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BIOLOGICAL INDIVIDUALITY The human body is very complex. Although each person is similar in general structure and function, each is also uniquely different, responding differently to similar stimuli, therapies and conditions. What may help one person in a certain circumstance or condition, may not help another. This is also true with foods. A particular food that may be nourishing to a healthy person may cause an allergic reaction in another. Each condition may also be unique. Although thousands have had help from the natural methods described here, there have been and will be cases where destructive pathological changes are so severe, and the bodies own healing mechanisms so weakened, that the process of healing could be an extended process. persevere, and your hard work will be amply rewarded.

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It should not be misconstrued to mean, imply or indicate that the product or programs described here will cure anything, as no such claims are made. Only the body can heal itself. These nutritional suggestions are not offered as a cure, rather, as aids to the body in reestablishing normal functions. We offer this information along with suggested programs to those who want to, and are willing to, share responsibility for their own health with their health care provider.

Even though The School of *Self-Applied* Prevention, M.H. herbal remedy processes contain no drugs, you should use them only as directed by your health care provider. Do not self-diagnose. Do not attempt to treat yourself for any serious condition. Consult your health care provider. Show him or her this material and undertake a program of treatment under supervision. However, if your health care provider says that nutrition is not important and attempts to treat you only with drugs, we suggest that you obtain a second opinion from a diet conscience health care provider who is more aware of the natural methods of biological medicine, because--after all, it is your health!

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ALL PRODUCTS are sold as experimental use ONLY

Old Fashioned Spices



True Solomon Seal

The School of ***“Self-Applied”*** Prevention

FREE for the year 2011

January 2011 newsletter

Introduction

Greetings,

Please allow us to introduce ourselves. We have been selling home made herbal formulas to plain people of America for the past 13 years. We got started by doing in home seminars in the Ohio area, often staying over night in an Amish home. Our idea was making herbs for the family and not small bottles like the commercial herbal products sold in America.

Early on we learned from self-experience that most all commercial products are full of fillers and designed to make profits for the company instead of being a product that promotes health for a reasonable price. I took the Master Herbalist Schooling of Dr. John R. Christopher, but soon learned even their company had been sold many times and we saw with our own eyes that they were using the cheapest, out of country herbs and removed most all of the beneficial herbs from the original formulas. We became friends with Dr. Hulda Clark and discovered their products were not natural and way over priced and actually caused acidic conditions leading to disease. It seemed that every author we came to know, we discovered their products were cheaply made and they are into "marketing" for their own wealth and could care less about their customers. Today we see ad after ad making every false claims about their products as a method to lure in the reader for a one time buy. We have seen these big beautiful color ads many times, making so many unbelievable claims.

I spent a better part of 20 years buying every new health book, and every new product. I learned that very few authors past the year 1950 were trustworthy. Only a few, who usually were medical doctors; that they themselves had become deathly sick and had to return to natural methods to save their own lives. Then they opened up clinics and had successful practices with cures that obeyed nature and worked for all humans. Thankfully, some of these doctors and herbalist wrote books in their retirement age and I have learned the most from those types of books. I soon learned that doctors, herbalist, and authors that just write books as a method to make more money, basically write worthless books full of gimmicks that cost a lot and often don't work.

I worked 30 years in a lead factory and suffered from the accumulation of lead, aluminum, nickel, copper, solvents, oils, and also as a child I had a mouthful of mercury fillings. After 15 years in the factory I was suffering from heavy metal poisoning and tested out as having 112 x more lead than a normal male my age in 50 countries. I eventually learned that lead toxicity is the leading cause of shortened lifespan. As I became more and more toxic, I soon discovered that medical and even dental was not what I had been trained in life to believe them to be. In fact, I soon discovered, there was no professionally trained people that could help me with my health problems. In fact, I learned the very people I

needed to avoid, were the ones I had been trained as a human to trust with health issues.

I struggled many years learning who to trust and who / what not to trust. I basically had no teachers at first. I wasted many years seeking answers in all the wrong places. I eventually learned of the late Dr. John R. Christopher and how he had cured human diseases using herbs, diet and natural ways many years ago. I eventually took his training; only to learn that his son, who took over after his dad's death, is covered with skin cancers and their school's teachers are not what they promote them to be. I graduated top in the Master Herbalist class, but I learned far more from reading Dr. John R. Christopher's original books and teachings. I was actually able to acquire Dr. Christopher's original 1,000 pages that he wrote for his book called "The School of Natural Healing"; that after his son edited his dad's writings, removed almost 500 pages of the original material Dr. John wanted his students to learn. It seems like people today only want the readers to read what will make the company the most profits.

It just seemed that by the year 1950, the best natural methods to restore human health were being so manipulated or destroyed, that today's modern books and methods are more about marketing and not teaching methods that work. I actually discovered the best books seemed to be written by medical doctors from the civil war era that wrote books in the late 1800's and early 1900's. For our own health, it seemed like we had no choice but to learn to make our own herbal products and learn about diet and habits that promote health. There seemed to be no one to help us, so we had to learn to help ourselves.

Our products became more and more popular as local Plain families asked to resell them. This allowed us to deal more with the English and Internet with worldwide customers. Using the internet we were able to teach many and got totally away from using paper and letters. This worked out very well for about 4 years and starting in 2011 this local family is down sizing by removing many of the homemade products. The government has not been in favor of homemade herbal products for many years now and starting in July 2010 passed more inspection laws for herbal capsules. As for us, we don't trust commercial made herbal products and only seek homemade products. This makes our products more for private sales and not so much for public stores.

Homemade herbal products are referred to as "Grass Roots" sales, among small groups of people that seek non-commercial products. Our start was with the Plain People from the beginning and the local family continued what we started and was very successful with hundreds of good testimonies. Other small family owned stores have also sold our herbal products under various names in their local settlements over the years. Not being the direct seller, we did not explain about or teach the customer about our products. We decided the best method is to provide a newsletter for one year to those that desire to understand not only our products, but health in general.

I grew up on small farms and we had an outhouse, hand pump well out back, and only a brick fireplace for heat. I remember one night the entire back brick wall fell over in the mid of winter and my dad's brothers all came over and rebuilt the wall for us. We built the home we are in today over fourteen years ago and the electric company took 8 months before we had electricity and we cooked our food on top of the wood-burning stove. Brenda, my wife was born in PA as conservative Mennonite and as a teen lived in Holmes's county. So even though we are not Amish and considered "English", we still understand the farm life and living in simple terms off the land. Most of all, we understand herbs, food, drinks, toxins, dental, habits, alkalinity, acidity, water therapies, chiropractic, massage, sunlight, fresh air, parasites, constipation, and can provide an opinion on most any health / life subject someone can ask. For 10 years I have had the largest question and answer forum on the internet, with over 11,505,328 page views and have been asked many thousands of questions via e-mail. There is not one health question the reader can ask that I have not been asked before.

Since we are not government trained and licensed, we can not diagnose or treat any health ailment in the U.S.A. As a Master Herbalist, I can give the adult reader my opinion based on common sense and use of natural methods that existed before drugs and operations. As the creator of several hundred different herbal formulas and the largest private collector of herbs in America, I am qualified to give an opinion on the formulas I make and herbal use in general. The reader must keep in mind that all answers are just my opinions that are always subject to change as I learn better methods in the future. Those seeking medical questions about their drugs and their operations need to ask their professional care providers. All information provided by us is just simple common sense that obeys natural ways the best way we know how.

Seeing a need for education, I started what I call, The School of **"Self-Applied"** Prevention. My theory was that I wasted almost 20 years of my life stumbling as I purchased books and products that were nothing but gimmicks that robbed me, not only of my money and time, but also of my health. My goal was to help others avoid the predators that seek to rob us of our time and health. My desire is to teach good health and the many problems that can take years from our life. But I ran into a problem, I was promoting this to the common Internet reader. I soon discovered that no matter how I approached it, the average person has no time to read or the real desire to learn about their health and only wanted a product that would provide a quick fix.

This quick fix is why these predators into marketing get away with all their false ads about their herbal and gimmicky products. These marketing people write every lie they need, promising every quick fix in the shortest time, with the smallest dosage and always at the highest prices....why? Because they know their products are worthless and they won't have return customers, so they have to make the most money from their first sale.

Our goals are the opposite. We want lifelong customers that often become friends. We have had offers from all over the world to come and visit. Customers after years of using our products have had such life changing experiences that they actually have traveled as far away as Taiwan, Australia, Dubai, Korea, and Canada, etc. to see us. In October 2010 we took an offer up from a customer and spent 30 days in Thailand for our vacation and met many people using various methods to restore and maintain their health. We do not want one time customers seeking the quick fix that never does anything correctly to help themselves. These people who live half hazardly; never give herbs and nature a good name. More often than not, they never try herbs or seek nature until all the operations and drugs have failed them and only when near death. Only then, will they give herbs a little try and always tell everyone, they tried and herbs did nothing for them.

All farmers realize that when his stock is not properly fed and nourished, their health will suffer. He will see the troubles beginning when the hair looks poorly or the desire for food slows and the animal becomes less active. The offspring will not be as healthy and productive as the parents were and if the farmer does not react and supply his stock with the proper foods and nutrition, he soon will lose his farm, as he is unable to make a profit from unfit animals. Many medical doctors of the past wrote that, "if only the farmer took care of his own family as well as his stock". If a human has proper nutrition and healthy environment, they will be happy and productive.

I teach people that herbs at best are 1/6th the solution for a healthy life. Dr. John R. Christopher and many doctors all taught that sunshine on the bare skin was the most important factor in health; and what farmer would not agree, because without sunshine, no mammal will thrive.

Mammals are air breathers! We can not be any healthier than the quality of our air supply. Winds supply us with the breath of life. Fresh air and sunshine are the essentials for the human body to make natural vitamins within our own skin and minute (very small) hormone producing organs.

Water must be pure and clean of impurities. Rock type mineral / metals are some of the deadliest accumulations within the human body. Pure rain is mineral free or should be, depending on our air pollution. As pure water enters the soil and filters through the rock, this water accumulates a little of all that is within our soil. When we drink this water, we naturally are drinking all that comes with our water. Not to mention, all the things people drink that are not found in nature such as man made chemical concoctions.

Minerals must be suitable for assimilation and even more importantly, elimination after the body has made use of these minerals. Accumulations attract parasites and fungus as nature's way to consume and eliminate the accumulated matter.

When over fed, these parasites / bacteria / viruses / fungus overwhelm the human body and rob the cells of essential oxygen. As well as, all the waste these parasites create adds to the toxicity of the total body.

The human muscles are designed to move! With out movement, human tissues will quickly turn hard and eventually die. Every muscle needs not only essential nourishment, but essential exercise. Not only work that builds stronger bones, but pleasurable movement that exercises every tissue that makes up the human body. In fact, every spot, no matter how small within the body that does not function correctly, is diagnosed as being "Constipated". On the extreme, when over worked, the human tissues produce too many acids that then robs the blood stream of vital calcium to neutralize the acids for proper removal.

All humans must have peace in their life and no human has true peace without loving God. Humans are very blessed when they have learned to trust God with all their cares and worries. Once they trust God with all, then their hardships are lightened. Fear is the number one cause of all illnesses and those that have not learned to trust God fully live with fears, even if they don't realize it.

These are just some of the major subjects that effect human health; Sun, Air, Water, Minerals, Exercise, & Spirit. We humans must have "Balance". Our blood is always 7.3 pH which is alkaline. Every fluid and cell within the human body that is not alkaline will force alkaline minerals within our system to seek to balance and remove these acids. A human in balance is a healthy and vital human.

Nature provides balance to all of God's creations! Nature supplies all the needs. If nature did not do this, then the creation that was lacking would not thrive and if it lacked enough, it would die. We humans are capable of choice and our choices as a civilization have resulted in the environment we all have to deal with today.

The largest problem that results in nature when balance is not maintained is "parasites". These parasites are any creature that does harm to the human body. They can be large worms known as "animal" parasites. These large creatures can be visible to the eye or extremely small. A bacterium that is not mutated, such as those found on fresh fruits, support digestion and is essential to human balance. But over feed this friendly bacteria with too much waste, too low oxygen levels and these friendly bacteria mutate and become parasitic to human cells. Smaller yet are the viruses, invisible creatures forever wanting to live on human fluids. Then we have the fungus. When the sun goes down, fungus creeps up out of the moist soils. This fungus is forever breaking the rocks and organic matter (leaves/grass/sticks) down into rich vital soil that plants then makes use of. These same type creatures will enter into the body when oxygen levels are down and waste has accumulated within the cells. When these levels of fungus are too much for the blood stream to eliminate, disease takes over. Once the human body dies, this same fungus will dissolve the body back into the soil. These

creatures are only following nature; they are consuming the waste on earth and keeping this earth clean.

These are the basics, the common things that explain health and disease. More complicated, are the problems we have after we are conceived. We can be no healthier than our own mother's blood supply. A healthy mother with plentiful essential minerals and nutrition will develop a full term baby that will not carry the problems of past generations. While the unhealthy mother, will pass on to her children, the traits of her ancestors. I firmly believe that the health of the mother determines the dental health of her child; and the dental health is a symbol of the bone health.

The lack of proper iodine is by far, the world's leading cause of illness. Virtually every major country on earth has a population deficient in natural iodine. Only the coastal areas where people live on ocean fish or ocean plants have historically shown less signs of iodine deficiency. The more inland in every country, the greater the problem. By 1812 doctors realized the need for iodine supplementation. The original doctors used natural plant iodine, but quickly a doctor made a synthetic chemical iodine solution and the natural iodine was quickly forgotten about. Soon world wide, doctors in all countries were trained to give their patients iodine, whenever they didn't know what the problems were with the health.

Virtually every lump, no matter where in the body, is suggested to be a sign of the lack of iodine. Hormones are said to not function correctly, and even sadder, children without essential iodine by age 5, are suggested to not be as smart. We have noticed that children with iodine stand out in school as being excellent in math skills. We have also noticed that when lice are a problem in schools, the child with iodine Minerals in their diet, does not seem to have the lice problem. The over whelming single factor I have seen with those that start taking essential natural iodine minerals, their fingernails become thicker within the first bottle. My theory is this, if their fingernails become thicker, so must their bones.

In my quest to live, I read a lot, listen to others and try many things. I do not believe one commercial source exist that provides an iodine formula that is suitable for human supplementation. Why? Because they are either using chemicals to make their false iodine's or they are using ocean plants that are extremely weak in iodine. I know of no ocean plant that makes iodine, if anything, they only have iodine, because the ocean water has a very small portion of iodine. In fact, our air has a very small portion of iodine in it and if our diet was absolutely perfect and our elimination perfect, then we probably would not need any additional iodine. Since we over work our entire body in so many ways, we need more natural minerals to correct our balance.

My experiences have shown me that most, if not all, manufactures of nutritional supplements of today seek to use chemicals and waste products; this is why we

as a family refuse to buy all commercially made supplements and anyone that will take the time to read the label of their vitamins, surely can see they are not consuming something they understand. They in fact, only take these products based on what the “marketers” have promoted. This is why marketing has taken over our store products. Such products are actually designed to provide no effect. The manufacturer doesn’t want the consumer to experience anything; in fear the consumer will experience a healing crisis or other immune boosting experience. This may scare the consumer and drive them to the hospital, which may lead to an fda investigation of the product.

I have read many herbal and medical books and answered with my personal opinion thousands upon thousands of questions. I have discovered such things as real Iodine, and not only seek to make the old fashioned herbal formulas, but the best parasite and cleansing herbal formulas I can learn to make. I seek the best teachers; my best teacher has to be John Keim whom we have known from the beginning of dealing with Plain People. We consider John our dear friend. I have helped John, and He has helped me over the years. Understanding the proper use of the B&W has been a highlight of my education. If I was to ever be in need of help, my first choice would be to seek John’s advice. We have made many a call to John for advice. I lost my fear of broken bones from the education from Dr. John R. Christopher and John Keim. I have broken my leg, ankle, ribs, etc. and have no fear of self-treatment and trusting nature and my blood stream to rebuild my bones and flesh like new.

The herbs of the past that worked, still work today. Herbs are not the total answer, but often provide a lot of help. My greatest adventure at age 19 was seeing my chiropractor for the first time. My back hurt very badly my first year in the lead factory, known as Detroit Aluminum & Brass Company. They made lead bearings for most all cars, trucks and off road, as well as aircraft and tank. The local doctor diagnosed me as terminal arthritis of the spine and said I would soon be bent over and walking with two canes. Then my right kidney hurt so bad that I ended up in two different hospitals. One hospital even put a camera inside my kidney and none of them could understand why I was doubled over in pain. I was off work and my grandmother took me to her chiropractor. I had never heard that name prior to that day.

I told that chiropractor that my doctor has the x-rays to prove that I had terminal arthritis. He actually laughed a little and as he was checking my back out, he commented to me that my spine was pinched were the nerve goes to my right kidney and told me that if that continued, my Kidney might die. He easily put the bones in their proper place and gave me a slip to return to work. His charge was \$8.00 back in 1976. I went on to put 30 years in that factory and never had arthritis. To this day, we have no family doctor. Our only Dr. is our Chiropractor of 34 years. Our children have never seen a doctor other than our Chiropractor.

My battles and experiences with medical and dental have educated me well. I have attempted to restore and correct the past damages from my life when I didn't know what I was doing, since I had no one to help me, no one to ask. We by far, do not have all the answers. At best, we only have our non-professional opinions. We have seen plenty of people become healthier; and plenty of people continue the way they were and succumb from their habits and environment.

I have always told people that information about products with no sources is worthless information. When I read or discover something that I think I might need for better health, I try to make it; and each time I make it I try to make it better. As I learn, I apply it to all we make, so all is subject to be made better as time goes on.

Everyone can have better health; they will get as much value out of life as they put effort into it. No one can do it for others. Each has to understand and apply at their own level. We often must learn from our parent's mistakes and try to teach our children better. Please feel free to write any question you might have about health or products. Please do not write about drugs used, etc. Symptoms and descriptions with as much information such as age, male/female, how many children, diet, drink, etc. helps paint a picture.