

Doing these questions and answers is fun, but since we are limited to the amount of pages we can send monthly, due to postage, you can see that the newsletter must stay small to make room for all the questions. Asking 3-5 questions per letter complicates answering even more because if I separate the questions in each letter, it would soon become a nightmare for anyone to figure out which questions were theirs. Not knowing any of the back ground history that was asked on the questionnaire form sent in the January newsletter also makes answering more guess work than anything else, so all answers are very “general” and keep in mind, when answering questions about ill health, many of the answers are going to be about diet and habits.

The more serious the health condition, the stricter the diet will become, because wrong foods can't be tolerated anymore once very ill. I know this strict diet information will not be well accepted by the farmers, but when it comes to human health the cheapest and truest path back to health, is to eliminate that which has accumulated and made us ill and the only logical prevention is correction before we become ill. In the upcoming newsletters I will cover the entire subject of human foods and the best way to eat for health. In the newsletters it will make more sense than the shorter version used to attempt to make short answers to very complicated questions. Keep in mind, thousands of books have been written in the past 200 years in an attempt to answer such health questions as these being asked here!

These questions and answers will be more entertaining in comparison to the actual newsletter that will try to explain step by step why so many people today are sick at such young ages. Please resist asking more than one health question per letter. By doing so you will make it easy to make the newsletter rather than spend time with so many repeat questions. Please avoid calling about health questions. Those that do often end up talking for several hours or more and this robs the time and is often a waste of time, simply because no one can remember all that is said on the phone; while once this newsletter is finished, you will know 90% of whatever we could suggest for all health situations. Keep in mind always, these will always just be my opinions based on what I have accepted at this point in time and as I learn more, my opinions most likely will change to some degree, but the foundational causes of disease will remain the same throughout history. I do not expect anyone to agree with all I have to write, please use this as just another resource to your personal self-health education. Please forgive us if the mail or we should loose your newsletter; or letters to us, it's bound to happen when over 1,000 are being delivered monthly.

### **ADHESIONS**

**Question: I am battling adhesions since my appendix surgery a year ago. The first time my intestines locked up. I went back for the second surgery (2 wks after the 1<sup>st</sup>) Since then, I have used home remedies at each flare up, such a stopping all food, vomiting if needed, warm castor oil packs, enemas at times. Since taking papain and bromlain powder (up to 4 tsp daily) and turmeric (1-2 tsp daily) I have no trouble. I do watch what and how much I eat. I store bought ice cream is served, I take a small serving, just enough to be polite. Does something work more economical than the above to stop adhesions and what about reducing them? Would a 10 day fast remove the adhesions already there?**

Adhesions can be formed for several reasons, operations and repeat operations, with infections, drug use, pain drugs, etc. naturally causes a lot of tissue damage that ends in scar tissue. The appendix is a result of constipation and possible worms directly in the appendix. Some people develop adhesions most anywhere in the body, but more often in the reproductive areas. Eat a real papaya and its seeds and a fresh / well ripe pineapple once a week for life is superior to any

powder product. High plant calcium / mineral formulas such as **Bone Flesh & Cartilage (BF&C)** taken internally to supply the building blocks and spicy herbs that thin the blood and increase circulation to a particular area often speed up the healing. I suggest **BF&C** syrup or capsules taken daily along with spraying all affected areas and joints morning and night with **Herbal Spray III**.

Taking **Lower Bowel Balance (LBB)** daily with your meals will greatly aid the muscles of the colon and health of the liver and elimination organs and avoid such problems as appendix. **De-worming** is just a normal thing to do throughout the lifetime, because worms can plague the colon, the appendix and every tissue within the body. All operations cut into the flesh and tissues; causing damage and the pain drugs slow the healing, which often leads to scarring in my opinion.

**Needed: a good remedy for yeast and related rashes (diaper rash, vaginal itch, jock itch, ringworm)** All of these symptoms are a result of constipation of acid forming foods that have accumulated and provide ample food for bad bacteria, viruses and worms. Itch is a sign of advanced constipation, in that the internal organs / lymph glands are over worked and failing and the excessive poisons are being expelled out the skin. Often signs of a failing liver when the itch becomes troublesome in my opinion. The treatment has to be as aggressive as the symptoms are and have been often for year. If diet is maintained naturally results will be slow in coming, because if pounds of worm food enter the body daily, they will thrive and small amounts of herbs can only have so much effect.

**Herbal Spray I** used on all skin problems, **LBB** daily, clean the rock out of the water supply so the kidneys can be cleansed and have a chance at working properly. **De-worm** and stay de-wormed and if itch is still a problem, then I suggest up to 4 bottles of **Liver Itch** formula at 1 tablespoon morning and night. Keeping in mind, these issues will forever be a problem if the constipation is not removed.

**we lately discovered how easy it is to give a small child or baby an enema using an enema bottle. We had been using a bulb syringe. The enema bottle is clear, easy to fill, smooth tip, has back flow preventer. Two cautions: the diaphragm that prevents backflow also makes it hard to squeeze out, thus you don't know how much pressure you are exerting to the bowel, a concern for babies. Remove the disk if you wish. The stem is also longer and stiffer than needed for small child. How much care is needed to assure the bowel/colon wall is not punctured by unskilled hands?**

The bigger question would be why? Why should a little baby or child need an enema? Very simple, the mother has fed wrongly creating a foundation of constipation and parasites and water supply loaded with rock minerals clogging the little kidneys and filling the body to the point of organ failure at such an early age. Enema is for emergency cases only, often for the very elderly and bedridden. It is sad to see little babies have such a need, because enema at any age is not a pleasant experience or health promoting.

**ANUS** / itch

**Question: I am wondering what to do about my very itchy anus. I am 54 yrs old and this has been an ongoing problem for several years. I have tried worm-b-gone 3 times in the last year and a half 2 years ago. I was on a three month yeast infection program from mountain meadow herbs. Both seemed to help from some time. I hope you have an answer as I am ready for help.**

Itch normally means an acidic fluid is being expelled that is burning the tender skin. The anus / hemorrhoids expel waste from the Lymph Glands and often are overworked. De-worming is

always a good idea, but since we are long living humans and not short-lived livestock, we do better to “stay” de-wormed and not worm ourselves like a farmer does his livestock. Parasites will live abundantly wherever accumulated acidic waste is present. The very common pinworms will exit the colon at night time and re-enter or contaminate the bed linens, etc. But it is the acid that makes for the “itch” and burn. This would also be simple “constipation”, in that the acidic waste is not leaving the body fast enough.

**De-Wormer** (Worms “B” Gone) also helps with constipation and supplying the diet with plentiful plant minerals, natural iodine and plant anti-biotic; as well as aiding the blood stream to de-worming the entire body. This not only takes time to kill the adult parasites and their eggs, it also means we live in a world of bacteria / parasites and are constantly coming in contact daily and need a good strong immune system to battle parasites our entire lives.

I suggest the **All “N” One kit adult** formula taken monthly as the easiest corrective over time or at the very least, the **Lower Bowel Balance Capsules** 8 per day or being an adult man, the **P/W Elimination powder**, made into capsules by the customer, is by far, the superior adult de-wormer in a capsule that also covers much of what herbs can do. I would suggest taking at least 2 of these homemade capsules daily or more if desired. If pinworms are a problem, **Herbal Parasite Spray** or any of the **Herbal Sprays** are anti-parasite and sprayed directly on the skin will solve the problem of pinworms leaving the body to escape the blood by hiding on the skin or just under the skin where the blood stream can’t easily kill them. Itchy anus on children would be a sure sign of pinworms or some type of colon worm. If hemorrhoids are an issue, applying a little of the **B&W** ointment on the hemorrhoid and pushing gently back up your anus, doing this daily often cures the problem. As long as you’re itching, I would apply a little of the **B&W**.

Most products sold as “yeast” treatments or cures are “gimmicks” in my opinion, because such manufactures and doctors don’t understand friendly bacteria / bad bacteria or the cause and imbalance that cause virtually all diagnosed diseases. Most herbal products sold today using statements such as cures for certain diseases are gimmicks. These manufacturers want people to believe a bottle of their very high priced herbs will “cure” what ails them and will never suggest the ailment was caused by the diet or habits, the 2 things customers never want to hear; they just seek to spend money with the faith that a product will solve all their diet and habit problems and we all know, their products will always fail. They always charge huge prices because when the customer fails to be cured as advertised, they seldom return as a customer, so the manufacturer seeks to make the most profits from their one time sale. We on the other hand seek only long-term customers and not sporadic buyers. We have always supplied health education so each person can be their own physician if they choose to learn the root causes of all diseases and nature’s way to return to health, and good herbs aid in this, if understood.

Doctors and herbalist of all kinds don’t live any longer than normal people, if anything, they prematurely die from the stress of dealing with sick people. This should prove to anyone that the “products” are not the solution. Education along with real / proper products that are understood so that people learn prevention, which is cheaper than treatment, is what I consider proper. So not one of us can blame our ill health on some mystery or disease that was out to “get us”, because we are what we live. Our choices result in the health we have while living on earth.

We have thousands and thousands of pages of health information on our website; we did this as a way to educate anyone seeking to have better health. Understanding why we get sick comes before buying a product. Every ad selling vitamins, herbs, supplements of all kinds without a true understanding of health, to me, are worthless products. When Fountain of Life changed directions and told us they were going to sell weight reduction commercial made products and no longer wishing to sell our products other than our herbal sprays, we didn’t want the people to

experience such a loss and decided we would have to sell them and we could never do this without supplying an education in health.

- We have never wanted a customer that didn't know why they became sick or not know the path back to health. Once they understand, then they know the purpose for the herbal products as "aids", not cures, the cure comes from our new red blood cells.

A customer needs to realize that a product does not fail; because a person that understands their health understands the role of the product. I suggest most people selling supplements are doing so blindly, to them it is just a job, just another sale. They are clueless about the product and even more clueless about the needs of their customers. Our goal has always been to educate the customer so they STOP WASTING their hard earned money and even more importantly, their time, health and often, even their life. When we did in home Amish seminars, we often spent a little time in the kitchen cupboard explaining all the gimmick products fancy / glossy ads lured them into buying and once understood, many of these expensive products went into the trash can. Education saves a lot of money and provides a better life.

**ARTHRITIS** / elbow (see February answers)

Question: **I wonder what would be good for arthritis. I hurt my elbow in this past summer and it still isn't healed right and wonder if it ever will be. I'm thinking there might be arthritis in it now.** Often a pain that doesn't go away is a memorized pain, these pains can last an entire lifetime out of "fear" that you may injury yourself again. The brain causes this phantom pain that many feel for most of their lives after an injury. Otherwise there has been bone or nerve damage, called "physical" damage. First step always is to see the chiropractor ASAP; he can put your elbow back in proper place if he is a good chiropractor. Arthritis is an accumulative disease of a lifetime of constipation. We do make **Arthritis balance**, an herbal syrup with the known herbs that help, but I suggest a complete reversal of diet and habits as being the best corrective that works. If the pain is a phantom pain or real pain, for the elbow, **Spray III** sprayed as many times daily as needed to stop the pains has an accumulative effect, in that each week, each month, each year the entire body will be "better" in my opinion.

**ARTHRITIS** (see February answers)

Question: **What causes arthritis and what herbs can be taken to heal it or make it go away? I have arthritis in my hips where I also had a pinched nerve. It a lot of exercise good for it? My chiropractor said start in slowly because of my pinched nerve not quite healed yet.** I never suggest exercise for an injury. Mild stretching, walking as enjoyed is OK, but never exercise something that is broken or not working properly, because it will only cause more acidic crystals to form in the flesh that causes the pin and needles sensations. A good chiropractor will correct the hips and joints in 2-3 visits, if it takes more than that, he should tell you why and for how long. Otherwise, once a month is enough for most people. Hip pain can be caused by infection from dental metals that deposit in the hip sockets and attract fungus that eat the bones, also called Lymes or Syphilis worms. Poor kidney function leads to acidic crystals that deposit in the flesh and joints, which also attract fungus / parasites. A pinched nerve is a sure sign of injury or failed joints. Each pain should be looked at as a warning to be heeded and correct the foundational causes. Prevention is cheapest always. All cleansing and nourishing herbs will help; correction of diet will help more. Plentiful sunshine on the skin is the most powerful cure-all. For women that have lost the ability of their monthly menstrual, arthritis is nothing more than their waste clogging their blood stream that exits into the lymph glands and forms every disease, especially arthritis.

**BABIES** / acid

Question: **Why does it seem that more and more babies have acid reflux or hital hernia which in time causes acid reflux?** In my opinion, no baby should have a hialal hernia and

would be very rare in adults as well and every newborn needs to see their chiropractor at age 3 days old to insure everything is in the right place and skull bones rounded out to relieve birthing pressures. Over feeding is the cause, starvation results in hunger that poor milk can't provide.

**Could there be anything to do in pregnancy to help that or what is the cause?** Mother lacked proper plant minerals in her daily diet and as she lost her health, her blood is poor, which produces poor milk, which then starves the baby into wanting to over eat and then puke up the milk, because the kidneys can't process the over load. This subject has been discussed through the questions and will be covered in more detail in the newsletters once I get into correcting the health problems.

**Someone said the mothers liver is not working right and can cause such problems.** Find me a mother that does not have a pile of liver fluke worms in her liver packed with mud and I will say you found a very rare woman. My opinion is all civilized humans have compromised liver functions.

**Also if baby gains but is vomiting. Sometimes more but often quite a bit, is there something to do or will baby out grow that?** Over feeding, baby is starving from poor milk lacking in essential nutrients. Take the baby to a good chiropractor EVERY symptom as the best method of prevention and ask that chiropractor for "advice", very often the baby only needs a mild adjustment to return to normal health. A constipated baby, crying baby and etc. needs to see their chiropractor and rule out the idea of the bones being out of place. The chiropractor must be an expert in cranial adjustments or seek one that is. Mother eating wrong foods will make baby puke! Ask the other women what foods to avoid, all the cabbage and bean family only make sense, every food that upsets your stomach, our health, only makes sense. Having babies can be done by any animal, having a healthy baby only happens when the mother has planned her family well.

**Also a simple cough syrup which we found helps more than store bought is just a spoonful of plain honey and also cod liver oil liquid helps.** Honey has killed babies by choking them to death; it must be much diluted in warm water first. Cod liver oil is dead fish liver that has been highly processed, how many people have cut open livers and seen oil in them? I never suggest dead fish liver in human health for any reason.

**Also lobelia tincture works for stubborn cough and fever if rubbed on the chest and along spine and some given internally.** This is correct when made properly with grain alcohol and raw apple cider vinegar and the absolute best is made from the very expensive seeds. These seeds can be several hundred dollars per pound when found and way back in the 1700's a pound of lobelia seed sold for \$1,000 per pound. I can't imagine anyone today going to that great expense other than me. **Lobelia Seed Tincture.**

**BABY / colic**

Question: **I am writing in hopes you can help us. I realize that no baby will be perfectly happy but after 2 colicky babies that are still not healthy and happy like I would like to see them, I am desperate for help! I will only talk about our youngest as that is our biggest problem right now. She was very tiny at birth, very colicky starting at 2-3 wks, never slept well. Short nights short naps. How many children thrive on 9hrs of sleep total a day? Waking up at night is the norm.; things came to a head in December with a burst eardrum and a first time ever Dr appt. for her. She is 21 months old now. She is still on breathing treatments. She is to have another appt. once the treatments are done as I had questioned as to why, she often sounded hoarse and is very thin bones with chubby cheeks. For a while she looked like a malnourished child. We believe her treatments cleared her lungs and she feels like eating now. She has very little hair and pale**

**complexion. The Dr mentioned Cystic Fibrosis, naturally we say “Dear God, not our child!” but we also try to say “If it be thy will.”**

- Starvation, Infection, Parasites, Poisons, etc. are not something I would refer to as God’s will, but more just a result of not understanding human health. NO BABY needs to be colicky ever! No baby needs to be SICKLY ever! Every baby should be HAPPY! Life should not start out miserable.

This newsletter hopefully will shed some light on why from conception up, people can be sickly or healthy and then no parent can stand and say “they didn’t know”. If mother and father to be understand what it takes to make a healthy, happy baby, then their efforts will be rewarded with such. Lung treatments and bazaar diseases in my opinion are nothing but results to be expected from wrong diet, wrong habits, wrong supplements, wrong medical advice and lack of having a good chiropractor that you take your children and yourself to every time something is not “right” and not run to over counter drugstore or the doctors and see what drugs to try. Simple understanding of diet, understanding of chiropractic, learning about parasites, and plentiful sunshine on all your skin, good air will build the foundation of good health; while half hazardless living ends in disaster after disaster.

God created all in perfection. Living less then correct, leads to disease and shortened lifespan. There is a great need for health information, if nothing else; for the babies. No child should have to go through such suffering and if the path does not change, a lifetime of troubles can plague a child that could have all been avoided. Prevention is extremely cheap when compared to the damage that is done in the womb and first year of life by those that have no idea what to do. Herbal Products; **Baby Calm, Happy Baby, PICA, Olive Leaf/Echinacea Maximum Restore, Air Restore, Diluted Oregano Oil, Skinners salve.**

These products along with a good chiropractor that desires to help all children are all the outside things I can think of in raising a child from birth to age 5; all the rest comes from diet and habit wisdom in the home by the parents. NO CHILD SHOULD BE SUFFERING, every daughter should be educated long before she marries and thinks about raising a family, by doing so, millions of dollars can be saved and more so, thousands of babies can have a better, happier life. I will try to cover all these subjects if the newsletter allows time. These questions are taking way too many pages that could be used for the newsletter.

**BACK / spine / deterioration (read February answers)**

**Question: I’ve had my back x-rayed and there is deterioration in my lowest disk and also arthritis there, and in my tailbone. My spine also has to much curve. I am doing chiropractor recommended exercises but still have much pain at night in my back and knees and below the knees. I was in bed for 4 wks plus in Feb 2010. What nutrition do you recommend?**

The acidic forming diet literally eats the bones right out of your body, that, along with lymes (worms). Correcting diet will be the only true cure, along with plentiful plant minerals to be used by the blood stream to rebuild. As long as the stomach is corrupted, the acids entering the small intestines will continue in the failing of the entire body. Diet and habit corrections as described in these newsletters along with de-worming and rebuilding that I commonly refer to as WEEDING & FEEDING. All toxic metals need removed from the body and the accumulated rock that has built up over a lifetime of hard water, foods, vitamins, drugs, etc. As circulation is restored, so will the bones, if no operations have been performed. **ALL “N” One kit, double bottles, Adult strength** and if spices can be tolerated, upgrade to **Longevity Spices adult ALL “N” One kit double bottles.** With added **Bone Flesh & Cartilage (BF&C)** taken internally as capsules, tea or extract and plenty of extra **Herbal Spray III** or stronger formulas if you can handle extra hot,

which increases circulation and increase circulation of blood supply brings the oxygen and nutrients to rebuild the bones.

The adult formulas are extremely anti Lymes and I suggest all bone problems are really a LYMES / SYPHILIS worm problem. These microscopic worms eat the bones and make their homes in dead teeth and dead bone. Make a slant board and practice stretching your spine and most of all, stay hydrated by drinking ½ gallon daily of fresh fruit juice or distilled water. Those that drink coffee, black teas, hard water of any kind, are expected to have clogged Kidneys and accumulated acids that attract a lot of parasites. The damage must be reversed or aging will accelerate. See a good chiropractor monthly. When using **Spray III** or stronger, spray the spine well, wait 5 minutes and spray again, this often will last all day. This does not mean you can go do work that will harm your bones, if you are to recover; you need to adjust your work according to how strong your health is. Overworking harmed bones will only cause more damage. No operation will correct this, they only chop, sew and leave scar tissue. All pains are warning signals, do not ignore them, or they will cost more later in life to correct.

### **BAZZAR DISEASES / myasthenia gravis**

**Question: My husband has Myasthenia Gravis- a very sever case of it. He is on all kinds of medications and it would be very scary to get off of these. There is no cure for MG, according to the Drs but must be managed. He has had several crisis which have nearly cost his life. In your natural studies, do you see anything that could be a help to him? I think this would take a lot of study on your part, because it is a complicated disease. Thanks for listening! Also he had his thymus removed due to a tumor (non-cancerous) being there.**

**Myasthenia gravis** (from Greek *μύς* "muscle", *ἀσθένεια* "weakness", and Latin *gravis* "serious"; abbreviated **MG**) is an autoimmune neuromuscular disease leading to fluctuating muscle weakness and fatigability. It is an autoimmune disorder, in which weakness is caused by circulating antibodies that block acetylcholine receptors at the post-synaptic neuromuscular junction, inhibiting the stimulative effect of the neurotransmitter acetylcholine. Myasthenia is treated medically with cholinesterase inhibitors or immunosuppressants, and, in selected cases, thymectomy. The disease prevalence is 3–30 cases per million and rising as a result of increased awareness. MG must be distinguished from congenital myasthenic syndromes that can present similar symptoms but offer no response to immunosuppressive treatments. The most widely accepted classification of myasthenia gravis is the Myasthenia Gravis Foundation of America Clinical Classification:

Class I: Any eye muscle weakness, possible ptosis, no other evidence of muscle weakness elsewhere

- Class II: Eye muscle weakness of any severity, mild weakness of other muscles
  - Class IIa: Predominantly limb or axial muscles
  - Class IIb: Predominantly bulbar and/or respiratory muscles
- Class III: Eye muscle weakness of any severity, moderate weakness of other muscles
  - Class IIIa: Predominantly limb or axial muscles
  - Class IIIb: Predominantly bulbar and/or respiratory muscles
- Class IV: Eye muscle weakness of any severity, severe weakness of other muscles
  - Class IVa: Predominantly limb or axial muscles
  - Class IVb: Predominantly bulbar and/or respiratory muscles (Can also include feeding tube without intubation)
- Class V: Intubation needed to maintain airway

The hallmark of myasthenia gravis is fatigability. Muscles become progressively weaker during periods of activity and improve after periods of rest. Muscles that control eye and eyelid movement, facial expressions, chewing, talking, and swallowing are especially susceptible. The

muscles that control breathing and neck and limb movements can also be affected. Often the physical examination yields results within normal limits. The onset of the disorder can be sudden. Often symptoms are intermittent. The diagnosis of myasthenia gravis may be delayed if the symptoms are subtle or variable. In most cases, the first noticeable symptom is weakness of the eye muscles. In others, difficulty in swallowing and slurred speech may be the first signs.

The degree of muscle weakness involved in MG varies greatly among patients, ranging from a localized form that is limited to eye muscles (ocular myasthenia), to a severe and generalized form in which many muscles - sometimes including those that control breathing - are affected. Symptoms, which vary in type and severity, may include asymmetrical ptosis (a drooping of one or both eyelids), diplopia (double vision) due to weakness of the muscles that control eye movements, an unstable or waddling gait, weakness in arms, hands, fingers, legs, and neck, a change in facial expression, dysphagia (difficulty in swallowing), shortness of breath and dysarthria (impaired speech, often nasal due to weakness of the velar muscles). In *myasthenic crisis* a paralysis of the respiratory muscles occurs, necessitating assisted ventilation to sustain life. In patients whose respiratory muscles are already weak, crises may be triggered by infection, fever, an adverse reaction to medication, or emotional stress.<sup>[5]</sup> Since the heart muscle is only regulated by the autonomic nervous system, it is generally unaffected by MG. Myasthenia gravis is an autoimmune channelopathy: it features antibodies directed against the body's own proteins. While various similar diseases have been linked to immunologic cross-reaction with an infective agent, there is no known causative pathogen that could account for myasthenia. There is a slight genetic predisposition: particular HLA types seem to predispose for MG (B8 and DR3 with DR1 more specific for ocular myasthenia). Up to 75% of patients have an abnormality of the thymus; 25% have a thymoma, a tumor (either benign or malignant) of the thymus, and other abnormalities are frequently found. The disease process generally remains stationary after thymectomy (removal of the thymus).

The above explanation would go on and on if space allowed, but I have used this as an example; because “YOU” 100% believe in the drug use and in “MY” opinion, every human disease is a result of bad diet & work habits that start out as the simple cold, simple sore throat, simple flu, etc., etc. and people that seek drugs for their eating and working habits, eventually (If they live long enough) develop BAZAAR diseases created by their doctors drugs and in the process have brain washed the patients into being drug addicts the rest of their life, which makes their body the living medical experiment that can only go down hill with every drug swallowed. This newsletter is not for those that have “faith” in drugs, because drug consumption is a religion. At the end of the 2011 newsletters I will supply information proving no drug and no operations are ever needed for those that “TRUST” in what God supplies us in Nature, while those that trust in this world “I” would expect to have well over 1,000 BAZAAR diseases as a result of drug use & toxins dating back to when they were in the womb, after birth and through out their lifetime by families that have their faith in drug use.

For those that seek herbs, diet, change, etc. first, because they have no faith in toxic drugs, I found a store selling a herbal formula that they claim cures this problem in 95% of the people that take it properly. Keep in mind, this is one bazaar looking herbal formula using some potent herbs, but for those seeking treatment beyond diet and habit changes, these type herb companies supply formulas that at least should have no toxic effects such as is to be expected with drug use.

- Ingredients of Garvical Shilajit, Liliaceae, Spiny bamboo, Cloves, Centaurea behen, Cassia, Jadwar, Nutmeg, Early-purple orchid, Himalayan Peony, Red-veined salvia, Ginger, Nux vomica and Grey Amber.



Your husband's life story from birth to date, such as his mother's health during pregnancy, was he properly conceived, by a healthy mother that waited 3 years between pregnancies, took care of her health and supplied healthy nursing and proper weaning in a drug free home, no vaccinations, no aspirins, no vitamins and how was he treated when he had the cold, flu, etc. What was his health and diet like as a child, teen, adult, what was his dental health, what was he doing when this bazaar disease struck him?

All of that type of information would have painted the story of "how" he became this toxic this poisoned, and supply the info on what he would need to do to reverse his problems. The simple WEED & FEED is always first and then seek more specific herbs and formulas as I simply found by looking for them, because you're never going to find a disease that natural herbs can't help. The problem is drug addiction; such drug addicted people have tuned their body into something 100% toxic, so their immune system will try to kill all the bad stuff and thanks to drugs / toxins from well water and poisonous products & foods this can mean their entire body becomes the "enemy". In every such case where adults have poisoned themselves beyond help or desire of help, I educate the children to learn from their parents and grandparents, DO NOT eat, drink and work with the poisons they chose in life and most of all, see your chiropractor for every symptom as it develops and stop what you were doing and correct the diet and habits so you do not end up like this and one day find yourself asking about your "special" disease.

In my opinion, every "special" disease I have ever heard of or talked to people that have them, were all 100% caused by previous drug use and their trust in every new drug their MD could provide them. Even sadder, these extremely smart medical doctors that went to school to help and cure disease, often are clueless about their profession until after they have retired or they themselves were dying and they had to stop and cure themselves by turning back to nature! Those that want cured say they want off the drugs will do anything needed to save their lives; and they start living to correct their past habits and learn to do better each and every day, doing what it takes to be drug free and save their life. Everyone can have "better" quality of life, if they would only seek natural answers to their worldly problems. God created humans as the most perfect creation, one that when not poisoned, will take care of itself. God created the fruits of the trees and vines as our foods, blood cleansers and the herbs of the earth as our medicines. We are 5 generations into the medical art of using toxic drugs to treat ill people, which makes zero sense to poison someone that is ill? This in my opinion is the foundation of every bazaar disease, while all common diseases are nothing but diet and habit formed diseases that can be reversed and put down the toilet.

#### **BLOOD / white cell count**

2 Questions, 1 person: **I'm a single, 67 yr old male, never married, live with my single sister and helps care for our feeble 96 yr old mother. I've had health problems for years. Not being able to earn my own living. I'm continuously seeking self help and help for better health without the heavy expense of doctors. One question is what can be done for a low white blood cell count down to 1/2 of normal count? I probably could send a copy from the lab if needed. The doctor sent me to a specialist who told me iron is for red blood and white blood does not listen to anything. I've had this problem for at least 25 yrs. I could give more detail if needed. Also my resistance is very low to cold weather etc.**

My opinion is that white blood cells are "UNDIGESTED" foods that have entered the blood stream. This same undigested waste exits from the blood into the lymph glands and can take days, weeks, months, even years to exit the body. This caused some authors many years ago to suggest the Lymph Glands are the true stomach because so much food accumulates until fungus breaks it down. The fastest way to drop the white blood cell count is to "fast" on tree fruit juices for 14 days properly that will raise the red blood cell count 5x as the white blood cell count drops as the body starts eating away at the accumulated waste. A common test for white blood

cell count is looking at the pores of the skin of the nose, if the pores are swelling with white strings that can be "pushed" up and out that is said to be "white" blood cells. A person that is healthy slim and trim has no white puss in the pores of the outside of their nose or excessive accumulations in their blood or lymph glands. Number one source of puss forming food has to be all dairy products. Stopping animal products alone will greatly aid the body in correction of the white blood cells in my opinion. Allow your foods to become your medicines, simply by stop eating harmful foods and start eating healthy foods. Try eating one fresh pineapple weekly, fresh apples, fresh oranges, lemons, grapefruits, fresh tree and vine fruits; they are much cheaper than a doctor's visit, testing and drugs. Proper foods with just a drop of **Pure Oregano Oil** daily cost very little, even if you must use one drop per hour, 8 per day as a strong treatment, the expense will still be very cheap and good advice for every adult with very limited income or abilities.

**I also am on medication trying to avoid surgery for a swollen prostate and restricted urine flow.** At age 67, this means your problems started by age 40 and your now 17 years into symptoms, the use of drugs to counter your symptoms now means your liver, and etc. now must deal with the drugs while the foundational problems were never addressed. Thirty years ago, a very old (95+) local M.D. told my dad that he was forced to go meat free back in 1960 to save his own life and suggested my dad go meat free for his inoperable prostate cancer; which my dad did and lived another 16 years with no operation and the cancer faded away. Wrong diet accumulates over a lifetime. Once ill, all wrong foods become very harmful to the constipated body. All the tree / vine fruits are the cleansers of the human body. Herbs can aid these problems greatly when taken faithfully and properly and at these advanced conditions, especially for your mother, the price would add up quickly, so seeking fresh fruits, clean water and corrective eating habits will be your best chances. The **Pure Oregano** drops in an empty capsule based on dosage per day, is the best and most productive herbal treatment I know of for the cheapest price for the maximum results is 1-8 drops daily taken in empty capsules with a full glass of water will do a lot for you and your mother.

#### **BONES / broken**

**Question: My husband was in a farm accident July 28, 2009. He is healed up pretty good except his right foot has what the Drs say nerve pain at times it gets so tight and painful. We'd be interested in hearing of others with nerve pain how they cope with it and what they do for it. They say it takes long to heal and if we look back we can see it's better but very slow. Some days its not bad then other times is tight and painful. Then I often massage and exercise his foot which seems to give relief at times. Sometimes it goes up his leg too but seems that isn't so often anymore. We have tried a lot different thing already. We are Amish and live in the oldest settlement of Wisconsin. My husband is 74 yrs old but his broken bones healed good. The leg where he has nerve pain was broken below the hip but the pain is mostly in the foot and sometimes up his leg. He has a pin or rod in the leg.**

Metal in the bones is permanent damage and often can never be removed depending on the process. Metal conducts electricity and we humans are electrical beings, our nerves operate on electric. Pain in general is infection. Tightness is a result of improper healing. I suggest 12+ **BF&C** capsules or liquid daily for the next year as needed to be pain free, this sometimes means up to 50 **BF&C** capsules for fresh broken bones. This supplies the plant minerals to build a new body as long as there is no drug use and the liver working properly. Even over the counter pain pills in my opinion do so much liver damage, that herbs will fail to kill the pains, because they never kill the pain by themselves, the liver takes the herbs as foods and makes the human chemicals that kill the pains and rebuild the damage tissues. So drug free for life is very important. Weed & Feed very important to speed the healing process, because a constipated body heals slow. Otherwise lots of **Herbal Spray III** sprayed on his body anywhere

it hurts except the tender skin / face and especially the joints and for the rest of his life, spray the leg where the metal is, because no way can the damage be corrected where metal was used, so lifetime help is needed to cope with this damage. Otherwise all damage to the body should be healed in 3 months or less, when pain results after that, it often can be developed in the brain and effect the body for 30+ years or even for life, making the body hurt for the rest of your life, even though the pain really has not existed after the first 1-2 months after the accident. The brain does this as a warning to never be hurt this way again.

**Herbal Spray III** has an amazing ability to enter the lungs, travel through the brain and relax the part of the brain that makes up fake pains and even better, for many, erased those pains forever and relieve them from their torment. Most likely his pains are physical because of the tight muscles, so applying **Herbal Spray III** and then waiting 5 minutes and soaking the area again and do this as needed every day, may do wonders. I also make salves very similar to the **B&W** and stronger versions with rich plant herbal minerals and spices to speed circulation that can be applied and wrapped for more deep pains that were healed wrongly or have been long standing. If **Herbal Spray III** is not enough, then I would daily wrap with **BF&C ointment + cayenne**. The metal simply means this leg must be treated for life.

## **BUNION**

Question: **Is there a way to take care of a bunion without surgery?**

The common bunion is a localized area of enlargement of the inner portion of the joint at the base of the big toe. The enlargement actually represents additional bone formation, often in combination with a misalignment of the big toe. The normal position of the big toe (straight forward) becomes outward-directed toward the smaller toes. The enlarged joint at the base of the big toe (the first metatarsophalangeal joint) can become inflamed with redness, tenderness, and pain. A small fluid-filled sac (bursa) adjacent to the joint can also become inflamed (bursitis) leading to additional swelling, redness, and pain. A less common bunion is located at the joint at the base of the smallest (fifth) toe. This bunion is sometimes referred to as a tailor's bunion. Bunions most commonly affect women.

Some studies report that bunions occur nearly 10 times more frequently in women than men. It has been suggested that tight-fitting shoes, especially high-heel and narrow-toed, might increase the risk for bunion formation. Bunions are reported to be more prevalent in people who wear shoes than in barefoot people. There also seem to be inherited (genetic) factors that predispose to the development of bunions, especially when they occur in younger individuals. Most people, usually women, ignore the bunion their entire life by wearing shoes large enough to not rub. A good old-fashioned Chiropractor will "adjust" the toes. Otherwise, when bone forms where it does not belong, look for kidney problems that allow calcium and acidic crystals to be formed. I suggest seeing a good chiropractor, applying plentiful **Herbal Spray III** to both feet, knees, hips, spine or anywhere that hurts for years to come, because the effects are accumulative. Also **Kidney / Pancreas** cleanse along with normal clean-ups and habit changes to produce the healthiest body you can. Hard water, bad calcium, and bad minerals will always cause harm to the kidneys, which then causes harm to the bones. Lack of proper Iodine also will cause problems. Ideally the **ALL "N" One** kit with additional **Kidney / Pancreas** herbal formula would be most ideal.

## **CANCER**

Question: **Wonder if you have anything for cancer.**

- Cancer is the most studied health subject on earth, which naturally makes it the most profitable business on earth.

To date, I have never seen a human die from their cancers. They all have used medical and always died from the drugs / operations long before the cancer could kill them. We knew one lady that did nothing for her breast cancer and even though both breasts dissolved off her body, she still lived 15 years. Even medical studies throughout medical history have proved that humans that do nothing live longer than those that use drugs, which only makes sense, since drugs are toxic, to even be classified as drugs. Something most people cannot accept or try to understand is that cancer is a sign that your immune system is working, while those so sick that they can't get cancer, are far worse in health, because their immune system can't fight the disease within.

If you are born with cancer, then you truly have a serious problem that started with a mother's womb that was too toxic to produce a normal baby. If your cancer comes later in life, that cancer is a result of toxicity that led to a low oxygen state that allowed fungus to overwhelm the body. Tumors are areas where the body has encapsulated toxins or worm eggs such as Tape worm egg sacks in the brain. Punching holes into these tumors allows the waste within, to escape, this is called: **"Opening Pandora's Box"** allowing out a deadly fluid that often results in spreading cancer. A tumor is an area of blood restriction and accumulation, this is an opportunity to become cancerous, so no lump / tumor needs to be "poked" and probed. Instead, they should be removed by corrective diet and habits. No matter where cancer appears on or in the body, it is suggested that it always started in the liver first and many times after all cancer treatments have been exhausted and failed, the final diagnoses will be liver cancer, where maybe the more correct truth would have been liver cancer in the first place.

Some studies have linked dogs to human cancer, while no dog belongs in the house, if anything; I suggest humans give their diseases to their pets. Spreading cancers have been linked to the pancreas. In fact, there have been so many thousands upon thousands of studies on cancers, that since they don't understand human life and function, they are clueless for a cure and have blamed cancer on almost everything bad. Several of the outstanding causes of cancer are asbestos, all types of Clorox bleach; which comes under dozens of names and varieties. Also, all solvents, all oils, all poisons, parasites / fungus, etc....why? Because everything you can name that harms the liver, will be a cause for cancer; simply because the liver must fail first and what fails long before the liver can? The Kidneys, they can fail 85% before we ever know the first symptom.

- So if cancer is a toxicity disease, does it make any sense to treat cancer with another poison?

In fact, every substance to be used in any treatment, cancer included, should be so safe, that a child should be able to consume the same dose and the more consumed, the healthier it should be. If a drug was to be considered "good", then logic would suggest we all should be taking drugs as prevention of disease. To poison the body that is already toxic "pushes" the body to respond or "adapt" and each time this happens, the next disease will be more severe in theory. So based on that theory, every toxic method used to treat human disease has led to so many cancers and the largest medical treatment plans in world history and why most people will not die from their cancers, but the treatment of.

### **The Morphine Highway**

When people hurt, they take a wide variety of morphine type drugs. Which includes everything from all types of the over counter painkillers, anti-inflammation drugs, to pure morphine products. The human immune system is "fighting" to remove disease / toxins and often "surrounds" an area where the battle is going. The body, knows what it is doing, but people don't like their symptom and seek drugs to stop the symptoms, which always sets their health "backwards". Good doctors have realized what damage the drugs do at a young age and often

pediatricians will refuse to give prescription after prescription of antibiotics for diseases that are nothing more than a feeding problem. All the people I have seen die, died as a result of taking a form of morphine for their pains. Their pains were ignored in the early stages and allowed to develop into constipation that invited plentiful parasites and eventually fungus to fill the tissues, causing more and more loss of circulation.

- Cancer is the name given to the end result of the human body putting up a fight to expel accumulated waste.

The strongest cancer treatment, after the person has removed all their known toxic metals, poison, accumulated rock and mud from their body; is the sun. Sunlight on the skin is the strongest fungal killer and since the skin needs the sun to make hormones and real vitamins as well being the source of all energy that enables life to the cells. People normally wear way too many clothes, which starves their skin for air and sunlight. One of the best cancer treatments everyone can do for prevention and treatment is to expose the entire body to the sun daily and bend over and absorb sunlight, where for most people, the light has never shined in their entire life. Never stay in the hot sun when you can get a skin burn, always respect the power of the sun and when you have had enough, return to the shade or cover up with light clothing that can allow oxygen into the skin.

Fruit juices are “cleansers”, one old cancer treatment was to take enough fruit juice for a days walk and leave the house with as little as possible clothing on and walk ½ a day and then turn around and walk back home and repeat this until cured and doing nothing else; no consumption of foods, drugs, or anything toxic. Naturally, as long as a person has toxic dental metals or diet and habits that lead to an acidic condition, their efforts will produce poor results. Dental metals and harmful water supply are the two top things to correct in any treatment plan. One Mexican Cancer treatment center demanded all bad teeth be removed before cancer treatment would be started. This meant all teeth that had ever had a metal filling was to be pulled first, even if the metal had been removed years prior and filled with plastic. Dental mercury and lead is probably responsible for more premature deaths and miscarriages / birth defects than any other toxic source and the main reason health can't be restored.

In every case of cancer, the patient must be more aggressive with their treatment than the disease is. In many cases, they need to live to correct their past, which means every hour of every waking day, they need to be working to save their life. Many ignore all their symptoms and seek drugs / vitamins until they are in too much pain, they seek prescription strength drugs. More often than not, most try all the medical drugs and operations and then their last 30-60 days of life, they want to try herbs, but are too sickly to have a clue what to try to do and more importantly, they are then addicted to their pain drugs. I personally suggest that every pain pill ever made will stop the human body from being able to use herbs correctly, simply because the pain drug does so much harm to the liver.....keeping in mind, the cancer starts in the liver first. So prevention is the key to avoid cancer. Once disease appears, stop and correct it, if you allow a disease to set in, become a lifelong problem, then cancers should be expected, if the drugs don't kill them first.

Those with full blown cancers that chemo / radiation and every drug has failed and death date stated, have turned it around using natural methods and herbs, but very few are willing to make such changes. Mentally, cancers have been linked to depression. People that have hatred in their hearts, even if they don't show it or even openly know it themselves and can actually have this hatred dating back many years, even to their childhood. In every case, the person has to have a strong desire to live and have wisdom to seek God's forgiveness and allow love to fill their hearts. Those with a hardened hearts refusing change will not find a successful natural remedy.

WEED & FEED and seek “specific” herbs for each problem and thanking God for every breath of life and most of all, smile, enjoy and love the life you have is my best advice for prevention and treatment. Those doing medical have faith in medical, not herbs and natural, each person has the right of choice and I have always suggested we learn from the mistakes of others and try to do better for our family. We all will die; the goal is to have a good healthy life.

## **CHILDREN / health**

**Question: I am a produce grower and have been studying soil and plant nutrition and am griping for more info to make the connection to human nutrition in a way of whole foods and healthy lifestyle. I realize there is info out there but just haven't gotten that far.**

Sad to say, vegetables are not ideal human foods, they are annuals, meaning they don't have root bark to filter out the too large rock minerals, meaning all vegetable minerals are not “true” minerals that the human body can assimilate and then expel out the kidneys. These same minerals stick to our arteries, fill our lymph glands and accumulate as weight. Years of vegetable eating usually means a lot of worms in the body, because waste attracts worms and vegetables being freaks of nature, created by man, always have a lot of worms on them and in them that transfer to humans. Try growing vegetables with no fertilizers, no extra water, no chemicals of any kind and Nature will destroy them, because in nature, these so called vegetables do not exist in the form that modern man has turned them into.

**I wish to give a little history of our family so you can better detect what is lacking in our youngest child. 1 ½ yr old. We have a family of 6 children and far from perfect in every way. However, so far this school term our 3 scholars had perfect attendance. Our youngest 3 children were very exposed several time to the whooping cough in the past several months; so far no whooping cough.**

In my opinion, there is no real excuse to ever allow a child to develop into whooping cough such negligence creates a dangerous situation.

**Menno (the youngest child) was a very un-relaxed and unhappy baby up until over a year old. We expect it to be a problem of the mother's milk so we took him off mother and put him on goat milk with not much results.**

Goat milk is actually worse than cow milk, but since today's cows are so poisoned and so altered from being “natural”, the less poisoned goats are the better option, but the goat is expelling its waste / poisons into the milk as well, along with a lot of animal proteins and dna. Goat milk must be diluted 50% with distilled water and never given straight to a baby. Goat milk can be frozen if properly done and kept for the times the goats are not producing. Mother's milk is always best, unless she has allowed her health to fail so bad, that her milk, which is a mirror of her blood is so poor, that it can't support her life and her baby's life at the same time.

**After being on the conference call when Dr from Florida, had the meeting at Northern Nutrition, we took him off milk and put him on juices. Mostly grape juice and also some others such as blueberry and pomegranate.** While natural grape juice is a great juice, the other 2 are not suitable for any child under age 5 in my opinion. **Raspberry Tea** sweetened with honey is excellent.

**We have seen much improvement since however, he is still not very relaxed, is very active, responds promptly and actively to the calling of his name, or discipline etc. afterwards is quickly and actively back in action or mischief. Following are my questions**

**to be answered in the newsletter. Please answer #1 soon, others may be answered when time and space allow.**

**#1- what can we do for our 1 ½ yr old who is overly active and un-relaxed?**

A very active child is 100 x better than a sickly child that is not active and at 1 1/2 I can't imagine any child that age could be too active! He should be into everything and demanding all of your attention during his waking hours, to sedate such a young child would be asking for ill health. Enjoy active children; they are doing what they need to do! If your giving unnatural sugar and wrong foods, then naturally those can be corrected and allow the toddler to not be too acidic, because acids are irritating and make for unrest. I suggest taking him to a good Chiropractor for a treatment. Also, I suggest **Baby Calm** or **Happy Baby**.

**#2- would you please explain what to look for when looking at food labels. In this label I noticed potassium chloride, disodium guanylate, and disodium inosinate. They are questionable to me. Please give a good understanding on the label of nutrition facts. What do we need and what shouldn't we use? (V8 Drink Label example included)**

Very simple you're buying commercial products made with chemicals, if you can't read your labels and understand them, it always means your consuming bad products, it can not be anymore simple. Would an education in chemicals be of any value? Commercial manufactures are constantly making new addictive chemicals to add to their foods in order to make people fat and addictive. Fat people eat more food, better for their business; sick people make more medical customers, good for their brotherhood of commercialism. The consumers are being "used" and all small children eat so little, they need never be subjected to toxic commercial foods and drinks.

**#3- How can Argone Energies, "such as stray voltage, cell phone, and radio towers, microwaves, and other electronics" effect our personal well being? We have 2 so-called cell phone towers within 1 ¼ mile from us. also a power line on 2 sides of the farm. Can we effectively regulate the frequencies of our own energies by eating wholesome foods and healthy lifestyle practices when living amongst these energies?**

Microwaves enter your body and exit it 24/7 from the time you were born, till the time you die, you can not stop them, with each new frequency added to radio, government says x amount of babies will die of brain cancer. Living within 200 yards of a power line can destroy your health in my opinion, especially developing babies. I know a M.D. in his 90's that said he was trained to know this back in the 1930's in medical college. Living in a building with all metal roofing, metal siding and no windows does slow these frequencies down; cell phones will not work in such buildings. Cell phone towers are dual use; the government armed forces use these towers for the H.A.R.R.P. system out of Alaska in conjunction with the chem. trail jets that spray our skies daily to manipulate the weather.

This makes these cell phone towers very powerful and very dangerous to human health. The government pays the land owners a lot of money to allow these towers to exist so close to humans, money always guides people. Living healthy will support life better than people that don't live healthy; it pays off in a better and longer life. Otherwise we can not fight government, they own our skies (air) and control the majority of the water and food supplies; we humans today are considered "peasants", no longer referred to as "stock". Stock has value to the wealthy, but peasants are seen as useless.

**#4 For a breast-feeding mother, what foods should be used in abundance and what should be avoided? (For good milk) What herbs could be used to help along?**

All gas forming foods should be avoided, this usually are onions, broccoli, cauliflower, corn, strawberries, chocolate, the cabbage family and the beans. What mother eats will be the foods baby will like when he grows up, so mother sets the pace for life. If she eats oranges, baby will grow up liking oranges. So, if mother eats meat, baby will also eat meat later on in life. Plants rich in minerals such as calcium, iron, magnesium etc. all support mother's health and healthy milk. Keep in mind, a nursing mother need not have a monthly period, if she expels enough waste out her blood into the milk making. So mother's waste is a large portion of her milk, so she needs to be in great health, never constipated and never de-hydrated. She needs to be drinking a gallon of good clean fruit juices or distilled water and NEVER EVER can a nursing mother consume cow or any animal milk while she is nursing or baby will be harmed.

- More often than not; a lot of babies, ill health comes from mothers that drink cow milk. Stopping all milk consumption by the mother often will correct the ill health of the nursing baby.

Mother needs proper plant iodine, plant minerals and correct colon health. We have always suggested the pregnant and nursing mothers to consume 21 **Women's Wellness** capsules daily along with drinking 1 quart of **Red Raspberry** Tea daily. Consuming a teaspoon or as much as desired of **Pica** Syrup daily provides added plant minerals in liquid form with natural Tree extracted Iodine Minerals or what we call our **Iodine Mineral formula** adds even more. Taking several **Lower Bowel Balance** Capsules with each meal insures she will have colon health. What mother does is what baby will do also. If a mother does a liver flush while nursing her baby, the baby goes through a liver flush; this is why pregnant and nursing mothers must not use herbs, foods, drinks, products not suitable for developing babies. Mother gives of her life to make the child's life; this means she must take care of her health 10 x more than the father has to. Father must care for his wife's needs or his entire family will suffer and be so expensive to treat the diseases that he will loose all he has worked for in life.

- **Where is the funding coming from for these newsletters?**

My wife and I are paying approx. \$3.00 for printing, handling and postage on each newsletter, which equals to a total over \$30,000.00 for the year 2011. This simply means we must sale \$30,000.00 worth of herbs along with enough herbs to pay our bills, or go broke. If the newsletters stops coming, then you know what happened, otherwise we intend to give this education for free and be finished by the end of this year. We felt we needed to do this to correctly explain the herbs Fountain of Life had sold to the Amish, Mennonite and Plain People these past 4-5 years and as well "un-do" the damage done when Fountain of Life chose a different path and stopped selling many of these herbal products. We have always been into education. If you look at the early John Keim burn booklet that has a real Amish farm house burning as the front picture, inside you will see pictures of my children and that I typed up this booklet for John.

I also typed up a 108 page book on John's second burn school meeting that has picture by picture instructions so anyone could properly apply John's B&W method. I gave this book to John several years ago and have always had it on our website. A Master Herbalist is trained to be a "teacher", while a plain herbalist is trained to make and sale herbal products. I make herbal products because I was not satisfied with the products being sold commercially. I was trained by the Dr. John R. Christopher Master Herbalist Schooling, but gained my greater education from reading old medical books prior to 1950. I learned far more by reading the old medical books, written by retired doctors that explained how they cured people in their successful clinics. I apply herbal use with the common medical wisdom of how the body is designed to function. In conclusion, we see products as being worthless without education on how to use them. Our goal



from day 1 was lifetime customers, not impulsive buyers that make orders every time a glossy ad lands in their mailbox.

**The Bible teaches to not always have open hands to take. Hopefully the funding would not be taken from our federal government.**

I assure you, I am anti-government everything, our family has no medical insurance of any kind, we do not go to doctors, hospitals and must learn to care for our own health and live as free as possible, I agree 100% with John Keim, once you put your hand out to the government, you then owe them when they want from you. I believe in the cash and barter system.

**CHILDREN** / rash (see children February answers)

**Question: We have a 4 yr old who has a red rash on his face. Has had it for close to 2 yrs. Till this spring we discovered that if he uses goats milk it disappears. Now that the goat is dry it came back. Was a very fussy baby and still gets disagreeable, uncontrollable moods. What is there to do to get this better?**

The red rash means he is capable of expelling accumulated acidic waste trapped in his body. If the nursing mother's milk is too poor to support her child's life, the next option is a clean / drug free goat and dilute the milk 50% with distilled water, because pure goat milk is way too toxic for a baby and the goat milk contains the poisons the mother goat was expelling, so baby can't be any healthier than your goat. No human child after age 18 months has the ability to properly digest milk of any kind, because they are weaned and the stomach acid cells are drying up, making all milk indigestible. In your case, I suggest this: When off the milk the toddler starts to regain his immune systems and is expelling the trapped waste and in this constipated situation, the face is the weakest area and place of constipation, so the poisons are coming up and out the face and not down and out to the toilet.

When you do feed him milk, he is too toxic, too overwhelmed and can't expel the trapped waste, which is setting him up for the common cold, flu, sore throat, croup, diarrhea, throw up, lung disease, pneumonia and just about every childhood disease you can think of. If you're feeding this boy eggs, it only takes 1 egg to poison a child for 10 days. Only after 10 years of milk and eggs does the child loose enough of their immune system that finally eggs and milk do not cause mucus diseases to be expelled. Instead, they accumulate and result in every disease mankind is plagued with.

Treating a child for wrong diet is FRUITLESS, since the parents have 100% control of what the child eats, all that is needed is proper diet. Herbal formulas for a 4 year old include, **Kids "B" Well, PICA, Olive leaf / Echinacea, Maximum Restore, Air Restore, Sunflower/Oregano Oil, Olive Leaf.** I suggest reading Dr. Christopher's Childhood Disease book and Dr. Morton Walker's book, **Olive Leaf Extract** (\$5.99) so you have an idea of what to do and avoid future disease and hardship.

Whenever a baby or child is experiencing disease, stop all MILK. Milk drinking after 18 months will result in all the common diseases known to plague man today, mostly heart disease, cataracts and mucus producing disease known which all lead to cancers. Cow milk carries every parasite, toxin and disease your cow carries. Goat milk is actually worse for human babies, but since goats in general are less manipulated by man, which means less toxic, goat milk agrees with babies better, when diluted with 50% distilled water. The large cow utter is a result of man's manipulation, the cow that gives a lot of milk, is giving the most toxic milk of all. Commercial packaged milk of any kind is so toxic it is not suitable for any use.

**CHILDREN** / sickly / mother's health

Question: **We have a family of 8 children, (for best health of mother and baby; each child should be three years older than the last) and like most they have a way of getting sick.**

Childhood sickness starts in the womb and continues based on diet and habits. Sickness is nothing more than expelling what they were fed. When this is stopped with drugs, the trapped waste attracts fungus, which then lowers the oxygen and restricts circulation, which then results in real disease.

**For myself, my body can't tolerate antibiotics anymore, not just any kind that is. I can still take some.**

You are answering your own question, your children can not be more healthier than you are while in your womb or nursing and then your eating habits are passed onward to them and this is why children today don't live as long as their parents, the children inherit the habits they were raised to believe in.

**I would like to read about allergies and what to take.**

Allergies come about because you have been poisoned too much; to take more is to add more problems to your immune systems. The cure is "elimination" so your body has a chance to cope with all you put it through.

**I have the ragweed pollen allergy.**

Which means your body is overwhelmed with toxicity and each "irritating" substance is going to push you over the edge and force your immune system to "react" and expel accumulated waste and because you are constipated in various ways, this waste is going to come up and out the lungs, nose, skin, etc.

**I also can't tolerate milk,**

no human past age 18 months can, and they just learn to accept the mucus as being a normal part of life, never associating their colds and sickness to milk.

**Peanuts,**

peanuts should not be a problem, but since bacteria lives on foods, the bacteria found on peanuts are too much for your overwhelmed immune system and forces it to react.

**Starch,**

the only way the stomach can tolerate vegetable starch is to chew it very well in the mouth, the saliva breaks down starch the best it can, while the stomach is not designed to handle starchy vegetables.

**and alcohol.**

The human digestive organs create alcohol when grains are consumed, especially all breads and products made with flour. The bread eater is considered to make more alcohol than the town drunk consumed, only the bread eater makes alcohol 24/7 in low content that adds up day after day. This is why bread eating is so addictive, the more a human gets addicted to alcohol, they won't feel good unless they have it or in the case of wrong diet, "make it". Otherwise alcohol stays in the liver and a sickly liver will become very ill when too much alcohol is consumed or being made.

**If I consume milk I get pain between my shoulders.**

Milk causes a lot of stomach acid, which calls for a lot of bile, when the gallbladder is clogged, this bile can't be released quick enough and under pressure, it goes up into the lymph glands, starting in the breast, neck, shoulders, commonly called heart burn or chest pain.

### **Peanuts and starch make me feel sick all over.**

Again too much stomach acid, lowers your pH, burns your small intestines and you are truly ill until the acids have been neutralized and pH brought back into balance.

- Think of it this way, every time you eat wrongly you're "burning" yourself and burns should hurt.

### **Alcohol will make my arms and legs feel numb.**

Since alcohol accumulates in the liver and the liver health so important, such ill results are warning signs for you to stop what you're doing, or your body is going to fail you.

### **After eating chocolate this holiday season my back ached all over. I would like to know what is causing all this. What exactly is going on?**

Chocolate commercially made is one of the most harmful products making many people ill today. Commercial manufacturing adds addictive chemicals and coloring that do great harm to the mineral / chemical balance of the human body. Even though such commercial products cause such ill health to so many, their addictive chemicals make people crave them. "IF" you crave a commercial product, then it is guaranteed there are addictive chemicals added.

### **Could I take something for it? Or do I just try to avoid all these foods?**

As the body becomes acidic from the production of too much stomach acid as a result of wrong foods / drinks being consumed, the alkaline body or cells are being "burned" and the blood stream robbed of natural calcium, which throws the heart off, which affects the entire body. Avoiding the foods that harm you the most, will help, but you will soon discover all foods will end up making you feel sick. Correcting you're eating habits is the only real solution, along with correcting things done in the past that are harmful to your health.

It is this simple:

Many people "adapt" to being acidic and aging rapidly and are too sickly to "expel" the harmful waste trapped within the body that will cause their eventual premature death. While others become sick easily, every time they eat or drink a bad food, they will puke it up, start to sweat, raise a fever, etc. Their body still has a working immune system, still seeking to support a healthy body, still rejecting POISONS / ACIDS. The true sickly people unable to expel their waste, will say these sickly ones are the sick ones and that they are the healthy ones.

**"While the opposite is the truth".**

- Use a healthy baby as your teaching guide. Every wrong or poisonous food that enters the baby's mouth will cause vomit, diarrhea or snot.

The same applies to the children and adults, only many adapt to the toxic state of ill health by age 10 and the colds, sore throats, flu, etc. slow down. These ones that accumulate their waste are the ones that end up with cancers, while those that throw off their waste don't supply the parasite ample foods.

- Your true cure is education that will allow your foods to become your real medicines. This 2011 newsletter will explain and cover all your questions, please be patient. Teach your children now, so they will not suffer the same fate you have. Habits are passed down to each generation more than inherited disease is.

### **CHILDREN / hyperactive**

One person, several Questions: **What is the best thing to do for a child with hyperactivity? We have a 2<sup>nd</sup> grader. He seems bright enough with his lessons etc. but he seems quite**

over active at home. He often acts like he has to be occupied with something. Seems like he almost doesn't have patience to sit still. It is also quite hard to get his attention at time. We don't know for sure, is he hard of hearing or is he attention deficit? We have him using "attention" from liquid health which is a liquid dietary supplement supposed to help promote concentration and reduce jitters. We know he wants to use "attention" but not sure how much it helps.

"Irritated" children will act up or not seem "normal". Wrong diet and/or lack of essential minerals such as proper plant based Iodine can cause a host of problems, as will vaccinations and all forms of drugs, vitamins and toxic substances. Vaccinations in their creation used animal DNA in an effort to turn humans into "mule" types by mixing animal and human DNA together. Wrong diet is by far the largest issue, when you consider no dairy should be consumed after age 18 months and 1 egg has so much wrong protein that it will poison a child for 10 days....is it any wonder their little bodies are being over worked and "irritated". Very few will ever seek to change diet and lessen the daily accumulations of toxins in their daily lives. While herbs can "help"; it is not until the diet is corrected so the stomach can be alkaline, will any child be "happy". They find happiness by "adapting" to their diets. **Herbal Spray I** on the face morning and night helps, **Mind Trac** helps, **Sleep Eze** helps, but they treat the symptoms of wrong diet. At this age, I suggest the lack of proper plant based Iodine is the major mineral deficiency. Most children will not grow these problems by "adapting" to their situation by age 10.

This only sets them up for a lifetime of ill health fighting to remove the toxic things they accumulate. Parasites are always a problem and these worms, especially the sheep fluke and probably many others that live in the body, put their hormones into the blood stream that controls the body functions in many ways, often keeping people "sterile". The cure is going to be to WEED & FEED until the problems are corrected, allowing the clean blood stream to build the correct body. Most children just need a lot of love and attention, such as the first-born receives. But by the third and fourth child the parents have less time and every child thrives on a lot of attention, especially at a very young age. So there is no simple product to undo a lifetime of problems, the cure is seeking to understand the many problems.

Second question; **what is Maximum Restore good for?**

**Maximum Restore** is one of the most expensive formulas I make. It is a re-make of Dr. John R. Christopher's "Anti-Plague" formula that was used for all health problems, especially all breathing / lung problems. It is an exceptional de-wormer, mucus expelling formula and wonderful plant mineral formula. I remade the original formula much stronger and made it "normal" and adult strength. **Adult** strength means it is a very powerful "de-wormer" formula.

Third question: **Also, Olive leaf / Echinacea?** Olive leaf is an all purpose anti-parasite, anti-bacteria / virile and the safest of all herbs and Echinacea has a long safe history of use with children and adults. The two blended together became a popular formula for young children as a preventive and then if sickness comes from too much wrong diet, then the next step is to take **Maximum Restore**, which is stronger.

Fourth question: **Do you know of a product called Thislyn Cleanse from Natures Way?**

NO, I do not waste my time on commercial made products.

**It was recommended to me by Jerry Christner of Northern Nutrition, to use in a liver flush program. I think it contains milk thistle.**

Very few people understand the liver or how to properly flush it and keep it clean; this will be covered in the upcoming newsletters. Milk thistle is an herb known to detoxify a poisoned liver, mostly when a person has eaten a poison, such as a poison mushroom, etc. I will describe the proper liver cure that leaves all the gimmick products out.

## **CHILDREN / stomach**

1 person, several questions: **I wonder if you have any ideas for children with constant tummy complaints. Flax seed oil seemed to help awhile. Any idea what causes it?**

Wrong diet, worms, acids and/or, a chiropractic issue where the ribs and/or spine are out of alignment and pulling on the stomach. It is this simple, EVERY TIME a child of any age has any ailment, immediately take the child or person to a good chiropractor and make sure the bones have not slipped out of place. 99% of all children's illness is going to be wrong diet, wrong habits and poisons. Basically the same for all humans, to continue the things that make us ill, builds up until our habits make us "stop", even if it kills us. With children, the diet can and should be 100%. Mother needs proper nutrition before becoming pregnant and taking all the proper plant minerals while pregnant, while nursing be in perfect health, use no toxic substances in raising up the children and children will live very well. When diet is not perfect, babies do well with **Baby Calm**, then move up to **Kids "B" Well**, then onto "**PICA**" as general plant mineral supplements as preventive. After age 6, many children can start taking 1 **Lower Bowel Balance** capsule, while before age 6, they can use **Happy Baby** and then on to **Lower Bowel Balance Jr.** Always, the child's best friend is **Herbal Spray I**; use it on the face daily and anywhere they hurt, such as the belly, throat, legs, etc.

## **SCIATIC / (see February answers)**

Second question: **Is there a cure for sciatic without treatment?** These symptoms are constipated related, only truly cured by correction of diet and habits. Treatment by a good chiropractor makes it "easier" and using herbs makes it much easier, but otherwise you can cure the problem at the dinner table and proper exercise.

**Isotonix OPC and B-complex help, but what causes this? Only time I have bother is when I'm expecting. Any suggestions?** Many women are way too mineral deficient and once pregnant the problem is worse and as baby grows in the womb, constipation becomes more and more of a problem. All of which puts pressure on the sciatic nerve. Taking the products mentioned are not "real" foods, unless they are all plant source, which means they will only end up adding to the toxicity of your body and future illnesses.

## **CHIROPRACTORS**

You would think some chiropractor was paying me to write this newsletter, but I assure you that none are. I promote them from my 35 years of going to **Dr. XXXXX** I have sent well over 1,000 people that I have met to see my chiropractor or seek a male chiropractor in your area that is middle-aged with lots of experience that has a passion for children. Normally they treat children up to age 12 for free with a paying parent. They must be well experienced with newborn and confident in the art of manipulating all the skull plates, jaw and mouth bones. They must know how to adjust every joint in your body as needed, even the feet, knees, elbows and everything that was put out of alignment.

A good chiropractor is worth more than gold and should be the only doctor needed beyond bad accidents. I suggest male chiropractors only because being a good Chiropractor means you must be big and strong and they often need to go to their chiropractor weekly; because working with large humans is very stressful on their bones and muscles. Only you can be the judge of your chiropractor, a good one is always booked, never ever needs to advertise. I suggest this: "IF" you have a GREAT Chiropractor that you personally have used for years and can give your testimony and state your name, I will make a list of them in each newsletter, because people often have trouble finding a good one. This chiropractor must love babies / children so much that he treats them for free up to 12 years old with a paying parent. He must know how to successfully do cranial work. You must supply your name along with the name and location of your Chiropractor and state why he is a "good" one. "IF" you the reader are a chiropractor or

your chiropractor wishes to make a statement concerning our health, I would gladly take a look at any written paper and everything worthy, and find a place in this newsletter.

### **CIRCULATION / cold hands / feet Reynard's Disease**

Question: **Why do some people get cold hands and feet a lot quicker than others? Why do some people have more problems with tight muscles in the back or all over? Some people can touch the floor with their fingers, bend over with bending their knees easier than others. You can work on that. This is tried and proven, stand against an object or furniture whatever works, just below your hip bones, or above the tip of your tailbone, now bend over backwards as hard as you can take it. Leave you hands hang to your sides, or you can use your hands to cushion your hip area, but relax your arms. Then bend forward to touch the floor without bending your knees. Repeat as often as you're comfortable with. You will work your way down. I can start out not being able to touch the floor at first, but can get where I can touch the floor with my thumbs, but then that's all, sometimes easier than other times. You can also bend backwards without standing against something, but it's not quite as affective. Why does some people's low blood sugar act or work differently than others? Like some lose their strength if they eat the wrong thing, and others only need a certain booster of certain sweets or nuts when their sugar drops, or somewhat same for diabetics.**

Reynard's disease is a disorder of the hands (and sometimes the toes, cheeks, nose, and ears), in which they turn white or bluish and become painful. This disorder or phenomenon tends to cause similar symptoms, but it is believed to be the result of connective tissue disease or exposure to certain chemicals. Circulation is the key to proper health, and not just this disorder. When the circulatory system is in proper working order; the whole body benefits from it. The symptoms of this disorder are the following: hands (and sometimes the toes cheeks, nose and ears) turn white or bluish and become painful. Suggested herbs; **ALL "N" One** kit monthly for life, with plenty of extra **Herbal Spray III**. See your chiropractor and or massage therapist monthly. Remove every piece of dental metal and toxins / metals out of your diet and body and avoid every product with titanium dioxide / edta in it for the rest of your life. Depending on age, take 2-4 **Hormone Balance** capsules daily for life and extra Thyroid help by spraying the neck with **Herbal Thyroid Spray**. All adult herbal formulas have extra herbs for parasites and increase in circulation; **Adult Longevity Spices** one gallon consumed per month would do absolute wonders along with a few **Lower Bowel Balance** capsules daily. It all depends how much a person desires to do, so they can avoid more advanced symptoms as their diet and habits lead them down the trail of loss of circulation. Prevention is cheaper than loosing your health and spending many years crippled.

### **CONSTIPATION / stress**

5 Questions, 1 person: **We have a family of 8 children. We need a booster or something so we can getup in the morning.**

Very simple, wrong food takes many hours of digestion. Since we take large deep breaths of air while we sleep in order to oxygenate and digest what we have eaten, it is only natural we want to sleep more and as foods are not being digested properly, then we are in a state of starvation; regardless how much food we stuff in our stomach daily. Those that are experienced in "fasting" and eating the types of foods the human body was designed by God to consume, experience 2 things, less sleep needed and enormous energy levels. This newsletter over a year period will attempt to show some of the many things that rob us of our energy and why.

### **And something to take for stress.**

Turning all your worries over to God is truly the first step. Stress is the number one killer, besides the obvious reasons of living and coping with daily life and struggles. When the blood stream lacks essential plant minerals, it will be out of balance, which means the hormones will

be out of balance. The number one essential nutrient has to be proper plant based Iodine. This can start in the womb and last through out the lifetime if not corrected, and the earlier in life the better. Next would be essential plant “fats”, not dead animal “fats”, but plant fats that are essential to keep the circulation clean, nerves repaired, brain flexible and most of all, essential for proper hormone function. Today people are being diagnosed as being bi-polar and treated with drugs, while in my opinion, many times the person is just mineral deficient and the blood stream does not have the essential nutrients to operate a healthy body.

The **ALL “N” One** kit is designed to address many of the basic foundation problems in as few of products as possible. For an adult with real stress, I may suggest additional to the **All “N” One** kit; **Hormone Balance** capsules 2-4 per day, **Sleep EZE** capsules at bedtime 4 capsules. **Mind Tract** for all ages as needed. If the problem is really serious, then **Sleep Eze** as needed through out the day and or **Mind over Matter** aid formulas. I would always spray the face with **Herbal Spray I** upon sleeping and when waking up each day as a good preventive.

### **We also have a 2 yr old that has bother with constipation**

Unless the child was born with defective colon muscles and nerves, and then odds are; the problem is always a result of wrong diet. Since the diet is in 100% controlled by the parents, this is easily corrected by returning to a natural diet suitable for the age. If wrong foods are forced as diet until the child “adapts” to the acidic forming foods, then constipation and disease is to be expected. While correcting the diet (will be explained in the newsletters in time) at age 2, **Happy Baby** is a plant mineral rich formula with known herbs to help a very young child. **Baby Calm** should be started early and **Happy Baby** used as needed for constipation. **Lower Bowel Balance Jr.** can be used after age 2 as can **Kids “B” Well**. These herbs will be treatments for wrong diet, so what makes more sense? Supplying correct diet or spending more money on herbal supplements that help expel out the wrong foods down to the toilet? In every case, correct diet is the cheapest route to a healthy life. Always take a baby, child and even adult to a good Chiropractor each time a symptom appears as a proper way of prevention and correction before it becomes a “real” problem that then cost more money to treat.

- A good Chiropractor can save a family a lot of money and more importantly, a lot of hardship, pains and sufferings that result from simple health problems turning bad and even to death, when the chiropractor is used as prevention and early treatment.

### **And what should we take to overcome a smoking habit?**

Smoking is a choice. No product or method “forces” habit change, so “will” comes first. I do make a **Smokers Aid** tincture or **Smokers Spray** formula, but nothing works as well as just stopping cold turkey. I have seen people stop after a visit to an acupuncturist, but then strange symptoms appear that makes them seem bi-polar almost, so I get leery of any product or method that allows a human to stop smoking in 1 day. It is always safest to just STOP.

### **Also for yeast infections?**

Generally, most consider *Candida albicans* to be the only problem, which is 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. 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. Removing their primary food source, the over-growth of these fungi tend to be lessened. This simply means the problem is caused at the dinner table and the cheapest cure is correction of diet. I suggest WEED & FEED as the cure for most all diseases and the longer we ignore all the signals or symptoms of from wrong diet, the more expensive or

longer the cure takes and for many that refuse to change just means; their funeral will be their final cure. WEED stands for every method used to kill the worms and expel the dead acidic waste and dissolve the rock out of the body, while FEED mean every proper food and herb that supplies the plant based minerals that the body thrives on. The orange juice fast will be explained later this year as one of the best known cures for all in North American Medical History which I suggest when properly applied, will be the cheapest and most successful method possible to reverse and cure that which can be cured.

## COUGH

Question: **What can a person do for a constant cough for an 80 yr old man who has seen Drs for allergies and infections? No help, a Dr suggested acid reflux was causing it. What causes this and what can be done to get relief? As the cough cause a hernia.**

Cough is an irritation in the lungs / throat and the need to “expel” the waste. Always caused by wrong diet, that causes excessive acids in the body. Taking drugs normally just ads more toxins to the already over toxic body. We use **Maximum Restore** 1 tablespoon per hour or as desired. A man in his nineties drank a gallon of **Maximum Restore** per month for 3 months and claimed his cough and clearing of throat that had tormented him for 30 years was cured. All puss diseases are caused by lack of natural plant sulfur in the diet. **Herbal Room Spray** sprayed in the room many times as needed helps the lungs as does **Air Restore**, **Herbal Spray I**, etc. and all good herbs that kill worms and aid the colon functions. Constipation is always the problem, too much coming up and out, instead of down and out.

Those with electricity can use the best device that takes the air out of the room and mixes it with pure **Oregano Oil** as it removes the dust and kills all the bacteria, viruses, etc. and I can about guarantee the cough will stop after breathing the **Oregano** air after 30 minutes and if one sleeps with the device running all night, which puts about a gallon of pure distilled water into the air as well, then I suggest after sleeping this way for a week will completely turn lung diseases around so traumatically that anyone that has experienced years of lung problems will want their bedroom air treated every night for the rest of their life. Such devices can save babies lives that are struggling to breathe late at night and since most people die from the lack of breath, such methods should be learned long before growing old.

**A caretaker of elderly people explained using a mixture of equal amounts of honey and apple cider vinegar in a small glass jar with a tight lid, stir and dissolve, prevented an elderly person with asthma and heart conditions not to have pneumonia. Usually 2-3 hospital stays every winter, after having flue shots in the fall. When helpful for children and adults, knowing of people who coughed 6 wks and taking along in daytime, soon were relieved in 1-2 wks.**

Honey and Vinegar made properly with raw sources dates back over 120 years ago as a good method to aid the acid stomach of the average meat eater. We all know if this worked well, none of us, would need more help, than this yummy tasting formula. For those that eat the normal mixed meal, one ounce after every meal is highly suggested.

**What can help to reduce high cholesterol with natural products or diet?** High cholesterol is created from a diet lacking natural plant fats. Wrong diet and drinks containing rock type minerals stick to the arteries and veins and exit into the lymph glands if all is working well, but when cholesterol has failed, all circulation becomes constipated. **Lecithin** 1-3 tablespoons daily, or the **All “N” One** Kit covers the basic problems and not just treating the initial symptom.

## CYSTIC FIBROSIS

Question: **We have 2 boys with cystic fibrosis. Our 9 yr old child was supposed to have a liver transplant when he was 2 yrs old. We were told without a transplant they give him**



**only 3 yrs to live. We found out to use Milk thistle from an M.D. which is a story in itself. Hopefully I can share more stories in the future of what worked for us.**

No child should have such diseases or need organ transplants. The story of how any human could tell someone they should die in 3 years, in my opinion nothing but installing fear in an attempt to be lured into medical, which this newsletter has nothing to do with, those with faith in medical, need to stay with what they believe in. No child should be so poisoned that he needs **Milk thistle** at such a young age, this only means the child was being poisoned in the first place. Hopefully this newsletter will enable fewer children to suffer in the future as some parents choose to become more educated. **Milk thistle** is most famous use is for South American illegals that enter Southern California and being very poor and homeless find wild mushrooms that resemble what they were use to eating in South America, only the California mushroom is very deadly to the liver and the anti-dote was **Milk Thistle Seed Tincture**. I can only imagine little babies being poisoned and having near dead livers has to be a result of some medical drug or some toxin in the water that would make their entire family very ill. Those that do not correct such health problems often have shortened lifespan.

**EARS / ache**

Question: **Our 2 yr old and 1 yr old have a battle with earaches every day! Short term relief we use a few drops of warm garlic oil.**

One year a part babies are hard on mother's health and children's health. Assuming both are nursing and their health can be no better than mother's health. Warm **Garlic oil** is a good herbal method, but best after 1 **ear candle** has been properly applied. Often ½ **ear candles** per ear for a 1 year old and 1 **candle** per ear for a 2 year old are enough. Proper safe application of the **ear candles** is a must. This is treating the side effects of poor diet that has over whelmed the blood with waste.

**Sometimes it helps. Sometimes it doesn't giving them silver has helped some, but it always comes back when we stop.**

NEVER EVER should any human consume heavy metals such as silver, in fact, giving a baby or small child silver water should be a crime. Using heavy metals clogs the kidneys and fill every cell of the human body and can take years, if not a lifetime to be expelled out the skin and in the hair. I strongly suggest every person that has any type of silver product to take that product and dispose of it immediately and if you know the person you purchased it from, seek your money back.

**They also have milk and wheat allergies, so we try and watch their diet carefully. We need more help!** No child by age 2 has any chance of digesting wheat or cow milk and both should clog them up with mucus "IF" their immune systems are working properly. "IF" you force feed these wrong foods long enough, the child' immune systems will be defeated as the child then seems to adapt to the foods and starts accumulated the foods known as "weight". At age 1, the child can only digest mother's milk and if extra food is needed due to poor milk, then fresh fruits smashed is next best, cooked if need be. At age 2, the young toddler can digest all fruits from the tree and vine, second best is cooked and third best is cooked vegetables. Little children can never digest raw vegetables. Little children's health is simple, they 100% depend upon their parents for all their foods and drinks. **Baby Calm, Happy Baby, PICA, Calcium Balance, Olive Leaf / Echinacea rt. / Maximum Restore, Air Restore, Diluted Oregano Oil, Skinners salve** are the herbal products we used for our little ones.

**EYES / cataracts / glaucoma (see February answers)**

Question: **Do you have a remedy or something for cataracts so I wont need surgery? And for glaucoma? For my husband.**

Covered in the February answers, both have one common cause: The Consumption of Dairy Products! Which means all dairy must stop immediately. All inorganic rock minerals that entered

the eye and didn't leave and as well, more and more common today, worms actually enter the eyes. Eye doctors have pictures of worms peeking through the eyes of some patients they have recorded. Can an operation correct any of the top three foundational causes? NO, they only treat the symptom. It is "ironic" in that the common meal, not only feeds the one eating the meal, but feeds the bank account of the medical professionals. Besides all the basics, I would use the **Herbal Eye Spray** often and for the rest of lifetime. If the foundational problems are not corrected and seek to cleanse and reverse the accumulated waste that has not only affected the entire body, but also the most important parts, the "EYES".

This is why I suggest to all, that prevention is a thousand times cheaper than treatment, especially when it comes to eyesight. The common dinner meal by the end of ones life cost an absolute fortune, often having to give the farm to the doctors / hospitals. Prevention could avoid many of these problems, while treatment at this late stage is a huge lifestyle change most older people would never consider and way too many stay home and suffer so they won't loose all the money they made in their lifetime. This is simply called reaping what we have sewn in our lifetime, because every harmful thing we do to our bodies one day comes back to torment us. I suggest that you must correct the entire body before the very delicate eyes will correct themselves.

### **EYES / glasses**

#### **2 Questions: How do I improve eyesight without glasses?**

What you don't exercise, you will loose. The eyes are huge in darkness and very small in sunlight, this is how they need to be exercised. Walk in the nighttime outside with no aid of light, walk in the bright sunlight and never ever use sunglasses ever. Once you put on eyeglasses, it is difficult for the eyes to correct, but I do have some good news. I am past age 50 and my eyesight was bad enough to wear glasses by third grade, over the years they didn't get much worse, but gradually did.

I invented what I call **Herbal Spray I** several years ago and have used it on my face almost daily and last fall I went in to get new glasses and to my surprise my eye doctor reduced my prescription for the first time ever. I also make **Herbal Eye Spray** that is even better for the eyes. The minerals in hard water and vitamins can enter and clog the eyes. Worms can live in the eyes, and worse of all; all dairy foods will cause mucus, which means in the eyes equals cataracts. So if you want eye health, remove every dairy product from your diet.

#### **I am 39 and have had varicose veins in one leg. How can I clear them up without surgery?**

A twisted, widened vein with incompetent valves caused by a diet of too much sugars, pastries, soft drinks, alcoholic beverages, breads, candies, etc., leach the calcium out of the body, causing varicose veins, cramps, Charlie-horses, loss of teeth, nervous upsets, etc. Surgery removes the symptoms visible to the eye and does zero to restore health. What you see on the outside is the mirror to what you look on the inside. The entire body needs corrected and rebuilt from scratch. First steps I would suggest taking **8 Lower Bowel Balance** capsules daily for life, de-worming and staying de-wormed, and consume 1-3 tablespoons of **Lecithin** liquid per day for life. I would apply **Herbal Spray III** to both legs morning and night for life and all joints, back, etc. that hurt. These simple things will do a lot, but plentiful sunshine on all your skin, lots of fresh air and most of all; simple diet correction to maintain perfect weight will do most to restore circulation. Varicose veins is a serious warning that many humans, mostly women have been trained to ignore. Even one is a sign that your life giving blood has a problem.

### **EYES / cataracts**

#### **2 Questions: Is there a natural remedy to remove cataracts?**

I would stop all dairy, stop all the foundational problems, and do all the cleansing. Also use **Herbal Eye Spray** morning and night and as often as desired through the day as my chosen

method. I have seen videos of very primitive South American doctors using a dull knife and scraping off cataracts, I DO NOT ADVISE THIS, but have seen it done. The best method is to allow the body fluids remove this damage.

**Polk berry wine and Elderberry wine mixed equal parts- 1 tsp a day is it recommended to build immune system?** Elderberry is the best potassium herb, while pokeberries are considered toxic in general herbal info. Some native and very old info suggest pokeberries have been used in health, but too dangerous in general to be worth experimenting with. Both would stimulate the immune system. The dark berries in general have a lot of potassium.

**Feet / toes**

Question: **What is the beset way to cure an ingrown toenail? Correct shoes or not wearing shoes.**

Using proper care and cutting of toenails through out lifespan. Toenails and fingernails health greatly improves in strength when natural plant Iodine is consumed in the diet.

**What do you do to straighten out a bunion or where is the cheapest brace to wear that works? Maybe there would be a better way to heal it?**

Answered elsewhere in newsletter answers, once allowed to become a problem, medical often will cut the flesh away and take a sander and grind the bone down and recover with flesh, but that does not correct the foundational problem, which I believe results from lack of proper kidney function and calcium / mineral balance. **Herbal Spray III** on the feet / toes would help with pains and help slowly with the foundational causes over time. The feet need their freedom; I suggest no one wear shoes inside their home. Those with horses must wear shoes outside or risk picking up worms from their horses such as tetanus and worms that get into the human brain from horses.

**FEET / corns**

3 Questions (1 person): **What is the best way to get rid of corns?**

Corns are the result of thickening of the outer layer of skin where there is irritation or constant pressure. Corns are cone-shaped with their points protruding into the dermis, or inner layer of skin. They usually have hard, shiny surfaces surrounded by red, painful areas. Soft-surfaced corns sometimes develop between overlapping toes where there is an accumulation of moisture. Treatment of corns is directed at the relief of irritation or pressure, e.g., wearing properly fitted shoes; they can also be softened by pastes and ointments or removed by a physician. Calluses typically involve only the outermost layers of skin and are not usually painful; they tend to disappear once the source of irritation has been removed.

Where and how many; would determine how much you have to do to correct the problem. In every case, anytime you can see a problem with the skin, the skin is working harder than it should. Everything in or on the skin is constipation of that area. Parasites are going to live on the dead skin or in the skin where blood does not flow properly. The old fashioned caustic salves would "eat" the bumps off the flesh using very alkaline chemicals usually mixed with bloodroot. These need special care when using. The use of a bandage made for corns is applied to the corn or wart, then a very small dab of caustic salve is applied and then a small round bandage covers the corn bandage so the salve does not get out on good skin. If the corns are between the toes, using such a powerful salve would not be easy. The caustic salves work very well to removing the root of warts and moles and will eat any skin tissue applied to, often for lumps and tumors. We call this caustic salve **Utah Salve**, simply because we have someone in Utah who makes it for us. We only sell it in a kit that comes with the little bandages mentioned. I would also apply **Herbal Spray III** to the entire corn area with hopes it might help restore circulation and naturally cure the problem that caused the corn to appear.

### **What is lacking if a person wakes up and can't go back to sleep?**

Often waking up at 3 am when the sun is furthest away and the human body is the most acidic, the eyes will open. Once awake, the body starts to turn alkaline again. The corrective alkaline forming diet; and also the removal of worms, toxins, and waste along with building better nerves. **Sleep Eze** capsules, 4 before bed and 2 anytime waking up throughout the night or as many that are needed. **Herbal Spray I** on the entire face at bedtime each night. **Kidney / Pancreas cleanse** if the kidneys are full of stones from drinking well water, taking vitamins, drugs and inorganic minerals. Using **Lecithin** or Coconut Oil and taking 1-3 tablespoons daily for life to restore circulation and repair the nerves and brain tissues. Parasites and lack of **Natural Iodine** are always a problem and depending on age, hormones is an issue, which proper **Natural Iodine, De-Wormer, Lecithin** and **Hormone Balance** capsules can help with; most of all, a diet issue that creates an acidic system.

### **What can be done if your eyes are always running over (This wind or cold makes it worse)?**

Irritated eyes can come from various reasons, usually waste being expelled or not enough fluids. The wind irritates the surface of the eyes, calling for more fluids. I suggest **Herbal Eye Balance Spray**, use often on the eyes closed or spray holding the bottle away direct on the eyes once accustomed to the sprays. This has done wonders for some people with all kinds of eye problems and is the greatest herbal formula for circulation.

### **FEVER**

Question: **What natural products will relieve fever? How can we use fever as an indicator of other root causes, not merely a symptom?**

Fever is the elevation of the body temperature above normal. It is characterized by increased heat, accelerated pulse, general functional derangement, and usually is accompanied with thirst and loss of appetite. Fever is not a disease but a condition in the body wherein the balance of circulation has become disturbed. This is nature's way of trying to burn out the toxic poisons. When the body becomes exposed to excessive chilling or dampness, the capillaries near the surface contract and the pores close by becoming obstructed with body waste matter.

This results in a containment of body heat and a sudden rise of body temperature. In fever the natural body function is to increase the heat to a point wherein the thick glutinous and fibrinous matters loading and congesting the system are made liquid enough to pass through the fine and delicate excretory membranes and tubules. Never try to use drugs or vitamins for anything, but seek to help what the body wants to do. With a fever, keep the person hydrated and they should be ok, do this by taking 3-4 baths daily if need be if they are not wanting to drink much water or fruit juice. Only if the person becomes dehydrated can the fever have ill results in my opinion.

The **Herbal Sprays** are a Godsend for such things, especially with the little ones. **Herbal Spray I** used all over the entire body as needed, can do wonders. Holding a small one in the rocking chair and spraying **Herbal Spray I** in the air and allowing the mist to fall down upon the face every few minutes, maybe for an hour or 2 has done wonders for sickness of any kind, especially when the breath is being affected. Solid foods should be avoided and allow the body to cleanse naturally. Those that are too thin have more problems. All good herbs should help; we use **Maximum Restore** for all such problems, dose related, meaning that when it is not working, than use more. Fever should not last more than a day or two, if it does; it simply means the fever is being fed at the dinner table. All food should be stopped and drink **Red Raspberry Tea** or any desired natural herbal teas, fruit juices or distilled water. Fever in general is a "good" thing; many old people are too toxic to be capable of building a good fever. Young healthy children can easily build a fever to remove the accumulated waste that was created at the dinner table.

## **FIBROMYALGIA**

**Question: I have just finished reading your newsletter and could hardly read fast enough. I have had lots of health problems all my life, but was always for alternative medicines and read anything I could get my hands on. Money was always a problem and so I have suffered lots, but our 10 children are now mostly grown and gone and so I am earning some money myself. Actually this past year my body was so worn out and I totally crashed and some friends gave me some money. I am 56 yrs old. This past 6 months I have done colon cleansing, liver cleansing, kidney, parasite, Candida and some heavy metal cleansing, but nothing is complete. All my life I ran to chiropractors, often twice a week, still had lots of pain. Last summer x-rays showed extremely misaligned spine and one vertebrae severely twisted (I'm using the Drs words) I took a series of spinal decompression treatments and then had my atlas put in place on Sept 25<sup>th</sup> 2010. I have not been to a chiropractor since. What a blessing! Though there's still healing that needs to take place. I also have fibromyalgia which causes lots of misery and pain and has made an old lady out of me. But I am finally receiving massage therapy every week by a wonderful lady who will accept a queen sized quilt for her services. And chronic fatigue and a messed up colon are on the list too. Also gout in the toes and lots of pain in my feet which I don't understand it all and there's no money to go check it out by a Dr. I am on a all natural weight loss product right now (was approx 75 lbs overweight) and my diet is very healthy although not organic fruits and vegetables. I juice vegetables every day. I pulled my upper teeth in Sept and don't have dentures yet because of lack of money. My lower teeth have several mercury fillings (the top had a lot) and 1 crown. At one point I had a root canal but then lost it. Since I have no teeth I put my salads in the blender (and gag it down). I plan to do some house cleaning and some baking in hopes to keep on building up my health. I have defiantly gone uphill the past 6 months, but still have a long ways to go. I don't really want my letter printed in the newsletter, or if you do, do not include the parts about our lack of money or that I am now earning money. My question is: what would you recommend for someone like me? I am using Neo-Life protein which is very good for rebuilding muscles. What about my degenerated disc or twisted vertebrae and all the other problems? I also have a fiber from AINI that I really like. Where do I start or where should I go from here? I have often longed for someone to outline a program for me. Thank you for your time. If I can regain my health (actually I never had it- I hope to GAIN my health) I would even be interested in buying wholesale from you and reselling.**

Your story sounds typical for the average 56 year old woman that has 2 children and been operated upon removing everything by age 50. I suggest your chiropractic treatments aided in you being better than "average" along with your desire to live better. Otherwise it appears you have read a lot of advertisements and wasted a lot of money on gimmick products. I first suggest you STOP buying all supplements until you get your upper denture paid for. "IF" you go just a few weeks without your dentures, you will learn to eat without them and then hate wearing your dentures. Then I suggest you remove the metal from your lower teeth and do all you can to keep them, if they are not savable, and then get the lower denture as well. I should hope those 10 children are helping you financially and continue doing so the rest of your life, if not, have them read this and tell them "I" said take care of your mother!

Proper diet and habit education will serve you well, it cost less to eat and drink correctly than to eat wrongly and pay the doctors. The cheapest thing I can suggest is buying a 2 ounce bottle of **Pure Oregano Oil** and putting 1 drop in your daily water and then 1 drop in an empty capsule up to every hour for a total of 8 drops per day as a treatment for all that ails you, such as fibromyalgia that has been well covered already in these newsletters. Once your teeth have been all taken care of and your children willing to buy a few herbs for you, I suggest you concentrate on reversing the damage done to your body while having children and seek to live along and healthy life enjoying your many grand babies...so in fact, you can tell these children, it

is to their great benefit to take care of their mom now, while they are strong and capable. If you take the time to understand health and having healthy children, then you can be a great aid to the daughters and even greater aid to your future grandchildren; that in theory should have better health than your own children did. That would be the greatest gift you could hand down to them. I am sure 8 drops of **pure Oregano Oil** daily will do wonders for you, also put 1 drop in a glass of water and dip your tooth brush in it as you brush and soak your denture in water with **Oregano Oil**. You will get use to the strong / hot flavor after a week of use. I don't suggest herbs to people that can't afford them, to do so would be useless, instead try to understand proper diet and habits.

- No one needs to be sick because they lack the funds to buy products.

### **FIBROMYALGIA / chronic fatigue**

Question: **Does anyone have a proven cure for fibromyalgia, or chronic fatigue? Also, to keep yeast away after being on a diet for a while, must you always stay away from sugar?**

Description: A rheumatic syndrome indicating widespread pain in fibrous tissues, nerves, muscles, tendons, and other connective tissues, resulting in painful muscles without weakness. Excessive tiredness or fatigue may also be manifested. Many herbalists and natural healers feel that fibromyalgia is an autoimmune health disorder in the nerves. Furthermore, the inflammation tends to cause the pain signal. Oftentimes, these tender-point sites include fibrous tissue or muscles of the following: the neck, shoulders, chest, rib cage, lower back, thighs, knees, arms, and elbows. The overwhelming characteristic of fibromyalgia is prolonged pain at defined tender points. Tender points hurt only when pressed. These tender points are not the same as trigger points, which can be tender locally and lead to traveling or spreading pain. Many symptoms of this soft-tissue pain is often described as deep-aching, radiating, gnawing, shooting, or burning, and ranges from mild to severe. Fibromyalgia sufferers often have trouble resting mainly because the body aches and stiffness. Pain improves during the day and often increases again during the evening. The pain can increase with activity; cold, damp weather; anxiety and stress. Most natural healers feel that fibromyalgia is an autoimmune health disorder in the nerves. Furthermore, the inflammation tends to cause the pain signal.

The above is the common description. I personally see this as nothing more than a lifetime of wrong diet and habits that have created an acidic condition that attracts a lot of parasites that leads to a low oxygen state which all equals ill health. There is but one cure; WEED & FEED and allow the body to repair itself. I have seen many women that were bedridden with pains cure themselves and return to work. They simply start with the colon **Lower Bowel Balance (LBB** capsules), repair the stomach, and cleanse the kidneys and liver of worms and accumulated waste as they restore the circulation in their arteries and veins, which also helps restore the nerves and brain. Proper diet along with what I call the **ALL "N" One** kit and if need be, **Hormone Capsules** and additional herbs such as **Iodine Minerals**, etc. based on how bad the diet has been over x amount of years, or the entire lifetime. In theory the bad case will call for a double bottle **ALL "N" One** kit and once doing better, it can be reduced down to a single bottle **ALL "N" One** kit. If the person is female, then 4 **Hormone Capsules** daily for the rest of their life along with the **All "N" One** kit done monthly for life, pretty much covers what herbs can do, while my wife also suggest women take 12 of the **Women's Wellness** capsules daily for extra calcium / minerals. If there has been sickness in the lungs in general, the **Maximum Restore** can be added to the kit to boost the immune system and aid in expelling the waste. Diet will always be the foundational cause and true cure, correct foods that lead to perfect weight and clean blood stream with ample new red blood cells so rebuilding of the body takes place will restore life and enjoyment once again. This will all be outlined within the 2011 newsletters.

**Sugar:** we humans thrive on the 220+ known plant sugars; anyone that avoids sugar will waste away over time. White sugar has had the minerals removed, making it a bad substance. Seek

natural plant sugars found in fruit juices and plants. Many plants have their own unique sugars; an example is the common Echinacea Flower. It has sugars, even though you're not going to taste them and it seems like we humans do best when we have a wide variety of all the plant kingdom sugars, not just cane sugar. Maple Syrup and Sorghum Molasses are two sources, as is Glycerin from the palm trees used in all good made herbal syrups.

My opinion is; all drug use, all vitamins, well water and all rock source drinks along with wrong foods in general will reduce organ function via constipation of the cells, which lowers your oxygen, which creates the symptoms known as chronic fatigue / fibromyalgia. There are up to 1,000 diagnosed diseases that are really all the same results of wrong diet and habits and every drug / toxin used for treatment, mutates the illness into new bazaar diseases that have created this monster called cancers.

**FIBROMYALGIA** / chronic fatigue / constipation / worms

Question: **We got your newsletter and it was interesting to read. Sounds like you have met many Dr's and Chiropractors. Was wondering if you have ever met Dr. Emanuel Schlabach (Center for Wellness) in Berlin, Ohio?**

NO, never met him.

**I am seeing Dr. Schlabach for 6 ½ yrs spending thousands of dollars. I have what he calls chronic fatigue, an also going through menopause. Many times I thought we can't afford it any more. But than we don't know where we want to go as I can feel I need something good. So far I thought I can trust him, that he is not just making money. As I know that some people think that is part of it. If I talk of trying something different of vitamins or Dr he always warns me. Be careful what you get on where you go as there is a lot of stuff out there with a drug in it and will only make you feel better for a while. But he also lets it all up to me. Saying it's your choice. I feel a lot better than I did 6-7 yrs ago. But still I am not healthy and tired out very easy. He put me on a gluten free diet. And some people can't understand that either. Maybe if I would eat better I'd feel better too. Two of our daughters are also having a problem for a few years already. We think we can't afford it to take them to see Dr. Schlabach so we are trying this and that or what other people think are good or should help them. Seems it only last so long. Than they are not getting any results. The 15 yr old has a headache every day.**

Then she has a problem that needs corrected.

**She says as soon as she gets up her headache starts and then its there about all day; has a problem with constipation.**

Constipation is the foundation of every illness.

**She is on some kind of bowel pills all the time, complaining of pain under her left rib cage, at times sharp pain, than goes away again.**

All children & adults should see a good chiropractor every six months from birth up and monthly if any problems exist and weekly if a critical problem exist. That is the only doctor I normally suggest, other than the dentist as needed.

**Easy not feeling good after meals and feeling kind of bloated. When she is having her cycle the symptoms are worse.** Showing constipation is a real issue, as well lacking natural Iodine and essential minerals and very often, worms in the womb, such a sheep fluke worms. Living anywhere within miles of 1 sheep, almost insures every mammal in the area has sheep fluke worms in my opinion and actually, because sheep were popular in the past in the USA, the red sheep fluke worm is probably the dominate worm in all Americans that causes a lot of problems. Luckily they die easily with good herbal de-wormer. Cycle symptoms often fade away after 2 months of using any of the **Herbal Sprays** on the stomach and joints daily. For some,

just spraying the belly often relieves the pains almost instantly, but over time, stops the pains from developing.

**Since August we are seeing an eye reading Dr from Mansfield, Ohio. He comes out to an Amish home.** My opinion is that these types are not qualified and only guessing as a method to sale their products. Very few real doctors of this nature have existed in the USA, Dr. John R. Christopher and a handful in the past, while I don't know of any of today that would be worthy to "really" know. If you have people willing to come to your home, it only means they are not good enough to have customers knocking on their doors keeping them so busy that they would never have time to go door to door...this goes for all the travel types...often they have gotten in trouble, never gotten their degrees or otherwise have no office to work out of and they seek out people that they can "trick"; just my opinion.

**He says her hormones are off balance and her pancreas and liver are not working good and this effects the stomach and is also stressed. He has her on 4 different herbs, 3 different pills. But we are just not seeing much results.**

Yes you are your watching your money go into his pocket!

**She also gets very easy tight muscles in her neck and back. So we have taking her to therapy treatments every few weeks. Our 20 yr old has a problem of being constipated for a few years already. She also has to take something for her bowels all the time. Seems what ever she uses it only last so long. Than she is not getting any results and we change to something different because her bowels just don't work for a few days then she feels so bloated in her belly. Lately we had her to Dr. Abby in Mt. Hope and her said all she needs is Acidophilus and Potassium.**

Most all people that use salt in their foods are lacking real potassium, so that is a no brainer. Otherwise commercial potassium is worthless and acidophilus in my opinion is very worthless if you purchased it.

**But after a week she only had a few bowel movements and was feeling miserable. Again we start something different. But she kept on using these pills. I started her on Jims Colons pills (when everything else fails) for about a week. The last 4-5 days her bowels are working and I can see she is having more energy and mood. About 3 weeks ago she did a liver flush diet. One day, the next morning when she got up she had to throw up and had pain under her right rib cage and still gets pain now and then that she holds her belly for a little bit and then it goes away. Wonder if you know anything about Dr. Abby or Jim Colon pills.**

Doctors are doctors for people who seek their help, so we don't know doctors; I have not had a family doctor other than my chiropractor for 35 years now. You are the expert on knowing "your" doctors. I know of the fellow in New York that has made a fortune off of selling Jim Colon Pills, not sure if he is alive anymore, last I heard from him years ago, he had thrush that he could not get rid of and refused all advice I gave him, when he asked me. He sells only commercial cheap products that he can sell anywhere in the world for big profits, nothing I ever had any interest in.

I can suggest that you are seeking answers in all the wrong places and getting nowhere fast. All the problems you wrote about are very common and a result of deficiency in essential plant minerals, constipation, worms that have all resulted from an acidic diet. On such diets, each generation becomes sicker until the children grow up sterile; it is nature's way of elimination. In the long term, trying to save money is going to cost you and the girls a fortune. They need to correct the constipation, keep the worms removed, consume the proper plant minerals and herbs as needed and find and stay with a good chiropractor. Never should anyone need a drug, vitamin or non plant mineral of any kind. Money should never be an issue in human health, because proper diet and habits will solve many of the problems over time, while herbal products



are a luxury that cost money to buy. A good chiropractor is worth his weight in gold and often he can correct problems 3 days after birth and every mother-to-be should see her chiropractor every month while pregnant and take her baby every few months until grown up and able to take themselves. WEED & FEED along with chiropractic will do wonders. Otherwise remove all poisons, such as dental work, bad water, bad drinks and bad foods. If you're sick, your body is telling you something. As for the girls; 2 **Lower Bowel** capsules with every meal for one year; 2 **Hormone Balance** capsules every day for years to come, if not for life. Lots of **Herbal Spray I, II, or III** used daily on all that hurts. De-worm for life by using **Herbal De-wormer** or other herbs that are anti-parasite and plentiful plant minerals, such as **PICA** or **Women's Wellness** capsules. This all must be corrected before they marry or become pregnant if they don't want to pass their illness to the next generation, which only causes more and more illness, miseries and expense. Once they are pregnant; a less strength of herbs can/must be used in de-worming. The **ALL "N" One Kit with Hormone Capsules** pretty much covers all the bases, if taken as directed every month for life, but when money is the issue, the diet and habits must be made perfect if no herbal help can be afforded. "IF" a doctor of any kind doesn't help you within one month, I suggest they can't, that the real problems are diet and habits, things they have no control over.

- A gluten free or Candida type diet often is just a joke that never addresses the real issues of the acidic diet that results in disease. If your doctor is not talking about an alkaline stomach, correction of constipation of the entire body, proper plant based minerals, such as Iodine, magnesium, calcium, iron, etc. and a lot about worms, and then you know that doctor is not going to help you much at all, unless he is just a chiropractor or dentist.

## **GLYCERIN**

Question: **Is Glycerin a natural product that is not difficult for our bodies to digest? Are all glycerin created equal? Is there anything like organic glycerin?**

Glycerin should be a tree sugar. The tree supplies the best foods for humans. We use a lot of Glycerin in herbal making and we have always used "Organic" Glycerin in 5 gallon buckets.

**I don't want to spend a lot of money on a gallon of something I do not know if it will benefit us.**

Glycerin is too expensive to use as a sugar substitute. There are also non tree glycerin products.

**I do know raw vinegar has many benefits. Are tinctures made from raw apple cider vinegar as potent or more as glycerin tinctures?**

Raw apple cider vinegar is to be avoided by those seeking an alkaline stomach, while those that eat meats and mixed diets do well to consume 1 ounce of raw vinegar after each meal as an acid source; but the over acidic stomach in either case will still cause problems as described in this newsletter as the stomach acids scar and eat away at the small intestines. I will agree that when raw vinegar is mixed with raw honey, it creates a good supplement for human health.

**I am a little skeptical of all the glycerin used in tinctures.**

When glycerin is added to tinctures, it is no longer a tincture, but more like Syrup

**Will black walnut in the tincture Dental Health (by Rachel Weaver) help a 2 yr old son with 2 teeth that have cavities and 2 that are completely broken off?**

NEVER should a 2 year old be given a tincture of black walnut, especially for bad teeth. No child needs tinctures, unless in emergency cases such as when breathing is an issue.

**What caused his bad teeth?**

Bad teeth start in the womb as a result of lack of proper plant minerals and especially plant iodine. The lack of proper iodine and minerals while in the womb I personally believe leads to a

lifetime of ill dental. Once born the damage has been done and treatment can avoid future problems, but the inherited weakness is always there and there is no surer sign than when ill teeth show up by age 5 at age two I would consider an extreme case of mal nourishment.

**We do not normally buy candy and have a good diet.**

At age 2, baby would just be off nursing his mother and on raw fruit diet and or cooked vegetables.

**Was the mother's calcium deficiency before and at the beginning of the pregnancy a factor?**

YES! Along with plant iodine, iron, magnesium, etc.

Is black walnut safe for pregnant women? **NO, not considered safe!!!!!!!!!!!!** Many women / pregnant women have worms, their babies can easily have worms and taking herbs that help the blood kill worms can possibly kill worms in the developing fetus and this is why in my opinion, you should never find an herbal or medical book that should ever suggest a pregnant woman take herbs known to be used as de-wormers. YET, many other herbs also are great bacteria, viral and anti-parasites that authors and I know from experience are taken by pregnant women with no problems and this is where the problem lays, medical has scared off herbalist for a very long time in the treatment of pregnancy. No one really knows the possible side effects and since the unborn child is at risk, it is always safer to say to use the strong herbs BEFORE and AFTER pregnancy and use only the "known" safe herbs during pregnancy. Those that do not have a good diet and make use of herbs during pregnancy should be avoided by all mid wives as being high risk cases.

**What if she is dealing with an abscess in the gums but is not dealing with pain as long as she keeps up her calcium intake.** Not sure what you're asking, but for abscess I suggest **Olive Leaf** which is considered safe with pregnancy and **Tooth & Gum Powder** or **Herbal Tooth & Gum Spray** for inside the mouth.

**Is it true that the mouth health affects the body's health greatly or is it the other way around?**

The tongue expels waste from the blood stream and is the same color as the stomach and liver. The gums expel waste from the blood, as do the teeth. The mouth is a dumping ground for the blood stream that is over loaded with waste. The affected mouth then feeds fungus that makes for bad breathe and ill health.

**Should I get my teeth checked for mercury fillings? I do have several fillings.**

Look in the mirror or have someone look in your mouth, if you have any dark / black looking fillings, they are mercury fillings, seek a good dentist and have the metals removed. If you have any root canals, I suggest for health, best to remove them completely. If you have cancer, I suggest all teeth that ever had a mercury filling in it during your lifetime, should be removed with all its filling materials regardless what they were made of.

**I do not have energy like I wish I had and do not have plenty of milk when nursing any connections?** YES, you are too sickly to supply baby proper nourishment! Your milk is your blood minus the red blood cells, if your too anemic to have energy, giving up your blood to make milk will wear you down, cause loss of health, hair, skin, teeth as your body attempts to supply baby with proper milk, this is why baby and mom does well with rich plant mineral formulas. Having babies any closer than 3 years apart is asking for sickly babies; and sickly mothers that will produce daughters that are sterile after 3-5 generations loosing to miscarriages. Just one mercury filling can cause miscarriage and ill health in mother and baby, even if it is diagnosed as a 1,000 different reasons in my opinion. Having healthy babies and keeping mother is simple and this newsletter has the goal of teaching proper health so babies will have the best chance at

a healthy childhood. Herbs; **Milk Aid** while nursing, **Women's Wellness 21 capsules** daily while pregnant or nursing, **Baby Calm**, etc. as will all be explained in 2011 newsletter and hopefully explain why children have the problems they do.

## HAIR

Question: **What would make a 58 yr old women's hair break off? The last year my hair has gotten real short and thin. I took a test and my thyroid is ok- Dr said to use Biotin but so far it hasn't helped any. I've been using Biotin for 6 months or more. I've been put to sleep 2 times since March. I dislocated my shoulder (tore it out of the socket and had 3 fractures) then in August I had an open-heart surgery but I had been losing hair before this happened. Now I also need to have gallbladder surgery next week as I have stones and sludge in my gall bladder! Help!**

HELP!!!!!!!!!!!!!! Yes, I agree, you need HELP! I suggest you find a great chiropractor ASAP and see him weekly until your health is under your control, run as far away as possible from your present doctors and find one ASAP that will not butcher you; unless your operations were all do to a serious accident that you have left out of your story. This newsletter is anti vitamin, anti drug, anti operation. Anyone believing they needed their poisons and operations will have no use for this newsletter. Those already victims we truly fill sorry for. Biotin is a "vitamin" that usually makes the hair grow fast, but like all vitamins, it is not a vitamin, but a chemical concoction that can never increase human health.

You ignored the most important facts as to why you were torn up and why you had to have your heart cut on. Surprised they have not already cut your gallbladder out by now as they will start to pass you around so all their buddies get a chance to make \$\$\$\$\$. Regardless all the how's and whys, your hair is an example of your total body health. Your body will expel out the deadliest of heavy metals and toxins up and out the hair and skin. When the hair is over loaded, it is choked off and dies. Loss of circulation no matter how it happens, results in death. For your gallbladder, it is your diet, same for your hair and your total health, the wrong diet loads the body up with rock type minerals that clogs the kidneys, then as the other organs try to take over, they fail, then the skin begins to fail and the face and hair never lie, anyone can take a look at a person and tell if they are healthy or sickly.

WEED & FEED there is no other way! Stop what you have been doing, because it is not working anymore to support life. Clean out the years of accumulated matter and put it in the toilet and you need your gallbladder to digest & assimilate your foods and everyone without this vital organ has already succumbed to their diet that lead them into the arms of the surgeons that never ever treat the cause, but cut out the symptom. **ALL "N" One** kit, double bottles done properly along with extra 8 ounce bottle of **Herbal Spray III** for your entire body including your hair, or if able, an 8 ounce bottle of **Topknot Hair Herbal Spray** just for the scalp / hair; both will work, both will increase circulation to the scalp. These operations cost a ton of \$\$\$, so I assume your a very wealthy person. Otherwise folks that take the government welfare; I was at a John Keim seminar warning us all to no do it, because once we accept the government payments, then they own us; because we forever owe them.

## HEAD, itchy

Question: **What causes an itchy head? I change shampoo every so often which seems to help for a while.**

Normally soaps are the problem, especially all commercial soaps that in general all have added titanium dioxide which does great harm to the thyroid and many other chemicals for color and fragrance. Using homemade as natural as you can find bar soap is better, while making your own bar soap with food grade ingredients would be best and use only warm water as often as you can and soap only when you must. The body also expels internally waste out through the scalp and hair, these are often the heavy metals that clog the hair and cause ill hair and scalp

health as circulation is compromised, which also attracts parasites. Parasites live on dead skin and oils, which the scalp has plenty of. Herb wise, **Topknot Herbal Spray** for hair health and circulation does wonders when used regularly for several years, often restoring natural color for older people and help with poor hair health. **Topknot** often has the side effect of the hair turning reddish for the first year and then often turning to the childhood color during the second year. Many say they have increase in hair thickness and healthier hair as time goes by. All of the herbal sprays are very antibacterial and help kill bacteria / viruses on contact and as well as feeding the skin and hair with plant based minerals and herbs to increase circulation to the scalp.

**HEART** / anxiety / skip beats / race

2 Questions: **I am a mother of 3 and sometimes get what feels like anxiety attacks and my heart at times seems to skip beats or race.**

Anxiety describes any feeling of worry or dread, usually about potential events that might happen. Some anxiety about stressful events is normal. However, in some people, anxiety interferes with the ability to function. Severe anxiety usually lasts more than six months, though it may not be a problem every day. Physical symptoms can sometimes result, including fatigue, insomnia, and irritability. Some people who think they are anxious may actually be depressed. I suggest natural iodine deficiency over a lifetime along with acidic diet that depletes the blood calcium is a couple of the major contributing factors.

Constipation and worms always being foundational problems, never underestimate the worms abilities to do harm to the body functions. I would suggest what I call the **ALL "N" One** kit along with additional **Hormone Balance** capsules 2-4 daily for life and for as long as needed, 12 **Women's Wellness** capsules daily or more if desired. **Herbal Iodine Spray** on the neck and chest would help as could **Heart Drops** or **Heart Drop Herbal Spray** on the chest daily. Some have had great results after consuming the **Natural Tree Iodine tincture**, saying their many years of the heart skipping beats fades away. In general, the **All "N" One** kit, once in balance, should be enough as long as you're not having more children. If your going to have more children, cleanse and repair the body first and then I suggest proper nutrition and herbal use during the entire pregnancy and while nursing. Never seek to become pregnant while sick or you risk losing your health and passing on ill health to your unborn baby.

**And our 4 yr old has problems with bedwetting. Any suggestions?**

Answered previously, always stop all drinks by 6 pm each evening and once acidic diet is stopped, the irritated kidneys and bladder will stop and good dry sleep become normal.

**HEART** / shaky, weak

Question: **Recently I have been having some pain in my chest area, more to the left side. I often feel it daily, although not sever I also feel weak and shaky in the somewhat same place and my heartbeat does not seem quite normal. I also at times feel the heartbeat or throb at the side of my throat. I don't have much energy and tire easily. Any suggestions? Should I be concerned about this or how concerned? (middle aged house wife)**

All of these symptoms; I suggest you need to see a good chiropractor immediately. He can personally examine your total health and check to see if you have ribs, spine or bones out of place that would affect these areas. Often a rib out of place can make you feel like your having a heart attack, so much so that medical will run every test possible and still be clueless about your symptoms, or, you really could have serious problems, you should never ignore the way you feel. Just considering all the damage a clogged liver, an acidic stomach, a poor colon, worms, bacteria, fungus can cause to our health, one must stop and start taking care of their body before it fails. Way too many people by age 40 are dying now, I suggest never ignoring such symptoms and start with a good chiropractor, diet correction and learn how to **WEED & FEED** until your blood stream is healthy enough to rebuild your body. The **ALL "N" One** kit with

additional **Hormone Balance capsules**, 2-4 daily for the rest of your life, drink 1 quart of **Red Raspberry Tea** daily until back to “normal”; extra **Herbal Spray III** on all that hurts daily as needed along with spraying your room where you work often, so you breath in **Herbal Spray III**. Until you know about your heart, it never hurts to take **Heart Drops**, 1 dropper as many times needed per day.

## HEMORROIDS

Question: **What is best to do for hemorrhoids? Is there a cure?** Stuff a little **B&W** into the hemorrhoid area daily as needed. Bend over and touch toes daily to avoid ever getting them. It is a toxic / constipated condition. Some elderly allow them to hang out so long that an operation to cut them off is needed. **Lower Bowel Balance** daily as needed through out life is prevention for every constipation problem. If bad meals are eaten, take 1-2 **Lower Bowel Balance** capsules with each meal.

## HERBS / yarrow testimony:

**Over 12 years ago I was often laid up with severe lower back pain and a chiropractor said that regular adjustments are needed to avoid my discs from slipping further. Reading in an old herb book for yarrow works directly on bone marrow and blood renewal, I started drinking a quart of hot yarrow tea whenever I had pain and to my surprise my backache simply vanished! I have not had an adjustment since and hardly ever have pain, when it does come back, one quart of hot yarrow tea fixes it! Sometimes I add stinging nettle for energy. If I drink to much I wake up at 3 in the morning and can't sleep. Try God's herbs, they work!**

Yarrow is located in most every yard or pasture and is an excellent herb, often used to raise blood flow and mild fever. Drink the hot tea while taking a very warm bath is a great cold treatment. I make **Yarrow Tincture** and also have **Yarrow bulk tea** by the pound.

## HERBS / speedwell

Question: **My question is about speedwell. An herb that I want to use fresh, but my different plant books offer so many different varieties. What is the medicinal speedwell and does it grow in PA? Could you send me a picture? I totally agree with Marie Treben in “Gods Pharmacy” that herbs should be used fresh to get their full value, there for I like to grow my own when possible.**



The Common Speedwell is a native of the Old World, but is abundantly naturalized in the eastern United States, where it grows in open, grassy places. In this country, it is generally found on heaths, moors, dry hedge banks and in coppices, where it is very common and generally distributed. **Description-** The plant is a perennial, of a prostrate habit, with ascending branches, bearing erect, spike-like clusters of blue flowers, the stems 3 to 18 inches long,

varying very much in length according to soil. The leaves are opposite, shortly stalked, generally about an inch long, oval and attenuated into their foot-stalks, their margins finely toothed. The flowers are in dense, axillary, many flowered racemes, 1 1/2 to 6 inches long, the individual flowers nearly stalkless on the main flower-stalk, their corollas only 1/6 inch across, pale blue with dark blue stripes and bearing two stamens with a very long style. The capsule is inversely heart-shaped and notched, longer than the oblong, narrow sepals. The plant is of a dull green and is generally slightly hairy, having short hairs, sometimes smooth. The fresh herb is faintly aromatic. After drying, it is inodorous. It has a bitterish, warm, and somewhat astringent taste.

**Constituents-** Enz found a bitter principle, soluble in water and alcohol, but scarcely so in ether, and precipitated by the salts of lead, but not by tannic acid; an acrid principle; red coloring matter, a variety of tannic acid, producing a green color with ferric salts; a crystallizable, fatty acid, with malic, tartaric, citric, acetic and lactic acids; mannite; a soft, dark green bitter resin. Mayer, of New York (in 1863), found evidences of an alkaloid and of a saponaceous principle. Vintilesco (1910) found a glucoside both in this species and in *Veronica chamaedrys*. **Medicinal Action and Uses-** This species of Veronica retained a place among our recognized remedies until a comparatively late period, and is still employed in herbal medicine. Its leaves possess astringency and bitterness. Among the Welsh peasantry, great virtues are attributed to the Speedwell. The plant has diaphoretic, alterative, diuretic, expectorant and tonic properties, and was formerly employed in pectoral and nephritic complaints, hemorrhages, and diseases of the skin and in the treatment of wounds. Modern herbalists still consider that an infusion of the dried plant is useful in coughs, catarrh, etc., and is a simple and effective remedy in skin diseases.

## HERBS

Question: **This newsletter is a good idea. I also would want to make more herbal formula for my own use, but I need more experience in growing my own or is it better wild crafted?** I prefer wild crafted, that way you know the plants are growing where God intended, in the correct types of soil and shade and sunlight.

**I have some friends who might be able to help me in the woods I don't have a good book for identification. My mother is in the hospital with perforated colon right now. They operated the day before Christmas, so hopefully she'll get out of there soon. She is from PA and 76 yrs old dos I wont be able to care for her just now, maybe when she regains some strength she can come here. She was here for 6 wks in Sept-Oct. we are also families with John Keim and were to a meeting 2 yrs ago in Antrim Ohio.**

Sadly ever since we started making herbs, we noticed way too much colon cancer in the Amish people, it seemed like every area had plenty of people with one foot or more of colon removed. This is so WRONG! Why allow wrong diet that makes a lot of food for worms, to go on so long, that the colon must fail and be cut out? Hopefully as a result of this newsletter the Amish, Mennonite and Plain community people can learn how to improve their colon health, because I know of no good reason why anyone should ever need such operations or any operation unless they have had a serious accident resulting in damage to the tissues that need sewed up or bones set. I suggest **De-worming** and **Lower Bowel Balance** capsules daily for the rest of her life along with seeing a good chiropractor no less than once a month. These colon operations and every operation and prescription drugs are costing not only a fortune, but people are greatly suffering needlessly. Spending more time preparing proper foods, clean drinks and keeping the worms DEAD, makes far more sense than paying \$\$\$\$\$\$\$\$\$\$ endlessly and go through so much pains and sufferings. Having these operations and never learning the lesson and returning to the same diet and habits that resulted in the operations feeds the medical system that thrives on people that give their health over to others to care for.

## HERNIA

Question: **Are there other ways to help a hernia without doing surgery? We're not sure if that's my husband's problem, but are wondering how a hernia acts?**

A hernia commonly refers to the escape of some part of the intestine from the abdominal cavity, through an opening in the abdominal wall. The intestine is pushed out from the inner body, often to a point just below the surface of the skin. When it reaches this point, we have a visible hernia. At first it is about the size and shape of a marble, and grows larger as more and more of the intestine escapes. Extreme pain in the abdominal area whenever there is an exertion, such as bending over, leaning back or any other small movement involving the abdomen. Early in life the male infant can encounter complications. Two months before birth, the testicles descend from the abdominal cavity into the scrotum. They descend through the inguinal canal, which soon closes behind them. If the canal doesn't close, however, this could be a later trouble spot for a hernia precipitated by muscle weakness and sudden heavy lifting.

Other causes are from overexertion in lifting which can cause the tear in the abdominal wall. In the past, we had the "needle" doctors; they would use needles to pull out tumors or inject acids that would dissolve tissues. These old time doctors were known to treat hernia with nothing more than a needle, while today I know of none of these doctors left in practice. Ideally monthly chiropractic treatments will be the best medical prevention method, while proper diet and habits will be the best way to maintain a strong body. We as humans tend to over work, lift too much weight and worst of all; lift it wrongly. "If" the hernia is small and easily managed by hand, I suggest simple WEED & FEED will enable the body to rebuild. The use of **Herbal Spray III** and **BF&C** herbal formulas can greatly help when put directly on a hernia properly or taken internally as well. A good chiropractor that can legally examine you, can give you advice on hernia and if you need to seek medical attention or attempt natural.

#### **HERNIA / haital**

**Several Questions: I am a 23 yr old mother of 2 healthy daughters but I believe I have a haital hernia. (I was not to a doctor to find out) it is worse since the birth of our 2<sup>nd</sup> daughter in July 2010. I have problems with gas, bloat and indigestion. At times there is so much upward pressure of my stomach that it causes chest pain. My questions are: what can be done about it; is there a natural way to cure it without surgery? Or is there a natural way to live with it comfortably? What causes an over-acid stomach and what can be done about it the natural way?**

In my opinion, 99% of all so called hiatal hernia symptoms are nothing more than results of continued wrong diet as well as chiropractic situation. The chiropractor will put you on your back with his fist under your back and push down and attempt to align the ribs and spine so the muscles that control the throat flap will properly close and as well, seek to put the ribs back where they belong, same with the stomach and hopefully give exercise and diet advice. Otherwise such symptoms are a result of wrong diet that has resulted in a very upset digestion and elimination system. This newsletter will be based on this subject. The cure is stopping what you were doing and correct what can be corrected and then allow your red blood cells to build you a new body. Each person makes their own choices in life, which results in their total body health. I suggest you see a good chiropractor monthly for as long as you think you have this and always take the children monthly. The children should be free as long as you're getting a treatment and normal cost is about \$37 per adult or up to \$70 for a total family.

**Also my baby, totally breastfed, is somewhat fussy unless I take 1000 mg of calcium daily. What kind of calcium would you recommend? Could I take too much calcium?**

In my opinion all products sold as calcium are extremely bad for the kidneys and total health; most such formulas are very similar to the make up of the common pavement of highways. Just as bad, is corral calcium, which is nothing, but used sea shells that cut the kidney tissues as they clog the cells; in which decreases the circulation of the kidneys. I have read and believe we must have 900 x too much calcium in our body before we can die and this same calcium is what we call old age, as the rock turns us "hard". Taking such calcium as a supplement is extremely

detrimental to health in my opinion, unless your product was all herbal roots / leaf, which most are not? Why would your baby be less fussy? Hopefully, baby is not adapting to this and “accumulating” this rock. Real calcium comes from plants, deep-rooted plants like comfrey in a combination of other herbs with essential minerals that aid the body in assimilation. What we call **Women’s Wellness capsules 21 per day while pregnant and nursing** or in cases where extra calcium is needed to stop Charlie-horse type symptoms, **Calcium Balance capsules or liquid** are what we suggest. Otherwise, I suggest calcium supplements will age you as they rob you of life.

**What kind of vitamin E is best? Is it necessary to take vitamin E?** Vitamins cannot be manufactured into a capsule or liquid, the very idea was a medical theory to create a new business back in the 1920s in my theory. All vitamins are the life of a fruit, which dies within 7 minutes of picking the fruit with the exception of the seed, which keeps life or its vitamins intact. Otherwise, with humans, if we expose all of our skin as God intended every day to the sunlight, our skin makes our vitamins; all of our vitamins. I suggest this is why 90%+ of what authors write about health is wrong, such ideas are written as methods to sale commercial products and commercial therapies, never considering human health at all, but what it takes to sale the product that pays their paycheck. Vitamin E is nothing more than a plant fat **LG Cleanse** and we humans thrive on good raw plant fats, such as cold pressed Olive Oil, Sunflower Oil, Coconut oil, nut oils, seed oils, wheat germ oil and best are tree fruits rich in oils. These oils allow our hormone glands to function well, if we have adequate essential plant Iodine. Many farmers pour vitamin E over their cattle feeds a few weeks prior to butchering, while cold pressed olive oil would be much cheaper and better in my opinion and coconut oil even better. **Lecithin oil** is the cheapest plant oil taken as a supplement or used in baking breads, etc. Dogs love plant oils; it makes their hair shine. Many dogs love to eat raw coconut flakes or lick the buckets of empty **Lecithin oil**.

#### **INCONTINENCE / wetting**

Question: **Could anyone with experience give us advice on how to help a five year old that wets him self 3-5 times in a day just not getting to the bathroom in time. It seems when he needs to go it is now. He also does not stay dry at night. We as parents are trying to decide if he is only being sloppy or is it more than that?**

Often nothing more than habit, but also can be a nerve problem and at age 5, it has went on way too long. Spanking and scolding is often the wrong thing to do. I have known mothers to take a large tin can and have the little boys have fun peeing in the noisy or unusual device. Rewarding with a cookie, etc. often makes the boy want to pee next time. Naturally keeping all snacks and privileges away for as long as he pees the pants is obvious and train him to want to pee. Never give drink past 6 pm at night. At age 6, never supply pop, commercial drink of any kind and never milk. Supply natural sweet fruit juices and or your own distilled water. Make his peeing a happy time and not something he fears a spanking over or in very rare cases, he can be doing this for your personal attention, no matter how bad the attention may be, it is still attention to him. Even put a penny jar at the toilet, so every time he pees correctly he can take a penny and put in his own bank and then on very special occasion get to go to town and spend his reward money. This should be nothing more than a fun to watch him develop this skill in reward him with love. It can be as simple as putting a bell at the toilet and allowing him to ring it upon success, have fun making up new ways to entertain him.

#### **INCONTINENCE (bedwetting)**

Question: **What can be done for a 16 month old girl of which her night bedwetting has a severe strong odor and her urine seems to burn when she wets herself?** Odor is a sure sign of constipation, in that there is too much waste accumulated and fermenting and the burning proves this; as it is very acidic, which comes from the constipated state. All acid that leaves the stomach burns the small intestines as described in this newsletter. For the baby, the



tender skin and mucus membranes burn very easily; which causes a lot of irritation. At 16 months this is 100% in control of the parents in the choice of diet. Correct diet results in an alkaline state of health, while the wrong diet causes ill stomach, too much acid, burning and constipation. At 16 months she can handle correct milk for two more months, then all mother's milk should be stopped and weaned to a raw fruit diet. Cooked fruits would be the next best option and cooked vegetables the third option after age 18 months old. If you had supplied details of the nursing mother's total health and what is being fed to this baby, along with info on any vaccinations, drug use and lack of chiropractic help; it would be easy to point out the problems. It is not what you can give a baby, but more of what needs to be stopped. Herbal wise; **Baby Calm, Happy Baby, Diluted oregano Oil, PICA, Calcium Balance, Natural Tree Iodine** and beyond these 6 products; **Olive Leaf / Echinacea**, then if need be **Maximum Restore, Skinners Salve, & Air Restore** are the products we used to raise our children beyond proper diet and always seek the help of a good chiropractor, that normally treats children to age 12 for free with a paying parent.

## INFERTILITY

Question: **What do you think would be good for infertility and also for panic attacks when you get hot and easily feel like fainting? Do you have anything that could use to stop an attack if I feel one coming on?**

Infertility is a huge subject that can date back generations; it can be human hormones or worm hormones from those worms that fill the womb. It can be from mercury tooth fillings, it can be a male problem, it can be a timing problem, it can be stress related, and it can be a "mental" problem. It can be a problem for a woman that has ill health and cannot support pregnancy. I have noticed before, that women that suffer panic attacks also have suffered being sterile, so in those cases, possible it is more stress and mental. Regardless, the first step is getting metal free, dental trouble free, stop all harmful foods, avoid well water, it is loaded with arsenic and upwards of 70,000 chemical combinations and it is suggested that all well water today has traces of contraceptives that have been flushed down the toilets of millions of Americans that is adding to these problems.

Distilling the water is essential for anyone seeking better family health. The sheep fluke worm and probably many others like to line the human womb by the hundreds / thousands and they expel their own hormones so you can never get pregnant. Actually, 90% of the people that I seen do liver flushes years ago, were loaded with the sheep worms and I read on the world health organization website many years ago that the sheep fluke worms was at epidemic levels in the U.S.A. Actually there are up to 20,000 different worms that can find their way into the human body and cause problems. Besides all the normal WEED & FEED methods you have read about so far in this newsletter, I suggest this as a beginning. For you and your husband, drink 1 quart of **Red Raspberry tea** daily, take 1 tablespoon of **Lecithin** or coconut oils daily or any plant fat oil you like, such as cold pressed Olive Oil, flax seed, etc. along with 1 of our **Hormone Balance** capsules 3 x daily, so that means 3 total tablespoons of plant fats with 3 hormone capsules daily and once pregnant, you stay on 1-2 capsules daily through the pregnancy. We have seen women become pregnant the very next month if their problem was simple. While we have seen women with mercury fillings never are able to carry a baby.

We have seen women de-worm and become pregnant the next month, so it all depends on what the problem is, I naturally suggest WEED & FEED until healthy and then become pregnant. If your body is too sickly, never become pregnant. A healthy pregnancy will be covered in a future newsletter. Keep in mind, the truly healthy woman will only be able to become pregnant 3 days with the moon phase in September. In fact, all babies should be born at the same time "if" all women were truly healthy and followed Nature!

Panic attacks can be caused by many reasons, mentally and emotionally as well as imbalance of hormones and minerals. **Sleep Eze 4** at bedtime and anytime you wake up take 2 and **Mind**

**Tract** during the day for minor problems and **Mind over Matter** for serious problems such as bipolar type symptoms. Always take plentiful plant minerals daily as preventive for every issue, always see a good chiropractor and explain every problem you have. Use plentiful **Herbal Spray I** on the face and entire body as needed for panic attacks and health in general.

## **IVY**

Question: **What could be taken for a bad case of poison ivy with swelling in the face and nose rather than taking prednisone?** Most people get some degree of poison ivy rash; some get it real bad, while others can't get it. I believe what makes the difference is the iron balance. Many people lack natural plant iron in their diet and I believe those that have an imbalance will be the ones that get the skin rashes from plants like poison ivy. This is just my opinion, because it seems, people like myself that as a child that never took herbs, easily got poison ivy. While now after years of taking herbs, I don't get it at all. I have heard many stories of people treating themselves with an ivy formula that I believe works, because it is an iron formula with a little plant iodine, and everything works better with a little plant iodine; taking 1 teaspoon as needed daily of **Ivy Aid** or spray often with **Herbal Ivy Spray** or best to use both. De-worming, helping the bowels with **Lower Bowel Balance** and taking some form of plant minerals as a spray or liquid such as **Pica** daily as maintenance will make the body more resistant and each year should get better. In my opinion, no one should get poison ivy, if they do; the body is lacking what it needs to protect itself.

## **KNEE**

**We have a son that is 14 yrs old and has a knee problem. We were at a doctor and the name of his problem is "ab good shatters" the growth plate below the knee is being pulled apart by the muscles or ligament from the upper leg. You can see the bump below the knee is bigger on that leg. His body is lacking something at this age. It will heal when the growth plate grows together solid about the time when he is 16, the doctor says. Now he is wearing a brace. The chiropractor said he should not do any running till he is 16, but he still does running because he loves to play with and train horses. What is your recommendation for this?**

At age 14, a boy should feel indestructible and play / work all day long. I suggest his water and foods have lead to a constipated body, in that his kidneys are constipated, his cells are constipated which leads to worms / fungus that lead to deterioration of his flesh and bones. His cure is simple, remove the waste, feed the body and the body will correct and cure itself. It truly is that simple. All operations will cause permanent damage and scar tissue. All drugs will not cure the problems. No vitamin made can supply a usable mineral for the blood supply to make use of. At age 14 he can take all herbs an adult can. I suggest plentiful use of **Herbal Spray III** on his joints, spine and everywhere it hurts. I suggest you find a good chiropractor that can correct the joint problems and suggest diet and habit changes to speed up the healing. I suggest the same herbs in the **ALL "N" One** kit or at least the **Lower Bowel Balance** capsules 4-8 daily along with daily herbs for de-worming. I suggest 1 teaspoon of **Kidney / Pancreas Cleanse** daily for 1-2 bottles and not drink from your water source again, until you obtain a water distiller and remove the rock from it. He can drink every form of natural fruit juices that have no added water or made from concentrate. I suggest **Herbal Spray I** on his face at bedtime and upon awakening as a method to slowly correct and improve general health, a few squirts in the mouth daily makes it work even faster. Note that **Spray I and III are included in the ALL "N" One kit**. Added plant minerals such as **Iodine Minerals** or **Pica** will supply the building blocks for stronger bones or as a bone treatment, **BF&C** syrup or capsules is a great supplement for injured bones. Playing and running is what he should be doing, such circulation and movement enables strong bones to be developed. His body will heal rapidly when it has been **WEEDED & FED**. To be told he won't be healed for 2 years, "plants" a mental block within you and your child that will harm his health in more ways than physical. Tell him what caused the problems, show him via change that his problems will correct themselves, because God gave us a body that

repairs itself when allowed by following a non toxic diet and lifestyle. If he feels like running and playing, then that is what he needs to be doing. Give him the diet that is clean of rock, alkaline producing and keep the worms killed and he will be healthier than the average child that will have healthy children.

**I would also like to have a good direction on dieting. Something that you don't have to take any thing for to lose the weight.**

Very simple, just eat the foods that God created humans to eat and you will be slim, trim and very healthy, it truly is that simple and the only real, true cure. The question is; will your habits allow you to follow God's design for diet and habits? Will you eat only ripe, in season tree fruits in their whole state as provided by God? Do you live in a climate that supports natural fruit trees that supply fresh food year around? Are you willing to never eat cooked foods again? If so, health and proper weight is the cheapest way to live a very long and fruitful life. Correct diet will be outlined throughout the 2011 newsletter. Fruit juice fasting will result in one pound weight expelled down the toilet daily for up to 50 pounds in 40 days with no harm to the body, in fact, you get a new heart, new liver, new skin as a result of a 40 day orange juice fast. Then correct fruit diet keeps the fat from forming again. Extra fat is nothing but salty waste stored in the body that is of no value in health. Removing all salt from the diet is your first step. Correct weight and health is an education is removing the foods that poison your body and rob you of your health and wealth.

#### **LIVER / gallstones**

**Question: How can I prevent gallstones from forming again? I did the cleanse consisting of olive oil and lemon juice twice. Each time I passed stones. I get gallbladder attacks at least three times a year. I have fought to have surgery, but am ready to give up and have it taken out. I try to avoid greasy foods etc. but seems stress brings on the attacks. I appreciate your help.**

Gallstones are a result of a constipated liver that will be a problem for as long as diet is wrong. Cutting out the gallbladder does great harm to the liver and bile, which results in a lifetime of not being to ever digest your foods properly ever again. The last I heard, in Germany gallbladder operations are restricted, while in America they are common and to be expected by most women and many men. Your pains are your nerves / brain warning you, that you're eating improperly. Cutting out your gallbladder is cutting out your warning system, which simply means your digestion will be forever harmed and create a problem that can't be corrected.

Doing liver flushes only works the day of the flush, unless you correct the cause, which is diet. A few days later, your gallbladder loads up with gallstones again and your liver remains loaded with stones and your lymph glands packed with the mud that wants to be expelled properly and not become gallstones. In fact, I believe almost all normal adults have gallbladders that are clogged and never digest their foods properly. I know children by age 6 can have gallstones. Clogged gallbladder / liver means that every time you eat a wrong food bile is demanded and this bile can't go out the gallbladder, so under pressure, it leaves the liver and goes up into your breast, neck, shoulders into the lymph glands that makes you feel horrible. When years of abuse has been ignored, the sick liver can hurt so bad, that you will scream in pain to be taken to the hospital and "cut" it out. This results in permanent damage, as do all surgeries for food eating diseases.

Since in your case, your gallbladder has soft / fatty stones and not hard rock stones; your solution is a simple one; learn correct diet and use a few herbal aids. I suggest the common liver is home to many of the liver fluke worms that eat "pockets" through out the entire liver. These worms die easily with **De-wormer** herbs, but also easily come back and herbs must be used for

life to keep these worms out of the organs. What I call the **All "N" One** kit used monthly, properly will aid in the removal of the worms and dissolving of the gallstones. No gallstone should ever appear; they should stay liquid always and would, if the diet was correct. This is why most every adult human has a clogged gallbladder. If you cannot afford the **All "N" One** kit or **De-wormer**, then I at least suggest one tablespoon of **Lecithin** from plant source, (never egg lecithin) or choice of plant fats **LG Cleanse** daily for the rest of your life. This will enable your gallstones to dissolve, stay dissolved, clean your arteries, restore your nerves and maintain the brain. This will be explained in detail in later newsletters. I believe all operations can be avoided. Having insurance or someone luring you in by saying they can get your surgeries for ½ price only tricks you into believing God must have created you wrongly and the wrong stuff needs cut out. While the truth is, our earthly choices lead to our illnesses, always.

## LUNGS

Question: **What could I do to build up my lungs so they function better? If I get a cold I always get a hard cough and it settle in my chest so easily. I'm also bothered with a cough even if I don't have a cold like when I exert myself and get warmed up.** Proper breathing through the nose and exhaling out the nose, is the correct way at all times. Your stomach should rise up with each breathe taken in, if not, then your breathing only with the top of your lungs, which is bad and what smokers and otherwise damaged lungs do. Do not hold your breath, the lungs are as tender as soap bubbles inside and should never be abused by dirty / toxic air. Walking 5 miles a day helps build the lungs, especially if you run part of the way. Jumping on a trampoline is very building.

If you practice deep breathing and even coughing deeply will build those lower stomach muscles and lung power. Our lungs are like bellows, while our heart is more of a valve it is our lungs that drives our blood and each time the lungs move, they massage our heart and internal organs. I suggest your real problem is infection. At least 30 different worms can make their home in the lungs and bacteria / viruses love the moist air and mucus in the ill lungs. **Pure Oregano Oil** to me is the lung life saver. I suggest spraying the bedroom air **Herbal Spray III** often or even have someone spray your bedroom while you sleep through the night and allow your lungs to breathe in the vapors. I find this the ultimate lung cure all. Done nightly over a long period of time, the infection goes away and breathing and general health greatly improves in my experience. For immediate problems, **Maximum Restore** took 1 tablespoon per hour does wonders to expel the waste in the lungs. **Air Restore** is potent tincture taken by the dropper to help relieve the lungs. **Herbal Spray I** sprayed on the face at bedtime is ideal.

While **Herbal Spray III** or more powerful **Herbal Room Spray** can be sprayed above the bed. Another way to build vigor is to make use of the cold water slap bath. Simple pour ice cold water into the bath a few inches deep and take a bath by rubbing a soaked wash cloth all over your body, then get out and using your hands only, slap your body dry. This slap bath will stimulate all your lymph glands to work and the cold water will stimulate muscles to be stronger. Slap your skin hard, harder each bath until your skin is bright pink after each bath. Most of all, warm clothing robs our health. Healthy lungs and skin need very little clothing. The old person wearing way too many layers of cloths only proves how sick they have become as they loose proper skin circulation. You are correct to seek better lung health. We are only as healthy as our next breath of air. Never use oxygen; once you're on oxygen the lungs will become even more lazy and decayed.

## LUNGS

Question: **I have a lung condition called bronchiectasis and I'm wondering what could be done for scar tissue in the lungs from having pneumonia numerous times. I'm 54 yrs old and enjoy better health than I had 10 yrs ago. (I also get immunoglobulin (IGG) infusions every 2 wks because 10 yrs ago the medical found that my body does not produce IGG.)**

Again another question by people that are on drugs, this newsletter does not answer drug questions or suggest herbal use will be successful when a person has their faith in medical drugs. It is my opinion that no one especially at age 44 would all of a sudden; be found to be defectively made by God and need such things and I would expect the body to fail from the side effects of not only drug use, but because the original problems were never addressed and allowed to continue and the immune system suppressed. The simple solution is to stop the constipation, WEED & FEED the body, but since your faith has you believing your body was not made right, I can only suggest you seek a good chiropractor, a good alternative doctor, a good dentist and allow medical professionals work with you to understand “why” your developing lung scar tissue and why your body is different than everyone else’s body. It will take your own investigation and education and then apply what you have learned if you are to escape from the trap you fell for 10 years ago.

## **LUNGS** / out of air

Question: **What is the reason for huffing and puffing so easily, when doing the least little bit of strenuous work. When at the young age of just shy of 53? What can I do or take for it? (male)**

Many years ago a man was not considered adult, until age 120, at age 53, we are still “learning”. Anemia activates your heart and lungs to work “harder” in an attempt to supply more oxygen to the starved cells of the entire body. Often people, who seek medical end up on drugs to slow down their heart, lower their blood pressure, etc. and counter the brain’s attempts to keep the body fed properly. The brain “knows” what needs done and drugs that stop the brain, lead to more and more health problems; while in fact, all such warning signs should be heeded to and diet and habits corrected until all constipation has been removed and correct circulation obtained. There are so many reasons for this; a lifetime of hard water, wrong diet, wrong minerals all lead to restricted circulation in the kidneys, arteries.

You are the only one that knows what your diet and habits have been over the past 50 years and what needs corrected. Starting by age 40, hormones start to become a problem, unless a lot of meat and dairy has been consumed; then hormones may be a real problem for someone by age 21. Ignoring these problems (loss of hair, skin, weight, etc.) the first 10 years, leads up to real physical problems in the 50’s and major problems in the 60’s (prostrate / heart). Basically you’re looking at “reversing” what you have done as the method of correction. I will attempt to cover all the foundational reasons in this 2011 newsletter and people can pick and choose what to believe and what to ignore, because we are all responsible for what we have done to our own body and our choices will determine its lifespan. I suggest **ALL “N” One** “adult” or better yet, if you can handle spices **Longevity “adult”** kit monthly, **Hormone capsules** 2-4 daily for life, **Prostrate Aid**, and lots of **Herbal Spray III**. As a direct aid, you can take droppers of **Air Restore** or **Breath of Life Herbal Spray**. Once dental is no longer a problem and all rock mineral sources eliminated out of the diet, then things will become simple to change to eating to live and not living to eat. Look at your problem as nothing more than “constipation” of your entire body. As you remove the restrictions, oxygen to your cells will become an easy job for the lungs and heart once again. Old age is a myth, no one is living to an old age anymore, their diet and habits are putting them down at an early age.

## **LYMES** – (see February answers)

Question: **Can Lyme disease in an advanced stage be treated successfully with herbs? I know herbs can help but usually are not successful without long term antibiotics, and not many doctors will treat lyme with long term antibiotics as the insurance will not pay for it.**

First of all, herbs are not drugs and anyone mixing drugs with herbs, will fail. Drugs are drugs because of what? They are toxic, poisonous at some dose, which requires a M.D. trained in the art of drug use. Insurance does what? It sets you up for drug use and operations that any common sense person would refuse to pay out of their weekly paycheck. Insurance is a scam

created by the system 50 years ago in cooperation with corporations working with government / pharmaceutical to feed the “system”. Luckily herbs are not part of this system. My opinion is drug use creates the foundation for true lymes disease. Those using drugs or believes in using drugs will have no use for this newsletter or natural herb use, because herbs will never be paid by insurance companies.

**We are a couple in the upper 60’s, 7 yrs ago our daughter was very sick and helpless with lyme disease. She started with flu like symptoms at age 14. looking for help from different medical doctors**

What did you expect, your trust was in the use of drugs and in my opinion, this sets you up for more bazaar diseases that all lead to cancers once the body has been overwhelmed with toxicity. You are never ever going to kill lymes with drugs. Lymes started world wide 300 years ago and virtually all humans on earth die eventually from this worm and no doubt, the early doctors using arsenic, mercury and every toxic substance over these past few hundred years has allowed this common worm to become the plague it is today. There are over 300 known carriers for lymes today. Virtually every animal and biting insect can transfer this worm to humans. Deer are the number one carrier, not the ticks that bite them. Anyone eating deer meat or living close to animals and the outdoors needs extra herbs known to help the human body stay worm free and those with bad teeth are asking to be overwhelmed with lymes. People need to wake up, because these microscopic little worms that have been given the disease name of lymes will eat the bones right out of your body.

This is why I make more herbal parasite formulas for use of parasites than anyone else on earth and most likely the only one making “adult” formulas that are all based on the theory of treating lymes disease, which is a worm infestation. Drugs alter the human body, drugs creates problems that can change the body to the point the body no longer has the abilities to fight naturally. Once this ability has been taken away the person usually stays on drugs the rest of their life and every time their body makes a desperate attempt to remove the disease, the person seeks a new drug to stop it. This newsletter has nothing to do with drug use, ask your provider of drugs about the drugs they give you.

**who could not find a cause**

medical education is the art of treatment via drugs made by pharmaceutical companies that created the medical colleges. Discovering the cause and removing it removes the need for the doctors and their drugs. This 2011 newsletter will explain the simple causes that hopefully every child can understand, because health is simple, while medical seeks to “complicate” it, so you don’t understand why you’re ill.

**for her severe head ache, we went to a lyme specialist**

when you seek the specialist, your going to get what they specialize in, “they” know this when you walk in their door.

**90 minute drive from here. He diagnosed it as lymes disease and started her on strong antibiotics.**

“you” started her on drugs, “you” made that choice, you chose to seek drugs, not natural understanding of human health. The doctors did what you wanted them to do and that is why they exist.

**We also had a Dr. come to the house; a medical doctor who switched over to naturals.**

Never have I heard of such a doctor, no M.D. today in my area would do such a thing, if you’re referring to a naturopathic doctor, they in general are not doctors, but salesmen in homeopathic “waters” and other worthless commercial made products and vitamin pushers using worthless

electronic testing “fooling” the patients out of their money, time and health. Never have I ever heard of one good naturopathic doctor in current times.

**He worked on getting the immune systems stronger to help fight the lyme and heal her body with healthy eating and supplements. He recommended eating lots of eggs and meats.**

In my opinion, you invited in a person that knew nothing about human health and recommended things that destroy human health and feed lymes disease. One egg poisons the human body for 10 days and no meat can be digested properly in the human body. Both create a foundation for disease and cancer via acid production. These 2 food sources are always the first foods removed from an ill person, to give their body a chance to remove the accumulated acids and stop feeding their worms and fungus that they call their disease.

**Our daughters adrenal glands wasn't working so put her on corisol for that.** Again, No, “you” made that decision, “you” hire a person for their advise; “you” choosing their advice, lead to the drug use.

**We were told the lyme affected her thinking-encephalitis- hense severe headaches, so very tired, she could not control her thoughts, nor think to do even minor things. Had pressure in her neck and could tolerate no sugar, not even fresh fruits, nor starches because her adrenal glands weren't working. She was on Artemisia a while and cat's claw, those are 2 herbs I remember. We feel if we'd know what we do now, she wouldn't have gotten down this far. She was sick for several years but now at 22 she seems to be a fairly healthy person. But still important to get lots of rest and her adrenal glands working again. The natural Dr. said since she's still young, her body has a better chance to heal. We thank the lord we came though so well.**

Lymes disease is a worm disease that no government on earth has a cure for. It has been out of control for 300 years and at plague levels worldwide now. The adrenal glands are not going to cure lymes and few to no one can “test” adrenal gland functions nor, will any drug or simple herb correct the adrenal glands while wrong diet is being practiced. I suggest you and more importantly your daughter took a roller coaster ride with those in the health field and yes, thank God she survived it. Has her body been cured of lymes?

If so, she is the only human on earth to do so. I suggest she has “adapted” as her **Natural Immune Responses** were harmed by your chosen treatments. I suggest when you were calling her “ill”, was when her immune systems were fighting to remove the lymes and the drugs / methods chosen along with time allowed her to “adapt” and accept the disease. The proper route should have been to enable her to “FIGHT” the good fight and expel the disease out of her body and build a stronger immune system. Now, most likely, her immune system will once again, one day, try again, to remove the disease from within her body and hopefully she will not choose to drug this down, but to use herbs and proper diet and habits to expel it. Every time a disease is adapted to, the next disease symptoms will be worse. This is why the common cold turns into the sore throat, why the sore throat turns into pneumonia, then mono, shingles, cancers, etc. “IF” the cold was expelled from the body, then the cold would be the worse disease experienced. Hopefully by the end of the 2011 newsletters everyone will understand disease and its proper cure and then at least have a “choice” between medical and natural.

## **LYMES**

Question: **What can we use for our 24 yr old daughter diagnosed with lyme disease that settled in her spleen and adrenal glands? She also has chronic strep throat as a teenager.**

- I must wonder “how” you or anyone can know a person has lymes in their spleen and adrenal glands.

Such diagnoses are made by the quacks and their worthless electronic machines that all belong in the trash; often used by so-called “natural” doctors, who are anything but doctors. Since lymes lives in the bones, same as syphilis in my opinion such a diagnoses, as above sounds senseless to even make such a statement to a person; because if lymes has set up house keeping in these three small organs, you can only imagine the damage done in the bones and teeth. Which also begs the question, what did the folks that made such a diagnoses try to sell you as a treatment? In my opinion the quacks out there are ready to rob you blind are many. The money is not as important as the “TIME” they rob from you, because many such quacks allow their patients to die while believing their potions and lotions are curing them. Regardless of the facts or questions, the cure is the same, kill the worms, keep them killed and learn how to make your body lymes proof. Got pets in the house? Put them outside or get rid of them. Read each newsletter for lymes info, the entire newsletter will be info on how to correct the problems and make the body “resistant” to lymes, because to me, lymes is the plague that has been building for the past 300 years and every human has it, only their immune system is keeping the symptoms down.

### **MOUTH / cold sores**

Question: **What would be helpful for cold sores in the mouth?**

This would be called ulceration, chiefly of the mouth and lips aphthous stomatitis. Painful sores on cheeks (inner), lips, etc. Canker is a condition not only in the mouth, but also all through the entire system. This is a toxic condition, and the sooner cleared the better. I consider this one of the seven forms of known herpes, I suggest reading **Olive Leaf extract by Dr. Walker \$5.99**; one of the best little books ever written about herpes and all the bacteria / viruses and their cure using **Olive Leaf**. This is the reason we add **Olive Leaf** to every formula we make. Often if a person takes 20 **Olive Leaf capsules** daily as a treatment and they ever had mouth sores in their past, they will have one huge outbreak of puss coming out their gums and lips and the herpes is expelled and normally does not come back. We have seen pregnant girls that had the very bad genital herpes 100% cure themselves by delivery date so the doctor had no worries by just using **Olive Leaf** and the normal pregnancy formulas. Otherwise since **Olive Leaf** is non-toxic and a cheap prevention supplement, we always suggested 7 capsules daily for prevention year around. All of the **Herbal Spray Formulas** have **Olive Leaf**.

### **PNEUMONIA**

Question: **We are having pneumonia at our home. Our daughter, 23 and I are both wishing to be healed. What shall we do? My 5 days of antibiotics are past.** In my opinion, taking antibiotics leads to more severe disease. Each time you suppress your symptoms as your method of cure, the accumulated waste within the body becomes more toxic and the next symptoms become worse. In the winter months, way too many people use very toxic heating sources that harm their lungs.

**I have my aches (someone who has had it several times tell me that’s how it is) and tired!! Oh, I sleep more and rest, rest, rest, drink hot tea, grape juice, and water. Now I’m tired again. My breath is shorter than normal. My cough is 95% better! What do I do next time to get well? My daughter is allergic to her prescription.**

Allergic to her prescription? This simply shows she still has some naturally immunity to poisons. Pneumonia is a swelling of the lungs. Parts of the lungs become plugged with a fiber like fluid. Often referred to as the end to suffering for the elderly as they drown in their own fluids once they can’t set up in bed anymore. The cure is to STOP everything that causes stomach acids that causes mucus to be formed. This means “fasting” is the fastest route back to health.



Naturally if the person is too thin, then “fasting” is not an option for them, being too thin is a sign of a much more severe disease. Putting your waste in the toilet is priority one! The hot bath in many, if not most health situations is critical, why? Because the waste needs liquefied so the blood can get rid of it and sweating is the natural way. Those that can build a fever are cured quickly, while many are not able to develop the natural fever and need a long hot bath to help the body liquefy the thick pasty mucus that is a result of wrong foods. Herbs are great at expelling the waste, **Maximum Restore** at 1 tablespoon per hour or more as needed is what we have come to use for raising a family and treatment for every lung accumulation. **Air Restore** is a powerful tincture taken by the dropper as an aid. Both of these can be taken daily as a preventive as well.

Putting “skinners” salve on the bottoms of the feet and putting socks on and going to bed helps, along with putting Skinners Salve on the chest. Naturally taking the **Lower Bowel Balance** daily and more when constipation becomes a problem is the best preventive. Once the cold has been allowed to turn into a worse situation the need to empty the colon is a must, otherwise the acid accumulations will continue to be expelled out the lungs and skin. One method is to make a large pot of fresh lemon aid and make it as a hot tea to drink. First take a tablespoon of Epsom’s salts in a large glass of water, then get into a nice warm bath of 102 degrees and start drinking ½ gallon of your homemade hot lemon aid...yes, you can guess, you are going to be going to the bathroom a lot! This means your disease is going to go down and out, instead of up and out your lungs. Doing a proper enema can be done in emergency cases, but few people have ever done a proper 85 degree enema, because all warm enemas do more harm to the colon, especially if they are done commonly. Garlic is the anti-puss herb; this is why **Maximum Restore** is based on garlic and anti-parasite herbs.

Taking drugs for accumulated food in the human body is asking for bazaar diseases as time passes. Not understanding food diseases forces many to turn to medical help. This newsletter has no medical education, ask your doctors about drug use and professional medical advice. Dairy products are the number one cause of all mucus forming diseases, all dairy must be stopped anytime breathing becomes a problem or prevention is being practiced.

**PROSTRATE** / large (see February answers)

Question: **What is a good formula for an enlarged prostate?**

Understanding prostate health and doing prevention, especially by age 40, is better than seeking a supplement after the damage has been done. Prostrate Aid contains the popular herbs for this problem, but there are many reasons for failure.

**I was tested for cancer and it showed negative.**

Testing is the first step towards seeking drug treatment.

**How beneficial are PSA tests?**

Very beneficial for those selling drugs.

**In December 09 mine showed 11.3, in June 10 it showed 9.3. I don’t know why it went down. In June 09 it was 9.0**

The test results can be anywhere up to 500+, checking all the time shows you’re very medical, while if you were trusting natural, you would be doing prevention for as many years possible. Eating cabbage drops the test results, but is meaningless other than altering a medical test result.

**SCIATIC**

Question: **How do you get rid of sciatic? Is there a cure? I have been going to chiropractor and it helps but just so long, then I have to be treated again.**

Sciatic nerve pain is caused by constipation and normally felt in the left leg. A good chiropractor treats to help the constipation of the colon as well as the hip and lower back. I have seen

chiropractic cure very bad cases when the patient is treated weekly until cured, but this could take a few months if no diet change was corrected. Removing the constipation along with a few chiropractic adjustments would be the better choice. Worms are always a problem when constipation and age is to be considered. Removing these two causes will help greatly, but also wise to take plentiful plant based minerals to help the blood rebuild the weak body. Herbs; **ALL "N" One** kit monthly with extra **Herbal Spray III** and assuming near age 40+, would call for **Hormone Balance** capsules 2-4 daily for life. At the very least, **Herbal Spray III** morning and night with **8 Lower Bowel Capsules**. Using a homemade slant board takes the pressure off each night and naturally massage does wonders.

When your body is over worked and being harmed, pain is nothing more than a signal from the brain that you need to slow down and take care of your body and never allow it to fail, because once failed, life gets complicated.

**Also you don't know if Vicco toothpaste is still on the market? We had gotten it from Chupp's Herbs, now we can't anymore.** Vicco All Natural Toothpaste 200g - \$6.25 this is the largest size I could find, plus shipping. Note, we do not sale this, but it is an interesting product.

## **SEIZURES**

Question: **Our daughter has seizures, she started with light seizures about 1 yr ago and keep getting worse and kind of acts like epileptic seizures, falls and is out for a few minutes and then breathes hard and seems like muscle spasms then sometimes sleeps for a while afterwards. She seems nervous and sometimes worries a lot. Have tried lots of different natural supplements with no help.**

Very serious, see a good chiropractor immediately and a good one will believe he can help her and continue, never giving up on her, as long as you co-operate. Not knowing age or if she hit her head or as a result of too acidic body fluids, etc. makes for more guessing. The chiropractor has to be a good one, well experienced with such things. Otherwise stopping all acid forming foods and never ever drink an acid drink, such as pop, I have seen kids that drink Mt. Dew develop such symptoms and just stopping such acid drinks makes their seizures go away. Removing the constipation, the poisons and correcting the diet and habits is by far the first method so such things don't develop until medical must be relied upon. Some of the drugs taken for seizures can cause seizures if you stop the drugs, so not knowing all the history of what has been done, currently being done, is nothing but wasting space. This is one case I would be taking the girl to see my local Chiropractor 2-3 x per week until he said he has done all he can do for her, along with removing everything poisonous out of her body.

## **SHAKES**

Question: **This add says there is an explanation for every illness. I've tried so many, many things for the last 19 years.**

I wasted 20 years and as many thousands of dollars until I got on the right path. If we try what current authors suggest in their books and ads, we often just waste our money and years of precious time on nothing but gimmicks. Wrong education will rob us of our health, often for our entire life.

**I'm better, but still always miserable. Have you heard of anyone that the body never holds completely still internally (This cannot be seen on the outside) I'm trembly, throbbing sensations, or palpitations especially in my legs and feet and arms and hands. Wringing out a wash cloth sends the fingers in fits. Activity increases the trembliness, laying down in bed slows the shakiness, but never stops. Anxiety of any kind or even happy excitement increases it. At times, burning sensations. Our Doctor feels I have nervous systems damage. I wonder what you'd say? Most doctors say they haven't heard of such a description. Yawning, coughing and etc. sends these sensations shooting through my body. Neither do I like to be touched on the bare skin.**

If you had filled out the questionnaire I would have been able to have a better idea of your problems, not knowing if you male, female, how many children, your age, etc. along with your dental, medical, etc. past and present, you are leaving a lot to guess about. Otherwise, I will guess this is a combination of a lifetime deficiently of plant Iodine, plant magnesium, plant calcium and the hormone ability to handle it and balance your body.

**Also I have digestion problems, not being able to eat raw veggies and fruits, although I love them and would want to for better health. What would help more to get this back?**

An ill stomach is the foundation of all illness and correct diet correction along with education and herbal help can make a huge difference, if I knew more about your age, etc. I could then guess how long and how many variables need attention.

**I take probiotics, enzymes and etc.**

All of which will rob you of your stomach / pancreas health.....learning to stop the gimmick products starts a person on saving money and their health.

**Seems if I try to eat more raw things the trembling at times seems to get worse.**

This is simply telling you that you're way too acidic. Your poor heart, circulation, and nervous systems are trying to tell you to STOP what you have been doing and correct this before it stops you.

**I don't have stomachaches but a burning throat or acid reflux. To be able to actually rest would be a wonderful blessing! Treatments; especially hard massage, slows this considerably. If taken regularly I can keep it better in control. If this throbbing is to sever I have problems sleeping, thus always very tired.**

I suggest you need to start from scratch! **WEED & FEED as you remove the toxic substances out** of your body. I have no clue if you have dental metals, no clue if you're taking drugs, vitamins, what type of water you're drinking, your common diet, etc.

- Everything you have been doing these past 20+ years and beyond would paint a picture explaining WHY you are like this. There are no mysteries in health, only the mystery in guessing all the blanks not filled in with the lifetime of diet and habits one has done.

2 things are common,

1. The person is starving, because their diet and lifestyle has harmed their body.
2. The person is poisoned.

The solution is to correct 1 & 2.

Not knowing enough, I will suggest this. 3 tablespoons of **Lecithin** and or Raw Coconut oil daily for a few years and then reduce if desired. Rubbing coconut oil and or cold pressed olive oil all over your entire body at least one time a day would also be great. Magnesium, Real Iodine, Calcium, essential plant minerals along with Hormone help is what your body is starving for. How old you are would give an idea of how much you need, by knowing how long you have lived in a depleted body and what all you have put your body through all those years. Not knowing this, I can suggest the **ALL "N" One kit, double bottles** until you are well and then drop to single bottles. Along with **Herbal Spray I** all over your face, neck and tender skin and **Herbal Spray III** all over your spine, hips, joints, feet at least twice per day until 100% cured. I would also spray **Herbal Spray I** in the mouth several times daily. "IF" you can handle hot spices, I would suggest upgrading the **ALL "N" One Kit** to the **Longevity Spices** Bottle over the normal kit bottle. I suggest 2-4 **Hormone Balance** capsules daily until completely healed and then 2 per

day for life. I would take a serious look at your water supply, your dental, your diet and habits and decide to never be sickly again by doing what you need to get your life back. I would find a good chiropractor and good massage therapist that know what they are doing and not just treat you for years. Because you have left this go so long, you most likely will take some time to correct this problem. I will explain as many of the problems and solutions as I can in the 2011 newsletters.

## **SHINGLES**

Question: **I have a reoccurring painful shoulder area from shingles 4 yr ago. Any suggestions?**

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. Shows that your body is still struggling to remove the virus and probably complicated with a wide variety of worms and various constipation issues. The **ALL "N" One** kit, lots of extra **Herbal Spray III, Maximum Restore** and "fasting" properly if need be to correct weight and remove toxins until the red blood cells are able to kill and remove the parasites that are harming your total health. **Read Olive Leaf extract** by Dr. Morton Walker \$5.99 to understand this disease and all bacterial, viral diseases.

## **SKIN / picking**

Question: **Has anyone had experience with having a son/daughter that constantly picks off scabs or anything on the skin till their arms/legs don't even look normal anymore, kinda scarred or blotched all over. Is this just a habit? We tried to get her over it when she was small with no success. We did give her de-wormer different times. Thanks for any help.**

The first question would be "how" could a little girl have so many scabs for such a long period of time? Is she being "bitten" by bed bugs, fleas, lice, etc? Are there toxins being expelled out of her skin that are irritating acids that will itch? Scabs in themselves are waste being expelled from her blood stream. This waste naturally itches and should in every case, especially your case, have an applied bandage that keeps her from touching the sore. The open skin being scratched is an invitation to a wide variety of parasites / infections. Since this covers her body, it would point to bed bugs or a similar bug bite or damaged nerves that are driving her to claw at her skin. Not knowing her age or weight, all I can suggest is **WEED & FEED** for her age, use **Herbal Spray I** on her entire body every day, morning and night until her skin is clear of all problems. Bed bugs are epidemic in every state; the bugs come out of the walls after 3 am, suck the blood and back into the walls before sunrise.

Bed bugs are responsible for most all iron deficiencies and can spread disease. Her skin needs to be kept clean all the time, same with bed and bedroom. Children that take herbal formulas that have Pure Oregano Oil in them, often become bug proof, ants; even bees leave them alone; while children taking no herbs often will be tormented by biting insects. If it is due to nerves, then I suggest **Mind Trac** herbal formula taken morning and night and if old enough and need be, **Sleep Eze** at bedtime. It all depends on age and situation on how strong of herbs and dosages could be suggested. In every case, take her to a good chiropractor and often a good chiropractor can suggest things based on their physical examination of their patient. To allow this to go on for so many years only causes more and more damage to the skin and risk of serious infections. No child in this condition should be near pets, farm animals or playing in a manner that is dirty or close to animal waste. When the skin has been broken, a worm from a horse easily enters and can cause tetanus or a specific horse worm that enters the brain and can cause lifelong headache. I put Pure Oregano into every liquid herbal formula, for the simple fact, it helps stop people from being bitten by bed bugs and insects, because over 300 known

bugs and animals have been known to spread lymes to humans. Having a little Pure Oregano in the water / diet every day of life, is the best “prevention” to lymes and all diseases in my opinion. It depends on her age such is she having problems with puberty, etc. **Baby Calm** to age 2, **Kids “B” Well** and then onto **Pica** is like having insurance when raising children in the prevention of mineral deficiency and making them “bug” proof.

### **SKIN** / itchy

Question: **What is the best remedy for an 8 yr old boy with a skin condition that is itchy and easily scratched open?**

Acid forming diet loads up his blood with undigested foods that then enter into the lymph glands which once over loaded, pours out into the skin producing “itchy” fluids full of puss and toxins that attract plentiful fungus. **De-worming** and correction of diet should do wonders. Lots of **Herbal Spray I** all over his skin morning and night, use **Herbal Spray III** or **Room Spray** on his bed and in bedroom at night, watch for bed bugs, pin worms, etc. and no pets in the home what so ever and wash child daily with soap and warm wash from head to toe.

No dairy products or constipating foods; make sure his bowel flow at least once for every meal eaten. At age 8, he can swallow one **Lower Bowel Balance** capsule daily. Once de-wormed for a few months daily, then maintain by adding a drop of **Pure Oregano oil** to the daily drinking water for all, or some form of **Olive Leaf** or other herbal formula, because worms are a part of every day life and they will comeback just as fast as they were killed when permitted. **Kids “B” Well** daily is ideal. If money is scarce, then at least add 1 drop of **Pure Oregano Oil** to every gallon of drink consumed daily by the entire family. Correct diet by far the cheapest corrective.

### **SKIN** / eczema

Question: **My youngest daughter has eczema. She is 3, what can I give her to help?** The skin is the largest organ and helps when the internally organs are over worked. Wrong diet causes the internal organs to fail and forces the skin to come to the rescue, often starting at the liver. Correction of diet is a must and the only true cure. Applying pure coconut oil to the skin can be used as a direct treatment, while spraying all affected areas with **Herbal Spray I** would help in many ways with pain and health of the skin. **Happy Baby** helps with the constipation from wrong diet and calming of the nerves and supplies plant minerals to grow on, once constipation is not an issue, **Baby Calm** is better, because no child should “need” a laxative. At age 3, it is all about diet, if you choose to treat a toddler like an adult at the dinner table, you are going to over work every organ and by the time the skin shows the problem, you know the entire body inside is over worked. Never have pets in the home and keep baby / toddlers clean every night before bed and clean sheets. Bed bugs are an issue coast to coast and every effort made to have a bug free home for little ones.

### **SKIN**

7 questions, one person: **What to do for eczema, skin problems**, answered previously.

**Dandruff** - Dead skin (scaly material) shed from the scalp. Many times commercial soaps can cause this. Otherwise the scalp and hair do expel waste such as inorganic minerals / metals, fat and parasites that can easily live in the scalp. Besides all the normal **WEED & FEED** methods, I suggest spraying the scalp daily with **Top Knot Herbal Hair Spray** for adults, which will increase blood circulation to the scalp and also very strong anti-parasite spray. De-worming always a good idea along with making sure the diet has essential plant based Iodine. **Herbal Spray I** can be sprayed all over the face and hair of babies and children.

**bunions, hammertoe**, answered previously.

**heel spurs?** Kidney / Calcium balance problem. Cleansing the Kidneys and correcting the diet and water source so no rock minerals are being consumed along with ample plant based Iodine and plant minerals of all kinds. **Herbal Spray III** used on legs and feet daily and **WEED & FEED**

until the body can take care of itself. Rubbing the heel spur every day with your thumb very hard, may help over time. See a good chiropractor monthly for life.

### **How to lose weight?**

Correct diet and habits, there is no other way that last. ALL commercial made weight reduction products are “fakes”, they never work in a healthy way nor do they last very long! This newsletter will teach the orange juice fast and correct diet after the general education about human diseases and ailments. The proper orange juice “fasting” can properly lose 50 pounds of weight in 40 days. Never waste your money on any commercial made product that says taking it will reduce your weight, such manufacturers are predators. The only real method is education and then applying what you have learned. Weight is controlled at the dinner table, plain and simple.

### **SKIN**

Question: **We can a 13 yr old girl with a severe case of eczema and I think she also has psoriasis on her scalp. We have tried lots of things for her eczema but it still persists.**

Answered previously.

**At this writing her right hand is so cracked up, she can barely bend her fingers. She is using Eucerin to lotion them at present, with not much relief really.**

Using a commercial lotion, especially medicated lotions only adds to the skins problems. Constipation can be anywhere in the body, including the skin. I suggest soaking her hands in pure raw coconut oil and having her consume 1-3 tablespoon internally daily. At age 13, puberty always plays a part and what child today has ever had enough natural plant iodine in their diet from conception till puberty? **Iodine Minerals** 1 teaspoon daily for the next year and **Lower Bowel Balance** capsules 1 with each meal eaten as needed. Buy a large quantity of raw organic type coconut oil and use it or pure cold pressed olive oil on all skin problems, because you never put something toxic on your skin, it must be edible, because the skin will absorb and the substance ends up in the blood stream and liver eventually. If she has any extra weight, keep her on a fruit “fast” until her weight is perfect and her skin should correct itself.

### **Does she have allergies?**

Not having proper natural Iodine leads to all problems that start showing up by puberty age.

**Or what do you suggest? I know this is a fairly common problem but we'd be glad for help! She can barely stand it to wash dishes or do cleaning for me. Her hands and arms just wont take it.**

Number one, what is your cleaning agent? Can you drink it? If not, then give the girl protective gloves, because if house soap is the cause, she is being poisoned and her body is doing battle by stopping the chemicals from entering her skin, even if it means all circulation is being stopped to do it. Buy her latex type house cleaning gloves. At bedtime, soak her hands in pure coconut oil or even **B & W** ointment, because they sound like they are chemical burns. If your hands can take it, doesn't mean hers can. Her immune system is seeking to STOP the chemicals at point of contact. Her body is trying to show there is a problem, always listen to the body. **Herbal Spray II** on her hands before applying coconut oil would help kill the pains and increase the speed of healing.

### **SKIN / dry**

Question: **What to do for eczema, it gets worse as the winter goes on. Come summer it's almost cleared up. You can hardly see anything, but comes back of course each winter. I am supposing its dry and sensitive skin but so far I've not found anything to keep it away.**

Answered previously, try applying plentiful raw coconut oil at bedtime on both hands and consume 1-3 tablespoons every day.

## **SPURS / heal**

Question: **I would like to know what there is to do about a heel spur?**

Bone Spurs in general are a result of poor kidney function that allows acidic crystals to form in the flesh. This acidic condition leads to the calcium to form on the outside of the bones. A common x-ray shows the thousands of bumps of calcium all over the human skeleton which is considered "normal" since most all humans have this condition that leads to premature aging. The number one cause is hard water and all sources of rock in the diet, such a vitamins, etc. Cleansing the Kidneys and restoring the elimination organs, so acid waste can exit the body and not accumulate is the only true path leading to a cure. (**Kidney / Pancreas Cleanse, LBB, Spray III**)

## **SUGGESTIONS**

Suggestion: **I am an asthma patient using Advair, Combivent, and Prednesone. Also use vitamin galore. I stated using vitamin B complex and went without Prednesone for 5 weeks. That's better than I have been doing. (76, male)**

In my opinion, asthma is a 100% food induced acidic condition that is cured by diet correction and often aided by the chiropractor. The out of aligned ribs and spine can pull / push on nerves that can create asthma symptoms that can cause wheezing, loss of breath and extreme coughing. If going 3 days with no foods other than fruit juices and distilled water relieves the asthma, then I suggest diet is the cause, it always is, unless one uses drugs, once on drugs, many complications can occur.

Suggestions: **For children that are always tired, rundown, dark under the eyes and white of eye blueish in color, give them herbal iron. For a quick cure of a cold use enzymes! Herbal Iron** is probably something most adults lack in their diets. Studies suggest humans that do acts of great violence often have an imbalance of Iron. Being tired and dark circles under the eyes are signs of anemia or lack of oxygen to the cells and proper plant Iron is known to help the blood. The only enzymes I suggest are found on the skins of tree fruits, otherwise I would avoid all commercial products called enzymes.

Suggestion: **Yesterday I pinched my finger and it hurt pretty bad do I put ZMO on it several times and in a few minutes it didn't hurt as much anymore. ZMO contains turpentine and other ingredients. At home we would mix together turpentine and castor oil together and that brought fast relief from aches and bruise.**

Turpentine is a solvent that enters the skin with toxicity. African natives often used it to induce stalled labor by rubbing it on the belly. The mild toxicity would force the labor to happen when the body realized it was being poisoned. Old timers in the hills would tie a rag soaked in turpentine on snakebites of their hunting dogs. The snakebite area would fester up and fall out, leaving a hole in the flesh, but otherwise not dying from the rattlesnake bite. Castor beans are extremely toxic and often these oils and potions work only because they are mild poisons that the blood rushes to the area applied to the skin and the blood rushing it off to the liver to be detoxed; this would also send many cells to the affected area and repair the damages. The use of poisonous substances has been popular over the past 200 years. Many believed in the use of mercury and arsenic.

I have seen old horse trainers use arsenic for every disease animal or human, but the arsenic never cures anything, it can only poison. This is why so many of these products have been removed from public sales; too many people have poisoned themselves. Turpentine today is very expensive and very hard to obtain in a pure grade. The only source I know of is fine art stores that carry pure turpentine that is needed to dilute a specific type of paint. Otherwise if you find turpentine in a hardware store or most any other source, it has been made very toxic on

purpose, so no human will use it for health. None-poisoned, pure turpentine can easily cost \$80 a gallon with shipping if you can find it.

**For a pinched finger**, I would have used **Herbal Spray I, II or III** which often removes swelling in less than two minutes. If the injury was bleeding, I would have covered the cut in **STOP BLEED** powder and then sprayed the surrounding areas with **Herbal Sprays** and if shocked over the injury, then **Herbal Spray I** all over the face and chest as often as needed. If no herbs or products were available, simply soaking in cold water or water with Epsom's salts and then wrapping would usually work. Swelling is the thing to avoid, swelling destroys tissues. Cold water or wrapping firmly often stops damaging swelling.

## TEETH

Question: **They say the body heals itself if given the chance. Does this hold true for teeth too? What can be done for cavities in teeth, other than going to the dentist and having it filled? Is there anything to do to help tooth enamel grow back on it's own? What is your opinion about going to the dentist in the states? How much damage to our health can bad teeth do? Would you suggest having bad teeth pulled and getting false teeth?**

This question is covered in the newsletter. "IF" the teeth have never been worked on by a dentist; then corrective diet, plentiful plant minerals that lead to a clean blood stream will lead to correct teeth health. Enamel will grow back if the saliva is proper alkaline. Only the proper alkaline diet supplies the building blocks and circulation needed so the body rebuilds. De-worming and staying de-wormed and proper colon health all have to be working right. You cannot expect to treat a symptom of any nature without treating the body as a whole. There are better dentist than others, all dental materials have toxicity and every good dentist will tell you the drugs they use are very toxic.

Bad dental health, dirty / rotten teeth poison us with every swallow we take and pollutes every breathe of air we take into our lungs, in fact, poor dental health is the easiest way to determine the health of any human. Today many children by age 5 have rotten teeth. Save your teeth when you can, dentures are never good, we must adapt to wearing dentures and keep them clean at all times and replace them every 5 years, because fungus gets inside the dentures discoloring them. For each tooth missing the total health will be compromised. I was raised on the dairy farm and milked 100 cows twice a day, needless to say, my dad, my brothers, my sister, and myself all have dentures. I do not wear my dentures. Dental health is the largest subject in human health that 90% of the people refuse to ever correct and this is the reason authors such as Dr. Hulda Clark wrote that humans will take their dental disasters to their graves. People that refuse to clean their teeth daily will simply loose them.

I have seen one amish family that consumed plentiful homemade sorghum and a book written along time ago stated that if a child consumes 1 tablespoon sorghum every day of his life, he will be cavity free and this I agree with and have seen with my own eyes, but the ones that have lived this way generation after generation have showed me that they take a dull knife and scrape the plague off their teeth; in my opinion this plague came up and out of the gums as a result of constipated blood. Yet the diet is consuming enough plant minerals that the teeth are strong and cavity resistant. Plant minerals are the key to tooth health. Just allowing the teeth to rot will always result in ill health. Taking 1 drop of **Pure Oregano Oil** in a glass of water and then dip your tooth brush in that water often as you brush, will do wonders for mouth health. Spraying the teeth with **Herbal Tooth & Gum Spray** for babies, toddlers, teens, adult of extreme adult spray formula is something I strongly advise. If the gums are loose and in bad health, the old fashioned method was to pack them each night with **Tooth & Gum** powder which I make the original formula and while blending ad a little **Pure Oregano**, which makes the formula better and gives it a permanent self life in my opinion.



## **TEETH / pain**

Question: **I am a mother of 8 children and like to treat naturally. We seldom need a doctor. Right now I have a very painful tooth. It had a large cavity filled 2 yrs ago. It would not take hot or cold but did not hurt till in the last months it was sore when I bumped it. Now over the Christmas weekend I am using pain relievers to keep the pain bearable.** Commercial pain relievers often have bad side effects; never use them any longer than you must. I like **Herbal Tooth & Gum Spray** adult for tooth pain and “fasting” is the only way to stop tooth pain that has not turned into infection from dental filling complications. Once an old filling has failed and infection set in, all food and toxic things must be stopped and the filling repaired ASAP. Never ever allow a root canal, seek to kill the infection and repair with a new filling, if this is impossible, the root canal is not a healthy or safe option in my opinion.

**Any advice on for to save the tooth? It is a front one and I have never had a tooth pulled.** Strict diet and habit correction along with as much **Tooth & Gum adult** spray as needed. The blood stream must cleanse and then cure this infection if you’re to save the already past damaged tooth. If the filling is metallic mercury, then it must be replaced ASAP with safer plastic or pulled.

**Two years ago the dentist said two root canal teeth need pulled because of infection at the roots.**

SORRY, every root canal must be pulled, they are all very toxic and that dead tooth will be absorbed into your jaw bone over time, with the metals and cause more harm to health than most anything else can.

**I used Infection Aid (Formula 717) and still have the teeth. I don’t know what an x-ray would show.** No clue what 717 is other than it has failed you! An x-ray would show infection if your pain has been in one tooth for a few days. A dentist that tells a patient to pull root canal teeth is VERY RARE and possible a very good dentist! Everyone seeking dental, needs to be educated first. You the patient are paying the bills, you need to tell the dentist what you want done, after he has given you his best advice, because it is your mouth and all dental work is toxic.

## **TESTIMONIES**

Believe it or not government sees testimonies as a bad thing, because they hate self-health in the first place. The politically correct name would be “stories”, in the eyes of the government stories are fiction, while testimonies can be seen as factual. Even though our newsletters are between you and us, very private, to play it safe, I always rename testimonies and call them stories. We have received thousands of stories over the past 13 years, they make us smile and allow us to know we are doing some good. I will not put old stories in this newsletter; those willing to write in their stories I will make space and letting you all know, they are new, not one of our thousands of past stories. I wish I could give you all a bonus for taking the time to write in your stories, but until this newsletter is over with, we will not be able to afford more at this time.

## **STORY**

**God bless you for your work! I use your Baby Calm and I don’t like to be without it! It works like magic!** Thank you! If nothing else, we hope to bring relief to some of the little ones, I know we older folks hate change, but we often will do what we can to help our babies have a better start in life. We personally gave our children 5 gallons of **Baby Calm** by age 2 and Jody that works for us, gave her son 10 gallons by age 2. I know this is more than customers will be willing to give their children, but when you see the difference in the children’s health and the herbs are available, the herbs become part of their diet. Our children have never seen a M.D. after being born that alone makes it all worthwhile to us.

## STORY

**I just received your Feb. Newsletter. WOW! I have been so impressed by your products, newsletters, etc. Even your binder is different and impressive! I wanted to say thanks so much for the information. I live near Scottsville, KY and will look for your products. I did see the store I go in all the time. I've seen the products but haven't bought any, not knowing who made them or if they are any good. I've been using and making natural food/products for probably 30 years. I will use yours. Thanks again for all you are putting into this project! Thank you and many blessings!**

Story

**Just a note about LBB.**

**I was diagnosed with an ulcer and sent home with a prescription to cure it. I took one pill, came to my senses and got on LBB. Within 3 weeks I could feel a difference (it also helped with the constipation which I have had all my life). I could feel my esophagus healing and getting cleared up (acid reflux and the feeling of something being stuck went away) and then I could feel my stomach healing and clearing up. It's like LBB was working on the first problem it encountered, clearing it and then moved on to the next. I was taking 4 with each meal.**

**The formula will help with much more than constipation.**

**THROAT / phlegm**

**Question: How can we get rid of continual phlegm in the throat?**

The mucus is created to protect our tender membranes. The diet has forced the stomach to create acids that have failed to be neutralized and have entered the blood stream and fluids of the body. Without this protective mucus, our cells would become "burned". Within the lungs, every degree of mucus production up to full-blown, severe asthma and allergic attacks that restricts the breathing is all a direct result of an acidic diet. Some can adapt to more, while others are plagued their entire life with breathing problems and the cure will always be the same...corrective non acid forming diet. The quickest recovery is fruit juice fasting and allowing the stomach to return to alkaline as the ulcers are cured and alkaline stomach returned. The fastest way to stop the cough and mucus is always to stop eating and fruit juice fast properly, with proper bowel movements, which all will be described in the upcoming newsletters. **Air Restore** and **Maximum Restore** are the two top herbal formulas for direct treatment, along with **Herbal Spray I, II, or III** sprayed on the neck and chest daily as needed. Often it takes 3 days of no solids foods to stop the tormenting coughing up of phlegm.

**THYROID / under active**

**Question: I have 5 children ages 13-3 yrs old. I have had an under active thyroid for 11 yrs. Taking Synthroid 200mg ever since, but I keep gaining weight, not fast but it keeps going up. I have tried different things with not much luck. It seems I can try something for so long then my throat feels swollen (in thyroid area) and it feels like I almost can't breathe but after a day or so after I quit taking it, I feel better. Would you recommend to take a blood test every year? I have not tested for several years. Can anything be done to reverse this condition? Or what would you recommend?**

Answered previously and again, this newsletter has no solutions for those that have faith in drug use, the longer the drug use has continued it is my opinion that the human body has been damaged in many ways, mostly that it is being manipulated by the drugs to not function as it was intended. Often such drug use has done long term damage that may be near impossible to reverse and almost always the person must relive the original problems and cure them, plus fight all the troubles the drug use caused. Very few will ever give up their drugs and once they fill bad, run back and ask for more drugs. Only once educated and self-experimentation

experienced does one build their confidence up to be drug and operation free. Always seek professional help when you're on drugs, seek a professional chiropractor that knows professional medical doctors that are alternative and desire their patients to not be on drugs. Once off the drugs, then your herbs will do wonders for your health in my opinion. It takes a good liver to assimilate and make use of the foods and herbs a person eats and I find it hard to believe any herb does not do damage to the liver. If I had this problem, I would take **Herbal Spray I** and spray my face daily, **Herbal Thyroid Spray** and spray my neck and chest daily, **Herbal Tooth & Gum Spray** and spray my teeth and gums daily, **Herbal Spray III** and spray my body daily along with taking the **All "N" One** kit monthly. I would pull every tooth that a dentist ever put a filling in for any reason. Take herbs to remove the dental metals from every cell of the human body, make my own distilled water and never consume commercial drinks or processed foods. Make sure all shampoos, lotions and potions are stopped from commercial sources as well as all junk foods and all products that contain titanium dioxide / edta, because these chemicals with mercury within your body, which most every human has some degree of mercury, will cause death to the thyroid over time in my opinion. The thyroid is not to be taken lightly; it is a world wide plague ever since 1992 when titanium dioxide / edta was added to our air, foods and skin products as a method to reduce the world's population.

## TINCTURES

Question: **In making tinctures, it is important what proof vodka you use? I have several herb books. One states to water it down until we have 50% vodka. Another says to use 120 proof, while still others mention 80 proof. It's confusing to say the least.** I never use vodka, a bacteria found in potatoes can be identified in vodka. Vodka is a cheap form of alcohol that is not pure and mostly water. It is suggested by herbal authors simply because vodka is easily obtained. The best alcohol is grape alcohol, but expensive and not easily obtained unless you live in the states that make it. Otherwise pure grain alcohol would be wiser, but you will not find herbal books on its proper use. Many if not most authors just spread the same info over and over never knowing what they are really writing.

## QUESTIONS / odd Question

### What is MSG?

Monosodium glutamate, also known as sodium glutamate and MSG, is a sodium salt of glutamic acid, a naturally occurring non-essential amino acid. It is used as a food additive and is commonly marketed as a flavour enhancer. It has the HS code 29224220 and the E number E621. Trade names of monosodium glutamate include *Ajinomoto*, *Vetsin*, *Accent* and *Tasting Powder*. It was once made predominantly from wheat gluten, but is now made mostly from bacterial fermentation. The "MSG symptom complex" was originally termed as the "Chinese Restaurant Syndrome" when Robert Ho Man Kwok reported symptoms of patients who consumed American-Chinese cuisine. Kwok suggested multiple possible reasons behind the symptoms that these subjects were experiencing, including: alcohol from cooking with wine, the sodium content, or the seasoning of MSG. Despite these other suggestions, MSG became the focus and the symptoms that were described have been associated with this food additive ever since. There have been concerns that MSG may be associated with migraine headaches, food allergies in children, obesity, and hyperactivity in children. There have also been many studies trying to find an association with MSG and Asthma. Since glutamates are important neurotransmitters in the human brain, playing a key element in learning and memory, there is ongoing study by neurologists about possible side-effects of MSG in food. Monosodium glutamate is one of several forms of glutamic acid found in foods, in large part because glutamic acid, being an amino acid, is pervasive in nature. Glutamic acid and its salts can also be present in a wide variety of other additives, including hydrolyzed vegetable proteins, autolyzed yeast, hydrolyzed yeast, yeast extract, soy extracts, and protein isolate, which must be labeled with these common and usual names. Since 1998, these cannot be included in the term "spices and flavorings". The food additives disodium inosinate and disodium guanylate, which are

ribonucleotides, are usually used in synergy with monosodium glutamate-containing ingredients. The FDA considers labels such as "No MSG" or "No Added MSG" to be misleading. I personally know a local lady that went to OSU hospital with a very upset stomach, she was examined and diagnosed with chinese restaurant disease that was a fast acting "stomach cancer" that she was dead of in less than 2 months.

## QUESTIONAIRES

These folks followed the request, so I would have a better idea of their situation. Keep in mind, even though I know more of the story, I do not ever see these people's names, I have no clue who you are or what state you are even from. I answer ever question in a general way as an education for all and never answer a person direct. Those wanting direct answers need to be examined by a professional chiropractor or other care provider that has seen your body, knows your life history and can make specific advice just for you! I diagnose no one; I only give my opinions based on my beliefs and nothing more.

28 / female / 4children / fillings / not vaccinated / vitamins/drugs/supplements / no operations /

### Question: **How do we know that we need iodine?**

All humans on earth are suggested to be iodine deficient, with the exception of the few living on a seafood diet along the ocean. This is not because God doesn't supply enough iodine in our air and soil, no, it is because we humans eat the wrong foods, which demands much larger mineral intake as the body struggles with constipation and bacteria. The World Health Organization (WHO) years ago took out a 2 page add in the USA TODAY newspaper telling Americans that you can build all the schools and hire all the teachers you want and it won't help your children, because American children are iodine deficient, born to deficient mothers and if not corrected long before age 5, their brains will not develop correctly and their math skills be low and by puberty they will be a mess.

### **Is it ok for pregnant women to take it?**

I suggest **natural iodine minerals** are safe for all humans, but the very toxic Lugol's Iodine commercial made product is very toxic, not real iodine at all and Dr. Lugol is the bad doctor that took the natural iodine doctor created formula and created the Lugol Solution from chemicals over 150 years ago and his involvement was an evil act for his own financial gain. I put together a book on iodine that covers professional doctor's opinions and my own opinions on what iodine really comes from. I believe the ocean plants do not make iodine, but are simply bathed in a very small portion of iodine along with every pollutant on planet earth. My research makes me believe the only "true" iodine is created by trees and they make it as a result of injury, etc. making it something "special" to extract and I believe I am the only human on earth that has taken the time and efforts to learn this. He results from adding this natural tree iodine minerals to the diet is nothing less than amazing! Usually after only a few ounces people have thicker finger nails; people with heart rhythm problems have reported back that after a lifetime of problems, their heart seems OK, after just a few bottles, etc.

Naturally every person is at a different stage of health and their results can be different. We only know when people will take the time to tell us their 'story'. No herbalist or non professional doctor will ever tell you that anything is safe to take while pregnant, all I can say is we took it and have heard many stories back from others that have and I personally suggest any mother that lacks it, will experience deficient hormone function, bone function and basically their entire body will not work properly as a result of lacking essential minerals known as iodine. Keep in mind, this is my opinions only, not being a qualified medical doctor, nothing I write can be taken as medical advice in anyway, I am just telling a "story", story government demands you take as "fiction" or none professional truth that you can only get from your local hospitals/doctors.

**Also what do we do for gums that bleed and are red?** All dental fillings that have metals and other poisons infect the gums as these poisons leech into your body and enter every cell of your entire body and then cause a lifetime of ill health. If your fillings are dark, they are mercury combinations, if you have a root canal, it can be filled with lead, etc. ALL dental work is toxic. All crowns harbor deadly bacteria between the crown and you're chopped off tooth. The infection will not stop until the poisons are removed. Using **Herbal Tooth & Gum** teen or adult strength spray will help kill bacteria and increase blood circulation to the area until you can one day be dental work free.

**If you have something for this, is it ok for pregnant women to take?**

Again, you are NEVER ever going to get such a question answered, medical has made the pregnant women scared of everything and everyone making or selling health products; scared of pregnant women! This is why you're always going to find me saying that "you" need to take these natural products while you are not pregnant and not nursing and "you" from your own self-experimentation then be able to tell your family, your children, your neighbors your experiences. THERE will never be any test known for any natural supplement or drug for that matter that can state as fact as being safe for the pregnant woman, in fact, many pregnant women should not be pregnant for the fact they are too sick to have a healthy baby and every new product they take, they can then blame for their sickly baby. This is why people learn from experience and should always use natural herbs that are natural foods, so you can guess what "my" personal opinion would be, but I can't tell you to self-experiment while you are pregnant, nor will anyone in the health field, but if you use reason, understand herbs as being just foods, it is not hard to figure out.

## **QUESTIONAIRES**

49 / Female / 6 / 24-5 / mercury fillings / B-C-E CALCIUM, MAG, ETC.. LYRICA / GALL BLADDER, TONSILS, APPRENDIX, HIATAL HERNIA

**My problem is my stomach pain way up in the upper part of my stomach. I have been treated for GERD, Reflux, etc with Nexium, Prevacid etc. I have been to a lot of different doctors and have had the scope test done probably ten times. They say they can't find anything except an inflamed esophagus which would then be treated but no relief of the pain. I have also had the scope test done on the colon though the test was painful they found nothing except maybe IBS. I was told by others I probably have a hiatal hernia, then pain is a burning pain we then went to Mexico to have the hiatal hernia fixed.**

Your faith has destroyed your life in my opinion and I NEVER EVER suggest anyone going to Mexico for their health and have always shook my head when I see so many Amish, Mennonite and Plain People promoting such a disaster and promoting ½ off operations, what a disaster is all I can say. If you really were operated upon for a hiatal hernia, then you were gutted and a good chiropractor and proper diet correction was your real cure and still your only chance in my opinion.

**The Dr said it wasn't very big but he fixed it.**

NO, you went to him for that operation, he did as you wished! You got what you asked for.

**He then told me my stomach looks nice on the inside and out side but I continue to have this pain. It seems to get worse as time goes on. It almost seems pointless to see Dr more but I am losing weight. The pain makes me feel weak and shaky. The pain is constant and started when I was in the upper teens. I tried a lot of natural things colon cleanse, probiotics, things to heal the stomach etc. my bowels move in the morning pretty regular. I can't eat a lot so don't have a lot to put out either. I still do the house work but some days are very hard for the pain is almost more than I can tolerate and get some things done. The pain has gotten me down to where I find it hard to enjoy things in**

life such as my work, reading, putting puzzles together etc. I can not concentrate. Do you have any idea what my problem could possible be? My stomach is very tender to touch on the outside it was always hard for me to hold my little babies because my stomach hurt so much.

You have had almost ½ of your Immunity Organs cut out, you can never ever properly digest your food again and will always have a dry liver, that is just a few of the side effects of your operations and if you really were gutted for a tiny hiatal hernia that basically never are “real”, then your damage was enormous thanks to a Mexican rip off. The money people spend to go to Mexico more than shows a problem and choosing such a place where the poorest doctors end up, in a land that has no value for your life or anyone’s life has to be the largest scam that plain people have been sucked into in history. That all being in the past and can not be corrected, you still can stop what you have been doing and start over and live better every day.

Your problems started out very simple, very common, the cure is “stopping”, empty your kitchen of all the vitamins and commercial supplements of every kind, along with every over the counter drug / vitamin you have, Take your drugs to a good chiropractor, show him what you’re on and see if he knows of a Doctor that can help you stay off drugs. Once off all this “stuff” that only adds more chemicals / toxins for your already harmed stomach and digestive and elimination organs to deal with, then you can allow simple foods and simple herbs and corrective habits so your body can rest and heal. A child can understand that you must stop eating, that which harms the stomach and makes you feel badly. If such foods are not stopped, you are the classical example of the disaster that waits. I suggest you tell a good chiropractor all you have done your life story, even write it down and hand him and if he does not take interest in your health, then go find a real chiropractor that will.

You must stop all the bad foods and bad drinks and start WEED & FEEDING your body. For your poor stomach, living on **Slippery Elm** gruel until it is healed is a must. Eat plenty of the gruel and nothing else. Once healing, you can add Maple Syrup, Sorghum, Honey etc. to the gruel and then eventually raisins and soft fruits. Do this and eat plenty, you can not starve, actually what you have been eating is starving you to death and making money for those that can chop your organs out. STOP and “think” about what you have done to your body and realize you have always been in control and all is a result of your choices. Once your stomach is feeling GREAT, then start life over, this means you eat baby food! Take cooked fruits or cooked vegetables and grind them up like fine baby food and chew these baby foods well, mixed with your saliva before you swallow. Your drinks must be whole fruit juices and or your own homemade distilled water. Once you’re doing great, stop all breakfast for the rest of your life. Eat only fruits for your lunch and have one proper meal in the evening.

Rest when you need rest, expose all your skin to the sun, those that avoid the sun lack real vitamins and will eventually look like a sick animal that has been locked up in a dark barn by the farmer. De-worm, cleanse the kidneys, cleanse the colon, stop wasting all your money on store supplements and drugs/operations and trust that God gave you proper organs and keep what you still have for the rest of your life. You are the perfect example for the **All “N” One** kit, double bottles at first, until doing better, then down to the normal kit. I suggest consuming **5 pounds of Slippery Elm** in the form of gruel, which as a “fasting” on this gruel, which coats your stomach and intestines as they heal. Take **2-4 Hormone Balance** capsules every day for the rest of your life. **Extra Herbal Spray I** until doing great, spray your face and all tender areas and extra **Herbal Spray III** until doing great and spray your spine, hips, knees, legs, feet, etc. every day. If your chiropractor doesn’t help you immediately, then find another, if your chiropractor agrees you need to go to Mexico or any operation, then you have a very bad chiropractor in my opinion or one that you have “failed” to do as he ask and not had the needed adjustments at his request over the years leading up to this disaster by age 49. In reality, all you needed years ago was

simple truths, simple advice on diet, habits and chiropractic and all of this disaster could have been avoided in my opinion and what cost more?

Buying worthless toxic vitamins, drugs, operations or seeing your chiropractor as needed and staying de-wormed and a diet that promotes an alkaline body? What mother could become pregnant and not see her chiropractor monthly and take her babies starting at age 3 days old as needed? A little proper prevention makes pregnancy an easy thing, raising health babies an easy thing; while those that don't know, was never told, or fall into the wrong hands and not the courage to go find another care provider often just end up as victims, not knowing what happened to them or why. We all often must go through such trials in life, so we can learn and then be teachers to others. Your goal should be to never allow your children and grandchildren to end up as you have.

## **QUESTIONAIRES**

52 / Female / 6 / 16-29 / lots of filled teeth, done as a teenager (no root canals) have 2 teeth right now that have cracked fillings that they want to refill, but not much cavities in the last years. Wear a splint at night to help deep over bite and TMJ jaw problems. / tetnus / Take vitamins, over counter supplements, prescription drugs, etc. ---- Vitamins, Bio-Flex II, B-50 complex with C, at times Vit D-3, black cohosh, red clover- to take care of night sweat and hot flashes / operations? \_\_\_cyst on wrist in Dec.

**What can be done for low back pains. 8 yrs ago at start I tried calcium and magnesium. Always resulted with diarrhea.**

Calcium sold in health stores is basically "rock" similar to common road pavement. Magnesium taken internally is more than the body can handle and water goes to it to protect the colon from the magnesium and this water washes the toxic magnesium away as common diarrhea.

**4 years ago had x-ray, a bulge disk, spur and calcium deposits.**

Spur and such problems started with the kidneys in my opinion and taking wrong calcium only added to more kidney problems and bone problems and most likely a good x-ray will show your bones have calcium deposits on the outside of the bones, which medical and even chiropractor will determine as "normal", because all sick people have such bad calcium, bad bone health.

**X-rays again a year ago shown a dislocated hip, bulge disk, spur, and calcium deposits. Sitting is painful, low back burns or stings and feet get numb. Pains a bit all the time but after sitting in church 2 hours, need ice for pain. Have taken ibuprofen for pain too. Then takes several days of hardly any sitting. Have used a lot of heat packs, helps to not be so stiff low back and cold. Circulation is poor and often cold hands and feet. Do exercises 2 times a day and try to move around a lot. No heavy work. Didn't go to medical doctor for back.**

I suggest your water supply and every so called vitamin and supplement put you in this situation and if you don't STOP what your doing, then you're heading for a very painful crippling death. "IF" you had went to a wise chiropractor with each pregnancy and taken care of yourself, I would suggest you could live another 52 years with no pains, but as you loose kidney function, we loose our bones.

**Did consider MRI.** Which does what? Such a thing may benefit the surgeon, but otherwise has its side effects and no good chiropractor should ever suggest such a thing or even suggest a X ray, because all REAL CHIROPRACTORS have sworn to do NO HARM and these devices do, do harm and should be reserved for accidents or when we have failed and must succumb to medical practice in my opinion.

**Had many chiropractor treatments, 2 different chiropractors.** Then you never found one that you trusted enough to consider good, I suggest an older man with 20+ years experience, does not do insurance, does not do x-rays, etc. A real one just does chiropractor and nothing else, no gimmicks or plays the insurance games. I suggest maybe 1 good chiropractor exist out of X? All I can say is find a good one and often, the patient fails to do what the chiropractor suggest and this can only be solved by the patient's choices in life. I wish everyone could have a nice chiropractor like I have, many from around the world have traveled to be treated by him and very common for Amish to travel up to 100 miles to see him at least once, but in every case, find a local one.

**Also some neck, jaw and upper back problems but respond to treatment. Some low back pains constant.** The Lymes / Syphilis worms in my opinion eat the bones up like termites do wood. The chiropractor can try to keep the bones in place, but the health of the bones falls back on the person. Poor bone health makes for a painful life.

**Take Bio-Flex II, that is an arthritis formula has glucosamine, sulfite, and chondroitin sulfate in it.**

All 3 none plant foods, all 3 in my opinion fall into the vitamin / drug class that the kidneys could never permit to exit through the 1 million cells in each Kidney that get clogged with rock from well water and such supplements. I will admit I have seen dogs regain some use of bones when these ingredients are added to dog food, but nothing I would want in my blood stream. In my opinion, none of these ingredients help correct the cause of arthritis in a woman.

**Try to drink a lot of water now.** Good functional kidneys can process ½ gallon of clean, pure homemade distilled water or fruit juice. Clogged kidneys rely on the skin and this is why the skin clogs and starts to fail.

**Years ago used more sweetened drinks but not soda pop.** People want to sweeten their drinks and foods for one reason only, because humans were designed to live on sweet tree fruits and lacking the 220+ different sugars found in fruits, we add sugar to all our none human foods.

**Always hungry for meat so eat plenty of that.**

And you have answered your question, the hunger for meat shows how your body is thriving off the death of your own cells and by doing so, you are "burning" yourself into an early grave. The younger more healthy can tolerate meats, while the effects of meat accumulates over the years and eventually leads to the worst of diseases. Bad teeth, bad water, bad diet and a lifetime of bad habits lead to bones that fail to support the body. I suggest no drug, nor herb can counter the diet and habits and this is why thousands of supplements exist, because those refusing to understand how their diet and habits have lead to such a wreck; and always keep searching for that magic cure. All the while, medical / fda loves all of this, because like vultures setting on the fence post, they "know" the patients will come in pain, asking for morphine.

**My iron was often on the low side.**

The bad diet, bad supplements do not supply a plant diet rich in plant iron and pregnancy / babies always suffer when the diet lacks proper iron.

**Otherwise diet is dairy, produce, vegetables, fruit, some baked good.**

Aka the "normal" American diet! In which produces the most heart disease, cancers, arthritis, diabetes, and every bone disease imaginable.

The good news is as long as you're alive and able to go to the bathroom on your own; you can greatly improve your health. You can learn to be your own "physician" as this newsletter goes



along, I hope everyone can help themselves and never be lost at what to do for their health problems. At the end of this education, I will try to make available 2 of the best medical books ever written about diet as the cure for every known disease. I believe these types of books on diet along with herbal use, is the best method to return to health. The best herbal products I can suggest are the **All "N" One** kit double bottles until doing well, then one normal kit per month. More specific for your age and situation; 2-4 **Hormone capsules** daily for life, lots of extra **Spray III** on all the joints that hurt daily and **Herbal Spray I** morning and night on your entire face. More specific herbs can be used after the organs are cleansed and working properly. When weight is perfect, all the dental metals long gone, all bad supplements stopped, water cleaned up and never ever consume a dairy product again and learn less damaging ways of consuming meats, then you will see your body starting to restore. The acidic waste must be removed, or your bones will continue to dissolve and be eaten by parasites in my opinion. It is not near as hard as it sounds, once over the dental disaster, the rest is easy.

## **QUESTIONAIRES**

37 / Female / 7 / 16-12-10-9-7-5-4 / UPPER AND LOWER DENTURES

Vaccinations: no / stuttering and slower learner / Reliv and Bowel Balance removed 1 ovary because of cyst

**I am always tired-am overweight a little,**

easily corrected by proper diet control

**always had a problem with stuttering and constipation.**

Stuttering normally is a nervous issue that can date back to toddler age, while constipation is common for women who have had children and easily corrected with herbs such as **Lower Bowel Balance** taken properly with diet control.

**Used calcium and magnesium for constipation for years,**

commercial non plant sources in my opinion are little different than consuming road pavement.

**then at 34 yr started on bowel balance from several different companies. Never healed for me.**

No clue what your products contained, but I assure you, herbs are not going to UNDO your past damage, "IF" you don't make changes to avoid the same damage in your future. Understanding **Lower Bowel Balance** Herbal formulas is the key to knowing how your colon works and what the herbs are doing for your health and what changes you may need to do. Taking supplements expecting a cure is a dream that manufacturers wish you would believe enough to buy their products.

**I take chiropractic treatments once a month.**

Great, hopefully your chiropractor is a good one and all your children make regular visits.

**For back and neck pain.**

He can make sure your bones are where they belong, only you can make your bones and flesh worm free and supplied with proper plant minerals and most of all, that your body is an alkaline body, because all our blood is alkaline from birth till death and an acidic diet eats us alive.

**One of our boys 10 yr old is a bed wetter and has concentration problems in school especially in spelling.**

This is very similar to stuttering, a nervous condition. Read about bed wetting suggestions elsewhere in the questions / answers, same with stuttering, already covered.

**He is little for his age. Is a bed wetter wince 4 yr old.**

Mal nutrition starts in the womb and affects the nerves.

**Our oldest girl had monthly problems, like more than once a month.**

This is nothing more than a very acidic / toxic condition caused by wrong diet and always iodine / minerals deficiency. If she has consumed too many animal hormones, then she also may need hormone help that plants can provide as long as the animal products are stopped. Very much a constipation issue where her body is expelling waste out her reproductive areas, which is a big problem that only grows bigger with time unless diet corrected and worms removed, etc. in my opinion.

**Reliv helps her some.** Taking drugs always has side effects and since these things do not correct the diet, does not expel the acid waste, does not promote an alkaline body, I must suggest you're only pouring gas on a fire.

**Our 7 yr old is also a hard learner.**

When conceived in a womb lacking natural Iodine and proper plant based minerals, along with generations of the same, results in children that dislike school, don't do well in math or have a good memory. Some suggest that by age 5, permanent damage has been done to the brain that can't be undone, while I always suggest everyone can undo much of the damage by supplementing their diet now and for the rest of their life and have "faith" that the body will renew itself over time.

**My husband had back surgery for a bulged disc in May 2010.** All surgeries do permanent damage, create scar tissue and never ever correct any of the foundational problems that lead to defective bones and flesh. To correct the problem remains the same, plus dealing with the surgery damage.

**Our 10 yr had right arm broken 3 times since 1 yr old.**

Again, a womb that lacks proper nutrition creates a baby that is lacking in health and children's bones should be very "flexible" and easily mend themselves fast. Unless the diet was poor, bones and flesh starving for plant based minerals and worms eating the bones up. This is "Just" my opinions of course. All just simple diet and habit problems that all can be corrected over time; along with some simple plant minerals and education on how the body works could make a great change in quality of life and more importantly, break the chains and make it so the next babies are way healthier and each generation become healthier and healthier. That is the goal of this newsletter. We can't undo all the past damages, but we can make a better life for our children and grandchildren. Best of all, everything is RETURNING to NATURE and away from the world, so no one should have a problem living better by following God's design for the human body. I know it may sound complicated, but actually it is very complicated to be sickly and even more complicated when drugs and operations are involved....drugs and operations should be the main things all plain people **should** avoid like the plague.....Every settlement waste so much money and experiences so much undo pains in life when sickness forces people to turn to the world for help.

- Every human is born smart enough to have good health; that is my theory. We learn to not be healthy and this newsletter has the goal of undoing wrong education that forces people to enter the cities, while all along, we country people should be the healthiest people on earth and the city people should be searching us out for wisdom in nature.

**QUESTIONAIRES**

62 / Female / 10 / 41-23 / My teeth are in pretty good shape what are left. I have a partial plate and still mercury in my teeth. Vaccinations: yes / much sore throat, ear aches, had tonsils removed at age 10, then a touch of rheumatic in later years. I take herbal vitamins. Cod liver oil and caphanite and ... (cant read it) recommended by Dr. I have stiff sore muscles as soon as I do something extra strenuous, but am active. Love moving.

I had a prolapsed uterus and got that fixed aged 20

**Now I fighting a fungus on my fingers which heals if I eat no bread, no milk, no sugar. I imagine having candida or yeast inside on colon walls. But flares up as soon as I eat only a little sugar. I eat only fruit like apples, bananas, grapefruit, and lemons. No oranges as they are to sweet- nor grapes. Amish research says I have spots on kidneys. My weight is 173lb 5ft 2in. do you have an herb that heals? I avoid Dr and medicine.**

Many adults have fungus that over whelms their organs so badly, it expels out into the feet, arm pits, fingers and most anywhere when it flares up. Your statement should be a witness to others, that if you try to obey nature and eat fruits, your problems are less and if you eat acid forming foods, your condition worsens. Oranges and Grapes in nature do not have too much sugar; fruit sugar is what humans thrive upon. These fruits are cleansing and people feel the cleansing effects and then blame the "feeling" on the food. Naturally bad foods should make you feel bad, but when good foods make you feel bad, you have to try to figure out why and usually it is because they are cleansing fruits. Spots on your kidneys?

If you don't have exploratory surgery and physically see the spots or otherwise have a test that is "guessing" that you have spots, then I would suggest every adult has kidney problems many years before they ever gave it a thought. Your mercury filling affected all of your children's health in the womb and for the rest of their lives hopefully they do not have mercury fillings now. You will battle the mercury in your cells the rest of your life according to the studies of Dr. Hal Huggins back in the 1960's which suggest that if you're not mercury free by age 40, you can't live long enough to expel all the mercury you get from 1 mercury filling. You have 50 pounds of weight to spare, which makes orange juice fasting easy for you, which will be explained in great detail as the main method of "fasting" to restore health.

Correcting your dental is priority one, removing every trace of metal and seeking to purify your drinking water by distilling all the rock and chemicals out of it, so many today have been scammed into buying worthless water filters, ionizing units and water manipulating machines, all of which are in my opinions, scams and not healthy. Your cure is to remove the waste that the fungus lives upon. Reversing the damage done in the past will make you feel and look younger over time. You can only imagine the amount of worm damage a human obtains by age 62 and as you reverse the easy things, life will become less and less painful. A cheap herbal method to show you better health is to take 1 drop of **Pure Oregano** and add to your daily drinking water and then take 1 drop and put in an empty capsule and drink 1 full glass of water ever hour with 1 capsule for a total of 8 per day. Do this for a few weeks or longer and as the bacteria come under your control, you should feel better. I suggest the **All "N" One** kit taken properly along with 2-4 **Hormones Balance** capsules daily for life and extra **Herbal Spray III** used morning and night on all that hurts. Once things are flowing properly in the right directions, then "fasting" with fruit juice will speed up your recovery and reach proper weight. As long as we carry an extra 50-100 pounds of waste as many adults do, fungus / parasites are doing the job God created them to do. I assure you that you have done better than most people your age and you are wise enough to live another 62 years with a little education on acid and alkaline diet.

**Also our son- age 25 has polyps in his nose. He avoids surgery as we hear it grows back anyway. But affects his breathing and overall health. He has some allergies. I think cause by polyps. Any remedy? He's using salt water in his sinus's hoping to dry them up. Do you have a quick fix better than that?**

In my opinion ruptured mucus membranes develop from too much waste entering the blood stream from an acidic stomach that developed from an acidic diet. I see no way that flushing with salt water will cure the wrong diet. During an orange juice "fast" the waste is stopped and starts to be dissolved and removed and during the fruit juice "fast" those with nose problems breathe so easily and effortlessly, but once they return to their acidic diet, their lungs fill and the mucus ends up in the nose and lymph glands and the condition quickly returns. It takes time for

all the waste to be removed and the mucus membranes and lymph glands to return to normal size and function; so the person must live correctly for as long as it takes to correct the condition. Herbs can help. I will explain some methods in the newsletters later on this year showing how the sinus and lungs can be treated at night while sleeping and result in the killing of the broad "infection" through out the entire blood supply and eventually lead to fantastic health. Besides all the WEED & FEED methods already discussed so far, I suggest at bedtime to take **Herbal Spray I** and spray the entire face, wait a few minutes and spray again. Keeping an 8 ounce spray bottle handy, each time he has trouble breathing, have him spray his face until he falls asleep and if he awakes, spray and keep spraying every night or as often as he desires during the daytime and prolonged use will help a lot, but the cure comes when the waste is eliminated and infection killed. This is a problem that plagues many adults and children alike and all diet created. It is a real constipation issue, same as most all diseases are.

- Operations do what? They cut out the symptom.

## QUESTIONAIRES

67 / Female / 14 / 12 upper teeth 8 lower teeth 3 fillings / Vaccinations: yes /  
Your general health as a child-----good / no operations.

**My thyroids are swollen and also lymph nodes on the right side. DR would like to take half of the thyroid on left out. Had an aspiration done, shows benign at present. He says my thyroid are still working. Have you ever heard of a goiter that went away?**

Some of what I consider "great" doctors suggest every lump in the human body is a "goiter" that resulted from lack of proper plant based iodine. Thyroid disease was started in 1992 as explained elsewhere in this newsletter and "if" your 3 fillings are black fillings, have the teeth pulled or replace with plastic fillings by a good dentist that understand mercury and thyroid disease. Meantime, see a good chiropractor every month or more if needed and explain this to him. You massage your neck in an upward motion often every day for the rest of your life. I strongly suggest **Iodine Minerals** (tablespoon daily for life) and **Thyroid Herbal Spray** (on neck daily for life). 14 children took a lot of your health and having good teeth and no operations has served you well. Your weight will need to be "perfect", your "health" perfect if you want to save your health and avoid the surgeries and you "know" surgery will solve nothing and drugs will solve nothing, because everything is created at the dinner table and the amount of poisons that enter our body via our lungs and from eating and drinking that accumulate within our body, which brings fungus and parasites and eventually failure of the organs. WEED & FEED while you have all your organs is BEST, de-worming and plentiful plant minerals a must and always remove the rock from your water, etc.

## QUESTIONAIRES

28 / Female / 2- 5 & 3 / 1 root canal, some fillings, took fluoride as a child and had excellent dental until I had children then began to have cavities./ Vaccinations: yes  
As a child- very healthy, occasional cold and flu / we drink Monavie juice and am using Reveal, Monavie weight loss products, no vitamins, no prescription drugs. operations? 2000- age 18- nasal bone removed; 2006-age 23-remove gallbladder.

**This started in my mid teens about age 16. I have a stuffy congested sinus/nose with VERY sticky, stringy mucus draining down my throat. It's worst in the morning and clears up about mid afternoon.**

Very simple – an acidic diet forces your mucus membranes to produce mucus for protection from your acids that originated in your stomach.

**I've had 5 different allergy medications**, which can never treat the foundational reasons and always toxic with side effects.

**herbal potions and nasal surgery. Not a thing has helped.**

This is simple because you treated the symptoms and not the cause.

**It's especially bad during pregnancy.**

Yes, because your babies had no choice but to suffer and often are affected the rest of their lives because of the health of the mother while pregnant and nursing.

**I also have daily foul smelling, yellow-brown vaginal discharge, and occasional itchiness.**

Showing you have a lot of waste (constipation) being expelled from the wrong area and loaded with infection.

**Prescription drugs only helps while I was using them.**

Drugs harm the liver in my opinion, the harmed liver can't put up the good fight, so the infection is allowed to live freely in the body and not be expelled as puss.

**I bath/shower daily so the smell is not a lack of hygiene and is unpleasant.**

External cleansing is a must, but internal cleansing needed as well.

**I sweat excessively and the smell doesn't all come off with lots of soap.**

Showing you are very toxic and the stronger the odor, the stronger the fungus / infection or basically constipation of the elimination organs are.

**It's a skunk like odor and I wash under my arms with Clorox water to remove the smell.**

**Warning:** All use of Clorox internally and externally on the human body is BAD; even smelling it is BAD in my opinion. I know too many have been falsely told to take Clorox internally as a "cheap" method to treat the cold / flu, etc. and all these folks have done is poison themselves and set themselves up for cancer according to the late Dr. Hulda Clark that believed Clorox is the number 1 reason for all cancer in America.

**I counted 12 different expensive deodorants I've tried over the years, some natural, some helps, but only a short time until I became "immune" to that brand.**

Deodorants are only needed by those that are constipated and they NEVER WORK, they only COVER UP at best. They are all a waste of money and often poison the body further.

**Beginning at age 16, I worked 1 ½ years for a lady who was a heavy smoker. I constantly inhaled second hand smoke. Could this have caused my strange smells and sticky mucus?** The second hand smoke affected you while you were breathing it we are more poisoned by the toxins in our home and bedroom, where we spend the majority of our lifetime.

I suggest you are very constipated, your idea of fruit juices are GREAT, only your choice of Monavie juice and such gimmick products have only robbed you of your money, these gimmicks always use cheap methods of production and terrible methods of preserving, this is why they always taste "TERRIBLE" and eventually everyone of these gimmicks come and as all the lies told about them are made out, the people stop buying and then these commercial doctors come out with their next gimmick, tell a thousand lies, lure ignorant people in by telling them they can make \$\$\$\$ and when all is said and done, it is all forgotten about. ALL fruit and berry juices are healthy, only they need to be REAL, not from some gimmick / toxic source.

If your womb is damaged, the sitz bath and or the female correction herbs will repair it quickest. To start; I suggest 8 **Lower Bowel Balance** daily for 1 year and then reduce to what is needed to maintain 1 bowel movement for each meal eaten daily. I suggest WEED & FEED big time while no pregnant or wanting to be pregnant and start today repairing the damage done to the children, because all of your constipation, infection and lack of proper nutrition ended up in your next generation. I suggest you and your husband take **Pure Oregano**, 1 drop in an empty

capsule per hour, up to 8 per day for as long as it needs to stop your infection. Taking 1 tablespoon of **Maximum Restore** hourly would be a total treatment for the infection / puss. Otherwise start consuming garlic daily until you are puss free. Brush your teeth with 1 drop of **Pure Oregano** daily, by putting in water and dipping your brush. Also, I suggest 12 capsules of Women's Wellness. Removing your gallbladder in my opinion was a crime, seeing your chiropractor and correction of diet would have been wiser. Now you can never ever digest your food properly, always have a dry liver; always be more prone for worms. You will need more herbal help and better diet for the rest of your life, all because of this operation, in fact, every operation, every drug cost more money for the rest of a persons life, so I can not figure out "WHY" there are so many people that keep "luring" Amish, Mennonites and Plain People into ½ off operations? Going to Mexico to get operations from doctors that failed to work in real hospitals? This newsletter is anti "ALL" operations and suggest chiropractic and simple diet will correct all that can be corrected. In time I will explain this in detail in these newsletters and hopefully, saving thousands of children from future operations and drug use.

## **QUESTIONAIRES**

52 / Male / 9 / 7 to 26 / had approximately 21 teeth. Infected teeth extracted last winter over 4-5 months time / Vaccinations: small pox / some infected teeth as teenager- milk and wheat allergies / vitamin A & D some C and B vitamins, iodine supposedly natural, Juice Plus (all 3) asparagus, Hoffnung (Keim), liver cleanse, acidophilus, Jiagulon, Digestive enzymes / operations? NO

**Had infected teeth for years and low energy. Had mild rapid heart beat in late April 2008,** infected teeth often leads to ill heart health.

**early July had a brown recluse spider bite, was very sick, used clay to draw out poison. Did not work much for a few weeks.**

Luckily we don't have such spider problems in my area, but have always wondered if **Oregano Oil** put directly on the bite immediately after the bite would cure it instantly like it does for hornet stings and normal bug bites.

**End of July ate to much at work because worked in hot sun to soon then drank cold water when heated have hiatal hernia** I personally don't believe in the hiatal hernia diagnoses so many say they have, I suggest it is nothing more than a chiropractic issue along with problem resulted from wrong eating habits that is easily solved with no operation. "IF" there actually was such a hernia, then the person would be in bad shape.

**since then and also rapid heart beat**

I would suggest natural plant calcium imbalance along with deficiencies in natural plant iodine and infection always can be a problem.

**went to reflexologist in Sept. had very low adrenal function and H H systems, bad digestion.**

No reflexologist can even begin to know such a thing, just purely a guess or the use of some "quack" device, there are many quack devices being used by a host of different people scaring customers into buying their worthless products.

**Later in fall chiropractor confirmed this also some infection from spider bite.**

Again, NO chiropractor can diagnose this; I suggest you are being lead around by such people that want to "think" they can tell you this. You surely know if the spider bite is still a problem? Did it heal properly or a large junk of flesh fall out? Etc.

**Standard process product took care of that. Took some products for adrenal, liver, digestion, heart, infection. Was last at chiropractor in fall 09 he agreed I should get rid of infected teeth so am working on recovering can do light work but heart goes wacky if do too heavy lifting or over do it does settle down easier most times lately and not so weak afterward.**

At age 52 you're still a young man, but bad teeth can put you in the grave early. Consider lymes disease and all the worm problems with infection from several sources and it would be easy to see why the heart aches. I suggest you need help **WEEDING & FEEDING ASAP** and take care of the heart, starting with plentiful **plant calcium, natural iodine, Heart Drops** or **Longevity Spices** which is a type of cayenne, herbs & garlic formula. Always consume at least 1 well ripe pineapple per week and a clove of garlic daily if you can afford to do nothing more. Later on in the newsletters I am going to explain a very simple method that allows a new heart to be built in 21 days, not repaired, but a new heart, but if you're full of worms, teeth harming you and a constipated body, then naturally building new organs will not happen easily. My personal opinion of the products you're taking are mostly all harmful to your kidneys, your stomach, your pancreas, etc. all of which greatly affects the heart. All digestive enzymes do great harm to the stomach and pancreas if they are not plant and if they are plant, then just eat the fruit and not pay for a worthless commercial capsule. My opinion is so many wastes so much money on products they don't really understand and if they did understand would never take such products. No clue what type of natural iodine you're taking, but I can assure you, if it comes from a commercial source, odds are it is not iodine your body can truly make use of. I know this "**sounds**" like I only want to sell my products, but as I learned about the products sold for our health, even all the herbal products being sold, I determined I had to make my own if I wanted something that would work and not poison the body.

**Did not use medical or drugs as did not want side effects. GREAT!**

**Have started using iodine lately.**

(I wish I knew what kind / type and how much you are using)

**Had some problem with light headedness last winter want to get to chiropractor sometimes. When heart goes wacky it is connected to stomach and I get tight in stomach area and have gas to get rid of some days I can do a lot more than other day.**

Naturally you have let this problem go on way too long. You're now at the point where you need to see a good chiropractor every week or several times monthly for a long period and then at least once per month after your well. The teeth need taken care of NOW, all metal removed, all root canals removed, etc. Often when the heart is affected, every tooth that ever had mercury in it ever, is a tooth better removed and start cleansing the kidneys and take foods and herbs that help expel mercury, heavy metals and inorganic rock out of your body. Once constipation is being solved, gas fermentation stopped, stomach health returned, then heavy duty de-worming can be started and kept up until youth returns. "IF" you drag your feet, can't afford to care for yourself, there are always plenty of simple things you can do with diet and habits to save your life. You know that "IF" you allow you're self to go down, then you won't last long with modern drugs and operations and the cost will be enormous. My theory is this, as long as you can get out of bed; go to the bathroom unassisted, still able to walk and get around, then your able to cure yourself. Once down, you're at the mercy of others. The farmers are well known to suffer and die rather than spend their hard earned money on their health. I have seen this all my life. Prevention is so much cheaper than allowing things to pile up, because ONCE piled up, it does appear to be expensive, but no matter what you do naturally, it always cost less than 1 day in the hospital. One day in the hospital leads to endless testing, endless drugs, operations and eventual cancers in my opinion. This newsletter has zero medical info and only my opinion based on herbs and natural methods that are to be taken as "education" only. Your decisions are your decisions, no one can make them for you and government instructs all to enter the hospitals and not read such stuff as this.

“IF” you can handle the taste of cayenne, I would suggest 1 gallon of **Longevity Spices Adult** formula taken every month along with 6-8 **Lower Bowel Balance** capsules daily, which would be a 150ct bottle monthly along with **Herbal Spray III** / 8 ounce bottle sprayed all over your body daily and at bed time. These 3 products in large dose would turn your health around as fast as possible as far as herbs can do. Keep in mind, I always have said herbs supply about 1/6<sup>th</sup> the cure. The other 5/6<sup>th</sup> are diet, habits, poisons, faith, etc. that may all need corrected depending on each person’s past that has accumulated upon them and lead to very ill health.

## QUESTIONAIRES

31 / Male / 3 / what ages 3-2-4 wks / Vaccinations: yes / health as a child-----had a kidney disease when 6, took natural products and doctor called him weird. / vitamins yes / no operations.

**We were wondering if there’s a natural cure for a degenerating disc, it’s a mild pain right side, lower back. 5 years on and off, just chiropractic care so far. The chiropractor took a cat scan about a ½ yr ago and said it’s not getting any better so we were wondering if we could do something before it gets worse. Something in the natural line.**

Sounds like you have a bad chiropractor, because the cat scan does some damage and no true chiropractor can suggest anything that causes damage to the health if he follows his oath to “do no harm”! A chiropractor that needs a cat scan is so questionable to begin with, because a good one is suppose to correct the problems and suggest the changes in diet and habits to correct these problems naturally. At age 31 having 5 years of lower back pain should be something a good chiropractor could help with in 1-2 visits and the rest of it be; your diet and habits. If you’re going to over work and harm your back, then naturally no chiropractor can correct wrong habits. If your diet is very bad, very acidic, then again, no chiropractor can correct that. You have mentioned kidney disease and being off to the right side, I assume not as far as the right hip. At age 31 I would seek to exercise the lower back muscles and make them stronger along with plentiful plant minerals to build strong bones, such as **Bone, Flesh & Cartilage** capsules or syrup, and daily **Tree extracted Iodine** and I would probably be taking 2-4 **Hormone Balance** capsules daily for life along with taking 1-3 tablespoons of **Plant Lecithin** daily for life. At the very least, I would take **Herbal Spray III** and soak your back morning and night, wait 5 minutes and soak again by spraying heavily. WEED & FEED will be the theme through out this newsletter, but because of expense, diet and habit changes, I assume most will not until all else has failed, because of this, my goal provide this newsletter that will be like a book that will explain the whys and the natural paths back to health using herbs, foods, exercise, etc. and avoid all drugs, all operations and stop wasting money on commercial made supplements that only add to the problems.

## QUESTIONAIRES

81 / Male (widower) children -0 / upper dentures, 1 root canal, some fillings have cavity, dentists rob you! **(I agree, if you “knew” all about dentistry, it would be a horror story)** Vaccinations: yes / - whooping cough and diphtheria / health as a child - lots of headaches, stomach ulcers / flax seed, what do you think about super foods? **“I” think super foods are fresh hand picked tree fruits, if you are referring to all the quack commercial supplements sold as “super” foods, I think those manufactures are not much better than dentist and surgeons.** Had operations? hernia 2, appendix, eye.

**Had pain on left side, went to clinic in Mexico, no cancer.** My opinion is that Mexican doctors are in Mexico simply because they can’t work elsewhere in the world, often because too many people died and I will never ever suggest anyone go to Mexico for health, for any reason what so ever. I am anti- American hospitals / doctors and even more so anti Mexican hospitals / doctors.



**Have to get up at night so often had prostate problem, took only herb tea from Belgium helped right away, but now have to get up sometimes every hours most times 3-4 times. Got prostate checked, is ok now doctor says is it the bladder or what do you think?** Hard to believe a medical doctor gave you the OK on your prostate, odds are they just wanted you gone, would be my "guess", otherwise you would have been ripe for their picking. My personal view in anyone past age 65 that enters a hospital is lucky to ever see their home again, just my experiences in life. Bladder makes no difference, the cure is the same. At 81, especially in this situation, I strongly suggest a good chiropractor, he can put your bladder in place and a truly good one, often can solve a prostate problem in 1 visit; it just all depends on what the foundational problem is.

**I get lots of gas, could it be bladder?**

Gas forms from a very bad acidic diet that has led to a lifetime of accumulations or what you would simply call, constipation that then creates a lot of fermentation which creates the very toxic gas you are referring to. This gas is very common and a torment that few ever will correct.

**Sometimes I get up take tea of flax seed lemon and blackstrap molasses which relieves my gas and I go back and can sleep real good again. Good!**

- **I don't want drugs my concordance says drugs are witchcraft.**

YOU BET! I agree! No wonder you are out living most of the modern men of today! Your wisdom has saved you from many problems and blessed you!

**I told this to one and he said it is not. They use poison to heal drugs. I believe in natural herbs and vitamins.**

You are wise; do not believe those that preach drugs and operations that are "their" way, not yours or natural.

**I had sciatica, went to chiropractor, spent lots of money but did not help any maybe I should try the one you mentioned. What would you recommend?**

Sciatica is considered a constipation problem; often a good chiropractor can help, but takes maybe 1-2 months. Otherwise, I suggest all bone pains and bone problems can be affected by lymes disease (worms). The old fashioned homemade slant board to take the pressure off your hips and perfect weight aids the body a lot. Naturally I am going to say WEED & FEED and whatever still needs fixing then use select herbs for extra help. **Herbal Spray III** on your legs, hips, spine and anywhere it hurts several times daily would do wonders as a treatment.

**What do you think about sprouts?**

Sprouts are a green food! Many people do well on fresh greens, but I suggest fresh ripe sweet tree fruits are the true human foods that all children naturally love, while all children are going to turn their nose up to vegetables and greens.....nature never lies and children are good indicators of real food verses wrong foods.....that is, till their taste buds have been perverted with commercial foods, baked goods, candies and sugars.

**Lord does healing.** The LORD is ALL. Creator, Teacher and in 100% total control from our conception till our departure and I personally believe we are just "school" children and we would learn more if we kept a child's trust.

**Could I come to your place? Am interested in chiropractor.** I have sent well over 1,000 people in the past 35 years to Dr. Anthony Schneider 1-937-652-1516 and many from as far away as Australia, Thailand, Taiwan, Canada, Dubai, and every state in the U.S.A. have come to see my dentist and my chiropractor based on how I have bragged how he has helped me over the years. We do not have a "real" store open to the public, but average about 1 person per

month stopping by for a chat. If we allowed more than that, I would get very little done as people will travel to have someone to talk to all day long. We live about 20 miles North of Urbana, Champaign County where the chiropractor is. People often stop by after or before their chiropractic visit. I always tell people to make arrangements with Brenda my wife. Jody that works for us can talk to you most any day Monday through Friday as long as she knows your coming otherwise, I tell them to limit 1 visit per month for me to talk to a person. I can teach thousands via the newsletters, while it takes all day to talk to one person and tell them things they will forget before they leave the room.

### **I used lots of vitamins, waste lots of money!**

Yes, they are predators or basically zero different than those that make the drugs; you knew doctors created the vitamin racket back in the 1920's didn't you? Vitamins in general are "waste" products based on medical theories....all lies in fact, because there has never been a vitamin that can be put into a bottle, pill or liquid never and ever will...anyone selling you a vitamin; that I would put in the same class as those selling drugs.

### **What do you think about fasting?**

John Keim is the Nations expert in "fasting". I believe "fasting" permits the stomach to heal and if your stomach is healed and stays healthy, you will have perfect health. Every human should be a fasting expert and this newsletter will show step by step proper fasting that was proven by Yale, Harvard and the Rockefeller Institute in 1950 as being the cure for every known human disease and what I base everything on, only I use herbs with the proven medical methods, making it easier and superior in my opinion. I will make a copy of the top 3 medical authored health books ever written at the end of these newsletters that had the cure for every known disease and all 3 are fasting expert books and try to prove that all I have said has merit and those that self-experiment can prove what is true to them selves.

### **Also have varicose veins in left leg.**

The Left leg being the sciatic nerve leg, both true signs of loss of circulation. The cheapest quick treatment would be to apply **Herbal Spray III** heavy on both legs, twice a day. **De-worming** and **Lower Bowel Balance** would be starters, but even better yet, I made an Herbal Powder formula called **P/W Elimination**. This powder must be put into a capsule by the customer, which can be done easily a few at a time or with a simple little device 50 at a time. Taking 2 capsules 3 x daily would do wonders at the cheapest possible price. It is a super powerful adult de-wormer, colon formula, iron formula, calcium formula, kidney formula, prostate formula, heart formula, etc., etc., etc. **all n one** and the product I take. I will explain it in detail in a latter newsletter. 1-3 tablespoons of **Plant Lecithin** of your choice and lots of **Spray III** and you would see things change in my opinion and as you understand diet and habits, your "mind" will guide you; as the Lord guides your path. **P stand for Parasites, W for worms and Elimination of the dead worms and feeding of the entire body with proper plant minerals** is what the formula is designed to do. It is very powerful, the most powerful herbal powder ever formulated and I suggest it has a lifetime shelf life, because it is that powerful of a de-wormer.

I do not see any of the names or letters sent in, Jody that works for us reads your letters and types up the info I need to answer the questions. "IF" you ever would make an order, tell Jody by letter or phone that I said I would send you a large bottle of **Herbal Spray III** as my gift in your box, to you for taking the time to write in. It would be nice if there was some method to set up a fund for people past age 75 to help reduce the price or make available for free. I often reduce or help out pastors that I have met at least once and those that become "special" by way of strange meetings, etc. that you know the Lord guided each person to. At present my idea of supplying this newsletter free for one year is costing in excess of \$30,000.00 which is turning quickly into a much larger and much more expensive adventure than I had not planned on, but the Lord

provides and we just go as we are lead, so we don't worry. If it is God's will, it will happen. If it fails, then it was my idea and man's ideals often fail.

## QUESTIONAIRES

53 / Female / 5 / 28,25,23,18, (1 died at 4 months) / no root canals, 8 fillings, wisdom teeth pulled and 2 others pulled. Have 6 month check ups and cleanings present dental health good / Vaccinations: yes / general health as a child----well / Citalopram 10 mil. a day for 4-5 yrs. I take no other supplements at this time. Have lost some weight in last 3 years / operations? C Section one time

**Pain in knees and in feet at times for 15 years. I have not gone medical for 15 years. I have not gone medical but herbal and chiropractic. My husband turns my feet to the side both ways and holds it there and it loosens my knees. This has been helping for a year or 2. One chiropractor says my stress goes in my feet which affects my knees. Does he actually know my upper body has plenty of energy.**

At age 53 your body has been changing for at least 13 years as it loses the ability to have a menstrual time properly, this same waste then starts "accumulating" in the joints! This attracts fungus, that eats the accumulated waste, also called "arthritis" and when you add in that in my opinion, all humans have the lymes worms, that eat the bones / joints, is it no wonder the knee and hip replacements are so common.

I normally will not take time to look up the drugs a person has decided to take, but yours seemed a weird name and your question is the last one I am answering for this month and I found this:

<b>citalopram (Celexa)</b> <b>initial:</b> 10 mg/day <b>maintenance:</b> 10-40 mg/day	Ejaculation disorder; other sexual dysfunctions; insomnia; dry mouth; nausea; somnolence. In vitro studies indicated that CYP3A4 and CYP2C19 are the primary enzymes involved in the metabolism of citalopram. Citalopram is a relatively weak inhibitor of CYP2D6.
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Side effects that you should report to your doctor or health care professional as soon as possible:

- allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue
- confusion
- dizziness or light headedness
- fast talking and excited feelings or actions that are out of control
- hallucination, loss of contact with reality
- seizures
- suicidal thoughts or other mood changes
- unusual bleeding or bruising

Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome):

- blurred vision
- change in appetite
- change in sex drive or performance
- headache

- increased sweating
- nausea
- trouble sleeping

Again, this newsletter is very anti-drug use, I understand why people end up in medical hands on drugs and often their drug use leads to more and more serious conditions, but they must work that out with their professional doctors and not a subject for this newsletter. My opinion is all drugs harm the liver and a harmed liver has a hard time making proper use of herbs and foods. Once drug free, I can suggest many things, but it appears you're taking this drug for Depression or sex issues? And the side effects can be dangerous. So I must suggest you seek a good Chiropractor for treatment and advice on this drug and talk it over with your doctor to see if you can get drug free and then start from scratch rebuilding your body.

## **UTERUS / tumor**

**Question: I am 46 yrs old and have had a good sized fibroid tumor in my uterus for years. Just recently I've been experiencing pains in the area of my rectum and also my pelvis. It's sometimes hard for me to sit when the pain is at it's worst. Also have frequent bladder problems. Could the tumor be pressing against some of my organs? I've tried to shrink it over the years with progesterone cream, Aveloz drops, and maybe fenugreek? Tea. Also clary sage essential oil. No luck. I get lots of exercise and take vitamins and mineral supplements. I would so like tot shrink it naturally if at all possible. What would you recommend?**

I would strongly suggest you stop your life today and start reversing this problem before it kills you. To allow a tumor of this kind or any kind develop over periods of years is only asking for trouble. I suggest you find a good chiropractor today and see him every 2 weeks for as long as this tumor exists. I suggest a very strong WEED & FEED program done daily for the next couple of years or until your body weight is perfect and your health perfect. The **Herbal Bolus** method applied properly along with learning and applying the sitz bath. No longer can you allow the diet to feed this dangerous constipation. Every effort must be made now if you expect to avoid operations and drugs for the rest of your life, is my opinion. I suggest all women read the **Dr. Mom book**; we have 108 of these books hand signed and dated by her when she lived for a month at our house. When she wrote the book she was working for the Christopher company and has since then liked our herbal formulas much better and was one of my teacher's years ago at the Christopher school.

These books retail for \$29.95 and a must read for all women of all ages, Dr. Mom explains the female methods of herbal treatment and we hand make most every herbal product listed in the book, even though she had to suggest the Christopher Company as the source, which also sold several times since the book was printed. I will sale them on a first come first serve basis. This book is a must when women find themselves in trouble and not knowing what to do or explain what is happening to them or why it has happened. We can make most any herbal formula found in such books.

## **WEIGHT**

**Question: What can be done for a young mother with 2 children who cannot lose weight?** Mentally you never call it weight "loss", because if your mind believes you lost it, it will make sure you find it back and usually extra. Think of it as "poison" that you want rid of! Accumulated weight is 100% a result of wrong diet and wrong habits. You will never buy a weight reducing product that works, because a product cannot change your diet and habits for you, if anything, such products are bad for your health, very bad for your adrenal glands and heart in my opinion. I suggest no one ever waste their money on any commercial made product that says it can help you loose weight. Such manufacturers and sales people are predators, nothing more. Not

supplying your history of diet, habits, drugs, dental, etc. does not allow for suggestions on what you need to change. This subject will be well covered through out the entire newsletters.

**Also is there any hope in repairing an umbilical hernia in a mother without having surgery?** Such problems plague those that have not taken care of their health and not ready to have healthy children and thus fall into the hands of the surgeons and drug doctors. I always suggest learning the lessons and not do such things again, luckily medical often can save the lives of those that have failed to care for themselves and normally the babies pay for the sins of their parents dating back up to 7 generations. The only hope is to break the chains and start a new generation of health, producing healthy babies that marry healthy spouses that make healthier babies until the past has been undone.

- Otherwise starting today with correct drink, correct diet, correct herbs will give this mother the greatest advantage to avoid surgery and future misery.

### **WRONG QUESTION**

**Question: I'd like to ask a question about Cell U Life, the capsules and also the capstone spray. Are those what they claim to be? Also how do you feel about Saba? Are they both good products or is none? (CellULife Ad included)**

My personal opinion is all commercial made products are cheap made, reproduced even cheaper and if it were not from their sales marketing methods, no one would buy them, but since they thrive on one time sales, you will forever get their glossy ads. It reminds me of moths going to the light, even if they know the light can kill them, but the fatal attraction exist for those that lack education. Education or Elimination is what nature is all about. What these manufacturers write in order to obtain your order often is laughable. I assure that all their products and our products are DEAD, they do not do miracles, all they can do is supply the human blood stream the proper plant minerals that the blood, liver bone marrow, etc. then converts into human nutrients that then supports better human health. ALL ads proclaiming their product will do this or that without educating their customers about parasites, stones, constipation, diet, habits are trying to say their "products" are the cure and that is never the fact, in fact, 90% of the humans buying these commercial products never consume more than a few capsules before they go on to another fancy ad's products and by the end of each year, they find themselves throwing away dozens of bottles that are out dated. The elderly are preyed upon by such predator like advertisers continuously sending flyers in their mailboxes trying to teach them that they "need" their products. PLEASE do not write in asking about the thousands of gimmick products sold.

### **Lighting the Darkness**

Below is the first person to be asked to be removed from the mailing list, if anyone finds the free newsletter offensive or distasteful, etc. please ask to be removed, because the postage alone is too much to be wasted. I had assumed plenty would not like info on diet or habits, I mean after all, who would? We have actually had letters thanking us for the newsletter and referring to it as a breath of fresh air. I know change of diet and habits come slow; the goal of this newsletter is to simply explain the whys and not say anyone has to do this or that or buy anything. It will explain why some people can't tolerate certain foods anymore in their life and why drugs, operations, vitamins and herbs can't help as long as diet and habits have not been understood and corrected. Each letter, each piece of paper is an opportunity for education and all education in this newsletter is just my opinions and nothing more. For many years, I have seen many get upset and have seen a few come back years later and say they did learn and were sorry for getting upset, etc. This is also why I never want to know a name of a person, it allows me to say what I want in a manner for all that reads my answers to know I am always suggesting in general and not to any one person. This person was clearly angry because the newsletters were starting to "point" at things they couldn't accept. I don't ask anyone to accept anything as God's Truth, because everything a man writes is subject to flaws. Such a letter does invite my comments, especially this one.

**I am writing to ask you to please not send me any more newsletters. We were very disappointed. If so many foods aren't fit to eat, why did God say he have them to man for food?**

God created all in perfection, supplying each creation with all the food and proper shelter required for perfect health; only man has chose to sin against God, no other creation has that ability. God created tree fruits for man's diet; this is proven by science, by medical, by anyone that ever lived outdoors. I must ask who this God is that they are referring to. The man that manipulated the world's history; created the dark age wars; that murdered over 70 million men in order to create his version of world history that lead to the eventual first printing of the common Bible was Constantine the great and most today believe this war still lingers 2,000 years later and has resulted in the murder of billions with the invention of jets and germ and chemical warfare world wide; as a one-world government seeks to eliminate every religion the pope does not approve of. It is Pope Constantine that has the world history credit for manipulating the Bible to allow Constantine's perversions. Some authors have written that they can find 3,000 errors in the Bible made by Constantine's efforts to change world history.

So when people quote Pope Constantine's manipulations as the world of God, I can truly understand how confusion is a way of life that leads to believing the Garden of Eden was a mistake and now humans can eat everything they can kill, makes zero sense! Why? Very simple, God did not "change" the human body to be a carnivore; we still have the same digestive and elimination organs that original man was created with. There was no evolution process that changed man from a tree fruit eater to a cow, pig, sheep, goat, snake, bird, fish, lobster, snail, rat, lion, tiger, monkey, insect, frog, etc., etc. eater! Each living creature on this planet is given all the proper foods it needs to live well on earth, from the God that created them, in perfection. We humans eat and drink what we do, by choice, not because a self proclaimed god such as the popes decided to change in order to create the world government that we know of today.

A very simple roll of pH paper proves to any human that desires to understand what foods are healthy and what foods create an acidic stomach or simply believe the Garden of Eden Bible Story that every child can understand and every mother knows to be true, because only the sweet fruits are what children do not resist and all the others foods must be cooked, sweetened or seasoned and forced at the dinner table to eat them until they are accepted as "normal" foods. The diet is not a subject for debate; each person can take their creation up with God. No one can argue what human food is, medical science proved it and it can be proved over and over, the facts will never change. This newsletter will simply prove that when ill, when our daily habits and diets have ended in illness that the fastest route back to health is to return to God's original design, the same as every "good" doctor for the past few hundred years has tried to teach people.

Also considering how every animal of today looks "different" than it did 100 years ago, due to man's manipulation of genes and breeding practices; along with companies such a Monsanto that have altered most every food product grown in America directly or indirectly that has results in the largest upset in soil / plant balance possible. Just the other day the government approved roundup ready sugar beets, is it any wonder so many children are sick today and children born after 1992 are not expected to live to see their 40<sup>th</sup> birthday.

**And urine and saliva PH are not the only thing to go by as accurate. If you say distilled water is the only fit water, your knowledge is limited indeed!**

God created rain by evaporation, leaving all rock minerals down on the surface and then raining down pure pH 7 rain water, the healthiest water known. Distilling water from the earth that is saturated with rock minerals, gases and chemicals from pollution; by building a fire and steam distilling it is exactly like Nature, the closest man can do, using a wood fire or electric heat to

make the water boil and leave the solids behind. This a child can understand. Rain water makes the drops grow, while well water only makes plants wet and if used too much, the minerals in the well water will stain and clog the pores of the plants and if used too much, will kill the plants.

**The Kangen Water Machine by Enagic produces water very safe and healthy to drink, plus the taste is not to be compared to distilled. It is not being humble to uphold oneself so highly and runs everything else down. So please take our name off of your list.**

Now the truth is really being exposed, this is merely the victim of another:

### **Multi-Level Marketing pyramid scheme!**

It is GREED that fuels false education and anger when such schemes and fraud are exposed! Such companies at this one and there are many multi-level scams going on in every community today, luring in people that are greedy; and by greedy, I mean willing to pass on any lie to make their sales. Everyone has seen these scam artist come and go with their worthless / gimmick products. You can always recognise them by their super high prices and how they want to come to your home and see if your greedy enough to resell their gimmicks and have learned that if they offer you 50% of the sale, that the greedy people will try to sell such products regardless how worthless they are. I hate to waste valuable space for such trash as this is, but it is an education that people need to understand, wake up and march back to all the scam artist and demand their hard earned money back, because as long as this fraud continues, there will be thousands of wronged people. These scam artist want the people they con, to go and con their family members, because family members done wrong, often will not say anything and this allows the con to continue. Below is a SMALL example of info available on this scam that has robbed thousands in the plain communities from what we have been told.

Below is public information:

Since Enagic's unit is presently the most expensive on the market, ALL other ionizers are less expensive than the SD-501. Keep in mind that Enagic pays out more than \$2100 in multi-level marketing commission for each ionizer sold, which is why the price is so high.

Don't Buy a Kangen Water Machine or any such ridiculous ioniser! No, we're not kidding!

Listen...If you were even **considering** buying an expensive Kangen Water Machine from an Enagic representative, just read this short warning first. Don't become another unsatisfied Enagic customer who reads this a few days too late...Now let's begin. The Kangen Water Machine is technically named the Enagic SD-501. There are a few new variants such as the SD-501U or "Super 501", but they're all under the Enagic company umbrella we're discussing today. In order to talk about these machines, we first need to go into detail about the company itself and their marketing tactics, which are almost universally known in the water ionizer industry as being the biggest ripoff out there..."Kangen Water" The Enagic Corporation owns the trademark for the term "Kangen Water" but it's really just a marketing phrase. Kangen Water is no different from Ionized Water, or Alkaline Water, whatever you'd like to call it. The Kangen Water Machine is a Water Ionizer, which converts regular water into alkaline water by removing some of the acidic components from your tap water, along with filtering out some pollutants.

**Multi-Level Marketing** Now on to the bad parts about the Enagic corporation. First, they are a multi-level marketing (MLM) company, which is very similar to a **pyramid scheme**. When you buy a machine from them, they see it as a business opportunity to get you involved in selling their machines yourself. If you sell one to your friend, you get a commission on it... and so does the person who sold you your machine, and so does the person who sold them their machine too... on and on for EIGHT (8) tiers!

- That means that more than half the price of the machine (which costs a whopping \$3980) is getting paid out as commission to all the people higher up the stream.

They have plenty of competitors, but they won't tell you that, because their whole marketing campaign is shrouded in secrecy and they use these tactics to convince you that their machine is the only one that provides results, etc. If you've been told that, then you should know that they're all blatant deceptions.

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My personal opinion is that water machines that manipulate water by separating the acid from the alkaline minerals are creating poisonous liquids. Too alkaline will poison the stomach and pancreas and too acid will poison the stomach and pancreas. It is that simple and real water is H<sub>2</sub>O, just plain pure rain water and nothing more. Below is a professional explanation of iodized water.

You won't find anything about the benefits of alkaline water in any standard textbook on nutritional biochemistry, and anyone with training in physiology or biochemistry would consider the claims in favor of it ludicrous, but the alkaline/ionized water quacksters and promoters have woven a nexus of scientific-sounding nonsense and outright lies in order to convince a gullible and scientifically-naïve public that drinking partially electrolyzed water (produced by their overpriced "machines") is the key to health. "Ionized water" is one of many products and panaceas that the wonky-water wellness industry flogs onto the large segment of the general public that lacks the scientific background to distinguish scientific fact from pseudoscientific hype when the two are closely intertwined. The purpose of this page is to critically examine some of the claims about "ionized" and alkaline waters from the standpoint of modern chemistry and physiology in order to provide you with the information you need to make your own informed decision before opening your wallets to the hucksters of these products and whose claims are totally lacking in scientific support. What most of these outfits actually sell are grossly overpriced electrical devices that purport to produce "ionized" and alkaline water by the process of electrolysis. Many of these "water ionizers" appear to have their origins in Japan and Korea, two countries whose populations seem to be particularly susceptible to being taken in by pseudoscientific water-treatment schemes. In North America, distribution of these dubious devices has depended largely on **multi-level marketing schemes** that enroll science-ignorant dealers to exploit even-more-vulnerable consumers while enabling the manufacturer to maintain a low profile to regulatory agencies such as the FTC

**The bottom line** - Here, in a nutshell, are a few basic facts that I believe anyone with a solid background in chemistry or physiology would concur with. "Ionized water" is nothing more than sales fiction; the term is meaningless to chemists. Pure water (that is, water containing no dissolved ions) is too un-conductive to undergo significant electrolysis by "water ionizer" devices. Pure water can never be alkaline or acidic, nor can it be made so by electrolysis. Alkaline water *must* contain metallic ions of some kind — most commonly, sodium, calcium or magnesium. The idea that one must consume alkaline water to neutralize the effects of acidic foods is ridiculous; we get rid of excess acid by exhaling carbon dioxide. If you do drink alkaline water, its alkalinity is quickly removed by the highly acidic **gastric fluid** in the stomach. Uptake of water occurs mainly in the intestine, not in the stomach. But when stomach contents enter the intestine, they are neutralized and made alkaline by the pancreatic secretions — so all the water you drink eventually becomes alkaline anyway.

"Ionized"/alkaline water is falsely claimed to be an anti-oxidant. It is actually an oxidizing agent, as can be seen by its ability to decolorize iodine.

**Electrolysis devices are generally worthless** for treating water for health enhancement, removal of common impurities, disinfection, and scale control. Claims that "ionized" waters are antioxidants are untrue; hypochlorites (present in most such waters) are in fact oxidizing agents. Many "water ionizer" devices depend on the addition of ordinary salt to make the water more



conductive. Electrolysis of a dilute sodium chloride solution liberates hydrogen gas and hydroxide ions at the cathode, producing an alkaline solution that consists essentially of sodium hydroxide NaOH which can be drawn off as "alkaline water". At the anode, chloride ions are oxidized to elemental chlorine. If some of this chlorine is allowed to combine with some of the hydroxide ions produced at the cathode, it disproportionates into hypochlorous acid HOCl, a weak acid and an oxidizing agent. Some ionizer devices allow the user to draw off this solution for use as a disinfecting agent. In many cases the two streams can be combined to form a mixture consisting of both HOCl and sodium hypochlorite (equivalent to diluted ordinary laundry bleach). So buying a "water ionizer" is a very expensive way of obtaining a solution that you could in principle make yourself by diluting some laundry bleach, and perhaps adjusting the pH by adding a weak acid such as lemon juice. But would you want to drink this "eau de Clorox"? Don't try this at home!

This brings up another subject, I have heard of people adding Clorox to their water and their animal water for health reasons, I personally agree with the late Dr. Hulda Clark, that Clorox in our foods and drinks is the number one reason for loss of health and cause of cancer. How people can ever get so misled that they start drinking poison and poisoning their animals, I can not imagine. It pains me to waste so much valuable space on such trash, but it pains me even more to see hard working people spending millions of dollars on all the trash gimmicks that slick sales adds brings to the mailbox every day. Not to mention all the children that are sickly and people living in pain, believing they don't have enough money to have the latest operations and drugs that surely would save them. This newsletter does not teach new education, but "de-education" People in general want to believe other people, but when it comes to selling junk, the junk salesman will say what he needs to make his sells.

Sad to say this, but "I" was capable of the above letter sent to us approx. 20 years ago, back when I was a sucker for every book I purchased that promised better health. I was too willing to trust other people. I was clueless how evil some of these authors really can be and how evil so many of these mass marketers really can be, when they want to make money from the people that is ill. It is sad that the innocent people have to "harden" themselves to beware those that have something to sell. It is my personal belief that there are more predators in the health field than any other business on earth. Corporations of today actually have life insurance on their present and past employees and depend each year on 3% dying and they collect all the money, the employee never knew there was such a life insurance policy.

A documentary on this great crime stated that Wal-Mart has 38,000 life insurance policies on their employees that are kept until the person dies as a way to make more wealth for the company. Documentation was shown where upper management of major companies complained that more employees need to die so the company can stay in business! U.S.A. Today newspaper showed back in the 1970's how medical was preparing for every child in America to have diabetes and should have an insulin pump installed in their side. Now 30 years later American children are plagued with diabetes. I watch my skies being sprayed daily, weather being manipulated, jobs being sent over seas to Chinese slave factories that imprison teenage girls to do all the work. Those that will open their eyes to their environment around them are more prepared to handle daily life and not get scammed into buying every false promise that finds its way to their door. Nature never lies, return to Nature is a God given grace available to all that seek.

**Let me make it REAL CLEAR**, my opinion is that all water ionizers are creating very toxic water and doing damage to your mouth, your stomach and your entire health if you use one. I suggest everyone selling them is a scam artist and if you purchased one of these machines by any make or model, that you should return it asking for a complete refund, otherwise these scams just continue.