

**BABY** / ear aches

Question: **Can you please give us an explanation on a baby's earache?**

Very simple, wrong diet and or poor / toxic milk that has filled babies blood stream with waste that is then expelled out the lungs as mucus and ears as wax. Mother's milk is no more pure as her blood stream is and all nursing mothers expels her daily waste out her milk, so no baby can be healthier than mother's health.

**What can we do to cure it? Is it a lack of nutrition? Can something be done to prevent it?**

The cure is a proper pregnancy that develops a healthy baby, resistant to all disease. The mother-to-be prepares her womb before she becomes pregnant. This is a huge subject that will be covered in the newsletters soon. Every choice mother makes during the entire pregnancy and while nursing creates or breaks her baby's health.

**We have a 3 wk old baby which has earache every day. Our oldest child had constant earaches from 3 months on till she was approx. 1 yr old. Also, my friend has a baby with weak lungs. Most of the time he breathes with a rattle. What do you recommend?**

You avoided all the important information, such as, how old is the mother, how many children has she had. What was her health before pregnancy, during pregnancy and what did she consume for a diet during these times, what herbs did she consume, what drugs, what vitamins, what type water is she drinking, what type of plant Iodine is she taking, has she been vaccinated, did she vaccinate her children, what heat source in the house; coal, wood, kerosene, diesel, oil, gas, etc.

- It comes down to how toxic is the mother, the diet and the house. Address these 3 problems and baby's health will improve with the efforts the parents put forth.

Children's health is no different than adults, it all depends on how poisoned they are and how deficient their diet. Adults have more accumulations and less immune system, so babies recover quicker when allowed to. Government is going to demand all mothers take their sick children to government created hospitals, because government believes all children are "theirs" and anyone that believes otherwise has not seen government remove children from homes yet. For our children we made **Baby Calm, Happy Baby, Olive Leaf / Echinacea, Maximum Restore, Diluted Oregano Oil** and **Air Restore**, but soon after the birth of our first child we learned that it is the mothers health that determines the babies health, so by the time of our second pregnancy mother was consuming **Women's Wellness** 21 capsules daily the entire pregnancy and while nursing, **Plant Fats, Red Raspberry Tea** and seeing the chiropractor properly and followed Dr. John R. Christopher's pregnancy herbs the last 6 weeks.

The second pregnancy was trouble free and the third pregnancy basically the only job the doctor had was to catch the baby as he came out. The dental health of each child is a reflection of mother's health while she was pregnant. Actually, each child can be seen as the result of his mother's health. "IF" we had been taught how to have a healthy pregnancy before hand, our children would have received the benefits, but we had to teach ourselves along with the guidance of David Christopher, the son of the late Dr. John R. Christopher that was a great teacher of proper pregnancy and midwifery. With out the Christopher books and help with our first pregnancy, we could have never developed **Women's Wellness** capsules or understood how to properly use the **Hormone Balance** capsules for pregnancy problems and the proper use of a hormone formula before and during a pregnancy.

David Christopher had a student become a salesperson for the Christopher company and made a book and called it; Dr. Mom. While Dr. Mom herself is no doctor, doesn't make herbs and was never anything more than a sales gimmick for the company, the book itself is a great book for the mother-to-be. Naturally the book teaches to buy the Christopher company herbs, which has changed hands many times since the writing of the book and the herb quality so bad in my opinion that we quit buying Christopher herbs 14 years ago and decided we had to make our own if we were to have results like Dr. John R. Christopher teaches in his old books that I learned from and wanted to take the Christopher Master Herbalist Courses.

So every formula in the Christopher / Dr. Mom books I make or can make properly and not as a commercial product. Dr. Mom actually lived at our property for 1 month and was paid by Fountain of Life to write a woman's health book, little did we know that she never made herbs, never wrote the Dr. Mom book and she stole Fountain of Life's money and our money as we did not know we were being "scammed". Regardless, the Dr. Mom book is actually a David Christopher book on women's health. We purchased 100 of the **Dr. Mom books** before we knew her problems and had her sign and date each book. I highly recommend these Christopher authored books as general reading material for a healthy pregnancy.

The book covers many subjects on pregnancy and home birth. It is sad how a famous man's children can do so much harm to the legacy once the father has passed on. Dr. John Christopher was 100% against all meat consumption and insists on making your own distilled water. Once dead, his children wanted to turn his herbal business into a pizza parlor, but David Christopher kept the store running, but sales meat, eggs and reverse osmosis water, 3 of the top things his dad teaches was bad for health. This is why I suggest we learn from the old books and not from "people" selling old books or products. It is my opinion, "No Child" should be sick; sickness is a lack of education on diet, parasites, and toxicity.

### **BLOOD PRESSURE / high**

**Question: I've been battling high blood pressure for years. Have been on meds but am not at present. As is doesn't seem to help and am afraid of side effects. Have tried so many things. Any suggestions? Age 64-Female.**

Garlic daily for life, one fresh pineapple weekly for life is the 2 things anyone can do with the greatest benefits for the heart. The foundational problem usually starts with the clogged kidneys, for as long as the kidneys are clogged, the heart will be told by your brain to create more pressure. Your lungs are the bellows that pushes the blood, while your heart is the regulator of pressure. **Heart Drops** 1 dropper as many times daily as needed. Any of the **Herbal Sprays** will help, but **Heart Drop Herbal Spray** taken by mouth and spraying of the chest daily would be more specific an herbal spray. **Kidney / Pancreas Tincture** 1 teaspoon daily for as long as you have any problems, see your chiropractor for this and the **All "N" One** kit with the above mentioned herbs would be ideal. Proper De-worming and proper plant minerals always helps every situation and is the reason for the making the **ALL "N" One** kits. Diet and clean water are most important. You are correct, no drug can cure these problems, and drugs only treat the symptoms with a toxic substance, which never made any sense to me.

### **BONES / calcium**

**Question: What can we take for the following: - poor calcium assimilation; teeth sensitivities, cavities, bone aches, help to heal teeth, arthritis. – poor circulation; cold hands/feet, erectile dysfunction, hard of hearing. – tired a lot but work anyways. – poor sleep patterns (awake when should be sleeping and sleepy when should be awake).**

Poor bone health is to be expected when the stomach is forced to make acids, which then drains the blood of calcium, which then effects the heart. Hopefully by now you are seeing how diet and stomach health explains every symptom you have mentioned here. Circulation is KING and only proper blood supply can supply you great health. Too much acid makes life miserable.

The irritated nerves will irritate your muscles, never allowing them to “rest” and thus destroy your muscles while you try to sleep and eventually end in a too thin exhausted body. Since you failed to supply age, weight and etc; I have zero idea how long this problem has existed or the foundational causes that were created as a result of bad diet, bad habits, drugs, supplements, etc. Hard of hearing would suggest you have some age and hopefully by now, you have caught on that I believe we must have 900 X too much calcium in our body before we can die from the loss of circulation.

This calcium forms on the outside of your bones and results in muscles can never rest and starts accelerating the deterioration of every muscle which is very common today with people by age 50. Your symptoms all point at advanced food disease and a lifetime of hard water. Advanced calcium problems almost always is a result of a lifetime of dairy products. Sweet milk harms the entire human body and the number one cause of old age, heart disease, loss of bones, loss of eye sight and skin health. Ideally the symptoms are reverses by correction of diet and habits, but since most people past age 50 refuse to change their diet or habits, it makes herbal use popular and makes for monthly trips to the chiropractor.

For all the symptoms above, I would suggest if the person could handle a little spice in their life, 1 gallon every month for the rest of their life of **Longevity Spices Adult** formula, with 8 **Lower Bowel Balance** capsules daily. Along with spraying the entire body morning and night with **Herbal Spray III**, which is also spicy herbs. This does not correct your diet, but it does create a new habit and thins your blood as it feeds it with plant minerals. Naturally all the herbal formulas would be a great help, but the above is the strongest with the least amount of products and very simple; if it is not working, you’re not taking enough.

Consume a gallon monthly along with the **Lower Bowel Capsules** and your body will be fired up with lots of blood circulation and plant minerals for building blocks. I would see a good chiropractor monthly for the rest of your life. Since your nerves are shot, I would also take an ounce of plant fats of your choice every day for the rest of your life and take 4 **Sleep Eze** capsules 15 minutes prior to bedtime and 2-4 every time you wake up through out the night until your body learns how to rest. “IF” you do not rest your nerves, your nerves will destroy your body in my opinion.

### **Do you know about PXP Products? How do you rate them? (info included)**

I learned to stop wasting time with commercial made products and worthless modern day health books that promote such worthless products; I also learned to not waste time reading and researching these products. If you have used them, then “you” know if they work.

### **ENDOMETRIOSIS**

Question: **I am a 31 yr old girl that had health problems since 15 and I have endometriosis so would love to know what others do for different health problems for I don’t like to use drugs. So I always watch for healthier ways to get well.**

Normally this problem starts with the use of a tampon, which is not healthy and known to cause endometriosis. Other problems could be worms that like to live in that area of the body or the premature “thickening” of the tissues such as cause fibromyalgia. Keeping in mind that many girls and boys today are coming down with old age symptoms by age 21, symptoms can be almost anything. The first step is a great chiropractor that becomes your lifelong personal doctor that sees you; helps you and can guide you through pregnancy and just about every health problem there ever could be and he knows you and can ask you, while I don’t know you, can’t ask you. Iodine is always an issue with women and the reproductive organs, I suggest **Iodine Minerals, Women’s Wellness** and if need be the **Herbal Bolus** method to feed malnourished organs and draw out toxic accumulations, making the malfunctioning area clean and healthy.

The herbal bolus is made by taking the herbal powder (Herbal Bolus Formula) and mixing it with coconut oil (butter). Melt the coconut butter so that it will mix well with the herb powder. Mix a small quantity of this formula with coconut butter until the consistency of pie dough is achieved. Next, roll this mass with your hands until you have a pencil-like bolus approximately the size of the middle finger, cut in inch-long lengths. Harden the bolus in a refrigerator for a few hours. These are to be inserted into the vagina much the same as a suppository would be. It may be necessary to wear a sanitary napkin so as not to soil clothing when the bolus is melted. Insert upon retiring and leave in all night, six nights a week.

The coconut butter melts at body temperature, leaving only the herbs, which are absorbed by the body. On the seventh morning use the Herbal Douche Formula as a douche to wash out any remaining material. The **Herbal Bolus formula** helps to heal the vagina/uterus with its rich herbal minerals and aid in the rebuilding. This is normally done by older women, but works for any age where there is a problem. I also would suggest **Hormone Balance** capsules, 2-4 daily for life. If natural iodine is lacking in your life then so is your hormones. If natural **Plant Fats** were lacking, so is your hormones in my opinion. I have no clue if you have had children, etc. so I can't make guesses beyond these general ones.

### **EYES / lazy eye**

Question: **We have a 2 yr old daughter who we started noticing some months ago that her eyes do not lineup with each other when focusing. It seems that one eye or both turn either inward or outward. The ophthalmologist cannot see her till late Feb or later. The thing they'd possible do is put drops (drugs!?) in her eyes to relax the muscle (to check dilation). This could require surgery, glasses, etc. some conditions can get worse if too much time goes by. If at all possible I'd much rather do something natural for her that works, rather than do surgery, etc. can you help us? is this a liver issue?**

What is Amblyopia (Lazy Eye)? Amblyopia, commonly known as lazy eye, is the eye condition noted by reduced vision not correctable by glasses or contact lenses and is not due to any eye disease. The brain, for some reason, does not fully acknowledge the images seen by the amblyopic eye. This almost always affects only one eye but may manifest with reduction of vision in both eyes. It is estimated that three percent of children under six have some form of amblyopia. Causes of Lazy Eye Anything that interferes with clear vision in either eye during the critical period (birth to 6 years of age) can cause amblyopia.

The most common causes of amblyopia are constant strabismus (constant turn of one eye), anisometropia (different vision/prescriptions in each eye), and/or blockage of an eye due to cataract, trauma, lid droop, etc. Amblyopia is a neurologically active process. In other words, the loss of vision takes place in the brain. If one eye sees clearly and the other sees a blur, the brain can inhibit (block, ignore, suppress) the eye with the blur. The brain can also suppress one eye to avoid double vision. The inhibition process (suppression) can result in a permanent decrease in the vision in the blurry eye that can not be corrected with glasses, lenses, or lasik surgery. Detection and Diagnosis of Lazy Eye An eye exam by a pediatrician or the 20/20 eye chart screening is not adequate for the detection of amblyopia (and other visual conditions). The most important diagnostic tools are the special visual acuity tests other than the 20/20 letter charts currently used by schools, pediatricians and eye doctors.

Examination with cycloplegic drops can be necessary to detect this condition in the young. Since amblyopia usually occurs in one eye only, many parents and children are unaware of the condition. Many children go undiagnosed until they have their eyes examined at the eye doctor's office at a later age. Comprehensive vision evaluations are highly recommended for infants and pre-school children. Treatment of Amblyopia (Lazy Eye) Treatment involves glasses, drops, vision therapy and/or patching. Recent medical research has proven that amblyopia is

successfully treated up to the age of 17. Treatment of amblyopia after the age of 17 is not dependent upon age but requires more effort including vision therapy. Although improvements are possible at any age with proper treatment, early detection and treatment still offer the best outcome. Lazy Eye (Amblyopia) and Crossed Eyes (Strabismus) are not the same condition. Many people make the mistake of saying that a person who has a crossed or turned eye has a "lazy eye," but amblyopia and strabismus are not the same condition.

Some of the confusion may be due to the fact that an eye turn can cause lazy eye. In other words, amblyopia can result from a constant unilateral strabismus (i.e., an eye that turns or deviates all of the time). *Alternating or intermittent strabismus (an eye turn which occurs only some of the time) rarely causes amblyopia.* While a deviating eye (strabismus) can be easily spotted by the layman, amblyopia without strabismus or associated with a small deviation usually can be not noticed by either you or your pediatrician. Only an eye doctor comfortable in examining young children and infants can detect this type of amblyopia. This is why early infant and pre-school eye examinations are so necessary.

The above is common explanation and I suggest a good chiropractor can do wonders for this issue in all ages from birth up, if not, then you need to find a better chiropractor experienced in skull plates, if you lived close to central Ohio, I strongly suggest you give a **good chiropractor** and tell him every detail and ask if he has success with this. He can give you honest advice about chiropractic and has a lifetime of treatment of people of all ages. I would suggest natural childbirth does a lot of pressure on the skull plates and this is why I so strongly suggest every mother take her new born baby to a good chiropractor at 3 days old or soon as possible. I will bet an adjustment in the upper pallet in the mouth or skull plates will greatly help this problem when done by a skilled and confident chiropractor that loves to help children.

You have zero to loose by seeking a good chiropractor and supplying baby and child with the best plant minerals, such as in **Baby Calm** and I would also use **Herbal Eye Spray** regularly or at least **Herbal Spray I** on the face daily. I would listen to Dr. Schneider and take his advice on waiting or if he believes professional eye care is needed. If professional eye care is needed, I would insist on exercises, patch method, etc. and not allow surgery of any kind unless several different eye doctors said it had to be done. I would do this now, work with a good chiropractor, use good herbs, start reading eye books, such as the Dr. Bate eye book from a very long time ago that didn't believe in the use of eye glasses or surgeries. In every health situation, we must seek answers, natural answers when at all possible; you would not believe all the problems that can be avoided by a good chiropractor. I know a good one is hard to find, but find we must; even if we have to travel.

## **HAIR**

Question: **How to stop hair loss?!**

Knowing your age, etc. would help with this question, otherwise a general question receives a general answer. Commonly a bacterium in the scalp or fat in the scalp or combination of both, otherwise it can be heavy metals being expelled into the hair that clogs and kills the hair. If it happens around age 30, it can be hormonal; if it happens while having children, it is a sign the mother was giving her health to make the baby, because she was lacking enough essential plant minerals. Every herb that helps with human health will help and the specific product I make is **Topknot Herbal Hair Spray**, which is an adult scalp spray that is very anti-bacteria and stimulates blood circulation as it supplies plant minerals. Use it at least 2 years, often results in hair color similar to childhood and new hair. The side effects are some people go through a side effect of reddish hair for the first year and then gradually to their childhood hair color, but since everyone is different stage of health, results will vary with each person. I personally have better eye sight after using **Topknot Herbal Hair Spray** for 2 years, which also would to be expected from any of the **Herbal Sprays** used daily for 2 years.

## **HEART / congestive heart failure**

**Question: Right now I am suffering from edema cause from my heart condition (congestive heart) (all these problems stem from life long severe low thyroid). My heart is terribly enlarged and I also have high blood pressure. What is a natural cure for high blood pressure and extreme low thyroid function? How can I treat these conditions? The edema makes me very uncomfortable. How do you use the thyroid sprays? Also my carotid arteries in my neck are partially plugged. I am 64-Female.**

All the symptoms you have listed are diet created and by diet corrected. Enlarged heart shows long term kidney failure in my opinion. Knowing you have long term thyroid problems, heart problems, clogged, etc. all suggest you have probably been taking medical drugs, etc. since I have no clues. There is not doubt you're in serious condition and late stage heart failure and if you don't stop what you have been doing, your diet and habits are going to end your life. Not knowing your diet, habits, weight, how many children, drug use, vitamin use, etc., etc. makes it hard to suggest what things you need to change fast. I can say see a good chiropractor every week and do as he says. I assume you're seeing medical doctors that specialize in terminal diseases, but this newsletter only deal with herbs, diets and habits.

The question always remains, is the person "willing" to STOP dying and start "Living"? It is sad that so many ends up this way and have no real clinic to go to or place for education to avoid these self-created problems. It is the goal of this newsletter that every reader understands what the foundational causes of the ill health is and it is their choice to change or accept their fate. If you have read these newsletters then you already have an idea that I am going to suggest you need to stop and start over new from scratch. You have extreme constipation and lack of circulation. You must seek to have perfect weight, perfect diet, perfect drinks and best of herbs with a great chiropractor. In my experience, very few past age 50 will change, they refuse to pull the dead teeth, refuse to give up the coffee or clean up their water supply and never want to stop the bad foods that cause extreme heart failure, such as all dairy and meats.

I have read from back in the 1940's, a top M.D. from a top medical college, wrote that an aspirin a day will destroy the heart, yet his colleagues were starting the aspirin a day scam way back then; same as the dairy association was formed to teach Americans to consume dairy, even though medical knew it would cause heart failure, eye failure, organ failure and premature death, all of which feeds the medical association. How many eggs does a person need to consume in a lifetime to create heart failure? Worms eat at the valves of the heart, otherwise the heart is the strongest organ we have, those with congestive over sized heart, have complete body failure and to save their life, they must stop and start from scratch and the ones I have seen, are too tired and feel it is too much to do and perhaps that is the reason in the first place, because we must seek answers when sick and never allow such destruction to happen and this is why I try to teach the children to "learn" from their parents and grandparents.

I suggest everything or at the very least, a gallon of **Herbal Spray III** and spray, spray, spray your body. I suggest 1 gallon of **Longevity Spices Adult** per month with **8 Lower Bowel Capsules** taken daily for life. That is 12 gallons of **Longevity Spices Adult** per year, which is cheaper than 1 trip to your local hospital for an hour of test. **Kidney / Pancreas** and **Heart Drops** even better added to the above in large quantity daily. You must be more aggressive if your treatment than your disease is or you will succumb to a lifetime of diet and habits like we all will eventually. You need rest and live daily to save your life. Those around you, must take care of your needs because your work is done, you now need to take care of yourself. Your children now need to provide for you!

## HERBS

Question: **Is there any harm in using peppermint essential oil by mouth, in unlimited amounts every day? If so, what?**

All essential oils are suggested to be too powerful to take undiluted and most companies make the consumer agree that all essential oils never be consumed internally as the agreement to their sales. A few authors over the years have suggested internal use of essential oils that has enabled people to try them. Your question of “unlimited” amounts makes no sense, for the simple fact “real” essential oils direct in the mouth will “burn” very badly. What happens is people are sold herbal oils that are not pure essential oils; these diluted oils can be taken more than 1 drop at a time. The side effects are what you will discover for your particular product you’re self-experimenting with.

**I make my own tea mixtures, which includes red raspberry, alfalfa, chamomile, ginkgo, nettle, oatstraw, and peppermint. If I drink 4-6 cups of these tea blends a day, will this supply me with enough of calcium for a women of 40 years and up? Without taking an additional supplement?**

Again, you’re asking an impossible question, only you will know as you do this. If your method works for you, then you have taken enough. I personally believe as Dr. John R. Christopher did, that comfrey is the king of the calcium herbs and no calcium formula would be without it.

## HERBS

Question: **We have lots of stinging nettle on our farm and a friend wanted roots to grow her own. Such an obnoxious weed!** What woods or shaded area doesn’t have stinging nettles, it one of the most common of herbs available almost everywhere.

**Is it actually good for you?**

Nettles are an herb that the entire plant can be used for not only health, but to make paper and even clothes. Often used for hair formulas, prostrate formulas, etc.

**Is there a good way to find out if the thyroid is making problems, causing tiredness, etc. without taking blood tests?**

Since 1992 with the introduction of titanium dioxides in our air and foods as a method to slow HIV, thyroid disease was expected to kill everyone born after 1992 by their 40<sup>th</sup> birthday; so hopefully as a result of this newsletter, every human alive will start taking their thyroid health more serious. In my opinion, every test is a test designed to support medical drug use and all medical is not a subject for this newsletter, I suggest asking your chiropractor for advice to seek the best alternative M.D. in your area for the best medical testing and advice. My opinion is, just treat your body as a whole and it will take care of you. With the thyroid, mercury, titanium dioxides / edta are 2 common enemies as is every toxin in the blood stream. Radiation harms all cells as does all poisons, so it only makes sense to take care of our thyroid.

**Which herb could be used to strengthen the thyroid?**

You’re always going to see iodine when it comes to thyroid health. I would say that I am the only person on earth that makes a tree extracted natural iodine mineral extract that the body thrives upon and I suggest all man made iodine’s are toxic. **Tree Iodine Tincture, Tree Iodine Minerals and Herbal Thyroid Spray** are the 3 specific formulas I make for thyroid health. The **Herbal Thyroid Spray** also comes in adult strength, as does all **Herbal Sprays** can be made, which means they have extra spices to stimulate more blood circulation. I also suggest you massage the thyroid in an upward motion daily and see your chiropractor and discuss your thyroid health.

### **Which herbs help to make more milk or better quality milk for baby?**

I make Dr. Christopher's old favorite formula using Blessed Thistle with Red Raspberry Syrup in a rich tree and plant mineral formula with a little Oregano and Olive Leaf for anti-parasite aid. It is simply called **Milk Aid** and mostly is used by Amish, Mennonite and Plain (women) mothers, as modern day English mothers rarely trust herbs for their pregnancies and babies health. Keep in mind, mother's milk is made from mother's blood. While in the womb baby lives on direct red blood cells from the mother, while outside the womb baby lives on mothers blood minus the red blood cells, which means mother needs to be drinking plenty of pure distilled water and or pure whole fruit juices and stay hydrated. The number one mistake mothers can make while pregnant or nursing is to consume any dairy product, including butter and any source of milk or fermented milk, because this animal milk does great harm to the developing baby and nursing baby, resulting in mucus, sickness and virtually any disease you can come up with by age 2. Every mother that consumed a dairy product is asking to have a sickly baby always hungry, even though mother feeds him so much milk he spits-up and is till crying from hunger, because her milk is not nourishing enough, so she also stays up ½ the night feeding baby or stuffing bad rice cereal down his belly to shut him up. A mother with good health and good diet will have peaceful sleep every night along with baby.

### **Is it true that nursing mother should stay away from parsley and peppermint? To what extent?**

Parsley is a diuretic that makes you pee, so that would not be wise for baby.

Peppermint is very stimulating and would cause sleep problems, so that would not be good for baby.

In my opinion normal use of these 2 herbs would be no problem and any mother seeing a problem of any kind with their baby, would always change her diet to avoid foods that affect her milk and baby's health.

### **Is there an herb that would be helpful in preventing or treating yeast infections?**

A yeast infection is a end result of wrong diet, that lead to an ill stomach, ill colon, clogged liver, clogged kidneys, toxic blood, clogged lymph glands an final stage would be symptoms called "yeast". The first herbal formula would be the **Lower Bowel Balance** capsules, which most women come to refer to as "better than gold"; simply because it allows them to expel their last dinner before it ferments in their colon and over feeds the yeast. The wise person will always change to an alkaline diet and clean water supply along with restoration of their colon health.

### **HERNIA / haital (answered previously)**

**Question: I have digestion problems and also a haital hernia, I believe. When I eat I feel so full so soon and the food seems to be stuck in the esophagus giving me a choking feeling. I almost have to drink water to wash it down. What could I do to fix this problem? Please help! I've had this problem since I was a teenage.**

See a great chiropractor immediately and explain this to him, often a muscle is being pulled by an out of place rib or vertebra. Are you extremely thin in the neck? Regardless, would see a good chiropractor and start today by chewing your food very well before swallowing. I know people that have had operations on their neck for this problem and after the surgery, they must chew their food extremely well for the rest of their lives and I tell them, "IF" you had only done this in the first place, you could have avoided the terrible surgery. Never swallow your food until you have chewed it to a liquid, this naturally means no meat eating ever!

**Also what could I do for my 4 yr old girl to get her to stop bed wetting. She wasn't a bed wetter since she is out of diapers, till just this fall when it got cooler she started doing it. Not quit every night. She drinks very little water after supper. She also started wetting herself through the daytime. Could it be a weak bladder?**



At age 4 I would hate to think any child had a weak bladder, I know teenage girls and their mothers learn to become “camels” and hold it, but at age 4, more likely it is do to what she is drinking. Return her to Nature, which means she eats raw or cooked fruits and fruit juices to drink and or pure distilled clean rock free water and I bet your problems will be gone and your little girl be much happier and grow up much happier. Otherwise as stated earlier, I am going to make the old fashioned bed wetting formula and just call it **Bedtime** for those that want a little herbal help for the kidneys and bladder.

**INCONTINENCE** / answered previously

Question: **Is there not something out there for bed wetters. Teenagers that wake up wet. Many people have tried many different things. Some help for a few weeks then it comes right back worse than ever.**

As explained previously, stop all drinks after 6 pm, stop acid forming diet and remove the rock from the water and rock accumulated in the Kidneys. Once the body is in an alkaline state the fluids will be less acidic, less irritating and if need be, set an alarm so they get up at 3 am each morning and go to the bathroom. At 3 am we are at our most acidic condition and most likely to be sick, wake up or wet the bed. Since there are so many questions about bed wetting, I will make the old original bed wetting herbal formula and call it **Bedtime**. I will enclose simple instructions along with the herbal aid for the kidneys, bladder, nerves, etc. that should end this embarrassing problem for children and teens and will work for adults as well. You can be the first to give it a try!

**KIDNEYS**

Question: **I so badly need something for kidneys. I have swollen ankles and have had it for 40 plus years.** Please read about kidney in the newsletters and questions answers and hopefully you can understand that it all started with the water supply and every rock source in your diet and if you don't correct the circulation, your body can only tolerate so much. It is my opinion we all should live well past 120 years old and we all only die because of the rock we drank and ate during our lifetime. I suggest **Kidney / Pancreas Tincture** 1 teaspoon morning and night for 1 bottle and then 1 teaspoon every day until your problem is gone and by all means, seek to clean up the water and diet and see your chiropractor monthly for this. I also strongly suggest **Herbal Spray III** on your legs morning and night for the rest of your life. The **ALL “N” One** Kit done properly even better, because your past age 40, take 2-4 of the **Hormone Balance** capsules daily for life.

**PREGNANCY**

Question: **I am 31 yrs old. Mother of 5 children and pregnant and expecting in May. I am wondering what you recommend me to take for my general health and the baby. I take a multi vitamin daily but according to your writings they are of no value!**

No, they are harmful, which is worse than of no value! In general they are waste products, fillers and rock.

**I have bother with varicose veins and usually after each baby I loose a lot of hair.**

The varicose veins means waste solids in your arteries could not pass through your venous valves and clogged them, your veins then re-grow around the clogged valves leaving a large repair that has no circulation in it and if you see them externally, I have read they can also be internally as well. This is a true sign of loss of circulation, loss of health. Loss of hair shows you are mineral deficient, lacking proper plant minerals and you must give of your own health to save your baby's life. This also means your poor health makes for very poor milk, which continues to drain your health away with each baby.

**I have red raspberry.**

Great, drink 1 quart of red raspberry tea daily through out the entire pregnancy and while nursing.

### **Would you probably recommend: Women's Wellness**

Yes, 21 capsules daily or approx. 2 teaspoon morning, noon and night during the entire pregnancy and while nursing.

### **Topknot**

Topknot would probably be ok, since the dose is small and on your scalp, but to always be safe, I would wait till after the baby is born.

### **Baby Calm (for baby)**

Yes and most likely at a very early age, if baby is not satisfied with your milk, then a dropper of **Baby Calm** before every feeding would do wonders. Give the dropper and then immediately breast feed, this also will make baby so use to herbs that they will not refuse to take herbs through out their lifetime. We used it by the 5 gallon bucket, while Jody that works for us; lead a more busy life and between her and her husband, they fed their boy 10 gallons of **Baby Calm** and he is one healthy boy!

### **Also is there a de-wormer I can take during pregnancy.**

Normally no, but since some herbs that are known to be safe during pregnancy are very good de-wormers, I can suggest **Olive Leaf** and **Oregano Oil**. The **Women's Wellness** has **Olive Leaf** and most of the herbs have anti-parasite qualities. Taking the **Women's Wellness** along with a few drops of **Oregano Oil** daily would be more than enough de-wormer during pregnancy and should make your pregnancy much easier, especially for those that do this starting day 1 of the pregnancy or as a pre pregnancy treatment. Only after you're done nursing, would I suggest the stronger and more adult type powerful de-wormer herbs known for treatment of Lymes, syphilis, worms, etc.

### **Now for our 7 yr old son, he's had ear trouble off and on since age 3 we've had tubes put in his ears twice and this winter he's been having trouble again with earaches and draining out of the ear. We don't want to put tubes in again and am wondering if your products would help?**

Ear tubes always puts a hole in the ear drum and more often than not, falls inside the ear, so you can imagine I am very anti –ear tubes and have seen **Ear Candles** work perfect for everyone wanting to avoid that horrible surgery. Did you watch this surgery? They basically clamp the head down and such an unnecessary procedure in my opinion. At age 7, with that background, I would suggest 2-3 **Ear Candles** per ear, done at the same setting. I strongly suggest every mother use ½ ear candle on their 1 year old and 1 ear candle per ear on their 2 year olds as a method of prevention of ear problems and ALWAYS take your baby to the chiropractor at the first sign of ear troubles and after birth for prevention. All chiropractors should be very anti-ear tubes. I would also use **Herbal Ear Ache Spray** and **Garlic oil** in both ears directly after the **Ear Candles** and nightly at bedtime as prevention by spraying direct on the ear and a little in the ears.

### **Also you probably recommend getting off of dairy products?**

No human can digest dairy properly and medical suggest only the oldest European white races that have done it for hundreds of years, have adapted to dairy, but still create mucus from its consumption and every child will suffer from it in my opinion, even though they will become very addicted to the sweet rich flavor and grow up too fast and eventually grow fat on it. A child with no dairy will be normal height, a child raised on dairy will be 4 inches taller and adult looking much more prematurely and stronger! This may sound great, because my dad started milking when I was in 3<sup>rd</sup> grade and I grew taller than my older brothers, but medically, the children that grow up too quickly and too big and tall, also have over worked their body and it will wear out prematurely compared to a child that grows up normal and adult by age 22. If you're looking for strength and no brains, a diet high in dairy will make the "mule" type child, while the proper diet

and proper growth period will produce a lean, strong, healthy and long living life. We have a boy down the road 10 miles from us that drink 2 gallons of milk every day at age 19. He was the strongest kid in school and he can about break your hand with a hand shake, yet he is already experiencing terrible kidney and bone health. Regardless what the goals, any child that has mucus will have better health when dairy is removed, or at least milk. As bad as it sounds and as much as the dairy farmers will hate it, it is a fact, the dairy cow is having a daily “period”, by period; I mean she is expelling her waste out of her blood stream into her milk. Only by man’s manipulation, do these cows have large utters that produce way too much milk for way too long. In fact, every dairy cow is a sick cow and if allowed to return to Nature, her utter restore to normal size, her body would would slender down and she would live well for 15 years having a calf for every year.

**I wonder what you call constipated, like 2 BM a day, or having to sit on the toilet to long?**

Constipation is all cells of the human body that do not have proper circulation. Colon constipation is a too solid bowel movement, a too narrow bowel movement and in general we should clean out 100% upon awakening each morning, having 1-2 total bowel movements. Often having one and then a few minutes later expelling the rest so the colon is 100% emptied. Or, while eating, the urge to have a bowel movement before the meal is finished, this is what many children do, until they are scolded and learn to hold it. The bowel movement should be soft, never narrow and very easy. If you have to set and wait, then yep, ya got a problem! The great medical doctors of years ago condemned the invention of toilet paper, claiming it allowed the sick people to not correct their bad eating habits and just wipe their mess up. The correct diet provides a bowel movement encased in a light mucus tube that comes out with no mess, nothing to clean off; while all sickly people or constipated people, need their toilet paper. So yes, most humans today, have colon problems and I have heard way too many stories in the Amish, Mennonite and Plain communities over the years of colon operations to remove sections that have rotted. The **Lower Bowel Balance** capsules eliminates these colon issues and has been the number one produced herbal capsule formula on earth for better than 100 years and was invented by a well known German “fasting” expert. All sickness starts with a troubled colon that is struggling with the wrong food eaten.

**PREGANCY / nursing**

Question: **Is your Longevity Spices safe to take when pregnant or nursing?** The problem with pregnancy and nursing and the consumption of herbs is simple, the mother that kills her worms, bacteria and viruses as well as cleanse her kidneys and body of acidic crystals add waste, will be doing the same for her unborn baby and her nursing baby. A developing baby with worms could possible be harmed by the killing of such worms while in the developing stages and while nursing, the mother’s blood will expel her waste into her blood, making her milk her dumping grounds and because of these reasons, pregnancy and nursing should avoid the powerful de-wormers and cleansers, because no real information exist on this subject. “Yet” we all know, so many “modern” pregnancy mothers abuse their body by consuming drugs, alcohol and every conceivable toxin in commercial foods and again, no real information exist on the damages done to the child. It is wiser to just take the “normal” accepted herbs and methods during pregnancy and nursing and play it safe. There should be plenty of time between each pregnancy to cleanse and restore the womb properly. No mid wife should ever attempt to deliver a baby for a mother that has ignored her health and her baby’s health and make sure the mother has taken the proper customary herbs through out the entire pregnancy. Parents that have taken herbs for years and understands what they are taking, have no problems or fears, because they know the herbs are just foods. It is experience that can only answer this question for each parent.

## **Would your Kids-B-Well Kit take care of parasites so that they won't need to take De-wormer?**

If the herbs have been taken properly from baby up, then I would say yes, every liquid formula I make is anti-parasite. Only those that ignore the children's health until the body is overwhelmed with worms would need to take the stronger de-wormer formulas.

## **Also, do you have the Women's Wellness in a powder form so we wouldn't have to swallow so many capsules? Or does it have such an awful taste that it would be hard to take in powder form?**

Yes, it is very popular in powder form and easier to take a teaspoon at a time by mixing in applesauce or preferred method, such as a fruit smoothie. Other stores might not carry powders in bulk, while we try to make what we need in life and then make those products available to others.

## **SKIN**

**Question: What is the cause of dry, wrinkled skin on face and hands, sagging skin? And what can be done for it.**

Hopefully this is not a young person, but since I don't know, I am going to presume an elderly person is asking this. The answer is simple, waste has accumulated in the blood, that could not get out the clogged kidneys, so it exited into the lymph glands, that are constipated, can't expel into the colon, so eventually this waste expels upward and out the skin, making the skin constipated and when the skin can no longer take over the load of the clogged internal organs, the largest organ, our skin dies and we suffocate to death. Correct "fasting" will restore this problem faster than anything I know and will be properly explained in detail at the end of these newsletters. It can not be cured externally, but can be treated by using **Herbal Spray I** over all your skin daily and **Herbal Spray III** on your joints, legs, back and eventually all over your body as you get use to the herbs and spices. Using the sprays alone will do wonders over a year and 2 years you will be amazed! Obtaining raw coconut oil and rubbing into your skin will feed it, so will first cold pressed olive oil. Keeping skin clean is essential and wearing as few cloths as possible and exposing your skin to the sun and air is a must. For most people, they smother their skin, deprive it from sunshine. I have always agreed with the late Dr. John R. Christopher, every white person needs enough sun to make their skin look as dark as a Mexican and he highly suggested taking your cloths off and bending over periodically and allowing the sun to shine down under. Sunshine is essential for human health and the most potent method know to restore health is proper sun exposure. Naturally I am going to say WEED & FEED. Remove all the constipation and your skin will look new.

## **STREP THROAT**

**Question: For as long as I can remember I had problems with strep throat. It was nothing unusual to have a dose 2-4 times a year. I do not have a strong immune system.**

Quite the contrary you have a great first defense immune system in your throat that is working!

**But the older I for the more herbs I started taking. Which seems has helped a lot already. As I grew older I had more and more compassion for herbs. Herbs can be confusing. 2yrs now since I started looking through herb literature. Sometimes I used drugs to cure it, but in reality I feel it has caused other problems like liver, pancreas, etc. my worst case of strep was when I could barely swallow because of swollen tonsils. So I always thought why wouldn't herbs be the answer for health. I've read enough about herbs that I know herbs alone won't cure you. Peace with the Lord must be included. I just started buying herbs together to start making my own formulas. It seems everyone is tight with money so I want it as cheap as I can and still quality.**

This newsletter is telling that it is your diet and parasites, the cheapest strep throat herbs are horseradish and garlic, so you should grow both for very little money. Those that can afford the

short cut and easy availability what I call **Maximum Restore “adult” strength** should work well at 1 tablespoon per hour as treatment and 1 tablespoon daily as preventive.

## **VARICOSE**

Question: **Is there anything to take for varicose veins so they’ll completely disappear?**

Only proper circulation can correct this problem. **Herbal Spray III** will do a lot and I make a more specific **Herbal Varicose Spray** that has added herbs to help “shrink” tissues as it aids in the removal of waste. All the herbal Sprays aid in removal of swelling and waste when used over a period of time. Large varicose veins can be sprayed several times daily and or stronger salve applied. I make 3 BF&C based ointment / salves, **Ointment I** for burns and all tender skin, **Ointment II** for once the burn is not tender and **Ointment III** for anything that hurts and needs “deep” healing. I should make **Ointment IV** designed to shrink Varicose veins, but have not gotten the time as of yet. For now, the spray and anyone of the ointments or the B&W type ointments will help. Hard water, clogged kidneys, dirty blood are the foundational problems and all varicose veins are a sign of long term damage and it will take correction and time to repair such wide spread damage to the entire body.

**Also what is the reason if you see black dots in front of your eyes?**

I would ask your chiropractor and your personal eye doctor, otherwise I am going to say it can be worms and certainly some form of constipation within the eye. I would use **Herbal Eye Spray** several times daily as a starting point, by spraying the eyes while closed and then after a few days, spraying the eyes while open from a little distance and then closer as you’re use to it and then if need be, move up to the **adult Herbal Eye Spray**. Never ignore your eye health, when in fear, get the opinion of a good eye examination doctor, probably cost you about \$35 for a normal eye examine to see if you need glasses and they will explain to you what these spots are.

## **WATER**

Question: **Angston size rock minerals (water for life)**, No, in my opinion, this water is water for death, because “rock” clogs your kidneys and shortens your life. **does it also accumulate in the body?** All rock consumed accumulates in the body, and in my opinion, we die based on how much rock we have consumed and could not expel before it turned us hard.

**Are your herbs raised on mineral rich soil? Can you “measure” the mineral content in your herbs?** I prefer wild crafted herbs, which simply means God planted them where the soil best suited their growth. I never seek “organic” raised herbs, because that simply means some farmer raised his crop following “organic” accepted methods which means he decided where to plant what and what chemicals that are allowed by his so called organic practices permits. Wild crafted plants are the only ones that through out the centuries will be what history says about them. Minerals are what plant matter is; so the more you consume, the more minerals you’re going to have. This is why Dr. John R. Christopher was the most successful herbalist in American history, he believed in large doses of herbs or large mineral intake, believing the herbs are just foods that the liver takes and makes the building blocks of the human body with.

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## **New Products Mentioned In April Newsletter**

**Liver Flush Kit - \$**

**Herbal Bolus Kit - \$**

**Ointment I, II, III, IV – 2oz-\$ 4oz-\$**

**Herbal Varicose Spray – 2oz-\$ 8oz-\$**

The questions are a great education, in that they allow us all to see the “common” problems with general health. It is my opinion that all non-common health issues are a result of generations of wrong diet and habits or a result of medical drug / operations. The common issues are easy to understand and realize that they can be reversed if the person still has enough “life” in their organs to rebuild new tissues. Removing the parasites is essential, because once they are living in the human body, they desire to survive and they have adapted well in their ability to live in the human body the entire lifespan. The next newsletter will cover parasites and how they affect us all in every day life.

Hopefully by the end of this year, anyone reading these newsletters will be able to explain all of the common health problems and suggest methods to recovery. The old saying that you can lead a horse to water, but you can not make him drink, is very true! Every human has the freedom to live, drink, eat, play as they choose, we can not make others “change”; we are all slow to change. The goal of this newsletter is to provide some answers for those that are left wondering why they got sick and want a natural approach to restoring health. Everyone’s choices are their own to make.