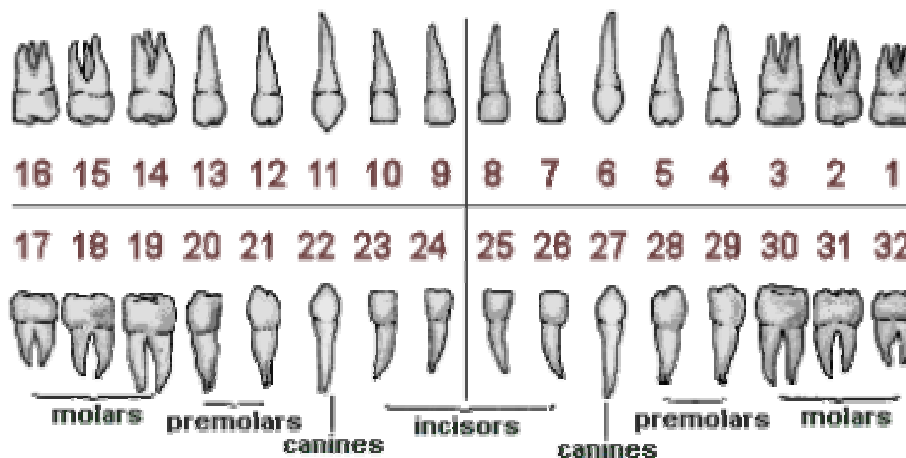


The School of "Self-Applied" Prevention

March 2011 Newsletter

(\$2.50 per month for all back issues ordered)

Dental



Top Teeth connected to nerves working with these organs.

- 1-----Heart
- 2/3-----Pancreas / Stomach / Esophagus
- 4/5-----Lung / Intestines / Bronchi
- 6-----Liver / Gallbladder
- 7/8/9/10-----Kidney / Bladder / Ovary / Testicle / Prostrate / Uterus / Rectum / Anus
- 11-----Liver / Biliary ducts
- 12/13-----Lung / Intestines / Bronchi
- 14/15-----Spleen / Stomach / Esophagus
- 16-----Heart

Bottom Teeth connected to nerves working with these organs.

- 17-----Heart
- 18/19-----Large Intestine / Lung
- 20/21----- Spleen / Stomach / Esophagus
- 22----- Liver / Biliary ducts
- 23/24/25/26-----Kidney / Bladder / Ovary / Testicle / Prostrate / Uterus / Rectum / Anus
- 27----- Liver / Gallbladder
- 28/29----- Stomach / Esophagus / Pancreas
- 30/31-----Large Intestine / Ileo Cecal valve / Lung
- 32-----Heart

Dental Health is very important, a sick tooth or sick organ affects each other and what ever affects one part of the body, affects the entire overall health. Loosing a tooth does great damage to the nerves. It is possible that an infected tooth causes infection in its corresponding organ. A sick tooth is a "warning signal", removing the tooth is removing the warning system, but not correcting the foundational problems. Putting toxic fillers such as mercury, lead and other metals / plastics can allow such toxins to leach into the nervous system and travel to the corresponding organ and cause damage. My opinion is that good dental health starts in the healthy womb that has adequate plant calcium, iron, iodine and the essential minerals only found in plants. Poor dental health is the surest sign of a diet that lacks the proper usable / alkaline minerals.

Dental is the number one obstacle to overcome in human health. I personally believe dental health is created in the womb; the mother with proper essential plant minerals in the diet will create a perfect baby will have no tooth / bone problems through out their lifetime. The mother that lacks the essential plant minerals in her diet and lacks proper health herself will produce a baby that will have tooth decay at an early age. For the modern housewife living on commercial foods and drinks; this means the baby most likely will have a mouthful of temporary crowns over the baby teeth that have all rotted before they had a chance to be replaced by the permanent teeth. I personally believe this type of damage in the womb will never be 100% corrected as a child or in adulthood. Naturally diet and herbs can help a lot, but the dental decay will forever be a health issue and whatever health the teeth are, I believe is an example of the skeletal health. The only cure is prevention in the womb by a healthy mother that has properly taken care of her body and followed nature's laws.

Secondary problems with teeth is wrong diet, which is under the total control of the parents after the birth of the baby, so that is 100% controllable and correctable and after nursing at 18 months, the tooth brush can be used in an attempt to help clean off the food after the meal. Keeping in mind, God did not create humans to need a tooth brush, because the tree fruit diet would need no tooth brushing; but since we all consume "different" non perfect foods, we have adapted by seeking to make devices to counter the damage done.

Food stuck between the teeth is something easily seen and easily corrected, but a greater problem exist in true dental decay. Our circulation system that carries oxygen and food to our cells has many amazing abilities. One of them is expelling excessive waste out of the blood stream, the majority of which enters the lymph glands and eventually ends up back into the colon for removal or after the lymph glands have ruptured over years of over worked; this waste then is expelled upward and out of the skin. When our skin has been cut, our blood should send all the needed materials to the cells to rapidly dissolve the damage and rebuild the new cells and leave no scar tissue. The cut that does not heal quickly / properly will form a "scab". A scab is waste being expelled from the blood stream as an "**opportunity**" taken. These scabs will have yellow puss and often leak fluids. This is not natural part of healing; it is nothing more than waste being expelled through the weakest point in the skin. This waste causes the opening to not heal as quickly as it should have. Another form of this type of "**cleansing**" of the blood stream comes in the form of ear wax. The yellow / orange ear wax is waste from the blood stream, waste that is "**undigested**" foods that has entered and could not be expelled out the kidneys or bowel naturally and ended up in the blood stream. The wrong diet supplies so much of this undigested food, that it has been suggested that the final stomach for animal / dairy products is the lymph glands; where such undigested animal proteins can stay for many months, before parasites / fungus breaks it down small enough that it can return though the lymph glands to the colon, or in most cases, exit up through the skin as sweat and irritating acids that makes the skin itch or fail as it is being expelled. Pimples, all skin diseases, hives, etc. would all be examples of waste from the lymph glands pushing through the skin.

As baby goes from mother's milk to supplementing with wrong cereals, animal milk and every wrong food ear wax will become a problem, often by age one. Every wrong food or milk that has a lot of waste from the mother's blood stream will cause the baby to "expel" the waste as sneezing, coughing, throwing up, diarrhea, common cold, etc. Mother's blood stream uses her monthly menstrual to expel her undigested foods that entered her blood stream, same as when she is nursing, all of her waste in her blood will go out with her milk. This also explains why when mother looses her ability to have a monthly menstrual, her waste then starts to expel out into her bones and accumulates in the joints, where it accumulates and attracts parasites that leads to being diagnosed with arthritis.

With the baby, it makes no sense to put ear tubes in the ears to allow the waste under pressure to expel. It makes more sense, to correct the diet of the baby that will correct the blood stream and stop the production of what is called ear wax. The common use of ear candles can help remove the wax that was already formed and avoid ear tube surgery, but treating the symptom with out correcting the cause never solves the true problem. For the teeth, our teeth have a blood supply and sets in a socket. The socket is an ideal opportunity for the blood stream to "**push**" the waste it seeks to remove under pressure up and round each tooth. This is commonly called "**tarter**" and probably the reason for the invention of the tooth brush. I have seen people that do not use tooth brushing, take their pocket knife and scrape off this common tarter. The dentist always suggest having them power clean this tarter away every 6 months. This yellow tarter is no different than the puss of the scab and the yellow of ear wax; it is nothing more than undigested animal proteins. These are the same proteins that enter the lymph glands and causes constipation, also known as common plague / cholesterol that accumulates until it clogs areas of the arteries and veins. This is why many early cancer treatments forbid all animal protein in the diet. This yellow puss always attracts plentiful fungus to eat it and why cancers are associated with being a fungus disease.

Worse yet, tarter can be scraped off or cleaned by a dentist, but when the diet was not corrected; allowing the blood stream to be free of this undigested food that is being turned to puss by fungus, then further damage is being done within the tooth its self. As the tooth weakens and pressures build, the blood stream actually has the power to push through the tooth and pop a small hole that allows the internal waste to expel. In comparison, think of it as acting like a volcano that allows excessive pressures to expel from within the earth. What happens when the dentist plugs up this hole with metal or plastic? Another hole appears in a different tooth and if they continue to be plugged, eventually every tooth will develop a hole, with the exception of the lower bottom front teeth, they are too thin and too hard and will always be the last teeth affected.

The mother that had the essential plant minerals and health to produce a healthy baby has given her baby a much stronger body that is more resistant, but the diet is more powerful. The wrong diet will weaken down the body until dental cavities becomes an issue for every human. It is hard enough to have good teeth even with a good diet, while trying to save the teeth with a bad diet is a loosing battle.

All dental work on cavities is toxic, every chemical, metal, plastic, drug used has side effects; often lasting the entire life of their patients. This often starts by age 5 and the accumulative affects can lead to more serious diseases over time. My opinion: Metals being the worse than the plastics, root canals should never ever be done under any neither circumstances, nor bridges. The dentist should be avoided by prevention that starts in the womb.

All teeth that have accumulated tarter or waste of any kind will always be filled with fungus eating upon this waste. This means every swallow of saliva will be filled with fungus and be a cause of continued ill health of the tonsils, sinus, stomach and blood stream. All dead teeth / bone are homes to the lymes / syphilis worms that affect all humans on earth for at least the past 300 years as the number one cause of eventual death as they eat the bones like a termite eats wood.

Dairy is the number one cause of tooth decay. The sweet protein produces more mucus within the body than any other food. All cataracts are little more than accumulated waste from milk products over a lifetime, the same as the mucus we cough up, swell up with, sneeze out and cause tooth decay. Why? Because we can't digest it, it enters into our blood stream and can't be

eliminated out the kidneys properly. Such proteins can take weeks, even months to enter and exit the lymph glands, this is why some doctors many years ago, suggested the lymph glands as being the final stomach.

Every effort should be made to have clean, strong teeth at all ages. Proper iodine in the diet is essential for the hormones to work properly, which leads to strong bones and teeth. Essential plant minerals are the building blocks. Daily sorghum molasses and or maple syrup are two sources of minerals with a history of good dental health. One tablespoon daily for little children supplies many minerals for the blood stream to use. The best herbal formula was called Tooth & Gum Powder. This can be packed around loose teeth to tighten them up or used to treat every tooth pain or problem. The powder is not spit out, you can brush with it or leave it in while you sleep even and just allow it to be swallowed and supply plant minerals to be used by the body. I make this same formula with **Oregano Oil** for those that still prefer using the powder method. Otherwise I turned this formula into a **Herbal Tooth & Gum Spray** for all ages. For small children I make the formula with added Sorghum Molasses and this has to be put in a squirt bottle, because the sorghum will clog up a spray nozzle. This is for all ages that like a better taste and mild. I made it for teething. I make a stronger spray formula for older children, then a stronger formula for teens, then an adult formula which has plentiful **Oregano oil**.

Oregano Oil can be used to kill the bacteria in the teeth and gums. Take 1 drop and put in a glass of water, dip your tooth brush in this water and then brush your teeth. The **Oregano oil** will have a very hot cayenne type effect. You get use to this in time and ideally once adapted, you can put 1 pure drop of **Oregano Oil** directly on the tooth brush. This is the best method to clean the teeth and breathe. The **Oregano Oil** will bring circulation to your mouth and your own blood stream will increase the health of your gums and teeth, especially if you have enough plant minerals in your diet. Swallowing this 1 drop of pure **Oregano oil** daily is the best preventive I know of. We started our babies out on daily **Oregano Oil diluted** while nursing, so by age 2-3 years old, they have accepted **Oregano Oil** taste as "normal" to them. **Pure Oregano** is extremely anti-parasite/bacteria/virus. Only 1 drop a day is needed for adults or as a treatment, 1 drop can be put into an **empty capsule** or take apart any herbal capsule and drop in 1 drop and put the capsule back together and swallow with 1 full glass of water or juice. I have heard back from many people that have taken 1 drop per hour, 8 daily as a treatment for virtually every ailment known, especially lymes type diseases. **Pure Oregano** is extremely concentrate essential oil that will cause burn if spilled on soft skin; always keep it far out of the reach of little children and all eyes. Diluting it with first cold pressed olive oil makes it very safe to have around. Actually, putting 1 drop of pure **Oregano Oil** in a jar of nut butter or jug of plant oil, etc. or most any food product such as grains or bag of herbs, etc. will keep the fungus / bugs away and extend the life of the food being stored. I drop pure into a gallon of water or even ½ gallon once your use to it is an excellent method of taking it daily. All drinking water should have 1 drop of pure **Oregano Oil** as the best preventive to human disease. It may taste very hot the first few days, but after a week, you won't even notice it. You will notice better circulation and reduction in ill health.

Diluting pure **Oregano Oil** with olive oil such as 1 drop **Oregano Oil** with 12 drops of Olive Oil makes the best bee sting and bug bite corrective I know of. As soon as the sting or bite occurs, apply the diluted **Oregano Oil** and in seconds the swelling goes down and in minutes the sting will be forgotten about. I have been stung by hornets and wasp by accidentally stepping on their nest and their multiple stings are 100% neutralized with the fast application of diluted **Oregano oil**. For teeth it is the best herb I know of, even if the teeth are not brushed, just rinsing with water that has 1 drop of pure **Oregano Oil** will kill the bacteria and increase blood circulation, not only for the teeth and gums, but the entire body. For this reason, I have always used a little pure **Oregano Oil** in every liquid formula I make and blend in a little when making an herbal powder or tea formula as a method to preserve the herbs, because no fungus can live near pure **Oregano Oil**. The oregano by its self is just a food, but when highly concentrated into an essential oil, all essential oils will enter the skin too rapidly and our skin reacts by producing the acids to repel the invading substance and it is our own human acid that creates the burn feeling, the same is true with all the hot spices, they them selves have no heat, it is our production of human acids that makes us "feel" the hotness. Once we have consumed spices enough, our body gets use to them and stops making these acids and then we can enjoy eating spices with no burn. Yet, parasites and small bacteria / fungus will never get use to spices. I have used pure **Oregano Oil** and pure **Cayenne** on our gardens for years as a method to keep bugs off the crops and trees.

Dental is the number one cause of continued ill health and once corrected and kept metal free, then I see human health as something "simple". Sadly many people will not correct their dental problems and have accumulated many metal fillings in the past. The number one reason for still birth is mercury, especially mercury fillings in my opinion. It only takes 1 mercury filling to cause ill health. Mercury is so toxic, that Dr. Johnson was asked to provide one mercury filling, that he removed from a patient's mouth and a scientist measured the mercury level of a large pond in Kentucky and then went out in a boat and dropped the "used" mercury filling in the pond. He then retested the water 10 days later, according to what Dr. Johnson told me, that pond could not pass epa standards for mercury. This is also why so much of Florida ponds and lakes are condemned for swimming. Some have suggested you must be 50 miles off shore Florida before the water is clean enough to have a safe to eat fish free of mercury. Seems mercury is natural in the sand there.

Avoiding the dentist by eating and drinking correctly is the only true solution, once at the dentist, the options become few and the damage done is permanent. The metal free mouth is a goal for all, because metal will harm your health with every swallow. These metals can also be linked to thyroid problems, tonsils, hip infections, pancreas disease and heavy metal poisoning of every cell in the body. I believe dental work to be the number one obstacle preventing health to return. Pulling the teeth has its own problems as well; we are designed to have all our teeth. Metals are the more evil of the two. Root canals are dead teeth. Metal crowns can be replaced with porcelain and metal fillings with plastic. The good dentist will double harden the plastic fillings to try to avoid the plastic from leaching out into your body. In all cases, tooth decay is a warning that something is wrong with the diet and habits.

Stomach, Intestinal, Colon health etc.

Many books have been written on the assimilation and elimination organs. It is this simple, if your stomach is ill, you can have no health. The healthy stomach provides for a healthy body. What we eat must provide an alkaline mineral rich diet to maintain our alkaline blood system. We are born with 7.3 pH blood that is "sweet" and mineral rich. Our blood must have the perfect balance at all times or we are sick. Our diet is for the sole purpose of maintaining our blood supply. With modernization of storing, cooking, seasoning foods and drinks, most people today eat to satisfy their taste and don't eat to live, but live to eat.

The Stomach

Few understand the stomach, because the ill stomach provides billions of patients for over the counter and prescription drugs. Commercial foods are corporations that work together with government, medical, etc. Markets must be created and maintained so all the corporations make their money and survive this simply means, they survive for as long as enough people are sick. Healthy people would bankrupt the world governments and their corporations. For this reason, starting by 1950, most health education and books started teaching the "opposite" of the truth. The perfect example is acid verses alkaline.

Fact: our blood is alkaline 7.3. Pure mineral free water is perfect neutral pH 7. Pure rain water in a non polluted world would be mixed with a very small amount of minerals from outer space that have floated around the upper atmospheres for years, being worked upon by the sun and bacteria that turns pure air / rain to a pH of 7.3. The oceans create the oxygen and the gases released by termites "regulate" this oxygen so it provides perfect oxygen content of our air. If we didn't have enough world wide termites the oceans would produce too much oxygen and a fire would burn out of control. If we had too many termites, we could not start a fire. In fact, the entire earth is dependant upon a perfect balance, same as our human body is dependant on a perfect stomach.

Our saliva should be a perfect pH 7 with sufficient digestive fluids that circulate with the stomach juices. If our saliva is acidic, it will eat the enamel off our teeth. So our mouth and all our blood and tissues are alkaline; should our stomach be "acid"? The argument is that an adult human has 50,000 x less stomach acid than the newborn baby, so doctors / authors say we should take acid to make our stomach more acid. This is extremely false and the foundation of every disease.

The new born baby should consume nothing but mother's mineral rich milk for 18 months and then be weaned from milk for ever. If mother lacks the mineral content, then her baby will starve and she will supplement with animal milk, cereals, etc. all of which makes for an imbalance of the stomach and starts diseases at an early age. Baby needs the acid producing cells that line the stomach to break down milk and by age 18 months, when the eye teeth appear, these acid cells have disappeared to the point baby will no longer agree with milk in the diet. "IF" raw fruits as found in Nature were the only food ever consumed by baby, these stomach acid cells would dry up completely and the stomach be forever alkaline the rest of the lifespan. Since babies are not raised this way and milk and hard to digest foods are provided, the child maintains some of these stomach cells that produce acids, but regardless what they do, these acid cells will diminish over time until all foods that require acids, will cause the person "heart" burn. Taking acids only harms the stomach and taking ant-acids creates a roller coaster effect that does more harm to the stomach to the point of ulcers. The stomach and pancreas will try to maintain a perfect balance within the stomach, so every acid or alkaline product will throw the fluids into an imbalance and cause the organs to produce fluids in an attempt to neutralize the pH to normal 7. Otherwise too acid or too alkaline will harm the cells and cause the cells to "thicken" in an attempt to protect the body from the acids or alkaline fluids.

- All sweet tree / vine fruits well chewed in the mouth with saliva will enter and exit the stomach in 15 minutes or less, providing no other foods is in the stomach.

All non sweet tree / vine fruits use for foods will stay in the stomach longer and need acids to break them down. The worse the food, the longer it will stay in the stomach. Consuming acids or enzymes to "help" break these foods down, only does more harm to the stomach and pancreas functions. All sweet tree / vine fruits need no cooking, no seasoning and are enjoyed direct from the tree. Such fruits are available in the wild where it never gets colder than 60 degrees. These sweet fruits are naturally preserved in Nature's acids that once consumed, enter the stomach wall directly into the blood stream and aids in the cleansing of the blood stream and then exits out our lungs as used air. This leaves an alkaline ash mineral in the stomach that the blood system uses for daily functions. More importantly, these natural plant minerals do not accumulate in the body, they are fine enough and exit through the Kidneys after the body is done with them, unlike rock minerals that enter the blood stream and can't exit the Kidneys and accumulate in the lymph glands and skin and attract fungus.

A healthy stomach is the body's largest blood purifying organ. A stomach with no food in it will expel from the blood stream the toxins and deposit them downward to the bowel for removal. A stomach with food stuck in it, can not

cleanse the blood stream. All natural sweet tree fruits needs no digestion, never stays in a clean stomach more than 15 minutes and allow the stomach to function as it was designed to. It is easy to prove how the stomach works, simply "fast" on sweet fruit juices for 14 days and your red blood cells will multiply 5x stronger as the blood stream is allowed to be cleansed by the stomach. After a few days of "fasting", the tongue will turn the same color as the stomach and liver, showing these are the organs where the blood is expelling the accumulated waste. A 21 day fruit juice fast will allow the body to build a new heart, while a 40 day fruit juice fast will allow the body to expel old skin while it rebuilds all new skin.

Breaking the "fast" is where the word breakfast comes from. The very first step towards stomach health is to learn to never ever eat breakfast and allow the stomach to stay clean as long as possible. If anything is consumed in the morning hours, drink pure water or fruit juices to allow the intestines to flush out the waste that has been sent to the stomach from the blood stream overnight. Always seek to train your colon to move upon waking up and have one meal per day after your work is done. No food consumed in the morning and afternoon will ever be digested properly and be wasted. Breakfast and lunch will keep the stomach acidic, forcing upwards of 80% of the blood's work to be done in the stomach area, robbing the strength from the body during the daytime. This acidic mess in the stomach will be expelled as waste and none of it be assimilated for body functions. Foods, especially wrong foods need a lot of oxidation to properly be digested and eliminated, this only happens while we sleep. Once sleeping the lungs will start taking large / deep breaths, this breathing supplies the ability to digest and assimilate the food consumed each day. In nature, the work is done first and one evening meal consumed.

Why does a person "feel" stronger with a belly full of food while they work and believe they must have a full breakfast and lunch everyday or they will feel weak and unable to work? Why does a person believe they are more powerful when they eat meats, dairy, especially cheese and all non tree fruits in their daily diet? Very simple, the blood stream will work 80% harder when wrong food is in the stomach, in reality, this diet is robbing the very life from the person, but the person becomes addicted to 2 things.

1. Wrong diet causes more adrenalin to be produced. Same as caffeine products cause more adrenalin to be produced. Same as being frightened causes more adrenalin to be produced. This adrenalin "steps" the functions of the body, like giving more gas to an engine. Excessive adrenaline is very hard on the heart, if an adrenal gland ruptures the excessive adrenalin reaches the heart and the heart basically will explode and the person be dead before their head hits the ground. Aging or wearing out the body is nothing more than exhausted adrenal glands.

2. The blood stream working 80% harder while attempting to digest wrong foods wears out a lot of blood cells in the process. When these cells die, they release "energy", this is the energy "felt" by the act of consuming animal products. In fact, all animal products are not only dead, they are in the state of decomposing or simply "rotting"; they possess zero "energy". They do possess bacteria, fungus, parasites, and toxins that the blood stream must also deal with. While tree fruits supplies alkaline minerals to create sweet rich blood, all other foods wears the blood down and depletes the alkaline minerals.

The 2 main problems of wrong diet means a person is burning their candle at both ends, prematurely wearing their body out. Life means "energy", which is a form of natural electrical / magnetic functions of positive and negative. Human cells possess many forms of energy. Man learned of "hydrogen" from the study of the human eyes and learned how to make a hydrogen bomb. Science claims there is enough natural hydrogen in human eyes that would equal a bomb big enough to blow up a small town. Every atom and cell of the entire human body possesses energy / life and when destroyed, this released energy is the explanation for consuming hard; to near impossible wrong foods and more importantly, when a person stops consuming these destructive foods, they go through withdrawal addictions. Their body is so use to be "pushed" that it can't return to normal rest. People addicted to caffeine / acidic drinks are addicted to man created drugs, drugs that "force" the cells to premature destruction.

Proper "fasting" is the quickest method to allow the blood stream to cleanse and restore its self, the use of plentiful plant minerals, pure tree fruit juices and mineral free water while fasting supplies the blood stream the necessary building blocks. The red blood cells rapidly rebuild and then attack and remove the poisons accumulated within the fluids and cells of the entire body. Every human should learn to fast at least once a year or every 6 months even better.

Raw apple cider vinegar often is used along with meat eating; otherwise it should not be consumed in the healthy stomach. All meat eaters have stomachs that produce extremely powerful acids that dissolve meat. All meat eaters rip and tear meat and never chew it, because meat can not be chewed and all meat eaters do not have saliva designed to break down meat. Meat eaters swallow junks of meat and have short intestines that expel the meats before they rot so bad that they turn toxic. Humans have no ability to digest meats, so they grind it up with machines, cover it in salts and spices and most importantly, they allow it to pre rot by hanging it or what is called "aging" it, which means fungus (disease) eats the meat, which makes it "tender". This same fungus is the deadliest fungus on earth, created by God to dissolve all organic life and turn it back to soil. Since the human stomach does

not have the proper acids to digest meats, humans often feel better if they take a little raw apple cider vinegar with or after eating meats.

Raw fresh picked fruits well chewed leave the stomach within 15 minutes.

Raw vegetables 30 minutes +.

Meats will stay in the stomach 3-5 hours.

Raw cow's milk should never be consumed with food of any kind already in the stomach.

All cheese has already been consumed by bacteria; it is the most satisfying food on earth, simply because it can stay in the stomach for up to 10 hours.

Cooked anything, will stay in the stomach much longer than raw.

Mixed foods will stay in the stomach longer, as long as it takes to break down the worse food consumed.

Fact, the stomach is not a grinder, the size the food was when consumed down the throat is the size it will exit the colon. People, who do not chew their foods well, will show signs of starvation prematurely. It makes no difference how much we eat; if we can't assimilate what we have eaten, we will eventually starve to death. People, who die a natural death, die from starvation from a lifetime abuse of the stomach.

The abused stomach has one signal learned as "hunger". Hunger simply means ulcers. Ulcers do not hurt when the stomach has food in it, when the stomach is empty, ulcers become painful. Humans learn from an early age to feed their ulcers. Very few humans ever experience true hunger; they are too busy eating 3x daily feeding their ulcers. The reason "fasting" restores health so quickly is because "fasting" with fruit juices rapidly repairs stomach ulcers. Once the stomach is ulcer free, health starts to return to the body. Those experienced in fruit juice fasting, soon learn they can skip all food several days with zero hunger pains and go 40 days with ½ gallon fruit juice daily. They learn what life is like free of ulcers and addiction to foods.

Cabbage juice is often used for ulcers, the high lime content of this vegetable acts like a "patch" for even a large ulcerated stomach hole. Cabbage juice should be used in emergency, but the vegetable type lime will also create scar tissue, same as any common scar is created by lime. Tree source lime salts is found in Maple Syrup, which would be the better choice, but cabbage is the cheap / fast source that has the history of use. Herbal use, we make **Ulcer Aid** capsules and when ever herbs are to be used in human health, the **Lower Bowel Balance** capsules are to be used first to help restore the stomach, intestines and colon health.

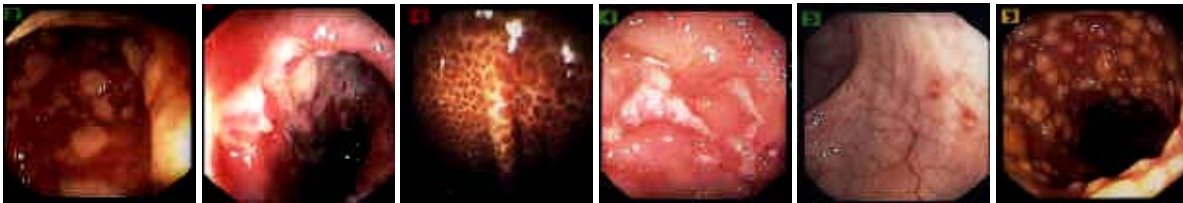
The real problem starts as the chime leaves the stomach. No matter what the diet consist of at any age, it must leave the stomach and enter the small intestines. This chime as it is called must be done with by the stomach and 100% neutralized to a pH of 7. This is done by the stomach and pancreatic fluids. A healthy stomach and pancreas will take 3-6 hours to process the normal mixed dinner meal. "IF" a snack, fluids or next meal is eaten before the stomach and pancreas has finished, which is likely the case of the normal adult, this chime, will be pushed into the small intestine prematurely and be "acidic".

This acidic chime "burns" the small intestinal lining. These burns turn to scars upon scars over a lifetime. The tissues of the intestines fail and create polyps and eventual cancers. These stomach acids must be neutralized in the small intestines; this is done by the blood stream coming to the rescue. The blood uses blood calcium to neutralize these acids and this robs the blood stream of plant calcium minerals and then the heart rhythm suffers, as do the teeth, bones, skin and entire health. The human body has a defense of "thickening" as a way of "protection". The more the intestines are abused, the thicker they become, until they become huge, weighing sometimes 40 pounds more than normal. The abused intestines do not easily assimilate foods and become home to plentiful parasites that live on these foods that can't enter the blood stream properly.

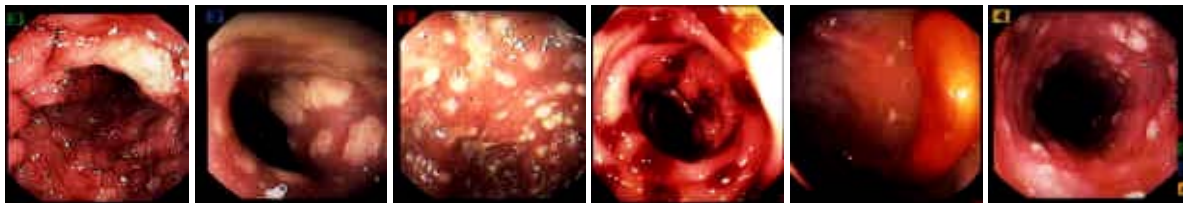
The next page will show a few simple pictures as examples of why people have indigestion, heart burn and ill feelings after they eat. Often the diet will cause so much acids that they person will be sleepy after the meal, while sleeping the body takes in large breaths of air in an attempt to digest the meal. This large intake of air is no different than a fire needing air to burn; this is why medical authors many years ago believed breakfast never gets properly digested and that only the evening meal has a chance at proper digestion. At the end of these newsletters I will give original medical authored recipes and proper method of combination so many of the common foods can still be consumed with minimal acid production in the stomach. Foods combined properly so they stay in the stomach the least amount of time makes for fewer acids that the pancreas and blood stream must fight to neutralize. The doctors and people that believe they must supplement their stomach with more acids will in my opinion, wear their stomach, pancreas, intestines, liver, colon and entire body out prematurely. I would use many colorful pictures for demonstrations if time, expense and space permitted.



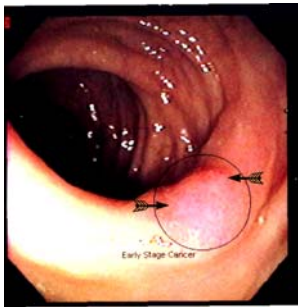
This is a picture of the normal adult stomach, intestines and colon. The ulcers, scars and acidic diet create a lot of waste that “ferments” and creates toxic gases. These gases cause pockets to form, which results in belching, indigestion and bowel movements that smell. The smell simply means the food fermented (rotted) and the gases created from the fermentation enter the blood stream and cause toxicity that when continued too long, is the foundation of all diseases. The stomach should be small and firm, same as the intestines and colon. All foods consumed by the mouth, should leave the body within 12 hours. Native Indians have a colon movement each time they eat. If we eat 3 x daily, we should have 3 bowel movements daily. In nature, a sick human will have a “smell” telling predators which to hunt for best success. No drug, no operation can solve this, only corrective diet that creates a healthy stomach can. The cure starts at the dinner table / lunch box. Don’t blame the dentist and doctor for your eating habits. We create our own problems.



As stomach acids enter the small intestines, the tissues are acid burned.



Food consumed will not be properly assimilated in damaged intestines.



Early Cancer!



Small polyp!



Large polyp!

Colon Health

The colon is not a holding tank; the waste of the body accumulates in the colon for removal. The waste in the blood stream that exited into the lymph glands should find its way back to the colon and not up and out the skin. Everything consumed that was not used by the body and expelled as used air, urine or sweat, should exit the colon. Everything that enters the body and accumulates becomes food for fungus. The colon should move with every meal eaten. Sadly most adults eating a meat and dairy diet expel their foods approx. every 7 days, taking 7 days from the time eaten, till completely expelled. The stronger the smell of the bowel moment tells the health of the colon. The bowel movement should not smell and should be soft and sink in water. Hard bowel movement is a sign of dehydration as well as constipation.

Constipation is any part of the entire body that does not have proper circulation. In the colon, this simply means all foods must exit within 12 hours of being eaten. The healthy colon has an effortless bowel movement. In nature squatting not only is natural, it also provides for muscle strength, while the invention of the set down toilet allows the muscles to “relax” and not as healthy

position. Some countries such as Thailand yet today only use toilets designed to be used in the squatting position. When the diet and health are perfect, the bowel movement is encased in a thin mucus covering and no toilet paper needed. All ill colon health takes longer and needs more toilet paper.

With the acidic diet and age, the colon enlarged and the opening becomes smaller, which produces a thin bowel movement, often down to the diameter of a pencil. Diarrhea is the strongest form of constipation, the body liquefies the bowel movement in an effort to exit the small opening and or flush the waste from the walls of the colon.

All commercial laxatives cause harm by relaxing the colon muscles. All enemas are for emergency use when the body has failed to work properly and enema used while diet is being corrected until the colon restores to health. Enema does not improve colon muscles unless the water is a cool 85 degrees and even then, herbs are superior in every way. Colonics are to never be used unless by the elderly or severely damaged colon that can't function without help. Colonics are harmful to the colon muscles and same as the enema, harmful to the natural pH and bacteria of the intestines; herbs are superior in everyway and should be used to avoid enema and colonics in old age. It is a known fact that well over ninety percent of all sickness and disease in the human body is caused by a congested (constipated) colon area. When the bowel area is pocketed and ballooned with old fecal matter, trouble starts in that particular area and travels to the organ or part of the body being fed (through the autonomic nerve ring) via the blood stream by the impacted area. As an example, with the case of sciatica pains: A painful inflammation of the sciatic nerve, usually neuritis. It is attended with paresthesia of the thigh and leg, tenderness along the course of the nerve, and sometimes a wasting of the calf muscles. The pain is constant, but subject to exacerbations (increase in the severity). In this condition that by cleaning out the bowel area and specifically concentrating on the sigmoid area. This section of the bowel is the lower part going from the descending colon to the crest of the rectum. Stagnant, toxic fecal matter in this area, through the autonomic system drains toxic waste through the blood stream down the leg, irritating the sciatic nerve. Rapid relief has often been given by a deep kneading massage of the sigmoid area. The massage is done after using the Lower Bowel Balance herbal formula.

Stomach / Colon health using Lower Bowel Balance Capsules.

Take according to how many you need. As there are no two people a like in age, size, or physical constitution (and the bowel itself will differ in persons as much as the fingerprints), most cases will START with No. 00 capsules three times a day, and then regulate the dosage from there. If the stool seems too loose, then cut down; but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very difficult cases, you could take even up to 40 of these capsules a day, for these herbs are only FOOD and can do no damage to you). Then after the hard material has broken loose and is eliminating more freely, the copious amounts of eliminating matter will gradually decrease (these are hard incrustations of fecal matter that have been "stored" in the bowel for many years that are breaking loose and soaking up intestinal liquids), but do not taper off the lower bowel tonic dosage so much at this point that you lose this advantageous momentum and continuity of elimination. In most cases, the improper diet has caused the peristaltic muscles of most people to quit working, and will take six to nine months with the aid of the lower bowel tonic for the average individual to clean out the old fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own. Most people have pounds of old dried fecal matter that is stored in the colon which is toxifying the system and keeping the food from being assimilated. Because of this putrefied condition, most people gorge themselves with many times more than the actual body requirements, wearing out their bodies in trying to get sufficient nutrition and are still always hungry and eating.

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LBB formula

Barberry (Berberis Vulgaris)

This herb acts as a specific for the liver and gall bladder area (hepatic) causing the bile to flow freely instead of being congealed and sluggish, and this bile acts as a built-in laxative, but is mild. The herb is also alterative (blood purifying), antisyphilitic, and tonic.

Cascara Sagrada Bark (Rhamnus Purshiana)

This herb is called "sacred bark", and in small amounts, as used here, is a mild laxative, but is also a tonic for the peristaltic muscles. It increases the secretions of the stomach, liver and pancreas, and is very remarkable in its action in torpor of the colon and constipation. It is, unquestionably, one of the very best and safest laxatives ever discovered.

Cayenne (Capsicum)

Cayenne is slightly laxative, stimulates the organs it passes through, aids in rebuilding varicose conditions and cholesterol from the area. It does a real cleaning and rebuilding job.

Ginger (Zingiber Officinale)

Common name Jamaica ginger. This herb is excellent for correcting flatulence (gas in the stomach). We need this herb to alleviate gas that is accumulated as the bile starts flowing into this area, mixing with old fecal matter and forming this condition. It is also an aid for relieving cramps and pains

Golden Seal (Hydrastis Canadensis)

This wonderful herb is a tonic, mild laxative, alterative (for mucous membranes), detergent, antiseptic and antiemetic. This is the healer and kills infection--a blood purifier and aperient (mild laxative). This shows why it is one of the fine ingredients included.

Lobelia (Lobelia Inflata)

Lobelia (Lobelia Inflata). This is the accentuating herb that makes any formula work more smoothly and more efficiently. It is also an antispasmodic, a nervine, and will assist in cases of cramps and painful conditions.

Red Raspberry Leaves (Rubus Idaeus)

Red Raspberry Leaves (Rubus Idaeus). Here is an herb that assists in supplying iron to the system in the form of citrate of iron ($\text{Fe}_2(\text{C}_6\text{H}_5\text{O}_7)_2 \cdot 6 \text{H}_2\text{O}$). Upon this depends the remarkable blood making and regulating properties as well as the astringent and contracting action on the internal tissues and membranes. This herb is also hemostatic, antiseptic and antidiarrheal.

Turkey Rhubarb Root (Rheum Palmatum)

Turkey (or China) Rhubarb is such a mild aperient (laxative) that it **can be used for tiny babies** (because it gives smooth, easy, no cramping bowel movements). This herb has such a complex makeup that only advanced analytical chemists can comprehend some of its constituents. According to Merck's Index, the latest findings are staggering as you research into them. This herb is a laxative, astringent, tonic, stomachic, brisk purgative and valuable in effecting a quick, safe emptying of the bowels. Does not clog or produce an "after-constipation" as so many cathartics do. It is especially useful in diarrhea caused by irritating substances in the intestines. It not only removes the irritating substance, but its after astringent action checks the diarrhea.

Fennel (Foeniculum Vulgare)

Fennel (Foeniculum Vulgare) This herb is noted for its relief in flatulency (gas) indigestion, cramps and spasms, nausea, pinworms, and in hepatic conditions (liver, gall bladder malfunctions).

Olive Leaf - Please read Olive Leaf Extract \$5.95 to understand why I add Olive Leaf to all liquid, tea and powder formulas. It is the "KING" of Herbs!

Summary, Lower Bowel Herbal Combination As you see, each of these ten herbs has a specific job to do, and when they are combined they make an herbal food for the bowel (small and large) area. By using this over a period of time (we have been accumulating old filth and fecal matter for years, so nine months to a year or more in some cases is not severe at all), along with the alkaline diet, you can have permanent, easy bowel movements the rest of your life. Then, if the proper diet is observed, no more lower bowel tonic will be needed.

For babies I make a very mild laxative liquid version of the **Baby Calm**, called **Happy Baby**, because a fussy baby often is a baby with gas created from too much feeding. For children I make a liquid version called **Lower Bowel Balance Jr.** For adults that can't take capsules, I make a **Lower Bowel Balance Adult Syrup / tincture**.

The **Lower Bowel Balance** capsules often can be started by age 6 when needed, 1 capsule per dose only if the child can bite and swallow herbal capsules easily. The **LBB** formula is very bitter and ideally taken in capsule form when ever possible. While fruit juice "fasting", I always suggest 8 capsules every day through the entire fast as a method to avoid the enema. This is the only formula I make that people for 12 years have stated is "better than gold" and they often buy a lifetime supply and put in the freezer. In general, it is the number one women's daily supplement, especially during pregnancy and after having babies. Often the mother's colon is never quite the same after having babies or too many babies and the stomach drops causing elimination problems. Or most adults, 1-2 capsules first thing each morning stimulates the colon to function well, before they start work for the day. Drink with a large glass of water each morning for best results. Some people like to take them at bedtime, so all is working well upon wakening, each person will discover what is best for them.

Advanced "Adult" only formula

I take the same **LBB powder formula** and blend in the best of every herbal formula. So this covers all the calcium, iron, minerals, parasites, kidneys, etc. formulas ALL "N" ONE with the most powerful of all anti-parasite herbs I know of. I call this very advanced formula **P / W Elimination**, which stands for parasites / worms and expelling the waste. This can only be made into a powder and not suitable for commercial encapsulation because it uses many herbs that must be hand blended. This herbal powder should have an indefinite shelf life; it should never spoil because of the types of herb added for adult de-worming. This formula is way too potent to try to take outside of a capsule, the consumer "**MUST**" in every case take this powder and make your own capsules. No child or teen should take this formula or need it.

- **No pregnant mother, nursing mother or women seeking to become pregnant should take this formula.** This is for strict adult use only! It can even be poured onto cow or animal feed if desired.

We stock empty veggie caps or cheaper bovine capsules 500 or 1,000 to a bag. You can open a capsule and pour some powder onto a plate and push the capsule down onto the powder and then recap it. Otherwise we stock cap-me-quick home encapsulator that makes 50 at a time. The daily dose is approx. 2 capsules daily or as desired, so making several capsules daily or setting down and doing the entire pound by hand is not a big chore and the little encapsulator also makes it nice.

Next month I will cover Kidney and Liver health.

Many Blessings,
The "**Barefoot**" Herbalist, M.H.
Joel Berry

Since I have been suggesting everyone find a good chiropractor and hopefully be as lucky as me to have the same one for 35 years, I decided to ask one of the "best" chiropractors and authors in the country to explain the basics. He ended his introductory saying; "anything else you want to talk about", suggesting you can ask him questions.

"The Chiropractic Corner"

Chiropractic 101

by Dr. K. R. Sutter DC

Although the application of chiropractic is quite technical and requires considerable knowledge and skill to apply the principles that it operates by are quite simple and easy to understand.

The first rule in Natural Healing is that all cells in the human body must be able to communicate with all the other cells of the body. That requirement is fulfilled by your Central Nervous System. The brain, the spinal cord and all the nerves that go to every little cell in the body. It is chiropractic's job to make sure that can happen. We do that by making sure all the mechanics of the spine are fully functional.

The brain runs the show. It must coordinate any healing that needs to happen. That makes the spine supremely important. The brain exits the skull at the back of the head through the Foramen Magnum (Fancy word for big hole). It forms the spinal cord and runs the length of the spine to the tailbone. The spine has 26 vertebra in it and between each vertebra a nerve exits that goes to a specific part of the body. The trouble starts when injury happens to one or more of the vertebra and you end up with a pinched nerve.

Everybody knows how serious a spinal injury is. If the damage is great enough the tissues that specific nerve supplied dies and you end up paralyzed. Fortunately most spinal injuries are comparatively smaller than the damaged nerve injury. Strains, sprains, slipped disc, etc.

So the first consideration your chiropractor has is to guarantee the unimpeded flow of nerve energy from the brain to the tissues and back to the brain again. Yes, it IS a two way street. The brain must monitor the body continuously.

The second consideration is when these injuries happen and you DON'T get them corrected the mechanics of how one bone is connected to the others gets impaired. Things don't line up right. One or more vertebra is stuck out of its normal position. That's a problem.

If these individual joints where the vertebra come together don't have their normal designed function correct the joints will wear out rather quickly. That's called spinal deterioration.

Also if the mechanics aren't corrected within a reasonable length of time after the injury the brain will cause the body to send extra calcium to any specific injury to shore up the weakened joint. That's called Arthritis. It's a normal response to any weakened joint.

Fortunately once the mechanics are corrected the deterioration stops and reverses, and the extra calcium is no longer needed so that gets absorbed back into the body. It does take a length of time though. Thus, it's quite a bit easier and a lot less painful to keep it fixed rather than wait until the deterioration and arthritis start when you have to get it fixed.

Consider your local chiropractor your body's mechanic and electrician. We keep the mechanics correct so your joints don't wear out and by doing that we guarantee normal nerve expression from the brain to the body and back to the brain again. Very important and the very reason why it is the first consideration to optimal health.

Future articles will include Chiropractic's role in having a normal pregnancy, raising the kids, slipped discs, and anything else you want to talk about.

Doc Sutter
www.docstutter.com

Dr. Sutter has been in private practice in Rockford Michigan for 35 years. He has specialized in Chiropractic for kids and Intervertebral disc correction.

Doc Sutter has two paper back books currently for sale called, **It is not illegal to get healthy** \$19.95 and **The Paradigm Shift** for \$29.95.

Learn the true definition of health, the definition of food, what the medical paradigm is, the rules of health, why there are no cures, how to get healthy and The Shift from Disease care to Health Care.