sometimes leads to imprisonment or death.

When things do not seem right, they are not. The use of all metals in the human body leads to loss of circulation and loss of Spiritual connection and awareness. The powers of being desire that babies be injected with metals as vaccines and that fake vitamins are really metallic salts of inorganic metals, that ample metals are used in human foods and products as well as applied in the air we breathe and the water we drink.

The use of metals is no mistake.

The use of vaccines with metals such as mercury and aborted baby cells mixed with monkey cells are designed to create a "dumbed down" slave of the future that is no longer all human, but now part monkey and what ever animal cells that have been used in each vaccination. The best slaves are the mixed breed. The Mule being the scientific example. Mixing two un-compatible species produces a "sterile" work horse of a slave.

I often compare the human race to the dairy farmer. The farmer being the government and the people being the cows. The farmer manages his cows based upon the amount of ground he owns and the amount of food he can provide. The farmer controls the population and the race as well as the sex of his herd. When he has too many calves, he sales or slaughters them. He

never keeps a cow past its prime. He controls the health of the herd in a manner to get the most production and never seeks longevity.

The cows being wrongly educated and made dependant upon the farmer for food, water, and shelter grows up to see the farmer as their god and never questions their master and if anyone of them does, it is quickly culled.

The cows (humans) always have the supreme power in numbers, but live in fear all their lives and accepts their fate. They trust the farmer till the hour they see their brothers and sisters in the line in front of them receiving bolts of steel shot through their brains, there last moments of life they receive the shock that nothing is as they were educated to believe.

So it is with the human race, those that accept their daily fate live as the cow does on the dairy farm.

Our body is our temple, only we have control over what we choose to do with it. We can choose to pollute it or choose to keep it swept as clean as we can and presentable to the Spirit and live with health and pride. Hopefully those few on this earth that will be guided to read these simple pages have already taken control of their bodies and lives and seek to live well all their days.

Health is as simple as the daily decisions that become good habits or ill habits. I could write for ever about all the things in this world that shorten our life span. There are already thousands of books on these subjects for those with the interest to learn more. The pyramids have within them our instructional education for living well while on this planet. The Bibles of the world are the greatest books to have survived, but are heavily veiled to the point that most do not understand the true stories. The more one seeks information for good reasons; so it will be guided to them, it is near impossible to find anything upon your own. Good things come to those that ask and wait.

There are plenty of good books available to educate your self on these subjects, or just look at Nature and it is easy to see what does not belong in your home/life.

ROAD TO RECOVERY

The fastest way to recovery is to enable the body anyway you can to remove that which has been accumulated. Removal of accumulations restores circulation and alkalinity. (This is why adding drugs and vitamins only creates more ill health.)

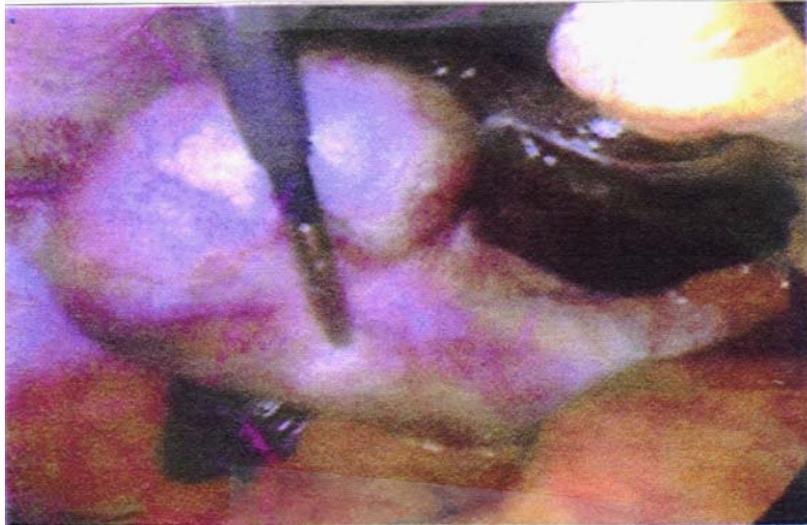
- **Keep in mind always that the quickest method to recovery is simply to never ‘live to eat, but eat to live’! The best foods on earth are cheaper than later removing bad foods that accumulated.**

Flushing the digestive system has been around for centuries and many methods have come and gone. I have self-experimented with many methods that authors have written about. I have examined more liver flushes have as much interest in this subject as anyone I am aware of. This does not make me an expert or a qualified educated person, but like all cows, I have an opinion. This opinion changes almost yearly. Not much that I have suggested in the past was wrong, but when I decide something else is easier or better, then I modify as I learn.

There are as many methods as a person lives long enough to read about. My suggested methods will be an accumulation of many old medical books as well as lessons learned from the Amish Healer, those I learned from and self-experimentation. My goal is Longevity, so I do not expect any respect until I am at least 108. Few, very few authors that wrote books on self-applied health ever lived to see their 70th birthday. I believe anyone past age 100 should be listened to. Paul Bragg spent his life talking to people past the age of 100 and many past age 150. Dr. Morton Walker also traveled the world talking to those that lived past 100.

One thing the centurions have in common is a lead test of 1 or less. My lead score based on the same test was last over 100. I have not retested since I have learned to expel the toxins, I no longer believe in testing other than pH and won't waste any more money on such medical test of any kind. So I figure if I can live to see 100+ knowing that at one time I was in the top percentage for lead, that would be a pretty good example that my suggestions may have merit. Time proves or disproves the millions of theories people have come up with.

I have never written anything in stone, all my ideas are for those into self-experimentation “ONLY”. I suggest people read many sources and always make their own decision based on their common sense. We are not medically educated or qualified and do not diagnose or treat or suggest treatments for people. The following are just my ideas based on what I believe in at this point in life.



The above picture is my wife’s Gallbladder right before it was surgically removed! We had tried the standard herbalist liver flushes, consulted a master herbalist, a famous medical institute, and the local surgeon. Nothing worked and after numerous trips to the emergency room and a year of weight loss and suffering, Brenda finally succumbed to the surgeon’s wishes. He collected \$14,000 and Brenda must live her life minus this vital organ.

The above is an all too common story with many child bearing age women in the U.S.A. Many other counties refuse to do this operation unless normal procedures should happen to fail. In this country it is the first choice and some times even done as a preventive measure!

- So why does the Gallbladder fail? Where do these stones come from? We must understand these questions before we can reverse the situation. These stones can be flushed out, but that is treating the symptoms, not the causes.

The gallbladder surgeries are extremely common, just complain that your right side hurts after you eat and many surgeons will remove the gallbladder, even if it is only preventive surgery.

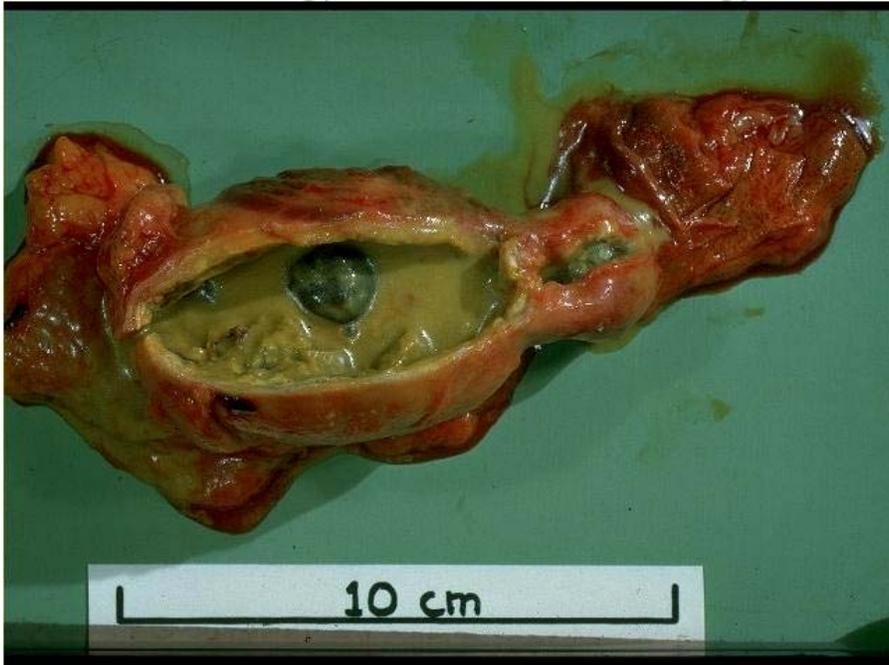
Stones and deposits accumulate through out the body. The skeleton can be covered with calcium deposits, the pancreas, kidneys, prostate, bladder, etc. can have stones blocking them and in many cases do. The gallbladder is a reservoir, it will concentrate the bile 10X and when called upon, will squeeze and expel all its bile.

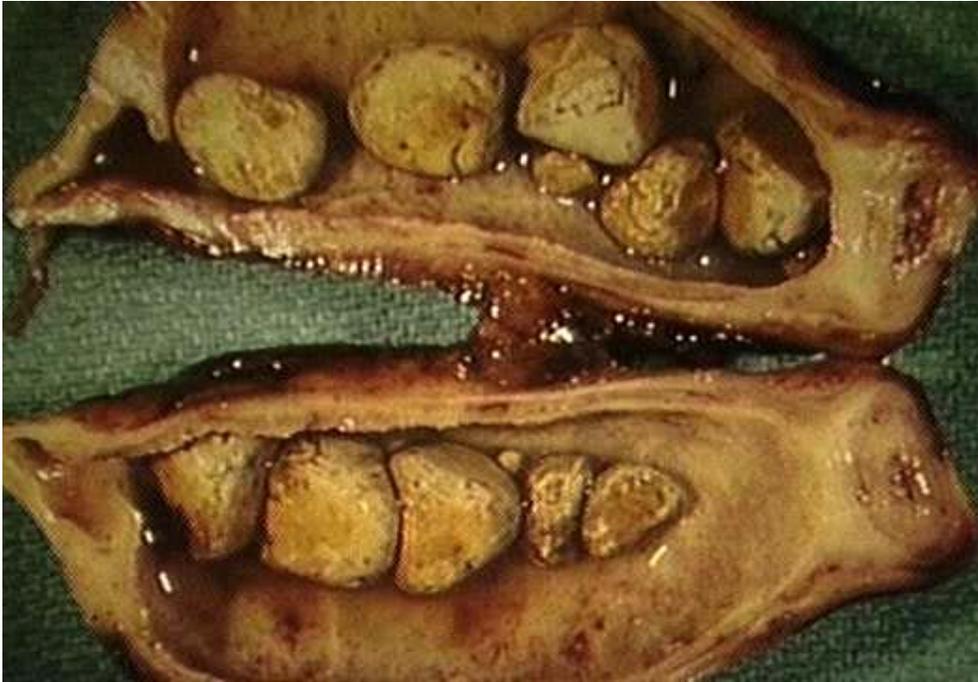
Due to the lack of proper diet, most people don't consume enough plant fats. This allows the bile to be concentrated more than 10 X, the liquid bile will become thick and as the liver and gallbladder is for ever in motion the thickened liquid forms little balls of hardened bile fluid. Many times the center of a stone has a dead parasite or other irritating piece of waste and the body has encapsulated it in calcium for protection. As this piece of waste is being prepared to be removed from the liver via bile it becomes entrapped within the concentrated bile and coated over and over as it becomes what we call gallstones.

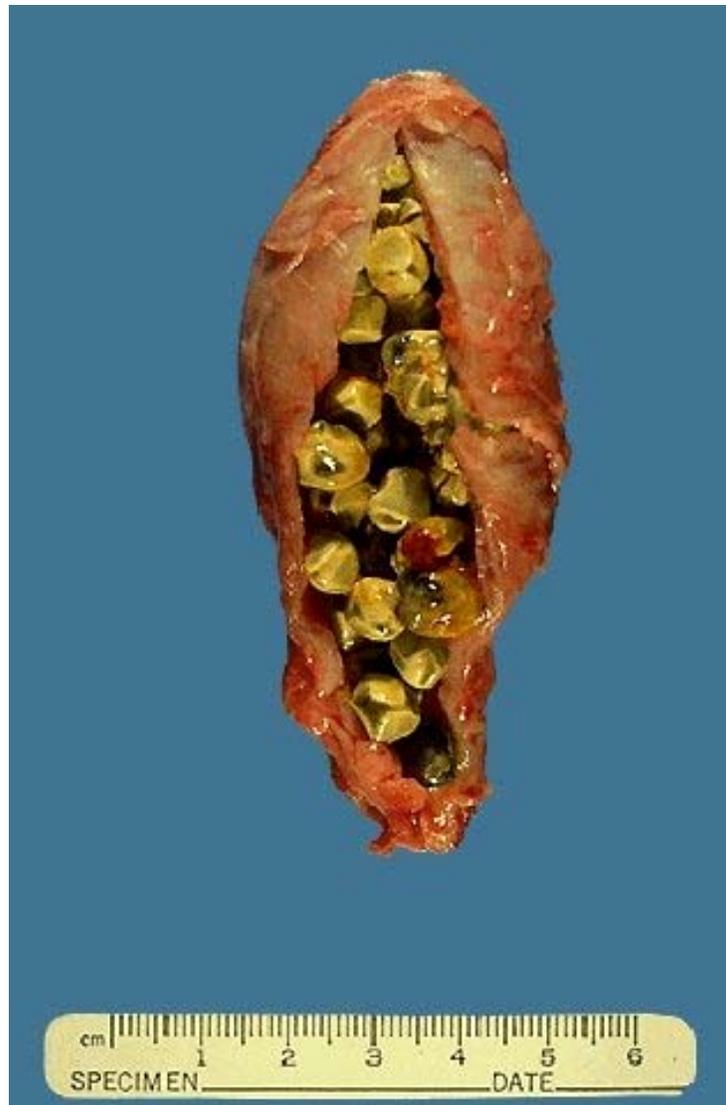
Once too large to fit down the gallbladder duct the stones can possibly set in the liver and gallbladder for life. They become larger as many layers form around them, the largest being the size of the gallbladder its self blocking its flow 100%. In the following pictures I give an example of a very young man that passed a gallstone the size of his gallbladder and a hand full of large stones behind it. This is proof enough that the liver holds as many or more stones than the gallbladder does. People who have lost their gallbladder due to surgery can pass just as many stones or more than a person with a gallbladder.

Next are a few surgically removed gallbladders and their common stones.

Images: Gallbladder surgically removed – Cholelithiasis (Gallstones). The Gallbladder can hold one big or up to several thousand small stones. If not treated, stones may grow, or stones may clump together and form one huge stone.







I know of no one that is stone-free! I would venture a guess and say most adult Americans have restricted bile flow due to common gallstones blocking the ducts. I would also guess many people have had non-functional gallbladders for many years of their lives. With advanced age some actually have calcified gallbladders.

The purpose of the previous pictures is to show that most all gallbladders do have stones! The function of the Gallbladder can be explained that if the gallbladder was a bag, that when squeezed, emptied its' contents on command of the stomach contents. Just imagine this bag being full of marbles (stones) and what would happen when it attempted to squeeze?

You then understand what happens to the average digestive system asking for the liver's digestive bile! The ducts are clogged and the bile does not flow down, it flows up the lymph glands and into the chest, known as heart burn.

I took one picture that tells the whole story about the liver having as many or more gallstones than the gallbladder. It along with many of my other pictures have been used in news letters and cancer websites over the years. **This one picture should convince anyone of the need to clean the liver/gallbladder and hopefully keep it clean so this doesn't happen again.**

This picture was used by Dr. Hulda Clark's son Geoff and placed in his news letter. Please examine the below picture of a young man in his early 20's.



Size of a Gallbladder!

These mid-sized Gallstones must have all come from the ducts of the liver!

This is a lot of blockage no matter how you look at it. Surely the rest of the body is suffering with accumulations as well. The above results were achieved painlessly using my version of the simple Dr. Hulda Clark liver flush explained in all her books. The method uses Epsom's Salts to relax the gallbladder and allow stones to come out the size of the person's forefinger and olive oil / grapefruit juice to cause a rapid purge of bile that then flushes the stones and trapped waste material.

This method was also explained in old surgery books prior to 1950 and nothing new. It is similar to the herbal type liver flush's but they ignore the Epsom's salts and fail to pass the large hard stones such as those that were blocking my wife's gallbladder. As fate would have it, I discovered the Clark books 2 weeks after my wife's surgery and we both believe 100% that she could have easily passed the stones that the m.d. removed by cutting out the gallbladder. She asked this fellow church going doctor for almost a year to help her save her gallbladder and he insisted there was no cure, a few years later I looked in the blue surgery books under gallbladder operations that this very same m.d. would have been taught from and that he would have on his medical book shelf that in deed since the 1930's the medical people knew that the gallstones could be dissolved and this m.d. lied in order to make \$14,000 so he can live in the largest house on the hill outside of town and drive the fanciest of vehicles. They care far more about their possessions than their patients health no matter how much they pretend to be your fellow church member.

It was the same for the dentist that destroyed my teeth by doing as many root canals as he could get my insurance to pay for. I knew this dentist for years and trusted him and he did more to destroy my life all in the name of money. When I cut the 50 pages of dental information from a Clark book and gave him he admitted that he had lied all his life, that he never used a precious metal once and that all my teethe were filled with lead and nickel and he had played the insurance scam of saying it was gold, he and the insurance company new it was not gold and both playing a mason joke on the dumbbed unknowing slaves. This dentist lives in the biggest mansion on the largest estate outside of town and belongs to the church that he has helped shorten the life of many so he could live in luxury. Hopefully justice will prevail and everything they have sewn will be reaped as this is the law of Nature.

So knowing, trusting, or even being friends with the m.d. does not mean you will get correct help when you seek their services, their loyalty is to their secret code of ethics that shortens the lifespan of the slaves for the government they serve and in exchange they get to pay little to no taxes and live as the wealthy.

- **So I believe the stones exist because the diet is wrong.**
- **Is the liver flush the cure? No!**

The liver flush is an aid for when the liver is constipated with stones and mud and experiencing pains, it will quickly relieve the stones and pressures and is one of the cheapest fastest methods to unload the liver and slow down a serious ailment. As learned earlier the job of the liver is extremely important and when clogged it can not function well. The Clark liver flush is the only method I suggest and the first version she had in her earliest books is her best. Most people that read her books tend to ignore all the steps and may or may not have success. When it is understood and did as instructed it works better than all the other methods on the market and originally came from the old medical books.

I have my version of the Clark flush. I make an herbal syrup of the relaxing herbs that 99% of the people that read her books ignores. I made the kidney cleanse herbs that most readers choose to ignore into a simple to take tincture. I make the lower bowel correction herbal formula in easy capsule form based on Dr. Christopher's famous fen-lb formula I call Lower Bowel Balance. I use oregano oil in a method to aid in stopping the throwing up that some experience after taking the olive oil and grapefruit juice. I did this after years of experience with the Clark flush and listening to those that were doing it and based upon examination of the flush results, all the time perfecting the Parasite Formula. Clark was adding more and more poisons to her original method taken from the old medical books and I do not recommend anyone for any reason take her suggested hydrochloric acid or vitamin c doses and do not waste your money on the external zapper and plate zapping gimmicks and never think of wasting your efforts on her foolish syncrometer ideas. Many people have been suckered into this and regretted it, but only after they have spent allot of money.

The Clark books have allot of good info, but do not get sucked into her vitamin/metal treatments that lead to premature death via an acid system.

- **So, is my version of the liver flush the answer? NO !**

Like all liver flushes it only treats the symptoms and the stones will forever form until the diet is corrected.

So what is the answer? Correct diet, the two words ill people hate to hear the most. A diet that supplies plant fats daily and not animal fats will keep the systems of elimination clear and flowing. The basic cardboard commercial

boxed foods and the vitamin c preserved liquids along with the eating of animals leads to a life of stomach acid production.

The morbid accumulations of mucus, up too hard rock stones, does much to clog the system and attract parasites, but it is the stomach acids that leads to a low pH that dissolves the bones and tissues and wears out the pancreas and organs of the body.



Here is an example of intrahepatic obstruction with a small stone in an intrahepatic bile duct:
<http://www-medlib.med.utah.e>

The above liver is typical of all humans. The 2 miles of bile ducts are blocked and is the number 1 reason for poor health. Below is results of the Dr. Hulda Clark liver cleanse. All ages benefit from this simple self health at home program.



HEAL THY STOMACH

The wrong diet leads to premature aging and death. By premature death I mean all deaths, the body being a perfect creation was designed to be the temple for the spirit to live in forever. The cells reproduce perfectly as long as the laws of Nature are obeyed. Thus mankind now, has a life expectancy of age 40 for those born after 1992, unless steps are taken to keep the elimination systems clean and the pH balanced.

All children are conceived to toxic parents and the nutrition and mental state of the mother the first 3 months effects the womb and can alter the child's life through adulthood. The birth process and the introduction of drugs the first hour of life starts the death process via poisoning. The mother's milk has all her toxic waste from her blood stream, her milk actually being her system of expelling her waste in a similar manner as her monthly period is mostly a method to expel waste and has very little to do with natural way of life.

The average child is quickly vaccinated with mercury, aborted human cells, monkey cells and other metals and animal cells. This has nothing to do with health and is a wicked morbid attempt to alter the DNA for life and create a partial animal/human mutation that makes a more suitable slave. This toxic child then is fed many other foods prior to eighteen months of age than his mother's milk. These foreign foods can not be assimilated and accumulates and makes fat plump toxic babies. The ones that survive, live life in an acid state or low pH. Normal being 7pH to 7.3pH.

Ideally the mother would have been worm and stone free prior to conception as well as dad and the baby only fed whole fresh mother's milk and she would be living on live foods only and drinking only pure fruit juices and or pure distilled water. At age eighteen months the baby would be weaned and changed over to raw fruit / juices. Fed only when truly hungry and never by the clock or a set down group meal with mixed foods and never cooked dead foods. These ideal children would never be constipated, stop all stomach acid production and live long maximum life spans. Only that which accumulates causes loss of circulation and eventual death.

Authors wrote hundreds of years ago that not one could be found to use as the model for perfect human health. The roman statues that have survived

are of much larger and stronger men than the world has had in the last 1,000 years. Hidden deep away from public sight are the remains of human skeletons that measure 35-44 feet tall that were common back when the dinosaurs ruled the earth, or did they? A 44 foot tall man would have an awesome power to contend with and a group of such men could have put up quite a battle against the largest dinosaur.

Many cities have been built upon each other in layers, each generation not knowing there was an ancient city below theirs. The earth makes it cycles around its sun and the sun around its sun and so on and so forth for ever and ever. It has been proven that with each cycle of asteroids that pass by the earth all life on earth changes, plants and animals alike and each time all life mutates or degenerates and over time the lifespan gets shorter and shorter. Some reptiles such as certain turtles are still known to live 1,000 years, yet the so called intelligent human can barely live to 70 with out serious diseases.

- With each pass of the planets and rotation of the earth, Nature provides the perfect system to handle larger and larger populations. No longer can all live on the sun's radiation and air, as generations pass were able. "If" Mutants of the original parent cells survive, they need "more", they seek the radiation from more animals and more plants to substitute their inability to survive on sunshine and air alone.

They live against Nature to the point they need to supplement their sun's radiation and air supplies, the most degenerated need to result to cannibalism of other creatures and the vicious cycle starts all over again as the earth continues down its path. As humans populate and move further away into lands they were not suited for, more and more laws of Nature are broken and more and more supplementation is needed for survival.

The earth is at a time where only the plants live off the suns rays and air and even they have mutated to the point that species are appearing with the capability of cannibalism. Man's pollution is rapidly changing all the plants on earth. The blocked sunshine is devastating to many species.

- **The act of cannibalism has a price to pay in health and longevity, all life that has life in its blood is not food for another.**

To end the life of creatures depending on blood for their lives, is an act of aggression against the laws of original creation and has a penalty to pay and is the main reason humans no longer live hundreds of years.

All blood bearing animals originally lived on air and sunshine alone and some still do yet today, including humans, though rare. The human skin has the ability like plants to absorb the sun's rays and convert it to food. It was discovered that the air has all the minerals of the body and we absorb plenty with each breathe and our air is electrified and our earth is a large electric motor running in perfect harmony with the universe. Each life form is an electrical creation under very heavy compression known as gravity.

Eating was not the original design. Eating became a method of survival of the mutated offspring. A result of Nature's cycles of life for the earth and humans. As the human body degenerated / changed / it, needed supplemented.

Grass is the most abundant life source on earth, it is the sun's radiation in simplest form. It is food for some of the largest animals on earth, it is also a perfect food for man. How do we know what foods are God given and what foods are that we choose? It is quite simple, every specie has a god given way of life. No creature on earth need work for its food unless the animal is living outside God's given habitat.

Life is in the blood and no blood can be spilled that God is not made aware of. The blood calls out to God the creator of all life.

All animals and creatures know their proper foods, only civilized humans need outside help. Humans today will eat and drink just about anything, it makes no difference if it grows from the land or must be slaughtered; mankind will attempt to eat it.

Plants have no choice but to live where they were planted, plants must obey the same rules of the universe as humans must and for every transgression against living with Nature all will suffer. If humans were air burning machines needing no supplementation by mouth and changed because of over population and choice, it would stand to reason plants also would have to be air burning machines and all life forms on earth being of one creator must obey if they are to survive. So do plants live because of dirt or in dirt?

In the 1800's much was learned by self-experimentation and massive autopsies. Animal experimentation was at an all time high and with out tv and radio; scientist had lots of time to devote to science. One experiment was to see how trees lived. A willow tree was chosen and planted in 200 pounds of cooked dirt free of moisture. It was watered and never supplemented. At the end of 5 years the tree was weighed and the dirt once again cooked to remove all moisture. The tree had grew fast and strong and weighed almost 200# and as expected, the dirt had lost only 4 ounces in 5 years. These scientist knew that the giant redwood tree do not suck the dirt below it up in its trunk, otherwise the trees would all fall over from the lack of dirt to support it.

Trees and plants have no choice but to obey Nature and get their allotted sunshine, God provides the extra moisture required via rain, but was this 200# tree made of water or air? The tree was dried and proved the tree was made from air, not dirt and water and only consumed about once ounce of very fine essential minerals per year. Does not man and plant share the same earth? The same creation? The same God? Does even one of God's laws ever change, no, they were perfect and will remain perfect.

- So why does the average human eat all their lives and never seem to find satisfaction with just sunshine and air?

Babies have no choice but to drink mother's milk along with all her toxins and parasites. The toxic free mother would have clear milk and is non existent today. The newborn baby has a stomach lined with active hydrochloric acid producing cells. This is Natures method to assimilate the milk for the first 18 months of life. Babies that will have a very long lifespan will develop teeth slowly and in general develop slowly. Very toxic babies will develop quickly, both obeying Nature based on their ability to survive.

Once the teeth appear the babies can assimilate small amounts of fruit juices and be weaned off milk. Humans have the teeth, stomach, and length of intestines that "only" fits the fruitarian class of mammals. Fruits need no digestion "if" they were chewed to a liquid in the mouth. Fruits do not accumulate, they are cleansers of the body. Fruit juice is perfectly preserved in its own fruit sugars/acids that allows the fruits to be dried naturally and can be stored for years. When consumed, these same fruit acids are absorbed through the stomach lining and enters the blood stream and

cleanses the circulation system as it is exhaled out the lungs. The remaining organic minerals provide nutrients for the liver and alkaline reserve.

Fruits would be the first alternative to living on air and sunshine. The fruits contain the sun's radiation, the same radiation that humans can assimilate through their skin. Ideally when consumed as intended by god the fruit would be picked and ate and not be stored for later. To store food was condemned in ancient times and was taught as being against Nature in the Manna Story. True vitamins are the electrical life of the plant and within 7 minutes of detaching from the mother plant the fruit loses the electricity/vitamins back into the air, life is retained with in the seeds. So the only proper way to consume vitamins is to pick fresh and consume direct from the plant/tree. The art of selling inorganic metals/minerals as vitamin supplements is a fraud that leads to loss of circulation.

The baby that naturally consumes one ripe fruit per day in season, not only would be satisfied, but would also allow their hydrochloric acid cells on the stomach lining to dry up and stop functioning.

Being a "Breathairian" and next best a "Fruitarian" both would allow the stomach acid cells to dry up. Drinking and consuming everything that does not eat us first forces the production of hydrochloric acid and regardless these cells fade away to the point that by age fifty the adult has 50,000% less capability to produce acid. The scientist that grope in their darkness about human health believe humans should drink acid to make up for the loss production, their methods produce premature death by loss of alkaline balance as the person loses their bones and tissues. Nature always knows best and regardless how badly the person abuses their body, Nature reduces the production of acid as an effort to extend the lifespan. Medical methods normally create acid conditions. The most common method to create low pH and destroy ones health is to consume the deadly ascorbic acid and phosphoric acids in soda drinks. All non fruit consumption and especially the consumption of mixed foods forces the stomach to make as much acid as it is able.

The alkaline reserves and the pancreas functions must dilute and counter the stomach acids. After years of abusive eating the digestive organs are worn out and clogged with mucus, stones, & parasites. This allows the stomach acids to enter the small intestine undiluted and neutralized these acids burns little holes known as ulcers. The only time these ulcers don't hurt is when

they are covered with food, so quickly the 3 meals per day with snacks in-between is adopted as a natural way to eat. One bad food demands another food, the liver is constantly struggling to balance the pH, when acid forming foods are consumed the liver tells the brain it must eat again and provide the needed chemicals so the acids can be neutralized. Soon the adult is caught up in a roller coaster method of eating that leads to an eventual acid pH system. The over worked pancreas falls prey to the tape worm and or liver fluke worms as well as clogs shut with rock hard stones in the ducts.

Yet, the body survives! The blood and bones come to the rescue, the heart sends the blood through the bones and the dissolving bones counters or neutralizes the stomach acid that made it down the intestines and entered the intestinal walls. All along trillions of parasites are waiting till the abused body is too weak to defend its self and they send in the invasions for the kill. They are only obeying their creator, doing their job of removing the week.

So if humans were all “Breathairians” at the beginning of every life cycle why do we have intestinal tracts? The human stomach was not designed to eat nor drink, there have been people that did not eat nor drink for 50 years and studied by science. They actually had no anus. The scientist concluded that the anus was not original but an adaptation to allow radiation to be supplemented via consumption of foods. Drinking water became a habit when grains became a food. Normally the air has ample water and then the eating of fresh fruits also provides much.

The stomachs true purpose is the body’s blood cleansing organ. As cells are replaced and travel out of the body, the Breathairian’s stomach would expel the larger toxins that could not be exhaled or sweated out. These toxins would travel down the intestinal tract and made smaller and smaller and reabsorbed and eventually expelled as urine or exhaled air. The mutated human loads his stomach with foods that force their way through the stomach lining into the blood stream and the liver, pancreas and intestinal tract has to deal with the sludge. The water needed to keep this sludge liquid bourdons the heart and kidneys and causes premature failure, the body seeks to maintain balance at all times and quickly expels the recent drank liquids.

In all instances the story of the tree and the 200# of dirt holds true in human health as well, one creator, one law of Nature, **one food for all, true sunshine!** Heal thy stomach and heal thy self.

This small booklet is only a primer. The use of herbs in this world is becoming more and more limited as the masons close in; via the UN and WHO. No country encourages the importing / exporting or personal use of herbs for health. Dr. Christopher back in the seventies was preaching that times would come within 50 years that the sale of herbs would be greatly decreased and that a day may come when the lands are so toxic that the herbs may not be available when needed. Dr. Christopher's RARE videos taken at the end of his life are some of the best *self-applied* prevention video in existence.

I agree with 98% of the Dr. Christopher methods and education and I too see that herbs are slowly being removed and replaced with medical standardized herbs. Only the whole herb as created by Nature is real and the kind the history of herbal use was recorded upon. Christopher made his books so people could learn to grow their own herbs and know how to use them properly. We sale all of the Dr. Christopher products and his schooling is still available, if you take their courses mention our names!

After taking the Dr. Christopher Master Herbalist courses I started what I call; The School of *Self-Applied* Prevention. This small home study of old Medical Doctors that obeyed Nature is an addition to the Dr. Christopher herbal education. What I call BOOK I uses no herbs other than orange juice. This book changed my life as much as the first time I seen the Dr. Christopher videos 15 years earlier. I seen this as an answer to those that do not know about herbs and for those that can't obtain herbs.

I see that BOOK I is the greatest "one book" home study course ever provided on self-health with the simplest cure-all ever used in the history of the world that 2 doctors used and went down in history as the only 2 doctors in American history that had a 100% cure rate. They not only used oranges, but they provided education on proper foods for human health and the education enabled the patient to cure them selves.

ONLY education enables every human to heal them selves because proper education instructs; the ONLY CURE is to stop introducing toxins into the body and start removing the past toxins. "IF" the reader believes this and applies this, this paragraph alone replaces all books written on human health.

My suggested methods are well explained in The School of *Self-Applied* Prevention.

This 108 page booklet is only a “primer” to The School of *Self-Applied* Prevention. Part II and II continue there and is only the tip of the Ice Berg of health education available on video, books and pictures. The school will for ever grow in volumes of natural education and human historical theories on Longevity.

The school cost \$108 per year to join. The price is 108 because this booklet is 108 pages. To take the Christopher Master Herbalist education can cost way over \$5,000.00 to obtain the final grade and then they have plenty more courses to spend \$\$ on, I personally see that what I call BOOK I has more to offer than the entire MH course and BOOK I uses no herbs, while the Master Herbalist Course is an education on how to sell the ill person allot of herbs. Book I is a very small part of The School of *Self-Applied* Prevention, but the reason I started the school. To continue please join the school now!

Many Blessings,
The “*BAREFOOT*” Herbalist, M.H.



TA DA!