

The School of “*Self-Applied*” Prevention

February 2011 newsletter

(Free if you signed up in December, otherwise \$2.50 per month for all back issues ordered)

Greetings there were close to 1,000 people signed up for the free newsletter, so this will be a pretty big adventure for us to print and ship so many pages of paper. I hope to have everything covered by the end of the year and then if anyone has further need, we can condense the newsletters and see if we can have them printed into one booklet. We shrank the questions and answers because of so many pages needed, but I want to keep the newsletter print large enough to make it easy reading. One of the most asked questions has been about GMP – good manufacture practicing. GMP has always been around and enforced in all commercial corporations dealing with the public and many such rules exist if these companies want to ship out of country. With herbs, this simply means every herb restricted in various countries are all taken out of formulas so the company can pass their test and have freedom to ship anywhere they want. This usually also means they radiate their products and dilute them so much, that no one will experience results, thus they receive no complaints back or to the fda.

These commercial sources are suppose too sterilize every product, every table, everything the herb comes into contact with. They are suppose to write down where every herb came from, who raised it and “why” they chose to use this herb and if mixed with any other herbs, write down “why” and make this info available to the government. They are required to have lab personal testing their products constantly and being able to identify and prove every herb used and most of all, the government wants to know why the manufacture has chosen such combinations. Why? It is intimidation, the moment the reasons are written down on paper, then anytime the government chooses, they can say the manufacture is practicing medicine; this is no different than the way the government shut down doctors and herbalist back in the 1940s-50s and burned their books and threatened people to stop doing the natural methods. Today if you buy herbs of \$1,500 value from the country of Canada, the government wants your tax ID and know “where” and “why” these herbs are being transported, what their purpose is for. The government in July 2010 enforced more testing laws on all commercial made capsules, none of the extra testing helps the product, it is designed to put the small companies out of business and then the large companies can control the market and raise prices. Recently if you want to buy a new \$20.00 cap m quick capsule maker for your home that makes 50 capsules at a time, the

government told the company to acquire your Picture ID before they can make the sale, stating that people seeking to make their own herbal capsules might be making dope instead; again, just more and more intimidation. Even further, in their rules, they tell you how to keep your grass cut, your parking areas, etc. and commercial sources try to comply so they can keep in good standings with the government and freedom to sell world wide. Luckily we civilians outside the corporations still have the right to make and sell homemade products, we are still restricted by the ever rising shipping cost, designed to keep small business products local and forever struggling to make a living. If you notice the larger herb companies are entering the U.S.A. and buying up the small herbal companies and then you see them sell little 4 and 8 ounce bottles for huge prices, often over \$50 and the freedom to say anything they want, usually claiming they are the best and their products are so potent only a little is needed to cure this and that. These large out of country companies usually are GMP and sell such diluted products that they never seek the returning customer, they make such huge profits from their 1 time buyers that they could care less if no one benefits health wise. These companies almost always use electronic machines that make herbal formulas in hours and not months or years like the original herbal methods of years ago. They do this because they were trained in such methods at colleges and learned “marketing” skills. In our humble opinion, marketing skill is a fancy name for learning to say any lie it takes to make your sales quota so the boss doesn’t fire you.

My opinion is real herbal formulas need to be made the way they were back when their reputation as a good herb was created, not in some electric machine that spits out as much as they want with the touch of a button. It is a fact; the finest liquid herbal formulas are at least 12 years of age and Dr. John R. Christopher and Richard Schulze tried an herbal formula that was 100 years old and stated it was the finest formula they had ever sampled. It takes a huge collection of herbs to have herbs that have aged. Back 10 years ago, David Christopher son of Dr. John and owner of the school of natural healing told me I had the largest herbal collection in private hands he had ever seen and that was along time ago! My collection has tripled in size since those days. I often make herbs 2-3 years in advance when possible. I have many well over 12 years old. Why are liquid herbal formulas better with age? Simple, the human body requires extremely small plant minerals that can be used by the blood stream and easily pass through the very small kidney cells, as liquid herbal formulas age, their plant minerals continue to dissolve and become smaller, this is why you see sediment in fine made liquid herbal formulas. When made correctly, they will be better with age. Even with this fact, I always tell people to empty their bottles, because if they spent the money,

they need to consume their products, because in the bottle on the shelf, the herbs are doing no one any good.

I personally started making herbal products for one simple reason; I could not find decent made herbal products anywhere, from any source I could find. Every current book has been written so badly by authors “hired” to sell products for the manufactures that write the paychecks that I soon seen that I had wasted many years and lots of money trying all the new gimmick products. I today won't waste my time on books written after 1950 and find the best health books written between the civil war era and 1930's. Our herbal formulas are made the old way, which takes a lot of time and effort, the 2 things no commercial source will spend on and that is why I stopped buying all herbal and vitamin supplements a good 10 years ago and read the books, took Christopher's master herbalist schooling and kept reading and have acquired a huge collection of old herbal and medical books. I have taught myself, because after putting many years in the factory and becoming very ill, not one doctor other than my chiropractor and dentist would tell me the truth about anything that had to do with my health. I discovered there is no place to turn to, no place to go when ill. For some years I have been building my own therapy rooms to take care of myself and pray we never need to go to a hospital for an accident that does more damage than I can deal with. My wife has always known that if I am in serious condition, give John Keim a call. Learning to care for myself, has taught me to seek answers from old sources, back in the day when money was not the only reason for making the book.

It is a fact, what worked for health many years ago, still applies today, we are mammals created by God by design. The more we follow the original design, the less health problems we should have. Many environmental problems we can't avoid, but we should still be the healthiest when compared to people that don't care about their health and rely on others to medicate them. I will now attempt to write the basics somewhat in order of importance.

God

Humans need to understand who they are and that God created all, including them and to trust God foremost and always regardless what trials or hardships they are going through. Each person's path should be easier as they learn and trust. Knowing God removes the fear and this is the most powerful path to living well. Fear will destroy all health and nothing can counter the effects of fear. The health field today is so competitive that they are trained how to install fear into patients so the patient will agree to most any treatment and rarely given time to return home and think about it. Every good car salesman knows you never allow

the consumer to leave, because odds are they won't be back and this is no different with medical, it is an art in "fear". When the Dr. tells the patient they have cancer or some devastating disease that requires treatment or operations immediately or surely they will die, the patient slumps down as fear strikes a terrible blow to the nerves that then never rest and actually makes the person loose muscle while they sleep. Fear is the number one enemy and knowing and trusting God is the only solution that gives peace in all situations.

Sunshine

Life can not exist without sunshine, the burst of minerals from the burning sun eventually enter earth's gravity and flow around the upper atmospheres for years where bacteria eat upon these minerals along with the sun's radiation and eventually fall to the earth, where the fungus in the soil continues to eat and break down these minerals until the trees and plants can make use of them. Every sick human that stays up at night with breathing problems always prays for the sunlight, because as the sun shines upon the face of this planet, the earth's fungus returns back down into the soil and we breathe easier. Living in low lying areas such as valleys or on hills where the sun does not shine well, are not the healthiest of places to live, while the original farmers all built their homes on the hills where the sun shines daily through the winter months and the hot summer nights the fungus doesn't rise high enough to effect ones health.

When people speak of vitamins, they usually have been greatly misled. Back in the 1920's a couple of doctors created the vitamin industry. A true vitamin is the "life" of a fruit or plant. When you pick a fruit, it takes about 7 minutes for the life to drain away and the only life left is in the seeds. If we followed nature and only ate of the wild fruits and never stored up food, then we would be eating life providing foods every meal. Since most diets lack fresh picked fruits, we do not consume a lot of vitamins from plants. Luckily just like the plants, we make our own vitamins, our own life. Our skin does this when exposed to sunlight. Our body will make all the vitamins / life it requires when exposed to natural sunlight. The largest mistake people make, especially sickly people is to cover up with clothing and avoid direct sunlight on their entire body. Dr. Christopher suggested people with cancer walk with as little clothes as possible and when possible, remove all clothing and bend over and touch the toes, why? Simple because for most people, much of their body never receives direct sunlight and thus they are lacking in the abilities of their skin to make all the vitamins required. Nothing is stronger for mammal health than the warmth of sunshine.

Air

We are what we breathe more than any other substance. Our air contains water and minerals, but most of all, the very oxygen that gives us life. We are only as healthy as our last breath. The quality of our air supply is most important. The ability of our lungs to process and expel used air along with toxins from our blood stream determines our quality of life. We should seek open air as much as possible. Many authors have suggested all illness created by toxins comes from the home, more specific, the bedroom, the place people spend more time than any place else while on earth. Our air changes with each pollutant added and with each tree removed and mostly influenced by the waves of the ocean and the termite. Without termites no life could exist on earth for humans. In fact, our air is a very delicate and most magnificent system. Science suggest that a human adapts to air quality and if a human was to appear on earth today, that was use to the air 10 or so years ago and tried to breathe, they would suffocate before they had time to adapt to the decrease in air quality. True or not, we need ample clean air and more important, healthy lungs to make use of it. Air pressure plays a role in human health, by living in air tight homes when the winds hit the side of the house, the air pressure changes within the home and this “difference” can greatly influence the human lungs in a negative way. Open windows, even if cracked just a little, helps avoid this problem. One great M.D. in Toronto along time ago, believed this so much, he removed his bedroom window year around. A person with healthy lungs will have powerful muscles in their abdomen. Deep breathing and even coughing strengthens these muscles.

Water

Human tissues have more water than any other substance that is consumed. Our air has a lot of water and is rock mineral free, until it enters the ground, there it absorbs not only rock minerals, but most anything it can. The water closer to the surface is loaded with current day pollution, while the deeper older water normally has a lot of bacteria often called rust. This rusty water is clear when it comes out of the ground and once exposed to air, the bacteria blooms and turns everything it touches red. Water below limestone is often heavy with lime. Many years ago they used chemicals in the great lakes, until those chemicals turned up in ever water well in America. Water books suggest that scientist can find up to 70,000 combinations of common every day pollutants from rocket fuel to contraceptives in most all well water coast to coast. Virtually every chemical man has used, has ended up in the water table. Cities have adapted to this water so much, that they don't mind getting water from rivers and lakes; they believe adding more chemicals can solve everything.

Water that rains down was once ground water. It evaporated and went into the sky. This water has no rock minerals from the dirt. This water would be harmless if air pollution was not present. The other liquid that is rock mineral free is fluids in trees. The tree root bark is thick and restricts all rock minerals that have not first been dissolved by friendly soil bacteria. Then the tree further processes this water and eventually ends up in the fruits, where the sun works many months to finalize the proper mixture of water, organic minerals and sugars. This water in all sweet fruits is what humans thrive on the most and restores health quicker than any other food source. Why? Because these extremely small minerals are used by the human blood stream for daily functions and then easily are processed and expelled through the kidneys, causing no stones or accumulations. This is the difference between rocks and organic minerals. For plants, the deepest rooted perennial plants are superior, because their mineral sources are the most organic or "fine". The annuals grow fast and absorb too large of minerals, these annuals often are used for their flowers in herbal health. The vegetables on the other hand often have one problem; you don't find them in Nature. Rarely can we find a vegetable growing in the woods that resembles those grown in the garden. The wild carrot is the easiest to find, but no one would eat it, same with wild onions and garlic. The wild strawberries are excellent if you have time to pick the little berries. Most gardeners know this, if the soil is not rich in natural or artificial fertilizers, these man created varieties of vegetables will not thrive and parasites will often appear to destroy the plants. This is nature at work, seeking to remove "all" that is not "natural". These man created vegetables grow so fast, they absorb large rock type minerals and the soil fertilizers and parasites love them.

Every mother knows little children can't stand raw vegetables; they have to learn to like them and often cover them in salt. While most need to be cooked and smothered in butter or seasonings before anyone would eat them. Nature is trying to tell them there is a problem with these annual modified plants, but humans living too far North for there to be abundant tree fruits, have made vegetable gardening an art of its own. Hundreds of cookbooks exist on how to season and cook the foods we naturally can't stand to eat. While the sweet tree fruits need no kitchen, they are edible right off the tree or vine and this is Nature telling humans what is naturally good. In fact, food is this simple, the more we work in the kitchen, the more the food was not natural to begin with. The Bible story of manna explains this well; all foods that need stored, will rot and not be good for human health. No matter what we do with a food, the fact remains, once killed, bacteria will consume it, until it has returned back to the soil. Freezing, drying, canning will slow the bacteria down, but never stop them.

The minerals in our water and drinks are very important for Kidney health and our Kidney health determines our total health. Those that live on fresh tree fruits would need no additional water their fruits are loaded with perfect water balanced with minerals and sugars. Those that need water need to distill their water first. Water boiled dry in a large pan, exposes the minerals that accumulate and cause aging, while many of the very toxic chemicals such as arsenic, mercury, etc. will be released back into the air as gases. Electric water distillers are automatic, while non electric water distillers must be watched, because if they boil dry, the heat will ruin the metal containers. The most common non electric water distillers are basically a pressure cooker. A rubber hose is connected to the steam discharge and ran into a coil if possible or the hose ran into a bucket of cool water, so the steam inside the hose will return to water and then drip into a collection bucket. The only non electric water distiller I know of on the market is sold by Waterwise out of Florida. The distiller sets on the cook stove and needs a good strong fire to boil the water. This often works for the winter months, but not suitable in the hot summer months. I have heard of a few that traps the steam from maple syrup making, which is excellent, but also a short time supply.

Animals suffer equally, but since most don't live so long, few farmers are concerned with their water. Yet, the animal meat will have these accumulated in-organic rock minerals within and enter into those that eat the meats. Same goes with the parasites. Distilling water for animals would be a hard job. Since the animals graze on pasture where daily fall out of pollutants land on the grass, it would not make sense to even bother trying to make the animals clean with pure water.

I consider there are two obstacles the average family fails to correct for prevention or treatment of their diseases; this is cleaning up their water supply and their dental work. Once these 2 obstacles are over come, everything about health is relatively simple and mostly can be corrected via diet and habits. No amount of herbs will correct water minerals and dental metals accumulated in the body as long as they are still entering the body 24/7. Herbs will treat, but never correct these 2 problems. This is why I have for years suggested to everyone, to be dental free and have clean water well before age 50, otherwise so many after ages 50 just say it's too late for them and won't make the efforts for money reasons or just too tired and ready to give into disease.

Children after age 18 months, weaned off all milk, will thrive on tree fruits and fruit juices; all other foods will have to be adapted to and the body struggle to remove them. Vegetables are better than any commercial

boxed foods. Vegetables are second to tree fruits for human foods. Vegetables tend to have a lot of parasite eggs and attract parasites within the body, so extra parasite herbs are in call for the vegetable eaters, while tree fruits in general are anti-parasite. Sweet tree fruits also produce alkaline results, while other foods produce acidic results.

All water filters fail to remove toxins like arsenic and gases that have collected in the ground water. All water filters collect waste and bacteria eat waste, killing this bacteria only produces more food for more bacteria. All water filters are dirty minutes after use. If water filters are used, change them every 30 days or less and no water filter even comes close to distilled water and nothing is more perfect to drink, that fruit juices made from fruits of the tree. All bottled water has solvents added, they are not an option!

Dental, stomach, intestinal, colon health will be covered next month.