

The School of “*Self-Applied*” Prevention

April 2011 Newsletter

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

Once the digestion organs are flowing in the correct directions this allows the unused “waste” to go down and out and not up and out the skin. Those that ignore constipation often end up with mucus in the lungs, sinus and skin eruptions / itch. In my theory, all herbs that are good can be started day one, as long as the colon herbs have been started. De-worming can be started day one mildly and after 5 days it can be “stepped” up, this is because the liver is home to so many large worms that they need to die or be in the process of dying to allow the dam to break and start letting the excessive waste to flow down through the gallbladder.

Those with no gallbladder have removed the holding tank for the bile that was needed for proper digestion; in my opinion, everyone minus a gallbladder can never digest properly again, especially all fats, meats and dairy. Since their valve (gallbladder) was cut out and their bile drips for the rest of their life, I suggest their liver will be “dry” and more suitable for parasites to live in. This newsletter is for those that have never been operated upon, I do not have enough space to cover all the problems with every surgery, such as tonsils, adenoids, gallbladder, spleen, appendix all of which are the Immune Organs.

For each one cut out, the others will grow larger. Those with no tonsils for example, the spleen will double in size. After all these organs are cut out, the last disaster is cutting out the thyroid; if this organ is cut out, life can only exist on drugs. “IF” you’re not getting the results you should, it is very simple, and you are poisoned too much. Poisoning is often just another form of constipation, in that poisons have entered or been created in the body and not been properly expelled. Every ailment in my opinion can be related back to self-induced poison state of health or in rare occasions, poisoning due to not being “aware” that substances were toxic or not being aware of the “invisible” poisons in the air, water, foods, etc. from various reasons.

Regardless why, only the human cells and blood circulation can repair the damage and create new cells. The next step is the understanding of the kidneys; I have read that we will not experience illness until approx. 80% of the kidney function has failed. This can naturally be at a very young age depending upon the foundational problems. The kidneys are said to have 2 million cells upon which the fluids are to flow through that results in the removal of acids from the blood stream and create urine to be expelled. This simply means that whatever enters our blood stream better be of the proper size mineral that can be utilized by the blood cells and then expelled freely through the kidneys.

Otherwise these too large and wrong type minerals will stick to the walls of the arteries and clog the valve between the arterially blood and the venous blood. I have read that the blood turns from a liquid to a gas when it passes from arterial to venous blood and this simply means that all blood that makes it that far that has an inorganic mineral in it (rock type) will clog the valve and this then creates varicose veins which are simply clogged veins that build new valves that are large enough to be seen by the eye, most often in the leg area. My best explanation is to consider the human body as having filters and the primary filter is the kidneys. In theory, every disease you can think of; all started with loss of kidney function. All heart disease and blood pressure issues all started when the filter (kidneys) started to fail. All acidic conditions in the entire body up to the common gout all started when the kidneys failed to remove the waste from the blood stream. All tooth decay, all ear wax, all colds, all flu, all excessive sweating and bad

breath / odors within the body all started with kidney failure. In fact, in my theory, every health problem including aging is a result of over worked kidneys.

Once the kidneys fail, all the other organs take over the work load; our skin I considered our largest organ and our second kidneys. Actually, the normal human body is so constipated, so over worked as a result of wrong diet and habits, that in my opinion, current medical can't understand "true" body functions anymore; such as the doctors of 100 years ago could. If anything, medical has turned to a practice of "cutting" out that which "hurts". While the path back to health would be as simple as removing the constipation and our kidneys are our most vital organs.

What we breathe, drink and eat determines what materials can end up clogging the kidneys. Our liquids have to be the largest source, while our foods would be second. It is this simple, if the liquid or food has in-organic minerals, those that did not come from a perennial plant, vine or tree; then the inorganic minerals are what enters the blood stream and can't pass through the very small cells of the kidneys and must find their way out the lymph glands, skin or hair. Vitamins, drugs, supplements often are not from plant sources and thus only add to the over worked kidneys and lymph glands.

Some suggest these inorganic vitamins and drugs can be found in the body many years after they were consumed. The common hair analysis shows this to be true. A person we know well that makes and sells colloidal silver did a simple hair analysis sample that showed he had 35,000 X too much silver in his body and statistics show that once these inorganic metals enter the body, they flood the cells and may never leave those cells until they die and are expelled as waste. In fact, I am going to suggest, everything we eat and drink that did not come from a tree, most likely over worked and lead to the ill health of our kidneys. This is because God created humans as fruit eaters; all of our organs are designed originally to only consume process, assimilate and expel minerals that came from the tree or perennial plants. This explains why returning to the original design is the fastest route back to organs properly functioning, which leads to a healthier body.

The root bark of trees filters out the too large minerals, same as perennial plants do, but the trees are superior with thicker root bark and the long process of creating fruit that ripens in the sunshine. There is no argument about diet, other than we could argue what foods do more damage or what foods do less damage and at the end of these newsletters, I will explain how to eat many of the none tree foods in a less damaging manner that will lead to far less diseases and longer life.

For as long as man has recorded history, the tree fruits are seen as the food sources and the tree bark / leaves / plants / herbs as the medicines. Luckily, the best herbs in herbal use history are those that help with kidneys health; and is there any wonder, when our kidneys are our number one priority when seeking to regain health. I have been distilling my water supply for the past 20 years and have seen the rock and mud that results of steam distillation, so no one can try to tell me that their mineral water is healthy! I grew up on the farm and have drank from the creeks and lakes as a child, drank from springs, hand pump wells, cisterns, city water and have learned the hard ways through out life, because I had no teachers; my parents didn't know any better, so I didn't until I started becoming seriously ill after age 30 and had to start on my own journey into understanding human health.

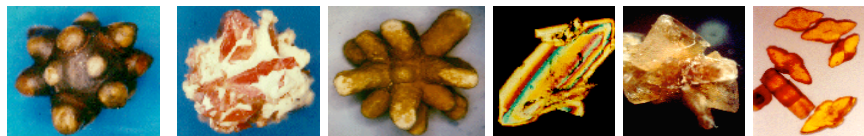
I know for a fact, pure mineral free water is a pH 7 and that our mineral rich, sweet blood is pH 7.3, very similar to the pH of the ocean and that in war times, ocean water has been used as a blood replacement and a French M.D. injected ocean water from a depth of 30 feet; back in the 1890's for a 30 year period into his patients as a method of treatment for every disease. I know

as a result of steam distillation, the lime / rust / rock / mud left in the distiller is a pH of 14, which is pure alkaline rock; mostly because of the high lime source, as central Ohio sets on top of limestone. I know for a fact, if I spray my garden with my common garden water, the rocks will turn a shade of red and if I must spray daily in time of drought, the leaves will turn red and the pores clog and the plants die. I know from reading books, that when a human dies and an autopsy is performed, the doctor knows if the person lived on well water, by the color of the reddish liver, pancreas, spleen that have succumbed to the inorganic rock that was consumed over a lifetime from well water. I know Dr. John R. Christopher stated that when he set in on many autopsies that the aorta would be cut out and the physician showed him how to “snap” it into 2 pieces like a pretzel breaks, claiming the thick layers of lime / rust minerals from the drinking water supply had accumulated over a lifetime; that same rock that I have been removing by steam distillation for the past 20 years. Because of this learning, I do not tolerate authors or people who try to claim distilled water is bad and their mineral water as being good. I had a good friend that loved the taste of rich mineral water.

East Liberty, Ohio is famous for artesian wells; just dig a well and water will shoot up 6 feet in the air. The local creamery for many years had an outside tap that anyone driving by could have all the free mineral rich artesian water they wanted and my friend drank the water for years. I seen his water jugs, they had a thick layer of minerals stuck to the inside. This fellow developed sever kidney disease known as Bright Disease and his belly would swell with water that had to be drained off by medical doctors, needless to say, he died a very miserable death of basically drowning in his own body fluids before he was old enough to retire from factory work. I warned him for better than 10 years before he became deathly sick and he refused to believe his water could be any problem.

Wealthy people built a kidney hospital in China. The Chinese government arrest young men for any reason possible and perform a blood test to test their kidneys; those that meet the daily requirements the doctors are looking for, are shot in the back of the head and their kidneys cut out within minutes and placed in wealthy patients paying over \$45,000.00 per kidney. Organ replacement is not a way of life and the side effects are horrific and justice for such practices in my opinion. On the next page, I will show some examples of Kidney stones that clogged the kidneys that were a result from consuming in-organic rock type minerals in the common daily diet. Sadly annual garden vegetables have what Dr. John R. Christopher called a “mirror” mineral, in that it “looks” like a real mineral, enters the blood stream freely, but being too “large”, can not exit through the kidneys properly.

Stones / Crystals removed from kidneys



97% - 98% Calcium Oxalate Monohydrate- / Carbonate

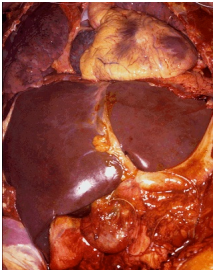


Autopsied Liver / Pancreas / Spleen

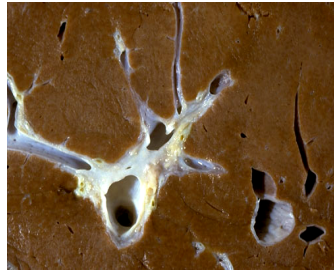
Death of the 3 pictured organs resulted from a lifetime of consumption of rusty well water that turned the organs all reddish & clogged every organ in the body causing total failure. It was the kidneys that first must fail, before these rock type minerals can enter into the human cells and start clogging the elimination channels until death results. No different than the oil filter of any gasoline engine, if the oil becomes dirty enough, the engine over works, building up friction until the heat destroys the engine. The human body attempts to build a fever to aid in the removal of the mud within the body, the mud that the poor kidneys could not expel.

In herbal education, the kidney herbs are seen as the most important and they work very well, probably better than any other group of herbs for human health and the least likely to cause ill side effects. Most of these herbs are “dissolvers” of rock, the rock that enters the body by the consumption of well water, wrong foods, vitamins, drugs and every form of inorganic minerals. I make a **Kidney / Pancreas** Herbal formula based on every kidney health herb I know of. The absolute worse supplements ever invented by man is, the vitamin minerals that are modified rock source. The smaller they make these vitamin supplements, the more damage they do! There are hundreds of such vitamin supplements made out of cheap rock. All colloidal minerals such as silver, gold, etc. solutions not only cost pennies a barrel to make, they also are the most deadliest; these minerals often kill bacteria by contact and since the human body depends on friendly bacteria to help eat the accumulated waste, these very toxic metals like silver, kills the friendly bacteria, causing the waste to accumulate until modified fungus comes to help the body, that also often ends in cancers in my opinion. Copper is a long known metal that dissolves in water pipes as a result of electricity that travels through the ground from the common electric lines that all ground into the earth. The worst animal farmers on earth have to be the “veal” farmers that go against nature just about as bad as a farmer could and these little calves denied sunlight and proper nourishment are poisoned in so many different ways, one by the use of copper in the water supply as a method to make the flesh soft and supposedly fight the extreme bacteria diseases these calves have up till slaughter time. I strongly suggest the removal of all metals out of your diet, an inorganic mineral, is a form of rock / metal.

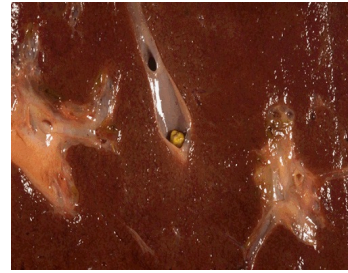
Seldom does the heart have a problem that is not a result of clogged kidneys. Blood pressure is created to push through the clogged kidneys, taking drugs to slow the heart to lower the blood pressure, does nothing to correct the circulation in my opinion. To keep all the color pictures on one page, I will show examples of Liver Health and write about liver health on the following pages.



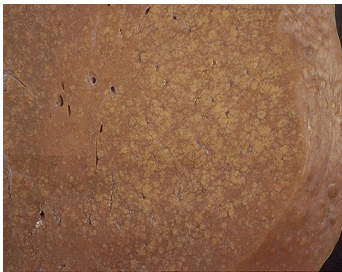
Healthy Liver



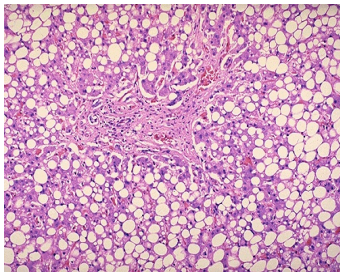
Stone free / good lecithin



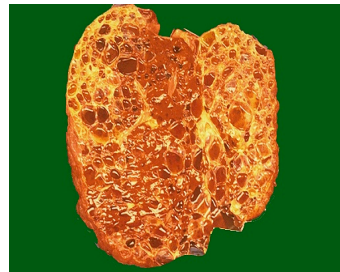
Common liver / gallstone



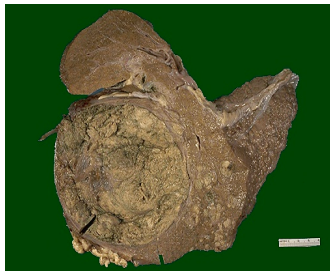
Hepatitis Liver



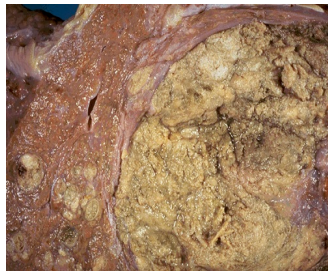
Fatty Liver



Kidney Failure



Alcohol / hepatitis



Cancer



Alcoholic



Cirrhosis



Cancer advanced



Extreme ill health

Every organ is extremely important and as each starts to fail, starting with the kidneys first, then each organ takes the load of the failed organs and starts over working until it begins to fail. The final organ to fail is the skin. The face, the skin and appearance of the body never lies; everyone can simply look at a human and know if they are ill. As the organs accumulate waste, they attract parasites and no organ attracts parasites more than the liver. The main reason is because the liver is a huge organ that replaces a huge amount of tissue daily which supplies the largest amount of food supply for worms.

I believe the liver has taken over so many functions from failed organs like the stomach, kidneys, etc. that it is only practical to always treat the body as a whole and never waste time seeking to treat one symptom or ailment. Making the 1,000+ diagnoses practically worthless, because if you wake up one day not feeling good; you stop and treat the first symptom properly; and never allow the accumulation (constipation) to develop further. The diagnoses most often only refer back to the location of the ailment and not the foundational causes. This newsletter will end up showing the only cure ever needed when applied properly that takes 3 days at practically no cost to do and was declared the cure for all diseases 100 years ago. All the functions of the liver or particular organs is not really that important, because the organs will take care of themselves when properly fed and de-wormed and kept de-wormed.

The liver pictures supplied are examples of how destroyed the liver can be, before death results. These people were living up till the day these livers were removed. I would suggest that if the kidneys must be 80% clogged before we ever know they have a problem, and then by the looks of these liver pictures, I suggest the same for the liver. I have read that no matter where the first cancer diagnoses is; the cancer first started in the liver and eventually when all the treatments have failed, the last cancer diagnoses is liver cancer. Those that are following this education, I hope you can see that the treatment for every disease is cleansing the organs so they can then take care of the human body and "IF" the supplements, vitamins, drugs, etc. your taking does not address these foundational problems of general health, then you know the manufacturers and sales people that sold you your products were just selling you their gimmicks, that they have no clue about. These bad products not only waste your money, but they waste your precious time when dealing with a serious ailment in my opinion.

I personally believe every toxin harms the liver and the liver needs to have health to make use of herbs and foods. This simply means if the liver has been poisoned and ate alive with worms the herbal supplements are not going to be assimilated properly. This refers to all the people who say they tried a few herbs and herbs did nothing for them, etc. Those on pain pills of any kind or drugs of any kind, most likely do not have enough liver health to properly make use of the herbs and get the great results that others have gotten that made herbal use popular. This makes restoring liver function very important early on as possible in your quest for restoring health. The stomach, intestines, kidneys, etc. respond well to diet and habit change and are greatly helped with correct herbs, while the liver can be treated in several different manners that I will attempt to cover now as the first steps to "Jump" start the liver and restore function as fast as possible.

The most common method is the high enema done properly and usually the coffee enema as a way to stimulate the liver with caffeine. I personally do not suggest enemas except for people that are elderly or otherwise are unable to have a bowel movement on their own. I know the proper coffee enema done for 6 hours is a powerful treatment for advanced cases of the elderly, but I have also seen people that have traveled to Mexico where the coffee enema is very much abused and these people return "addicted" to the coffee enema and often destroy their colon function so badly that they must do a coffee enema morning and night for the rest of their life in order to have any kind of bowel movement. The warm enema relaxes the colon muscles which can only do harm to it, while the cool 85 degree enema stimulates the colon muscles and less harmful. I never suggest a colonic treatment except by the most elderly; that have destroyed

their colon health so badly, that even the enema can not clean them out. The most abusive colon / liver treatment I can think of is the colonic and I strongly suggest staying away from those that “push” the colonic treatment on humans of normal health as a way of them making money. In no way does the colonic support human health other than flushing the colon in a manner that makes it weaker and subject to addiction and failure of colon health. Only the high coffee enema can reach the liver and most people will not do a proper high coffee enema, nor do I suggest they try. I believe every human that can stand on their own two feet can do a proper liver flush. The liver flush done properly can accelerate the liver health by unclogging it quickly and since people get such traumatic results for such little effort, the common liver flush often is seen as the cheap life savor method to start with. There are many liver flushes and I believe only one will work for all, in every case, while most liver flushes do not work well and are too complicated and even harmful. Because of limited space, I will only explain the “proper” liver flush.

The Proper Liver Flush

The common liver fluke worms seem to fill the average liver in my opinion and more often than not, also can be filled with many sheep fluke worms and can have most any type of worm living in the liver on liver tissue. These worms eat rounded out holes through the entire liver. These holes can house the worms or fill up with the green bile and turn into common gall stones. This is why up to hundreds of stones can flow out after the gallbladder has opened up and poured out its contents. The first step is to relieve the constipation so the liver “can” expel into the intestines. The second step is to kill the worms so they will let go of the liver and come out. This generally is done for at least 5 days prior to a liver flush. If these steps are avoided, then doing a liver flush can end up throwing up and becoming ill as the liver tries to empty and only pushes the waste up into the chest.

Step 1- Take 8 Lower Bowel Balance or P/W Elimination capsules daily for a minimum of 5 days.

Step 2- Take Herbal De-wormer of choice morning & night for a minimum of 5 days.

Step 3- On the morning the liver flush is to be started; do not take any vitamins, drugs (if you can skip taking a drug) or herbs this day. You eat a large breakfast of fresh fruits or oatmeal made with water, sweetened with bananas, apples, peaches and etc or just plain honey (no milk), along with plenty of water or fresh fruit juices. You are forbidden to have any type of fat / dairy / meat /salt / pepper / or seasoning of any kind. This means NO butter and NO coffee. If you must have something hot, herbal tea is OK, but not black tea or commercial tea bags. DO NOT skip this breakfast, you need to eat, if you do not eat, the flush will not work properly.

Step 4- At 12 noon, eat a large lunch of fresh fruit and cooked vegetables and potatoes (no butter or fat) along with plentiful water or fresh fruit juices. Do same rules as step 3. This is your last meal of the day, so fill up, do not go hungry or skip this lunch. Do not take any vitamins, drugs or herbs this day.

Step 5- At 2 pm, drink a full glass of water or as much as you want, this will be your last drink for this day. Take 4 tablespoons of Epsom’s salts and 3 cups of water and put into a 1 quart canning jar and put on a lid and shake until dissolved. If possible put this in refrigeration or a cool spot, it tastes better when cold.

Step 6- At 4 hours before your bedtime (6p.m.), drink 1/4th (3/4cup) of the jar and drink just enough water afterwards to rinse off your teeth and remove the taste from your mouth.

Step 7- At 2 hours before your bedtime (8p.m.), drink 1/4th (3/4cup) of the jar and rinse mouth as step 6.

Step 8- At 15 minutes prior to bedtime take the juice of 2 fresh(pink/red) grapefruit and blend with ¼ cup first press olive oil into another quart jar and fill up at least ½ full with clean water and shake very strongly. At bedtime (10:00p.m.) you drink the entire contents of this grapefruit juice / olive oil mixture with a straw or by just drinking direct from the jar as quickly as possible and then immediately go to bed. Have no noise in the house that would keep you up and laying on your back with an extra pillow, so your head is up higher or your left side takes the pressure off the liver and allows the stones to flow out easier than if you lay on your right side. Try to lie very still for 20 minutes and fall asleep. All the stones will be out within 15 minutes after taking the Olive Oil / Grapefruit juice mixture and this is why you need to immediately lay down to sleep and not get back up and do your best to go to sleep.

Note: To avoid an upset stomach, mixing 1 drop **Oregano Oil** in the Grapefruit / Olive Oil mixture avoids throwing up. Taking 4 **Sleep Eze** herbal capsules aids sleeping. The first liver flush people are normally nervous and don't sleep well as they "think" about what is going to come out of them. You can take 2-4 **Sleep Eze** anytime you wake up through the night.

Step 9- Upon wakening (6a.m. not before), immediately consume 1/4th (3/4cup) the Epsom's salts water. Drink all the water you want. You want to flush the system.

Step 10- 2 hours after awaking (8a.m.), consume the last 1/4th (3/4cup) Epsom's salts water. You can be drinking all the water you want.

During steps 9 & 10 all the stones should be expelled through the bowel movements. Commonly 5-10 diarrhea will happen by 10 AM normally, while for some stones may keep coming out all afternoon. This means you must stay near a toilet for at least a few hours.

Step 11- 2 hours later (10a.m.) you can have juice (grape juice is gentle to the stomach) and 1 hour later (11a.m.) eat some fruit (an apple is great).

- Herbs are now continued as in steps 1 & 2 for 3-5 days or up to 2 weeks until the liver flush is repeated! If you fail to repeat this liver flush, then you will fail to have a liver flush. The liver is in 2 sections and at best, the gallbladder and or the lower section of the liver flush out on the first flush.

If you see no stones what so ever come out, then it is possible that the gallbladder can have a stone as large as the gallbladder itself and this stone may be "squeezed" down and prepared to come out with the next flush. When no stones are seen, I suggest repeating 3 days after the first flush and you should notice a football shaped large stone come out, with hundreds of stones following out of the liver. Those with no gallbladder will see plentiful gallstones, because these stones form in the ducts of the liver and in the holes left over from worm damage. I suggest doing the liver flush every 5-14 days until no more stones are seen. Normally it is suggested to liver flush every 6 months. I also make a **Liver Flush Kit**, but the above method is by far the cheapest and most powerful acting and done properly, it works for ages 6-90+ from my experience. I do not suggest any child under age 12 should need to do a liver flush. Dr. Hulda Clark told me the youngest she ever did in her clinic was age 4. I do not suggest this and for anyone under age 12, I would reduce all the doses.

The above liver flush is one of the most beneficial treatments that can be done in home by anyone at the cheapest cost for the most benefit. I suggest people that have a known gallbladder problem to do a liver flush to get things "started" faster and avoid gallbladder surgery, etc. The liver flush does not harm, but drinking the Epsom's salts water is not the most pleasant thing to do and since most people's diet is wrong, the gallbladder / liver will make these

stones every day and the liver flush only acts the day of the flush. I personally believe every human should strive to keep their liver / gallbladder clean of all stones for their entire lifetime. By doing this, they also keep their blood circulation free of bad cholesterol, their nerves in good shape and their brain flexible. The clean liver and free gallbladder will provide the best health at the cheapest method I know of doing.

My way to a clean liver!

My way is to keep the liver and gallbladder clean for the entire lifetime. I suggest this can be done very easily and cheaply. I have proven it by proof of liver flushes and it was known to work medically dating back to 1940's medical books. The theory is that humans lack proper plant fats in their daily diet. They would not need these plant fats, "IF" they never - ever consumed wrong foods, but since we all do, the antidote to the wrong diet that creates gallstones is the consumption of plant fats, especially lecithin. I have read that the original name for cholesterol was lecithin and the old worn out lecithin / cholesterol is what clogs the arteries and the mud that turns into gallstones. This human lecithin / cholesterol are a type of "fatty" material that also surrounds our nerves and makes up 50% of our brain. Since this is a "fatty" material that when plant lecithin is consumed, the plant lecithin is absorbed up into the liver to be processed and since oil dissolves oil, the old cholesterol that has been formed into gallstones, dissolves and once liquid, the gallbladder can expel it as waste. The new plant lecithin is assimilated as a food and created into human lecithin / cholesterol that then enters the entire body and cleans the old out of the arteries, restores the nerves and the brain in my opinion. At the very least, it ends all gallstone and liver stone problems for life, as long as the plant fats are taken daily.

The great thing is, all humans can do this, and plant lecithin is just a simple food! In my opinion, children by age 6 start forming their first little gallstones and in their late teens can have gallbladder issues. The gallbladder is described as a small sock. This sock is designed to store the bile that is used to help digest fatty foods. This bile will concentrate and become very thick if it is not expelled by the gallbladder daily. This thick bile will churn like bread dough and as it dries up, actually turn into round balls that then become the common gallstones. Hundreds of these stones can be formed and they can be mixed to form several large or even one large stone that under normal conditions will never leave the gallbladder. So this sock type gallbladder can't squeeze down to expel the bile when stones are present in it. In my theory, most adult humans alive today, have not had a functional gallbladder by the time they were 20 years old. The bile instead of going down into the intestines to help digest food, instead under pressure, is pushed backwards up the liver into the chest / breast lymph glands causing common heart burn, congestion, swollen neck, swollen breast and the prime reason that creates breast cancer. Those that do 2-3 liver flush as described above, will loose up to 10 pound of waste out of their neck and chest areas. Those that keep their gallbladders open and functioning properly won't develop fat necks and over sized fatty breast.

The medically chosen form of plant fat was **Soybean Lecithin Oil**, which today is used in baking. I know first cold pressed olive oil works, coconut oil works, wheat germ oil works and most every plant fat / oil works to keep the gallbladder free of stones; but I assume medical over 70 years ago chose the soybean lecithin because its high lecithin content; which feeds the body with a **natural lecithin** and that makes it the only plant fat that is called simply; **Lecithin**. Lecithin is very thick, thick as thick honey. It should always be diluted before giving to children, because it is also very 'sticky" and must be chewed and swallowed slowly, so never give pure lecithin to a child that does not understand that it must be mixed with salvia first before swallowing. This is why I suggest blending **Lecithin** with Olive Oil which is much thinner and easier to drink. I blend a large assortment of plant fats and essential oils to cover all the bases of what plant fats may be able to do for our health and call this formula

L / G CLEANSE

Ingredients: Lecithin, Sunflower Oil, Olive Oil, Grape seed Oil, Wheat Germ Oil, Apricot Oil, Walnut Oil, Avocado Oil, Rosehip Oil, Gravel Rt. Oil, Marshmallow Oil, Mullein Oil, Scullcap Oil, Black Walnut Oil, Comfrey Rt. Oil, Olive Leaf Oil, Tree Iodine Oil, Peppermint Oil & Oregano Oil.

Suggested dose: Take 1 tablespoon daily for life as prevention. Take 3 tablespoons for treatment for every ailment known.

There is a lot of medical information on what all the liver does or is suppose to do. I am not going to give all their theories, for the simple fact, that if you see how destroyed these livers were (not to mention the massive damage done by a lifetime of worms) that I pictured and the people were alive right up till the day they died and these pictures taken, it is easy to see other organs must have taken over the jobs to support life. It is most likely the skin being the largest organ, is the last organ to fail and my belief all skin problems start with internal organ problems.

Not many people today do the spring liver tonic herbs that were needed by those who lived years ago with very limited variety of foods or maybe lived mostly on salted meats through out the winters and were in serious health by spring, "if" they survived the winter months. The most common liver tonic is the plentiful dandelion flowers, leaf or roots. In early spring the plant is sweeter and much bitterer after the flowers have left.

The entire plant can be used and some people even roast the roots as a way to make a coffee type of drink. Regardless how you take it, it will act as a diuretic and enable the kidneys / bladder to expel urine and act on the liver and bile functions. Another common liver herb is milk thistle seed for liver poisoning and comfrey root an old time favorite for many ailments as great calcium herb. In 1976 I started work at Detroit Aluminum and Brass Company that made automotive / truck / tank / aircraft bearings and I spent years on a lead plating machine and by my 10th year, my legs were covered in a severe rash that itched for 10 more years so badly that the fronts of my legs would bleed daily from all the itching and my socks would be red. Nothing I did would cure this problem; I could keep it under control, but couldn't reverse it for these 10 years.

Doctors told me that I probably itched my legs while I slept; and said they had nothing that could help such a problem. I eventually learned I had 112 times more lead than a normal person would have my age; that was one of the major causes of my extreme rash. Not being able to change jobs and get away from the factory, it seemed impossible to correct this rash and as I started asking around, many others I worked with also had the same rash. I eventually ended up at Dr. Miesse (retired now) office in Yellow Springs, Ohio who was famous for looking in your eyes and had a lot of herbal wisdom over his lifetime. He was an herbalist of the same time period as Dr. John R. Christopher and friends with him, the only difference being he is in his 90's and still alive. He looked at my extreme leg rash and came up with a formula that he said he had never come up with before in his lifetime. It was Goldenseal rt., Echinacea rt., Cats claw vine and Virginia Snake Rt. He noted that the Virginia Snake Rt. was the herb that was the one that was needed the most and somewhat of a rare herb he seldom ever used.

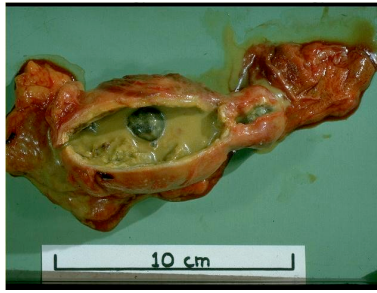
He suggested I take 1-tablespoon morning and night. I asked him what the formula would be beneficial for and he said it would be a very powerful liver tonic and since he had never used the formula before, he really didn't know what to expect. I took the 4 different bottles that he sold me and blended them together and within a couple of days, the itch stopped and my skin started looking better. After the bottles were empty, my legs looked 25% better. I purchased another set of the expensive bottles and continued and by the time they were empty, my legs looked 50% better; by then I had acquired the herbs in bulk and was making my own version into one

formula, and not 4 different bottles. The Virginia Snake rt. was \$75 for 1# way back then, which was extremely expensive and the last 1# bag I was ever able to find available. By the end of what I would call approx. 32 ounces of tincture, both of my legs were 100% cured of a plague caused by lead poisoning and many other metals, solvents and oils I was working with.

Never having a name for the formula, we came to just call it **Liver Skin/Itch tonic**. Not knowing what it was truly doing, but assuming as Dr. Miesse did, that it was a great liver tonic. Being the greatest herbal combination I have ever used, I naturally wanted the Virginia Snake Rt. I have spent years searching for it. It is a very low growing deep woods plant that is about impossible to find, unless someone knows where it grows and can show you. I have even tried buying plants growing it and it just does not like the soil in our woods, it lives, but doesn't thrive and dies eventually after about 3 years. I have only found one source on the west coast that grows rare plants in the woods and he has sold me all of his oldest plants over the years, because this rare herb is basically not used commercially anymore, so there is no demand the herbalist quit harvesting the plants probably almost 20 years ago and it doesn't show up at the large herbal auction houses more than an ounce or two at a year.

The roots are very small; it takes hundreds of plants to make 1# dried roots, making a pound nearly impossible to obtain anymore. To locate enough adult plants to make a pound, if you could find them for sale, most likely would cost nearly \$2,000.00 or more today. I spent 10 years buying this herb all of what I could acquire, because I never want to be out of this formula. I have seen it work for most any severe case of infection or ailment when other herbs failed. When I get low on this herb, I naturally have to say I am out of stock. Based on this, I can say the Liver is a very important organ and it is my personal belief that if herbs are not working as they are "suppose" to for you, then back up and cleanse the elimination organs and then seek to restore the liver health and after the liver is healthy, then the rest of the body can have a better chance at living well.

I hope this is enough example to make people realize how very important liver health is and if poisons and drugs are harmful to our liver, then we need to avoid them and all things that will harm our liver, especially keep the worms dead as I will show in the next newsletter. Worms will eat anything, especially the liver; everyone should by now be able to think about what they have done over their lifetime and have a clue how healthy of a liver they have. If you have never done a real liver flush, then doing 2-3 will certainly change your life and start you thinking about your liver health. It is so very important to not allow worms to eat the liver. I will finish this newsletter with a few pictures of what happens when you ignore your liver / gallbladder health.



Common pictures of surgically removed gallbladders



The paper plate I am holding are results of a 24 year old young man that used the above liver flush on his first try; note the large stone the size of his gallbladder, proving all the other large stones came out of his liver, which also in my opinion, proved he had a lot of worm damage in his liver that left large holes. This young man had abused alcohol and drugs and as all these toxins were being flushed out, he had many symptoms that were all relieved once the stones had passed and circulation restored to the liver. It is suggested the liver accumulates the toxins from drugs, alcohol, poisons and when these come out, it is possible to feel the results, but for the average person the liver flush is an easy thing to do. This large gallstone also was featured in one of Dr. Hulda Clark's early newsletters years ago. For my personal education, I allowed people to bring their liver flush results to me for a 3 year period, when I was teaching myself what it took to become worm free and to have a healthy liver. I was surprised how well the Amish took to liver flushing and at one time; I was examining 8 liver flushes at a time.



Esther, Dora, Sam, Susie, Roman, Ben, Katie, Anna



These pictures clearly show that the people easily expelled their gallbladder stones, instead of having their gallbladder surgically removed. The super large gallstone, the size of the gallbladder, shows that the gallbladder has the ability to expel a stone as large as the gallbladder, proving no stone is too large. It is more common for women to develop rock hard gallstones around the years they can have children and I suggest they need an inorganic limestone in their water / diet in order for this to happen.

I believe if you flush the liver every 6 months, it should never be able to have calcified stones in it and naturally, if you use my plant fats method suggested above, the gallbladder should be stone free for life and a liver free of mud for life. I seem to be the only one that promotes a stone free liver. I have never read of any author or commercial supplement company providing such information so their customers would understand health and take control of their own path and not be persuaded to buy endless supplement vitamins that actually add to the liver problems in my opinion.

After separating the stones from the worms & eggs, I would then write up a small paper expressing my opinions of their results and what I would suggest next. I noted that healthy people had very bright green stones that had no smell, while people dying of cancer had yellowish / white stones that stank so bad just the smell would make you want to throw up. After about 3 years the new worms I could find was from people that had traveled over seas, it seems even if it was 40 years ago, they still had the different looking worms that they picked up in other lands. After I seen everything I felt I needed to understand liver / gallbladder health and what it took herbal to kill and keep worms killed, I stopped examining liver flushes and do not do it anymore. In the next newsletter I will show what I learned about worms and what large worms seem to be common in most everyone. I was surprised at what cultures and diets had more or less worms.

Hopefully by now, people are getting the idea of what I mean by Weed & Feed and the basics of returning circulation to the body. I hope by now that you can realize all the supplements people buy are basically worthless if they are not removing the rock from the body, the acidic waste, killing the worms and providing an alkaline body. In the conclusion of these newsletters it is my goal that everyone sees all diseases as a simplistic problem that can be best addressed by proper diet and proper habits. That surgery should be left for severe accidents where the body needs repaired or the womb was so lacking that it takes surgery to save the baby's life or for those that have abused their health too long. Under normal circumstances where no drugs or surgeries have ever been turned to, the human body should have the ability to repair itself properly by returning to natural methods. Surgery and medical science has its place and not a subject for this newsletter.

Those that have taken drugs, have submitted to surgeries, still taking lifetime drugs, etc. should know they need professional help to see if they can ever be drug free again and understand no surgery can be un-done and their health can only be as good as what they have to work with. It is my opinion that every human can live better just by simple diet and habit change. Those able to collect herbs or purchase herbs can greatly enhance their health when they live in areas where fresh fruits are hard to come by.

Every human is different, simply because their internal organs have a different degree of accumulation, deterioration and accumulation of worms, bacteria and viruses, otherwise I suggest we are all made the same, but due to the diets and habits of our ancestors we may be weaker or stronger and sickness will always expel out our weakest points. We need but to understand our limits and seek to enjoy life every day and most of all, do at least one thing daily to help your fellow man.

We all will die, but ideally we should have no serious illness and just one day take our last breath and pass on quietly. To be sick is to have constipation, constipation a word that simply means a given area of the human body lacks proper circulation. We must have clean blood and do whatever it takes to have clean blood to be healthy. Taking vitamins and other none plant supplements can't possibly help the body create healthy clean blood and wiser foods and wiser choices can make health better and a much cheaper way of life to live well and not live sick. Often a person must endure hardships in order to get them to stop what they were doing and seek better options in life. For many of us, we often will become so sickly that we drop to our knees and beg God's help and guidance and once healthy again, we can't help but try to help others, so they won't suffer as we did.

Everyone that wants to be a parent owes it to their child to be healthy and have the wisdom to pass on good health in the womb and during their growing years. After the health problems are covered in these newsletters, I will then attempt to show methods for a healthier pregnancy through-out old age. Please do not call asking questions, please wait till I can cover all the subjects in this newsletter.

The May newsletter will be about Parasites

Blessings,

The School of "Self-Applied" Prevention