

January Questions

February 2011 Newsletter

Disclaimer, answers are **my opinions only**, not meant to diagnose or use for treatment. These answers are not medical qualified answers. Only qualified professionals that personally examine patients can make a diagnoses and treatment plan. I am not medical trained and all statements are nothing more than my "beliefs" based on what I have chosen to believe and all statements are my Guess's based on given subjects and limited information supplied. I do not see, treat or diagnose individuals; I do not take phone calls or otherwise have contact with people seeking information on their health. I suggest each person locate a "good" chiropractor that they see monthly and he can advise them in person of their professional needs in family health. This wide variety education is not "professional" and considered herbal and general understanding of bodily functions. Keep all herbs out of the reach of children. All women wanting to become pregnant or pregnant and nursing mothers should use herbs with caution. Parents should use all herbs before considering them for children. Reading herbal books for general herbal wisdom is wise.

Suggested products are bold printed. Note: constipation, nutrition and lack of circulation usually are a problem before any sickness appears. Suggested products are only listed as ones that are more specific to the symptoms. In every case, the goal should be total health and not just treating a symptom. For adults the **ALL "N" ONE KIT** will be suggested often as the cheapest herbal method that covers the most problems that herbs would be chosen for. This kit consist of:

Part "A" Lower Bowel Balance

STOMACH / LIVER / INTESTINE / COLON "STRENGHTEN"

Ingredients: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia herb, Red raspberry leaves, Turkey rhubarb, Fennel, Goldenseal root, & Olive leaf.

Suggested Dose: Treatment- 8 capsules per day for 30 Days.

Prevention-1-2 with each meal as needed.

150 ct 00 Veggie-Caps - **Designed to take monthly for life.**

Part "B"

Normal or Adult Strength (1 or 2 bottle kit)

Cleanse and Nourish

Anti Parasite Herbs - 4 parts / Hormone Assist Herbs - 1 part / Iron - 1 part / Calcium - 1 part / Kidney - 1/4 part / Pancreas - 1/4 part / Heart - 1/4 part / Prostrate - 1/4 part

Suggested use: Pre-Cleanse - 1 tablespoon morning and night for 30 day. (2 bottles per month)

Prevention: 1 tablespoon daily (1 bottle per month) **Designed to take monthly for life.**

Part "C"

Normal or Adult Strength

Liver - Gallbladder - Cardiac - Vascular - Renal Cleanse and Nourish

Suggested use: Pre-Cleanse- 1 tablespoon morning and night for 30 days (2 bottles)

Prevention: 1 tablespoon daily (1 bottle per month) **Designed to take monthly for life.**

HERBAL SPRAY A

Suggested directions: (3x daily) Apply liberally to the wrist, elbows, armpits, all joints and muscles that ache. Spray 1-2 sprays in the mouth morning and night or as desired. Close eyes when spraying the face.

Designed to take monthly for life.

Ingredients: Minerals both Earth / Ocean, Tree Iodine, Olive leaf, Heart Drops, Mullein, Lobelia, Kidney/Pancreas formula, Apple / pineapple Cider Vinegar extracted in grain alcohol / distilled water with essential plant oils.

HERBAL SPRAY B

A spicy version of the base Spray A, designed to increase circulation to all areas sprayed. Avoid the face and all tender skin. Suggested use: spray daily all joints, spine, hips, etc. that hurt. Spray, wait 5 minutes and spray again for long lasting / best results. **Designed to take monthly for life.**

Ingredients: Same as Spray A, with; Burdock Rt., Cilantro, Yarrow, Willow Herb, Desert Parsley, Cabbage, Black Walnut Buds, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark & Buckthorn herbal extracts.

Diet

In this newsletter and answers you're going to read a lot about diet and most all humans often don't like reading about foods that they don't agree are harmful in anyway to them, etc. Keep in mind, when answering or explaining health questions, diet is the largest subject and the more sick a person is, the more important their diet becomes, because the wrong diet can make their situation worse or stop their treatment from being successful. Diet is as simple as chewing your foods well, enjoy every bite full with great pleasure and seek to consume the cleanest water you have available. Never get upset over your diet, because stress and anger will cause illness. Always keep an open mind and if you decide diet change would make a difference in your families life, change slowly, because you will never get people to agree when it comes to food and drinks. Those with certain diseases that are a result of wrong foods, they need to change, because they have reached a point in their life, they can no longer consume and expel what they have eaten properly and the accumulations have become food for parasites and their health is starting to decline. Prevention is always best and the cheapest in the long run, but

be patient with change, don't force change on anyone but yourself and allow your changes to be your testimony. Please do not get upset or disturbed when you read this or that about certain foods, no 2 people are alike. All information in this newsletter is "general" for all and not diagnosing or suggesting any particular person do anything more than what they as adults choose to give a try.

Arthritis / Rheumatoid

Rheumatoid arthritis (RA) is a chronic inflammatory condition; it is an autoimmune disease, in which the immune system attacks the joints and sometimes other parts of the body. The symptoms of R.A. are characterized by stiffness and inflammation of the joints, loss of mobility, weakness, and deformity. R.A. has been linked to the high consumption of fat, particularly animal fat. This disorder is linked to the improper diet and lifestyle, which affects the immune system. When these changes were made the symptoms of R.A. were lessened a great deal.

Arthritis / Osteo

Osteoarthritis is commonly known as the arthritic disease that tends to develop when the linings of joints no longer maintain their normal structure, which leads to pain and decreased mobility. It has been known by many as "wear and tear arthritis. The symptoms are joint pain and decreased mobility or stiffness. Many just feel like they are getting older or it is commonly related to aging illnesses. Many herbalists and natural physicians relate most of the different forms of arthritis to the diet and lifestyle of an individual. The body does not have the proper building blocks, such as whole foods, whole vitamins, minerals, active enzymes, whole food protein, etc.; thus, joint overall joint health suffers.

Arthritis / Gout

Gout is commonly known as a form of arthritis that occurs when uric acid crystallize and accumulate in joints, which then leads to the sudden development of pain and inflammation. Gout sufferers tend to either over produce uric acid or are less efficient at eliminating this toxic substance. The improper diet and lifestyle can lead to uric acid problems.

The above four versions of Arthritis are typical examples of what a lifetime of wrong foods and habits can lead to and worse yet, cause less healthy children to be born and they often get these diseases at an earlier age with each generation. Hopefully over the 12 issues of the newsletter, I can spell out "why" this happens. Once explained, everyone will have the capability to become their own physician. They will understand how they became sick and what the cure is. If they choose to ignore the foundational causes of ill health and refuse to correct the problems naturally, all of which cost is cheaper than normal everyday living and cheaper than one day in the

hospital, then they will need to see their doctors and not like reading about diet, habits and reversing diseases by expelling the waste and feeding the human body properly. Operations and medical doctor's visits are not options for those willing to LIVE WELL.

To save space and postage, these pages will be "squeezed" down tight.

BABY / teething / colds / sleep

Question: How does teething and having a cold connect in babies? Also is there anything out there to give to babies while teething other than Tylenol so the baby sleeps better, not to mention the parents too. The un-damaged baby will expel all non baby foods that enter its body, including toxins breathed in or absorbed through the skin. The damaged baby, like damaged older humans, will simply accumulate waste until the body is forced to cleanse itself (disease) and expel the waste. The teething connection: The human blood system seeks to expel waste anyway it can. Example: the common scab formed from a cut is waste matter expelled by the blood. A person with very clean blood will heal a cut without the "puss" scabs that often also leave scars. ALL teeth are set in a socket that is fed by blood. As new teeth push through the skin, not only is like a cut, it also opens the blood system to push up and out (leak) waste at the sight of the tooth and in the same, it opens the blood system to invading bacteria to seek to enter the blood stream at the tooth sight. This is only ½ of it, by the time a baby is teething, he/she is also old enough that the parents have been introducing wrong foods and baby is getting around touching every toxin and being introduced to limitless new bacteria and parasites of every known form for the first time.....add this all up and you have a new little body attacking these invaders/parasites and expelling them at a rapid rate. The healthy Immune system will kill, dissolve and form protective mucus around this unwanted material and seek to expel it. Ideally out the bowel and urine. When over loaded (over fed) there is too much waste and a primary elimination channel, is the lungs by exhaling waste out the used air. This creates the all too common cold or lung congestion. Trying to kill this excessive bacteria / parasites with herbs or drugs does not follow Nature nor does it stop the foundational causes. When the situation is too far gone, then herbs can do wonders, but ideally prevention is superior for baby and family. Baby is designed to consume only mother's milk till age 18 months. If another food must be introduced, it should be sweet fruits from the tree or vine and eaten in-between feedings and not with milk. Baby can not be healthier than the milk it was fed and all milk contains the waste the mother's blood expelled each day and baby must deal with all the poisons in that milk. If the milk comes from a goat, cow or commercial source, it only forces baby

to adapt even faster to this toxic world. If mother is not in absolute health with healthy milk, baby will also suffer greatly. If drugs, vaccines and other none baby substances were introduced to the baby, the baby must adapt if it is to survive. The only logical answer is for mother to be in superior health and have more than enough daily intake of plant minerals to support her health and then the health of her baby through her healthy milk. If this is planned for and achieved, baby will need no supplements for the first 18 months of life. There will be no colds or teething problems. Baby will not be over loaded with waste and can expel daily out the bowel and urine successfully and not experience what we call, "sickness". Mother's milk needs the proper essential plant based minerals such as; Iodine, Calcium, Iron, Magnesium, etc. in a proper ratio of natural sugars. Human babies are not designed or equipped to process and assimilate goat milk, cow milk or sheep milk, doing so is only an option when the mother is sicklier than the animals. The animal milk will introduce a new host of parasites, along with wrong ratio of non human cells. Unless the baby is too young, fresh fruit smashed and strained is a better option than animal milk. Vaccines and drug use alters the baby for life, those babies will need more help than herbs can offer. All over counter drugs have side effects, especially in babies and not an option for those that have planned for their pregnancy. Ideally the mother planned her pregnancy correctly and mother and father were in good health before the pregnancy. The mother supplemented during this pregnancy with enough plant minerals and proper diet and exercise to maintain her health and baby's health. Upon birth baby receives mother's new milk and NEVER milk from a mother that was still nursing babies that were born too close together. If she didn't wait 3 years in-between, her milk and her health will be too inferior to produce a disease free child. Her inferior health and inferior milk will starve the baby in many ways. Cow / goat / formula along with drugs and vaccines will only create one disaster after another and eventual decay of teeth and skeleton. Even though considered "normal" by others that didn't know any better; too many babies will pass on unexpectedly or be too sickly one day to produce a healthy family of their own. Prevention is superior; each mother-to-be should stop and plan her next child. For those that didn't prepare, was not aware and coping with all the problems with their baby; herbs can supply some help.

The teething age baby

What we call **Baby Calm** is a Catnip / Fennel herbal extracted blend preserved with plentiful sweet plant and tree minerals. We raised our boys on 5 gallons total from birth to age 2. While I have seen others use 10 gallons by age 2. Basically, giving daily right before nursing or add to the bottle. This formula supplies a lot of plant minerals and sugars that mother may lack in her milk. Ideally mother is also taking 12-21 **Women's**

Wellness capsules or powder equivalent daily to help supply her own blood supply that milk is made from. Mother's colon and elimination organs need to be working properly, or her baby's won't either. If mother eats gas forming foods, baby will suffer greatly with gas, etc. It is sad when baby becomes constipated, it only happens when wrong foods or substances have been allowed to enter the body. This is such a problem today, that the number one baby product modern mothers seek are to help with baby's constipation. I took the **Baby Calm** formula and blend in the herbs known to help with baby's constipation, such as Turkey Rhubarb and call this **Happy Baby**, because when a baby has a bowel movement the entire family is happy to have peace and quite again. No baby formula should act fast, they should never be harsh or too stimulating, if they are, they are too hard for the sensitive little baby's body to deal with. The **Baby Calm** used daily is a great preventive and **Happy Baby** should only be used as needed. These formulas supply plant based minerals such as tree iodine, calcium, iron, magnesium, etc. from natural plants and trees. The more mother supplements her own health, the better her milk will be and the less supplements baby will need.

Sickness

Olive leaf and Echinacea flower are two of the safest known baby herbs used for prevention and sickness. We make a formula called **Olive Leaf / Echinacea**. We used this as prevention and first when baby started to have any signs of problems. We also used a diluted pure **Oregano Oil** formula I call **Oregano / Sunflower oil**. This diluted **Oregano Oil** is very powerful germ killer and circulation enhancing. For babies, only 1 drop is used per day diluted further with milk and must be kept away from all children and accidental spillage, because all oregano oil is very spicy like hot cayenne. If baby starts to come down with a real cold, we then change to what we call **Maximum Restore**, using droppers as needed through out the day. At night time we used Skinner's Salve on the feet and put socks on and then a little on the inside of the night shirt so the vapors can be smelled while sleeping. I also highly recommend daily Spray of what I call **HERBAL SPRAY I**. Spray in the room and over the entire body while sleeping is ideal or while holding baby on the lap, spray into the air direct above so the spray falls down on mother and baby. Apply as needed directly on the chest. We use more of **Spray I** than all the other sprays we make combined **Spray I** is universal for every ailment and prevention or treatment I can think of and the more used, the better it works. I have sprayed my face and neck every night for the past 2 years with **Spray I** and for the first time in my life, my eye glass prescription was reduced. If baby is sick enough to need **Maximum Restore** and Skinner's salve, then the milk supply is the problem under normal circumstances. If it becomes bad enough, we stopped all milk and filled the baby bottle with **Red**

Raspberry Tea sweetened with Honey, Maple Syrup or Sorghum Molasses until the mucus / chest congestion stopped and then returned to milk. If during this time, baby has difficulty sleeping and wakes up around 3 a.m. with croup, we would use the steam from hot water along with a product I call **Air Restore**. This is a mullein / Lobelia tincture, which is a powerful tincture suitable for adults and all lung and breathing problems. It is also a must have herbal formula whenever the person has consumed any food or substance that caused the throat to swell, such as those allergic to certain foods. The child with bad croup can be given a dropper at a time as needed and ideally the problem should stop when the sun rises and mother should do everything possible so the croup does not develop the following night. We never needed stronger herbs than these for baby health and treatment. Our children have never seen a doctor other than the chiropractor that has been my only doctor for the past 34 years. Our children saw this chiropractor many times while in mother's womb and day three after being born.

Warning: Mother's that take herbs and not drugs, will have different health than mothers that take drugs and have operations. Their children will be "different" as well. Mother's that take herbs will have babies that don't mind growing up on herbs. Use caution always with baby's health. After all, they are little baby's, treat them that way, with tender loving care. Never experiment with their health. A happy baby makes for happy family. Do not use drugs of any kind to stop their cries, listen to their cries and supply them what they need to make them happy again.

BACK (Degenerative Disk)

Question: **Is there a cure for Degenerative Disk? I am 59 and have had this problem for 15-20 yrs. I try one treatment, then another- it helps for a while then it's back again.** It takes years to do such harm to the bones. Women will notice the problem worse because of having children and not supplying enough plant minerals to maintain their health. Both men and women will start having these and many problems by age 40 and ignore the symptoms until age 50+. There are many reasons for this problem, but diet is the main reason it happens. The calcium is said to be 600 x too much in the body before ill health is noticed. This calcium exits the bones and builds up on the outside of the bones and can start easily by age 20 and seen by x-ray of the ribs and spine. This calcium build up is what makes us old and stiff. The number one source is from hard water and all in-organic lime sources in the diet. For the woman, when her menstruation ends, her body will expel waste into the bones which accelerates this problem in her 50's., known as arthritis. This and many such subjects will be covered in the up coming newsletters, because they take a lot of space to explain. Stopping all sources of lime and correcting

diet with proper plant minerals is most important. The entire body needs restored starting with the bones. It can be done by those willing to reverse the process; that lead them to this point. It took many years to get to this point and only when the circulation is restored, will the bone and tissues renew themselves. (Products- **Spray III, BF&C capsules / Tea and ointments, ALL "N" ONE KIT.**)

BACK / disk

Question: **I have a severely narrowed disc. What can be done? Someone suggested microscopic surgery. Has anyone had success with this type of surgery? I am 43 yrs old.** At age 43 you have lived along time; odds are, your disc was not born that way, but deteriorated from a lack of proper plant minerals and circulation or possibly damaged a little from a minor accident. In either case, no surgery can correct the situation, the knife and drugs will only treat the symptoms and create tissue damage and scars and hopefully not cut nerves. I suggest seeing a good Chiropractor weekly for as long as your back hurts and once monthly for at least 2 years after all symptoms are gone. Your back will hurt for as long as you ignore the signals, because your entire body needs help, not just 1 disc. If a bone is hurting, then all the bones need aid, because your body must be treated as a whole and not 1 piece at a time and for this reason, all surgeries have problems. The best medical surgeon in North American history wrote a book stating that all the operations he had done were not needed and he learned how to cure all diseases using diet and stopped using all drugs, never operated again and cured the next 63,000 patients in his orange juice "fasting" clinic. The cure he proclaimed was teaching people proper diet and habits as the method to become your own physician. (Products- same as above, + lots of **Spray III**) Operations can not be "un-done". No operation can avoid the next illness caused by wrong diet and habits.

BALANCE / age/ equilibrium

1. Question: **4 ½ yrs ago I lost my balance and fell backwards hitting my head on the blacktop. I have a stiff neck and nagging headache most of the time since. So I wonder what you would recommend? I am 86, male.**

2. Question: **What causes dizziness?**

In every case always find a good chiropractor! The older we become, we need to see a chiropractor monthly, I know some people that starting in their 80's they would go every 2 weeks and lived well into their 90's. Such a fall easily can move the skull plates and only a "GOOD" chiropractor can manipulate the plates back into place and often the neck and entire spine and hips go out of alignment. **Equilibrium** - Dizziness can be caused by

constipation when pressure causes the nerves to become impinged. There are many other reasons for dizziness such as the menstrual cycle, an injury or a fall on the head, compacted sinuses, or blood pressure problems. One vulnerable area in the human body for this "hardening of the arteries" is found in the brain. Regardless of how intelligent an individual has been in the past, when the arteries in the brain area become hardened there is a resulting slowness in thinking, loss of memory, headaches, dizziness, dimming eyesight, paralysis, and one of the saddest conditions of all - senility. Often a person will fall backwards and be dead before their head hits the ground; this is a result of a burst adrenal gland as the heart stops dead. In all cases it has to do with "circulation". The cure is always to restore circulation back to the effected areas of the body. The chiropractor is a must do. There are many other reasons, anything that has been a toxin and accumulated, parasites, and loss of human lecithin in the circulation of the arteries and nerves and as well, the brain which is half lecithin. Surviving the fall gave you an opportunity to live and hopefully reverse some of the problems and live well all your days. Correction of the blood flow is essential. Herbs and foods to thin the blood and supply the essential plant minerals would be the first steps as far as diet goes. **Lecithin** three tablespoons daily can be mixed with first pressed olive oil, coconut oil, etc. as desired will start to cleanse out the gallbladder, then the arteries and veins as it helps limber up the brain and insulate the nervous system. Taken daily for the rest of your life is the cheapest thing. The **Lower Bowel Balance** capsules 4-8 per day for the next few years to try to strengthen the elimination organs. **Spray I** on your face, neck and entire body daily and **Spray III** on your spine, hips, chest and anything that hurts, but avoid tender skin as **Spray III** has some hot spices added which makes it increase blood circulation. In all, the **ALL "N" ONE kit** covers these products, but if you went that route, I would suggest the **double kit, Hormone Capsules, Pica** and extra **8 ounce Spray I and 8 ounce Spray III** and if I had the problem, I would take plentiful herbs and see my Chiropractor every week until the problem was over. The other herbal option is what we call **Longevity Spices**. Drinking 1 gallon every month for the rest of your life, with 4-8 **Lower Bowel Capsules** and 1-3 tablespoons of Plant **Lecithin/LG Cleanse** pretty much does all herbs can do, especially if you choose the **Adult Longevity Spices** that has added adult de-wormer herbs. If no herbs can be avoided, I would buy 1 gallon of **Lecithin** and correct the diet and habits the best I could and eat all the garlic, onions, peppers and cayenne you can tolerate, along with washing the entire body daily and as much exercise as possible. Consume ¼ teaspoon weekly of Epsom's salts in a large glass of water for the rest of your life. Try not to worry and enjoy all you do, every day. Expose your skin to the sun and air; always seek a suntan whenever possible. Our skin makes the vitamins we need, when

exposed to a lot of sun. This is why people that move to Florida often live 10 years longer than us people of the North. You need to be more aggressive at correcting the problem and not allow it to continue if you're to be successful. Remember, "if" you don't use it, you will lose it; so get out daily and walk and enjoy life. Play with the children, they will naturally exercise you!

BLOOD PRESSURE

Question: How can we use diet and herbs to regulate blood pressure?

High Blood Pressure: There is a thickening of the blood from catarrhal and excess glutinous and fibrinous matters loading the circulatory system. Generally there is a clogging of the bowel with putrid body waste, making it necessary to cleanse the excretory systems in order to purify the blood. The Kidneys must be clogged before high blood pressure can result. Normal blockage occurs from drinking hard water loaded with inorganic metallic metals such as lime and iron. All commercial vitamins and drugs made with metallic substances can clog the kidneys. Colloidal silver and all small metals are very harmful and destructive. As long as the kidneys are clogged, the heart must work harder to push the blood through the kidneys. As the kidneys have failed, the other organs and the skin will take over the work of the kidneys. The heart is normally the last organ to fail. Congestive heart failure is the end of an entirely constipated body. Circulation is KING. Nothing is stronger than proper diet and habits. No supplement can counter a lifetime of abuse to the kidneys and entire body. Cleansing the kidneys and body of metals, lime, iron is most important. All bad fat and anything that burdens the heart are the basics for anyone that really wants to have a good heart. Wrong diet forces the stomach to produce a lot of acids. These acids must be neutralized or they will enter the small intestines and burn the tissues causing scars and thickening the intestinal tract. Once these acids leave the stomach the blood system comes to the rescue and uses blood calcium to neutralize the acids, which then affects the heart. The best natural cure was founded by Dr. Hans Nieper in 1970 in Germany using the common pineapple. I suggest every adult eat one fresh pineapple per week. The king of herbs for the heart is garlic and hawthorn. Taking drugs for high blood pressure is very common. No one should attempt to take themselves off these very potent heart drugs. The Kidneys can process about ½ gallon fluids per day when healthy. Too much Salt is always harmful to the kidneys. Hard water is the number one cause for kidney and total body failure. Many years ago, a famous heart doctor wrote that aspirin was the major reason for heart disease. Avoid all drugs/vitamins of all kinds whenever possible and seek to allow your foods to be your medicines. Low blood pressure and high blood pressure are both due to malfunction of the circulatory system. High blood pressure in many cases works just like low blood pressure.

Cholesterol must be eliminated from the system in order to get the blood flowing more freely. The condition is brought about by improper diet, insufficient rest and exercise and a lack of vitality within the system. Wrong diet has starved the entire body and even worse, clogged the circulation. This needs to be “reversed”. Hard water and all sources of inorganic (non plant) minerals clog the kidneys. The kidneys will lose 85% function before the first symptom of illness is experienced. The clogging of the arteries and veins “force” the heart to pump (regulate) harder, the lungs which work like a “bellows” (pump) harder and as the lungs clog and lack capacity and heart struggles to maintain pressure, the entire body will fail. No drug can reverse a lifetime of abuse. The cure must be restoration of the circulation. This means removal of the rock from the body and restoring the flexibility. This is a huge subject that covers total body health that will be covered in future newsletters. Distilled water, fruit juices and tree/vine fruit diet will cleanse and stop adding waste to the ailing body. All harmful drinks and harmful foods/habits will further the ill health path. Garlic that supplies plant sulfur is a universal herb easily grown that supports heart health and counters all cancers. (Products- **ALL “N” ONE Kit, Heart Drops, Spray III**)

BLOOD SUGAR

Question: **How can we use diet and herbs to regulate blood sugar?**
The functions of the pancreas gland is said to determine blood sugar. Contributing factors are severe nervous disturbances, improper function of stomach, liver and bowels. The common Liver Fluke worms can actually pack the pancreas gland, along with numerous rock type stones and make it so constipated that it can barely function. The pancreas is a gland that worms seem to be protected from the ability of the blood to kill worms. These worms can actually hide in the pancreatic duct where blood cannot reach them and thus the body can't kill them. Symptoms are we feel tired and weak. Usual complaints are about pains in the limbs, feeling depressed and down-hearted, and an abnormal thirst is often experienced. Dizziness and headaches are common. The skin is dry and often itchy. The digestion is often upset, due to the unusually abnormal increased appetite. The eyesight may be impaired or weak. The urine is generally very pale and plentiful. Sugar is present in the urine in more or less quantities. Diabetes is said to be one of the top killers in the world. Pancreatic malfunction can manifest in one of two ways: diabetes, which is high blood sugar, or hypoglycemia, which is low blood sugar. Though they are completely different, they both stem from the same cause, a malfunction of the pancreas. This is a constitutional disease where carbohydrates are not used properly due to failure in the pancreas to secrete sufficient insulin. The body tissue cannot oxidize carbohydrates at a normal rate. This is characterized by excessive discharge of urine, sugar

in the urine, excessive thirst and hunger, and progressive emaciation. Malnutrition and malfunction in connection with a bad pancreatic condition cause diabetes. Normally wrong diet and bad habits lead to Diabetes, while being born with such problems stems back to the parents passing on their ill health. Today many adults are dying from pancreatic cancers / tumors, showing drug use and environmental factors are accumulating factors. Baking soda and aluminum cookware greatly aggravate diabetes. People often try using cinnamon as a cheap method to control their sugar problems. They will discover that taking supplements without diet and habit correction will never solve their problems. Very few ever try to remove their pancreatic stones and worms, which may actually be the greatest and beginning of the problem. In all cases of health, treating just the symptom is going to fail, because the body as a whole must be healthy. Impeded circulation = disease, it is that simple. Worms live on waste or seek to consume human tissues. Removing the obstacles (constipation) and increasing the red blood cells leads to a healthy full functioning body. I call it “weeding” & “feeding” the body, which will be covered in the newsletters as a one cure for all. (Products- **Spray I, Kidney/Pancreas Cleanse, ALL “N” ONE KIT**)

BREATH of LIFE / breathing /pains

Question: **I have a breathing problem and lower back aches, husband too. I am using cream of tartar for yeast infection. I think it helped some also cinnamon, ginger, turmeric, for joint and digestion. Would like to know what to do or use for breathing and back pain.** Cream of tartar is very harmful in my opinion as it would do great harm to the stomach / pancreas and digestion.

Cream of Tartar

Potassium hydrogen tartrate is the scientific name for cream of tartar; it actually has nothing to do with dairy; in fact, it actually is an acid salt. The actual cream of tartar occurs when tartaric acid is partially neutralized with potassium hydroxide. This chemical reaction turns it into a salt. Wine making is responsible for cream of tartar, as this salt occurs as a byproduct of wine. The other 3 spices are fine to stimulate more circulation, but when swallowed, also stimulates more stomach acid production and breathing and pains are acidic conditions caused by too much acid that irritates the mucus membranes which causes cholesterol to form and over worked kidneys to allow acid deposits in the joints. Reversal of the acidic diet would be the cure, while many herbs will help treat the common problem. What we call **Maximum Restore** and **Air Restore** are our best herbs for the lungs and **Spray III** for the bone aches as temporary aids; I say temporary because as long as the diet is acidic, the body will be overwhelmed and circulation poor, which lowers oxygen

levels, which equals tiredness and eventual sickness. Parasites thrive in such conditions. Often many toxins are accumulated within the body from consuming bad supplements or working around toxins. As the body becomes toxic free, circulation returns, restoring oxygen to the red blood cells and the alkaline blood becomes productive of red blood cells that then rebuild the tissues. (Products- **ALL "N" ONE kit** double bottles through out the winter months, extra **Spray III, Maximum Restore, Air Restore.**) Herbs will work 10x better with fruit or fruit juice "fasting" to allow the body to expel the accumulated acids quickly.

BREATH / BRONCHITIS

Questions: **My wife has problems in her shoulder and legs. Seemingly arthritis related has tried a lot of different things with limited success. Sometimes better and sometimes worse.** (See arthritis)

Also our son, 38 yrs old, lives in our yard has a family and is diagnosed with bronchitis. Is on oxygen since April, has also tried a lot of different things with limited success. Bronchitis is commonly known as an inflammation of the trachea and the bronchial tree (acute or chronic). Bronchitis usually begins with a dry, rough cough; often producing little. Acute bronchitis may be caused by viral or bacterial infections. These are the main causes; however, environmental conditions, such as pollutions, fumes, solvents, etc. also contribute to this health issue. This type of bronchitis is often preceded by an upper respiratory tract infection. The second type of bronchitis is known as chronic bronchitis. This ailment may result from prolonged exposure to irritants to the bronchial. Among these are the following: cigarette smoking (second hand smoke is just as harmful), environmental toxins and poisonous fumes, etc. The cells lining the bronchi produce excess mucus in response to the chronic irritation. This lifestyle can lead to many other health issues. Once on oxygen, the lungs have to work less, so they do; because of this, people become addicted to the oxygen as their body learns to work less and what you don't use, will die eventually. Constipation and acidic fluids irritate the membranes that cause the mucus in the lungs that attracts parasites that ends in over 1,000 different diagnosed conditions. The cure is always the reversal of the acidic diet. In this acute condition, I suggest seeing the Chiropractor every 2 week for 2 months and then monthly for life. 100% of all dairy must be removed from the home for the rest of his life. I suggest **Herbal Spray I** on the face morning and night, **Herbal Breath of Life Herbal Spray** on the entire chest many times daily, **Herbal Spray III** on the spine / hips / joints daily. Taking the **All "N" ONE Kit** monthly for years to come. **STOP all bad foods NOW!** Take 1 tablespoon of **Maximum Restore** daily or hourly as need be and keep **Air Restore** on hand as well. Allowing the foods to

come up and out the lungs and not down and out the toilet will end in severe life threatening lung diseases.

Also we found out our well water is acidic. I understand there are water filters on the market to correct the P.H. do you know anything about the Santeria (sp?) water system? All well water is loaded with arsenic and heavy metals of all kinds; along with every pollutant ever dumped into our air and soil. There are said to be over 70,000 pollutants, please read **WATER book** \$7.95 to explain all the problems with water and human health. Since the civil war era good doctors have suggested the only clean water that mimics rain water is homemade distilled water. I drank normal well water till age 22 and an x-ray showed my bones had calcium on the outside. I asked my chiropractor about this and he said that was "normal". This calcium causes eventual death by old age. I made my own water distiller at age 22 and for 30+ years drank distilled water. I had an accident 14 years ago that caused me to have the same chest type x-ray and my bones were clean. Our children have been raised on homemade distilled water since their conception. All non-distilled water is dirty water and usually very toxic with heavy metals. PURE clean water will be pH 7 always, so adding a chemical to reduce or raise pH is absolutely ridiculous and creates a more toxic water supply. All filters collect waste that attracts bacteria. To kill the bacteria, while using the filter is ridiculous as well, because the dead decaying bacteria gets through the filter and enters the body. In all instances, homemade distilled water is the only healthy option. This will be the topic of the Feb newsletter.

BURPING / GURGLING / GAS

Question: **What can be done about burping, stomach gurgling, and dispelling gas?** This is a disturbed or deranged digestion, sour stomach, acid stomach, indigestion and poor assimilation. Dyspepsia is a hyperacidity condition in the body, where certain cooked and secondary substances cannot be digested. The problem may also be with the liver, or the gallbladder. This is caused by eating processed and devitalized foods. Correction of diet and habit is the fastest path to recovery. Taking products to treat the symptoms will eventually fail to work as the internal organs decay further. The first step is always to restore the stomach, without a good stomach, no health can be had. All disease starts with constipation of the colon or tissues anywhere within the body. Restoring the circulation allows the blood stream to feed the cells and restore the health. This subject and many will be covered in the newsletters, please be patient until the newsletters can cover the basics of health. (Products- **Spray I, Slippery Elm, ALL "N" ONE KIT**)

CHILDREN / 3 year old son

Question: **We are wondering what we should do for our 3yr old son. He has food allergies, yeast infections -100% caused by wrong diet and is slightly bow legged. – result of wrong diet**

We are wondering if there is anything we could do that he might someday be able to use has weak adrenals and thyroid?- Can't imagine the adrenals and thyroid are the true problem.

What would you give him for that? Having the proper diet with plant minerals and de-worming.

Otherwise he is a happy and healthy little boy does not really get sick easily if we give him vitamin supplements and cod liver oil. Vitamins from a bottle are almost always toxic unless all plant based. Dead Cod liver oil supplies the toxins from the dead fish; these are not options for supplements. **We also give him probiotics occasionally but does not seem to really clear up his yeast infection.** If it came from a bottle, it is a worthless product. Fresh picked fruits supply all the natural bacteria any human needs. A tablespoon of good Sorghum Molasses or Maple Syrup daily for life will do wonders. Iodine is essential to growing bones and proper hormone, etc. functions. At age 3 with bowed legs, I would suggest 1 teaspoon of **KIDS "B" WELL** with each meal every day, see his Chiropractor 3-4 x yearly or monthly if need be. **SPRAY I** on the face and chest prior to bed and spray on legs or any place that hurts as often as desired. This along with proper tree fruit diet and clean mineral free water or fruit juices will give the building blocks for the red blood cells to build a strong healthy body. Children that lack essential plant Iodine will lack in math skills; have poor teeth and bones and suffer problems as their body changes into adulthood.

CHILDREN / cough

Question: **What is the best way to get rid of a young child's (under 4 yr old) cough (cold related)?** At age 4 the child only eats and drinks what is provided and this determines how much acid and how much mucus the internal organs will be forced to make. This acid irritates the cells and mucus membranes. The common cold and cough is the result of undigested acidic foods being expelled. If drugs are used over and over, this same issue can turn into pneumonia and worse for the children. At age 4, the child has a young stomach that was designed by God to consume tree and vine fruits. Every non-tree / vine fruit consumed, will become a problem for the stomach and cause excessive stomach acid to be produced, which will rob the blood of its calcium and create an acidic / out of balance digestion that forces the intestines to thicken with age and the person eventually dies of starvation as the foods cannot be assimilated by the thick intestines. Think of any food you can that does not come from the tree and it can be explained why this food is toxic to the

human child. Common **pH paper** proves this, as has medical dating back the civil war era. Wrong foods create acids that turn the saliva acidic, that eats the teeth up and as the blood lacks proper calcium that is used to neutralize the acids created by wrong diet, the heart and entire skeleton suffers over a lifetime. No four year old should need powerful herbs ever, in most cases simple diet “control” by the parents until the child has had time to return to normal is all that is needed. Otherwise we used **Baby Calm** till age 2 and then **Kids “B” Well** after age 2 for essential minerals missing from the diet. For colds we used **Olive Leaf / Echinacea, Oregano Oil** and **Maximum Restore**. Starting at age 6 as needed, one **Lower Bowel Balance** capsule. This pretty much covers herbal use till age 12. Unless parasites are an issue, the **De-Wormer** in small amounts as needed. Since all of the herbs we make are anti-parasite, no child should need extra if they were raised on **Baby Calm**, then to **Kids “B” Well**. That and were taken to the chiropractor each time they became sick on day 1 and not allowed to become sickly. In every case, when the first day of sickness appears, call your chiropractor and up the herbs and never allow the sickness to go past 1 day. A cough is an irritation, 95% caused by wrong diet and otherwise toxins they come in contact with or are fed. Constipation should never be an issue for a child, constipation is 100% caused by wrong diet and wrong habits. Baby and child should be taken to the chiropractor at the first sign of constipation and cough. To wait can often cost more than to prevent.

COLON / Diverticulitis/ Diverticulosis

Question: **What causes diverticulitis?** Diverticulitis is a condition in which diverticuli in the colon rupture. The rupture results in infection in the tissues that surround the colon. Diverticulosis

The colon (large intestine) is a long tube-like structure that stores and then eliminates waste material. Pressure within the colon causes bulging pockets of tissue (sacs) that push out from the colonic walls as a person ages. A small bulging sac pushing outward from the colon wall is called a diverticulum. More than one bulging sac is referred to in the plural as diverticula. Diverticula can occur throughout the colon but are most common near the end of the left colon referred to as the sigmoid colon. The condition of having these diverticula in the colon is called diverticulosis. A person with diverticulosis may have few or no symptoms. When a diverticulum ruptures and infection sets in around the diverticulum, the condition is called diverticulitis.

Wrong diet forces the stomach to make excessive acids, when these acids are not neutralized before being pushed into the intestines with the next gulp of food; these acids “burn” the small intestines and causes scars and eventual thickening of the intestinal walls. As years of wrong diet add up,

the entire intestinal tract can become scared, thickened and eventually the muscles fail causing polyps and eventual cancers. This attracts so many parasites that the intestines are often eaten with thousands of holes by worms etc. which leads to many different disease names. They all have one foundational cause; **WRONG DIET** that abused the assimilation & elimination until they have failed and this is why most all humans die from starvation. Their intestines for many years have not been able to assimilate and eliminate the foods consumed and eventual starvation of the tissues ends in miserable death. 85%+ of all health depends upon a healthy stomach and intestines. As long as the stomach and intestines are damaged and failing, no drug, no treatment, no food can change the overall health of a human being. Every farmer raising animals knows this. The cause is a wrong food that upsets the stomach. What is a wrong food? Every food consumed that was not designed by God for humans to consume will cause the stomach to make acid, this acid is what destroys the human body, unless it is 100% neutralized to an alkaline state. This will be covered in detail in the upcoming newsletters. Let our foods be our medicines, is a true statement, but just the same, our foods can be very poisonous to our health. (Products- **ALL "N" ONE Kit** or **Lower Bowel Balance capsules**.)

DIABETAS / high sugar

Question: **I am a diabetic for over 12 yrs. I have been controlling my sugar with herbs, dieting etc, no drugs so far but I am having a harder time to keep it down the last year or so. What can I do for my sugar problem?** This is a constitutional disease where carbohydrates are not used properly due to failure in the pancreas to secrete sufficient insulin. The body tissue cannot oxidize carbohydrates at a normal rate. This is characterized by excessive discharge of urine, sugar in the urine, excessive thirst and hunger, and progressive emaciation. There is no good reason to allow this diet created problem to develop into a serious disease requiring drugs to extend life. We all can tolerate many wrong foods and drinks when we are "healthy", but as those foods cause an acidic / toxic condition in the body at any given age, that is the age that we must return to Nature's diet and habits if we want to stop the suffering of the constipated / acidic body. This will be well explained in the newsletters over time. First, always seek a good chiropractor and see him monthly for the rest of your life. The number 1 reason for this problem is toxic accumulations, often the very metals in the mouth or supplements and even worse, a water supply loaded with arsenic and various metals. Hard water accumulates and forms hard stones in the pancreatic duct and then large flat liver fluke worms "nest" in the pancreas and spew out thousands of eggs every day. Because there is no blood in the pancreatic duct and the fluid is blocked by stones, these huge worms live **FREE**; even the best

herbs have very little effects where the blood supply does not flow. Even though correct diet will relieve the symptoms, these foundational causes must be addressed if success is to be found. Having a wrong diet, wrong habits, constipation and poisoning, ends up with this; and many health problems if the person lives long enough to experience them all. Pancreatic cancers are killing many men in America and I suggest it is a result of toxicity in many forms. This newsletter in time will outline the basic reasons for ill health and suggestions to reverse the problems. Following Nature simply mean this; the mono raw fruit diet. If we humans were in the wilds, with no shelter, no guns and knives, we would simply forage for human foods and we all know the sweet tree and vine fruits are the yummy wild foods that all children love to eat; these same natural foods require very little digestion, no acid production and fastest route to relieving diabetic symptoms while the toxins /constipation / parasites, etc. are being worked on and the chiropractor is keeping the bones in place for proper nerve functions to the internal organs and a good dentist is found that will use no metals and all bad teeth removed or corrected. Bad teeth and even worse, bad teeth with metal fillings will STOP all efforts to cleanse the body and restore health. Those that try to go sugar free only starve themselves to death slowly. The human body thrives on all 220+ natural plant sugars. (Products- **Kidney / Pancreas Cleanse, ALL "N" ONE Kit, extra Herbal Spray 1 & III.**)

DIET / general

Note, the newsletter will cover diet in great detail

Question: **John Keim said recently that statistics show that people who eat some meat live longer than vegetarians.** I AGREE; vegetables are fast growing annual plants that have been heavily modified by man and normally not found in nature, the fruits of the vegetables have too large of rock type minerals and quickly absorb toxins from the soil. Nature will destroy these man created plants quickly by using parasites and most naturally can't even exist without additional water and fertilizers. In fact, vegetables clog the kidneys and arteries over time and no child ever likes vegetables unless forced to "learn" to eat them. They must be cooked, smothered in dairy fats, salted, etc. to be made "eatable". In Nature, God provides food to go, no cooking required. While meat eating is impossible to digest by a human, meat eaters create more acids which probably make them less parasitic than vegetable eaters that seem to be loaded with worms. **The ideal diet is everything raw and natural as it grows out of the ground. I think too it makes sense that live foods would give more life.** Keep in mind, this true, if it is naturally found in nature and taste good to children. This means sweet tree and vine fruits are man's real foods provided in Nature. **And the Hunzakuts supposedly the healthiest people in the world were 99% vegetarian.** Not sure what

they ate from the ground, but read they liked tree fruits. **They lived past the age of 100 and died with all their teeth and hair. Where does John Keim get his info?** That is a question for John. He is a very experienced health practitioner with a lifetime of experience. He has lived and seen a lot. Since no one seeks to live on wild tree and vine fruits 100%, I must agree with John, the diet that eats a large variety provides the minerals the body craves with enough plants are not being consumed. All foods should be eaten in "MODERATION" and well chewed. The problem with meat is meat is not a food that can be chewed, meat eaters rip and tear the flesh and swallow it whole and have the correct stomach acids to dissolve the meats. **Also John said it is not good to eat fruit with meat because the fruit is much sooner ready to leave the stomach.** 100% correct. **But you had said if we do eat meat, cheese etc. we should eat with fruit as the protein capsule needs acid to dissolve it.** You have me confused with someone else. You will never catch me suggesting anyone eat meat and cheese to improve their health. **I might say though that in my experience some foods are better cooked.** Very simple, if you need to cook the food, it is not a natural human food. **I get kidney stones from a lot of raw spinach. Also this summer when it was so dry the beans stayed so small only about 2 1/3 – 3 in long. When I saw they weren't going to get bigger I picked them and juiced them. Altogether it was probably about a 5 gallon bucket in a week. It was about the 2nd or 3rd time when I drank the rich, dark, green juice that my stomach cramped.** In every case, juices should be swallowed only after mixing them with salvia and not more than 8 ounces at a time to avoid an upset stomach. **However I thought it is only greens and much be good for me. I think I drank it several more times; But followed that I had severe pains in my kidney area for quite a while.** Drinking apple juices and many vegetable type juices too rapidly will cause temporally bloating and kidney pains. **Thought maybe raw beans are like raw spinach that they are oxalate and make stones. Maybe the beans were also more concentrated because they were so small. I Look forward to learning.** Please wait and read the newsletters to get my opinions on diet. Diet becomes serious after health has been affected, but the wise man will eat to prevent sickness. John Keim and many others are experts and we all learn from what many have to teach us. Always test what you have heard and see if that is something you then want to do in your life.

DIABETAS / child

Question: I have a 6yr old grandchild that just recently was diagnosed with diabetes, can this be corrected in a natural way or will she always be on insulin? I assume she is not on insulin now? Childhood diabetes is a growing medical field; many years ago the plan was to install

insulin machines in America's children. I suggest you immediately seek the best natural Chiropractor you can find, take that child to him every week for 2 months and then monthly for as long as you think there is even the slightest chance she has a health problem. At age 6 this and all serious diseases is almost a crime. Children are a result of their parent's health and habits, if the parents didn't plan for healthy children, the children and the entire family will suffer for a lifetime. There are enough "accidents" causing illness and injury that all diet and habit diseases should be avoided at all cost and this usually means the parents need to be healthy before conception and all drugs and toxins be avoided in that child's life for LIFE! Insulin is not an option unless, the person has abused themselves so badly, and are too lazy to change their habits that they accept life via their drug habits and every good doctor should tell their patients that all drugs have side effects and drug use is only a method to stay death a little longer. Return this child to a Natural fruit diet, clean water, De-Worm and supplement with natural plant minerals and her body should take care of itself. Only the parents can help their child; those "wishing" for help can rarely convince the parents, especially once they have faith in drug use. A good Chiropractor should be the only professional doctor ever needed for common diet created diseases. Save the medical doctors for stitches and severe accidents that caused broken bones and such. Once on drugs, all health is harder and more expensive to return to. Not only does the original disease have to be addressed, but all the time it takes the body to expel the drugs and the side effects. (Products- **Kids "B" Well, Lower Bowel Balance Jr., Spray I**)

EARS / itch

Question: **What causes itchy ears? Just inside the ear canal? What do I do to cure it? I've tried different things like vinegar and rubbing alcohol, peroxide. It always comes back, sometimes in days, sometimes in weeks.** When the skin itches, something is being expelled or sometime foreign is trying to enter and the skin is repelling the invader. In this case it is "expelling" waste and more often than not, all such waste is acidic and irritating to the skin. Our blood stream has several places it can expel waste when it is over loaded; one place being the "yellow" that is pushed up around the tooth socket or actually blood pressure can pop small holes up and through the teeth, known as common cavities. The dentist fills these small holes and then the blood stream will pop new holes up and out the teeth. The other avenue is the ears; the yellow/orange wax is of the same nature. Some people have very little ear wax, while others are plagued with it, same as some people can't stop tooth decay and others barely have any tooth decay. Regardless the reasons, the body wants something expelled and the ear is a very bothersome place to deal with an itch. Naturally this and most all health issues is a form of

constipation, because all waste needs to go down and out the bowel or urine and not up and out the skin or lungs. All the normal cleanses will lead to the cure. For a direct treatment I like the old fashioned ear candles made with cloth and bees wax. For the first time adult it often takes 5 candles per ear and both ears must be done the same day equally with no exceptions. The 1 year old baby often is done with ½ of a candle per ear to avoid ear tubes and children often only need 1 candle per ear, while older first time adults usually require 5 per ear. This old Chinese method works extremely well and should be done every 6 months for everyone in the family past 1 year old. After the candling 6 drops of **Garlic Oil** is put into each ear. I prefer using **Ear Ache Herbal Spray**. Constipation will always be the foundational reasons that need addressed in daily diet and habits. The herb spray can be used anytime as much as needed. (Products- **Garlic Oil or Ear Ache Herbal Spray**.)

Ears / fluid

Question: **What can be done to prevent fluid in the ears? I've had this ongoing problem for several years.** Diet related and if physical, then only the Chiropractor can correct the drainage in the neck area. Same herbs and candles as described above for ears for treatment.

First went to the wellness center, they have me something to take and was told to come back in two weeks, that did not work so they put me on antibiotics. This is typical medical and to be expected when you entered the door. **Two weeks same thing after another kind was tried, so I made an appointment with a specialist. He wanted to try some more antibiotics but I said they don't work, so he put tubes in my ear and sucked the fluid out, a year later, the same thing, again put tubes in.** This is what specialist do and to be expected when you entered their doors. **This has happened 4 times in the last 3 yrs.** Which shows you trust medical? **I ask him what I can do to prevent it. He said he did not know.** Medical Doctors are not trained to "prevent", they are trained in the art of operations and drug application, and this is why I have seen my Chiropractor for every ailment for the past 34 years. If my Chiropractor can't solve my problem, then my problem is my diet and habits and must be solved at home. **I try to eat good, healthy food; use honey instead of sugar,**

take natural multi vitamins. There are no natural vitamins you can buy, our skin makes our vitamins when exposed to sunlight, otherwise herbal pills and formulas can supply plant minerals. Every product that states it has vitamins in it is a false product in my opinion.

Eggs- 1 egg will poison a child for 10 days. A child must be 10 years old before their stomach can begin to handle the common chicken egg.

toast, oatmeal for breakfast.- Breaking the "fast" refers to filling the clean stomach up again with food. Breakfast should be avoided or only consume

fruit juice or fruits if possible to allow the stomach to continue cleansing the blood stream.

Cheese sandwich,-Cheese is the most un-digestible food known, it stays in the stomach between 6-10 hours, this is why cheese is the most satisfying food that fills the belly!

Cheerios-such refined grains are considered the worse commercial foods possible, only the pancake tops cheerios and commercial cereals.

and nuts for lunch.- Non sulfured raw nuts eaten by themselves for lunch is the ideal time to eat nuts.

Apple and nuts for snack.

I eat lots of cheese- here lies your problem, if a person describes their diet and habits enough, they would tell their doctor every time what their true foundational problem is and the real Doctor could then direct them back to Nature by explaining how the human body was designed by God to function diet and habit wise. Your diet is very acid in nature. I would expect eventual health problems on this diet.

and lots of greens in salad in season.- In season is ideal time to consume natural foods. Keep in mind that tree fruits are superior foods for human digestion and assimilation.

I prefer swiss cheese but often use long horn, no processed like Velveta. – Cheese is made from dairy, at best, 20% of the oldest white European cultures can tolerate dairy in their diet, otherwise humans can't tolerate dairy after age 18 months with our producing acids that rob the blood health. Once this dairy is turned into cheese of any kind, it has already been digested, already used, can't be digested no matter what the human stomach does and causes an acidic stomach for 6+ hours. Dr. John R. Christopher wrote that he could pick every person out of a crowd that ate a lot of cheese, based on their face.

Maybe I should eat grapefruit for breakfast. Fruits from the tree can easily be digested; they stay less than 10 minutes in the stomach and produce alkaline minerals that the blood uses for daily functions. All tree and vine fruits are superior foods, especially when trying to restore health as they are very cleansing.

This ear problem started after a bad cold and sore throat. Again, you have supplied enough details to discover your problems. The drainage tubes from your head and ears, goes through your neck and once clogged, your ears will have trouble with fluids as will as your sinuses and eventually your brain. A good Chiropractor should be able to restore the proper drainage in just a few minutes and in all future cases, simple "fast" or correct diet so the constipation can be relieved and drainage which is circulation can be restore back to normal health.

I sure would like to know what can be done, when it happens I am hard of hearing- Ear tubes and drugs are not natural, do harm and in

every case, always seek the Chiropractor and correction of diet and allow your body to restore itself to avoid damages.

and if I lay down or bend over to do something, there is a squishing sound in my ear, very annoying. I am 75 yrs old, male, and other wise in pretty good health. My eye sight has always been not the best, had glasses since I was three. I am of the skinny kind, about 125-130lbs. Eat to much and pass a lot off every morning after breakfast. Help if you can.

Skinny often makes it hard to “fast” which is an easy way for most people to quickly return to health, but being thin also means a lot less accumulated waste for parasites to eat and cause troubles, etc. I suggest **Herbal Ear Ache Spray** as many times daily direct into the ear and neck area along with seeking a good chiropractor as soon as possible and tell him exactly what you have asked here. He should be able to correct your neck and help restore the drainage. I would use the **Herbal Ear Ache Spray** daily for a long time based on your history of ear issues. I would also suggest herbs for parasites and mineral supplementation as well.

In conclusion: Keep in mind, most of us can eat just about anything we like and many can live a long time with very few health problems. This does not mean our diet and habits were health supporting, it only means we inherited enough strength and Immunity to “survive” our own diet and habits as long as we do. The common proper **pH paper** is the only test needed to fully understand the human diet. All wrong foods will produce an acidic stomach that will make the saliva less alkaline and show up on pH testing of the saliva and urine. All acids eat at the human cells that are all alkaline like our blood is alkaline. The only natural foods that are alkaline forming when consumed are fruits of the tree and vine and these foods restore human health faster than anything else. The human stomach can handle one food at a time, because in Nature, we would find one tree fruit ripe at any given time. This is referred to as the mono raw fruit diet, the universal cure for all human diseases. It simple means following Nature based on our species. Just because we have adapted to eating anything that does not eat us first or poison us quickly, does not make it a true human food, it just means we can tolerate it and those that live longest, often eat such foods in moderation. Often those that are to thin, consume way too much meats and or have nerve problems that their nerves never totally rest and the muscles can't build up. All meat eaters in Nature rip and swallow meats whole, never chewing. Chewing meats makes no difference, if the stomach is not created with the powerful acids that crows/buzzards/cats/dogs/reptiles/chickens have, the meats will never digest and instead putrefy in the colon and rot. All bowel movements that “smell” is proof the diet was wrong and much alkaline blood calcium was used to counter the effects of the wrong diet. This is why so many great

health books will be on the subject of diet and “fasting”. **Each generation seems to be less tolerant of acid forming foods, so raw fruits are becoming more and more important in the diet of many families with children.** Parasites thrive on undigested / acidic food...which makes the herbalist parasite formulas popular as well. For most people, chewing their foods well and eating a wide variety in moderation serves them well for a long and healthy life. Never worry about what you eat, worrying does more damage than the wrong foods do.

EARS / Tinnitus - ringing

Question: **My mother (83yrs old) has a ringing inside of her head on top, not the ears. What would cause it? What can be done to help?**

Tinnitus is the medical term for ringing in the ears. The cause of tinnitus is said to be, blood rushing through an enlarged vein in the ear. “IF” noise is being heard in the head, the ears are involved. “IF” there is so much blood flow disturbance in the brain that the ears are “listening” to it, then naturally that is even more serious and I would see a good Chiropractor ASAP and take her weekly until this goes away and then monthly for the rest of her life. Doing all of this and along with everything diet and herbal to thin the blood and restore normal circulation. Always remove every source of dairy, hard water, all acid producing foods. Consume 1 fresh pineapple weekly and all the fresh fruits she can eat and never mix your fruits with other non fruit foods. I would spray the neck, face and chest daily with **Herbal Spray I** ASAP and work on removing as much constipation as possible. I made the **ALL “N” ONE kit** for the elderly that have no time to study or want to understand why they are taking herbal formulas, if they empty the bottles every month, then I suggest they have done much of what herbs can do. At age 83, I would still take the **Hormone Balance** along with the entire **ALL “N” ONE kit**.

EARS / drum

Question: **I’ve had ear problems since a little girl, growing up with earaches having a burst eardrum in right ear, common problem with children raised on acid forming diet constantly battling with a tight neck area to the extent every chiropractor or massager would ask if I have problems with headaches and I don’t. I do know I have fluid behind/in ears. Fluid build –up is a constipation situation. Also has an operation on right ear in 1975 to quit draining and still have draining ever since, Operations never truly solve anything and often cause more problems. plus a lump behind the ear (probably scar tissue) which doesn’t bother me. All lumps and scar tissue is a problem, the lack of circulation creates a home for parasites. I have what some Dr. call swimmers ear. Any water or drops cause my ears to swell and have a LOT of pain for a week to 10 days so use lots of caution when**

washing my hair. Yesterday I was at my reflexologist and the first time I was there (this summer) she said I'm going to make that you don't need hearing aids. I said good, but I won't believe it till I see/hear it. All she can do is help unblock constipation via massaging it. This morning I said to Jake I can hear him without my aids. I hear very better when I take aids out. I sleep very good usually. And I am wondering if the toxins my ears throw off are loading liver and kidneys. I have tried so many things and spent so much, I'm cautious. (female age 58) No hearing aid corrects hearing, they only magnify sound. They in theory can only cause more damage. Your thinking is in reverse, your kidney and liver failure is what loads up your blood that expels waste out your ears and every place else within the body that is weak. Cleansing the entire body, stopping all bad foods and bad drinks to remove the load from the elimination organs is the only real solution beyond just "treatment" of symptoms. I would spray the ears morning and night with **Ear Ache Herbal Spray** for the rest of your life, see a good chiropractor regularly and avoid all drugs and operations if possible, because this is a diet related problem known as "constipation" of the ears, neck, lymph glands, etc. and not until this waste can expel normally can circulation be restored. The damage done by operations normally can never be restored. (Products- **ALL "N" ONE kit and Ear Ache Herbal Spray**).

EARS / lymph

Questions: I have what the doctors call a swollen lymph node below my ear, behind jaw, it is a hard lump and has been there for over 2 years. One chiropractor called it a tumor and said my neck was out of place too long which caused it. I have tried a few different natural products and also was on strong antibiotics for a while and it did not dissolve. Should I have it removed surgically, or is there something available that might dissolve it, or shouldn't I worry about it? All natural lumps within the body, especially near the ear and all reproductive organs are said to be goiter type lumps due to a lifetime of lacking natural / usable Iodine. I suggest spraying the ear / lump with **Ear Ache Herbal Spray** and spray the neck area daily with **Thyroid Herbal Spray** along with proper non acid forming diet and keep the elimination organs in proper health. 1 tablespoon of **Iodine Minerals** daily as a all natural mineral supplement based on Tree extracted Iodine. (Products- **All "N" One kit**).

Question 2: **32 yrs old, 5'1" tall, and weighs around 95lbs and sometimes 90lbs if under a lot of stress, is healthy, but doesn't have a very good appetite. I think she would look and feel better if she would have a bit more "fat" like 105lbs. what could be done to**

improve her appetite and get her to gain a few lbs of healthy fat? We have 6 children from age 1 to 10, so, of course, she is a 24/7 mom! 90 pounds is too thin, 105-110 would be much better. A mother gives of her health when having children and she must have enough plant minerals in her diet and over all health in order to produce healthy children, this is why the womb is designed by God to take 3 years to restore to normal size and health. What determines our total weight? It is our NERVES. Over active nerves will eat the flesh right off the body, while sluggish nerves will allow the fat to build up. This mother sounds extremely busy and needs a lot of good nutrition and help raising a healthy family. She needs a lot of education to know how to properly supply her children and family with enough proper foods to supply their daily needs, so they do not suffer deficiencies and then be harmed and be a burden to the entire family. In any situation, do not wear the mother out, because when mom ails, the entire home fails. Proper nutrition is her key to health. Many of the stronger herbs are not to be used by those that are trying to become pregnant. If you are pregnant or nursing; I SUGGEST 21 **Women's Wellness capsules** daily for as long as you're nursing and 12 daily then after for life. I suggest 1-3 tablespoons of **Lecithin/LG Cleanse** or coconut oil or your preferred plant fat daily for life. Try to get at least 8 hours of sleep if possible.

One more question—our 14month old daughter has a growth in her nose which partially blocks her nasal passage. It usually looks reddish and irritated but doesn't cause much discomfort. We noticed it when she was about 5 months old. The doctor said it is a nasal polyp and gave a prescription for Nasonex, a nasal spray, but we didn't get it yet. An Amish chiropractor says it is caused by a blocked nerve below her eye. What is your advise?

Chiropractors normal know best when it comes to understanding nerves. When it comes to a lump of any nature within the entire body it is a blockage and often caused by a deficiency in natural iodine. I suggest spraying the nose and face morning and night with **Herbal Spray I** and 1 teaspoon to 1 tablespoon or more as desired of **Baby Calm**.

EARS / infection / operations

Age 19, male- ear infection starting age 5, ear operations age 8 & 10, tumors in middle ear. Swelling, fungus, drainage, smells, bleeding, symptoms change as diet varies, increased when sugar consumed, head aches. Tumors are accumulated waste the body wanted rid of and instead surrounded in an effort to protect the body. Often a place for

worms to live since there is little blood flow. Cutting out tumors and all operations can do damage and always stops the natural paths of elimination from doing the job and often leaves scar tissue or removes parts of the body and then can cause lifelong problems. Every effort to help and allow the body to take care of the problem first, should be made and operations only as a last resort. The effects of diet is showing this problem is an accumulation or simply put, a form of constipation and most likely that is all it ever was as a small child, that was allowed to develop into a serious problem. The diet was always the problem and will always remain the problem until corrected. I suggest finding a good chiropractor and explain everything and he can help the neck, head and ear areas a lot and possibly there could be issues dating back to your birth in the skull plates that could have been avoided if you had seen a chiropractor at age 3 days old. Regardless, the cure is the same, improve diet, correct the constipation and I would spray the face daily with **Herbal Spray I** and Spray the ears morning and night for years to come with **Herbal Ear Ache Spray**. I would also try 3-5 **ear candles** on each ear every 6 months.

EYES

Question: **What can you do for eyes? My Dr. says I have pressure, wants me to come in 3 times a year for pressure checks, and wants me to use these drops xalatan-latanprost and is only 2.5 ml in a small bottle that costs me \$70! Surely there is some kind of herbs to use for this?** The eyes are very delicate organs, the smallest in-organic rock type mineral in our hard water and wrong foods can enter into the eyes and constipate it, which makes it less flexible. Calcium from dairy is excreted into and around the eyes to the point of causing cataracts and the number one cause of all calcium diseases (old age). There are so many inherited eye problems that all get worse based on how bad the diet and habits are. The sun is the most important thing in all human health, especially the eyes. Plentiful sunlight and looking far distances every day and as well as using the eyes at nighttime outside in the dark are natural exercises that keep the eyes flexible. All Dairy and hard water are the 2 main causes for loss of eye health. Herbal treatments traditionally use **Eye Bright Tea** and **Cayenne** in the old fashioned eye wash cup several times daily for life. This is still effective when done correctly, but I prefer what I call **Herbal Eye Spray** based on herbs and minerals known for eye health. The more advanced adult formulas also use the cayenne and spices for increased circulation. **Spray I** also works well as a mild spray. One elderly man washed his eyes with the **Herbal Eye Spray** and the herbal liquid drips off his eyes and he proclaims the treatment is an enema for his eyes! We have had 2 retired air force pilots that had lost vision do to flying at extreme pressures that found great relief when using the **Herbal Eye Spray** over a period of time. I personally after 2 years of spraying **Herbal**

Spray I on my face nightly have increased my eye sight enough that my eye doctor reduced my prescription. There is never a way to predict what results will happen when someone takes herbs or changes their diet and habits, because every human is at a different degree of total body health, depending upon how well their circulation is, because CIRCULATION is KING! Would I use drugs or over counter liquids on my eyes? Never; if a product is not a safe food for a baby, then it is never a safe food. All drug use is between the Doctor and his patients and not a subject for this newsletter.

EYES / glaucoma

Question: **How can I get rid of Glaucoma?** Glaucoma is a group of diseases which consists of elevated intraocular pressure, optic nerve injury, and visual loss. Glaucoma is more common in older patients and in certain ethnic groups. Glaucoma has no symptoms. Vision stays normal, and there is no pain. If glaucoma remains untreated, people may see things clearly in front of them, they miss objects to the side and out of the corner of their eye. Without treatment, people have no side vision. It seems as though they are looking through a tunnel, and over time, the remaining forward vision may decrease until there is no vision left. Most cases of glaucoma may be caused by a gene (and its encoded protein) which becomes highly active in response to biological stress. Same as suggested as above for eyes. If I had this, I would be spraying my face nightly and each morning with **Herbal Eye Spray** for the rest of my life. Every good Chiropractor can help the entire body circulation of nerves and this in turn helps the entire body; loss of circulation can rob a person of all their accumulated wealth over their lifetime as they pay for the medical treatments. A person can see their chiropractor many times for what it cost to see a medical specialist once. If they spent their health money wisely, they would be purchasing the best tree and vine fruits over a lifetime and avoid all the medical and over counter disasters that the common people end up fallen victim to. Prevention not only is cheaper, but it avoids many years of ill health.

EYES / circles

Question: **What causes dark circles under the eyes? I have been bothered by such since I was a teen and it does not improve with age. I am 40 yr old female.** Often considered iron poor blood / exhaustion. Our skin will always tell a story of the internal organs. Dating back to the teen years, I am going to suggest an Iodine deficiency, when natural iodine is lacking, nothing works correctly. The other fact is that in America, everyone with iron poor blood is suspected to have a bedbug problem. Currently they are saying bedbugs are at epidemic plague levels and can be in any home America and especially a problem with all college

students. Bedbugs come out of the walls at 3 am in the morning and numb the skin before they start to suck out the blood and leave before daylight never ever being seen or felt. Those with healthy diet and spices / herbs as supplements can make their body immune to such insects. **Oregano Oil, Cayenne, essential oils**, etc. and herbs rich in natural iron and calcium works well. Useable magnesium often corrects many issues as well. If I had the problem, I would use **Herbal Spray I** all over my face and take 1 tablespoon of **PICA** daily with 1 tablespoon of **Iron Balance** or if capsules are preferred, 12 **Women's Wellness** Capsules daily and always see your chiropractor, because if the spine, ribs, etc. are out of alignment, proper nerve function will make sure the entire body gets signals from the brain so all will function properly. Naturally parasites and mineral deposits (stones), etc. which all adds up to being a problem. (Additional Products- **ALL "N" ONE kit** and **Hormone Balance**)

EYES / cataracts

Question: **Is there anything one can do to prevent or slow down the forming of cataracts?** Cataracts are the condition of the eyes when damage to the protein of the lens become cloudy and vision is impaired. The main cause of cataracts would be imbalance within one or many systems of the body. There are many different reasons the body would be out of balance. The following are just a few: smoking or second hand smoke, diabetes, glandular imbalance, etc. All of these imbalances promote the oxidative damage to the lens of the eye, which appears to cause cataracts in animals, as well as people. The Number One reason for cataracts is dairy, stop all dairy ASAP and drinking hard water, taking vitamins / drugs and all forms of supplement that have rock type minerals will decrease circulation to the eyes over time as they clog. Dairy by far is the main reason for all cataracts. See your Chiropractor and make sure there are no dental metals in the mouth. (Products- **ALL "N" ONE kit, Kidney / Pancreas Cleanse / Herbal Eye Spray 8 ounce** bottle and spray entire face morning and night. Once accustomed to the eye spray, eyes can be sprayed direct and 'wash" the eyes or just spray the eyes while closed, will help both ways.)

FEET / cold

Question: **My husband, age 73, has trouble with cold feet in winter. He has tried red pepper to speed up circulation. What other herbs are helpful to improve circulation, as he thinks that is the trouble?** He is correct; loss of circulation to the skin is a common problem. The use of clothing stops our skin from responding normally and this ends up in poor circulation to the skin as we age. If we wore no clothing, our blood rushes to our skin when exposed to cold weather and our skin should turn red as the warm blood flows. A healthy person can lie down in a running creek in

mid winter and their skin should turn cherry red and do no damage. While a person with impeded circulation will have white / cold skin that the blood has rushed around the heart and not up to the skin. Wrong diet also produces arteries, veins and skin that has hardened or lost elasticity and the circulation has been lost to the small areas. Taking 1-3 tablespoons daily for life of **Lecithin/LG Cleanse** or similar plant fats will greatly help the arteries and liver as well as the entire nervous system and brain to be more flexible and improve true circulation over long use. Red Pepper used internally and externally helps thin the blood and increase its flow over long term use. Garlic also thins the blood and helps the heart. Products we call **Longevity Spices** is an **All "N" One** mineral / de-wormer herbal formula based on improved circulation. A very spicy herbal formula that the more you take, the better it works. Normally 1-3 tablespoons after each meal does wonders for digestion and circulation and answers most everything herbs can do except supply the plant fats such as **Lecithin**, Olive Oil, Wheat Germ Oil, etc, does. So ideally taking the herbs with the choice of plant oils/**LG Cleanse** is best. What we call the **ALL "N" ONE kit** also comes with the option of **Longevity Spices** instead of Part "B". Some elderly men just buy 1 gallon of **Longevity Spices** per month and consume it every month. This also comes in adult strength for extra parasite aid. For the skin, **Herbal Spray III** can't be beat. Spraying the feet, back, hips, spine will greatly increase circulation and also very anti-parasite and supplies essential plant minerals through the skin and by inhaling the air while spraying it. Those that do consume 1 gallon monthly of the **Longevity Spices** end up saying they don't have the words to describe the way it makes them feel. Their increase in circulation is something they have not experienced for many years. The **All "N" One Kit Longevity Spices** version is most ideal for those wanting it made easy; simply consume all bottles every month. The cheapest method would be to just buy the **Longevity Spices by the gallon or 5 gallon bucket**. If only one product can be tried, **Spray III** used often every day on the joints, feet and anything that hurts is the one product that can do the most for the least amount of money. Personally I suggest 1 gallon of **Longevity Spices** and 1 large bottle of **Spray III** and empty these bottles each month and after 3 months you will be amazed in the differences. I have heard amazing results back from elderly men that have consumed 1 gallon of **Longevity Spices** monthly with **8 Lower Bowel Balance** capsules daily. This amount of weeding and feeding the body using simple herbs can change a person's life.

FEMALE / ovaries

Question: **What can be done for Polycystic Ovaries?** Some doctors suggest every lump and bump in the body, especially within the reproductive areas of the female; are all results of lacking proper Iodine

over a lifetime. Especially from birth to teenage years, lacking Iodine in the developing years can lead to disaster in adulthood. These lumps have been all called forms of “goiter”. Even though this may be very true, these abnormal lumps are always “constipation” of any given area within the entire body. Constipation always starts with a lifetime of wrong diet and poor elimination of what we have consumed. As the kidney and liver becomes congested and the lymph glands overwhelmed with waste, the body will deposit the excessive waste in the weakest parts of the body. The weakest parts always being the most abused and least cared for, which in the females case is the reproductive areas. If the womb is not given 3 years to restore its health after each child, the womb will weaken and also produce weakened children that will grow up with health issues over time. The natural remedy is to correct diet and habit as all heavy metals and toxins are being removed from the cells. I have seen women that stopped all bad foods and cleanse and flush their body until their weight was near perfect and along with the weight loss, all their breast and ovary tumors left as well. The lumps and bumps were all accumulated waste from within their body from years of improper diet. On the hormone side, lack of proper Iodine and plant fats will result in poor hormone function. The fastest water treatment for every male and female reproductive area problem is the common sitz bath. You take a 1 hour hot bath, drain the water and apply 55 degree well water direct to your bottom only and allow the cold water to run off and do this for 15 minutes. Repeat this sitz bath daily until all reproductive area diseases are gone, such as ovary / womb / sterility / bleeding and for male prostrate and sterility. 2-3 **Hormone Balance Capsules** daily for life along with Tree extracted **Iodine Minerals**. I suggest spraying **Spray III** or **Spray I** daily on the entire pelvic area and anywhere that it may hurt. In general a complete life change of diet and habits to turn the clock back and restore the circulation to the entire body. See your Chiropractor every month for the rest of your life for prevention and correction of nerve and bones (**ALL “N” ONE Kit** along with the above would be most ideal). Ignoring these problems as they appear, often ends up in operations to remove the defective flesh as it looses circulation and becomes diseased. In most cases, every disease started as a diet deficiency.

FEMALE / yeast

Question: **What can be done about yeast infections?** Candida albicans, a type of pathogenic yeast-like imperfect fungi, are the main culprit causing yeast infections amongst women. Yeast infections have become one of the most common reasons that women consult healthcare professionals. The main symptom of yeast infection is the itching of the external and internal genitalia, which is often associated with a thick creamy white discharge. Severe infections tend to cause the tissue to

become red, inflamed, swollen and even bleed. The leading cause of yeast infections would be improper diet. Candida albicans mainly thrive on white sugar and other refined or processed foods. Thus, by removing their primary food source, the over-growth of these fungi lessened. This fungus thrives on all undigested foods that end up in the lymph glands which cause breast inflammation, chest and neck swelling and as well accumulated weight in all the lymph glands. This excessive accumulated waste feeds the yeast / fungus which basically are a generic name for over 1,000 common diagnoses of disease. The sitz bath mentioned above will help restore proper circulation to the lymph glands and fastest relief when proper diet applied. Killing the fungus is not the cure. The waste will remain and more fungus will appear to eat it. The only cure is cleansing the body, what I just call; **WEED & FEED**. This can be done by diet and habits alone, but if herbs can be afforded, they make it easier. In all cases, allow your foods to become your medicines and avoid drug use. Proper diet that produces alkaline fluids will always be the fastest route to success. While herbs supply the essential minerals, that may be lacking in the diet and aid in parasite control and elimination. (Products- **ALL "N" ONE kit, Maximum Restore, Spray III, Women's Wellness capsules.**)

FUNGUS / fingers / toes

Question: **What can you do if you have fungus on your finger nails and sometimes the flesh cracks open? Also have fungus at big toe nail that it thick but doesn't crack open there.** The main cause is the lack of proper hygiene. The fungi tend to spread via moisture on the ground. Once this fungi infects the feet and are continually exposed to moisture (lack of proper air circulation of the feet), they tend grow and spread quickly, mainly around the foot area and sometimes around the hand area. Commercial products used externally never work, the problem is a total body problem and usually doesn't go away until the Liver and all elimination organs are working properly. Using toxic substances such a bleach and solvents always poisons the person further and results in more serious diseases later. I suggest 8 **Lower Bowel Capsules** daily for at least 1 full year along with serious parasite herbs, such as **Adult De-Wormer** and lots of **Spray III** direct on the hands and feet morning and night. Spray, then wait 5 minutes and spray again, at least twice per day. The strongest treatment I have is what we call **Liver "Itch" formula**. Suggested Dosage: 1 tablespoon morning and night(a total of 4 bottles) or your choice of Liver Tonic herbs. First spring time Dandelions are known as a Spring Tonic and **Milk Thistle seed** well known for the liver. If not taken care of, this type of fungus often affects people the rest of their lives.

Some get results applying strong peroxide and carefully taking peroxide, even though this may temporarily appear to work, the damage done by taking such a strong “bleach” type product can upset the friendly bacteria and cause future health problems. WEED & FEED until proper circulation is restored is the best long term method with no ill side effects. Only the proper healthy blood can maintain a healthy body.

HAIR

Question: **What can I do to prevent losing more hair? I am a woman in my mid 60's and have been losing hair since my 1st baby.** A mother gives of herself to produce baby, if she lacks enough proper plant minerals, she will loose her health with each child that shows up as loss of hair and poor skin health.

I have some bald spots on top by now, Spots can indicate fungus, while one large bald spot (males) can indicate heart)

I would be very happy to even have re-growth. Hair is an indicator of total health. Those with enough proper nourishment normally have good hair, while those that suffer proper nutrition often suffer hair loss starting by age 30. Hair often re-grows with proper nutrition and circulation. (Products- **Topknot Spray**)

I have a friend who went to a medical Dr. and he treated her for thyroid and she regained hair growth and original color. It was expensive and we can't afford that. Many thanks. The Thyroid controls many body functions and aids in purification of the blood stream, medical drugs / operations often supply short lived results. Addressing nutrition, fungus, circulation and hormones are long lasting and always, the entire body health must be addressed, not just the symptom which something medical rarely ever does. Tight scalp has loss of circulation and too much fat that chokes the hair. Massaging the scalp is the cheapest thing a person can do. Like dissolves like, so when treating baldness with very tight scalp; massaging the scalp with olive oil 1 day, castor oil the next and wheat germ oil the third day and then repeat until the hair had re-grown. This is normally for bald men. For women and men, an herbal tea can be used to wash the hair nightly and also drink the tea each day (**Topknot Tea**). Metals of every kind are very toxic to the human body, the smaller the metals, the more toxic they are as they enter into the cells. These metals can take a lifetime to exit the body and clog the hair. All toxic metals accumulation can be tested by doing hair testing. No metal is safe; colloidal silver and all metals are extremely toxic to the body and hair. All mammals of poor health will have poor hair and skin. Proper diet and essential plant minerals are needed as building blocks for a healthy body. All constipation overloads the hair and skin.

Thyroid- In 1992 titanium dioxide was added to our air (chem-trail jets), commercial foods and all commercial skin and hair products. This was done to reduce aids deaths. The side effect is anyone with mercury in their body would risk Thyroid diseases. Thyroid diseases are a world wide problem now. All mercury should be removed from past dental work and removal of accumulated mercury in the body. All products containing titanium dioxide/edta can be avoided, but the chemicals sprayed in our skies can not. All animals eat these chemicals on the grass and their meats have these chemicals in them and get passed onto humans. Humans born after 1992 have been suggested to have a lifespan of age 40 due to the introduction of titanium dioxide/edta because of the effects on the thyroid. Every human should take extra care to protect their thyroid. (Products- **Thyroid Spray or Adult Thyroid Spray, Kidney/Pancreas Cleanse**)

Question: **Are there any herbs for healthy hair? That prevents thinning and baldness? Topknot Spray** used daily, works for male or female. Side effects: effects entire body health positively, improving with time, each month, each year; getting better. Results are "ACCUMULATIVE". Hair tends to take on a reddish tint the first year; than often the hair will turn towards the color it was as a child. Hair gets thicker with time. This is a Very strong anti-parasite and is strong circulation enhancing. This is the same as **SPRAY III**, but has added herbs known for hair health.

Question: **What can I do, or take, to stop my loss of hair? I am 58 yrs old and losing my hair at an alarmingly fast rate! Topknot** and after age 40, 2-3 **Hormone Capsules** daily for life will help a lot. The hormone capsules are also called for at any age for hair loss and infertility. Used for both male and female.

HEAD / ache

Question: I get head aches from working in the warm summer sun. If it's over cast high humidity at 90 degrees it doesn't bother me. Hope somebody can shed some light on this. This is often the result of a disturbance in some other part of the body, such as digestive disorders in the stomach, liver or bowel; problems in the abdominal area; menstrual irregularities, impingements in the cervical; concussion, eye strain, nervous excitement, fatigue, etc. The headache is a mechanism which signals some serious problem elsewhere. The common headache is due to faulty elimination, and the waste matter causes problems until the toxic wastes reach the stomach nerves and affects them. Sometimes headaches are caused from panic, fear, or worrying about the unknown. Headaches of this type are the hardest to relieve, generally requiring something strong like a heavy nerve tea with lobelia in it to diminish the nervous excitement. A nerve tea such as valerian or skullcap with a few

drops of tincture of lobelia to a cup will give relief. Food allergies are another very common cause of headache. The worst culprit is sugar; sugar headaches, which are sort of a withdrawal; you eat the sugar, and then as the body is trying to eliminate the toxic substance, your head pounds. Cheese commonly causes headaches, probably the worst of the dairy products for this, although allergies to any of them may cause the pain. Meats and eggs are also common allergens. My guess is with the sun headache, as with most any health situation, it is related to circulation. With the heat of the sun your going to experience an imbalance as your skin attempts to sweat and cool the body. A good chiropractor could tell you if your neck / skull plates or other parts of your bone structure are out of alignment causing a circulation problem to the brain area. I would suggest this type of a head ache is just a “warning” that something is not correct in your body. Always listen to these warnings, in your case, wear a good hat and avoid direct sunlight from noon to 3 each day. The sun is the most healing method us humans have; the sun is not the problem. I would suggest **Spray I** all over your face and neck each morning and at bed time and see if that makes a difference in total over all health in time. It often has cured a headache in 1 minute of spraying the face and neck, this type of headache would be due to circulation issues, the Herbal Sprays have an amazing speed of decreasing swelling. I have seen a few sprays return fingers that were swelled straight out and too stiff to bend, back to normal in less than 4 minutes. Used daily for life, the Herbal Sprays should increase total health each and every year. **Spray I** is the number I spray we use, the children call it BOO BOO Spray.

HEART / children

Question: **I have 2 children born with heart defects and one is a hemophiliac. What herbs can help with this?** When defects are a problem, usually the foundational problem was a diet that lacked essential Iodine and essential plant minerals such as iron, magnesium and calcium. Often toxins are involved such as arsenic and many toxins found in common well water and chemicals used from commercial sources as well as all dental toxins can cause miscarriages and a variety of problems. I suggest most problems can be prevented by proper diet and habits prior to pregnancy. After conception and birth; diet and habits become even more important. In severe cases, operations and drugs may be resorted to in order to temporarily slow death. In all cases, it is essential to supply a diet that supplies the proper nutrition for the age of the child. Always take the new born child to a good chiropractor and work closely with him through the child’s life. If your chiropractor says he can not provide help, then that Chiropractor is no good, find one that will. A good one always will and never turns you away. Avoid drugs if at all possible. It is this simple:

ONLY the red blood cells can build the human body using the building blocks you supply them via the proper diet. No drug, No herb, No modern method can ever create a cell or repair it. ONLY the blood stream can maintain the human body. It makes zero sense to use harmful foods, drinks or toxic drugs if a healthy body is desired. The HEART like all organs, replaces itself when allowed to do so. Medical Doctors close to 100 years ago knew that the heart can be rebuilt in 21 days using orange juice fasting properly in elderly men. They know the liver reproduces so rapidly that this is the reason the large worms live inside it. I see no reason "why" if adult organs replace themselves, then surely children's can also. The one thing that does stop perfect regeneration is when the original design of the human body has been defective and the cells only know how to rebuild to the original design. This is rare in my opinion. Most problems are from the lack of essential plant minerals and too many toxins in the diet. Children should be able to out grow or cope with most anything they have been born with. "IF" there is a pre-known problem with birth defects, the parents must make every preparation prior to pregnancy to avoid any deficiency that can lead to a defect. Nothing harms the family and life of the child more, than dealing with a defect that could have been easily avoided. Diet and habits will be their best medicine. Parasites often can be a foundational problem dating back generations. The best heart herb is garlic. Best popular herb is Hawthorn berries, both very common herbs. For the bleeders they seem to respond favorable to the calcium / iron herbs. In most every case, this is a "deficiency" problem. They may not be able to assimilate and use what their blood stream is in need of from the common diet and certain herbs can help with this problem. Never give up, keep trying and searching until "normal" life can be had as much as possible. Not knowing ages, operations, etc. makes estimating herbs harder. (Products-**No Bleed, Women's / Men's Wellness Powder or capsules, De-Wormer**).

HERBS / mulberry

Question: I have read how mulberry regulates blood sugar levels. Is this safe to take to aid in weight loss? What are the medicinal properties of mulberry, its actions and uses? Are there any negative side effects? Those creating the market for mulberry seek to sell the white mulberry leaf for tea; Chinese style, this is where much of the info is created. They say, *"the tea has powerful glucose blocking agents to prevent the body from absorbing many common sugars so it's great for management of diabetes and for weight loss. Additionally, white mulberry tea is chuck full of antioxidants which are key in strengthening your immune system and in reducing your bad cholesterol (LDL). Finally, it is naturally packed with calcium (twice the calcium in a cup of white mulberry tea as in a 8 oz glass of milk) so it's great for bone strength and warding of*

osteoperosis.” Usually these manufacturers make up anything they can, to sell their product. When you read a herb is a miracle cure for most that ails you and they mention nothing of diet, habits, etc. then you know your pretty much being “scammed” by people in the marketing business. These same types flood the mail boxes with magazines loaded with their gimmick supplements. Historically this is the more common info:

The juice of the American Red Mulberry may be substituted; it is less acid than the European, while that of the White Mulberry, native of China, is sweet, but rather insipid. In the East, the Mulberry is most productive and useful. It is gathered when ripe, dried on the tops of the houses in the sun, and stored for winter use. In Cabul, it is pounded to a fine powder, and mixed with flour for bread. The bark of *M. nigra* is reputed anthelmintic, and is used to expel tape worm. The root-bark of *M. Indica* (Rumph) and other species is much used in the East under the name of San-pai-p'i, as a diuretic and expectorant. The *Morinda tinctoria*, or Indian Mulberry, is used by the African aborigines as a remedial agent, but there is no reliable evidence of its therapeutic value. A parasitic fungus growing on the old stems of Mulberry trees found in the island of Meshima, Japan, and called there *Meshimakobu*, brown outside and yellow inside, is used in Japan for medicine. Gerard recommends the fruit of the Mulberry tree for use in all affections of the mouth and throat. 'The barke of the root,' he says, 'is bitter, hot and drie, and hath a scouring faculty: the decoction hereof doth open the stoppings of the liver and spleen, it purgeth the belly, and driveth forth wormes.'

I personally see the berries as a great source of potassium and the tree when uprooted will send massive amounts of purple sap in an effort to repair the damage, showing it is a remarkable tree in my opinion; that I loved to climb in as a child and eat the sweet fruits. In Ohio, the mulberry tree is one of the largest sources of natural tree fruits found in the wild. I know of no negative side effects from eating the berries. I have never drunk tea made of the leaves.

HIVES

1. Question: **What causes chronic hives and what is a cure?** Hives in general are a result of a constipated blood stream with excessive waste from wrong diet. This type of hive can be localized at weak points in the skin. Hives that often cover large areas or the entire body are often triggered by the nerves and can result in just seconds. The skin comes to the rescue in both cases as a method to expel the toxic waste. Use every method to cleanse the blood stream and strengthen the nerves. All cleansing herbs (colon / kidneys), correction of diet, fasting, liver

cleansing, water cures, clean skin, clean teeth, etc. Nerves- 1-3 tablespoons of plant oils/**LG Cleanse**, such as; **lecithin**, coconut oil, cold press olive oil, etc. (Products-**Spray I, ALL “N” ONE KIT**)

They started last summer when it was very warm, and also under a lot of stress. Tight clothing and water also seems to bring them on at times. Thanks! This type would suggest more nerves and irritation as the onset.

2. Question: **What do you do for hived when you know they didn't come from eating one certain food? It seems to come from my health situation. I had been under Willie Christner and had rebuilt my liver, but lately it bothers me more again. I feel well most times.** If you completely changed your diet and habits and corrected the flow of your Lymph Glands while you were doing a 40 day fruit juice fast, then I would agree, you rebuilt your liver. If you used a few homeopathic “waters” and a few herbal products, then I suggested you only added problems for your liver to deal with. I suggest 1 tablespoon of **Lecithin/LG Cleanse** daily for the rest of your life, with 2 **Hormone Balance** capsules for starters. If you think nerves bring on the hives, then I suggest 1-2 tablespoons of **MIND TRAC** daily along with 4 **Sleep Eze** capsules every night at bedtime. In every case, see a good chiropractor monthly. (extra Products- ALL “N” ONE Kit and extra Herbal Spray I, spray the body daily, 7 days a week for a couple of years and feel the differences as they accumulate over time. Every day should be better or your program is failing you and you will need to do “more” to restore proper diet and habits.

INCONTINENCE (bedwetting)

1. Question: **What can be done for incontinence other than surgery, which I would like to avoid?**

2. Question: **We have a 13yr old daughter that has a “leaky” bladder since birth. Her panties are always wet. We’ve tried lots of different things but none have helped. We’ve been to an urologist, we’ve tried Swedish bitters etc. She also has some yeast, itchy etc. from being wet. Right now we just started her on the Bladder formula from Dr. Christopher. We haven’t seen results yet. She’s been having her period for a year now.**

3. Question: **What can I do for my 5 yr old girl who is a bed wetter since she is two? I tried different things- kidney cleanse from Fountain of Life, etc. But I can’t seem to get to the root of the problem. Any suggestions?** Extremely rare would it be that a 5 year old would need to cleanse their kidneys; worms are often an issue, but the foundational problems are always a deficiency diet.

Incontinence (bedwetting) is the inability to withhold urine during sleep. Aside from the obvious difficulty, the child/person is often nervous and may suffer from digestion troubles. This condition of incontinence or enuresis (involuntary flowing of urine) can be helped by feeding the malfunction organs (kidneys, bladder, urethral tubes, etc.) with herbal foods rich in the elements missing for a good healthy body and organs of elimination. The kidney is very sensitive and sometimes acts at the wrong time with fear or panic. Children quite often have problems when their nervous systems are damaged, or in the kidney area; scar tissue where the kidney has been from wetting his bed he/she got paddled, instead of on the buttocks, it was just a little higher on the kidney area. The greatest part of enuresis trouble is from the nerves. And a lot of it is psychosomatic and frequently due to the presence of in-organic oxalic acid crystals in the kidneys or bladder. Weak and undernourished children with a lack of wholesome food are most likely to have this habit. Other causes are late suppers, constipation, worms, gas in bowels, and general nervousness. Do not scold or spank the child for bedwetting, as this causes the child to become more nervous because of the scolding and punishments.

The above is a common explanation, based on the reasons I can't see any possible reason for an operation for this problem or any "normal" health problem. **Number one, the chiropractor is the "only" doctor that can help this and all health problems.** Beyond the chiropractor, I know of no other doctor needed, unless dental has become a problem. The bones must be where they belong as the first step to any treatment for any health situation that is present. If the bones are out of alignment, the body can not function correctly. Once the bones are known to be in proper place and the chiropractor aware of every problem and working to help maintain the bones; "then" constipation is always the first issue. Constipation can be a result of poor diet, bad habits, worms or for any reason circulation is impaired in the human body. Once constipation is being addressed, the diet will always be the greatest correction for every known health problem. Remove the "irritating" and acid producing foods that creates a healthy alkaline body and you will notice all these minor health problems fading away as the nourishment has been corrected and future diseases prevented. The human body will seek to expel all irritating waste when possible. Having control of our nerves allows us to "control" the urine and the bowel. Nerves are covered in human lecithin, when the diet lacks plant lecithin, the nerves and many of the other vital body functions can lack proper lecithin / function. Nerves can have parasites. Nerves can be damaged by toxic substances in the environment / diet. People often suffer accumulative effects of nerve damage as they age. Being born with nerve damage makes life harder as does all defects that make pregnancy such of vital importance in "prevention". I suggest seeing the chiropractor

once a week for 1 month, then monthly until all signs of incontinence is gone. I suggest **lecithin** added to the diet based on age and always diluted with cold pressed olive oil as a source of plant lecithin **LG Cleanse**. All children / adults lack proper **Natural Iodine** and without Iodine, the hormones will not work properly, which means nothing works or grows properly. Many teenage problems can be avoided if the child was raised with enough essential Iodine in the diet. Children often by age 5-8 out grow this problem. For children, it most often is only a diet issue and nothing more. Eating non acid forming foods ends this problem for normal children. Not drinking after 6 pm and never drinking wrong drinks, etc. (Products-**De-Wormer**, **LG Cleanse** (our plant lecithin formula), **Spray I.**)

IODINE / tree extracted

Question: **I wonder, Our chiropractor said the natural tree iodine plus they are wanting to take off the market now. I said, it's not even in the catalog yet!** Your chiropractor is confused, no one wants to remove these herbs from the market in the U.S.A. we have the most herbal freedom in the world. **I'm taking it with good results for my low thyroid dysfunction and was hoping they wouldn't discontinue it yet.** I am the only person on earth that makes this extract, I believe it to be the only safe and natural Tree Iodine Extract on earth and everyone seems to get thicker fingernails with the very first bottle and I know my bones got stronger. I made a book some years ago that explains Iodine history. I studied Iodine because it is the most important plant mineral there is for human health and I learned until where I knew the best source was and I determined it was from trees. I know of no plant in the ocean that manufactures Iodine. Real Iodine can not be made from chemicals, commercial lugol's iodine was determined to sterilize humans in 1950 and they started taking lugol's iodine off the commercial market except for animals, which is made with wood alcohol. **also so wonder what in the world a man could take for depression symptoms.** It all depends on the reasons. Is it from emotional problems or from physical problems such as poisoning and acidic system? **Chiropractor put him on vitamin D** There is no such thing as vitamin D in a capsule or shot; that is a faked medical creation back in the 1920's to create the "Vitamin" market that we have today, that sells toxic substances as "vitamins". **because he suspected SAD (seasonal affective disorder) and for now I doubt it's helping.** No vitamin product provides real health. **Also isn't there something one could do if the winter cold feels lots colder then it does for other people? So cold it spoils the season and looks awful to think of many more winter in Wisconsin cold?** If you read your question well, you are suitable to be a snow bird and fly south for the winter! Depression often is made up in our own minds from not being satisfied of our living situation. Happiness is accepting our situation and

thanking God every night as we go to sleep and thanking God for each morning we awake to a new and enjoy full day. If we are not happy with our life and surroundings, no herb or drug will change that. With all we do, do it with gladness and joy, there is no other way or our sadness will harm our health and shorten our life. (Products- **Hormone Balance Capsules, ALL "N" ONE kit, extra Spray I and III.**)

KNEES

1. Question: **Since early September I have bother with my right knee. It's sore sometimes real sore when I walk around. My knee sometimes go snap when I pick up my foot and swing foot forward. It's hurt when bend my leg around my knee. What kind salve you use or spray on or some kind of pills or liquid? I take Melaleuca vitamin pills (vitality six) it also have calcium pills. I wonder what I need for my sore knee? I am thinking about try cellelife product such as Capstone Spray. What do you think about that? One time my sister said it might be arthritis. Also, what do you use for best weight loss program? (age 46 female)** In every case always seek a good Chiropractor, a good one may be hard to find, but when you have a good one, they should be the only doctor you ever need. Being female and age 46 a variety of reasons lead to this common problem. The Chiropractor always rules out physical damage and everyone should see the Chiropractor 4 x per year or monthly if there is a known problem. This may sound expensive, but it should save an enormous amount of money over a lifetime. Knee and hip replacements are very common. I blame failure on Lymes worms eating the bones up. (Read lymes). Wrong diet leads to acid build up as the kidneys fail and for the female, when they start to loose their ability to have a monthly menstrual cycle, their accumulated acidic waste will be deposited into their joints, which is all arthritis is for women past age 40. The knees, weight, etc. are just an end result of a lifetime of "normal" every day diet. Some people can expel more waste than others and this explains why some have troubles by age 19, while most start having troubles by age 40 and experience real pains by age 65. Products are NEVER going to "cure" your problem without a diet and habit change of life. Products will only treat the problem. Most all calcium supplements are very Bad product, in that they are not plant minerals and more like lime / rock minerals that accumulate and age the body rapidly. Humans are said to have 600 x too much calcium accumulated before they loose enough circulation to die, dairy and hard water being the 2 main sources. Not until the foundational problems are solved, will the problem be cured. Honestly, few will ever cure this problem; they usually

accept is as a sign of aging that they have no control over, because every product they try fails to cure them. In time hopefully the newsletter will address all the problems with diet and habit that lead to this and all constipation illnesses. The first steps in every illness; is restoring the colon health, elimination of the kidney stones, liver stones, restoring the lecithin in the circulation & brain and removal of toxins and parasites. The only Dr. I have used in the past 34 years is my Chiropractor and I know of no reason for another doctor for a “disease”, in my opinion, all diseases are constipation issues that build up over a lifetime. Diseases are cured by reversing the foundational issues. Weight is always a constipation issue, rather it be too fat or too thin, because in both cases, circulation has been impeded and organs not functioning properly. You will never ever find a weight product that works, they are all “fake” products, in that they will cause harm and have side effects “if” weight is reduced by taking just a product and always the person ends up gaining weight and or loss of health as a result of taking the so called weight reducing product. In every case, diet and habit has to be addressed if weight loss is to be successful. More money is wasted on weight reducing products than any other rip off in America. All success starts at the dinner table and ends in the toilet. **(Products- ALL “N” ONE kit, Spray III.)**

2. Question: **What is the best thing to do/use for stiff knees? I am 74 yrs old and wouldn't want to do without cod liver oil-** Cod Liver Oil is not a natural product. Dead liver / oil would spoil rapidly and since it came from the liver, it would obtain all everything the fish was trying to eliminate out of its body before it was killed.

and osteo pro care- Most likely a “vitamin” type of a product using inorganic, non plant type minerals that will accumulate as they clog the kidneys over time. **which I take every evening before bedtime, and have started taking micro minerals-** Usually every commercial mineral supplement uses modified rock, the smaller they make the rock, the more damage it can do to the kidneys and arteries as they accumulate. **in the last 6 months at least I'm not losing weight anymore and actually gained some since taking the minerals. I weigh 118 lbs now and I am 5'4" tall. I am still active and especially enjoy gardening in summertime, but still have stiffness in my knees and can't run down steps as I used to. Every morning I take my honey and vinegar in a glass of warm water, it gives me a feeling of well being.** Most of your Honey and Vinegar has kept you going. Suggestions are same as question 1.

LEGS / itch

Question: **My husband has really itchy legs. When he takes his stockings off, they itch so bad he about cant keep from scratching. If**

he starts scratching, it puffs up like a rash and just gets worse. He has tried lots of stuff like alcohol, and anti itch sprays and creams. Some help a little but would like to find a cure. Any help would be appreciated. I worked 30 years in a lead bearing factory. I developed such an itch after 10 years of working with heavy metals, acids, solvents and oils. I itched, my legs for almost 10 years and had blood on my socks every day and was raw from the ankles to my knees during this time. Many of my co-workers had the same thing or developed it later. I tried many methods for several years; all liver flushing stopped the itch from becoming worse. Herbs helped, but nothing solved the problem. I went to Dr. Meesie, who's an Herbalist that is still alive in his 90's and he came up with a 4 herb combination for me to give a try. He said take 1 tablespoon morning and night and see what happens. I had to take a total of 4 eight ounce bottles and my skin cleared up and has stayed clear for 13 years now. I had done a lot of other herbs and cleanses prior to this, so I always tell people I do not know what you may expect. The formula has helped many and we just ended up calling it "**liver**" **itch formula**, because it seems this problem will never go away until the Liver is enabled to remove it. The main herb is Virginia Snake Rt., which is now an obsolete herb. That I have been only able to find from a person that grows rare herbs for fun / profit and to obtain enough of these very small and very fine roots cost approx \$2,000 per pound, making it in my opinion as the most expensive herb on earth. Even many years ago when the herb was still being used, it sold for over \$75 a pound. I have collected as much of this herb as I could obtain for years and I am probably the only person that even wants it. To me it is a miracle herb that changed my life. Because for almost 10 years I itched, my legs in my sleep and my legs were raw and seeping fluids and blood 24/7 that was like a plague. Most likely in my case it was lead/copper/nickel poisoning. In every case, the skin seeks to save the life, if the skin itches; it is expelling acidic poisons the internal organs were too overwhelmed to eliminate down the toilet. I have always suggested 4 bottles at 1 tablespoon morning and night ands pray for the best. Always seek to stop the toxins from entering the body, if he is working in a toxic situation or otherwise being poisoned, these poisons have to be stopped. In cases where the poisons are a mystery, always check the arsenic content of the drinking water. (Products- **Liver Itch, Spray I, All "N" ONE Kit**)

LYMES – the world wide plague that effects every human of all ages!
Question: **What kind of test do you feel is accurate for lyme disease? My mother who has been diagnosed with lyme disease for years (if the test is accurate) has had health problems for years. What kind of treatment do you feel she should have? Looking forward to the newsletter.** Lymes is now to be transmitted by over 300 insects and

mammals to humans, this is a world wide plague and no test is needed. Virtually every human on earth has this and dates back over 300 years in the human population. The current mutation has landed it the name, Lymes. Every pet, animal and insect you can name, most likely can transmit this worm to anyone. The worm is microscopic in size, literally thousands upon thousands can live in a dead tooth or dead piece of bone, the 2 places they are safe to hide in the human body. This explains the current plague of hip and knee replacements. Lymes disease is a universal name for all diseases due to parasites, which are basically most all diseases known.

Every health product that does not address Lymes Disease will fail to restore health. Drugs can not kill the lymes worms without killing the patient. Our blood must be made strong enough to create the human chemicals that the blood stream uses to kill these and all parasites. This is why the Lymes Worms live in dead teeth and dead bone tissue, because blood does not flow there and where the blood does not flow, worms/bacteria will flourish. Dirty teeth/gums and under dental fillings is the largest source of Lymes. This huge amount of waste to live upon where there is no blood flow allows these worms to thrive and then be swallowed daily. Cleaning the teeth is essential along with herbs known to help with the hardest to kill parasites. This also means every farm animal is plagued by Lymes. Lymes eats up the bones of all mammals. Literally 300+ Lymes worms can live in the stomach of 1 mosquito and the blood sucking / biting insects are the worst for spreading these worms, but for the past 300 years, humans have passed the worms on in the womb, so any testing done, in my opinion is nothing but a test that may try to tell you how bad your infection is at the present time. Lymes has 1 purpose, to eat us alive and eat us after we are dead until we are dissolved back into the earth. The more we break all the diet and habit rules, the more these and all parasites will plague our health. This is Nature's Way of survival of the fittest.

My opinion is that any **Herbal Formula** and **De-Wormer** that does not address Lymes, is a worthless **De-Wormer** product. Every Herbal Formula I make helps the body by supplying essential plant minerals and plant chemicals that the Liver and Blood cells converts into human chemicals that are used by the red blood cells to kill, dissolve and remove parasites of all kinds. Naturally the **De-Wormer** formulas concentrate MORE on parasites and what I call "**ADULT**" formulas are always very strong anti-Lymes worms. The **ALL "N" ONE Kits** plain or **Longevity Spices** have the option of "**ADULT**" strength. Adult Strength naturally means the taste is going to be more potent. Not suitable for children or pregnant or wanting to become pregnant women. You will always read the disclaimer of using herbs for pregnant or those wanting to become pregnant, for the simple

fact, no one knows 100% for sure what effects herbs have on the developing baby.

I personally believe all humans have Lymes to some degree and as long as they are healthy, their immune system can defend for the body. I am probably the only Herbalist that seeks to know everything I can about Lymes Disease and seeks to collect every herb known on earth to be helpful in the treatment of Lymes / Syphilis over the past 100 years of herbal history. I am sure my adult formulas are the only formulas of their kind on earth, because I am the only one making herbal formulas of this kind that I am aware of. I am constantly finding more herbs with history of this type of worm. These herbs work for all mammals as far as I know. The common house cat has the hardest time dealing with de-worming because they do not sweat easily. When de-wormed they tend to lay around for a few days with matted down fur and then once over it, they see extremely healthy. Animals with too many worms and de-wormed too quickly can bleed to death, this is seen with heart worms in dogs and some people say their cats die when they de-worm them. Otherwise I have used these same herbs for pigeons, rabbits, dogs, cats, cows and horses. People do not realize rabbits transmit a very bad worm called the rabbit fluke and all mammals that step any place a rabbit has been, most likely has these tiny flat worms. Parasites are a huge subject, since there are over 20,000 known species that can live in humans. So my theory is that Lymes / Syphilis are the most deadliest and most common in all humans. And any **Herbal De-Wormer Formula** that works for Lymes should work for every parasite. I am the only one that makes **Herbal De-Wormer Spray** for the skin. The skin is a common place for parasites to hide, since there is a lack of blood circulation in the skin of many people the older they become. All the Herbal Sprays are anti-parasite.

For a treatment plan, the entire body should be what I call WEED and FEED. This often means a life change for most people and the older and sicklier they are; the less they want to change anything. The **ALL "N" ONE Kit** adult formula used faithfully every month along with diet and habit corrections would be a great start. Often people refuse to clean up their dental situation and their water supply. Those 2 things are the most important steps in prevention of disease. This will be covered in detail in the monthly newsletters.

MILK / allergic

Question: **If a child of 10 was diagnosed as being allergic to dairy products and we don't change his diet, will his condition get worse as he gets older?** Yes, No human can digest milk after age 18 months successfully. Approx. 20% of white European decent can handle cow milk

without getting acidic diseases, but often will become fat and loose bone health over time, often losing teeth. I grew up on a dairy farm and milked 100 cows as a teenager every morning before school and lived on cow's milk; as did my dad and brothers and we all lost our teeth. I personally stopped all cows' milk 10 years ago. All people of color, especially black and Asians can not tolerate cow's milk and are often very allergic. Cow's milk contains all the waste that the cow expels out its blood daily. Milk is basically blood minus the red blood cells, so milk can never be healthier than the mammal it comes from. This is why many children suffer when mother's health is poor and she produces poor milk. The worse thing a mother can do while nursing is consume cows milk, this will often make the baby allergic to cows milk later on and never healthy for the child. When we milked, we took the milk from what we believed was the "best" cow. No matter what a cow eats or drinks, the smell and what the cow's blood stream seen as a toxin will be expelled out in the milk. This means since 1992 every cow in America produces milk loaded with aluminum and titanium dioxides as they fall out of the air onto every blade of grass. Many times with children, their Immune System will "throw-off" all toxic foods the parents feed as the common cold / sore throat or diarrhea. Often by age 10, the child has been poisoned so long, that the body can't defend and eliminate the waste and starts to "accumulate" the toxins and these accumulations attract parasites and often the "fever" is needed to dissolve the waste and sweat it out. The common egg according to medical history was proven to poison the common child for up to 10 days as a source of too high protein that the small child could assimilate. In every case wrong foods will lead to an elimination crisis that is commonly recognized as a disease and over the years, each disease accelerates into doing more harm to the organs as they clog with the waste / acids. We milked cows up until 1977 and every day the milk man came and every day the milk man poured in commercial grade Clorox bleach to knock down the bacteria. Today all forms of Clorox are suggested to be the number one cause of human cancers. As a side note, I was age 8 when we started milking cows and drank lots of it and eat lots of homemade butter and I out grew my older brothers that didn't have as much rich fatty milk in their growing years. Milk supplies a lot of fat and enough protein to raise a calf. I consider any person allergic to dairy as having a working Immune System still able to throw off the milk as it tries to enter the blood stream, while anyone that does not react to dairy, simple has adapted to consuming it and most likely accumulating it and will eventually later in life suffer its effects such as my family and I have.

PAINS / SLEEP

Question: I have a traveling virus in my body. What is this? Sometimes my feet hurt. Later my legs. Sometimes my bones.

Sometimes my hips. Then it settles in my head too. I have found Black Salve draws it out but nasty to use. 15 yrs now I am on Mepra to sleep after a break down of the virus in my head and no Doctor then was able to help me. I'm still struggling to get off it. Now I seek further help. Drugs are toxic; they can therefore not supply nutrition that promotes health. All drugs are a subject for you and your doctors of "your" choice. 15 years of drug use alone creates a huge health issue that can take years to reverse. Black salves can be anything from common tar salves to caustic salves and in either case have nothing to do with these pains or so called traveling "virus". First of all, seek a male chiropractor that has been in practice for at least 20 years. A well experienced man. I suggest man, simple because to be a chiropractor you need to be big and strong to handle the human body. A person that finds a "GOOD" chiropractor and "trust" them will have no need for another doctor in their lifetime other than the occasional dentist. Your chiropractor should be able to help you in every health situation by treatment and advice; if not, you have not found a good enough chiropractor. Otherwise constipation, circulation and worms are the foundational problems of most pains. Addressing those and not taking "drugs" will lead to improved health. Cleansing your body will enable it to maintain a healthy blood stream. Healthy blood is alkaline blood that kills the viruses/bacteria/worms and supplies oxygen and nutrients to your cells so you live and sleep well. General cleanses and one cure, cures all, will be covered in the newsletters. (Products- **All "N" ONE KIT** and **Hormone Balance Capsules**, 1 kit per month, for Sleep- **SLEEP EZE capsules** 4 before bed and 2 anytime you wake up)

PAINS / sleep / general

Question: **I have a terrible time to get to sleep and stay asleep. I have used many herbal remedies and homeopathic. It lasts only a while, then it doesn't help anymore. What else can I do?** If you're waking up around 3 am, it is usually a sign of an acidic body which results from wrong diet that has accumulated waste over whelming your blood. Homeopathic products are nothing but water or worthless pills with zero herbs, they are in fact, a rip off and cost nothing to make. Commercial made herbal products have been diluted and radiated to the point they supply little value. **I have had shingles 2 yrs ago and I still have this burning sensation, it comes and goes. What can I do about it? I put vitamin E salve on every night.** No such thing as vitamin E salve has to be a gimmick" product. Treating shingles externally will never cure the problem. Shingles consists of a very painful rash that often appears on the side of the body in a narrow band. This disorder usually affects individuals with compromised immune systems. The same virus (varicella zoster) that causes chicken pox also causes shingles. The nerve pain that lingers after

the rash has cleared is known as postherpetic neuralgia. Shingles in my opinion is advanced mono type disease, which is the deterioration of the immune System. Each disease will progressively become worse if drugs were used to suppress the symptoms. Reading Dr. Morton Walker's book, **OLIVE LEAF EXTRACT** \$6.00 educates on all the bacteria / viral / herpes diseases and explains how high dose **Olive Leaf** will safely make the Immune System strong again. **I have fluid retention in my legs and ankles for 30 yrs or more. Nothing helps long, used a lot of natural products, parsley, lemon, and a lot of natural pills. Only helps 2-4 wks then it is back. Summertime is worse.** Excessive fluids are a result of clogged kidneys, clogged elimination organs and always a result of wrong diet and habits. Each year accumulations create more pains and problems. Summertime is worse because we tend to drink more fluids. The Kidneys can process about ½ gallon rock mineral free fluid daily if they are clean and working properly. When clogged, the skin comes to the rescue and the fluids start filling the lymph glands searching for a place to expel. I always tell people they can either put their foods down the toilet or up and out their skin. **I have this pain in my hip. Deep in the joints is what it feels like, I have used many many things for it already.** Products in general only add more toxins to the already over worked internal organs. Only plant based foods and supplements can be assimilated and more importantly, ELIMINATED by the blood. All vitamins / drugs / hard water / bad drinks / bad foods will accumulate and make more waste to expel. Commercial products add to health problems.

The above question is the most common problem in modern day human history. Doctors have given the symptoms over 1,000 diagnosed names. It simply is a constipated and starving body that is in the process of dying slowly over a lifetime. If the foods can't be assimilated and 100% eliminated, then they will cause constipation somewhere within the body, which attracts every form of parasites small and large and ends up in low oxygen starved blood that then can't support proper life. This will be well explained within the newsletters in 2011. (Products- **ALL "N" ONE kit double bottles, Kidney / Pancreas cleanse / Hormone Balance / Extra Herbal Spray I and Herbal Spray III** and see your chiropractor monthly for the rest of your life along with diet correction and improved habits). Don't waste money on commercial supplements, allow your foods to be your medicines and seek only natural plant based supplements.

PREGNANCY- ALL / Pelvic

Question: **I am 43 yrs. old and just weaned my 10th toddler. Some days my tummy directly above my pelvic bone and the area beside it feel inflamed and swollen, to the extent that I feel sick. Other days it is feeling much better and my waist looks and feels slimmer. What's**

the cause/problem and what's the answer? Ideally each child comes 3 years apart so the womb can return to health and then produce the next healthy baby. The mother must supply herself and each baby enough essential plant minerals and nutrition or health of mother and baby's will equal to the diet. Mother should always work with a "good" chiropractor. Sometimes it is hard to find a good one. Look for a man that has been a chiropractor for at least 20 years and normally treats children under age 12 for free and desires to treat newborn babies as a method of prevention. Mother to be should see her chiropractor monthly and then weekly the last month of pregnancy and then 3 days after delivery, both her and baby should see the chiropractor to make sure mother's pelvic and spine are in proper location and baby's head rounded out and spine in correct alignment. This alone makes pregnancy much easier and safer and a must for anyone doing home delivery. No mid-wife should work with a family that refuses the chiropractor. A good one can help the mother more than any other doctor can. I suggest you see a chiropractor immediately. If you're lacking enough plant minerals in your diet and circulation impaired by a wide range of reasons, your health will become worse and always, in every case, baby cannot be healthier than mother's milk. An ill mother will expel her waste through her milk supply. Pregnancy and nursing is to be taken very serious "IF" future "good" health is being planned for. (Products- **Red Raspberry Tea, Herbal Spray I**)

PREGANCY / legs / nerves

Question: I am suffering from severe restless leg syndrome, then was diagnosed with peripheral neuropathy, at this point of time the RLS is under control but the PN bothers me in tingling soles of the feet. I am wondering what I could do or use to heal the tingling nerves? I am switching to freshly ground flours and natural sugars, eliminating food preservatives, coloring etc. I am trying to eat living foods. Would a pregnancy magnify the severity of the condition? Or could a product meet the need during pregnancy? I suffered much during my last pregnancy. I am currently using EM Power Plus and B Vitamins.

A Pregnancy takes a lot out of the mother she gives of herself to create the baby. The same applies for all pregnancies listed above. Vitamins cannot be purchased in a capsule / bottle. Real vitamins are created by our skin from direct sunlight. Minerals on the other hand can be supplemented and often nutritional yeast is used for what is referred as "B" vitamins, while in fact, real vitamins are not something that can be purchased. Commercial supplements that are not whole herbal minerals should be considered not only gimmicks, but bad substances not suitable for human health. If the label does not list all herbs, with zero filler, then the product is of no value and most likely substances that will clog the Kidneys. What we call **Women's Wellness Capsules** or **powder** taken 21

capsules daily while pregnant and nursing and if need be 2-3 **Hormone Balance capsules** daily along with 1 quart of **Red Raspberry Tea** normally solves these problems and makes pregnancy very easy. **Herbal Spray I** used daily on all areas that hurt along with taking 3 tablespoons of coconut oil or plant oils of choice internally and as well rubbing the oils on the tummy and all areas that stretch the skin. The plant oils are essential to take with the Hormone Balancing herbs. Wheat Germ oil was a favorite for this purpose in the mid-west, while today many women prefer coconut oil. Real virgin coconut oil will smell like fresh coconut oil and be pleasant to eat direct in the mouth or use in place of all dairy butters. When it comes to the muscles / skin, often there is an imbalance of minerals in the blood stream. The Calcium / Magnesium / Iron / Iodine must be enough for the blood stream to make and carry out daily functions. In America the dairy consumption has lead to the average sick human having 600 x too much calcium and a great deficiency in magnesium, plant iron and Tree Iodine. To supplement with these and other essential plant minerals in a rock form and not plant form, only tends to clog the delicate cells of the Kidneys and wrong / unusable form of minerals. Many today 100% believe every known disease can be related to a mineral deficiency. These minerals must be first used and converted by plants before a human can consume them; this will be covered in future newsletters. A well planned pregnancy should be a pleasant experience and never sickness or ill side effects. If the mother loses health during pregnancy or nursing, so will the baby. (Products- **Herbal Spray I, II or III, Women's Wellness capsules/powder, Hormone Capsules, Red Raspberry Tea, ALL "N" ONE Kit.**)

PROSTRATE

Question: **What are some natural things we can do for prostate problems?** The prostate consists of 3 lobes which manufacture seminal fluid. The tube which empties the bladder passes over the middle lobe. In later life, the prostate gland often becomes enlarged and causes problems by closing off the exit of urine from the bladder. This urine retention often starts by a decrease in the force of the stream of urine leaving the body. Prostate blockage of the flow of urine because of infection or cancer can be very serious --- even to the point of causing uremia poisoning within the body. The cause of enlargement of the prostate gland is the collection of mucus and sediment in the gland. Often the male hormones produced by the body are not enough to keep the prostate gland functioning well. The nitrates and nitrites in processed meats, hot dogs, baloney, and other cold cuts have a particularly important role in the formation of cancer of the prostate in the male. Hard water that clogs the kidneys also causes lime/waste to build up in the entire body and can even cause a rock to form in the prostrate. Clean homemade distilled water is called for when

anyone wants to prevent all diseases or treat all diseases. Coffee and all acid producing foods/drinks all lead to such problems that show up after age 40-50. Often hormone related, but mostly a result of lifetime wrong diet and habits. Daily cabbage and or garlic will reduce medical prostrate testing scores, but not a cure for the real problems. Prostrate problems start by age 40 and are normally ignored till age 65 when the problems make life hard. Reversing 15+ years of pre-warnings is never easy and NOT FAST. Diet and habits are most important; returning the body back to total health will be the fastest reward in every disease. The over-weight or too thin body is always going to be the hardest to quickly return to health. Circulation must be restored and always the Kidneys are the number one organs. As long as they remain clogged, nothing can properly function in the human body. Common herbs are Pygeum bark, Saw Palmetto berry, Nettles, Willow Herb (not willow bark) and all Kidney cleansing herbs. Wrong drinks and wrong diet will only make the problem worse as the body fails to cope with the constipation. A visit to the E/R for a swollen / clogged prostrate pains; is described as a man having a baby and often bleeds when improperly handled. This problem should be taken seriously and avoided at all cost. In every case of loss of circulation, parasites will feed and once a bodily function ceases to function, it will harden and die. In emergency cases, the prostrate can be massaged to bring temporary relief. In old times the finger was used and today there are rubber devices sold for such things. The most common emergency aid is the use of a medical catheter. American Indians used small hollow bones as a form of catheter. (Products- **Prostrate Aid, ALL "N" ONE kit, Kidney/Pancreas Cleanse, Hormone Balance, Spray III.**)

SCHIZOPHRENIA / weight/drugs

Question: **What would you recommend for a mental disorder called schizophrenia in a 16 yr old girl who also has a weight problem? She is currently taking a drug for this but we would like to try an herb for this.** Schizophrenia is a serious mental illness characterized by a disintegration of the process of thinking, of contact with reality, and of emotional responsiveness. Schizophrenia often interferes with a person's ability to think clearly, to distinguish reality from fantasy, to manage emotions, make decisions, and relate to others. Prior to drug use I would suggest **Natural Iodine**, Natural Plant Minerals and proper diet and habits along with a lot of love and understanding. Many mental issues have been related back to an Iron problem. I suggest Iodine and Iron are the 2 most important plant minerals that enable humans to be "civilized" towards each other. Since this poor girl has been put on drugs, all drugs have side effects, most often weight gain as the damage is being done to the internal organs, etc. In every case, the children should have seen their Chiropractor from birth up for every single health issue along with nutrition

correction and proper love and guidance to experience the peace God provides for all who seek Him. Drugs are for those that have been given up on; drugs often will dumb down the senses, so others can go about their business. Drug use always is harmful and always a last resort when all natural methods have failed. Mercury, arsenic, etc. all the toxic metals and chemicals can cause many serious problems when consumed in the water or food supply. Parasites can affect every part of the body and deficient plant minerals can affect every enzyme and hormone, but once on the drug, herbs cannot overcome the side effects of the past and present problems. I suggest seeking a great chiropractor ASAP and take her monthly for the rest of her life; ask the M.D. for help to get her off the drugs and return her to Nature and supply her all the plant minerals and great foods with clean water. No dental metals in her mouth what so ever. (Products; **Mind Trac, ALL "N" ONE kit, Hormone Balance Capsules, Iodine Minerals Syrup** and lots of **Herbal Spray I**).

SEIZURE

Question: **My husband's feet are numb at the front of his feet behind his toes. He does not have diabetes, but he is on a low dose of dilantin for a seizure he had in 2001. What do you have or what could we do?** Loss of feeling in the feet is always a great concern. Always in every health issue, find and use a great Chiropractor first and as prevention. They understand circulation and are the only professional health care providers I recommend for disease, and normal everyday aches and pains. That drug is very potent and extremely addictive, in that it is not easily ever gotten off of. The side effects are many. You will need to work with a natural minded M.D. trained in the use of that drug if you're ever to get off of it. Along with the chiropractic help, I suggest **Spray III** on the feet, spine and joints daily for years to come. I will always suggest getting drug free. There are many reasons for seizures, the most common; drinking too much mountain dew or falling and hitting the head severely. Anything that causes too much acid buildup in the brain can cause the lights to go out or brain to malfunction properly.

SCIATICA

Questions: **What is a good treatment for sciatica?** See a good chiropractor weekly until this is resolved. Correct diet and habits will reduce the amount of visits and improve success. I suggest spraying the left leg morning and night with **Herbal Spray III** and the right leg and

hips/spine. Spray and repeat 5 minutes later to last all day. (Products- **ALL "N" ONE kit**).

Can glaucoma be controlled without using drugs? – see Glaucoma

And blood pressure? See Blood Pressure

SKIN

1. Question: **What can be done for psoriasis? Scaly, bumpy scalp.** 2. Question: **What causes dermatitis or psoriasis of the scalp? Is it a systemic problem and can it be cured? If so, I'd like to have the remedy.** The health of the skin is oftentimes determined by one's internal health. The skin is the body's largest organ. It is an organ of detoxification and elimination, which means it, helps the body to detoxify toxins and poisons and then helps to eliminate them from the body. There are various and numerous health issues of the skin. My view is this, the internal waste can either go down and out the way it belongs, or it can come up and out the skin. The internal organs have to be over loaded and failing before the skin is called upon to expel the trapped waste. This means the lymph glands are not functioning correctly or over loaded with waste, which in turn is expelled out the weakest parts of the skin. Along with this ample waste comes parasites to feast on the decaying waste and oils produced within the skin. Rarely can skin disorders be successfully treated externally. The problems always start with constipation in the Colon, Kidneys, Liver, Lymph Glands and eventual tissues then the skin. Treating only the skin would be treating the final symptom. Diet is always going to be the fastest treatment. Avoiding all constipating and acid forming foods will take the demand off the internal elimination organs and allow them to do the work of cleansing the body. When it comes to the skin, cleanliness is essential, because skin that is failing, is also skin that is working to save the internal organs. Washing the skin daily and keeping it clean and exposed to sunshine and fresh air is essential, while the internal organs are being cared for by proper diet and elimination. Use clean warm water as much as possible and avoid commercial soaps of all kinds. We are what we eat and breathe, what enters the body and does not expel easily, becomes the daily waste that must be expelled either by the lungs, colon, kidneys, lymph glands, or skin. If the underarms, skin, feet or breathe stinks, then the elimination organs are being over worked and failing to remove the waste fast enough. This waste can exit the skin in any area of the entire body. (Products- **All "N" ONE Kit, TOP KNOT Herbal Spray.**)

SKIN / eczema

Question: **My husband has had eczema on his arms since he was a young boy. Avery uncomfortable, itchy problem to have. Any**

suggestions? Constipation can be a problem at any age. In every case, the skin comes to the rescue when the internal elimination organs are overwhelmed with too much waste that attracts parasites, which then becomes a lifetime problem without correction. Often a liver issue and every method used to correct liver function should help clear the skin. I suggest 1-3 tablespoons of **Lecithin** or choice of plant fats **LG Cleanse** daily, such as coconut oil or first cold pressed olive oil every day for the rest of your life to keep the liver and arteries clean, nerves in good health and brain flexible. All liver herbs and parasite herbs should help. All mineral dissolving herbs and herbs that stimulate good colon function will lead to a fast recovery. The best formula that solved my itchy skin was what I call **Liver "Itch"**, a very potent formula that works fast if herbs are going to be the answer. The suggested dose is 1 tablespoon morning and night for 4 bottles. Naturally correction of diet is the only cure to have healthy organ function and alkaline system. (Products- **Liver "Itch"**, **ALL "N" ONE kit** with extra **Herbal SPRAY I & III**).

SKIN / spots

Question: **I have medium brown spots from small to approximately quarter size on my back. The surface is dry and I can scratch the brown surface color off, but the base still remains. When I started with them 22 years ago the Dr said they are nothing to worry about. But I wonder if they stem from something that could be corrected with the proper treatment / nutrition? I am a 54 yr old female. I look forward to your input.** The following is some general info: The brown spots on skin have many names such as age spots, liver spots, sunspots, skin discolorations, hyperpigmentation, freckles, Melasma or Lentigos. The brown spots we get on our skin happen from an irregular distribution of melanin. Either this can result in melasma, which is an uneven production of melanocytes causing light brown spots; or in lentigos (age spots) which are an uneven accumulation of melanocytes in the epidermis resulting in brown spots. The melanocyte cells are located in the basal cell skin layer. These cells control the making of melanin, which gives each person their coloring. The rate of melanin production differs between each person being greater in dark skinned individuals. Outside factors also affect the production of melanin, which may cause brown spots:

- Certain medications & chemicals
- Hormones - pregnancy, menopause, birth control pills
- Underlying health problems - nervous disorders
- Acne

Melasma produces irregular, pale brown blotches that usually appear on the nose, cheeks, forehead, and upper chest. On darker skin, the blotches

show up lighter than the surrounding skin. Melasma is common during pregnancy, menopause and in woman taking oral contraceptives. Sun exposure will make the brown spots worse. Lentigos, also known as age or liver spots, are flat, light reddish-brown spots that appear on the face, throat, chest, back of hands, upper back and shoulders. Lentigos typically show up on skin, which is repeatedly exposed to sunlight. The ultraviolet sunlight causes over stimulation of the melanocyte cells in the skin. The cells clump together and show up as age spots. Lentigos spots can vary in size from small to a couple of inches in width. They happen more often on light-skinned people and can start to be noticeable as early as the age of 30. Even though both of these melanin-produced spots are harmless, they are unattractive to most people. Use lemon juice. This is the easiest and cheapest method to reduce age spots. Lemon juice is natural bleach. Apply bottled lemon juice or the juice of a lemon to the spots. This method works best on smaller age spots because the citric acid in the juice isn't that strong. Apply buttermilk. This liquid contains lactic acid and is a natural home remedy recommended for decades as a way to treat brown spots.

My guess is your spots are a result of having children or just aging with out enough plant minerals in your diet that has lead to various reasons why "things" have been expelled upward and outward into your skin in a manner that has made it look abnormal. In every case, our skin is telling us our inward health. To common day modern society, skin disorders are "normal". Cleansing the internal body will allow the external to cleanse. Each effort you make towards better diet and habits will aid this and all health issues. I would suggest spraying **Herbal SPRAY III** on the spots / spine and all joints that ache for a few years daily and I will bet you would see an improvement not only in the skin monthly, but in general health as well. (Products- **Spray III, ALL "N" ONE kit** along with **Hormone Capsules** 2-3 daily for the rest of your life).

STUTTERING / teen

Questions: **What can be done to help a 14 yr old boy overcome stuttering? This is** an emotional and as well physical problem. Always see the chiropractor for this and make sure that chiropractor is good with cranial adjustments or find another chiropractor. Security and Love do the most good. Never make fun or scold him for all problems he experiences. I would try the **Iron Balance** with additional **Iodine Minerals** along with spraying his entire face and spine daily with **Herbal Spray I**.

What can be done for a virus that affects my heart and takes the minerals out of me? I take virex drops but seem to be slow working. Commercial are normally not plant based and only add to the problems. Read **OLIVE LEAF EXTRACT** \$6.00 to learn about all the viruses and

understand why I put Olive Leaf in all my herbal formulas. Oregano oil is very powerful and I put that into every liquid formula as well to aid in the control of viruses / bacteria / parasites. Minerals expel from the blood to counter the acidic effects of an acid stomach that is caused by wrong diet. Wrong diet is the number 1 cause for every health situation. (Products- **ALL "N" ONE kit, Iodine Minerals, extra Herbal Spray III**). **What can I do for high blood pressure? I take 4 medications and still goes up pretty easy.** You are extremely medical minded, the heart drugs are some of the most powerful and addictive drugs made and once you're on them, you can't easily quit them without risk of great harm / death. I suggest you find yourself a great chiropractor ASAP and ask him to help you find an alternative M.D. that will work with you to get off the drugs. No herbs can over power such drug use. Good herbs are just foods and won't interfere with your drugs. Good herbs will help expel the waste accumulated by wrong diet, kill parasites and dissolve rock minerals so the organs cannot be so constipated. If you don't find a M.D. that can help you get off the dope, you will need to stay with medical. Fear drives people to medical and lack of health education such as diet feeds the medical system. (Products- **Heart Drops, ALL "N" ONE kit, Iodine Minerals, extra Herbal Spray III**)

THYROID

Question: My wife has an enlarged thyroid plus several nodules. A biopsy was taken which was benign. The Dr now wants to remove parts of her thyroid. We hesitate to do that. Do you have any suggestions what to do to maintain healthy thyroid? What should one do once the thyroid is enlarged? Any information would be appreciated. In 1992 Titanium Dioxides were added to our air as a method to slow down HIV/AIDS deaths. It was also added to many commercial foods as titanium dioxide/edta and variety of similar names. It was added to most every commercial brand of skin lotion and hair shampoo type products. The side effect is that if anyone has a trace of mercury in their body, there is a chemical reaction that harms the Thyroid health. At that time, the dental association agreed to phase out mercury fillings, but this has failed to happen and many sources of mercury are still used to this day in commercial products and even medicines. The natural solution is to remove all mercury from your body as you can, it is said that once we have mercury dental fillings, we will never live long enough to remove all the mercury as it takes a lifetime to remove it from all the cells and the fact we all consume very small amounts in everyday life. Those living in natural areas of high mercury such as Florida waters will naturally have more mercury. Many state owned Florida lakes and ponds have been condemned for swimming because of the high mercury content and some suggest you must go 50 miles off shore before the mercury is low

enough to have safe fish. So mercury will remain an issue for all humans, world wide. Avoiding commercial products with titanium dioxides is possible, but since chem. trail jets commonly spray the entire country with aluminum, titanium and host of metals and chemicals to block the sun's light and seek to control weather, all of our ground has titanium dioxides that our gardens and animals all must deal with, then ends up in the consumers food supplies anyway. Many people are on thyroid drugs and getting thyroid operations, this act back in 1992 has been a cash cow for the medical establishments that will keep growing into a plague. Some have suggested that all children born after 1992, that have always had titanium dioxides in their bodies, may have a hard time reaching their 40th birth date. This is why I consider the Thyroid health a huge issue that should concern every family on earth. All toxic substances that commercial / government uses are based on how many people die from a given amount. If the substances are too toxic, it simply means too many people will die. To us, this means we have to be the STRONG people and adapt and tolerate these chemicals that we have no control over. If we are not the strong, the weak will succumb to these chemicals and since this makes a lot of people in the business of health a lot of money, very few people have much concerns as they are too busy making money from the sickly. Doctors often never learn beyond what they are trained to do, many learn more after they retire than they did while in practice, because many turn to natural methods themselves when forced to find something that works. Our Thyroid is very important, extremely important. Never loose its function. First, seek a good chiropractor and let him know all the problems, he can keep the bones in alignment and helps the neck area very well. The best thing is done by the person in their own home; you "massage" the thyroid in an upward motion daily. Mildly massage and does it daily will keep the Thyroid exercised and flexible. Total body health is important; no single organ can be any healthier that the total body, so operations and drugs never make any sense. Once on drugs and operations, you will need your professional doctor for the rest of your life. Iodine is the most common subject in Thyroid health. Correct diet and habits that lead to a total healthy body is more important and correct Iodine is essential to total body health and should be well supplemented to the developing baby while in mother's womb in order to avoid Iodine deficiency diseases in childhood. I personally believe no ocean plant creates Iodine. They are only used because the ocean water has small amounts, same as our air does. I believe our trees create the Iodine minerals that humans thrive upon and that basically, all the best foods and medicines most likely will be found to come from the trees. This will be explained in later newsletters. Iodine from trees is a strange reaction that some trees have the ability to create when damaged. Iodine tries to return to the air and the parts left are washed down into the oceans. When consumed in even

small amounts Tree extracted Iodine has the effect of having thicker stronger finger nails and since it is essential for hormone and many functions of the human body, the testimonies are enormous. Natural Iodine is not like chemical (lugols) made Iodine which is very toxic and will accumulate in the cells and take years to expel out the skin and hair as it is a heavy metal type chemical substance. **Natural Tree extract Iodine** is from the tree, not a chemical made toxic substance. Since all humans on earth are suggested to be Iodine deficient and all humans poisoned with titanium dioxides, mercury and etc.; I have great interest in Iodine. I still suggest Lugol's Iodine for the farm soil, the bacteria in the soils will digest and make use of the chemical iodine that plants can then make use of. I believe I am the only one that has made Tree extracted Iodine and use it today. It is in every Liquid Formula and Herbal Spray I make, for the simple fact **natural Iodine** is an essential mineral that we are lacking in its natural form in the common diet. When dealing direct with the Thyroid for prevention and treatment, I make a stronger **Herbal Spray I call Thyroid Spray** and available in adult formula, which just means it has spicy (hot) herbs to increase more circulation to the area it was sprayed. Will **Thyroid Spray** be enough, no, no herb will ever be enough, if it was, we would have old living herbalist and since we do not, same as we do not have old doctors running around, the complete picture will include diet, habits, exercise, sunlight, fresh air and always faith in God. Trust in God gives peace and peace leads to comfortable health.

TUMORS / fatty

Question: **Tell us about fatty tumors. My husband has one just below the waist like a bit to the side.** Lumps near the waist area should always be examined to make sure they are not a small hernia, a swelling, an abnormal formation of parasitic, non-inflammatory cells or tissue arising from the cells of the host, yet progressive and independent in their growth. Tumors can be malignant or non-malignant, they can be fast-growing or slow-growing, and they can be in many parts of the body, such as the lymphatic glands or nodes, the urinary and genital areas, or the abdominal structure. Tumors are created when there is an inability to eliminate unhealthy material. Women have wondered why they have tumors and cysts in their bodies. The cause is often potassium deficiency. Cysts and tumors are like leeches, but they stay in places where there is a body deficiency. As soon as the body is balanced and well, the cysts and tumors have to go, because the material is too healthy for them to live on. When cysts or tumors grow in places where they can be seen outside the body, often we react by having them cut out. This defeats healing by working on the effect instead of the cause. You can cut cysts out, tumors off, and burn warts off (which are also a potassium deficiency), or get rid of as many moles as you wish, but unless you go to the cause, they will

grow back again, and you may end up with as many or more cysts, tumors, moles as before. Different signs of potassium deficiency will keep popping out on the body because the condition that needs correcting is on the inside. (Products- **ALL "N" ONE kit, Iodine Minerals, Potassium Balance, extra Herbal Spray III**)

URINE / blood

Question: I am 65 yrs old and have had problems with blood in the urine. I've been to different medical Dr's and probably can't find out what it is without doing a \$5,300 test that's where I dragged my feet, this would be with a urolight and they wont do the test without 1/2 of the price up front. But I did persuade a doctor to give me antibiotics which she did; the first round of 7 days on it cleared up my urine for 3 months but it came back again so I asked for a longer period and she gave me a prescription and one refill for 10 days. I got on it again and the symptoms disappeared in short order (1-2 days) but will have to see how long it will last. It seems to me it must be a bacterial infection as it responds well to the drugs. I would appreciate any suggestions on what kind of a natural product a person might try for this condition. An unhealthy, morbid condition of the kidneys; kidney trouble is caused by a local infection. Or most adults have a mildly ruptured spleen that can drip blood into the urine or at times, turn the urine bright red. Clearing up with drugs temporally would suggest an infection. In every case, spend your money at the Chiropractor, often the spine is out of alignment and cutting off the nerves to the kidney and the kidney slowly dies from loss of nerve flow and in that case, no herb, no drug, no operation will help, because with no nerves, the organ will die slowly. The kidneys clog up with rock type minerals from an acidic diet and hard water, vitamins and all metallic sources in the diet and these crystals can cut the kidney tissues causing bleeding. Many supplements can cause such kidney damage, such as Coral Calcium. I have seen people that took coral calcium and the same day pee blood as the rock hard / used calcium slices microscopic cuts into the kidney / bladder tissues. See your chiropractor weekly for 2 months and then monthly for the rest of your life. Use herbs that dissolve the rock and restore function to the elimination organs. Stop all dairy, all hard water, all bad drinks such as coffee and commercial tea. Every acid causing substance will aggravate your kidneys. (Products- **Kidney/Pancreas Cleanse, ALL "N" ONE kit, extra Spray III**).

WRONG QUESTIONS

Question: Would like to know about high platelet in blood and side affects of drug Hydroxyurea. Normal range between 160-400 Kmm3- was down to 560 when cut back on pill now went up to 630. 2 yrs ago

went up to almost 3,000 seem like the pill works but is there something natural to take? Paper that comes with the pill says it can cause cancer.

Drug use is between the doctor and his patients, period! Those on drugs and want off drugs need to be working with their Chiropractor to find better doctors that can help them get off the drugs. There are no beneficial operation and no beneficial drug or over counter drug or commercial vitamin as far as this newsletter is concerned. What I call **BOOK I** is a doctor written book almost 100 years ago that explains to never submit to surgery or drug use and he was one of the nations top surgeons before he learned these facts that he explains how all people can become their own physicians using diet alone as their medicines and cure for all known diseases. If a person still wants to take their drugs after reading that book and have their operations, then natural methods are not for them. This is why so many professional medical doctors exist today.

Please avoid repeat questions when possible. Multiple questions within one letter also make each answer unique and harder to keep under headings. Many if not most all of the questions will all be nothing more than explanations of the symptoms being felt in different areas of the body and all names of these illnesses are little more than a name given by the doctor that wrote the book on the symptom being treated. In most every case, the area of the body where the pain is being felt is nothing more than an area of constipation and the cure will always be whatever is used to restore proper circulation to the area.

Sadly modern methods seek to sale toxic or otherwise harmful products to help restore the circulation and relieve this constipated area and by doing so, the side effects are created by the waste accumulated from the product that remains in the body and then becomes another problem for the elimination organs to deal with. Most commonly this is metals or inorganic rock type minerals that entered the body and became trapped within the cells. These inorganic metals / minerals then take months, even years, if not a lifetime to be expelled out of the body, most often in the hair and skin. A classic example of lifetime damage is a "tattoo". Stuck in the skin cells for life, but over time, the tattoo does fade as the body is able to remove it gradually. Other common metals that can take a lifetime to remove is Lugol's Iodine, Vitamins, Colloidal silver, drugs and all substances in the diet that are metallic in nature or even common well water that has arsenic and virtually all metals to some degree within.

The man made metallic solutions are the most harmful, such as colloidal silver and Lugol's iodine. A simple hair analysis shows that these two metals will accumulate within the body and show up in very high levels in

the skin and hair, most likely for life. Dr. Hal Huggins wrote that if we have any dental metals within our mouth by age 40, we cannot live long enough to expel these metals out of our skin. The first step is always to stop the consumption of the metals and various toxins. Then cleanse the body while feeding it properly, which I just refer to as WEEDING & FEEDING. The diet and habits being the most powerful method of correction and specific herbs can help in many ways, but always seek to allow your foods to be your medicines and use the herbs when extra cleansing and plant minerals desired.

There will be many questions that relate back to inherited problems. Most problems are not inherited, but rather develop over a lifetime of accumulations and parasites. True inherited problems are visible birth defects. Defects created in the womb are not going to correct themselves using corrective diet, but in every case, will allow the human body the best possible health with what it has been dealt with. The absolute number one issue that needs to be addressed to avoid a lifetime of ill health is having enough usable Iodine in the mother to be and suitable plant minerals through her pregnancy and while nursing. When the mother's health fails, her baby's health fails and while in the womb, the damage can be permanent. Some signs of ill health while in the womb are, lack of teeth and bone health that often will never be 100% corrected through out the lifetime. If proper Iodine is not available during development and growth of the baby, it is suggested that permanent damage has been done by age 5 that can not be corrected to 100%. An example is math ability and brain development will be less if Iodine was missing from the blood stream of the mother and diet of the growing child.

Usable plant calcium and magnesium is most essential in the development of the human body and if all these essential plant minerals are lacking in the diet, when the child reaches puberty they can experience a lifetime of hormone issues that they may never suspect as being their problem in life. In fact, many civilized humans of today, lack more than 100 hormone producing glands than some people have, that suggest many years ago, we all had much more hormone production that controls many bodily functions.

Signs of in-organic rock in the diet; is loss of circulation as all the organs accumulate these metals over a lifetime and results in common "old age". Old age is not a disease, it is an accumulation of rock and this rock comes from well water and rock sources used in food preparations. It is this simple, if your flavorings and foods are not from a plant and its fruits, then your elimination organs will not be able to function properly over a lifetime. Just because the taste buds have grown up desiring certain taste, does

not mean there will not be problems later on with health. Addiction comes in many ways, just because a method is considered socially acceptable, does not mean it is healthy. The every day walk of life consists of choices. Each choice should promote health and not take away life. Understanding ill health enables the wisdom to reverse that which has accumulated, that caused loss of circulation and attraction of parasites. If we don't mind our daily choices causing ill health and premature death, then we should not mind paying for operations and drugs that treat the symptom and never reverse the foundational problems. In every case, prevention is the cheapest way to live.

Keep in mind that all health problems can be explained, but does not mean they can all be corrected. In every case, they can be improved.