

# May / June Questions

**You say you want to educate people about health and herbs, why, only for a year?**

In 12 newsletters everything can be explained why people get sick and give many examples of restoring their health and since I am paying the bill 100%, that makes 1 year plenty long for me.

**We know we don't eat as healthy as we should but we have never heard of most of what you write about, it's ridiculous!!**

I believe that is why people read, it is so they read about things others have done or read of and are passing on for others to read. I have made it very clear, everything good about human health has been written prior to 1900, so to answer your statement, I would have to suggest you start collecting old medical and herbal books and actually start reading so you have some comparison education so you can judge what I wrote.

**Also your print is so fine my eyes feel terrible every time I read it and there's nothing wrong with my eye sight either.**

Books written prior to 1900 have extremely small print, books written 200 years ago and newspapers written long ago, all have such fine print, I can't read them, why? Because our eyesight has worsened that badly. While I keep the newsletter as large a print as I can afford and the questions / answers large enough for anyone to read if they want to read it. Your free newsletter cost me over \$3 to get to you, multiply that times 1,200. If I made the print LARGE, then that cost would be double, if I used color pictures, it would double again. The information would remain the same, so those with your opinions are using it to start their morning fire, which will stop with this newsletter thanks to your efforts and 10 others of the same attitude.

**What do YOU eat?**

Now we know what your real problem is, you're mad about the diet information that I will get to in the actual newsletter this fall. What I eat or you eat is meaningless to nature. As far as Nature is concerned, every creation God made that does not live accordingly, will suffer health issues from eating and drinking wrong foods.

**How old are you anyhow? Maybe 100 yrs old??**

My age and your age is meaningless, while actually a child can understand proper diet and habits better than an adult wants to.

**The way you write you should live to be a lot older than most people, but that is all in God's hands. There is a happy medium and we will strive to do our best to stay there.**

Thank you, but God does have all in control; as far as health goes, all creation that obeys God's laws for living will live better than those that go against God's laws and attempt to live their way. Being happy with what you do leads to the longest life. Our newsletter was designed only for those that had interest in herbal and self-applied health information and why it is called; The School of "**Self-Applied**" Prevention.

**Another confused reader:**

**Question: Why don't you sell your products wholesale or direct and give me free shipping even when I buy one bottle? We can hardly afford it. I think you are making money like those other gimmick companies you write about.**

We lowered our prices to the Amish just for this newsletter as a method to undo the damage done by Fountain of Life when they chose to quit selling our products, except for our Sprays and now they have also sold their property and moved away. The newsletter is a way for people to "understand" health, so they can make wiser decisions on diet & habits and show what I did as a father for my family by learning to make my own herbal supplements. I was a very poor factory worker and could not afford to buy herbal supplements as well.

So this newsletter is an example of what I did what I learned so I could cure my own sickness and make my family healthier. We have always sold wholesale to all. We have always used the largest family size bottles and we have always made the best herbal products for fewer prices than anyone else I have ever heard of.

Just because of this newsletter, **I am spending \$30,000.00 to educate** the ones that asked and lowered all my prices and every raw product I use, all goes up in price each year as do all my utility bills, such as my thousand dollar a month electric bill. There is no such thing as a free lunch or free shipping; **I loose shipping cost on every box** I send out, which has to be absorbed from the price charged for the product.

The wholesale price available to all Amish is basically the once a year sale price and I give free shipping on each case. Why should each person in a given community pay \$10 shipping per box, when 2-3 families could go together and buy wholesale and pay no shipping! I have done everything possible to make it cheaper than these products have ever been sold before! An Amish store owner can be anyone that buys by the case and if they choose to make a living reselling products like any other store owner does, then good for them, because they seek to do a service to their community.

- **I personally have always believed this: buy by the case, resell enough to make what you use; free! I have some Amish that buy volume and resell at cost and they will be blessed for such kindness.**

Many like me can't afford to play give away all the time or soon enough, I would be back in a factory. If anything, you should want us to do well, so we can continue to provide a service, to wish us broke, is to wish us gone. Because too many complain; even though we charge nothing, we must ask those with no interest to do nothing, so they do not receive this newsletter again.

**The OPPOSITE** letter of the above request for removal

**First I want to thank you for all the effort you've put into these newsletters and then mailing them out to interested folks free of charge! I greatly enjoy the reading and the education that's in it all! My husband and I are the parents of 5 wonderful children and I have been studying health for the last 10 years, although I haven't been able to experiment much being busy with the family and also not home schooling. But I have made quite a few extracts and gathered herbs in the wild and grew my own. We have had the blessing of good health with the exception of our oldest son when he developed allergies because of black mold in our shed/house. Once we were aware of it we moved out and he recovered**

from his allergies. Thru that I got a clearer understanding of what our Lord designed as out food and how his creation is wonderfully and fearfully made! But I'm always eager to learn more! I started heirloom gardening about 7 years ago and raise my own seed. I've saved seed of all the vegetables we raise and that, it is an interesting and exciting experience. Thank you again for sharing what you've learned.

Thank you for the kind words and you are the perfect person for these newsletters as a part of your total self-learned education that leads you to having a better life.

**Comment: Thanks so much for your products, service and willing to work with us. We appreciate it! I want you to know that I GREATLY appreciate your newsletter, and am trying to make use of the info. I have been health minded since a teenage (am 50 now), but some of what you say I never knew. It makes sense, though some I am still dealing with, like eggs and goat milk.**

Thank you, keep in mind, this newsletter does not intend to tell anyone what to eat, it only seeks to provide explanations about disease and premature death. It seeks to explain "how" we develop sickness and that we create our own problems and we can't blame others for what ails us. So many people do not know why they and others get sick; this newsletter is just trying to shed a little light on the subject. Those that understand this newsletter obviously seeks the cheapest and healthiest way to live by allowing their foods and drinks to be their medicines and avoidance of all operation, drugs and most supplements. Ideally this newsletter by its end will enable every human with the desire; to be their own physician and live in peace, knowing they will never need an operation or a drug their entire life. At the end, I will make available medical written information explaining each human can become their own physician via proper diet and habits and proven by medical to be the cure for every known disease. It is the cheapest way to live, the path to longest life and most of all, end childhood sickness. If these newsletters make one child's life easier, then its goal will have been reached.

**1. Questionnaire Form: Age 24 – Female – 2 children ages 14 months, 29 months – Dental: 2 white fillings and had my wisdom teeth cut out – Vaccinations: Yes – Childhood Health: lots of earaches – Taking: "Lyme a Day" by Vonner, (ingredients: distilled water, glycerin, timbo, yarrow root, yellow gentian flowers, juniper flowers, garden nasturtium flowers, hyssop flowers, alcohol) – Operations- C-Section for first baby.**

Your homeopathic solution is "water" and nothing but a marketing sales gimmick. It is almost criminal to consider how many c-sections are performed in America.

Symptoms: **backaches, low sun tolerance, mild arthritis, extreme fatigue, insomnia, headaches, depression. Have tried many things! Medical Dr. gave steroids,**

Steroids are never to be used in my opinion.

**Lyme Dr, antibiotics and depression medicine, (did that for one year).**

That is plain scary to think antibiotics are going to kill the worms and a person would need depression drugs for a worm infection.

**Natural Dr changed my diet and put me on lots of supplements and vitamins, this really helped but best results have been from Vonner products.**

Many of the so called "natural" doctors are nothing but vitamin pushers and homeopathic (water) salesmen. The results you get from homeopathic are "mental", in that you will feel good based on how much you want to believe the salesperson. To date, I have never met or heard of one naturopathic doctor that was anything other than

a vitamin salesperson that talks their customers into buying loads of bottles and within 1-2 years the customers discover they are no better off and had been throwing their money away on false promises. Hopefully there is a naturopathic doctor that does not sell water (homeopathic) and vitamins and actually does understand human health, but I have yet to hear of one.

**Which are mostly herbs, although these products did not change my body enough to have healthy babies. I still struggle with low energy! What are the best steps I can take to build up my body before another pregnancy?**

Number one, in order to have healthy babies, you need a healthy body and good herbs are at best, 1/6<sup>th</sup> the solution. Your dental health, water, diet, sunshine, air quality, parasites, plant minerals and your mental health and trust in God all play a major part in your total make up and abilities to cope in life. Low energy is low oxygen, often associated with imbalance of natural iron, all of which can lead to more infection and loss of total health / energy.

Steps for baby 3? The lymes needs removed, head aches corrected, and depression addressed. For the lymes, since your young and planning more children, I suggest 1 drop **Pure Oregano Oil** in a **Lower Bowel Capsule** by pulling the capsule apart carefully and using the dropper, drop in 1 drop and put the capsule back together and swallow with a glass of water or juice. Then keep adding to this dose until you are taking 1 capsule with a drop added every hour up to 8 per day, every day. The Pure Oregano Oil has corrected this problem of lymes for many people at this dose, so much that they come back and buy a kilo of the **Pure Oregano Oil** so they have it for the rest of their lives. Once under control, reduce back to 1 drop of **Oregano** daily for life.

This also goes for all diseases of all kinds where the person wants to use the safest herbs possible. **Pure Oregano Oil** is nothing but highly concentrated wild oregano plants. An herbal product we used with each pregnancy and each baby through adulthood for life is my theory. I suggest you take 2-8 **Lower Bowel Capsules** daily as needed for life; they are the greatest herbal formula to avoid constipation while pregnant. To avoid plant mineral deficiency in your diet, I suggest 12 **Women's Wellness** capsules or equivalent of powder daily for prevention and 21 when pregnant or nursing. Because of the depression at this early age, I suggest 2 **Hormone Balance** capsules daily, 6 days per week, every week, for the rest of your life, including while pregnant. I suggest throwing away every vitamin and homeopathic product in the home for the better health of the entire family.

I suggest you stay away from those that suggest vitamins, drugs and homeopathic are a path back to better health, because those 3 things are not natural or part of a healthy life. The hormones need plant fats, not animal fats, consume 1 ounce of plant fats daily, for the rest of your life, this can be wheat germ oil, flax seed oil, first press olive oil, coconut oil, sunflower oil, grape seed oil, etc. Avoid constipating and acidic forming foods, enjoy much free flowing air and expose your skin to the sun daily, avoiding the hours of 11 am through 3 pm and never allow yourself to sunburn. Seek to have a tan body; this tan is your body responding to the sun, making the true vitamins that we live healthy by. The skin that never sees the sun lacks vitamins and no true vitamin can be put into a bottle and sold. I strongly suggest seeing a good chiropractor monthly that treats both your children for free with your visit and all three of you stay with this chiropractor until all your issues are resolved and life enjoyable with no fears. It is fears that harm us most. Do not over work your body, having 2 small children is a lot of work.

**Thank you for much for your help!!! We are having wonderful results on the boys with Happy Baby, and Herbal Baby Calm. Are looking forward to more newsletters!**

Thank you!

**More questions if you have room in the newsletter: Are blueberries, strawberries, and raspberries not a good choice for children under four?**

After age 18 months, raw fresh ripe fruits are natural foods, also very cleansing foods. "IF" these are hand picked and ripe, I don't see a problem; if they are purchased from a store, then all three are bad choices because of the added chemicals. Years ago when children lived or died based on their mother's ability to have milk, there were cases that very young babies were raised on smashed up fruits. In all cases, use 1 fruit at a time in small amounts and see how baby gets along and don't be surprised if the fruits try to cleanse out the wrong foods that were fed and say the fruit was bad because of that. I personally believe a child should never taste anything but mothers milk till age 18 months and nothing other than fruits prepared as baby foods until age 5 for the very best results. Babies that eat grains and meats before age 5 will want such foods for the rest of their lives and dislike the natural foods. It is like a horse that lives 50 years old in the wilds on fresh green grass verses a penned up horse that eats dead grass/weeds and grains that barely lives to be 25 years old. Once on the grains, the horse will literally eat itself to death, while in nature; they avoid seeds and search out the freshest grasses.

**Do the bananas, oranges, grapes, etc. shipped from California, Florida and such places have enough of food value to be used in an all fruit diet?**

Yes, but the greater problem is the chemicals used on such foods and many times, these foods originate in China. Most restaurant foods originate out of China. Enter the restaurant depot type stores that cater to the restaurants and the cases these foods are shipped in, often have Chinese addresses and are loaded with chemicals. No strawberry can survive from Florida without a toxic dose of chemicals, same thing goes for salads. The berries all rot rapidly once picked from the bush or plant. The berries are the best of the fruits, but also the ones we need to buy fresh frozen or pick fresh ourselves. The non berries need fewer preservatives for shipping. Nothing is better than hand picked raspberries / blackberries and eaten direct from the plant, but if you put that berry in a bowl or container, fungus from your fingers will immediately start to grow and rot that berry.

NEVER buy picked berries, unless the person was wearing rubber gloves, otherwise you are eating their fungus, this I guarantee and whatever disease that picker had, you now are subjected to. If a family member picks your food, it is not a problem because everyone in the same house shares the same parasites / diseases. The Immune System determines how much a parasite bothers our daily lives; so what makes one sick will not bother the other, but both are consuming the same parasites. We all take our chances with commercially prepared foods and a good clean body can process and expel much of the chemicals. Ideally live in an area that you can raise or find plentiful wild fruits. In Ohio, the raspberries, black berries, mulberries, wild apples, wild grapes, etc, are plentiful, otherwise most tree fruits need to be farmed.

**What are the best food choices for children under four during the Pennsylvania winter months?** All baby foods that have been prepared by grinding and making them very easy to consume. All fruits and cooked vegetables such as peas, squash, and sweet potato. Ideally you prepare these fresh in your home or buy the best baby jars

available, such as the more organic prepared ones. Never use rice, cereals, meats or dairy; such foods add weight only because they are hard to digest and expel. Once a child is school ready, then the cooked oatmeal type breakfast can be prepared for the long day away from the home and a child raised on fruits and cooked vegetables will always love these throughout the lifetime and want them in their lunch.

### **What is second best food or formula choice for a 14 month old who is not getting mothers milk?**

Find the best raised milk goats in your area that are raised drug free. Obtain enough milk to last through the period needed and freeze this milk in quart glass jars, leaving room for expansion. We always put 1 drop of pure **Oregano Oil** to each jar and 1 dropper of **Olive Leaf Tincture**. The milk often needs to be frozen when the goats are in their prime season, because nothing is worse than to try to find goats milk out of season. Fresh or frozen, dilute this milk with 50% distilled water and feed baby as normal. Keep in mind, mal nourished babies want to drink / eat way too much food until they vomit or the food ferments in the stomach and comes up later with great discomfort. The hungry baby is not getting the needed plant based minerals for bodily functions. This is why we made the **Baby Calm** herbal formula a rich mineral formula that has been used up to 5-10 gallons per child by age 2.

**2. Questionnaire Form:** Age 55 – Female – 6 children – Dental: had a mouthful of metal from child up, full set of dentures 8 yr. – Vaccinations: Yes – Take protein based whole food supplement and veg. iodine because of low thyroid. – weight: 150lb – No operations – No meat eater. Diabetes is in my family so I bought a blood sugar meter and it shows 80-84 before meals and 83-100 after meals. **Is this bordering on hypoglycemia?**

Diabetes and Normal Blood Sugar Levels - At present, the diagnosis of diabetes or prediabetes is based in an arbitrary cut-off point for a normal blood sugar level. A normal sugar level is currently considered to be less than 100 mg/dL when fasting and less than 140 mg/dL two hours after eating. But in most healthy people, sugar levels are even lower. During the day, blood glucose levels tend to be at their lowest just before meals. For most people without diabetes, blood sugar levels before meals hover around 70 to 80 mg/dL. In some, 60 is normal; in others, 90. Again, anything less than 100 mg/dL while fasting is considered normal by today's standards. What's a low sugar level? It varies widely, too. Many people's sugar levels won't ever fall below 60 mg/dL, even with prolonged fasting. When you diet or fast, the liver keeps sugar levels normal by turning fat and muscle into sugar. A few people's sugar levels may fall somewhat lower. Without taking diabetes medicine, though, or having uncommon medical problems, it's difficult to drop sugar levels to an unsafe point.

**In reading up on it in alternative books they say you must eat protein for breakfast, hence the shake above. In your March newsletter you wrote breakfast is not necessary and that was the first ever I heard of this, but I'm relieved, as I'm not hungry at breakfast time. What's the scoop on this protein deal in hypoglycemia? Won't the sugar in a fruit heavy diet cause a problem?**

The high protein diet is the cancer diet; many authors / medical etc. promote methods that support the need for more medical colleges and hospitals for the graduates to work in. At the end of these newsletters I will make available the best medical written book in North American history that no M.D. or hospital can argue against and in this book. It explains why we should never eat breakfast and seek to avoid lunch and how to use simple foods to cure every known disease that was all proven by medical experts before 1950. This book also will prove that humans thrive on all fruit sugars and loose health

when we lack the 220+ known fruit sugars. Otherwise, virtually all the great cancer doctors of the past used a protein free diet when treating cancers. Most protein diets support the dairy association. I will explain diet in the upcoming issues and then seek to make available one of the rarest medical books in North American History that explains human health, the cure and the prevention using no herbs, no drugs, no operations; just human foods. I suggest herbs for dissolving rock out of the body and de-worming, otherwise a wise diet supports all human health. This M.D. was known as the best and he learned to cure over 63,000 patients of every known disease, using proper food. Food being the cheapest prevention and cure for all diseases and the reason why medical in 1950 chose to ignore all food cures in fear it would end medical practice.

**For years I've wondered about our acidic well water. It's PH 5. It wouldn't have much minerals would it, but isn't it like drinking pop and wouldn't it leech minerals out of the body? We have a very shallow well in sandy country.**

Shallow wells have more current water in them, which means more of the current toxins from pollution. They also are usually full of bacteria and once exposed to air, the water turns red. This water is very heavy in rock minerals and all the common poisons found in North American well water. If your well casing is metal, I would never drink from it or water the animals with it, but can be used for the soil. It will kill plants if you spray it directly on the leaves too often. The only true pH reading is a liquid reading, otherwise the pH strips will always read low for water. Once you remove these poisonous minerals, they will read pH 14 and the pure distilled water will always read a pH of 7, because it has no minerals, making it neutral water or the same as rain water. If your pH testing method does not read 7, then the test is not an accurate test for water. Another method is using electricity, they sell a device that you plug into electric and then set in a glass of water, if the light glows brightly your water has a lot of metal in it, if the light will not glow at all, your water is clean of metals or pH 7.

- **Sorry to say, but American well water is the leading cause of death of all Americans.** When people that were raised on well water die, their arteries can be snapped like pretzels from all the accumulated rock in their organs. Anyone that has ever boiled a pot of their well water down to dry and saw the lime, rust and rock residue can understand that this stuff enters their blood stream and clogs their kidneys and this reduced kidney function then leads to premature death that we accept as "old age"; while really that oldness is a result of accumulated rock. There are 2 obstacles that end up putting most people in the premature box, 1 is hard water and 2 are their dental metals. That is my opinion!

**3. Questionnaire Form:** Age: 41 – Male – 9 children, age 6-18 – No fillings, No dentals, No vaccinations – Generally fine health as child – Takes B complex and colon Rebuild #1 – Age 15, had appendix removed.

**I was said to have hypoglycemia by a chiropractor. Symptoms are weak, sad over myself, low mood, foggy mind, lately experienced belly pain (mild), weak knee joint and cold feet. I ordered a few remedies (LBB, Kidney/Pancreas Cleanse, Adult Longevity Spices), what I thought may be a start to treat my problem, according to your writings. If you have a different opinion on the thing, don't be afraid to say so. Keep your newsletters coming!**

By age 40 things "change", similar as they do by age 30 for most people. These changes usually have to do with hormones in that the hormone producing organs deteriorate and our hormones must be perfect for us to have perfect health. Dr. Christopher believed that by age 40 all should start "prevention" for the problems that hit most people in their 50's such as prostrate problems, menopause, arthritis and loss of

hair and skin health. He made the formula we call **Hormone Balance** as an herbal solution. I would suggest 2 capsules daily for life starting now. Or for mood, what I call **MIND over MATTER** is the strongest I know of herbal wise. I have no experience with this formula, but it is the best of the best herbs known to help with all mood / depression / bi-polar problems so many experience today. After you have emptied the bottles you presently have, I suggest the cheapest route to go is the **P / W Elimination** powder made into capsules by the customer. This formula has the prostrate herbs, de-wormer, calcium, minerals, kidney, heart, pancreas, etc. herbal formulas all in one and if taken daily for life, should supply the best prevention; but I would add the extra **Hormone Balance** and Mood / depression herbal formulas if you still need a little help. Your key is “prevention” and do not allow a real problem to develop that then wrecks your life. Those with real depression or real bi-polar issues often can’t cope well in life. Your “B” complex is most likely a bottle of chemicals, no one can bottle “vitamins”, and things sold as vitamins are normally chemicals.

**4. Questionnaire Form:** Age: 50 – Male – 9 children, age 1-23 – Dental: I have one tooth with cavity. I have only 8 of my teeth left. Did have a few of my teeth pulled, at the time was in my 20’s but don’t have any left. – Childhood health: No vaccinations. I always got the flu easily – I have used **vit. C Ester C** for quite a few years also used other herbs but couldn’t stay on them long at a time also used drugs in my earlier years but don’t know for sure what they all where. – No operations. **I have had an under-active thyroid in the past and used herbs and supplements for it and I am feeling better in that area at the moment. I got kicked by a horse at age 6 in the liver area so that my liver bled. A few years ago I did a liver and gallbladder flush the apple juice and olive oil one, and had lots of gall stones. I also had a hair test done by Circle of Life and they found that I had an elevated level of cadmium which I used their products for, this was in 2001.**

Cadmium and many metals are in daily life and show up in a hair test. “IF” a person does a “fast”, all of these metals will show up higher in the hair as the body expels the waste faster while “fasting”. Many people use these hair test as a “scam” to scare people into buying their products and nothing more, they are clueless what the results of the test really mean. All they care about is using the test to trick people into buying products and nothing more and I suggest “their” products usually make health worse, especially when they sell vitamins as the cure. The so called naturopathic doctors use fake electronic test which are nothing but pure gimmicks to make their sales of commercial vitamins. If you want a “real” hair test, make sure it is from Data Labs in Chicago; they do medical testing for 50 countries and have done millions of hair sample test world wide. Otherwise I suggest most hair test are nothing but gimmicks used to sell products and never result in better health.

**I also have low blood pressure. In the last few weeks I am having lots of trouble with heart burn or acid. I am also loosing my eye sight. The only thing I am using is Ester C Powder.**

You have answered your own question by supplying enough information and this is why I suggest people tell their story! **Ester C powder is PURE ACID**, all Vitamin C supplements are CHEMICALS that destroy your stomach and pH of your body. Throw every product and every food in the trash that has Vitamin C added. Avoid all people that tell you vitamin c is good! This is a fact: if a healthy person takes a drink or eats any product that has vitamin c added to it, they should have a nosebleed a few minutes later. The blood will contain the vitamin c acid as the body expels it as fast as it possible can. Vitamin C is added to foods to extend the shelf life because the acid kills the



bacteria, same as it kills the friendly bacteria in your body as it drops you pH levels that forces your stomach, pancreas, and heart to work hard to maintain a safe level of calcium in your blood so you don't have a heart attack. Often "removing" the poisons are enough to change a person's life. At age 50 I would suggest "prevention" that should have started by age 40. I suggest **Men's Wellness** because it has plentiful herbs for calcium and minerals along with the prostrate herbs at 12 capsules or a tablespoon daily along with 2 capsules of **P / W Elimination** daily. These 2 formulas along with an ounce of olive oil, wheat germ oil, coconut oil or any combination of plant oils of you're choosing or what we call Plant Fats or **Liver / Gallbladder Cleanse** formula and this should be enough to change your life. The only other option would be if you need additional **Hormone Balance**. Once returned to "normal", ideally the **P / W Elimination** at 2-4 capsules daily will supply everything other than the 1 ounce of daily plant fats. The herbs supply about 1/6<sup>th</sup> the solution, the rest comes from sunshine, plentiful fresh air, diet, habits and peace with God and family to make up your total health.

**I had lots of treatments in the past started in my early childhood. I would also like to have more info on how to make a water distiller.**

Non electric water distillers are hard to operate, because they must be watched and never allowed to run dry. The best is a stainless steel pressure cooker with a special tube that runs to a stainless steel coil that is placed inside a bucket of cool water and exists out a hole in the bottle of the bucket. The steam rises out of the pressure cooker into the coil and condenses back to water and drips into a glass container. Toxic gas that travels in the steam is allowed to escape out of the open glass collection container. The toxic minerals remain in the pressure cooker. I tried to sell these non electric water distillers 12 years ago and 2 Amish people tried them and both burned them up, so I gave up on the idea and still have 5 of them left. They were made for the mission field in South America to protect the missionaries from the parasite infested drinking water. Otherwise the electric water distillers are the only way to go, they take 4 hours to make 1 gallon of clean water and consume approx. 50 cents worth of electric. We have 6 Waterwise 12 gallon capacity water distillers running on our property. 12 gallon is ideal for a family; it gives enough water for drinking and cooking / canning. A few took my idea years ago of collecting the steam from maple syrup making. Any method to collect steam and allow it to return back to water in a clean manner makes distilled water. NO ONE likes non electric water distillers, they demand patients and time, something people today have little of.

**5. Questionnaire Form:** Age 17 – Male – No Children – Dental: had a couple cavities 4 yrs ago and we went to pull teeth, he almost passed out and refused to pull them. – Childhood health: No Vaccinations, over all good health except hard of hearing as a school age child and when we treated his thyroid it went away. - No operations. – Takes naturals supplements for thyroid which really helped brighten his mood in school years among other improvements. **The problem we are most concerned with right now is acne. We intend to start him on Tree Iodine / Minerals for thyroid health. What can we do to clear up his acne without spending a lot of money? The problem just keeps getting worse as he gets older. He has treated himself for yeast just recently using natural supplements.**

Very few people understand yeast, people that sell products sold for yeast never understand yeast problems. Yeast is basically a universal word that stands for the over feeding of our friendly bacteria, which is solved by diet correction, not supplements. Acne has a worm living inside each pore living on excessive waste / oils. Acne normally is noticeable starting after puberty change when hormones are changing and the foundational causes are a lifetime with a deficiency of natural Iodine that makes puberty

a train wreck for too many girls and boys. Naturally, iodine makes for a healthy thyroid and the thyroid helps keep the blood clean of parasites. The information you have provided actually shows the “connection”. Once these worms have made their homes in the skin the blood can not easily get to them and where the blood does not travel, the worms will live freely and in my opinion; this is why we see acne that can lead to scarring. These worms often start on the face and for some people can cover their backs and chest. I suggest the **WEED & FEED** theory that all have noticed that these newsletters are about. Acne can be related to hormones, so most will take 2 of the **Hormone Capsules** daily for hormonal help and I make a **P / W Spray** for the skin. The parasite / worm spray enters the skin where worms hide from the blood stream, making it ideal for acne, ring worm, and all skin afflictions. Is there a cheap no money cost method? He could try soaking his acne in pure apple cider vinegar, applying clay, lemon juice, coconut oil, etc.

**6. Questionnaire Form:** Age 43 – Female – 6 children, ages 10mo -10yrs. – Dental: Fillings, root canals, cavities, otherwise in good health. – Vaccinations: Measles – Childhood Health: Occasional sore throat – Take prenatal through Kramers Health Foods – No operations.

**A question concerning pregnancy: with my last two, I had excessive water in my uterus that they said kept my baby from dropping, I wanted home birthing but because of baby not dropping 5-8 days after my due date, they took me into a midwife clinic and started my labor. Do you know of anything that could be done to regulate the excess water?**

In general you always read about the Potassium / Salt imbalance, in that people have way too much salt and very little potassium. Too much salt forces the body to protect itself by collecting the salt and storing it in accumulated water that gives the appearance of weight / fat. It also has to do with circulation, so seeing your chiropractor every month, especially while pregnant would be essential. Naturally, medical is going to consider all pregnancy past age 35 to be HIGH RISK to mother and baby and will treat you so. I suggest a good chiropractor rich in knowledge of pregnancy probably could have worked you through this problem if you are of normal weight. If you are excessive weight to begin with, that should be corrected first. Metal fillings and root canals affected all your children’s lives for the rest of their lives in my opinion, besides continuing to harm your health. It would be very unwise to have children with such dental problems in my opinion.

**7. Questionnaire Form:** Age 29 – Female – Children 2 & 3 adopted – Dental: 6 mercury fillings, approx 5 wt. fillings and a bridge to replace a broken tooth. Bridge has caused decay underneath etc. also have approx 5 more cavities to fill. I have had poor teeth even as a child. – Had vaccinations – Childhood Health: small for my age, digestive problems as a teenager etc. – Takes herbal anti-yeast killers, minerals, probiotics, and more. I have taken your worms-b-gone and tree iodine plus. – Operations: Tubes in ears and Appendicitis.

**Symptoms: Candida yeast throughout the body causing tiredness and yellow complexion especially around my mouth. As a teenager I was diagnosed with primary ovarian failure and weak hormones. I see a chiropractor regularly and was on an herbal yeast program from Candida Wellness Center which have helped my symptoms quite a bit but the cost of the program is high. What would you recommend as an effective, affordable program regarding your products? Even with yeast problems in my digestive tract I hardly ever have vaginal yeast symptoms. Only other symptoms which affect organs throughout my body. Liver, Kidneys, glands, etc.**

6 mercury fillings are enough to kill some people, 1 is enough to make anyone sickly. A bridge affects your skull plates. The additional cavities show your real problem is what simply can be called “dirty blood”. All commercial yeast products are worthless in my opinion, the very word “yeast” is a word created to make product sells. All the mercury has to be properly removed as the first step. Never get a dental bridge, they stop your skull plates from moving properly, they move with every breath of air you take and when they can’t move, your health suffers. I suggest you go to a good mercury free dentist that refuses to do root canals; you probably can’t find one that refuses to do bridges, because the \$\$\$\$ is too good for them to resist! You cannot correct health with mercury being swallowed with every swallow you take. The dental decay most likely resulted in the womb from the lack of proper natural iodine and then growing up lacking iodine. As long as the blood has waste to be expelled, it will attempt to expel it at the weakest places in your body, your teeth and your reproductive organs. So once again, a person has supplied enough information about them selves, to solve their own mystery of ill health. “IF” a person examines their life, they can always find the reasons for their ill health, there are no mysteries in health, and we are a result of our past.

I suggest ideal diet and habits while you have your dental completely corrected; you need a good dentist like Dr. John Johnson that understands the ill effects of dental metals. He does everything he can to save the savable teeth, because dentures are never a good option if they can be avoided. The sad news as you know, dental correction is very expensive. It sounds like your teeth are a mess, but very savable. You are looking at probably \$4,000.00+ to correct would be my guess. The longer you avoid the teeth, the worse your health will become and more expensive later. Correct diet and habits will cleanse your blood and herbs can help a lot as well, but I suggest you fix the dental first. If you can afford to use some herbs, I would suggest the **Women’s Wellness Powder** as the cheapest method to obtain plant minerals and take 1 tablespoon total every day if you can afford to do so. Once the metal is out, I would then seek to help the body expel the mercury and other poisons that will take a lifetime to expel. The womb can be helped as can most any part of your body with corrective diet and herbal aids.

**8. Questionnaire Form:** Age 25 – Female – 3 children, 4mo, 16mo, 2 yrs. – Dental: I am wearing dentures for my upper teeth and filled some of my lower teeth, No vaccinations – Tubes in ears age 15. **I am having some pain in both my wrist sometimes more than others. Also have a lump at my right wrist and a lump at my left elbow. What is it? And what could I use for it?**

Lumps in general are accumulations that the body is protecting itself from. When located on the wrist, they often are a result of the membrane breaking and allowing the fluids that lubricate the wrist joints to form on the outside of the membrane causing a lump referred to as a Bible lump. Called a bible lump because they use to take the heaviest book in the house and “smack” the lump and bust it and the fluids would be reabsorbed by the flesh and carried away; not a cure, but works to get rid of the lump. You having one on the elbow also show a more serious problem. I have noticed young people that drink a lot of pop such as mountain dew develop such lumps throughout their arms and often eventually show up on their backs. Needing ear tubes at age 15 is almost unheard of, but also describes your problem, because the same waste that clogs the ears comes from a dirty blood stream; the same blood stream that makes the lumps in your wrist and elbow in my opinion. So I am suggesting it is all related, the same problem. I suggest using 5-6 ear candles on each ear in the same day and apply **Ear Ache Spray** afterwards and then use the **Ear Ache Spray** occasionally and use the ear candles on your ears every 6 months 3-4 per ear for life. Your children will need proper

use of ear candles after age 1. For your lumps, I would see your chiropractor often; taking all your children with you for treatments that should be free each time you pay for yourself and ask your chiropractor about these lumps that he can personally examine. Otherwise I would spray them 3x daily with **Adult Strength Goiter Herbal Spray** until they go away. There are a few doctors that believe every lump is a goiter in nature that will respond to iodine. I have seen lumps drop to ½ size in just 10 minutes of being sprayed, but I assume it all is determined by the nature of the lump and its actual cause. Your children are very close in age, suggesting you need plentiful plant minerals in your diet. I suggest 21 **Women's Wellness** capsules daily or 1 tablespoon of same powder and plentiful **Baby Calm** for the little ones to aid their plant minerals. The closer the babies come, the faster the mother's health will flee and children suffer deficiencies.

**9. Questionnaire Form:** Age 29 – Female – 5 children, age 11mo-11yrs – Dental: fillings and cavities – Vaccinations: yes – Wisdom teeth removed – Takes vitamins, probiotics, fish oils, and grape seed antioxidants.

**I have a question for you again. After reading you last pamphlet. You mentioned quite a few times of how important it is to space your children at 3 years or more. Well, how in the world do you achieve that goal without using birth control or ruining the marital relationship?**

If things are “normal”, a mother can not become pregnant while nursing. As explained previously a male that expels his waste through his reproductive organs will become addicted to expelling the accumulated waste daily and the female with the same problems, develop longer and longer menstruation as she expels her waste through her blood. The acid producing diet is the reason for this, or simply put, the MEAT DIET. The meat diet creates the most acid and the most aggressive life. Simply put; those eating the most meat will seek to have the most sex, it still does not explain “how” a woman can become pregnant while nursing, because it is not suppose to be possible; but is something that has evolved with humans. That and sex should never be a requirement of marriage because eventually by accident or loss of health, sex will end and that should have nothing to do with ending the marriage. Also the fact, half of the month every month, no woman can become pregnant. Every pregnancy should be well planned for a healthy child, doing anything less can result in a disaster for the family.

**We do try to follow the natural family planning, but as you can see there's too much room for error. And yes, we do love our children dearly, but would love to be able to take care of what we have without neglecting them to take care of another. Make sense? I am sure many other ladies are wondering the same thing. Also you said how important it is to eat right. Could you explain that in plain words, like what do you eat? How do you fit it? And where do you get it from? And how can you afford it on a limited income? I'd really appreciate some answers.** In plain words; God created humans to have sex 3 days in September every 3 years. Do you see the male deer running his heard of females all year long? Do you see any male mammal, bird, reptile, fish, etc. having sex beyond what God created it for? I hope that is plain enough? As this earth cycles and lifespan decreases, humans are having more sex at earlier ages because humans are living shorter lives. They must develop faster at younger ages; this is why some girls are starting their menstruation by age 5 and not 13-21. It is all a result of de-generation or deterioration of the human race.

Some old timers just simply call it “perversion” to go against Nature. “IF” you see a deer having sex all summer long with the female deer, what would people think of that deer? They would say it was “perverted” and kill it. Sex is something boys and girls grow up

and do based on what is “expected” and referred to as “normal”. And as we all know, with the human race what makes us human is to do the opposite what God designed for us, which brings us to diet.

The meat diet is a sexually aggressive diet and the fruit diet is a more natural diet; or simply put, meat diet equals acidic diet, fruit diet equals alkaline diet. Humans are born with 7.3 pH alkaline blood and if that drops to 7.2 pH, they claim we die from being too acidic. What I eat or you eat changes NOTHING, God created all humans alike when it comes to our food and drink. Correct diet equals good health, wrong diet leads to ill health, and every farmer knows this. Will humans eat correctly, especially in a northern climate? NO, they will not, I have never in my life met one person that eats correctly and medical authors suggested that it has been over 200 years since a healthy human specimen has existed to use as the example of health. Yet, medical and history has proven over and over that if we want to stop disease, we have to return to a natural diet.

You have noticed “I” have never said you can not eat this or that, “I” only have stated that certain foods cause an acidic system that creates disease and these newsletters are only attempting to explain why people create their own sickness and at the end I will make available a old medical book that discovered food as the cure for all diseases, the correct foods that God created humans to eat. Cost wise, it always cost more to eat wrongly and develop illness and shortened lifespan. Even in North America, people can raise grapes, apples, pears, peaches, raspberries, strawberries, etc. so there is zero excuse for us all and what child hates such sweet fruits? So expense has nothing to do with health, it actually cost more for the wrong diet and the wrong habits. Luckily we humans respond quickly to diet and habit correction as long as we have some liver function left.

The marriage relationship is something the husband and wife have to agree upon and ideally their decisions will take the health of their children as top priority. No one can argue against nature; so sex, diet and habits really is not open to discussion with anyone but God and those that don’t like the rules of earth. As humans, we all have been raised to fight Nature and as we all know, nature never loses a battle. Those that go against God’s Creation are eliminated through illness and elimination, because like it or not, survival of the fittest will never change no matter how much we desire otherwise. Understanding why we get sick, why we die of disease; enables our brain to develop a defense within our own body by learning to “adapt”.

Not knowing why we become sick and die makes for a life of “fear” that creates even more stress that leads to even a shorter lifespan. Understanding our environment is the key to living in our environment. Every wild animal is easily trapped when the animal is not ‘aware’ of the trapper, once made aware, the animal takes steps to “avoid” the problems in its life. This newsletter seeks to point out the problems to avoid so we can live longer and have healthier children. What people do or not do is not a subject for anyone to discuss, we all make our own choices. If my wife and I knew what we know now, back when we were children, we would have changed much of our decisions in life; but having no teachers, we did what our parents and everyone else did.

Which mostly relied on doctors and professionals to care for our problems; which in most cases, creates worse problems later in life. I did not realize there were old medical and health books that explained human health. Once I read many of these books, I started to realize why I am who I am. I am a result of all my choices in life. Choices that determine our total health, I have seen our current decisions to improve our health,

result in better health of our children. Having to learn on our own, our slow decisions resulted in less health for our children. In fact, the bible is correct, we all suffer from the last 7 generations; we are a result of the decisions of the past 7 generations of our family. The only way to “break” the chains is to learn to avoid the diet and habits that lead to an acidic body. The old doctors called it “Returning to Nature” or the alkaline diet. The alkaline diet of every creature can be summed as this: the diet God created for every creature”. “ALL” creatures are given for free, by God. All they need. No creature but man, tries to grow and preserve his food supply.

The manna story in the Bible explains the problems with storing foods. Bacteria will always eat away at dead thing. We are designed to eat live foods. Live foods support our health, while dead foods do not. The all meat and grain diet leads to scurvy! Early pioneers died of scurvy when they came to America and lived on meat and grains. Scurvy is avoided by eating fresh green grass, herbs or fruits. Humans must consume some of the natural diet or die. Humans that eat a lot of the natural diet, live much better. The diet will be explained much better towards the end of these newsletters. The spreading out of children should be this simple; look at races of people that are known to have close pregnancies.

Generation after generation you see where the large majority of birth defects result. With each new generation, the sexual abuse increases. It should be noticeable that families that raise large gardens, verses families that live more on wild game and beef have better family relationships; while the meat eating families are more aggressive in nature which enables them to kill and butcher. Often as a man grows older and wiser he does not feel good about killing animals. Many times in his last year of life he feels bad for the killing of animals and creatures that really never did him any harm. I have seen very old men actually take a baby bird that was scooted out of the nest, put that baby bird back in the nest or put it away from the harm of the cat, etc. I have seen old men not want to shoot the groundhog in his hayfield and prefer one of the younger boys to do it, while when the man was younger he would have thought nothing about shooting all the varmints.

While on the other hand, I have seen old men that believed they were not a man unless they killed the deer, turkey, squirrels, rabbits every season and even when they no longer could walk unassisted, they insisted till the day they died that they be taken to the woods with a gun where they could kill something. There are two kinds of humans, same as there is an acid producing diet and an alkaline producing diet. Dr. John R. Christopher was a World War I doctor and he 100% believed a soldier needed to be a meat eater; otherwise they were not aggressive enough to be good at killing. Dr. John R. Christopher believed in the natural sex of humans and when asked what he did when he wanted sex, he commented he ate an orange. In his book, he states that the male must refrain from sex all but 3 days of each month as the best possible way to conceive a child and Dr. Christopher stated that his method for conceiving never failed and he was one of the best children’s herbalists in American history. Understanding sex points out problems and that is why no one wants to understand it and it does not show up in normal health books. Instead, medical makes a fortune from ill children; a deformed child is a lifetime paycheck for medical.

**10. Questionnaire Form: Age 5 – Female – Good Teeth – No vaccination – Take Exiode (deferasiox) iron chelation. She is also taking Reliv which has helped. This is what she is diagnosed, cartilage hair hypoplasia, dwarfism aplastic red cell anemia part in bone marrow that makes red blood cells she has basically none of**

**them. Needs blood transfusion every 4 weeks. Her liver and spleen are enlarged. Have you had any cases similar to this and is there something natural to use? (she was a 7 month preemie baby and was in the hospital for several months and is a dwarf)**

As far as plant minerals, diet, habits and de-worming goes, they all apply to every human. In the case of problems that developed in the womb such as severe birth defects; the child must deal with the “original” magnetism or “blueprint” of their body. The body will always try to return to the original design. This child obviously is an extreme medical case when you’re talking blood transfusion every 4 weeks. The fact that she is 5 years old is amazing! This alone proves she wants to live. I would treat her the same as any other 5 year old, only double – triple the amount of herbs for minerals and plentiful natural iodine minerals. I would spray her entire body every day with what I call Herbal Spray I. I would give her the **Kids “B” Well** in huge doses, such as our children had 5 gallons of **Baby Calm** by age 2, I would be giving large doses of the **Kids “B” Well** in an attempt to supply her liver and blood what it needs to overcome such problems. The daily total body spray would be the greatest possibilities of a miracle and I would spray her bedroom every night after she went to bed with **Herbal Spray III** or stronger **Room Spray**. Naturally the only way for a real miracle comes from prayer. The more people pray, the better, because each person is here on earth for a reason and for whatever reason things happen, it happens for a reason, but nothing is a mistake, nothing happens that God is not in 100% total control of. Once away from medical and older you can step to more aggressive treatments of herbs and water therapy, etc. but for as long as medical needs to keep her alive, she is in their hands. They most likely will suggest operations as she gets older to extend the arms, legs, etc. Our prayers be with you!

**11. Questionnaire Form:** Age-37 Female – Children: 6 ages 10mo-10yr – Dental: mercury fillings, cavities that I am trying to heal without going to the dentist – No Vaccinations – Childhood Health: good, other than I had severe pimples on my face during my teens – Taking calcium supplements, Omega 3, Liver cleanse formula, Kidney Activator, B-Complex, VitoE, Red Raspberry capsules or tea – Had appendix removed when I was 14 yrs old. I was very run worn through my 1<sup>st</sup> pregnancy and afterward for several years. I had kidney problems almost all my pregnancies, some worse than others. I have been having gallbladder attacks occasionally. Through my last pregnancy I especially had problems with it.

Also I have had almost constant diarrhea like (very watery) bowels for a year and a half now. I used Liver cleanse and Kidney Activator all through my 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> pregnancies. Our 3 oldest children all had skin rashes from 1 yr on. Our oldest child has had constipation problems since the age of 2 yrs. I have recently started giving them my own combination of herbs. He has improved much from that. But if anything out of the ordinary comes up or we get out of routine it shows up again. He’s also had behavior problems and he is a bedwetter. Our 2<sup>nd</sup> child has poor bladder control since the age of 2, and cries easily over very small issues. Our 3<sup>rd</sup> child is often itchy all over especially his eyes. His skin is rough, not smooth. He has a hard time focusing or concentrating. He has a lot of allergies, with asthma like symptoms, but that seems somewhat cleared up by now. Sometimes when he is doing his schoolwork his mind seems to go blank. At times you coach him a little then he can go again. Other times he can’t get started, so I tell him to just put it away for awhile then it goes better. He is also very fidgety and chews his fingernails. The five and 3 yr old have rashes like the older ones but are more nervous and cry easily. Since I have been reading your newsletters I have quit taking supplements (calcium), vitamins and omega 3. I also drink red raspberry tea and

comfrey tea and also take a liquid herbal formula for my teeth called Dental Health, which is supposed to help the teeth. **I am still nursing the baby. We're planning on doing a whole body cleanse for the whole family as soon as we have more of our own fresh vegetables available. Colon Cleanse- (no breakfast, fruits and nuts for lunch, fruits and vegetables for dinner) Kidney, Liver and gallbladder cleanse. But this is new for us and we're not sure what to expect. You say once the body gets used to it, it isn't hard to go without breakfast, and eating fruits, nuts, and vegetables for lunch and dinner. Have you personally done this, then gone out and done strenuous farm labor all day? No criticizing intended, but not all occupations are same. My husband says he's sure he couldn't handle it.**

I worked on a lead platter for 30 years that you kept 35# in your hands all day long loading and unloading the huge machine while breathing chemicals and oils in heat over 100 degrees every day, mostly working 6-7 days a week and many forced 12 hour days and I learned to "fast" from reading old medical books and did so while working on the lead platter. Note that 1 in 30 men that tried out for the lead platter would quit, it took someone young and dumb to learn that job and stay with it and I put the full 30 years on this same machine because the other jobs seemed boring. The "fasting" books say we waste 80% of our energy trying to digest the foods we eat during the daylight hours. Those that learn "fasting" often experience 80% increase in energy and feel better than they ever have before in their life and often need very little sleep. I would tell your husband that he has never known real health, real energy and would have no words to describe the energy he would have if he ate only live / alkaline producing foods.

**How long does it take to get used to it? May we call you for advice and support during our cleanse? Is it necessary to be on the LBB if our means hardly allow it?**

Eating breakfast breaks your nightly fast; it takes no time at all to never eat breakfast again. Start with fresh fruits, and then fruit juices and or water and NO CHILD will ask for breakfast unless trained to do so first. Never eat before noon and adults should avoid all solid foods till after 5 pm each day. Children will munch on fruits through out the day as they need, if they know how to get them. The **LBB** is an herbal method to help restore colon function and your statements above show your colon health is an absolute mess. If you stick with a well chewed raw fruit diet, then your colon will not have to deal with the acidic mess of indigestible foods and you can surely avoid spending any money on herbs. The use of the 85 degree enema can be used until you get the colon health back by natural diet.

**My husband would be willing to do this if he could see the rest of us got benefits without getting sick first. He (or we) is very anti-drug/medicine. We have spent thousands of dollars trying to gain health and it is pulling us down.** This is making no sense to me, you don't want to spend a dime at the dentist, don't want to spend on herbs, but now your admitting you have spent thousands on something...\$\$\$\$ is probably more stressful of a subject than your family health is. While you probably realize by now, I suggest family health comes first, because with bad health, nothing else really matters.

**Then we hear remarks like- "If they'd forget about all natural, whole grains, no sugars etc! other people don't eat that way and their children don't have health issues" (yes, our children's problems are obvious to others) it has been very discouraging at times, and we don't get support from family members.** Diet and habits are 2 things that each family as a family decides upon. Just because the children down the road can eat road kill and moldy grains, does not mean the children at the next house can. In fact, real healthy children get sick every time they are subjected to



poisons, while real sick children can be poisoned daily with no ill visible effects showing at the time; because they have no real immune system capable of throwing off the poisons. These sickly types will develop cancers once their poisons have overwhelmed their body, while those that get sick every time they are poisoned have the much healthier body. I want a child that gets the cold every time he / she eats badly or was around another sick person; this shows these children have the ability to “expel” the toxins.

**My husband (age 36) had an accident while riding a pony a number of years ago. His ankle broke and they put in a plate and screws.** Those plates and screws are not natural, the immune system if working properly, will seek to remove those metals; so if he was to discover health, he would also discover the metal has to go.

**He’s had back problems most of his adult life and he has indigestion problems.** Those 2 coexist, bad diet leads to acids, acids eat the bones up, and we end up with a bad back. It all started with the wrong breakfast....and years of wrong foods, leads to a low immune system that allows lymes disease to become a problem. In my opinion, anyone with aching bones is feeling the results of lymes disease (worms). The food is costing a lot of time and money, the aches and pains are costing a lot of loss work and income, so in my opinion, living sickly is the expensive way to live.

**He is always tired and just drags himself along and he can barely put in a full days work. He has cavities in his teeth but no fillings. He had no surgeries except for his ankle. He has seldom taken supplements of any kind or not for any length. He had tried them but they always make him feel worse.** Your husband is very lucky to have such great teeth, as his health fails so will the teeth, same with yours. In your case with mercury fillings, you’re not going to restore the cavities or restore your stomach / colon health. The mercury poisons are too great and your breath is actually mercury toxic to the entire family with every breath of air you exhale. I would suggest along with better diet and habits that you first seek to professionally remove the mercury and replace with proper white fillings along with your husband and seek to keep every tooth that is savable. The children would all do well with additional herbal help, since money is too hard to obtain and as the health fails, it will become impossible to obtain, I suggest obtaining the best Amish Made Maple Syrup and or Sorghum you can afford and give each child 1 tablespoon daily for ever. If you can afford 1 ounce of **Pure Oregano Oil**, I would suggest 1 drop daily each for you and your husband and once the husband loses his fear of health, put him 1 a drop every hour, 8 total per day until he can work a full day with out complaint and then as he wakes up he will want the entire family doing better. For the children, put 1 drop a day in the sorghum or maple syrup so that all the children get a total of 1 drop daily. Taking **Pure Oregano Oil** in Maple Syrup is an easy way for taste. If you can not afford the **Oregano Oil**, then I suggest the best diet you can afford and seek to never be over weight. At age 36-7 you both have a very long time to work, so now is the ideal time for change, while you’re able. Life will not become cheaper as we get older.

**12. Questionnaire Form:** Age 48 Female – Children: 14 ages 4-24 – Dental: 14 yrs ago pulled upper teeth and 7 yrs ago pulled lower teeth and wearing dentures since – No Vaccinations – Childhood Health: constipation, stress, stomach & liver problems – Taking: no drugs, using mostly herbs, tinctures, buying herb powders and filling capsules **Had a few tests done which showed viral 50 so used things for that and got relief but not cured yet. Seems liver, kidneys, and colon function is not good.**

**As need to be using laxatives or something to keep going. Get very aching, burning hot soles and heels what could be done to get results.**

The **Lower Bowel Balance** Capsules and **Women's Wellness Powder** are the 2 powders I would suggest, never taking laxatives unless absolutely necessary and take 8 **LBB** daily for at least 1 year and 1 tablespoon daily of the **Women's Wellness**. The soles could be an early warning sign of poor kidney health from clogged up kidneys if you have been drinking well water. At age 48, most women are nearing menopause and once they lose their menstrual cycle, their waste will accumulate in the joints and not be expelled monthly that results in common women's arthritis. At this age all women need a little help with the hormones to avoid problems later, so ideally I would suggest 2 **Hormone Balance** capsules daily for the rest of your life. De-worming is a lifetime thing, if you're not having more children, then I would suggest the adult formulas.

The world health organization states that the average death rate world wide is by age 68, so everyone by age 50 should be "thinking" if they want to live longer than average and if so, its time to kill some worms and keep them killed in my opinion. The diet and habits will work themselves out over time, because with age, we find we can't fight nature as well as we did while younger and we will be forced to eat and drink better.

**13. Questionnaire Form: Age 4 Female – Has down syndrome – No Vaccinations – Taking Ambrotose from Mannatech and herbs when need for colds, cough etc. – Operations: 2 open heart surgeries to correct tetralogy of fallot, both defects could not be corrected by taking herbs. I take her to chiropractor who does cranial adjustments, her skull was overlapped at top where speech comes from, her speech is delayed, does not talk much yet. She stays pretty healthy but gets stuffy nose when she gets cold. She grinds her teeth so much the chiropractor says she has tight muscle in her jaw but doesn't seem to make a difference when he gives her a treatment. He says it may be kinda like tics, a habit she can't help, is there something you could suggest? And would there be something to speed up her speech like mind trac?**

Seeing the chiropractor monthly for life is a must, such medical cases are stressful and when medical shines their best to save lives. Herbal wise, the herbs are the same for all children. Weed & Feed based on a 4 year old which means the **Kids "B" Well** syrup and sprays. As long as the chiropractor feels confident he is doing all that can be done, I would say you are doing the best you can for her. All the reasons for this are irrelevant for her, but are the main reason for this newsletter, is to help avoid these problems with pregnancy and developing children. Mind Trac may help her cope better. I would try **Kids "B" Well** in good doses first with the spray. Even **Baby Calm** if need be or have me just add the **Baby Calm** herbs and **Mind Trac** into the **Kids "B" Well** formula to avoid having too many bottles. I would just take a cup and pour out a little of the **Kids "B" Well** with each meal and go through quite a bit of it as early an age as possible, because after age 5, they say things start becoming "permanent".

**And what could I take as a 40 yr old mother of 9 children to help for better bladder control? Someone told me the bladder drops and needs to be pinned back up through surgery. I want to avoid surgery.** The fallen womb is a result of too many children, too fast without proper nutrition and otherwise does not exist with normal mothers. Avoiding such surgeries is most desired, because no surgery is a healthy thing to go through. Dr. Christopher created a herbal bolus method to aid restoring the womb in between children and in such cases as you speak of. It consists of making your own **Herbal Bolus** using powdered herbs and coconut oil along with herbs to rebuild your body. Dr. Christopher naturally insisted on the mucusless diet that would have avoided

such problems in the first place, so those that refuse to change just opt for the operations, which makes them popular in the hospitals.

**Why is your red raspberry so much more expensive than other catalogs? And how do you prepare it for tea, just add it to hot water and drink the grounds too?** I make a concentrated herbal syrup / tincture of Red raspberry that also has olive leaf, oregano oil, etc. in it for those that refuse to make their own Red raspberry tea. Otherwise those that want to save money, just go to your garden or woods and cut your own raspberry branches and leaves and chop them up and make your tea with. The grounds are normally always strained out of herbal tea, if you want to drink them, make sure you didn't chop up any stickers. I personally suggest all teas be strained before drinking.

**14. Questionnaire Form:** Age 43 Female – 5 Children ages 15-24 – Dental: 7 fillings, 3 are dark fillings and the rest are white. – Has had Vaccinations – Childhood health good – Taking nothing – No Operations **Sore shoulders and back, probably from tension. Always tired! Everyday! Go to the chiropractor every so often, doesn't help sore shoulders. Don't like medicine so I probably wouldn't take the liquid herbs like I should.**

Naturally the 3 mercury filling should be removed; it only takes one to affect your health and the health of your children. For the sore back, a good chiropractor is a must, often it takes time to find a good one and a good one you will want to go to with every pain you experience. Otherwise what I call **Herbal Spray III** sprayed daily on your entire back and shoulders, every day for years to come would be a great treatment. Consuming natural plant calcium and minerals would be wise and since your age 40+, taking 2 **Hormone Balance** capsules daily for life, is prevention started by age 40, to avoid the many female problems that develop by the 50's.

**15. Questionnaire Form:** Age 41 Male – 6 children – Dental: have 8 or 10 fillings done as a teenager presently no problems – No vaccinations – Childhood health good – Taking Calcium magnesium – Had tonsils removed. **Ringing ears 24 hrs a day sometimes I hear music is worse when having a cold or sinus infection have 20% hearing loss to shrill or high pitched sounds has frequent earaches in my school years still have 2-3 times a year. What can I do to correct it?**

Ringling in the ears can be caused by a variety of things, from high blood pressure, to wax build up. A good chiropractor can treat this if it is do to the neck / spine out of alignment that is causing a loss of circulation to the ear area or constipation. The use of 4-5 **Ear Candles** per ear, done on the same day and then apply **Herbal Ear Ache Spray** daily is where I would start after I seen a good chiropractor and checked my blood pressure enough to know if it is a problem. Otherwise, weed & feed and remove the toxins so the health stays good! Since your past age 40, 2 Hormone Balance capsules taken daily for life and or what I call **P / W Elimination** would be ideal at 2-4 capsules daily for prevention. After age 40, we start reaping what our past is leading us to.

## **ACCIDENT**

**Question: At the age of 5 (now 16 yrs ago) our son was in an accident where he was squished starting at his feet going to his neck. The whites of his eyes were solid red. With time we discovered his one eye lost the central vision and we're told there is no help or hope for healing or fixing it. They say it's the same thing that happens in a stroke victim. Have you had any experience with this type of blindness? 1**

1 year of past damage is a lot, regardless, much can be done. As far as the eyes go, I would be spraying what I call **Herbal Eye Spray** daily for the rest of his life. Since you avoided explaining all the other problems I will only suggest this child needs lifetime chiropractic help every month for the rest of his life.

**Can a rectocele be healed? (the rectum falls into the vagina)** yes or greatly improved as long as the person is willing to start living and stop the habits and diet that leads to such destruction of the human body.

**What is cystocele?** A cystocele is a medical condition that occurs when the tough fibrous wall between a woman's bladder and her vagina (the pubocervical fascia) is torn by childbirth, allowing the bladder to herniate into the vagina. Urethroceles often occur with cystoceles. This condition may cause discomfort and problems with emptying the bladder. The elastic tissues of the vagina may compensate for this tear for some time after the injury occurs. Because the hormone estrogen helps keep the elastic tissues around the vagina strong, a cystocele may not occur until menopause, when levels of estrogen decrease. There are no muscles around the vagina, except the bulbocavernosus muscles at the entrance to the vagina. The levator muscle passes around the vagina and the rectum and inserts into the levator plate, which can elevate rectum, the vagina and the bladder neck together. It is this muscle that is exercised by Kegel exercises.

Elevation of the levator plate may partially compensate for the herniation. A bladder that has dropped from its normal position may cause two kinds of problems: unwanted urine leakage and incomplete emptying of the bladder. The pubocervical fascia provides back support to the mid urethra, allowing compression when abdominal pressure is increased. This prevents urine loss with sudden increases in pressure, as with coughs, sneezes, laughs, or moves in anyway that puts pressure on the bladder. If this compression is lost by tissue tears, then stress incontinence results. If the base of the bladder herniates, then urine will sump down into the inside of the hernia, and bladder emptying will be impaired. **Note:** by learning about such problems, we that are still considered "healthy", should learn to avoid these mistakes others have made and this is the reason for these newsletters, to learn that "prevention" is better than cure. **Cure** cost a lot of pain and suffering and often premature death, while **prevention** avoids undue disease and promotes longevity.

### **ADRENAL / fatigue**

Question: **What do you recommend for adrenal fatigue?** Take care of the Kidneys starting with clean rock free water as explained earlier in the newsletters. Stop all caffeine consumption and stimulants. This means all pop and commercial drinks, as well as coffee and commercial tea. Herb wise, Dr. John R. Christopher made an adrenal aid formula that I make and call **Adrenal Balance**. This is a general formula for the adrenal glands as a food, best taken as prevention. Results most likely will not be fast felt unless all stimulants have been stopped.

### **CHILDREN / breathing**

Question: **Regarding children- respiratory problems- constant colds, runny nose. We do not use any white sugar and any exposure to white sugars, causes stomach pains and yeast infection type problems and unidentified. Reason for headaches/fever/stomach pains (2 yr old) once diagnosed with gastroenteritis.** Always take the children and yourself to a great chiropractor for every ailment at the first sign of every ailment and with little ones, especially 2 year olds, it is what they eat that

creates the headaches, the fever and stomach pains and the diseases are under the control of the cook of the house. Worms are a forever problem, but more of a problem for those fed wrong foods.

**Regarding mom- whirling mind, dizziness, specially if around people, unable to concentrate clearly sometimes worse than other times, sometimes early morning and or evening, constipation problems unless on laxative products, often either hot or cold.** Laxatives creates worse constipation and loss of health, constipation of the brain takes a lifetime to create. The good chiropractor can keep the circulation from the brain to the elimination organs working when seen regularly. Worms in the brain are very common and everything within the brain that reduces circulation leads to the symptoms you describe for mom, especially in the winter months when the blood is thicker.

Herbs that thin the blood increase the circulation often are the quick fix, but the cure comes from seeing her chiropractor monthly and restoring her colon health, de-worming, staying de-wormed and supplementing her diet with plentiful plant minerals. Correction of diet is often to late for the older people, they do not take kindly to “change” of any kind, especially when it comes to their diet and habits. So herbs that speed up their circulation and thin their blood are common, but these are the spices, such as cayenne. Garlic is the blood thinner and these 2 herbs make up the foundation of **Longevity Spices** that supplies the plant minerals, thins the blood and increases circulation in one formula, taken 1-3 tablespoons after each bad meal with a large glass of water. Some men will like this formula, while most women will not because of the spice taste. The **P / W Elimination** is designed for men, older men especially, but also great for older women that only want to take 1 product and very small dose, such as 2-4 capsules daily. She also would need **extra Lower Bowel Balance** to undo the years of taking laxatives and poor colon health. Always tell the chiropractor every symptom and he can guide her / you to professional help when it is needed for those that wait too long and become seriously ill.

**What is your thought of Xylitol which we use instead of white sugar.**

Humans thrive on sugar, all 220+ varieties of plant sugars. All sugar substitutes are dangerous to health. Those that avoid sugar all together often turn grey as they develop sugar diabetes in my opinion. Real human food is loaded with mineral rich sugar, the only reason anyone craves sugar, is because they lack enough raw tree fruits in their diet, it is that simple and why candy is so popular and so dangerous as it supplies the wrong sugar that lacks the proper plant mineral balance. Throw all candy away, never ever make it, and never ever buy white cane sugar. Never buy brown sugar; it is just burnt white sugar. Use maple syrup, sorghum molasses, or whole raw cane sugar such as evaporated cane sugar, etc. Supplying the children with sweet apples, sweat pears, grapes, raisins, etc. is the best option. All sugar substitutes are bad and there is no need for stevia products. Real Fruit sugar promotes health. The worse fake sugar is corn syrup, a by product of making plastic, throw away every product you have that has traces of corn syrup and never buy them again. The average American consumes 20# of corn syrup yearly, mostly in the form of pop and it is suggested this has “changed” the human race to being less “human”.

**CHILDREN / hernia**

Question: **We have a 1 yr old son with a herniated belly button. When he was a baby we were told by a medical Dr that it would need to be fixed, if not better at a yr old. Could you explain a bit what causes it and if it will cause any problem for**

**him if left alone. We do not have any intentions of taking him to a medical DR but will this fix itself with proper diet?**

Medical experts opinion is that about 90 percent cases of herniated belly button disappear within 3 years. Also navel hernia in infants resolves as they grow older. So, the doctor is the best person to examine and confirm, whether hernia repair surgery is crucial for the patient or not. If it were my child I would apply what I call **Herbal Spray I** daily until healed 100% and never allow this child to become over weight. Applying an herbal / comfrey ointment could also be done or a **Comfrey/ BF&C Herbal Spray** could be made just for this.

**CHILDREN** / weaning

Question: **When you say a two year old child should just be coming off mother's milk, how much of his daily diet (after 1 yr) do you recommend to be of the mother's milk? What do you suggest the other food would be?** With humans, they are weaned at 18 months of age. Milk is the closest thing to mother's blood that baby lived on in the womb. At age 18 months the child's teeth have developed to the stage of being weaned. This means NO MILK for the rest of that child's life. Milk is for those not yet weaned. It is a form of near blood drinking and not done by any mammal other than man. In some African tribes people still drink cow blood. The human stomach loses the acid that enables it to break down milk by age 18 months. Milk should upset the stomach of all children by 18 months and produce mucus as a result of not being able to digest it.

Humans are designed to chew, digest and assimilate only tree / vine fruits, all other things consumed are not human foods, but choices made as "foods", this is why all these foods lead to mucus production, fermentation and disease as a result of acid accumulations. A toddler started out on raw fruits will thrive, but, a toddler that was breast fed by a mother that was consuming milk, eggs and meat will also crave those foods once fed them. Baby will want what mother was eating. Otherwise, all children love tree fruits, it is what God created for them to eat. In Nature, you would seek out every fruit in your land as your natural food, before guns and weapons, you did not crave raw dead animals nor were you able to ever collect milk from them. Wild honey was your yearly treat. This is what children crave, unless first corrupted at the dinner table. Naturally no one eats the raw fruit diet, but that does not mean it is not correct thing to do, try it with the little ones, they never lie, they will show you that they love the apple sauce, sweet grapes, pears, etc. Grind the fruits into sauce for less than 18 months old, after 18 months, they can chew the fruits that makes their jaws large and their teeth strong. True healthy humans have large jaws that supports all their wisdom teeth for life, while sickly humans have narrow jaw and loose their teeth early. The child that puts the fruit in his mouth and then pulls on it with his hands, are the ones that will develop proper jaw and teeth.

**EYES** / cross eyed

Question: **We just received the March and April newsletter today. Thank you and thank you for answering my question in the April issue on crossed eyes. If we refuse the procedures the ophthalmologist recommends can they report us to child services?**

Sure, anyone can and once investigated most anything can happen, usually loss of control as others believe they should take over and follow medical guidelines for the child's best interest. **How far can we go in resisting their treatments?** You can never know, because it all depends on the person you're dealing with. **How bad are those dilating drops?** They do not think they are bad at all, but to me, all drugs that touch the

delicate eyes is potentially toxic, I always reject their use in eye examines. Finding a good local eye doctor is essential, especially when you know glasses will be needed to help correct eye problems. No one should go through life without glasses once they are needed.

## **FRUITS**

**Question: How do you recommend having fresh tree fruits in the northern climates year round? We can grow or buy local apples; but a diet of apples alone from Sept-June is not very appealing. We can buy shipped fruit but some has been treated with preservatives. Please make a list of good things to eat in winter in northern states. Notice-buying almost all the fruit our family of 7 could consume would get extremely expensive, if we would eat only fruits (and vegetables?)**

The ideal human living conditions are where the winters never get colder than 60 degrees. This is why you have seen the American diet; a meat, grain and vegetable diet. As you have stated, if you don't raise it and have to buy it, it will be preserved and grown in unnatural conditions. This still does not change the design by God for humans to live on raw fruits in season that will be proved by the end of these newsletters. Expense, I beg to disagree, you may think killing animals, eating grains, drinking milk is the cheap way to go, while all of history has proven otherwise and why the medical doctors collect most of the wealth a man makes in a lifetime in the last 30 days of that man's life.

Today the cheap people allow the tax payers to pay the hospitals, but regardless, they still end up with the wealth as a result of wrong diet. I have a good collection of medical written books proclaiming they have made their wealth because the mother fed her family wrong. Nature proves it; science proved it over 150 years ago and anyone can prove it to them selves. The raw fruit diet creates an **alkaline** system that builds flesh and bones; while the meat / grain diet creates the **acid** system that dissolves bones and flesh. Many lessons prove in life that the cheap route often ends up being the most costly. We all can grow plentiful peaches, pears, apples, grapes, strawberries, raspberries, blackberries, mulberries and a host of other berries and fruits and import an endless variety and no matter what they have been preserved with, they will be less damaging than the acid forming diet. Those that refuse to remove the poisons from their wells and the poisons from their dental metals usually just give up before they try and decide they are defeated and might as well die like the rest, which is the right of all humans to make such choices, but they also should not be alarmed to see babies and children die from such things.

## **HTLV**

**Question: Last year after I was so down, after my daughter was married in July, this itchy and terrible fungus started way deep in my privates and I scratched and it was so dry and skin dried is and scaled fall off and I just about went nuts. Then I for small blisters and they popped open and finally a big blister on one side filled with fluid and I was so itchy that also popped and drained down my left leg and spread fast. I didn't want to go to any doctor about this! So I tried everything, soaking in vinegar and soda baths and I couldn't stand elastic around the panty line. I still am allergic to some panties. I finally started using any oils I had, peppermint, milalucca, eucalyptus, and that gave me relief and seemed to heal it up, but every so often this comes back and I am so itchy!! I thought of venereal disease but how in the world could I have gotten that bug!? My husbands been gone now for 8 yrs and I sure am not around men like that! I know I have yeast problems and I was told to take "Kefer" Probiotic Cultured Milk Smoothie as I**

need that culture. I can buy it at a local store. That has helped me a lot and its good to drink-all flavors. Also after my husband died I finally decided to donate blood to the red cross for the 1<sup>st</sup> time ever. I was ready to start donation. Well they didn't take my blood because I have the Human T-Lymphotropic Virus! HTLV is associated with adult T cell leukemia and myelopathy or paraparesis in endemic areas of Japan and the Caribbean and has been shown to occur as a result of parenteral transmission. It can be transmitted by contaminated needles such as those used by intravenous drug users. Both viruses may be transmitted sexually, predominantly from male to female. They thought my husband may have contracted it by blood or shots in the hospital he had congestive heart failure and was sick for 20 years and had two open heart surgeries and twice the mitro and aortic valves replaced and died when he was 61. He was 41 when he had his first attack. So then this Dan Phend Read all my information and he said by the computer feed back that he killed that virus. I never did try to give blood any more as they said I could never donate. So now maybe you have some answers for me. Thank you so much.

The Human T-lymphotropic virus Type I (HTLV-1) is a human RNA retrovirus that causes T-cell leukemia and T-cell lymphoma in adults and may also be involved in certain demyelinating diseases, including tropical spastic paraparesis. HTLV-III is also known as HIV, the virus that causes AIDS. The HTLV-1 genome is diploid, composed of two copies of a single-stranded RNA virus whose genome is copied into a double-stranded DNA form that integrates into the host cell genome, at which point the virus is referred to as a provirus. Adult T-lymphotropic virus (ATLV) is a strain of this disease that affects primarily adults. A **closely related virus is bovine leukemia virus BLV**. HTLV-I is an abbreviation for the human T-cell lymphotropic virus type 1, also called the Adult T-cell lymphoma virus type 1, a virus that has been seriously implicated in several kinds of diseases including HTLV-I-associated myelopathy, ***Strongyloides stercoralis*** hyper-infection, and a virus cancer link for leukemia (see adult T-cell leukemia/lymphoma). Between 1 in 20 and 1 in 25 infected persons are thought to develop cancer as a result of the virus. HTLV-III is also known as HIV, the virus that causes AIDS, was characterized in 1984 by Robert Gallo and Luc\_Montagnier. "HTLV-IV" has been used to describe recently characterized viruses.

The above is some general descriptions and your symptoms and diagnoses are not good! It sounds like you went to some quack that used a computer or trick device to fool you, such as naturopathic quackes comonly use. I don't know your age or much about your past or present condition, age, etc. but can tell you that you had better take this serious and start living today and work every day for the rest of your life, to correct your health. Personally, I suggest your entire family all de-worm now and stay de-wormed the rest of their lives and use herbs as prevention. Never consider giving blood and by no means, ever get near cows or consume any dairy of any kind ever again. I would weed & feed as though your life depended upon it and use your experience to teach others. Never believe these problems are not contagious, because if we share the same air, we share the same health problems, only the state of the Immune System determines who lives and who does not. The big question will be, are you willing to start reversing a problem that has been a problem and will be a problem for others around you? Ignoring such problems can end in a disaster.



## GOITER

Question: **My wife is got an out ward goiter and she is got it probably about 8 years now. And she is been looking for an herbal way of treatment. What could be done?**

A few doctors suggest every lump in the female is a goiter, regardless if it is in the breast, womb or neck and all a result of deficiency of Iodine. I suggest all commercial made iodine is very toxic and not suitable for humans. I have seen every person that uses natural iodine extracted from trees get results such as stronger fingernails with their very first bottle; I have seen 1 woman with a goiter at the back of her ear, reduce 50% in size with just one spray of what I call **Thyroid Spray** which is a natural Tree Iodine Mineral Spray. Ideally a person, especially all women need daily natural Iodine and children born to mothers that lack iodine will suffer problems in the womb that will affect them the rest of their lives in my opinion.

I suggest seeing a good chiropractor that help restore circulation, all the weed & feed suggestions in these newsletters and Spraying the neck and the lumps direct with **Thyroid Spray** normal or adult strength and a few squirts in the mouth daily as well. Taking a tablespoon daily of the **Iodine Minerals** formula would be the best internal and external treatment I know of to help with iodine deficiency. Damage done to the thyroid over a lifetime is not going to erase like magic, but lacking proper iodine only allows the thyroid health to continue to fall in my opinion. All women should take daily natural iodine to avoid the female cancers and any lump is a sign that the body is experiencing problems. A few doctors treat all female cancers with nothing but high dose iodine for a year or more. Prevention is King! Do not wait until the body fails and then try to fix it, which is normally referred to as the HUMPTY DUMPTY story. We do not have all the kings' men to put us back together again.

## GRAVES DISEASE

Question: **We want your opinion for Graves Disease. What causes it and how can it be treated or prevented?** Graves' disease is an autoimmune disease where the thyroid is overactive, producing an excessive amount of thyroid hormones (a serious metabolic imbalance known as hyperthyroidism and thyrotoxicosis). This is caused by autoantibodies (TSHR-Ab) that activate the TSH-receptor (TSHR), thereby stimulating thyroid hormone synthesis and secretion, and thyroid growth (causing a diffusely enlarged goiter). The resulting state of hyperthyroidism can cause a dramatic constellation of neuropsychological and physical signs and symptoms. Graves' Disease is the most common cause of hyperthyroidism in children and adolescents, and usually presents itself during early adolescence.

It has a powerful hereditary component, affects up to 2% of the female population, and is between five and ten times as common in females as in males. Graves' disease is also the most common cause of severe hyperthyroidism, which is accompanied by more clinical signs and symptoms and laboratory abnormalities as compared with milder forms of hyperthyroidism. About 25-30% of people with Graves' disease will also suffer from Graves' ophthalmopathy (a protrusion of one or both eyes), caused by inflammation of the eye muscles by attacking autoantibodies. Diagnosis is usually made on the basis of symptoms, although thyroid hormone tests may be useful. However, Graves' thyrotoxicosis often gradually affects the life of the patients, usually for many months, but sometimes years, prior to the diagnosis. This is partially because symptoms can develop so insidiously that they go unnoticed; when they do get reported, they are often confused with other health problems. Thus, diagnosing thyroid disease clinically can be challenging. Nevertheless, patients can experience a wide range of symptoms

and suffer major impairment in most areas of health-related quality of life. There is no cure for Graves' disease. There are, however, treatments for its consequences: hyperthyroidism, ophthalmopathy and mental symptoms. The Graves' disease itself - as defined, for example, by high serum TSHR-Ab concentrations or ophthalmopathy - often persists after its hyperthyroidism has been successfully treated.

I personally believe prevention starts in the womb with the mother having proper natural iodine and plant minerals in her diet sufficient enough to produce a proper developed baby. The baby not properly produced will have the tendency to develop any and all of the diseases. The baby once born can be supplemented to avoid the problems in the womb, but nothing can ever undo the damage done by a mother that did not properly prepare for a healthy baby. As a treatment, all the WEED & FEED suggestions explained in this newsletter along with daily spraying of the neck area with what I call **Herbal Thyroid Spray** which can be made into strong adult formula as well.

This also can be sprayed in the mouth, but I would also be taking a tablespoon daily of the **Iodine Minerals** for prevention and treatment. As explained previously, since 1992 it has been suggested all humans have a compromised thyroid, especially if they have any mercury in their teeth fillings or accumulated with in their body. The avoidance of all products with titanium dioxide / edta is a must and removal of mercury a lifetime chore. All humans born after 1992 are suggested to have a lifespan of less than 40 years because of the loss of their thyroid function, so prevention now is essential, while waiting for thyroid failure is asking for disaster. It is easier to build a house correctly that to rebuild a house that has fell down.

**Also about fasting and body cleanses, I have read and heard about fasting for a body cleanse: what foods and drinks and how long should the course be?**

This will be discussed in detail in the upcoming newsletters, hundreds of books have been written on these subjects, and to answer you properly in a few paragraphs is impossible. At the end of this year, I will try to acquire enough copies of a very old medical book that properly explains the 'fast'; why it works and the proper foods to eat afterwards to become your own physician for the rest of your life using your foods as your medicines.

**HAIR** / shampoo

Question: **What kind of shampoo do you recommend? Is there anything natural out there? Anything I use stings my throat and eyes, with no contact.**

I do not recommend any commercial made shampoos or soaps, since 1992 they have added chemicals to thwart hiv/aids and the side effects are loss of thyroid function. Homemade soaps are great, "if" human grade ingredients are used, such as first cold press olive oil and real essential oils, etc. Most homemade soaps use toxic perfumes, poor grade olive oil, etc. The sting to your eyes and throat are the "smells"/ fumes coming from these toxic commercial products. This also shows your body is overwhelmed already and just one more toxin makes your Immune Systems respond to repel the additional toxins. I use bar soaps that are made in Turkey using food grade ingredients they cost about \$7 a bar, but a bar last a very long time for me. I do not know of an American source for such quality bar soaps, but anyone that makes soap, could use good quality ingredients if they wanted, the problem would be that no one would buy them because of the additional cost. So I suggest using any hand made bar soap you find and try to rinse all the soap off your hair best you can. Rain water which is similar to distilled water makes for the best water to wash and rinse your hair. "IF" the so called natural soaps are made in a commercial factory, I would not trust anything the

label says, in my opinion, all soaps and lotions were made toxic starting in 1992. The chemicals added are said to result in all children born after 1992 to have a lifespan of less than 40 years, these same chemicals were added to the chem trails that you see flying checker board patterns most every week since 1949 in American skies as a method of population control and weather control.

**LIVER** / transplant

**Question: I am an avid reader of your newsletter. I sent you a letter recently asking questions about fibromyalgia, etc. I am 56 and have read lots and lots of health books and information on alternative medicine. Finally at age 56 I am earning money myself to gain my health back. By the end of this month I will, Lord willing, be ordering some products from you. At this time my health has already improved quite a bit, but I still have a ways to go. In the meantime I have met a baby who is very ill. She is on medication of course, but also uses herbs, and understands “organic” is better. By the end of this month she has an appointment to take tests and evaluations to put her on the waiting list for a liver transplant. She is also very overweight. My question is: can we save her liver? I have a book here, The Liver and Gallbladder Miracle Cleanse by Andreas Moritz. He described a very simple cleanse you can do at home, but you need to do it once a month for a year or until you pass no more stones. I am doing this cleanse for the 7<sup>th</sup> time now and have passed thousands of liver and gall stones and am feeling much better. I hope to get Vicky on this cleanse and my question to you is: what next? I have my ideas, but would love to have you outline a program. Thank you, I am anxiously waiting for the next newsletter. Also, do you have any products that suppress the appetite and helps control food cravings? In other words a weight loss program?**

Moritz basically got all his information from the Dr. Hulda Clark books and the Clark Style liver flush as explained in the previous newsletter is the same type flush made “simple”. Face the facts, anyone that wants to live, will do something about the weight and try to avoid the drugs. Drugs harm the liver in my opinion and the liver is the number one source of food for the parasites. Once the liver has been replaced, the doctors own her for the rest of her life and if she had to pay for the drugs to keep her alive, she can’t make that much money.

She will live as long as the tax payers money exist to pay her doctors. I have heard that they can cut 90% of the liver and throw it away and it will grow back in 40 days, thus avoiding liver transplants, but since such operations are worth big \$\$\$, they will continue for as long as people do them. In her case, can she live with out this? Only her doctors know and if she has not been seeing a good chiropractor every 2 weeks for a long time, then she does not care and if she or her family had to pay the full cost of such an operation and the lifelong drugs, she would not be looking at such a thing, in fact, few people would; they only do it because someone else pays the bills.

Naturally I am going to say if you can stand on your own two feet and make it to the bathroom, then you can cure yourself; if not, then you will need a close friend to care for you. A miracle product to stop her from eating herself to death? It does not exist, no matter how many fancy ads make it into your house, they are all SCAMS produced by those into marketing! Such products will always fail, always! She can eat all the good foods she wants and loose the fat, waste and disease by simply obeying what God created humans to eat, which is proven to be raw tree fruits. She can eat these by the bushel and never ever go hungry and put her disease in the toilet, but will she? They never do, that is why they develop such diseases and then seek medical help as long

as they don't have to pay for it. Many of churches have spent millions on such people, insurance companies spent trillions and tax payers spent more than can be counted that has created the medical monster we know today, while the proponents will say such systems has saved lives and I say such systems created these things by wrong education and greed. WEED & FEED there is no other way! On drugs leads to operations and premature death, those that prescribe drugs believe they are only prolonging the inevitable. If your friend wants to live, then you have a chance of helping her, if she only trusts medical and wants her common diet to stay the same, just be her friend and learn from her mistakes. I learned a long time ago, you cannot help a person that does not want help. You have read more than enough that you would have written that your friend is seeing her chiropractor weekly now, de-worming daily, taking 8+ **Lower Bowel Capsules** daily now, taking liver herbs now, etc., etc. and laying in the sun, breathing fresh air and on her new fruit diet and stopped all breakfast, but since you did not, you proved this friend is not eager to save her own life.

## **LYMES**

Question: **My husband had Lyme disease and we were wondering what you would recommend. And I would also like to have something for myself. I am always so tired and have to push myself through the day. Any suggestions?** Had, I assume you meant to write "has" and I believe we all have it to some degree. Already well covered in the newsletters, the **P / W Elimination** is the ultimate formula for prevention and treatment in my opinion for those that want to only take 1 product. I suggest 2 capsules daily for life, 4 if needed. Good also for you if you're past age 40 and no longer planning on having children. Parasites rob you of your nutrition and your oxygen; it all begins with a lifetime of diet and habits that wear the body down. As you clean up the diet, see your chiropractor regularly and the parasite load reduced, oxygen levels come up, energy is restored. Never take a product that gives you energy, those products stimulate your adrenal glands to produce hormones that makes your heart work harder and when the adrenal glands bust from working too hard, you fall over backwards dead. All caffeine products lead to destruction of the adrenal glands; I make Dr. John R. Christopher's **Adrenal Balance formula** in liquid 16 ounce bottles for those that want to use herbs to try to help restore the adrenal glands. Naturally the **Women's Wellness** 1 tablespoon daily or 12 capsules daily would serve you well over a lifetime.

## **PREGNANCY** / birth control

Question: **Wonder what you would suggest for birth control so the body can be built up? As of now I am nursing an 11mo old. We have a 2 ½ yr old that I nursed till 9mo and I got pregnant as soon as I quit. Thanks.** Ideally there are only 3 days per month that it is possible to become pregnant and to be on the sure side, 12 days are allowed as being "possible" days. Those that use the simple **Cycle Beads** or understands how to use a calendar and keep track of their cycle; knows exactly how to avoid unwanted pregnancy and keep control so mother and baby has the best chance at a healthy and long life. The father has to be the wise one and the leader of the family. Understanding his own health and his wife's health is his first step into raising a healthy family. This should be well discussed and understood prior to marriage. If his health does not allow him to maintain control, his wife can help him in many ways other than having an unhealthy baby or making his wife sickly. Understanding nature is the greatest key and nature never lies, while authors of books can. A healthy mother is the foundation of the family life. The father should work to make sure the mother of his children is at her best health at all times, otherwise, all he works for is at risk.

## **PREGNANCY / spacing**

**Question: I'm wondering how you'd recommend natural child spacing if you think they should be 3 yrs apart? Any advice is appreciated.**

Nature normally makes women sterile while nursing as a natural way to space out the children, how pregnancy happens to a nursing mother still makes no sense to me, physically it is not suppose to be possible if her body is functioning properly. The womb must be repaired and made new for the next baby, this takes 2 years from the last birth which accounts to the last baby taking 18 months till weaned. True pregnancy happens with the moon cycle in September, so figure 3 years between conceiving obeys nature perfectly, anything less goes against nature and mother and baby will have more of a battle for perfect health. In fact, if the parents plan well, they will have a larger family that lives longer and enjoys better health longer. While having a child every year leads to disease and premature death for all. Every mother deserves to live well enough to enjoy their grandchildren and the very smart enjoy their great grandchildren. Children raising children because one or two mothers have already died is just wrong! Too many get married up to three times because the mothers died from complications of child rearing. The children pay a bigger price than their mother did, they will suffer earlier problems than their mother did, unless their health is drastically changed to the better.

**Also what could be done for a small child that gets nightmares or screams in the night? For approximately 2 yrs already. Any idea what causes it?**

We all as children have nightmares and often as adults learn to forget them as soon as we wake up. It is a subject seldom spoken of and certainly not found in normal health books. Nightmares and night terrors can become a source of serious concern for both the child as well as the parents if they start occurring regularly. Nightmares usually trouble a child during the REM period. REM stands for 'rapid eye movement' and it is a phase of sleep when the eyes are not at all still and thus indicate feverish brain activity. Nightmares are not of a regular length but they have one characteristic and that is that the child always tends to remember them. So, their frequent occurrence can really be a tormenting experience for your child.

On the other hand, night terrors do not occur during the REM period but they occur about one or two hours after the child has gone in the lap of sleep. They may be of a small duration or may extend up to even an hour. The child may keep his eyes totally open during this period but otherwise he is completely asleep and has no connection with the outside world. On being awake, the child does not show any memory of these night terrors. If your child is experiencing either of the two conditions, there are several methods that can be adopted to soothe and calm him. These techniques are for the time when your child is about to sleep as well as for the time after he awakens from it. First of all the time when your child has to sleep, should not involve any busy, exciting or noisy activity. He should sleep in a calm and serene atmosphere.

Children tend to sleep very quietly and peacefully in the presence of their parent. All the more, if you sing a lullaby to your child or tell him a beautiful story, his chances of being tormented by the nightmares and night terrors are reduced to a minimum. This will also come in handy after the child has got up from his sleep. It is also necessary that the parents should behave in a very relaxed way, once the child is awake. It is because the child is intelligent enough to judge from our expressions whether something is wrong or not. If he finds his parents worried he would become very difficult to be tackled. Make it a point to sleep near your child, from where you can hear his cry in case he is frightened and cries at night. You should have a baby monitor for this, as they are very useful for the purpose. You should try to reach your child in the least possible time because he

needs your immediate attention and care at this juncture. If your child is crying but not awake, don't force him to get up. Rather wait till he gets up on his own. Or else, lie down with your child and do so until he sleeps peacefully again. After that, don't continue sleeping with your child because it may be detrimental to his confidence and he may get even more frightened in future. He may develop fear of his own room or things and such a habit once developed is very difficult to change. So, avoid too much protection of the child and allow him to get rid of nightmares and night terrors on his own. Always be there for his help but don't allow him to become dependent on you.

A child properly nourished and healthy will have better sleep and less problems. Reading bible stories at bedtime often makes for better sleep for the entire household. Babies "feel" the problems of their mother and family, their emotions are much stronger and as they learn to tame their emotions and pen up their frustrations in life, their troubles can affect their adult life. The spiritual side of nightmares and depressions, bipolar, etc. are seldom discussed to avoid conflicts with religious beliefs but spiritual attack is very real to those that are aware of such things. Making the children feel loved and wanted no doubt is the most productive cure for the entire family. Never pick up and try to wake a child having a bad nightmare, the best thing you do is hold them and comfort them until it is over. Praying always helps! **Baby Calm** is the best product we make to be used on a daily basis.

**What could be done about a 2 yr old son that got 5 convulsions due to high fever, but recovered nicely? Any idea what to do so they don't return when he again gets the cold and high fever?**

ALWAYS take these children to a good chiropractor at the first sign of an illness and return them to a proper diet immediately and NEVER EVER allow the dehydration that leads to convulsions that can lead to death. What has the diet of this 2 year old been? Parasites most likely can be playing a role and most possibly a chiropractic visit 3 days after birth and 6-8x by age 2 could have total avoided this horrible problem for this poor little child. High fever normally is the human body seeking to remove the mucus that was caused by wrong diet and in this case, it would sound like a dairy diet or a mother that has the worse milk on the planet. With out knowing the diet or if this child has been poisoned with drugs, vitamins, vaccines or basically everything the nursing mother was taking and passing her illness to this child, it would only be guessing. It is simple, normally; to just stop all the bad stuff and the baby will take care of its own health and if all the simple stuff does not solve the problems, in rare cases, then medical may need to do test for tumors, rare diseases, etc. this is why you work with a great chiropractor that will guide you when you need professional help for the little ones.

## **Products**

Question: **Do you know about PXP Forte Products and how do you rate them?** No, there are thousands of commercial made products, pamphlets and books to entice people to buy; I did this for close to 20 years and figured I wasted \$20,000.00 on such gimmicks and today I try to ignore them all as a waste of time. I got tired of being a victim of all their marketing lies.

## **PRODUCTS / baby calm**

Question: **Concerning the herbal Baby Calm we bought from you. We had another product that really worked from another company but is altogether different. This other contains chamomile, catnip, passion flower, spearmint, rosehips, hops, shave grass and aromatic flavorings. We were wondering if these could be mixed in with the eleven bottles we still have and what this would cost us. Yours would**

have catnip in so wouldn't need that. I won't be able to sell these as they are. So was wondering what your opinion would be. The formula I make called **Baby Calm** is a Dr. Christopher formula made into mineral rich liquid syrup. The hops and passion flower would make your formula more of a sedative formula and hopefully made very mild, otherwise you're going to knock the baby out. If made mild enough, the formula you suggest could be used at sleep time, but otherwise makes no sense for very young babies or daytime use. Using herbs to knock the baby out so mother can sleep longer is not "ideal", the baby needs to have his / her full functions and be able to let mother know when they are hungry or otherwise not feeling good. I could see too many mothers abusing such a formula. Your next step would be to just give the babies sleeping pills. **Baby Calm** is a formula for the upset stomach that results when mother's milk is poor and baby over eats; it is not designed as a powerful sleep aid. If you want me to make you a mild Baby Sleep aid, the above listed herbs could be used properly. Our formulas have one price; it makes no difference what herbs are used.

### **SLEEP / waking up**

Question: **I have to get up 3-4 times a night to urinate, most of the time and have a burning or pain when I urinate. I don't know is it the prostate or kidney and bladder. I wonder what you think it is and do you think you have something that would help me?**

I assume your male and depending upon your age, the prostate would be a good guess. All the weed & feed info previously listed along with **Men's Wellness** as an all purpose daily supplement for prevention of all deficiency diseases, **Prostrate Aid** herbal powder (we do not have this formula encapsulated) as a direct herbal powder formula or I make a **Liquid Prostrate Aid S/T** . The **P / W Elimination** powder formula also has the prostate formula in it and covers all the herbs to avoid deficiency. Not knowing much based on the little info supplied, I would suggest the **P / W Elimination** powder that you encapsulate and take 2-4 capsules every day for the rest of your life, if this does not solve the problem, then add the **Prostrate Herbal Powder** to the **P / W Elimination** powder to make it stronger or make strongest by making pure capsules. Keep in mind, often this can be nothing more than your spine being out of place, I have seen many men be cured of what they believed to be prostate problems in 1 treatment from a "good" chiropractor, this is why you see me always say see your chiropractor at the first sign of any ailment and use herbs for prevention on a daily basis and not like a "drug". Using herbs like a drug is like reaching for water after the fire has already started.

### **SILVER**

Question: **We saw your warning about not using silver. We have silver here that we are using. We wouldn't want to be without. We use it for toothaches, etc. this is what the label says: The Silver Blessing , Made from 99.99% pure silver suspended in deionized water. Ten part per million concentrations.... Have you had any experience of this kind of silver? We would be glad to know if this silver is bad also?**

In my opinion, you have poisoned your entire family. The FDA outlawed silver solutions years ago, but never seemed to enforce it. The silver is metal and the smaller it is made, the more toxic it becomes, because it easily enters your bloods stream and can't pass through the venous valves or exit through the kidneys properly and ends up in the lymph glands and eventually your skin and hair for the rest of your life. This leads to all the mono type diseases and if abused to the extreme, your skin turns grey / blue and you die quickly enough to be pronounced dead by silver intoxication. You are using poison, which is nothing new, mercury and arsenic use to be in every medicine cabinet.

You have poisoned your friendly bacteria as well as your bad bacteria, but bad bacteria / fungus can never be poisoned, it only mutates into more and more dangerous bacteria. You train off immediate results as a cheap remedy (cheap poison) and will reap long term devastation in my opinion. I have always suggested anyone that takes silver, please never try any of my products, I do not want to be associated with such people because the day will come when they will blame anything but their poisons for their ill health. The fact is if you believe in silver poison, it is easily made. If you have 3 nine volt batteries, some salt and a Canadian silver dollar, you can make 55 gallon drums of silver water, so those you're buying from are the only ones benefiting; they might have 5 cents a gallon investment. Do a data labs hair sample test out of Chicago if you want to see the extent of your accumulation. Few will tell you the damage done, other than a few hospital doctors and nurses that have watched people die from consuming silver.

## **SOAP** / lye

Question: **Are homemade soaps with lye safe to use?**

They are not edible, but I would use them over all commercial made soaps. If they are made with food grade olive oil and food grade essential oils, they would be much better, but most people making bars of soap use the cheapest raw products. I use home made bar soap to wash the skin and hair. All commercial made soaps, shampoos, and lotions have titanium dioxides / EDTA added since 1992 as a method to curb HIV/aids deaths in America, the side effects are loss of thyroid health, which resulted in a suggested lifespan of all children born after 1992 to be 40 years. It has to do with a chemical reaction with mercury and this is the reason mercury has been slowly removed from dental work, but mercury is in many other products, even in the water in such places as Florida; so all soaps, lotions, shampoo and the numerous commercial foods that titanium dioxide / EDTA was added to, needs to be avoided if people are to have a chance with thyroid health in my opinion. Most every modern home on earth has products with this added chemical and thyroid disease is now a world wide problem. Never buy products or foods with this listed on the label; this is why many today suggest buying nothing commercially made.

## **QUESTIONS** / general

Questions: **1. what value has grape juice that is processed thru a steamer?**

Heated fruits / juices that are not allowed to spoil supply plant minerals. Unheated plant minerals are more natural and easier to assimilate. **2. what's the cause and what can be done for facial hair in women?** In the womb there is not a huge difference that determines a male or female, both male and female share very similar hormones and medical knows they can give hormones to either male or female and make their body appear more male or more female. Females tend to have less facial hair than men, but most women pull out their facial hair all their life, while men cut their facial hair.

The only herbal solution would be what I call **Hormone Balance**, an herbal formula created by Dr. John R. Christopher to help women and men that hormone balance problems, normally by age 50 or as early as age 21. Excessive hormones or even the lack of hormones can make a wreck of the human body. This herbal formula is designed to take for a lifetime and the results are very slow or go unnoticed. Hormone formulas are always expensive; the main hormone herb used, cost over \$150 a pound. Hormone function needs proper plant fats, so everyone should take up to an ounce daily of their desired plant fats, such as olive oil, coconut oil, wheat germ, lecithin, sunflower oil, etc. along with 2 **Hormone Balance** capsules as prevention to hormone imbalance. Those with too much desired facial hair will have to pull it out as it comes. **3. do you eat**



**chemical sprayed fruits?** What I or anyone else eats, is irrelevant to your health. The fact remains that the best fruits you can grow or obtain are the best foods. I worked 30 years in a lead factory, which was extremely hard on my health. I have eaten and drank most anything, same as other humans have.

I have paid the price the same as every human will. **4. what healthy cleaner to use to clean rusty water stains?** I only use borax laundry soap, what stains it does not remove, don't get removed. I assume there are many soaps sold, but I only use this one. Yes, most of my work cloths I wear are stained. **5. Clorox 2 (powdered form) is that a safe product?** NO, Clorox is a powerful cleaner and some such as Dr. Hulda Clark believed it is the number 1 reason for human cancer and the product should never be stored in a house or where the fumes can be smelled. I assume as long as it was 100% rinsed out of clothing, it would have no ill effects on the people wearing the clothes, but can it ever be all rinsed away and what about the people doing the wash? If you go to a restaurant, you can taste the Clorox on the silver ware, cups and plates, the law requires restaurants to saturate these items that are shared between humans to stop the spread of disease. People working in restaurants have a high risk job, same as those that live on city water.

**6. milk lactose (powdered form) is that good or bad?**

Good for what? Humans past age 18 months can't digest or assimilate milk and babies need real raw mothers milk, so I do not know what powdered milk would have a use for? Dr. John R. Christopher claimed powdered milk was reclaimed slaughter blood that scientist learned to remove the red blood cells from and leave a white powder milk product. In China and elsewhere, you can buy cases of powdered horse milk, are they milking horses somewhere on earth or do they take the blood of slaughtered horses, remove the red blood cells and sell it as horse milk? I have never seen powdered milk made, so I can't say one way or the other.

**7. how and what do you eat on a daily basis?** I grew up on a large dairy farm, so like my dad; I lost my teeth health at an early age and have no teeth today. It is not what I eat or how I eat it that is important, it is all the bad foods I ate that made me loose health that is important to me, so my children do not make the same mistakes I did. Towards the end of these newsletters I will explain diet and make available the best medical written book that explains human food in great detail and how food can and should be the only medicines needed to become your own physician. I believe the use of herbs along with proper diet is the better choice for people that were raised on foods that lead to cancers and diseases.

**8. chiropractor? One that massages or adjusts?** All real chiropractors "adjust" the bones of the entire body, while those that massage only need a few months training and have no clue how to adjust the bones like a well trained Chiropractor "should". Both done well feels good and increases proper circulation that promotes better health.

**9. lavillin for underarm odor, good or bad?** Commercial sources say this: A single application of Lavilin, eliminates odor for up to 7 days! Lavilin frees you from the embarrassment of unpleasant perspiration odor regardless of the amount and extent of physical activity. It allows you to bathe, swim, exercise and engage in strenuous sports. Whatever you do, whatever the weather, Lavilin leaves you "odor free" is natural, long lasting deodorant cream - The "Single Application Revolution" Eliminates perspiration odor at the source by killing odor-causing bacteria. Safe deodorants - do not interfere with bodily functions. Aluminum and alcohol free. Contains Arnica and Calendula -

known for their anti-bacterial properties. Chamomile - Soothes skin. **Sounds like 100% lies to me**, anything that can make your underarms odor free for 7 days with 1 application would be so toxic, I personally don't even think the most poisonous substances could work that long, so with out testing it for myself, I would believe it to be all lies as a method to snag the 1 time buyer. **10. what causes teeth grinding in children while they are sleeping?** Most say worms, worms that can be in the gums themselves, while this can be so, I suggest it is more nerves than anything else, the same type of nerve disorders that cause stuttering, wetting of bed, general nervousness.

**Question / general**

**I wasn't going to order right away but I saw the head lines in our daily newspaper warning! U.S! "Warning points to more direct threat!" so I am sending this out quickly in case. We sure don't know what our future is, but God knows! And we will trust in Our Lord and Savior. I am widowed now for 8 yrs. I will be 67 this month and had 13 children, 1 was a still born. As of now I have 65 grandchildren and 2 great grandchildren on the way. I have had quite a few problems, but I feel good and blessed. I have had surgeries in Mexico to take out blood clots in both legs.**

I can't imagine why you would choose to go to old Mexico for surgeries, unless you lived near the border and wanted to save a dime by crossing the border where if something goes wrong, it just goes wrong and you get what you paid for. Blood clots in the legs are a very bad sign that the blood is too dirty and clogging up the valves in the veins.

**They do it different after I awake alone in this Mexican hospital they had a bowl of my veins all knobby with clots beside my table!!** That sounds horrible and if they were your veins and not something they did to "fake" you, then their removal in no manner a cure.

**Oh well, I got over that and never regretted it but I also had implants put in (new ones) for holding my bottom false teeth on they fit fine, but I could write pages how that went.**

Implants are foreign to the body and the blood will always want to dissolve and remove them, but in general, people will not notice the problems.

**I had pylori. I did all this just before my husband dies, as he wanted me to so now I am having a problem that my arches broke down in both my feet. I'm wearing my arch supports I got a long time ago they're still good as new (plastic). I had both ankles broken at different times when my children were young. I was a busy mother. I had 5 children in 5 years time and most of the others were 2 years apart except my youngest who married last year was 7 ½ year later at the time we were getting ready (last spring) for Sara & Matthews wedding I got deeply depressed. My children all came home to paint my entire house and at that time, I had that problem with my wrist by lifting to heavy. I was getting treatments and then when I excised I did it on the run and popped my knee inward talk about pain! And then I couldn't walk hardly and finally the children said they think I have a blood clot in my inside vein, so all I did was take Excedrin 2 every 3 hrs for over a week. I got over that and now I feel good except my stomach hurts and rumbles and I do take No.2 bowel pills and oodles of other vitamins. I take "Daily Advantage" Mountain Home by Dr. David Williams. I cannot complain as I have energy and own my home and 30 acres or so. I love to work outside and inside too. I have a loving family.**

An interesting story, no real questions that I can see, naturally you can figure that I am imagining the conditions of your poor legs. Having the children close, the operations, the drugs, the vitamins, etc. have explained your situation well. To try to correct the damage and save the legs would mean 100% correct diet that created the absolute most perfect weight and a diet rich in the best of plant / fruit minerals with proper sunshine, clean air, plenty of rest and internal and external treatment of your entire body. I rarely ever see anyone past age 50 willing to put effort in restoring their body; so I have always preached people change the diet and habits prior to turning 50. It seems like so many figure they are going to die soon anyway and don't want to spend any money on their own health.

While I suggest all the children need to be the ones supporting their parents and buying the foods and supplements needed for better health; after all, you gave your health so they could be born, it only seems fair that they as adults now care for you. The largest threat to America now is the radiation from Japan's nuclear meltdown of 6 electrical generators. This radiation has been falling out all over the world, especially the USA and the cow milk very contaminated with the iodine/radiation as all animals that eat the grass are being badly effected this year. Avoiding all dairy will help a little, while if your body lacks natural iodine, your thyroid will absorb the nuclear iodine as it falls to the ground and we breathe it in.

**Question / general**

**What about the radiation escaping from the Japanese nuclear plant destruction, how much are we in jeopardy?**

They say the damage will last at least 100 years. All cow milk in America has radioactive iodine in it now, this simple means the radioactive fall out has circled this earth and the entire planet will be affected for a very long time to come. The country of Japan and the ocean around their island is not a fit place to live and has not been fit since World War II. This is the worse nuclear disaster reported to the public. It seems the radiation never stops and the fuel rods never quit burning, so they cover everything with cement and spray water on the area for the rest of eternity as they have been doing in Russia for a long time now. All humans need to have enough proper / natural iodine in their thyroid to avoid the radioactive iodine in their air and on the ground and concentrated 600 x in all cow milk; otherwise the iodine is only a small portion of the total problems.

The cancer rates will all go up and the true damage not known for another 20-40 years as the death rates can be examined. All dairy should be eliminated forever; same goes for all animals that eat grass. Those consuming dairy and animal meats multiply their exposure to the fall out; otherwise most will just ignore all the environmental pollution and dangers and live life as "normal" and be happy. Being happy with the situation we are all in promotes longer life. To worry about that which we can not change only harms the health from too much stress. Those desiring to live better will improve diet, clean their water and use herbs to help cleanse the blood stream.

**Also give some information on chem trails and the involvement of the H.A.R.P.** Chem trailing started with the USA NAVY by 1949 after learning from Hitler's experiments in Poland on how to control humans via metallic poisons such as aluminum. Russia and the USA immediately implemented such poisons on their entire populations as a way to make people more slave like; this also lead into learning how to control the weather. The state of California pioneered weather control which enabled it to raise vegetables and soon spread world wide. Most humans alive today have not

lived long enough to remember clean blue skies and natural weather. Today the air force tells the weather 14 days in advance as they seek to control it every day. In short, if you look at your skies, you can see the military jets fling above spraying streams of metallic chemicals about 5 miles apart and then they crisscross making checkerboard like patterns and often you will see large X put in the sky that are seen by satellite that controls the H.A.R.P. systems in Alaska.

The system electrifies the skies and pushes and pulls these manmade clouds and on demand, they are electrified in a manner to release rain or snow. A wise person knows the weather by watching the activities of these chem trail jets. In 1992 it was realized that this long term aluminum spraying was killing humans too rapidly, known as HIV/aids and a chemical called titanium dioxide EDTA was added to the chem. trail mixture and to all products used by humans to wash their hair and skin and as well added to many baked foods.

This mixture slowed down the HIV deaths, but does permanent damage to the thyroid of a human has any mercury in their body. This is why the dental association was ordered to phase out mercury, but it was too late for all humans that have mercury fillings and those that have mercury in their body from other sources; they have thyroid related illnesses that lead to a study that suggest all humans born after 1992 will die by age 40 from thyroid related diseases.

All cow milk has a greater concentration of these metallic poisons as does all animals that eat grass. Those eating dairy and meats have more thyroid disease because of these chem trail jets. ALL vegetables do not have root bark, they allow in too large of minerals, so they also have these chemicals from the chem trail jets, while trees and vine fruits have root bark and this root bark does not allow too large of minerals / toxins to enter and since humans were designed to live on tree / vine fruits, this added pollution only makes it wiser to add more tree fruits to the diet.

Anyone that looks UP daily soon sees this problem. "IF" you buy a 1 million candle power or stronger flashlight and go out after dark on a calm night with no winds and shine your light towards the heavens, you will see that we all live in a cloud of aluminum dust and you then know why so many Asian people world wide where those white face mask all their life. Once you see this aluminum / titanium dust in your air, you will never be the same again; you will realize we are in a war that we didn't even know about. This in fact, is an extension of World War II or some call it the last war.

This weather control also lead to controlling the amount of sunshine allowed on earth. If you watch these chem trail jets, there are a group of them that follow the sun around the earth almost daily. Their job is to put aluminum in the upper atmosphere to filter out the sunshine, they believe by doing this, they have made the earth 3 degrees cooler. I put a book together years ago showing the chem trailing of America and today, most humans world wide realize they are caught up in this world wide war that we have no control over. Those that control the skies, controls us all.

The main goal is population control, hospitals report daily to the pentagon that then determines what cities, states or areas need more chemicals, which promotes more medical greed and less pay out of social security as people die younger and younger. Chem Trail poisons are known world wide now, for 50 years it was a tight kept secret, today it even shows up in school books. These chemicals affect every vegetable grown; only plants with root bark can protect them selves from the metallic fallout. **How much**

**damage will it do to our bodies?** Every human on earth has been poisoned by design for 60 years, only the strongest survive it. Those doing the spraying are trained in military schools to believe it is good for all humans on earth, an easy way for population control, death by poisons and not by bullets. One pilot I knew said he sprayed the country of India from 1960-63 and when I asked him about the spraying of America and his children; he stated it was good for all, that otherwise humans live too long.

Watch your skies and you can see for your self, they do it world wide, but more around cities and retirement areas, such as Florida and California. This is a war against the elderly. **What about the radiation pills that can be bought to protect us, how good are they for us?** Radiation pills are nothing more than powdered chemical iodine; this is chemical iodine that poisons the body, but because the human diet so lacks natural iodine, it will absorb and try to use the chemical iodine, also known as lugol's iodine. Lugol's iodine is poison, more than 6 drops daily is very toxic and once applied to your skin or swallowed, it will stay in your body as a metal for many years, if not for the rest of your life, which results in sterility and the shrinking of the reproductive organs. Lugol's iodine is a poison; its only possible use would be to spray on the fields to add chemical iodine that the soil bacteria could break down into suitable soil iodine.

The government pills is a short term medical pill for when a nuclear disaster or war happens, otherwise they have no solutions for the thyroid problems. On the other hand real tree iodine I believe is the only iodine a human / mammal is designed to make use of. I do not know of any ocean plant or other plant that makes iodine, they may grow in water or soil that has a very mild amount of iodine, but they do not make it, as far as I know of, only trees make it. Those eating a tree fruit diet, have no iodine diseases, in fact, everything about human health always leads back to the tree, the food God created for us.

Everything other than tree food, has health problems, it truly is that simple. The herbal solution for chem trails, nuclear disasters, and chemicals added to drinks and foods, bad foods, bad drinks would be the herbs known to cleanse the blood, dissolve the rock and stimulate kidney health. I make a variety of such herbal formulas, but when Japan's radiation hit the USA, I made a multipurpose herbal formula for all ages that I call **THE SKY IS FALLING** in a dropper bottle where I suggest all humans of all ages past 2 take a dropper per day and **THE SKY IS FALLING SPRAY** version that I suggest all humans spray their neck daily and to do this the rest of their life to avoid thyroid related premature death. I made this for my family; we all have our own bottles on the kitchen table to remind us to do this every day.

People do not realize the dangers in their environment; I was a trapper as a child and I soon learned that the animals that learned I was after them, learned to avoid me! Those that didn't avoid me, ended up as someone's coat. It is education or elimination. The main reason for refusing education is cost, while I suggest it cost more to live sickly than it does healthy. Clean water and correct diet is 90% of the goal to a clean body. A few supplements can not undo daily bad diet and bad drinks. We need not fear our environment, we need to understand it.

## Stories

**We have received thousands of stories of the years; here are just a few of the recent ones:** (I often am referred to as M.H. that stands for master herbalist)

1.) I used MH's **Spray III** on my shingles and the symptoms disappeared over night and the blisters disappeared within about a week. Never to be seen again.

Thanks God for MH's sprays.  
God Bless

## 2.) Congratulations MH!

The "BREAK THROUGH formula" will be a great gift to humankind. I look forward to using it. When it comes to the weeding and feeding of the body MH, you are one of the most knowledgeable human beings presently walking on the face of the earth. I use your products faithfully on a regular basis because they work. The following sprays and products are a partial list of a single order that I had sent to me here in Canada:

2 Herbal Hormone spray 2oz and 1 4oz, 1 Ivy spray 2oz, 2 Potassium /Iodine 2oz and 1 8oz, 1 Herbal Eye spray 2oz, 1 Calm/Sleep spray 2oz, 1 Hearing Aid spray 2oz, 3 Sinus/Breath of Life spray 2oz, 2 Top Knot spray 2oz and 1 4oz, 2 Kidney/Pancreas spray 2oz, Spray 1 8oz, Spray 2 4oz, 1 Spray 38 oz, 1 Pro Sports 8oz, LBB caps 550 count, Hormone Balance caps 550 count, 1 pound olive leaf powder.

I believe in your products, and my continued use of a great number of them, is more than proof that I have benefited. In brief I see better. I hear better. I sleep better. My eczema cleared up. I feel better all over. Your products are sowing seeds for the future MH. Whether you like it or not, many millions of people will, in the years to come, greatly benefit from your sprays and formula's. God has given you your gift of knowledge as a seed to plant today for mankind's use, well into the future. It only takes a few of us "seeds" to recognize your light to ensure that your efforts will be shared by millions in the future. You see MH, you can't shut us up. We know what you are on this earth to do. A few of us get it. We see it. We thank you. Feel free to use my testimony in any way you see fit. I can never thank you enough for helping me on my journey to return to the land of the living. I truly was on death's doorstep before being led to the efforts of your good self MH. Create a nice day, GD

3.) Hi MH, I am interested in ordering the Farmers Solution, The Sky is Falling and the new improved Thyroid Spray. I have been using your products for over three years now and couldn't live without them. I suffer from Crohn's, celiac and chronic anemia / malabsorption. I started taking the LBB, De wormer and Iron Balance. I have taken Mrs. Barefoot, L/S, Olive Leaf, Oregano Oil the All n One kit etc. Then came the sprays. I have used Spray I, II & III, ear spray, eye spray, parasite sprays. When the sprays first came out I developed Shingles on my back. I had never had Shingles before and didn't really know what it was. My chiro told me I should go to the doctor. I sprayed those scabs every time I thought about it and they stopped itching and the soreness went away in days. What a relief that was. I hear Shingles can be a nightmare. Thank God for the sprays! Then came the P/W Elimination. That was the best of the best. After about a month of taking p/w elimination I started to feel better. I had always been tired and could only leave the house maybe two days out of the week due to tiredness, fatigue and just not feeling well. It has been a few months now since I have been taking the p/w elimination and I am starting to live again. I have energy and I feel ALIVE again; no more dead, sluggish feeling. I am able to get out and have a social life. I am looking forward to using the Sky Is Falling to help cleanse my blood and give me more energy as well as the new thyroid spray. I would like to use the Farmers Solution on my back and my legs. I also have a six year old Husky that injured her leg last summer running. She jumped for the ball and hurt her left rear leg. The operation is \$5,000.00 and the vet said sometimes it is successful and sometimes not. We opted out of the operation and instead we sprayed her leg with Spray III. We continue to use that spray when she starts limping and she seems to be okay now but I would love to try the Farmers Solution on her. I thank MH everyday for his products and his free education as I would hate to think

where I would be if not for him and Brenda.  
God Bless you and your family. LB from Canada

**4.)** Hello MH, I hope all is well. I want to try your Farmers Solution so here's my testimony. I educated myself by reading at Curezone, your school, the Dr. Christopher book, etc. and also by self-experimentation. I learned how to rid myself of allergies by cleaning up my liver. I've always been generally healthy and intend to stay that way. I am into self-experimentation. I use many of your products including the Pica, Mrs Barefoot, LBB, K/P/H/P, Oregano Oil, DeWormer, Tree Iodine and I especially like your Longevity Spices. I knew I had liver flukes years ago but thought I had killed them all off because I stopped seeing them during liver flushes and I had been taking anti-parasite herbs every day for years, so I thought I was clean. I started seeing them again about a year ago. That was disappointing. I think it was the Longevity Spices with the adult parasite herbs that was killing them because I was drinking a lot of it at the time. Sadly I ran out of L/S but I still continue to see the flukes. I want to kill them all once and for all. I will also order the P/W powder. My favorite spray is your Top Knot because it is re-growing a lot of hair for me. I have fine hair and have had diffuse thinning over the years and the Top Knot is definitely growing back hair for me. My hair is thicker now than it was before I started using it.

I feel blessed to have discovered your excellent products and information.  
Feel free to use my testimony. Thanks, TB

**5.)** My name is E. B. from Texas. You can use my testimony on your website and you already have one testimony on the Pro Sports folder. I've been through several of your products and continue to use them daily, I can't wait to try the The Farmer's herbal solution and The Sky is falling products. I still have the wood basket that my 1st cleansing kit came in that the Amish made. This first cleansing was amazing for me because I never had any symptoms of gall stones but once I did the cleansing kit I literally passed over 100 small and medium sized stones. I've slowly begun to feel all of my nagging aches and pains with my knees and feet dissipate. Last year I tore a ligament in my knee while playing basketball and I refused to allow a doctor to cut on me. I started on the BF&C along with the other products that I have below and here I am 7-8 months later about 95% back from this injury and still playing basketball and I am over 40. I first found MH when I was looking for a good parasite cleanse product, I was just about to purchase a different product when I saw his herbal de-wormer and started reading up on it which led me to his site and all of his unique products. The videos on MH's site about the Chemical trails also opened my eyes to the evil New World Order, so he has opened my eyes in more ways than one.

I have 2 kilos of the oregano oil, a couple of 5 gallon buckets of longevity spices, sorghum molasses & Pica minerals. I also have the silver cord sprays & the herbal spray 3 that I used for several aches and pains & they have always brought relief to me and my B-Ball players. I've completed several fast including a 40 day. I am currently 4 days into what I hope to be another 40 day fast & this is why I can't wait to get my hands on the 2 new products so I can experiment with them during my fast. Thanks for all of your dedication and honesty to your work/products & to your family. It's a rare thing to see in a world that is a total scam!

**6.)** My older child, GT's mama, lives in my house. She is allopathic all the way!! Her diet STINKS; she couldn't tell you what year she last ate a piece of fruit or anything raw. At age 16, before seatbelt laws, she back ended a car, crashing both knees into a real metal dashboard. Her kneecaps were literally pushed up her thighs. We saw an ER

doctor that evening. He said this happens from stretched ligaments and tendons and since she was walking, a minor condition that should correct itself shortly, but did warn that she may have problems with her knees later in life. Sure enough, we watched as her kneecaps returned to their proper place in her body. Twenty years later (last summer), I realized my child was grunting every time she walked up the each of the 7 steps from the basement where she lives to the kitchen. She went to the family doctor (well, the nurse practitioner that she sees). She was sent to see a surgeon. X-rays showed she had a spur on the back of one kneecap that was eating away at her minicus, the cartilage between the kneecap and the knee joint. It required surgery of course. She diligently saved for what they expected her part to be. As the appointed day that used up all her savings and then some. She groaned over the cancellation of for surgery approached, she experienced a family emergency that surgery; she'd had enough of the pain! She had witnessed the "miracles" that BF&C had worked on GT's sports injuries. I offered to try and help. We sprayed with Spray III generously, applied B&W salve to keep it in place (we had no BF&C salve and were using what we did have, wrapped the knee in saran wrap for over night. She washed this off in the mornings to go to work. MH, after 6 nights, she told me she didn't need it anymore, the pain was GONE. That was last Oct, and it still hasn't come back!

I'm the only "Barefooter" in this house, but everybody - my Mama, my daughter, and GT, my grandson asks me to "get the spray" for aches, pains and injuries. They even have me helping their friends! A 2nd testimonial, this one for Spray II, this time a teenage boy across the street: He's knocked a chunk out of his leg on a metal bracket corner of a hauling trailer. It had been 3 weeks by the time I saw it; it STILL needed stitches by allopathic standards; the wound was large, gaping and too deep! I had him call his mama and have her get the large sports bandages. I didn't even see him daily, but when he'd come over, we'd spray with Spray II, add a bit of the B&W salve and bandage it. Within 1 week that gaping hole was all but a memory. We use the sprays on an 80 yr olds aches and pains, sports injuries (I've been known to take it to baseball games to spray team-mates, my kidney and gall-bladder meridians, a knee, sprained ankles, and the list goes on ..... It hasn't failed to work on anybody or for anything tried so far! Spray I, II & III are staples in my herb box. Fill free to leave my name attached, if you choose to use this. BLESSINGS, Marilyn in SC

7.) Looking anywhere else for herbal products! I've been down the line of de-wormers, including clarkia and humaworm and found your products last summer. your de-wormer is the first I've used where I actually saw critters come out! I've been using your p/w elimination formula since the end of January, during my 40day oj fast and I swear there was something that looked like a slug that came out! Maybe it was just mucus, and I should have taken a pic but it was really gross! Anyway, better out than in! I've been playing around w/ the dose of p/w since I started eating again and I have days where my bm's are huge and full of bugs! I can only imagine how many more are in me! I have also been using your lbb, bf&c, oregano oil daily w/ improved eliminations noted and quicker healing bruises/muscle soreness from all the sports I play compared to before. I also use herbal spray I and III, well mainly just III now as spray I doesn't feel strong enough anymore. I was spraying my face and neck w/ spray I originally w/ my skin improving tremendously and feeling like baby skin! I was using spray III on my hips and knees as i run a lot and get joint pains sometimes. I used to notice that spray III would make me cough when breathed in, but that no longer is the case! I can feel my lungs getting stronger everyday! I actually experimented w/ spray III on my face and neck and I love the feeling! I also used to use spray III on my abdomen during my period and my cramps would completely go away! i thought it was in my head the first time, but I tried it



on a friend of mine too who gets worse cramps than I do and it worked for her too! That alone is worth its wait in gold! I no longer get bad cramps after fasting and cleaning up my diet, but I can tell you that spray helped get me through work/life because I would rather suffer through the pain then use any sort of pain med ever again (it's been several years since I've used any medication for anything) and that spray was like magic. I love being able to take charge of my health and be in control of how I feel, knowing it is up to me if I want to feel sick or healthy. Health is really so simple and basic that people want to make it more complicated than it needs to be! Thank you for all u do and thank you for providing such wonderful products that I will continue to use as long as I can purchase them! S.P., from CA

**8.)** Hay MH, We would love to get a bottle of your new Farmers Solution. We have 2 - 11 year old dogs that seem like they are slowing down a bit and it would be great to get for them. I use the LBB on the one and she is not scooting around anymore. But it would also be for my husband and myself also. We have been using Sprays 1 and 3 and OMG, they work instantly. My husband has pain because of the repetitiveness of his job, and I was in a car accident a few years ago and use it when I hurt. My husband is using the P/W and loves them. I use the MH 108 and can't say enough about that one. We are also taking the lecithin, K/P/H/P, Calcium Balance, LBB and Mrs. Barefoot. Honestly MH, in the past I have tried tons of other products and never felt anything working. I order your products knowing they will work and they always do. I have been reading books from the 108 school since the beginning of the year and am learning so much. I have Dr. Christopher's Natural Healing book, and am trying to collect Hilton Hotema books. I have 3 so far and read one as them as I can. These are the things we should have been taught in school instead of all the garbage they wasted our time on. Thank you for all you're doing. Blessings to you, Brenda, your sons and Jody, Debbie

**9.)** Dear MH: I am interested in trying your Farmer's Herbal Solution. I will be using it on my back and elbow/shoulder of my right arm. I purchased you herbal spray III - 1 gallon. I use it daily - depending on the day I use it on different parts of my body. If my back and arm are hurting I use it there - if I have no pain then I just spray my chest/neck and stomach area. After using it for as long as I have been using it I find it does not make me cough or react at all from it. I have also used it on parts of my body that I may have injured ie. stubbed toe - I find it gives prompt relief for such pain. When using it for back and arm pain there is relief but I am interested to try your new spray hoping that it will do even more than the spray III does. I use herbal spray III daily - either for pain management or to supply minerals. I am fortunate indeed that I have been able to purchase and use many of your fine products - herb basket (enjoy keeping my herbs/teas etc in it), Hormone balance spray, 1 liter pure oregano oil (use it everyday, put in in distilled water, etc), No Crash powder (used it with success on a fast a few years ago, really satisfying), Blonde hair spray (still have some left, use it on my bangs), herbal de-wormer, and many more.....One day I also hope to try your PW elimination. Please feel free to use my testimonial. Thank you in advance. H C

**10.)** Hey MH, I have had these soft humps (between my neck and shoulder) on both sides. Sort of look like a buff football player but I don't weight train. They were soft and squishy. Probably the size of a plum. To my knowledge they have been there since I can remember in my early 20's maybe all my life. Doctors always ask if they have been there or are new; once told that they'd been there they didn't seem to worry and gave me some long medical name for it...I didn't worry about it...until 2 weeks ago when my

right one felt tender. I grabbed my Spray III and sprayed it really good. When that absorbed I sprayed again. It began to burn like it was on fire...I thought my skin was turning red from the intensity I was feeling but no it wasn't red on the outside. Anyway I continued sprayed 3 times a day and the one that was tender on the right is gone!!! My neck to shoulder is smooth..no hump, no tenderness. My husband is trying to get a pic of the one on the left but a photo doesn't seem to show the hump part very good...we will try taking it outside and see if it helps without the flash. I have started tackling the left one now and have faith it too will be gone within 10-14 days. I seem to look for things to attack with Spray III. It truly is a miracle spray and does well on so many things. THANKS AGAIN

**11.)** I ordered the 2 oz "Top Knot Adult" spray for my hair. It lasted me for a month and a few days. I AM extremely happy about the results I am receiving from this product. My hair had fallen out to the scalp and with that amount of applications--I am seeing fine re-growth. I ordered the 8 oz. and hope to report even greater results soon! Thank you for this product because I had tried quite a few other commercial products that did not live up to their claim of re-growing the hair but this product is certainly a must have. Clara Mickles

**12.)** Recently, my two year old had a mild cold with a cough at night that extended for about three weeks. By the second week, I was using spray 3 on her chest and back and on the humidifier, and a teaspoon of maximum restore at night. It made her symptoms a lot more manageable, and eventually they went away. After spraying her chest (being careful to not spray her face, that stuff is strong), she would always have a couple of strong short coughs, and then be cough free for 3-4 hours, until the cough went away completely at night. Her cousin (age 3) was having the same cold at the same time (they do day care together at grandma's) and the cold became a sinus infection that they are still battling with antibiotics from a doctor. Go spray 3! that stuff is strong, it always cleared my sinus when I went into that room. I am ordering maximum restore and spray I to be ready for flu season.

**13.)** Went to the Philippines (Private Island detox resort) this summer. Regrettably after the second week I got bitten by something in my leg in the middle of the night during sleep. It itched like crazy, so the days after while sleeping I unconsciously crabbed the wound further open. For a few days this continued on, so the wound got deeper and deeper thanks to all this mid night crabbing. After a week the wound in my leg looked like a big fat bullet hole. It was horror, as I almost could not walk anymore. So much pain I had, my leg started to swell up. Could not find any real herbs over there, so I went to the hospital to see what could be done. Assuming that in the Philippines they would be more contra Western Medicine, and instead use herbs.... hmmm (wishful thinking from me)

Saw 5 different Hospital doctors over a week time and all of them advised surgery as the wound was so deep plus that it was non-stop oozing puss/blood like crazy. All those doctors tried to convince me in a way like there is no tomorrow that I should take several vaccinations which fight against the infection plus that I should have surgery and LOTS AND LOTS of Pills. OFCOURSE I REFUSED..... because they tried to convince me with too much pressure and aggression. Almost like I had no choice! Like you have a gun placed against your head. But at the same time I felt desperate, because I did not know what else to do !!! I mean my whole Philippines trip seemed over (saved a whole year for this), but I simply could not travel back home because of my leg that had a huge hole. At the same time knowing that at home I have that lovely

Spray I and Spray III. Having it shipped to the Philippines was not an option, as it would have taken weeks to reach the local Island where I staid. So I went back to Manila, took an Hotel as close as possible to the International Airport, and waited there until the moment that the wound would finally start to calm down a little bit so that I would be able to fly home again. (fear of that the customs might refuse a person with so much oozing blood/puss coming out of his leg.

I mean with so much blood/puss I could not wear any covering cloths over my leg.) Besides that it was exactly the time of the upcoming Bird Flu fear mongering, in other words the time that every person got visually scanned more thoroughly by the customs so to say. Warning sings everywhere! But anyway in this Manila Hotel the wound got even worse, it was constantly dripping blood and puss over my whole leg and thus messing up the whole hotel floor wherever I walked. Daily my whole bed was full with blood, from top to bottom. So bad it got that I thought I have to see the Hotel Doctor now, see if THIS doctor can do something for me. I know, going to Doctor nr 6 would not have made a difference after those 5 killer doctors I saw before, but I was f#\$%\$ scared okay....So I went to the Hotel doctor.

A woman doctor so fat like she could hardly go through an open door. But okay, she said that my wound looks dirty and needs to be cleaned. I agreed that somehow my wound must indeed be dirty that it is oozing so much blood and puss. She suggested cleaning it with Hydrogen Peroxide, which I initially thought that it could not harm me so much. Without giving me an anesthetic she took a sort of round shaped scalpel, dipped it in Hydrogen Peroxide and with lot's of aggression steered it in the wound. In order to remove all the dead flesh in the wound! My my my, I went through the roof from pain. Screaming like hell. She said that I am a sissy and over-sensitive, and that I need to go the Hospital and have there surgery from her Boss and stay there for a week. (DONT WORRY) Convincing enough for me to leave her praxis ASAP. I mean the EVIL eyes from this woman, that how in the world she could even tell me that I am a pussy while at the same time steering in a 1 inch deep wound without any form of anesthetic. Almost that I had to enjoy this without any form of anesthetic , without making any sounds that it hurts me.

So yes I left again, back to my hotel room, full of despair that I might never be able to go home again. Not much later, out of desperation, I decided to go to the travel agency located in the very hotel and booked there the first possible business class flight back home, so I could at least stretch my legs while laying down. Next day I wrapped my leg completely with gauze, plus a pair of long pants over it, even that I knew it was not smart as the wound could not breath. But I had to, I knew I had no change to pass through the customs (in respect to all the bird flu scare mongering) that they might indeed refuse me on the flight because of all the blood oozing. With all kind of tricks I luckily was able to pass customs, so in the Airplane I went.

After the 16 hour flight home my leg was swollen like I have never seen before, but at least I was home !! Close to my herbs, the herbs I trust. When I came home the first thing I did was spray Herbal Spray I in the open wound, did this a few times per day. After a few days the wound started to look more relaxed, namely it stopped oozing blood and puss. Also I noticed that the wound got less deep ! So I gave Herbal Spray III a try for the extra stimulating kick, to speed up the healing I thought. After a few days using this spray III in the open wound it started to close, something I could never imagined to be possible anymore. After a few weeks the wound finally closed completely. There was still a big scar left (from all the aggression of the fat meat eating

scalp steering Hotel doctor ), but I assume that will heal over time. So yes, I am thankful to MH who made these wonderful sprays. Without this I probably would have died from blood poisoning or DOCTORS !!!!!!!.

**14.)** MH: I just reordered your Tree Iodine tincture. Here's my testimony.

**1.** Our canine son, T In 2007, our vet reported that our chocolate Labrador retriever's thyroxin level was at the lower end of the normal range. I refused to give "T" medication and began feeding him kelp with his meals. At T's 2008 vet visit, we learned that T's thyroxin level had not changed - still in the low normal range (we thought this was a good result). After T's 2008 vet visit, I read about your Tree Iodine tincture and bought a supply. I began giving T a few drops everyday, working up to 15 drops at breakfast. At his 2009 visit, the vet did not even mention T's thyroxin level (which means the level was normal). During the year, T also lost 5 pounds (he weighed in at a lean 73 pounds). T turned 13 on December 18, 2009.

**2.** My Results (age 55, female, Asian) I also began taking the tree iodine tincture, 5 drops once a day until I reached a level that works for me - 15-20 drops, 2x a day. My results are more subtle and include: finer skin texture (a miracle since my skin is oily), stable weight (5'2", 105 pounds), new hair growth around hairline (the new hair is my natural brown/black color, not gray), increased energy (I work full time and love to rock climb). Thanks for this great product - definitely a daily essential for T and me. Best regards, Dee

**15.)** I definitely agree with the sprays. I just got a bottle of spray 3 and I want to see if it helps out my hip pain. It has given me the peach fuzz so I'm trying to get my hair to grow too. Also I have a plantar wart which I started to spray and after a few days half of it just fell off! I wouldn't be surprised if somebody cashes in on the spray concept. A couple of months ago on TV I saw some 'alternative health' guy selling a LBB knockoff with psyllium and rock calcium added and touted it as a miracle drug. The sharks out there will take a good formula (like the LBB) and trash it to make a quick buck.

**16.)** I have definitely noticed a huge difference in my psoriatic arthritis since I started using the sprays. I have been on enbrel since September 2006 and had my last injection the week of Thanksgiving 2009. If I was a 1/2 a week or 1 week late on my injection my feet and hands would start to hurt bad, but since I have been spraying my hands and feet with the spray (mostly spray 3) they hardly ever hurt. I am doing some other things to help it too, but I can tell the sprays are definitely helping since the pain has improved greatly since starting them. The sprays are also helping with my husband's skin problem on his scalp. Thanks again!

**17.)** Monday night my wife came to me and said look at my neck. It was all pink, and a skin tag was forming, and she says what should I put on it..so I reached over and grabbed my spray II, and gave it a good squirt. It quit aching right away and was forgotten. Tuesday night she went to get ready for bed, and came out and said look at my neck, I said I don't see anything....she goes exactly the skin tag is gone!!!! with no evidence of it ever being. I have had some old ones in the arm pits that I have sprayed with out much success. The key must be to catch them when they are forming.

**18.)** I noticed that my hubby's hair was thinning a bit so i decided to get some top knot from MH and give it a try; he was VERY skeptical but decided to go along and give it a try. He wasn't putting it on very often in the beginning but desperate, he noticed an improvement and then started using it more and more.

I noticed a huge difference when I cut his hair yesterday. There is easily double the amount of hair as there was before. We will keep on using it and keep on watching it get thicker and thicker! thx MH for an awesome product.

19.) Hi M. H. I was in to see my dentist Dr. John Johnson two weeks ago and he and Trish were going on and on about your herbal spray product he is using because he is growing new hair. Trish gave me your website info and printed off some info from your site before I left. But I can't find the product Dr. Johnson is using. I know it's an herbal spray, but it wasn't in the info Trish printed for me. I've searched your site and none of the info looks like what they told me. I'd love to know which spray to order for my sister who has had some hair loss. Thanks so much for your help. My best,

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20.) Last Sunday I played guitar hero with my daughter for about 2 hrs. straight. On Monday I awoke and could not close my left hand it was so sore. I started spraying with spray 2 for 2 days until my order w/ spray 3 came in on Wednesday and started with that and it really excelled! No pain by Thursday evening and making a fist like it never happened. GOOD STUFF! Thanks MH.

21.) MH, About 3 days ago a lump the size of a walnut came up on my lower abdomen. I have to admit to some concern. The lump was accompanied by quite a bit of fluid around it. After some investigation, I determined it was the lymph node in that area. Last night at 10 pm I sprayed the area with Spray III and when I awoke the morning the lump and the fluid were gone! My wife and I continue to be amazed at the spray products. Thanks MH. Mickey.

22.) Hi MH, I noticed that after a month of using Top knot my hair becomes reddish. I'm an Asian and my hair is black and ever since I used it on my temples and crown has a tint of red. My wife noticed it too but I couldn't explain to her exactly the reason behind it. I just reordered again from Jody since I've been spraying it a lot after every shower because I have thinning hair and a few gray hairs on the side but Top knot surely makes my hair healthy hoping to have it thicker with long term use. Thanks, Jose

23.) Hi! I am Angel Early's friend and I am writing you to let you all know how wonderful I think the herbal spray 1 works. I had severe sunburn on my legs and ended up getting sun poisoning. I had tried Aloe and it made my legs tight and stiff, but this herbal spray 1 really works it took the burn out and made my life a little easier. See I work in a factory where you have to wear uniform pants and steel toed shoes so it was trapping the heat right in, but when I used the herbal spray it took the burn out and gave me the relief I needed to get through the day. I used it at first around 20 sprays a day and each day got better and better the better I got the less I had to use it. I just wanted to thank you for making such a great product. I was also wondering if you have anything for fibromylgia that I might be able to try. Thank you so much for helping me with my sunburn. Angela Johnson.

24.) Hi MH, I had ordered the **All "N" One Kit** for my girlfriend and myself. She had been taking the De Wormer as well. My girlfriend had a bone density test done 5 year's ago and then had another one done since taking the All 'n' One formula. She went to her doctor yesterday and the results of her bone density test had come in. Her doctor said she had improvement in her bone density. She said the calcium you are taking must be working. My girlfriend looked at her funny and said I'm not taking calcium. The

doctor said well what you are taking. She said I am taking herbs. The doctor said well I have never seen a bone density test show any improvement ever in all the time I have been practicing. She said keep on doing whatever you are doing. Of course she didn't want to know what she was actually doing.

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**25.)** Hi MH, I'm on day 20 of orange juice fast + your herbs and I just want to say wow!!! I've been taking 2 LBB + 1 oz De-wormer + 1 TBSP Longevity 2010 with each glass of orange juice I drink and other than dealing with some cleansing episodes, I feel great!!! Today I tried 1 oz 2010 Longevity Spices Plus + 1 oz Adult De-wormer + 1 oz 2010 Longevity Spices Plus + 2 LBB with my orange juice. All I can say is that it really packs a punch!!! My face got warm and felt flushed, I had an immediate cleansing reaction (I'll spare you the details), and I worked all day from this morning on one glass of orange juice. Didn't feel hungry at all; just having my second glass now. I also take 2 Mrs. Barefoot a day.

Now when I take your herbs out of the cupboard, I feel like I'm taking out ammunition and lining it up on my counter. This stuff is seriously "weapons of mass destruction" for parasites. Mira

**KEEP IN MIND-** Most all of the stories you read in the Fountain of Life ads and booklets were stories from people who used our products.

**Burn Testimony** Just a few lines to write a little story on what my husband experienced on March 16<sup>th</sup> almost 3 weeks ago. He was taking an old freezer box apart to get the copper etc out for junk and made a little fire in the box to burn the foam type insulation. He was using a steel post in there to loosen it all of a sudden was a bang and a flash of fire in front of him burning the top of his left hand and fingers 2<sup>nd</sup> and 3<sup>rd</sup> degree and face 1<sup>st</sup> degree. Skin came off on hand right away.

This happened in eve at 5:00 he put snow on hand till he could reach water. He cooled his face with wash cloth dashed in cold water while holding his hands in water for 3 hrs **then we put B&W and Burdock on his hands but it hurt so much he put it back in water letting it run a little. His face didn't hurt so much now. We tried a few more times to bandage then hand but he just tore it off back in water till now he had big blisters on his fingers. Finally at 12:30 we bandaged it again then soon it felt no pain. We kept putting B&W on his face was real red but in a weeks time it was good. We used B&W and Burdock on his hands 3 times a day for 2 weeks and 2 days was healed good except his first finger and thumb was more red & sore so we started to use union salve instead of B&W and 2 days it looked more pink. No more bandages at 3 weeks. Must be there was Freon or gas in the freezer that exploded. I experienced union salve last November. I got my left side ankle scalded with hot water the skin came off. I used B&W and Burdock for about 2 weeks. Seemed to be healing then it got more red and sore. Then I quit B&W and used union salve with the burdock in 2 days it was pink and not sore any more.**

The B&W education / ointment have saved many people that have been burned or skin damaged. I never have understood the use of the union or other petroleum salves. I made an **Herbal Burn Spray** to be used as fast as possible on all burns and damaged skin as a method to kill bacteria and sooth the burn. After the B&W is applied properly, the entire area or even entire body can be continued to be sprayed as a method to relieve pain, increase circulation and healing. The one thing most people ignore is the

diet after a burn, what a person has been eating or continues to eat and drink after a burn makes all the difference in the world how that burn will or will not heal. I highly believe in taking many herbs to correct the function of all the organs and book perfect diet and cleanest of water and fruit juices in the correct treatment of burns. I also made 3 stages of ointments for burns, a simple non animal ointment similar to B&W and BF&C ointment, then once the burn can be touched, then a stronger Ointment and then once healed over, then a much stronger ointment to make sure proper healing and no scar.

The use of the **Herbal Burn Spray** or **Spray I** insures far less pain, less infection and a must for little ones or hard to reach areas that can't easily be bandaged, not to mention when dealing with the eyes. When I was a child of 7 years old, I was burned on the face by burning sticks that fall on my face; both of my eyes were burned shut. My dad took a dull butter knife and cut my eye lids open and applied much butter, that was the only treatment I had and I had a scar down my face to my chest for 10 years; I know the B&W method would had made a huge difference and the herbal sprays takes it to the next step for bacteria control, cleanliness and pain control and each burn victim should be put instantly on a book perfect diet.

The only fault I have ever seen with the B&W was the use of dead sheep fat, I choose to use the safer plant oils and avoid all dead animal products, especially for open skin such as burn. Petroleum products are not even an option. For those that have never fully understood the B&W education, I took the time to make a 108 page book with many colorful pictures that would enable anyone to understand the B&W method, but it was not put into print like the burn booklet I made was that has the picture of the burning barn on the front cover. I felt the book was the best method to teach with and have it on my website, but otherwise John chose to not print and use it. John knows best when it comes to the use of the B&W. We as a family have used B&W for over 10 years and I decided to make my own burn salves when I received a letter stating it was illegal for me to sell the B&W brand to English people. For the Amish that have access to the B&W, it is the cheapest ointment available with the most success stories.

**Question: I am a mother of 7 children, age 35 and try to do my own doctoring with herbs and chiropractor. But there's just so much to learn that I just sometimes don't know where to start or which is the good thing or the best. But greens powder seems to help my family. But would like to learn more and I have some questions too. As I think all health issues have an answer. We live on a dairy farm so takes extra effort to get all done yet then yet learn more about our health.**

I grew up on a dairy farm, it is a 365 day per year job, morning and night and the sad thing is, it provides nothing beneficial for mankind, but supports every hospital in the country.

**We have a 3 yr old boy who has a problem to have a bowel movement ever since 8 months old he's been battling with it. I tries all kinds of herbal laxatives and everything that supposed to help. And also chiro. But seems he just doesn't want to be bothered with it. And also exercise helps but still seems when his mind is made up nothing helps but enema. So it seems to be a mind thing why? He was a fussy child as a baby so maybe something was hurting. How can I help correct this problem? A natural Dr. once listened to him tummy and said it sounds like rushing water why?**

Very simple; diet and worms just think about what you wrote, this poor little boy has had laxatives and enema all before age 3. You fail to mention a thing about the boy's diet, habits and medical...the 3 things that will point to his real problems. Problems are not magical or evil things out to get us; in fact, we create our own problems, especially when it comes to our health.

**A couple of our boys have this itchy rash on their legs sometimes worse then other time. Could it be parasites? What can I do to correct this problem? I do treat for parasites.**

It is all about acidic diet that causes kidney and liver failure in my opinion, which allows parasites to thrive.

**What would be a good thing to give calves that look like they have pneumonia? Is there something to give to strengthen their lungs or whatelse? I don't like to give medical but I don't know what else?**

Again, what is the diet of these calves? Are they on milk from a sick cow or on a commercial formula? In either case, the calf is being poisoned by its diet and or its poor diet has weakened the Immune system so badly, that bacteria / parasites easily consume it. As a treatment, most mammals respond to herbs, the herb I have used the most with every pet and animal we have ever had, is **Pure Oregano Oil**. **Oregano Oil** is extremely helpful in lung / breathing problems. Naturally, prevention is best, so the mother needs to have some **Oregano Oil** in her daily water, or if the calf is being fed a commercial formula, the water needs to have some **Pure Oregano Oil**.

I made a animal formula for a fellow treating horses that is a large De-wormer / Circulation / Oregano oil formula designed to be added to the drinking water at 1 drop to the gallon or more as desired. I tell people to add 1 drop to a gallon of their drinking water and then taste a glass and that way they can "judge" the strength they desire to use. Animals that are penned up with no access to a pond or creek seem to have no problem drinking water that has the herbs added to it.

The formula is extremely concentrate, extremely experimental and should never have contact with children, tender skin or the eyes, because it has the hottest cayenne and spices on earth, as well as wormseed, wormwood, cloves and a total of 16 essential oils in their purest form making them extraordinarily hot. These may be too strong for the sickly near dead calf, so once deathly sick; I would use only the **Pure Oregano Oil** as a treatment. The calf can be sprayed so it breaths in the **Pure Oregano Oil** mixed with water, it can have a drop or up to 1/2 dropper added directly in the mouth as the most powerful method; I use it that way on our dogs.

They will jump and slobber for about 15 seconds, but otherwise are not harmed from the direct dose in my opinion. Naturally a person should be well experienced with **Pure Oregano Oil** and its many uses before they find themselves treating a dying animal or sickly person. **I have a sister who is in her twenties and has 3 children and very sickly and not able to care for her family like she would like to. Which makes her depressed. But medical says it's an enlarged heart.**

An enlarged heart is not good and more of an old age condition and sadly, many young people today, by age 21 are dying of what use to be old age diseases. Depression is normal when a person is dying slowly. **She is very underweight and sleep is not that good. She's going to this natural Dr, was better but not all better.** I personally have never met or heard of a "good" natural doctor, most are just scam artist selling worthless



homeopathic water solutions and using fake electronic machines to trick their customers. **Then he stressed diet and flu settles in. always, always had and has a problem with bowels either too loose or not go from one day to the next as a child too. And she is a fighter. But fear seems to be some of her problem. How can she get that assured feeling and leave the rest? How or where do you start? And just can't let go of all medical, but then her question is this good for the heart? What about iodine? Would that be good?**

Such a person is an advanced case that dates back to when she was in the womb; she is experiencing the way she was raised and eventual end as we all will do; only she is dying younger than what is accepted as normal. Her path has to be the same, **Weed & Feed** as the toxins are removed. She must live daily to live and stop living like she wants to die. This simply means what she has done, has to be stopped and a new life chosen if she wants to change and start to live. Will this happen? Often such a person never tries, for the simple reason that if she is successful, it makes all the people around her "uneasy", knowing the problems were self-created and "self-cured"; which also means everyone else is doing the same to themselves, only their immunity is making their death slower and more acceptable to the community as a whole.

People are dying rapidly in this very toxic world, those with problems need to wise up and work harder to stay healthy. The sick person and her family needs to be the ones searching, otherwise those ask for others rarely ever do any good. We can't live for others. Those reading this newsletter wisely by the end of this year, hopefully will all know the cause and cure for every disease known at least in theory and what we all choose to do or not do is our own personal choices in life.