

The School of “*Self-Applied*” Prevention

May 2011 newsletter

(Free if you signed up in December, otherwise \$2.50 per month for all back issues ordered)

Parasites

In simple terms, what is a parasite? A parasite is any creature that eats or lives in the body that has no benefits to the health. These creatures not only eat the flesh, bones and fluids of the human body, they also expel their waste, which has its own parasites within (fungus), but worst of all, these parasites release hormones and chemicals that can “control” the human body (host). The large worms often can be seen by the eye, while some worms are so small, thousands can live in one dead tooth. While bacteria, virus and fungus can not be seen; their numbers can overwhelm any living creature and cause death quickly. In general, the parasites do not want to kill their host, because once the host is dead, the internal fungus rapidly consumes the body and the worms have no more food. Some parasites lay their eggs within the muscles and only upon the death of the host, will these eggs hatch and the dead host become their food; these eggs have been proven to be in people well past 35 years. These eggs are surrounded by calcium as a way for the body to protect itself from their presence. In fact, parasites are the largest subject of study when it comes to health.

The air of our earth is like an ocean and all that live on the land, live at the bottom of that ocean of air. We are the bottom feeders in an ocean of bacteria, viruses, fungus, and parasites and once dead, these parasites dissolve the once living creatures and return them to the soil. Parasites are God’s “garbage” men that cleanse and make life possible. Without these garbage men, earth would be so toxic nothing but fungus could live. It takes a “perfect” balance on earth for life to exist in harmony. Our air must be balanced, our soil must be balanced, and our oceans must be balanced. In nature, all is balanced, only man has the ability to “disturb” the balance on earth. Survival of the fittest is something only man desires to change and as he makes changes, he changes the balance of life on earth; often referred to as pollution, which can be physical waste as well as the things we can’t see, such as radio waves in our air and very toxic metals that fall out upon our soil from the making and use of bombs and nuclear energies such as the disaster we have in Japan now and the constant bombs being used in wars.

When it comes to parasites, their job being the garbage men of this planet, all things that change the balance of this earth, also make more food for the parasites. If all bad things stopped, parasites would in time return the entire earth back to perfect balance. The invention of fire, then steam, then electricity, then radio frequencies in the past few hundred years has enabled mankind to upset the balance on earth more than ever before in history and unleashed the parasites that can circle this earth as a plague.

This chapter will start with the first large scale noticeable problem in human health world wide that can be proven by the remains. Starting sometime nearly 300 years ago, the human skeletons have been attacked by extremely small worms that like to eat the bones of mammals. A general name for these worms was syphilis and then the name became a dirty name for the worst of diseases. There was a time in American history when medical treated every woman having a child for syphilis. Then that word became very unpopular as medical started blaming all the black people on earth for its spread. The white Europeans suggested that this plague never happened until “they” went to foreign countries and captured black people and made them slaves and then the white men started mating with the black women and spread the black disease to the white people. Naturally this was false as history has proven, this worm spread to all humans and mammals world wide approx. 300 years ago according to the remains of bones found in grave yards.

So you can imagine the doctors (mothers) of 300 years ago and beyond, used herbs as their medicines to rid the human body of not only the worms they could see, but also the ones too small to see, the mystery worms, often today just called bacteria, viruses or any number of over 1,000 diagnosed diseases of the human flesh. Much of their use of herbs was handed down to each generation, some ended up in books. Way too often, these doctors (mothers) were persecuted and killed as witches, because they had learned how to use herbs to remove horrible diseases, which for some reason, made the catholic church at the time, world wide want to burn these herbalist trying to save their families lives. So much of the herbal use

was all destroyed prior to 200 years ago, other than what the European kings allowed in their official books.

In North America much of the herbal use we use today, came from the American native Indians that were killed to obtain their lands. The surviving Indians that often ended up being married to the European men knew of the old ways of using herbs and many books on herbal use in America started after the civil war. What I call the civil war babies, were the doctors that by 1900 were the greatest doctors in medical history. They used herbs, diet and water therapy as the cure for all, known as Nature Cures. Greed was not a problem back then, pollution almost unknown; along with the invention of the planes, came the ability of man to not only kill his enemies, but to pollute this earth and spread sickness world wide.

What did these old doctors find cures for? The one thing that plagues mankind the most, syphilis or the invisible worm that eats holes through the human skeleton, syphilis being the hardest of all diseases to keep control of. So if you could control syphilis, all other diseases would fall into the same cure for all. Today with the ability of world wide travel, phone and then internet, we can see what each country on earth used to treat human disease and every country seemed to have at least one herb that stood out as a de-wormer or syphilis treatment. Naturally these worms have not been stopped in the past 300 years and they are the plague of these times. When white men made the word syphilis a black man's disease, it became a dirty word that no one today talks about. Today, in my opinion, the politically correct word is lymes disease.

Books of today, suggest lymes disease is carried by basically every pet, every animal and even worse, the insects; they say 300 lymes eggs can be in the belly of 1 mosquito. I suggest the worm they call lymes today, is nothing more than what they use to call the worms that have been eating human skeletons for the past 300 years, rather it be syphilis or any number of disease names. In fact, disease is caused by parasites, nothing more. Regardless all the medical facts and myths, it is these worms and parasites that cause our deaths and man has identified over 20,000 different parasites that eat humans and to me, these names are worthless, I prefer to just call them "all" just parasites. If we use the herbs that were used for syphilis and the herbs that became famous in history, then we have used the best that man has learned in my opinion.

World War I introduced mustard gas poisoning and all great sins cause horrible problems. The modern day scientists that create these poisons / weapons are the ones that have polluted this earth the most and almost every evil thing they create, the evil spreads world wide and seems to multiply as new poisons and new weapons are created. The soldiers using mustard gas to kill their opponents were given an experimental vaccine to help them cope with the use of mustard gas. This vaccine turned into what some called a "Spanish" flue that these soldiers were the carriers of. When these soldiers returned to America and elsewhere on earth, their very breathe killed many humans they came in contact with that didn't have the immune systems to fight off this man made bacteria. The unused coal mines were filled with thousands of dead humans, mostly babies and the elderly. The dead were removed from every town daily. It became so bad, the government feared these dead bodies and took hundreds of thousands to Alaska and dug open trenches and buried them in the ice. In total, it is estimated between 35-50 million people mostly from America died in 1918 as a result of the Spanish flue, millions of names never recorded, because so many families were wiped out.

With the invention of vaccines, came the art of mixing animal and human cells in a manner that evil people wanted to turn people into part animals with the hopes of a "mule" race of slaves. The greatest of these discoveries was conducted by the English medical scientist in Africa where they killed monkeys by removing their kidneys while being tied standing up, because they wanted the kidneys alive as they mixed them with human blood in their creation of vaccines. They used these vaccines on most of the country of Africa as their first experiments that then lead to the polio drinks of 1960's that soon were being blamed for diseases and cancers. History has shown that every African native that was given these monkey vaccines died and being blamed as the start of HIV / aids. So in my theory, the era of World War I began the era of Germ Warfare. In fact, the vaccines used on American soldiers killed more civilians in America than all the people killed by bullets and bombs in all the other countries in World War I. This created the idea of poisoning one person that then will spread the germs to all they come in contact with.

Today, 90 years later, American farmers use a nasal spray on a few cows and those cows then vaccinate the rest of the herd by contact. Medical uses the same theory on children, such as those that took their children in for the flu and were given a nasal vaccine. That child enters a class room and soon every child shares the same man made vaccine (germs). The great medical doctors of 90 years ago condemned the

making of these vaccines as an evil practice that not only has “dumbed down” the human race as animal cells flow through the human blood stream and made a non pure human race in attempts to make more docile slaves, but also unleashed man made plagues that have circled this earth causing birth defects, sterility and premature death world wide. With the invention of the jets, after World War II; air spraying of these germs, metals and eventual vaccines have become the largest world wide scale government operation on earth. People world wide since 1949 have watched these jets spray lines of chemicals in their air and painted the skies in attempts to not only control the weather, but also control all the humans via vaccines and germs. The pre-war Harvard books referred to the working man as “stock”, stock to be “managed” by the educated. Today, the word peasant is used; a word that is popular in china, as china has become the world dominant leader. The working humans, like they were back in the days of kings and castles are once again referred to as peasants. This is why so many today have chosen to home school their children and avoid all manufactured foods, drinks and avoid man made drugs, vitamins and everything the modern day scientist have developed for commercialism.

There was no cure for this 1918 Spanish Flu, the people died and since the army created this plague, American school books ignore that it ever happened and when it is talked about, it is blamed on flu, an “unknown” parasite. That was until a doctor noticed a tribe of Arizona Indians never got the flu and none died from being in contact with the Spanish flu victims. These Native Americans explained they used a root called **Desert Parsley**. Medical took such an interest in this herb, that by 1925 it was considered extinct and not sold by any herb supplier. This herb likes to grow in the western mountains at 10,000 feet altitude and in recent times found to be plentiful, but obsolete in current herb use. I went out west to see this herb in the Utah Mountains and later found a person that lives in the mountains of Washington State that took their mule and walked the mountains and collected for me, the largest collection of **Desert Parsley** on earth. This began my interest in collecting the herbs of great historical fame in curing human diseases / plagues. In herbal history, every herb of fame was a worm killer or kidney stone dissolving herb. If the worms are dead and the organs rock free, humans should live a very long life in my opinion.

I soon noticed in America, almost every herb that became famous for human health, was eventually condemned by modern medicine and in some cases, such herbs very difficult to find. While such herbs from China, Japan, South American, Africa, etc. often still can be obtained and almost every country has at least 1-2 herbs that were used historically for syphilis and a cure for the 1918 world wide flu. For years, I have been trying to collect them all, including all of the ones that had fame in American Indian history. My theory being, that what was once good for human health, is still good for human health and this usually means herbs that help eliminate worms and dissolve stones.

Even medical suggest every human on earth by age 8, has the germs (parasite) that cause herpes, mono, shingles, etc. and as long as we have a good immune system, our blood stream keeps these germs under control enough that we don't feel “them” eating away within us. Medical suggest human skeletons have been eaten by worms for at least 300 years.....do we need to know the exact or current politically correct name for these worms? All 20,000+ names, NO, all we need to know is that we humans live at the bottom of an ocean of air and we are what are for “LUNCH” as far as parasites / fungus is concerned. Eventually, parasites and fungus will eat us until we die and then consume our body and return it to the soil. God created this perfect method, but man has corrupted this system that has unleashed parasites in an unnatural manner that has been tormenting people, mostly children and the elderly often to a miserable deformity and certain premature death. Nature will always live by survival of the fittest and only humans desire to break that natural law, we don't want to die, just because we are not the strongest. We choose to beat the system as long as we can and that is why people turn to herbs to help kill the parasites and dissolve the stone within their bodies.

Worms live in our brains, the tape worm being the most dominant, often forming egg sacks known as tumors. There is a specific worm that can get into the brain that comes from contact with horses that results in head ache; in fact, most every farm animal has a particular worm that transfers to humans. Tetanus would be an obsolete problem if it was not for stepping on land that a horse has used. They say the hog has at least 900 varieties of worm that can transfer to those that eat their meat. Even the land that the rabbit has used has worms that can torment humans with a poor immune system. The very large and nasty blood worms come from walking into a pond or lake, they enter the skin and once in the blood stream and can grow 1 foot long. The common ascaris worms can grow to a foot long. The tape worms can be enormous. Another worm from horses can grow so large it can block the human intestinal tract. Each zit on the skin has a worm inside it living on the oils and waste being expelled; our very skin depends on parasites to eat away our used skin cells. In fact, the entire human body has parasites in every part of it; they even swim in the fluids that protect our eyes from drying out. Our saliva is loaded

with parasites and the safest place they can live, is where there is no blood flow. Once in the clear fluids of the body and lymph glands and even the ducts of the pancreas, etc. these parasites can live freely in the human body. Only the blood stream can defend against this never ending problem.

The worms are often referred to as animal parasites, because they are large and often very complete creatures, with their own organs and reproductive systems and often males and females. They often secrete their own hormones to attract their mates and can even manipulate the host by secreting hormones that make the body respond, the worse being worms that line the womb and keeps the mother sterile so the worms can keep the womb for their home. My opinion is that the common sheep flukes that some suggest are an American plague, overwhelm not only the liver, but also the womb and in cases of many years of being sterile, killing the worms has resulted in pregnancy the very next month. When the worms are flushed and examined, the sheep flukes are the large pink flat flukes, one of the most common fluke worms other than the normal human fluke worms. The class known as animal parasites are destructive in every way, with no possible good use, their death and staying worm free of these creatures is a goal for all. Luckily, these large worms die fairly easily with good herbs, except in the brain, pancreas and areas where no blood flows, such as the saliva, lymph glands, sweat glands, etc. with the pancreas being the hardest of all organs to clean out the most destructive of worms. My opinion is that hundreds of adult fluke worms live in most adult pancreas where they lay hundreds of thousands of eggs that drop into the pancreatic duct down into the gallbladder area and small intestines.

Bacteria / viruses

My education states that there is but one original bacterium on earth and based on what it is fed, it mutates and can keep mutating for the worse as it receives too much food and less and less oxygen. Bacteria in its pure state is suggested to be the bacteria found on the outside of tree fruits and as we eat the skins of tree fruits, we consume large quantities of what is referred to as "friendly" bacteria that in turn helps us digest our foods and cleanse our cells of waste. Dr. John R. Christopher, one of my greatest teachers, believed the human body is made of large human cells that create the body we see and then needs to have 85% of these friendly bacteria to cleanse these huge human cells; that he preferred to call the "garbage" men. He looked at health very simple; he suggested anytime we have more than 85% friendly bacteria or less than 85% friendly bacteria, then the body is out of balance and results in sickness. Either side of this balance results in dirty cells and this accumulated waste then attracts fungus, which is a much smaller parasite.

As this friendly bacteria is over fed with waste (undigested foods), they rapidly multiply and mutate. As oxygen levels go down, they mutate into more and more dangerous bacterium. The only true cure for bad bacteria is to stop eating "fasting" and allow the body to return to balance and to replenish with new fruit skin bacteria, because they eat the mutated bacteria and aid in their elimination. Naturally putting pesticides on fruits destroys these friendly bacteria, as does washing them in soapy water, peroxide, bleach, etc. The most ideal fruits are eaten direct from the tree, vine, plants, such as raspberries, strawberries, mulberries, grapes, etc. in their wildest form and not washing them. Eating apples, peaches, pears, etc. direct from the tree also provides ample fresh friendly bacteria. Once picked, these friendly bacteria deteriorate within 7 minutes because the fruit starts to die and provides dead food for the bacteria that then quickly mutate. This is why it is impossible to store food and keep it as good as fresh picked. Heating and adding sugar to foods that are being canned is an attempt to slow down the mutation of bad bacteria.

Fungus

Dr. Royal Rife 75 years ago was able to magnify bacteria / fungus up to 1 / 75,000 of an inch and even make live color video pictures. His theory was to use radio waves to kill the bacteria, but discovered as one bacterium died, a smaller bacteria would emerge every time and even at 1 / 75,000 of 1 inch, these mutated bacteria / fungus appeared. It must be this way, because God created fungus to cleanse this earth of all dead matter. Dr. Rife applied radio waves to his body and treated others and he discovered radio waves kill all bacteria, which means the 85% needed to sustain life also died or are severely harmed by radio waves. This results in constipation and the need to replenish the body with fresh bacteria. He didn't realize the damage radio wave does to the human mind and he ended up being called a mad man or mad hatter and died a miserable poor life. In current times, Dr. Hulda Clark created the cheap made zappers based on the same theories of Dr. Rife and she too treated herself and patients and she too ended up mad and untrustworthy and now long dead.

In fact, with each new radio wave government permits for use, a certain percentage of childhood brain cancers are to be expected and accepted. These radio waves go through your homes and your bodies

every moment of your entire life. If you have a building with metal siding, metal roof and no windows, these waves are greatly reduced, cell phones and radios can not pick up signals in such buildings, but install one window and they come through the glass and fill the room with radio waves. When these waves are greatly magnified and directed, they can actually become weapons, such as were invented in the 1960's that have led to not needing all the nuclear missiles.; known as micro wave guns that can be fired from space and directed into a given area. President Bush warned at the beginning of the Iraq war that they may use the microwave guns for the first time in battle. Small towns in Iraq showed pictures of humans burned into black dust where they stood, even dissolving the bones to black dust.

Toxic poisons kill friendly bacteria that are what makes them "poisons"! Arsenic and mercury being two very common deadly poisons; because if you kill all your friendly bacteria, you will die rapidly as you drown in your own waste. Every water well in America is said to have arsenic and many other very toxic chemicals. If your well casing is made of metal, then you have double the problems with toxicity. As far as I know, it is illegal to use galvanized well pipe today. Many of these older wells have dissolved and collapsed as the home owner drank the well casing as it dissolved.

Most drugs and all metals do harm directly or indirectly to friendly bacteria. All metal dental work makes it impossible to have friendly bacteria. The consumption of metals is poisons to bacteria, all bacteria, good and bad. These metals enter the blood stream and get stuck to the arterial walls, enter the lymph glands and fill the skin and hair and often take a lifetime to expel. Colloidal silver is one of the most toxic substances a human can consume as are all colloidal metals. They will fill the cells of your entire body and make friendly bacteria impossible to maintain healthy levels. In fact, the consumption of metals is a medical practice of using poisons to treat diseases, which makes no sense. Poisons should never be consumed for any reason.

Horse racers and farmers for a 100 years used arsenic to de-worm and treat not only their animals, but often the family for diseases. Mercury was also very famous in the medical field for a long period of time. Naturally many people and animals died from the wrong use of these very toxic poisons and with each use, these metals accumulated in the cells and eventually lead to serious illness as the friendly bacteria are not present to cleanse the cells of their waste.

Lymph Glands

Much of the food we consume that enters the blood stream ends up in the lymph glands as waste. The mucus in lymph glands, depending on the condition of the lymph glands, can stay in there for years and often ends up going out the skin as body odor. Some doctors many years ago suggested these lymph glands are actually the second stomach; that the fungus eats and breaks down this trapped food waste and then eventually drains down to the colon and once again is absorbed into the blood stream. As these lymph glands deteriorate from over working and rupturing of the muscles that enable them to contract and push their waste back to the colon, parasites find these lymph glands a constant food source and not having blood flow, the ideal place for worms and fungus to live and this leads to lymph gland cancers that can easily spread. The cancers being a result of fungus being over fed and not enough friendly bacteria to eat up and carry away the waste.

Hopefully

This is an explanation of why we should never use poisons to de-worm or treat disease. An example would be a farmer buying a commercially prepared de-wormer and the next day all the intestinal worms come out of the animal. The constant use of such a poison would certainly kill the animal. These poisons never work beyond the intestines and only work the day they are administered, because they kill by poison and once the poison is eliminated by the elimination organs, these worms return as fast as they were removed. These metallic poisons also end up in the flesh, skin and hair for years and if slaughtered, end up on the dinner table.

So many times, people want to KILL their worms, KILL their pest as fast as possible with their theory, they won't need to do it again if they use some poison toxic enough with no consideration to the long term side effects. For example, if a spray is used in a house or barn that results in the death of every bug, that spray most likely has arsenic or some other very deadly poison in it and the residue enters into everything it comes in contact with and that house or barn will forever be toxic to the babies and those that come in close contact with the surfaces and ends up licking or sticking fingers in the mouth. Lead is a perfect example; children for years have been poisoned by having lead paint on the walls and doors of homes or lead in products used in the home. Not to mention the poisons released into a home as a cheap heating method. Everyone that ever used the wick style kerosene heaters, un-vented propane gas, etc. in the

home experienced lung damage, same goes for every fuel burned in a home. Kerosene lamps, white gas lamps, and all fuel sources end up in everyone that breathes the fumes. If 5 gallon of liquid fuel is burned in a home, it was just “used” by turning it into a different state, such as fumes/gases. Those that have enough toxins in the body can not tolerate a single candle lit in the home or scented products, their body is so toxic, just one more toxin sends them over the edge.

These toxic substances are so toxic, because they interfere with our oxygen levels and keep in mind, low oxygen creates more and more fungus and/or they kill our friendly bacteria and we start drowning in our own waste. This is why many people years ago slept with their bedroom window open year around. One of the best medical authors in North American history and also one of the strongest men in his late 70's lived in Toronto and he removed his bedroom window, even when it was 30 degrees below zero.

My opinion is that it is not important to understand how we get each one of these 20,000+ parasites, their man given names, or the unlimited poisons in this modern day world.

- What is more important is to understand nature as it pertains to human health and longevity.

The first steps are the removal of constipation and proper hydration of the body, and keep most natural foods that supply proper minerals and friendly bacteria in a natural balance. Keep in mind, all fat is storage of salts and waste, ideal food for parasites. Men in perfect health never weigh more than 165 pounds for 6.5 feet tall; their muscles strong and skin tight. While the elderly have sagging muscles and loose skin. Every tissue not in perfect, survival of the fittest condition is prime attack for parasites. The older we become or the more abused the body, the more help we need to keep these parasites at bay. Poisons to be avoided at all cost, because once poisons are turned to (medical), stronger and stronger poisons are needed for treatment and eventual use of chemo and morphine as a method to shut down the liver function and quicken the death to avoid years of misery.

God created men and mammals in general with a connection to trees and plants for medicines. Even the common bees take certain tree barks and make a medicine to protect their hives. There are toxic, even deadly plants, but in general, they taste so horrible that they seldom ever kill anyone, other than a fenced in farm animal that has lost its ability to understand wild plants, but mostly because they lacked enough food and ended up eating some wilted leaves or toxic plant or fungus from their hay or living conditions. In the wild, wild animals do not get poisoned from eating the wrong plants. For humans, in general, a toxic plant will make them throw up and they quickly learn to not use that plant. In America, the FDA prohibits the use and sale of the deadly plants; which there are not that many to begin with. Some plants are narcotic / toxic and considered medial use only, while my best teacher; Dr. John R. Christopher, believed there was never a need to use a toxic plant, ever! He was trained in the use of over 2,000 plants, some of which were toxic and he concluded there was never a need to use a toxic plant; that all good plants can be consumed while you're healthy and should be safe. After all, how can it ever make sense to consume a toxic substance when you are already ill? That and the fact that a real true drug, has a toxic level capable of producing death, some suggest even common over the counter drugs often have a death rate and even some tooth pastes have killed children when they were consumed.

I was puzzled early on how herbs can help kill the parasites and aid in elimination of the bad bacteria and fungus with out killing the good bacteria. Christopher explained to me it is the relationship God made with man and plants as medicines. These safe plants are not “poisons”, but instead supply our liver and blood stream with plant minerals and plant chemicals that the body in turn makes use of and creates within the blood stream the needed chemicals that actually can kill parasites. Then elimination organs carry away and expel the waste before fungus can be created to eat on the accumulated dead waste.

This is why it is so important to have a good liver, because without a good liver, nothing is going to work as it should and nothing hurts a liver more than toxic metals, drugs, etc. in my opinion. People taking pain pills of any kind will most likely not get the greatest benefits possible when taking herbs simply because the liver is not capable of correct function. People who have been poisoned for various reasons throughout life may find better benefit by using herbs for liver health first and then introduce stronger herbs as the liver is able to process them and make use of them. Dr. John R. Christopher made what he called **Liver Gallbladder Balance** formula or **L/G** for short as a starter formula for those that have a toxic liver. Those still on drugs or believe they need to stay on drugs, I suggest need to find an alternative medical doctor that will help them get off of drug use before they seek to rely on herbs. So many want to take drugs and also herbs and this simply makes less use of the herbs.

In general, historical use of herbs is by chewing and swallowing the liquid, making tea, making a powder, or syrup or even applying to the skin. This use of herbs provides the minerals and plant chemicals that the blood stream makes use of. Where the blood flows, it has the value of consuming herbs in this manner. Once in the blood stream, the liver and elimination organs will change the herbs and seek to expel them properly.

Essential Oil Concentrates

Normal herbs in their natural state once dried for storage and used in making teas, powders, etc. are going to supply plant minerals that the liver and blood stream are going to make use of and wherever the blood flows, health will improve. These herbs have no abilities to kill parasites / germs on contact, this makes herbal use very safe to handle and use. Taking fresh or dry herbs and making tincture extracts pulls the alcohol soluble minerals / chemicals out of the plants and discards the plant matter as waste. These liquids are concentrations that in general taste very bad because of the alcohol content and also often nearly impossible to take a therapeutic dose because of taste and side effects of too much grain alcohol. Tinctures made from very strong herbs, so only a few drops or dropper dose is suitable or ideal, while milder herbs are best used as syrups or powders where larger doses can easily be taken.

More popular in other countries is taking herbs and concentrating their essential oils through steam distillation and other means of extraction until they have a highly concentrated end product called "essential" oils. This method is only taking a very small part of the plant and throwing away the rest, often it takes 50 pounds of fresh plants to end up with 1 ounce of pure essential oils. This is why true essential oils are very expensive to obtain, while in the U.S.A. and other countries that import pure essential oils, often manufactures dilute the original pure product and resell it as simply being called essential oil of xxxxx and this is what the normal consumer buys from a store shelf. These essential oils, as pure as they can be obtained, must be consumed in extremely small doses and always the manufacturers will say for external use only! You will only see authors suggesting essential oils can be consumed internally and often diluted in olive oil, an empty capsule, added to water and drank or some other method of diluting and even then, there are no real medical books explaining that these concentrates should be consumed internally. Yet, the real true steam distilled essential oils are still just plant sources. Despite the lack of medical interest and books explaining safe ways to consume these concentrates, it is becoming more and more popular with self-experimentation.

These essential oils not only enter the liver and blood stream and then converted for human use like other herbs / foods are; they also, because of their extreme concentrations, are toxic to parasites / bacteria / viruses from contact of the herb itself. So this means these herbal concentrates can kill parasites where the blood does not necessarily flows. For example, when consuming the essential oils, they may be excreted out the skin and can be smelled on your skin or when diluted, be rubbed onto the skin and absorbed through the skin. Their fumes are also "smelled" which means they enter the air in our lungs and travel through the blood stream in extremely small amounts.

Herbs through the Skin and Lungs

Herbs rubbed on the skin must be edible, same as anything used on our skin, because what our skin comes in contact with can be absorbed into the blood stream and pass through the elimination organs. Nothing toxic must ever be used on the skin, to do so is a way of poisoning the blood stream and often toxins on the skin accumulate and do damage over long term use.

Herbs that are inhaled by spraying on the skin or into the air we breathe easily enter the lungs and travel the blood stream and can enter the brain within a few seconds of use. This is why medical doctors of the past have suggested we are no healthier than our last breathe of air and we all know toxic air can rapidly kill, same as lack of air will rapidly kill. While safe herbs can actually provide their medical effects when breathed in the air supply and be exhaled as waste or converted by the liver and made use of further. Herbs taken in by skin and air can affect parasites that hide from the human blood stream. When seeking to eliminate parasites internal and external use of herbs are suggested by me, otherwise those that just sell herbal products by means of "marketing", which means they know nothing about human health in general; are just selling "gimmicks".

Even those that make their own herbal tinctures because they read a book are by "faith" trusting this author knew something (or allow that author to enter their home as a teacher, etc.) about human health and 98% of the time, these authors are doing nothing but passing on what others have written over time, until such material is considered "true", because it has showed up in books by authors that make books as their source of income. This is why we see so many people selling so many products that they

“promise” will change your health and the really bad marketers that we see put out glossy ads saying their products cost twice as much as other products, because they are “better”; are only seeking to double their profits and even worse, they often are the ones making the most worthless of products and know the very least about human health. The really bad ones buy into already established markets as a method to market to a particular group such as the American Amish and will lie or what they refer to call: “Market to” a group of people until they have made all the money they can and then move onto others. These types often “hide” in the background and “use” the names of the companies they purchased, deceiving the customers into thinking they are purchasing from one of their own people, when actually those people sold out to the foreign companies taking enough money and sold their “name” so their own people can be deceived. No wonder so many in history have stated that money can be the source of all evil. You only need to open almost any Amish newspaper and see such ads selling high priced herbal products with every promise it takes to get your money.

Sunlight / Oxygen

Sunlight is the most powerful fungal / mold killer known. Always allow as much sunlight as possible to enter the home. All bad bacteria thrive in low oxygen, so always allow fresh air to enter the home and seek to be outside exposing your skin to the sun and enjoy the winds. The reason the home is the number one source of ill health is the fact that while in the home, we re-breathe our same used air; while in nature, no animal breathes their air twice. Actually, used air is so toxic, that if you breathe into a bag too long, you will pass out from your own toxicity and lack of oxygen.

The one thing I noticed years ago about people dieing of cancers, they refuse to expose their skin to the sunlight, in fact, the sicker they become the more clothes they cover up with. While cancer is a fungus disease and one of the best cures from Dr. John R. Christopher, my favorite teacher; was to walk in the sunlight with as few clothes as possible one direction for ½ the day, drinking grape juice only and then turn around and walk back home doing the same each day until healed. I have seen that work with a few people that took their cloths off and gradually exposed their skin daily until they got a very dark tan. Dr. Christopher also suggested that each day, a sickly person take their cloths off and bend over and expose where the sun never shines, because fungus and mold will affect every place and part of the body that never gets sun light. Dark rooms grow mold and if moisture is present, the mold will grow thick. The same goes for the sick body of any mammal. The lack of sunlight and low oxygen in the blood stream creates cancerous conditions.

Everyone can afford to use the sunlight and fresh air and these two natural things are the most powerful methods to restoring health. People were deceived about “vitamins” by two doctors that created the vitamin scams back in the 1920’s as a method to create a new business selling wasted minerals from manufacturing processes as “vitamins” for human health. While in fact, no one ever can buy a vitamin in a bottle. The word vitamin simply means the “life” of any creature and once killed, that life leaves within 7 minutes of death. This applies to plants; the same as all mammals, fish, etc. once dead, the life has left and they are lifeless and immediately begin to decay. In plants only the seed remains to have life. The life or vitamin left within 7 minutes of the plants removal from the soil, or picking of the fruit, etc. Humans make their vitamins from one source only, from direct sunlight contact on their bare skin and in nature, all of our skin would be exposed to sunlight everyday of our lives. Once in cloths, in a home, we have deprived our skin of sunlight and our lungs from unused air. This is why not so long ago, when people did not believe in drugs and operations, those with TB and other terrible diseases, often would live in a tent outside the home or seek a hill top to get more sun and fresher air. Living where the trees grow and the leaves blow in the winds increasing air quality and living near the oceans is where real oxygen is created in the waves. While living in the cities with the windows shut and blinds pulled, has created this world of heart disease and cancers. Parasites only thrive in low oxygen and no sunlight. God created parasites to remove everything that does not follow natural rules as a method of “survival” of the fittest. Parasites follow nature; they are only doing their proper jobs. Those seeking health, also seek to not support parasites by being “what’s” for supper for as long as possible in life and once dead, allow the parasites to return the body to the soil. Embalming the body is a man created thing that goes against nature. In many countries to this day, the human body is burned immediately after death as a method to not over feed parasites and then the burial of the bones out of respect.

Flies remove dead mammals faster than any other creature and flies also carry more diseases than any other creature. Over feeding them such as often seen around large chicken farms creates a huge nuisance. Never allow flies in the home and seek to keep them under control. All blood sucking / biting creatures can spread lymes disease and most all of the terrible diseases man has known. All creatures

that live near or in the home that leaves their hair, their waste on the floor or ground where children have contact will spread disease.

The subject of parasites is a limitless subject, identification is endless and suitable for those with such interest, while for those those that want to live a good life should seek to live in harmony with nature and not become sickly and attract too many parasites. Those with sickness need help with herbs and more sunshine and fresh air. In simple terms, every sickness and all premature ageing is due to parasites. Parasites affect us all while still in the womb and with every breathe of air we take during our entire lifetime; an example being that the tip of a doctors' needle that was exposed in a room where an aids patient has been can have up to 5,000 hiv/aids viruses on it. It was learned with anthrax that an infected cow that was burned by putting tons of coal on it, even 50 years later the land where it was burned will spread anthrax to sheep. It was learned with mad cow disease that the ashes of such cows can never be made disease free and the ashes are stored in buildings in fear that if they were buried in the ground, that the ground will spread the disease to other animals. We have seen farms with TB be quarantined for years and with the lymes disease developing world wide over the past 300 years, many suggest governments are using stronger and stronger pesticides in an attempt to thwart off the next black plague.

All mammals living in the same house or sharing the same air, such as in tight barns or buildings share the same parasites! Those with cancers, exhale fungus and in the same manner, those with dental mercury exhale mercury with every breath; what protects us are our Immune System and our Elimination Organs. As long as organs are in good working order, we truly can walk through the valley of death, but if our own health is failing, then breathing in the same air and having contact with others that are sickly, only ads to our health problems. Some authors have suggested that every piece of dust in the home can have tapeworm eggs attached and bed pillows should be thrown away every 30 days, because they can actually weigh more by the amount of mites living in them. Our skin sheds every day of our lives and no where more than in our bed while we sleep, which is fed upon by parasites. TB, Polio, Small Pox, Diphtheria, etc. were mostly eliminated on earth as people had beds to sleep up of the ground and clean running water in the home to wash and cook with. If people allow mice and bugs that are large enough to see, crawl around on their foods and the thousands of bacteria that can not be seen, eventually their Immune System will be overwhelmed and these long ago diseases of man kind will linger and shorten lifespan. Cleaning food sources and making the home clean does not remove all the parasites, it gives our Immune Systems less to deal with, which promotes better health and longer life. Babies and the elderly are the most effected and prevention the best solution for all, including the pets and animals people live with.

Parasite Pictures

As described in the previous newsletters doing a Liver Flush properly will kill and expel the large worms of the liver and intestines and can be seen with the eye. Otherwise 99% of all parasites are too small to be seen with the eye and usually the smallest are the most dangerous. To ad a few pages of color pictures doubles the printing cost of these newsletters, so we are forced to use black and white printing that still shows enough. Those that want to research the more than 20,000 parasites can do so on medical college websites and old medical parasite books. The only pictures I am going to show are the ones I personally took and what I found to be most common in all adults. Many of the pictures came from liver flush from doctors, Amish people, and those that traveled to other countries for vacations. These 3 groups seemed to have more worms and the ones that used medical drugs or traveled overseas had "unusual" worms. I looked at liver flushes for 3 years for my own education on worms and what it took to kill and eliminate them. I am pretty sure no one else on earth has gone to such lengths to understand herbs and parasites in the way I have. I did this for my own health, same as I make herbal products for my family's health. This is also why I suggest no commercial source has ever made a herbal product of any value other than they were guessing based on what authors have repeated over and over in books. I have listened to people talk from all over this earth about the products they have taken for parasites for 15 years and the only product I have heard over and over that they say works, is the ones I make. Naturally for many, they "fail" to use herbs properly and they are un-curable. Dr. John R. Christopher wrote in his School of Natural Healing Master Herbalist book that there are 3 types of people.

People that take herbs their way.

People that don't care about their health.

People that take herbs as directed.

- Maybe 1% take herbs as directed and I will explain why this is by the time you read the last newsletter. **I have told people for 15 years that taking herbs as “medicines” is like pouring water on a fire and all fire has done damage.** Those that only take herbs to “treat” their disease are taking herbs wrongly and their health problems will cost them a great deal of money through out their life, especially the last 30 days of their life.

Dr. Kenneth Sutter, the Chiropractor that has submitted information for you about Chiropractics, has been telling people world wide for years, that my de-wormer formulas are the best on earth. Being a doctor, he tells his patients to take large doses for the first year and he understands parasites are a lifelong problem and if you are sick, you have a parasite overgrowth out of your control. Taking drugs or continuing habits / diet that creates a parasite problem is the number one reason for misery and premature death in my opinion.

From the desk of Dr. Sutter:

My recommendations for the **De-Wormer** are 4 times per day for two weeks, 2 times per day for two weeks and then once a day for 2 months. Makes it easy to remember (2-2-2). Then every third day for a year to kill the bugs before they multiply if any eggs hatch. I always recommend 4 bottles of **De-Wormer** for that schedule.

I recommend taking it 10 minutes before eating so it will shock any parasites and basically immobilize them so you get the benefit from the food not them. Kills em quicker too.

“Usually by the time the people get to this site they're in pretty bad shape so it usually takes a considerable amount more than the above recommendations.” And as you know, once on the bug killer - **DON'T STOP.**

But when I tell folks to call you or go to your site I always recommend they get 4 bottles of the **De-Wormer**. Once on the maintenance seems like they could get by with 3 for the entire year. But then again **I still take it twice a day.** At bedtime and first thing in the morning. I don't even want to go near the possibility of having the bugs again. And I don't buy at all this supposed resistance they get. Once they hatch, kill-em. No resistance possible to develop then.

Anyway, 4 bottles a year is my usual recommendation. But when they're new to the program and if their health is way south they'll **go through a bottle a month for a couple of months. Or even more.**

I'll be doing more radio and next month I'll be giving my "How to get healthy" lecture at the Grand Rapids Gilda House right in the middle of cancer valley here in Grand Rapids. The press will probably be there, TV and radio and I'm going to have my own camera crew there to record it all so it's going to get interesting up here.

Again, Thanks! Doc Sutter

(I REMOVED SOME MATERIAL FROM THIS AREA THAT WAS JUST FOR THE AMISH READERS BACK THEN)

This is why when I was ill from accumulated lead, metals, solvents, etc, from 30 years in a factory, I learned from 20 years of experience, that we could not trust most companies and most authors. It seemed like all were out to make money from the sick and dieing and I was tired of being sick and decided living was the better option. This is why I do not want to look up the products / drugs you're currently taking, the books you're currently reading; because I have been the victim way too many years of all those glossy ads and false promises. I do not know of one commercially made product that would be safe for human health, nor do I know of one hospital I would voluntarily walk into for better health. I would never ever go to any Mexican clinic or doctor, take any of the toxic products, such as vitamins, latest drugs or host of gimmick products, I did that way too much, back when I was learning and trying to not be the next victim of marketing salespeople.

I am not telling anyone to not buy this or that or buy anything I make, this newsletter is just my opinions, my story and that if we turn to the world for information and help, we get what we get. My personal experience has shown me that we need to de-educate ourselves and return to Nature, what God created

on this earth for our foods and our medicines and get far away from the lab created chemicals. I know from my own experience, it can take 1-3 years to learn if a product actually was any good when you tried that product based on the lies written in a book or some method, such as people telling you how great such a product has been for their life, etc. This is because “we” want to believe, we want to experience better health, but after 1-3 years, we often learn we only wasted our money! We all have seen these products come and go and as each one fades out, the marketers come out with 2 new ones with a new host of lies and claims that people spread. They in recent years have given the salespeople up to 50% of the profits and used pyramid sales methods that take people seeking to make money, willing to spread the lies. Eventually enough people get ripped off and word gets out and the sales drop and then these same people, once again have a new miracle product to sell you.

I 100% believe what Dr. Hans Neiper, M.D. of the German Sinai hospital that went down in history as one of the greatest medical doctors; wrote in his dieing days back in 1970, that everything good about human health was known prior to 1900. Prior to 1900, man was not distracted with greed or affected by pollution and electronics, which gave a lot of time to learn about human health. The human body has not changed what God created for man is the same then as it is now. If you are wise, you can see the marketing skills in every health product and health service available and use your wisdom to avoid them all. Allow your foods to be your medicines and proper use of herbs as needed, after all, the foods God created for mankind, are all herbs. Every tree, vine and bush fruit, are herbs, are medicines. When we have eaten wrongly, lived wrongly, it is the fruits of the trees, vine, bush and plants that have proven for centuries to be our only cure. The herbs that dissolve the waste, kill the worm and aid in expelling are the ones that support the longest life. Eating properly and proper healthy habits is by far the absolute cheapest way to live and only method to avoid the medical.

The “Best” worm picture.

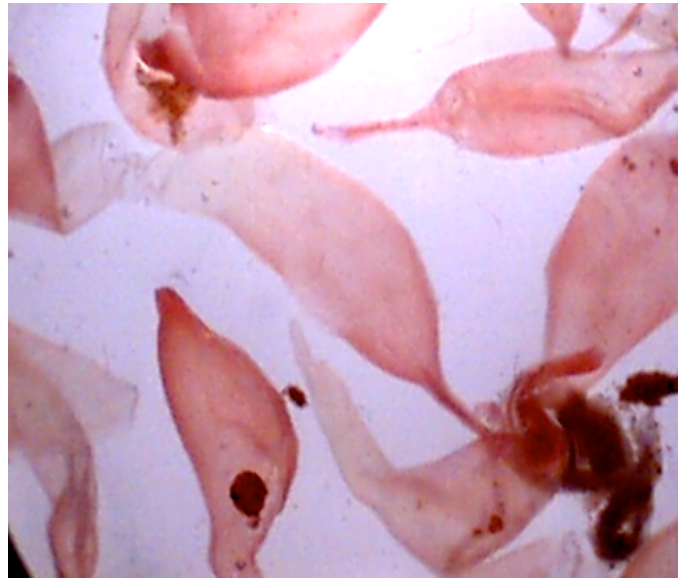
The very best picture I have taken was published by Dr. Hulda Clark in their newsletters about 10 years ago. It came from a local Amish lady that had become quite wealthy and eventually left and became Mennonite. She and her husband did not like seeing all the worms come out of their body; they actually gave us back the products and wanted nothing to do with these worms. They both passed huge intestinal worms that were suggested to result from being around horses. I rarely ever see these in anyone but those that work with animals. This couple had children in the mission field and a few years later, I heard the husband had to be care flighted back from South America in grave health. Doing “nothing”; makes for an average life, that makes the medical field end up with all the wealth eventually.



This is what I would call your common Human Liver Fluke worm; it has 4 reproductive organs that spew out thousands of eggs non stop. It fills the livers of most all adult humans in my opinion from what I have read and seen. I personally believe every human on earth is plagued with these fluke worms. I believe they hide by the hundreds in the pancreatic duct as a method to avoid the human blood stream because where the blood does not have contact with worms, the worms live freely. From the pancreatic duct, they spew thousands of eggs 24/7 into the gallbladder / small intestines. Like most all worms, it can live anywhere in the body. In its premature stage, it looks and swims like a tadpole. Dr. Clark believed once it

establishes life in the thymus, diseases such as HIV/aids can develop. It likes the liver, because the liver makes more tissue daily than any other part of the body, supplying a lifetime supply of food. My personally opinion is this; every adult human has a liver that resembles swiss cheese because of this one worm.

Keep in mind, this is but one fluke worm, there are many varieties that are too small to see with the eye, such as the rabbit fluke worm that readily lives in humans and causes various problems, same as every worm causes health problems. The strings you see are her eggs coming out by the thousands. People see these in their bowel movement often calling them puffy white or yellow spiders.



Let's call this one the Sheep Fluke. They almost always look red from their blood content. I have read that this one has been at epidemic levels for many years in the U.S.A. The ##### organization once suggested every America should undergo chemo as a method to try to stop the spread of this fluke worm. I knew a lady in her nineties that was bedridden and lived in a very poor house trailer with a bunch of cats. She had not walked for several years outside her home. Her daughter was taking care of her and after learning about de-worming from us, had her de-worm and do a liver flush that I examined. I told my wife that I believe that lady was more worms than she was human. These red fluke worms rolled out of her by the thousands. After 2 liver flushes and de-worming, she got up out of bed and was walking ¼ mile to get her mail down at the roadside. We got to know her and noticed that she shared her dinner plates with her cats; they all ate off the same plate, at the same time. These cats also freely traveled outside and the next door neighbor raised sheep.

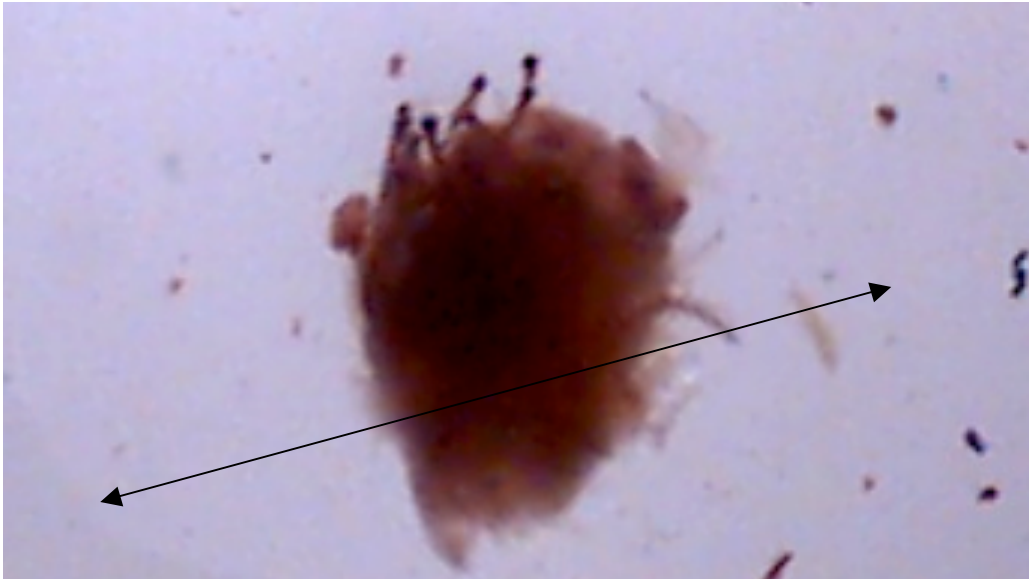
Dr. Clark told me these were the common sheep worms and the reason most humans today have them is because sheep once were very popular and once in the human population, these worms have thrived and are spread to every child and the sheep is no longer the main host, humans are! Keep in mind, I do not care about the medical / scientific names of any worms; to me, if they are dead, that is good enough. I learned about herbs as a method to kill them and I had to see the results with my own eyes and listen to what people told me, etc. I don't think worms obey what marketers say to sell their products.



This is the monster that made the local lady want nothing to do with worms. She also supplied the best worm picture that was published by Dr. Clark. Personally I think she would have been overjoyed to be rid of such things, but seeing them was probably a bit too much and we heard that she thought the herbs must be evil, all of which made no sense to us, but all you can do is show people, each person must make their own choices in life what is for them or not for them.

I did see this worm in our dentist, who also raises draft horses and cattle and chickens, etc. and he was so thrilled that he passed it, that he wanted to take it to his vet and get it identified. So he decided to tell the vet that it came out of his dog. He told me, this vet looked at him and said; "John, we know this didn't come from a dog". This vet refused to identify the worm and Dr. John was certain that this vet knew it was from a human, which told him that the vet indeed knew exactly what this worm was called.

The only close pictures I could find commercially suggest it is a huge worm that can block the intestines, so I just called it a "blocker" worm. The only other non Amish person I saw this worm in was an elderly man that loved to eat sausage every morning for breakfast and he would only use the de-wormer like a common farmer's method of de-worming the animals once a year. This fellow would bring me jars of these worms each time he de-wormed and I could not convince him to stay de-wormed and give up the sausage. He eventually had very bad heart problems.



This is a common "glob" of worms that I suggest break loose from the intestinal / colon walls when taking the **De-Wormer, Lower Bowel Balance** or when ever the intestines are able to cleanse themselves of these worms. I drew a line of where I suggest these worms were attached into the intestines and the exposed area to the food as it goes down the intestines. This picture is taken with 10x magnification.



This is the same picture at 60x magnification; these babies are waving in the fluids of the intestines as they "eat" your foods! Just imagine what these babies turn into as they develop and swim away into the body!

This is just a sample of the pictures I have taken of the larger parasites that I suggest are common in virtually everyone and must worse for those that live in the country and have contact with animals, their waste and raw meats. You may find what I am going to say next very surprising and for some, even shocking, so shocking you may throw this newsletter in the trash and hope no one else reads it. From the 3 years of looking at liver flushes, that allowed me to see the worms and eggs that common people expel which I was able to see with my crude instruments, the people that stood out to me as having the most parasites, were those that eat a lot of garden vegetables. So now you have me saying all dairy is a

problem for human health and now vegetables. Let's examine why, because I wanted to know why, because I was raised on a dairy farm and we lived off our garden when I was a child, had a hand pump well, cistern and out house and enjoyed life.

Vegetables

Vegetables that you can find in your local fields and woods growing wild are what? I do not know of any, beyond the wild carrot, which is basically un-edible. Many years ago, people ate many fresh spring sprouts of herbal plants, such as dandelions, nettles, poke, etc. as a method to cleanse out the meats and grains eaten throughout the winter to avoid scurvy and the like. Something as common as the potato that has saved millions of people from starving through the winter months is not to be found in nature. Often if you allow your vegetables to continue to grow or they survive from year to year, many will return back to their original plants. How man was able to take the common nightshade plants and turn into vegetables is beyond me, but it has been done and turned into the largest source of human foods on earth.

As good as vegetables taste raw or cooked, covered in seasons, etc. or whatever it takes to make some of them tasty, they all have one thing in common, they are not "natural". They do not have root bark that blocks out the large in-organic rock like minerals. Nature sees these man made creations as non-natural and God created parasites to remove all of the un-natural or not "perfect" creations from this earth as a way of survival of the fittest and healthiest species. So not only do most vegetables have a need for more water than normal wild plants do, they also have a great need for fertilizer. They all are troubled by the parasites we can see, but it is the ones we don't see that are the real problems. The eggs these parasites leave behind, as a method to eliminate all creatures that eat unnatural things, or in simple words, a perfect method to STOP the unnatural and have a world where the healthiest survive and the non-healthy eliminated. Something we humans have never liked the idea of because we want health regardless what we choose to do in life.

Cooking and freezing kills many of the large parasite eggs, but we all know, no amount of cooking or freezing ever kills all the bacteria, it only slows it down. So this simply means one thing, "all" those yummy vegetables that we eat raw, supply us with the largest quantities of parasite eggs. If you take the time to examine medical websites world wide on the subject of parasites, they actually show you picture by picture how worms cycle from plants, water, dirt, air, etc. into insects, birds, fish, livestock, etc., etc. and how they end up in the human body and why virtually all parasites on earth now can call the human body their "home".

Should we stop eating vegetables, dairy, meats and all the bad things and return to tree fruits and fruit juices for our liquids? Sure, but since almost none of us live in the proper climate where it never gets colder than 60 degrees, we do not have a large enough supply of tree fruits to satisfy our desires to eat; that, and we have been raised on salt, seasonings and the American diet. This is why herbs have been a popular item for hundreds, if not thousands of years, they are our medicines in more ways than one. So basically the truth is, we are always in "treatment" and forever defending ourselves against everything known as parasites and even worse, all the man made toxins of this world.

Most people have heard the words tapeworm, round worms, ascaris worms, pin worms, but beyond that, the average person knows very little about parasites, despite medical education is all about parasites and most all medical studies for over 150 years have been about parasites that have lead up to the identification of over 20,000 varieties. The most alarming thing I have seen, is the fact American Medical seeks to "hide" information, while most other countries openly disclose statistics, such as how many people die each year of what type of parasite. I have seen many surgical videos on parasites on the internet that were placed there by doctors or people from other countries that were videoed while doing surgeries on tumors and organs. I have seen worms pulled out of brain tumors and seen pictures and information stating that most brain tumors are just tapeworm egg shacks. I have seen fluid applied to the face that forced pin worms to exit the skin like worms crawling up out of the ground. I have seen Russian open heart surgery where worm after worm was being pulled out of a live human heart patient. While in America, very few doctors will even admit parasites are any problem. Dr. Hulda Clark exposed to the common reader that there are parasites that affect virtually every part of the entire human body and many such parasites have specific food they thrive upon, such as worms that only eat the valves of the heart. Many people have seen pictures of dog heart worms as a method to scare people to the vets to buy dog heart worm prevention drugs, but why in America do they keep human heart worms a secret? Why does medical ignore worms? Are they afraid that if war was declared upon parasites that it would reduce the need for medical?

Below is one example of a website teaching about parasites in humans, it had maybe 50 color pictures of worm eggs. Keep in mind, medical looks at blood and tissue samples, so they identify worms by their eggs, while my pictures show the real worms after they died from herbal use and were expelled by a liver flush, so the worms did not have time to dissolve as waste. So you do not find pictures like I took with my cheap / crude picture method.

PARASITES

Introduction.

Many of us have heard about parasites in humans such as giardia or amoebas, but we tend to overlook the relationship between these parasites and digestive and systemic diseases and disorders. The common belief that people in the US are free of parasites is a great illusion. Some estimate that about 50 million American children are infected with worm parasites; only a small portion of which is detected and reported. This is particularly worrisome when one recognizes that microscopic (single-celled protozoans) make up about 90% of all parasitic infections in the US according to the Centers for Disease Control and Prevention. If existing parasitic infections are evenly distributed, there would be more than enough parasites for every living person to have one. The most recent statistics of the worldwide prevalence of certain selected parasites follows:

Estimated world wide parasite infections causing known diseases.

All types of worms- 4.5 billion
Ascaris- 1.0 billion
Hookworms- 900 million
Whipworms- 750 million
Filarial worms- 657 million
Schistosomes- 200 million

This is only some of the examples of parasitism compromising human health worldwide. In temperate areas we are uneducated about the seriousness of parasitic diseases that reach their greatest impact in "tropical" countries from which many immigrate to the US. Contributing factors to parasitic diseases in the US, other than our own endemic parasites and immigration, include malnutrition, population density, economic conditions, sanitary practices, and life styles. Compounding factors in North America include the lack of public/media awareness, educational materials/counseling and training of the public, as well as in some cases, the professional community. It is in this spirit that this educational pamphlet is offered to you.

How we contract parasites.

A parasite is a micro- or macro-organism that needs to satisfy its vital nutritional requirements by feeding off certain host tissues or body fluids that contain the specific biochemicals that it needs. There are parasites for every single tissue of the human body, once they gain access. An intestinal parasite has to gain access via the oral cavity with contaminated food or drink if it is to cause infection. Other portals of entry are irrelevant. Eight ways by which humans can contract parasitic infections are briefly summarized below.

Drinking water : Some of the most common microscopic human parasites (Protozoa) are transmitted via drinking water contaminated with fecal material from infected persons. This simple cycle occurs in water from running streams as well as from tap water in homes in large US and Canadian cities served by surface water treatment plants. Parasites transmitted in this manner include *Cryptosporidium* and *Giardia*.

Skin contact with contaminated water : This is the only method of infection available to certain parasites such as the schistosomes, some of the deadliest fluke (trematode) parasites of mankind. After emerging from the snail host, the infective larvae (cercariae) penetrate the skin of a person (swimmer, agricultural worker, children playing, etc.) and migrate in the human body ending up as adults in blood vessels (hepatic portal system). To get infected, one has to be exposed in an endemic area, ex., Africa, China, Mexico, Puerto Rico. At PCI, we have identified eggs in fecal samples from an isolated area near a stream in California nearby where a population of Vietnamese immigrants have settled.

Food : Food intake is perhaps one of the most common ways of transmission of parasitic infections caused by microscopic (Protozoa) and macroscopic (worm, helminth) parasites alike. For example, *Blastocystis* and the cysts of the amoebas (both are protozoans) are infective when swallowed with

contaminated food via the fecal-oral route. This can occur in a household setting or a restaurant. Similarly, the ingestion of the eggs of the human roundworm, *Ascaris*, readily occurs when fresh vegetables, ex., lettuce, grown in farms fertilized with infected human waste, are eaten without proper washing.

Insects : Most blood sucking insects are capable of transmitting infectious agents via their bite as they attempt to feed on human blood. In the US, ticks transmit Lyme disease, Rocky Mountain spotted fever, relapsing fever, Colorado tick fever, babesiosis, and rabbit fever; fleas transmit plague and endemic typhus, mosquitoes transmit malaria and dog heartworm, *Triatoma* (kissing) bugs transmit Chagas disease, and head lice can transmit epidemic typhus. If a person has had a history of a recent insect bite in any temperate or tropical part of the world, his/her blood should be tested for parasites. Insect-borne pathogens normally cause no harm to their natural (reservoir) hosts, ex., rodents, but become highly pathogenic in humans (their unnatural hosts).

Air : Air-borne viruses, bacteria, and fungi are usually eliminated with the feces (occasionally orally) of a natural reservoir (usually wildlife) host but infect humans upon accidental inhalation. Examples in North America include histoplasmosis, Valley fever, and Hanta virus. These diseases are associated with bat guano, dust, and rodent feces, respectively.

Pets : Despite what you may have been told, dogs, among other pets, are not man's best friend, parasitologically speaking. Dogs carry an intestinal tapeworm, *Echinococcus*, whose eggs spread all over their fur from the anal orifice during grooming. Unhealthy human contact with infected dogs, e.g., by kissing, brings the eggs into the human intestine which they penetrate as larvae and encyst in the body cavity, e.g., the liver or even the brain, as the life threatening hydatid cysts. Other worm parasites (helminths) are also readily transmitted from pets and other animals to man. Most notable are the beef and swine tapeworms, *Taenia*, by the consumption of beef and ham contaminated with larvae of these tapeworms.

People : Close human-to-human contact is conducive to transmission of quite an assortment of sexually transmitted diseases including AIDS and herpes as well as other viruses causing cold and flu. Eating food in a restaurant or at home that may have been contaminated with *Taenia* eggs or *Entamoeba* cysts from the servers fecal through improper sanitary practices will surely produce infections with cysticercosis (appearing as lumps in the body or nerve organs) or amoebiasis (causing severe gastrointestinal distress, etc.), respectively. A recent inspection of an expensive restaurant in Los Angeles showed that 100% of all employees (not just servers) had fecal matter under their nails.

Soil : Certain roundworm (nematode) parasites spend their transitional stages between one host and another as immature larvae in warm moist soil. Walking bare-footed or sitting on such fecally contaminated "seeded" soil in a wooded area or by a lake side, etc. will invite the larvae of hookworms or *Strongyloides* to penetrate the exposed skin and migrate in the body to finally become adults in the intestinal tract where the damage is done.

If a person was to search for books and information about human parasites, they would find more research and studies than an army of people could read. For most of us, as long as our immune system is strong enough to defend against disease, then we ignore the worms and bacteria; only once we are sick, do we seek a path back to health and way too often, go to a store and blindly buy any product with a promising label. And in "FACT", if we did nothing at all, we would be healthier than any drug that has ever been created according to medical statistic studies and most would certainly return to health at about the same time period regardless if they had used the drugs or nothing. It is by means of mass marketing that people seek out new methods when ill.

- **People get over a sickness by "adapting" to the problem they have.**

Each time they "adapt", they adapt one step closer to death. Each sickness leads to a worse condition, even if it is not realized at the time it is happening. The use of any drug, vitamin, metal or toxic method to "kill" something, always leads to "adapting", because the human immune systems were ignored and in most cases, actually poisoned right along with the rest of the entire body. You **CAN NOT** ingest a poison for a specific ailment and expect that poison to ONLY work in that part of the body. What ever we have contact with, breathe or eat, affects the entire body. ONLY when the immune systems are enabled and allowed to fight the parasites properly, will the immune systems learn to defeat, dissolve and expel such

parasites properly and have the ability to keep fighting them and making the entire body parasite resistant and this is where God gave us the use of herbs as our true medicines, our only medicines.

By now, people should realize herbs are dead and provide the human body with plant minerals and chemicals that the liver / blood stream use as “food” and enables the blood to be empowered as it has the tools it needs to do the job that results in better health. Herbs should not be toxic, they should be foods; they should be safe. Some will argue that it is too late for herbs and that the body must be “forced” to respond or die. Some even suggest we must cut the organs out as a method to remove the damage these parasites have done. Some use drugs for this or even high doses of vitamins and say they have success, or do they? I suggest the patient that was “forced” by any type of drug / vitamin / poison / metals was forced to “adapt” and that the Immune Systems were so damaged, that next time, the outbreak of disease can be worse and each a step towards eventual death. By the end of these newsletters I hope to show a simple method using oranges that was proven by the top medical facilities on earth to be the cure for every disease known and no drug nor vitamin used and results within 14 days of having 5x more new red blood cells and these new red blood cells is the army that defeats the parasites that cause disease and as the war is won, the body did not succumb to the disease and have to adapt to it and thus empowered to encounter and defeat the next parasite invasion that can be as simple as your next breathe of air, next meal, next time you pet the dog, etc.

The Herbs

We can talk about the parasites and their problems literally forever, it is an endless subject that bores me, I would rather spend time learning how to kill them and keep them killed and avoid the onslaught of children sufferings and mother’s misery as she watches her children suffer or not take their first breath of life.

I have talked about the three best uses of herbs, the ones that dissolve rock (well water minerals, vegetable minerals) the ones that kill parasites and the ones that aid the colon and elimination organs to remove this dead waste from the body and do so with out harming our friendly bacteria or our Immune Systems.

The following suggestions are what I would do for my own family, every human is in a different state of health, such as vitamin/drug use, well water, dairy, their diet, their habits, etc. all of which leads to a variation of those over 20,000 different parasites that we might as well just call it Lymes disease or Candida that are two words people have come to learn as “bad” for health.

The Mother-to-be should prepare her body to build a new life, before she conceives. In nature, the healthy woman can only conceive every three years in the month of September on the moon cycle, so yes, that means every child should carry the same birthday, now would not that change all our lives! She also would not have a relationship outside those couple of days during that three year period, so you now know why medical has hidden those facts as deep away as they could. Keep in mind, Nature provides for survival of the fittest and women need several years to rebuild the womb and never ever conceive while still nursing the last baby. To do so will rob the mother’s health into a diseased state that then results in less than perfect children that then must adapt and often by the 5th generation are too sterile to have children.

Ideally the mother and father to be, nourish their bodies and be as parasite free as possible and make their home suitable to raise a fine healthy child. Doing anything less, ends up with more health problems for all involved, which in time, always cost more money, but also can cost a lifetime of pain. Many times, the damage done in the womb cannot be reversed or out grown. This newsletter will only cover parasites and not go into the details of raising a healthy family until the upcoming issues.

The father to be naturally can use all herbs once the child has been conceived. All the problems of poor conception and unhealthy children will cover in future newsletters. The mother to be can use Olive Leaf freely; she should read the very cheap **Olive Leaf Extract** Book (\$5.95) by Dr. Morton Walker to understand the many benefits of Olive Leaf and why it is considered as safe as water. In my opinion, she can use **Olive Leaf Powder / Capsules** at anytime. Olive leaf is a mild anti-parasite herb that is well explained in the book for the treatment of all the parasite, bacteria, and viral infections. Very mild, yet in large doses, can drive herpes out, even in pregnancy. Needless to say, I have used **Olive Leaf** in every product we make, liquid or powder for over 14 years.

As long as she is not pregnant or nursing, she can take the standard de-wormer formulas, such as those people learned to call, **Worms “B” Gone** or what we just call **Herbal De-Wormer** or more proper to call **P / W** which stands for parasite / worms. Why the initials P/W, simply because if the government ever wants to find an excuse to mess with someone making herbs, they can say if you use a descriptive name in your label, then that would suggest the formula was designed to treat a certain problem and be said to be practicing medicine without a government license, even though the substance was just a simple herbal food and not a toxic controlled drug. This has gone on for over 60 years in American History but is never enforced unless you are picked out to be made an example of.

Some have come to know the **Worms “B” Gone** formula as a children’s de-wormer, because those marketing know adults often will spend on the kids and not themselves. This may be so, but in the world market, the **Worms “B” Gone** is known as a powerful de-wormer formula compared to the other stuff such as given by example with the clark / clarkia commercial products. A doctor in South Korea used it years ago and proclaimed it was the most powerful herbal formula he had ever used for the treatment of cancer. But then you consider in his country he only had herbal teas to prescribe, such a formula would seem amazingly strong.

Medical has made pregnancy a bad word, in that women have become so toxic from years of drug / vitamin use, that during pregnancy all drugs can be a problem. Some such as myself, even suggest the pregnancy medical are using testing methods and drugs as a method to make the babies diabetics as children and other diseases to support future medical jobs; so I am all for natural child birth for healthy women, while sickly women have to have medical help to avoid bleeding to death.

Even though many of the herbs used commonly for pregnancy also are anti-parasite, someone years ago, suggested no pregnant woman use de-wormer herbs, in fear that if the developing baby has worms, it could cause more harm to kill the worms than to leave them alone; I personally do not know if I buy into that theory, but I certainly would not use herbs that are labeled **ADULT USE ONLY** during pregnancy or while nursing. In every case, consuming anything is always experimental. There are never any clear cut 100% guarantees. Actually, since all well water has arsenic and thousands of other toxic chemicals, I can’t imagine something as simple as herbs could be any more dangerous to mother. When it would come to blaming something consumed when a problem developed with a pregnancy, what are the odds that the M.D. would blame dental metals, well water, drugs, etc. or would they be more likely to blame the herbs.....that is probably the basis for the fears of herb use while pregnant. Always be safe, consult your care provider or self educate yourself and always proceed slowly and most of all, never allow a problem to develop to the point of needing emergency help.

I use pure Turkish **Essential Oil of Oregano** in every herbal formula. Dr. Cass Ingram made the herb popular in America when it saved his life and Dr. Clark promoted it. These are the only 2 authors I have read of that suggest internal use. In fact, very few authors will ever suggest the use of any essential oil for internal use. Why, because essential oils are very concentrate, sometimes taking 50 pounds of herb to produce one ounce of oil; but the final product should still be nothing but plant. In my opinion, **Pure Oregano Oil** has to be the safest of all essential oils and by far, the most powerful herb for human health and very anti-parasite. I am certain I have used more **Pure Oregano** than anyone else on earth, I am probably one of the largest importers of **Pure Oregano Oil**. There are plenty of people selling Oregano Oil in diluted form or from other countries like Mexico for cheaper prices that “lure” people in because they are being deceived by marketing methods. In the beginning, I purchased all my Pure Oregano Extra Strength Oil from the company owned by Dr. Cass Ingram for \$74.95 an ounce and I believed it was the greatest herb on earth. Then when I found the farm in Turkey that makes most of the Oregano Oil for this planet and they told me Dr. Ingram from Canada buys by the barrel at a much cheaper price than I ever could afford to do and that his diluted so called Pure “Extra” Strength Oregano Oil, was in fact, **11 parts Olive Oil, to 1 part Oregano Oil** and at \$74.95 an ounce, they told me he was only making a 50,000% profit. When you consider he was an M.D., he didn’t care that the product saved his own life, he saw the power to make big money \$\$\$.

I for years have told people to buy the real **Pure Oregano Oil** and blend it your self. They could buy a kilo of Oregano Oil for \$600 and make \$35,000 worth of the Dr. Ingram formula, the same formula that at the time, I believed 100% to be the best herb on earth for human health. It just seemed like every thing we were lead to believe, good or bad, in the commercial market of human health, was a gimmick for someone to be come very rich. This is why so many people do not trust anything they read and I do not blame them, everything should be tested and stand the trial of time.

I have always suggested this: 1 drop pure **Oregano Oil** to each ½ gallon of water consumed or so each adult consumes 1 drop daily. I suggest taking a glass of water and putting a drop or 2 in it and then dipping the tooth brush in it and brushing the teeth, there will be no need for tooth paste. The **Oregano Oil** will sting like cayenne pepper for a week or so and after a year you won't even be able to taste it, but parasites will never get use to it. After brushing the teeth, the remaining water can be drank and the breath be fresh come morning. I put a drop or 2 in the bath tub of the children, making sure to swish it around before they get in, if the pure oregano touches their skin, will show up red marks that will smart for a few minutes like cayenne would. The very fumes from **Oregano Oil** are very anti-parasite and I use this in all the Herbal Sprays that I created. If you notice, the clarkia owned websites have no such product, no one knows how I make these sprays. I learned from the Clarkia formula to stop telling people how I make formulas. I used 1 dropper of pure **Oregano Oil for years** in my hot tub weekly and recently changed over to what a few people are using as **Professional Strength Animal De-Wormer**. I put a dropper weekly in the 750 gallons of water. My hot tub is probably the only hot tub in the world that has never had chemicals in it and I only change the water every 1-2 years. The oils not only keep the water sterile and super clear, they also provide health benefit and increase in skin circulation. The Animal Strength formula is not for internal use and using in your bath water is very experimental, very powerful, and very hot like cayenne.

For the mother to be, I suggest **7 Olive leaf capsules daily** or equivalent of powder and 1 drop pure **Oregano Oil** and this can be continued throughout the pregnancy and nursing from our experience, but with each pregnancy, the parents should consult with their health care provider that sees in person the health of each individual. Everything in these newsletters is general information based on my opinions and nothing more than for educational purposes. My wife used **Oregano Oil** throughout the pregnancies and started the babies on **Diluted Oregano Oil** at an early age at the first sign of all problems. Once done breast feeding, we used diluted Goats milk (½ distilled water) and we put 1 drop **Pure Oregano** and 1 dropper **Olive Leaf Tincture** to every quart of goat's milk. We soon learned to freeze the goat's milk for the children when we knew the milk would be out of season when my wife would be getting done breast feeding. We did stop the goat's milk at 18 months of age. If we would have had our own goats, I would have raised them on **Oregano Oil** in their water for their entire life. Such a goat would be superior and suitable for the best milk for a human baby when mother no longer desires to breast feed, normally anytime after 10 months old when baby can bite. Mother's milk is superior and diluted goats milk the first option.

Naturally, the parents to be that take the proper plant based calcium, iron, etc. minerals will have bodies more resistant to parasites, so to suggest just de-wormer herbs as the solution is hard to do.

Once baby is born, mother's milk should supply all that is needed and if mother has been taking all her proper plant minerals and eating a non mucus forming diet. The mother taking **Olive Leaf** and **Oregano Oil** daily will pass on these herbs to some degree in the milk. We made what we called **Baby Calm** which has **Olive Leaf**, **Oregano Oil** and **Natural Tree Iodine** minerals besides the calming herbs and all three of these are very anti-parasite. If more is needed, my wife would give a few drops of **Diluted Oregano Oil** direct in the mouth and then immediately feed and they quickly learned it was no problem and the children grew up taking herbs and never complain about the taste, I believe because they accepted these taste as their natural foods as a baby. Ideally it should never go beyond that for a baby, never should strong herbs be needed for a nursing baby. If it gets that bad, the baby needs taken away from the mothers milk, because with all nursing babies, it is what the mother is eating, drinking and expelling through her milk that leads to the baby's health. The next step would be the regular **Maximum Restore** 1 dropper at a time, which is also very anti-parasitic and for all ages and dose related. For late night problems, the last herbal formula is **Air Restore** along with proper use of Skinner's Salve and water therapy. **Air Restore** is not only anti-parasitic; it helps relieve the lung congestion. If you find yourself needing help beyond the proper use of the above, then you are in need professional help.

We used 5 gallons of **Baby Calm** by age 2 and Jody that works for us used 10 gallon with her son. I know most people will never do this, but I can't imagine raising a child with out such herbs. These herbs all have natural **Tree Iodine minerals** which are not only very anti-parasitic, but aids in the development of the ability to do math and development of bones and reproductive organs. So for a normal baby till age 2, **Baby Calm** should be enough.

Ages 2-12, **Kids "B" Well** should be enough, with the same suggestions of **Maximum Restore** and **Air Restore** as needed. Naturally, those that never used these products at an early age, will find themselves seeking stronger de-wormer formulas, such as the **Worms "B' Gone (P/W)** and this can be used ages 2

and up & the elderly. Keeping in mind as Dr. Sutter stated, once you understand parasites, your going to want to be on a daily prevention for life, so if your plant mineral formulas also have the de-wormer herbs in them, you can take a little every day as prevention and save the stronger de-wormer formulas as a treatment when needed. Another all purpose strong plant mineral formula we call "**PICA**", it's all Olive Leaf, Oregano, Tree Iodine along with many very concentrated plant based herbal minerals designed to supply a little of everything for those that may be lacking the ideal diet. The word Pica is an old name referring to the animals that eat the bark off of trees, eat at the wood of their stalls, eat dirt and lick about anything in an attempt to obtain minerals they are lacking in their diet. When you see children eating dirt, flies, grease or always having their fingers in their mouths, they may be searching for minerals missing in their diet.

The reader may be saying to themselves by now, why so many products? Very simple, as we raise the children and try to keep ourselves healthy, we make what we can, based on what has been used in the past and what I learn in this time period. The products I make that I have no personal experience with, are the ones we custom made for those that contacted us asking for help. Often many of the custom products never get tried again, but I may have learned something from reading about what could help or learned something better while making such products.

Ages 12 – Adult

Normally, by age 12 many children are past 100 pounds and in some cases where they grow up on rich / fatty fresh cow's milk they may even be taller than their parents. Healthy children grow at a normal rate and the bones and tissues have time to mature properly, while fast growing children often end up burning the candle at both ends and have a harder time in older age. This especially goes for girls, the faster they mature, the shorter their lifespan in general. The ancient Chinese suggested a woman will live 6 x the age that she started her first period. A truly healthy girl with all her proper plant minerals, especially proper plant Iodine content from the womb up in her daily diet, may not start her first period until age 21, even though mothers start getting nervous if this fails to happen by age 13.

For ages 12 and above, the normal **De-Wormer P/W (Worms "B" Gone)** is enough. Depending on the situation, it can be taken 30 days morning and night and then weekly as prevention or a little daily as prevention. Many take it daily such as Doc Sutter has for years and why he still tells people it is the world's best. He started with this formula and has not tried my more advanced adult formulas, I assume he is so satisfied that he does not feel the need for the stronger formulas. This normally amounts to about 4 bottles yearly per adult past age 12. If you were to buy from Mountain Meadows Herbs as taken from their web site explained above at wholesale prices, you would be talking **\$519 per person yearly** just for a simple 3 herb de-wormer, verses our **World's Best Herbal De-wormer either regular, adult, Longevity Spices, Longevity Spices Adult, Longevity Asian Super Hot Adult, etc.** or any and all 16 ounce superior made herbal formulas at **\$600 free shipping for 25 bottles!** And since I have the passion to seek cures for my own health, health for my children and help for others that fell victim to the world's problems such as I did while working 30 years in a lead factory; I not only passed the master herbalist school like it was nothing and was actually bored with such an education that was far from complete and my passion has been much more with the Medical Doctors prior to the year 1900 that used real herbs for real situations, that if I felt I could make a formula any better, I do and often each year a formula is added to. "I" personally tried to educate Dr. Hulda Clark and help direct the now owner of Clarkia / Mountain Meadow Herbs. They both refused and were too much into vitamins, electronics and professional marketers and we had no problem talking to their customers that they gave up on 10 years ago! "IF" things are not working, it is because the person does not understand their health, not taken responsibility of correcting such things as dental metals, distilling of water, removal of toxic supplements, etc. and if they truly want help, they want to learn such solutions and that is the reason you have received this newsletter, you are one of the 1,200 that asked. We ran the ad only once, because I knew 10x more would have asked if they seen the ad and we do not have enough money to send that many newsletters out for free.

I have had thousands of testimonies sent in over the years, before this newsletter, our yearly advertising expense yearly over the past 12 years was less than \$200 per year. This newsletter is costing us over \$30,000.00 just to undo some of the damage and lack of proper education. After this newsletter I do not intend to ever put out an ad and allow those into vicious market sales even know we exist. Word of mouth supplies all we can handle and we make the herbal products as best I can and if I learn a better way, I will do it. While the "others" that use 5% or less grain alcohol are using "electronics" to remove the chemicals from their dry commercial herbs in minutes and often using acid solutions to preserve their solutions that in my opinion, not only are of no value, but also harmful to human health. That is why I won't buy anything

from commercial sources. Think of it this way, even though medical knows mercury is extremely toxic and the number one reason for miscarriage, they still use mercury to sterilize the yearly flue shots, saying that if they used grain alcohol, it would add 2 pennies to the cost of the shot. That is the reason you see companies advertising low alcohol content of their herbal products. They are not making a superior product. They are making that product as cheap as humanly possible, for maximum profits, because odds are, very few will make a second purchase. Naturally, that is just my opinions of all commercial herbal companies that have huge prices and cheap made products.

So let's compare 25 bottles post free for **\$600** or 25 bottles of the cheap made 3 herb lark style formula their wholesale price, for only **\$3,249.75**. If I did not exist, I assure you, they would still be selling their 2 ounce bottles as the cure for all, for at least \$34.95 per bottle. We can only assume they have made millions upon millions from their marketing skills, but this is not about money, it is about surviving in this world. Money is worthless once you are dead and we have all seen the millionaires die, which tells us medical can not save anyone's life in exchange for money.

Over the years, we have lowered our prices as all our raw products have went up. For many years, we charged \$625 a case of 25 bottles plus shipping for our 16 ounce syrup/tincture bottles no matter what herbs are used. For this newsletter and to help the American Amish we dropped the price to \$600 and threw in free shipping. The price has nothing to do with product, if it did, I would do like the others and charge different prices for each product based on the herbs in the product. To me, those charging different prices are seeking to trick the customers into thinking they spent more on certain formulas versus other formulas, which are basically ridiculous, especially for commercial sources making large lots. I assure you, I spend more money per ounce of finished product than any herbal company in America, simply because I make everything the old fashioned way, which in many cases takes months, if not years and for some formulas, I prefer they be 12 years aged. I do not ask triple the money for a 12 year aged formula versus one I made in a few months. To me, I want the prices simple, I want the herbs in large quantity for the entire family and most of all, I want them to work and often if they didn't work, it was because the customer did not understand the proper use or the many other problems with their health.

"IF" a product does not work, then it gets redone and redone or removed, it is that simple. I have zero reason to ever make a product that is of no health value, but since my foundation herbs are sound and used in most every formula, they all have value and often have changed a person's life. This leads into the making of "**Adult**" **Strength** herbal formulas. So many want to solve their problems as cheap as possible and get the biggest bang for their buck. I have no problem with that, I do to, but when it comes to reversing health, especially with children, mothers and sickly men, you better go slow, you better clean those kidneys, jump start that colon, clean the mud out, get the rust out of the brain and be seeing your chiropractor regularly. THEN think about the adult formulas and never give these potent formulas to children or babies! It is not worth saving a buck to make a bottle go further!

Those adult strength bottles cost more to make, some times a lot more, but I chose to keep the price the same; so dad's wouldn't say, buy the adult bottle and we will give Jr. ½ the dose.

My theory was wholesale to all when they buy a case of 25 and if each settlement was wise, they would have 1 family in each settlement obtain what was desired and never pay retail prices and shipping. That is the best we can do and keep our doors open. We have zero competition that I am aware of, I know of no one taking the time or effort to make herbal products as we do. In theory, our products should be double the price of any competitor, but we are not that way. I prefer selling at a reasonable price and not a price based on how much can we gouge people out of their money. So my theory was dad could have his adult formulas, order his wife's wellness formulas, the kid's mineral formulas so they can grow up smarter than us parents that did without. In theory, filling up one wholesale box, that was the intentions of the 25 case box, to cover the needs of one average family. I know to many, that sounds like a lot of money, but I have been hauled to the e/r before and know in the hospital 1 hour can cost \$3,000.00+, so to me the herbal route is the cheapest route when combined with a sensible diet. I do have formulas and methods for broken bones, etc. that I will disclose at the end of 2011.

I will show in the question and answer section that there are people that took this free newsletter and now saying I am only seeking to install fear and saying only my products will save your life, etc. and they no longer want this free newsletter and I certainly do not want to throw my money away to them. The facts are, I don't care what is done with this information, I am only explaining what I currently believe and I do not expect anyone else to believe the same. For the past 14 years the only products we have sold are those that others have wanted to try, basically because I first made them for my family and myself or from

a few sources that just resold them to make money and the customer never knew who made the product or why the product was made or its proper use. As far as fear goes, I have years of education on germ, chemical, frequency warfare that truly would put the fear into any human, while talking about common sickness, such as explained so far in these newsletters is something everyone should have a general knowledge of, or they will find themselves sitting in the waiting room of some ER wondering what on earth happened and when they return home with drugs, they will have no clue what they are doing and not know how to stop the sickness from returning. To me, that scares me because I have seen too many make a one-way trip to the ER, never to return home at younger ages than I. You ask me, every settlement needs at least one family well experienced in natural healing and stop the millions of dollars being sent out to drug use and operations. Just the money spent on vitamins alone could supply the standard settlement with all the herbs they could ever consume. This has happened because of what? Because of Massive Marketing Skills learned by the predators selling commercial products, nothing more! Every child in school can accept that if they eat what God intended them to eat, drink what God intended them to drink and avoid the poisonous substances, that they should have a long and happy life. Every adult needs some wisdom in herbal medicines and preventions, otherwise they are leaving it up to others that may rob them of not only their money, but of their health.

In 16 ounces bottles of which all are somewhat anti-parasitic, we have **Baby Calm** for under age 2, **Kids "B" Well** for 2-12, **Maximum Restore** and **Maximum Restore Adult**, **P/W** for all ages, **P/W A** adult strength, **Longevity Spices** for a spicy version, **Longevity Spices Adult** and for those that like it hot, **Longevity Spices Adult Asian**. This list is progressive showing the strength, very few will like the **Longevity Spices**, unless they like spicy cayenne taste. It is a fact, some years ago, the longevity Spices was being resold as an exotic elixir called Sun Fire for \$150 per bottle and the man sold a lot over a 3 year period. He got this price based on his marketing skills or what I am hoping everyone by now acknowledges as people who seek to make the maximum buck from the labors of others work. The **P/W de-wormer** has been sold on various websites for 10 years for \$50-\$75 a bottle and why not, they are still reselling for less than ½ price of mountain meadow herbs and providing a beneficial product. Everyone knows it is cheaper to buy direct and that is what we have suggested every local Amish settlement store do if so desired or any family can do so and supply their needs if the others have no use for such herbs. I can tell you this; our children all have exceptional math skills, sports abilities, taller and stronger than most kids in their school class and never been vaccinated, drugged, taken aspirins, seen a M.D., instead they have been raised on herbs and see their chiropractor at least 6x yearly if not more. To me, that is priceless and by far the cheapest way. The payoff should even be greater with the grandchildren.

Next in strength is a Plant Oil formula I call **P / W 108**, this is **Adult Only**. This is the **Liver / Gallbladder Cleanse** plant fats formula with 16 essential oils collected from many countries that has historical use in the treatment of parasites. These are all very potent. I originally tried this formula in its purest form at 1 drop daily, I then worked up to a maximum of 3 drops daily and I could feel the herbs all through out my internal organs, especially my spleen area. I determined the maximum dose should be no more than 1 drop daily and then decided to dilute it down in a safer solution of other plant oils. I then took 1 dropper daily and then my wife decided to do the same. I didn't know she was doing it also. After about a month, I developed open sores weeping puss, mostly at the joint areas, so I immediately stopped the herbs and watched to see what happened. The sores wept for about a month, formed mild scars that have all but faded completely away. My wife on the other hand, broke out on both legs, arms, etc. as well and because we had just started a vacation to Thailand for a month and the sores didn't break out until the day of the vacation and continued weeping for almost the entire month and was drying up just as we returned home last fall. We both felt great, both knew the herbs enabled the body to expel an accumulated waste and were not the cause of the puss. Her scars are all but gone except on the right leg, we made the mistake of covering the open ulcer and this made the puss push out and around the bandage and this puss must have been acidic, because it ate away at the opening and made it larger. A monk we knew in Thailand that was raised in natural health and bone manipulation similar to chiropractics told my wife to leave the sore open to the air and gave us powders to apply to dry it up. If we had not bandaged it, it would have stayed small and scar would be all but gone by now, so we learned a lesson about open sores that was new to us.

Upon returning I started up this product again and did not have any further side effects, so whatever my body wanted rid of, it did it and it was over. I have had others take this and not have such side effects, it all determines the internal state of health. I then decided to make a real de-wormer capsule, because so many capsule formulas are sold commercially and I am certain none of them are of much value, if any. This formula ended up being a formula I made for myself, in that I wanted it to not only be a powerful de-wormer, I wanted it to be the **Lower Bowel Balance** Formula, The **Calcium Formula**, the **Iron Formula**,

the **Kidney / Pancreas** formula, the **Prostrate Formula**, the **Hormone Formula**, the **Heart Formula**, universal **Men's / Women's Wellness Formula** and greatest de-wormer ever put in a capsule. This covers most everything with the exception of taking a little daily plant fats, but otherwise supplies a little daily plant minerals for prevention. This formula has the 16 Adult Powerful Essential Oils, plus another 15 tintured adult de-wormer herbs all blended with the herbal powders. In simple words, this formula has it all as far as herbal powders can have. Herbal capsules make taking herbs easy, the no taste way. Even though we may not mind the taste of strong herbs and taking herbs by mouth is the more potent method, many prefer to not taste herbs and to just swallow a few capsules and be done with it and this is that formula, the most unique capsule formula on earth, nothing comes close to comparison.

I have suggested 2-4 capsules daily is enough, I have never needed more than that daily and I am more impressed with this formula than any formula I have made to date, when it comes to simple use. Approx. 2 dozen people tried my first batch which is all gone now and the second batch just finished, virtually every person that tried it was amazed, as am I. The effects on the colon seem to be amazing and nothing short of a miracle so far on prostrate, etc. As I stated with my wife and I about the puss, one of the people, a Mexican fellow decided to start his Orange Juice Fast with this product and took the standard 8 capsules daily of this instead of the common **Lower Bowel Balance Capsules** and a week later, he has puss oozing out his underarms and crotch area. He believed as I do, this is a great thing, but just not under the under arms and crotch. So I told him to immediately stop and allow his elimination organs to catch up and then start again if he desires at the 2-4 capsules daily.

What is this puss, I do not know! I know puss in general is dead waste, TB, Cancer and because it came out in the joint areas, where Lymes does its most damage, can it be dead Lymes worms being expelled as puss? I have no way of ever knowing, so again, my theory is this; I am just glad it happened and did not stay in my body. Will this ever happen to another person? I do not know. It all depends on how much waste the elimination channels can handle with out expelling out the skin. While making this second ever batch last week, I inhaled these 16 essential oils for some time with out really thinking about it at the time. The next day all my ribs hurt and I have broken about ½ of my ribs in the past in accidents. The next day all my bones chilled and I shook in bed and had a fever for a total of 3 days, I was thrilled to have such a super cleanse. It takes something very powerful to get me to reach the fever stage. I feel super now, as I knew I would. I assumed I breathed in these vapors that were way to potent in their purest form and this almost burned my lungs or just affected my rib cage before it did all my other bones. Knowing the Lymes attacks the bones and that most likely all humans on earth are born with Lymes dating back upwards of 300 years, I can only hope this formula along with all the adult formulas I put it into aid in the removal or at least control of the Lymes worms that plague this entire earth. Otherwise, your guess is as good as mine, I do not pretend to know the medical facts and all the fancy names and theories nor do I care to, because if you allow your body to cleanse and handle business on its own or with the aid of herbs, it will. The body "knows" what to do.

I call this herbal powder formula **P / W Elimination Men's Formula** (many women have also taken it). I made it for myself, to use the rest of my life and I made it complete and I made it for men past age 40 that have worked hard, abused their bodies all their life and need all herbs can help with at the cheapest, easiest possible method with no taste, so there are no excuses to not take it daily and the results on the colon are so great. So far, it has turned out better than my greatest expectations.

I can make this without the 16 Essential Oils for anyone that wants a milder version of de-wormer, either way, this powdered formula has a lifetime shelf life in my opinion, it has enough pure Oregano in it that I can not imagine it can ever go bad. It should last for ever; kept in the bottle. This is a very experimental formula that I would only suggest to men or women if the 16 essential oils were left out or the woman past child bearing age and into self-experimentation of Puss / Lymes / TB / Cancer or what ever comes out / elimination or in my theory, a lifetime small dose that should work wonders if taken every day. This is a formula I personally will suggest all men give a try and this is the only formula you have seen me suggest this. Go slow, self-experiment; share your results with each other. Why do I suggest these adult / lymes formulas, because authors are saying the lymes worms are natural in deer and who of us has not worked and played on land that the deer have pooped upon. I always drank from the creeks while hunting as a child, we killed the yearly pig and cow and I enjoyed hunting deer as much as any man alive. These habits and diets have lead to many problems world wide for the human race, especially when you figure in all the man made pollutants and poisons, accidentally ingested or sprayed upon us from the sky. Killing worms, supplying plant minerals and aid in elimination is what this formula is all about. Take this and an ounce of your choice of plant fats daily and I would say you have done well towards promoting longevity.

A recent story submitted:

I am a 61 year old female with bowel problems all my life. I started using MH's P/W E when he first made it around Nov/Dec and it changed my life. I was barely functioning before P/W E. I am feeling so much better and able to get out into social activities now. I got my life back using P/W E. Thanks MH.
God Bless

For beginners you may want the milder formulas, milder capsules and work your way up to these powerful formulas, because when you start killing worms, you do not want so much that your elimination organs clog up. Drink plentiful clean water or clean fruit juices daily, at least ½ gallon or more if you're working hard.

Stronger formulas I suggest should be kept to animal use only. I use the purest super strength De-wormer in my hot tub, to de-worm my dogs and cats and daily in the cattle water. I have used them with pigeons, rabbits and even a drop in the fish tank. I have used such herbs for years on my garden, trees ad grapevines to keep the pest away. I will explain the animal and plant de-wormers more in detail later.

Please do not ingest Clorox, silver, metals, vitamins, solvents, baking soda, soaps (yes, people actually swallow soap to save \$\$) or drink caustic or alkaline waters as a method to kill your parasites, such toxic substances will harm your over all health in my opinion.

Current events

Everyone probably has heard about Japan by now. It appears 25,000+ people may be dead and their 6 nuclear power station buildings, that may have 3 nuclear reactors stacked upon each other appear to all be melting down presently, at least 3 buildings for sure. The radiation has spread well out to 50 miles in dangerous levels, poisoned the ocean and spread to just about the entire earth. Every state has radiation fall out along with various fall out chemicals that affects our soil for years to come. Cow milk has already tested positive to having Japan's radiation iodine in it. It seems cows milk collects this Iodine and concentrates it 600 x, which spells bad news to all who dairy farms. Americans will be avoiding milk and milk products like a plague for sometime as Japan stays in the news. My opinion is that the entire Island of Japan is no longer suitable for human life and millions will be leaving if they are able until this mess is forgotten about. They plan on pumping cement over the buildings, but the radiation is reaching the sea from under the ground and these nuclear reactors can burn for ever even once buried in cement. This is the world's largest nuclear disaster. Iodine is not the only problem and the commercial Iodine pills and commercial / chemical forms of Iugol's Iodine are all toxic in my opinion, all will harm your reproductive organs and stay in your body for the rest of your life.

All of my liquid products have always had the natural **Tree Iodine**, which means they are anti-Iodine radiation fall out, but this does not mean you can drink the milk and not be affected by the iodine. All milk should have been stopped before the first of April. When Russia believed they may use nuclear bombs on all enemies, they studied methods to reverse radiation damage; the one herb that proved to reduced human accumulated radiation was **Wild Ginseng**. I made a heavy metal / blood cleansing formula based on natural Tree Iodine and Wild Ginseng in a formula I simply call "**THE SKY IS FALLING**" which it has and this formula is my answer for all chemtrail warfare that some are aware of that has been sprayed on us starting in 1949 to date. This can not undo the continued damage of this great nuclear disaster, but it is "something" that herbally should help, the best I could make it. A long time customer from Texas immediately wanted 5 gallon of the spray version I made. I made an extra strong Herbal Spray of the same herbs to spray direct on the neck and in the mouth and call it "**THE SKY IS FALLING Herbal Spray**".

Many Blessings,
M.H.

The School of “*Self-Applied*” Prevention

June 2011 newsletter

(Free if you signed up in December, otherwise \$2.50 per month for all back issues ordered)

A Fighting Chance

A house is only as good as its foundation, we all can pretty much agree upon that and those with poor foundations often need a lot of work every time a storm comes along and the winds blow. It is almost impossible or impractical to try to remove and put in a new foundation of an old house. Normally the mistakes learned from the old house enable a newer house to be built with “improvements”. This same theory applies to human life in my opinion. No human can be better than their foundational history handed down from the parents, grandparents and some suggest as far back as the past 7 generations. Not the best of news for those of us already up in years, but since all children should love their family, we grew up loving life as it has been. This does not mean we can not improve the chances of our children.

We can not undo yesterday, but we can work for a better tomorrow. Nature will never change; Nature will always support the life of the strongest as a method to make each generation the best adapted to life on earth. If we live in harmony with Nature we will have fewer struggles in life. Every farmer knows his limitations; he knows the soil is suitable for certain crops, he knows what will happen if he does not supply the horses, cows, pigs, etc. without their proper nutrition. The farmer understands why a newborn animal is not healthy enough to survive and does everything to make sure the next year’s babies are healthier; his farm depends upon his wisdom to support it.

Understanding crops and animals is easier, usually because of the shorter lifespan. When mistakes are made, we simply change seeds, change breeds or even change farms until we are successful at what we want to raise. With humans, we get one chance that can affect a child for a lifetime for the good or not so good. Our choices may be the difference in a child living 40 years old, versus living 90 years old and really bad choices can lead to the child never developing properly and never taking their first breath. The farmer sees this clearly with raising animals and normally he seeks to supplement the nutrition and make sure worms are not a problem. In some cases he will change breeds or seeds and this is not possible with the family, we must deal with our inheritance regardless of the past.

God is good, we always can do better and each new generation can climb out of the past problems. Often, most all problems are a result of poor nutrition and poisons; when these things are corrected, the next generation greatly improves. The “looks” are what we truly inherit, not the diseases and deformities. Diseases and deformities **are** avoidable. This newsletter is going to start with the good foundation. A good foundation makes a house valuable, while a poor foundation makes a house almost worthless.

The Father

The male is supposed to be the natural leader, provider and hopefully the one that results in a strong healthy child for his family’s future survival. The farmer knows his crop can be no better than the seed he planted. Naturally, you do not read much about males, because in Nature, males have a problem when it comes to survival of the fittest; which has lead to the human race deciding Nature is not a good thing. Secondly, the human race are the only males on earth that doesn’t obey Nature as it pertains to the males role, so again, man just does not agree with Nature and chooses to ignore it. If man saw his farm animal males disobeying Nature, we all know he would kill such males; they would be harmful to the herd, destructive and make farming impossible.

A few unpopular facts

Medical proved over 150 years ago that the human female should never conceive while she is nursing and a healthy woman can not, her hormones will not allow it. Medical also knows she needs 2 years to

rebuild a healthy womb. Every farmer understands moon cycles and the same applies to humans, all human females when perfectly healthy, with a strong foundation, conceives within 3 days in September and does not have a relationship with a male until her baby has been weaned. This enables the woman to have healthy children up to 150 years of age as proven by a group of humans in South America where the men never dies of a natural death but by ceremony, he chooses to die at age 250 and recorded in medical records of looking no older than the children that are 22 years old. The women are known to die sometime after 150 years old as a result of not having enough plant minerals to support pregnancy after that age.

The male reproductive systems, same as females, easily become methods of the human body to expel waste. The sicker a human is the more waste the blood stream has to expel. Today, this means we have girls as young as 5-7 starting their monthly menstrual and boys younger and younger as well. Medical knows this is a true sign that the human lifespan is going to be shorter and shorter. As the human race becomes more toxic, children will conceive at earlier ages; otherwise they won't live long enough to raise a family. Once the body learns it can expel waste out the reproductive organs, it will and for some, this means a lot. Some girls may have a menstruation for a week or more and some boys expel 1, 2, 3x daily. With both male and female, each time vital essential minerals and nutrients are also expelled and the reproductive organs becomes larger and weaker and often is continued through out life until the reproductive organs fail and Nature is forever in wait; because once unable to reproduce, nature seeks to eliminate and make room for the next generation.

Arguments can be fabricated to deny or cover up such facts, but every farmer knows if his livestock behaved in such a manner as humans do; he would kill everyone of them and go find a new breed to raise.

Naturally all unpopular information leads to the trash can, but such things are never forgotten; because when tragedies strike, people can't help but wonder why. There is always an explanation for what happens. Every baby has the ability to be created and born perfect.

The dad to be, by now should realize he shouldn't be loaded with worms, should have his proper plant minerals, have no dental metals, consuming no metals, vitamins or drugs and save himself for the 3 days a month his wife can become pregnant. The one mineral all humans on earth are said to be deficient in, is Natural Iodine. I am about the only person on earth that believes that Iodine source has to be from a tree and not the diluted run off iodine found in oceans and never the chemistry iodine (lugols) which is extremely toxic and has the side effect of making males sterile when abused. Otherwise the males, even stallions on the farm have a history of performing better while drinking or in the case of the stallion, he can directly eat; **Red Raspberry Tea**. The natural plant iron/hormone source is supposed to help all males. In order for the hormones to work better, Dr. Christopher always suggested the consumption of plant fats, his favorite from his area was wheat germ oil; a tablespoon daily for male and female. He said, save yourself for those 3 days per month and the tea and oils and pregnancy never failed, especially when the mucusless diet was followed that he preached his entire life as the cure for most diseases.

For those not wanting to take the time to brew their 1 quart of **Red Raspberry Tea** daily, I make a **Red Raspberry Tea concentrated Syrup**, that has the **Tree Iodine** in it, as well as **Olive Leaf**. Wheat Germ Oil works well as should most any plant fat, such as sunflower oil, olive oil, coconut oil, grapeseed oil, walnut oil, soybean lecithin, apricot oil, etc. Consume 1 tablespoon to 1 ounce daily for life, not only helps the hormones and reproduction, but will keep the liver clean of fat, the arteries clean of bad cholesterol and the brain flexible in my opinion. I make a blend of many plant fats that includes the wheat germ oil that I just call **Liver Gallbladder Cleanse** that also has **Tree Iodine Oil** and other herbs oil extracted.

The male's part then becomes fairly simple; the father supplies the shelter, food and future for his children. The easy part.....that and making sure his health continues for the next child.

The Mother

The mother to be is going to pass on her health to her child. Her child can be no healthier than she. This means her problems date back to the day she was conceived and this will be covered with the raising of a healthy child. Since mom will give of her own body to create this child, her nutrition must be perfect. Her deficiencies will result in a less than perfect child. Again, natural iodine is the key supplement through out history. Never use chemical iodine, if you ever painted lugol's iodine on your wrist, feet, skin, it will be in your hair, skin for years and your baby will be born with so much, that it can show up at toxic levels. By 1950, a medical review in one book claimed lugol's would cause harm to the reproductive organs and I

believe cause such a birth defect in the unborn baby that could result in the males developing very “small” reproductive organs. Lugol’s Iodine has only one purpose, use it on the garden or farm soils, otherwise it is too toxic for human use and never to be ingested or put on the skin ever, in my opinion.

Mother not only does well with **Red Raspberry Tea** prior to Pregnancy, but through the pregnancy and the best substitute for her baby when she is having milk problems. Those that are told not to drink **Red Raspberry tea** while pregnant? They need to work that out with their care provider, the simple tea is not the problem as far as history shows, but when so many other health problem exist, then anything and everything can be blamed. This is why everyone fears giving a pregnant woman advice. Dr. Christopher and his son David always preached home births, teacher of midwives, etc. but have **ONE CLEAR WARNING**, “if” the mother refuses to consume her herbs, refuses to stop eating meats and dairy, then she is a high risk, potential bleeder and should be turned over to medical care that can handle emergency bleeding.

Naturally many ignore the herbs, ignore nature and do it their way and this may work a few times, but is guaranteed to result in disaster for mother and children as time goes on. The loss of hair, loss of looks, loss of figure, loss of health and eventual premature death is a huge price to pay for the mother, but what value can be put on the health loss by the children?

So mother consumes 1 quart of **Red Raspberry Tea** daily, with her **plant fats** as suggested for the male, and avoids a relationship except for those 3 days a month.

The Normal Cycle

The normal female cycle is 26-32 days long. The day you start your menstruation you record, and for the next 6 days you should not be able to become pregnant and from day 7-18 it is possible and day 19- 32 not. There is a simple beaded method that you can change the color of the bead each month on the day you start your period, so you do not get confused for the 26-32 day cycle changes. The 7-18 day period covers the actual 3 days that you can conceive. This simple product is called **Cycle Beads** and a good cheap system for anyone struggling to become pregnant.

Every mother should teach her daughter the simple fact of pregnancy, because far too many women 2-3 months after marriage end up feeling bad, not understanding why they are not pregnant and after a year feel like they are defective, etc.

Problems

The list of problems with conceiving is probably endless. The number one problem in my opinion with some that can’t conceive is the red worm I showed in the pictures that I call the Sheep Fluke. I have read that it can line the womb and release hormones that counter the human hormones and make the womb sterile for as long as these worms overwhelm the body. These worms die easily with the **herbal dewormer herbs**. The number two problem is a hormone problem and the reason Dr. John R. Christopher made the **Hormone Balance Capsules**. He suggested all women by age 40 take them and all women and girls having problems take them, along with a TABLESPOON of wheat germ oils daily or your choice of **plant fats**. “IF” you take **2 Hormone Capsules** daily and become pregnant, the author of Dr. Mom suggests you continue those capsules through the entire pregnancy.

We have seen the **Hormone Capsules** often result in success in 1-2 months for some, especially those desiring their second or third pregnancy. I must wonder if the **Hormone Balance Capsules** are not overpowering the hormones produced by the Sheep Worms. It is my opinion, these sheep worms are in most adults in America.

Unlike the father, after conception, the real job starts for mom. She now carries the 2 cells that will develop a new child rapidly. What she drinks, eats, thinks, and does all will affect her child for these first 3 months. “IF” she lacks anything, her child will be less than perfect as well and with each generation, the deficiencies become worse. The happy mother will produce a healthier baby, while a sad or sickly mother can loose her baby.

“IF” mother has the proper plant minerals and proper diet and habits, she will barely realize she is pregnant for the first 5 months, she will not have any sickness, throwing up or abnormal problems. All problems and sickness are true signs her body is deficient of proper plant minerals. The number one reason I know of for miscarriage is mercury teeth fillings. It is my opinion that the common black tooth fillings have murdered millions of unborn children. No parents to be should have any metal in their mouth

or diet. Common well water is loaded with arsenic and traces of virtually all toxins, if your well has a metal casing that means double trouble. If you are sickly, throwing up, loosing hair, developing varicose veins, loosing stomach muscles, have constipation, having problems conceiving or ever had a miscarriage, then you are either deficient in diet and or toxic. Nature does not allow a too toxic woman bring a baby full term. Nature is brutal to mothers and more brutal to the babies, because Nature only knows survival of the fittest. Nature does not change to human needs.

In general, a woman stops having children when her daughters are old enough to have a child. In Nature, if she is healthy, she can have children every three years for as long as she desires. Healthy is not a right, but something worked for.

Supplements while wanting and becoming pregnant

We struggled at first; we kept calling my teacher David Christopher asking him solutions to every problem we came up against with our first son. By the second son, we had it all figured out and by our third, it was a breeze. Sadly, as we learned, so did our children and each one has better health. That last sentence is a big sentence, which simple means that because we had no education, our earliest children do not have the health of our later children. This is why I created these newsletters as a 1 time education to cover all the basics, an education my wife and I did not have when we had our first child. The early children should not suffer from the ignorance of their parents. The grandparents need to hand down their wisdom and not just rely on medical strangers for every health problem.

The most important herbal mineral / nutrient by far has to be natural iodine. It seems that the hormones and much of the body does not work properly when it lacks iodine and studies have show this is a world wide problem. Not because God doesn't supply enough natural iodine, but because humans are eating way too much and way too many wrong foods, which force the body to work harder, which shows up as not having enough iodine. Natural iodine is in our air and trace amounts in our foods and from what I could figure out, it is our trees that make the iodine that is usable as a supplement and the ocean plants only have iodine because they live in the water that has a small trace amount of iodine. Years ago I put together a book using history of iodine and human health and my ideas of iodine. The world health organization (who) states that if the mother and the babies do not have proper iodine for the first 5 years of life, the child will not do well in school regardless how many teachers are provided. The most noticeable being math skills and poor bone / teeth health at an early age and a disaster by age 13 with hormone problems.

Over 20 years ago I started trying different iodine products and eventually started making my own lugol's iodine. I know for a fact that the chemical iodine is very toxic and the ocean plant iodine formulas are so weak that you never notice any results. The chemical iodine added to salt is absorbed in the human body only because the body lacks iodine and it has no choice but to use what it is fed in the diet. The chemical iodine is toxic at any dose and every method applied. Non Natural Iodine will accumulate in the cells and hair and take years, if not a lifetime to expel. The only iodine minerals that I have seen work for all and usually have results within the first bottle, is iodine minerals that come from trees. I suggest 1 teaspoon to 1 tablespoon daily of what I call Iodine / Minerals for life and in my opinion, the child raised with natural iodine will have better teeth, bones, and hormone functions that will support the best development of baby. It is never too late, but not being iodine deficient during pregnancy has to be the greatest need I can think of. Everything needs to be "perfect" during those first 3 months! The absolute best health, mentally and physically is essential. Just because the baby is so small to not be noticed, those first three months are the most critical for best development and what is lacking in those first 3 months, in my opinion, will cause problems for the rest of that child's life. The diet should support most of what is needed for a healthy mother. Additional plant calcium, iron and wide variety of plant minerals is most ideal. You know when you're lacking plant minerals if at anytime you have any ill results of being pregnant. There should never be sickness, throwing up, loss of hair, teeth health, eye sight, etc. Under no circumstances should a woman ever seek to become pregnant if her health is at risk or any illness known of because she will pass her ill health on to her children, which then creates not only problems for the parents, but possible lifelong problems for the children.

Working early on with David Christopher, owner of The School of Natural Health that his father Dr. John R. Christopher started, we learned to make our own calcium, iron and mineral formula and drink **Red Raspberry Tea**. At first we made three separate calcium / iron / mineral and then combined these herbs into one formula we today just call **Women's Wellness**. We learned to take 21 capsules while pregnant and while nursing and otherwise 7 per day. My wife has told many that "if" they are having leg cramps that they need yet more additional plant calcium and often suggest they take 7 additional capsules of

Calcium Balance formula. It all depends on how much the body has been abused through out the lifetime as to much extra help the woman's body will need to make a new baby.

Every mother should know what vegetables and foods to avoid while pregnant or nursing and keep in mind that often what mother is eating, the child most likely will grow up liking the same foods. The largest warning about dairy is to never consume dairy while pregnant or while nursing or you risk a larger chance that the child will have allergies to milk as a child.

For the normal woman of decent health these couple herbal formulas are enough. I do make the **Red Raspberry Tea** into a rich syrup formula for those that for one reason or the other do not make and drink their 1 quart of tea daily. For mothers that have abused their bodies, suffer from mal-nutrition, developed varicose veins, ulcers, loss of abdominal health, constipation, too much stress, all mid-wives should reject these women and advise them to seek professional medical help according to what Dr. Christopher's school teaches. Bleeding will always be a problem with an ill mother. There are enough problems with a healthy mother that takes all her proper supplements and eats and drinks correctly and has all the best of habits. She should see a good chiropractor monthly while pregnant and while nursing. A good chiropractor should insist upon it and treat the babies and children for free up to age 12.

Mid wives and herbalist have a host of herbs to sell for the pregnant women that did not prepare and formulas for the bleeders and many complications of childbirth; while the healthy women should barely know they are pregnant until the last 2 months and delivery their baby with such ease that it barely causes a commotion. A healthy woman with healthy diet and habits needs very little supplements to raise a healthy baby. It is my opinion that all the drugs, most of the testing and just about everything that has to do with medical and hospitals is harmful to some degree to mother and baby. When you don't take care of your self, these medical facilities are waiting and ready for you. We learned by our third son to not tell the medical doctor until after 7 months, that way all their testing and stuff is too late, it messes their system of training up to deal with someone that they "know" understands their "system" We also learned to stay outside the hospital and basically walk in just a few minutes before delivery, to avoid their IV, testing, etc. they like to do if you go in early. With our last son, we walked in; within 20 minutes the M.D. arrived just in time to catch the baby. We walked over to the room and set for 2 days wondering why we came to a hospital, but since we have no experience with a midwife, had no friends that had, we felt safe just using the M.D. as the "catcher" and there in case of an emergency.

Defects

There are literally hundreds of reasons for birth defects, most being sources of poisons in the environment and many of which have been caused by drugs created by scientist for medical purposes. My opinion is that mercury and metals within dental work have caused more still born babies than any other cause and caused lifelong health problems for millions of children. Lack of proper iodine probably affects every human on earth today which could have been avoided starting in the womb. Medical authors many years ago believed that God created a planet where each race of people were created for their "area" of earth and that when a land is entered and conquered such as North America was, all invading people will suffer for generations until they are too sickly to reproduce and the lands eventually over time be returned to the native peoples. You do not read of such things by modern day authors.

It was suggested in the United States, that if you do not have Native American blood flowing through your veins to some degree, then odds are, your family has health problems, or will in the future. This shows up the quickest in races that refuse to marry outside a close group, the Jewish people usually the example. Blood disorders and birth defects are blamed on marrying too close to families, while history suggest even worse, is to never marry into the native peoples from the "original" country that was invaded and in this case, the American Indians. In fact, most of the people I knew growing up had quite a bit of American Indian background, often at least 1/16th or more. Many great grandmothers had upwards of 25%. How that all came about I do not know, but I know many of the families that have survived the past 300 years in America tend to have a little Indian Blood in them. So are birth defects and blood disorders a result of being to closely related, having no native blood in the background or for other reasons? I do not know. Dr. Christopher believed all such disorders were nothing but a lack of proper nutrition in the womb and I believe that to some degree. The quickest way to break the chain of birth defects is to plan for the pregnancy by having a healthy body first. One of the greatest medical authors, Dr. Kuhn from the mid 1800s wrote some of the best women's health information and natural cures I know of and he believed a cure for not passing on birth defects to your children was to conceive the child in the brightest possible sunlight; he believed the bright sun's power has the power to stop the passing down of birth defects. I do believe humans are punished for invading and murdering people to take their lands and birth defects the

obvious results and much more. This would suggest every non Indian in America struggles with non perfect health just because our ancestors invaded or moved to a land not native to our race. I think the Bible tries to explain something similar when it suggests we suffer from the sins of the past 7 generations. I believe the best that we can do is what Dr. Christopher believed in the healthy body will produce a healthy child. Nature will seek to remove those that do not put any efforts in living well. There is no need to cover all the problems with pregnancy, that is a subject for those that refuse to care for themselves and they need to cover all the high risk pregnancies with their baby doctor. The July newsletter will pick up with the last 6 weeks of pregnancy and explain my ideas of raising a healthy baby. Always keeping in mind, it is the cheapest and happiest way when you have prepared and have a happy baby. I feel sorry for mothers that do not have happy babies and for babies that their mothers buy baby formulas that have strong sleep herbs, just so mother doesn't have to listen to the unhappy baby.

Many Blessings,
M.H.

Chiropractic 101 **Chiropractic during Pregnancy**

Pregnancy is a normal biological function. Unfortunately at this time in history the medical doctors treat it like a disease. They make it a complicated scary experience for the future Mom. When I was in Vietnam as a medical corpsman I took care of quite a few of the "locals". One of the biggest surprises I experienced was seeing the birth of a baby by a local Momasan. She just squatted down, had the baby, tied it off, cleaned it up, put the baby to her breast, cleaned herself up and went home to celebrate the rest of the day. No problems. Of course in the Far East they don't have access to the modern medical practices we have here. They use a lot of crude chiropractic, acupressure and of course their own homegrown herbs. Pregnancy and childbearing are simply NOT a problem. It's a normal, natural process they know very well and are quite good at. Of course in this country the money is in making healthcare confusing and complicated, which includes pregnancy and childbearing. So here are some basic, simple, guidelines you can use to insure Nature can run its course so you have a smooth, easy delivery and a healthy baby. Its quite normal for the joints of the pelvis to loosen up during pregnancy. After all the pelvis does have to expand for the delivery. Unfortunately the rest of the joints in the entire body also loosen up. Even the extremities. Don't worry about it. They don't loosen to the point where structures fall off. But they do indeed move easier when pregnant than when not pregnant. Thus along about the third or fourth month some caution is required for normal daily activities. Slow down a bit. Get some help moving heavy objects, take 10-15 minute cat-naps a couple times a day if needed. The general rule for chiropractic care during pregnancy is once a month for the first eight months and twice the last month. If any problems come up, (falls, injuries, accidents, etc.) get your spine checked as soon after the injury as possible.

The two major areas where chiropractic is very important during pregnancy are: 1. Of course the pelvis but also 2. The upper neck, the top two vertebra in your neck. Atlas and Axis. Obviously the pelvis needs to be mechanically correct for the delivery to go smooth. From a chiropractic standpoint that is quite easy to do. But the upper neck also MUST be considered. In normal people that are NOT pregnant the upper neck being out of place causes at least 50 percent of all low back pain. So there is obviously a connection between the neck and stability of the lower back and pelvis. That gets rather geometrically complicated to explain to people but any good chiropractor will be able to handle it. The other significance of the upper necks importance is its relationship to the origins of the solar plexus. Most everyone has heard of the solar plexus. They are the nerves that run all the organs, including the reproductive organs. They are located in the center of the abdomen just below the rib cage. Those nerves originate in the upper neck. Thus to insure the normal development of the baby keeping the upper neck mechanically correct is vitally important. Chiropractic once a month for eight months and twice the last month is a good starting point. Some will need more than that but the minimum is once a month for eight months and twice the last month. I've seen this schedule work to perfection over the years. There's minimum discomfort to the mother and the baby arrives healthy. Of course diet is important. Mothers, you've got this pretty much figured out. Eat what you crave. I learned when my firstborn was due NOT to argue with Mom about her diet. She would request the strangest combinations. I tried to explain to her the importance of eating correctly but learned real fast one doesn't argue with a pregnant lady. The delivery of the baby should be done in a birthing chair, NOT on your back with your feet in the air. The birthing chair closely approximates the squatting stance I saw in the Far East. One other thing. The medical doctor will try to put you on what he calls "Pre-natal" vitamins. Do NOT take these. They are synthetic vitamins and indeed drugs.

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